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EMBRACING CHANGE

VOL. 7 ISSUE 7

MARCH 2025



ON THE COVER:
WILMOT'S DYNAMIC DUO
OF VOLUNTEERISM,
ROSS AND JANE EICHLER

OUR TRUSTED
BUSINESS DIRECTORY
LISTING: PAGE 27

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On The Cover

Wilmot's dynamic duo of volunteerism, Ross and Jane Eichler. Enjoying a quiet moment in their beautiful home in Morningside. Read the full cover story on page 12.

Cover Story and Photo by: Scott Dunstall



LETTER FROM THE EDITOR

Here are some common signs of a scam to watch out for:

- Pressure to make a quick decision, often with threats if you don't comply immediately.
- Requests to keep the matter secret and not inform local authorities, family, or friends.
- Urgent messages demanding you act quickly or contact the sender right away.
- Requests for money through unconventional means, like gift cards, cryptocurrency, or prepaid cards.
- Emails from unfamiliar senders with suspicious links or attachments.
- Email or phone calls asking for sensitive financial details, such as credit card numbers, bank account info, or your PIN.
- Requests for personal details like your Social Insurance Number (SIN), date of birth, or security question answers.

By staying aware and sharing this knowledge, we can all help protect ourselves and each other from falling victim to fraud. Let's take the time this month to strengthen our defenses and ensure we're prepared to identify potential threats.


In addition to our focus on fraud prevention, we're committed to delivering engaging, valuable content that enhances your life. Our new articles and features tackle important topics tailored to the needs and interests of seniors today. We're excited to remind you that Embracing Change is now available by subscription for just \$49.99 per year, offering a convenient way to have each issue delivered directly to your mailbox. This ensures you won't miss out on any insightful articles or inspiring stories. Subscriptions also make a wonderful gift for a loved one who could benefit from this enriching content!


Thank you for your ongoing support and engagement with our community. Together, we can make March—and every month—a time to embrace change, stay informed, and live safely and vibrantly.

Enjoy the journey ahead!


Tara



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 Embracing Change is proud to be a Community Voice. We hope to foster connections within the community in a positive way. The expressed or implied opinions of authors and advertisers are not necessarily those held by the publication, it's editor or publisher.

FLASHBACK PHOTO

Valentine R. Berlet Merchant Tailor Shop and Residence, Linwood

Valentine Reiber Berlet was born in Hesse Province in about 1857. He came to Canada at the age of 15 with his sister, Margaret. They settled in Berletts Corner where he leaned to become a tailor. He later moved to Linwood and started his own tailoring shop. He married Mary Spahr in 1881 and they raised a family of seven daughters and one son. The family moved to Berlin (later Kitchener) in 1915 when he joined Barrie Robe & Clothing, on Ontario St. He died in 1933. This streetscape of Linwood was donated by a descendant of Valentine and Mary. (Accession # 2024-10-001)



Provided by: Wellesley Township Heritage and Historical Society
Nancy Maitland, Interim Curator



MAKING LIFE MORE AFFORDABLE:

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- ✓ Permanently increasing Old Age Security
- ✓ Kept the retirement age at 65
- ✓ Increased the GIS to help 900K seniors
- ✓ And more!



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FEATURE BUSINESS OF THE MONTH: NW ROOFING

FOUR DECADES OF QUALITY & SERVICE

For over 45 years we've done more than install new roofs, we've built a reputation in Oxford County and Waterloo Region with our honest, full-service approach and professional service.



Neil (left) and Jerred Wagner

In 1978 Neil Wagner, already a seasoned roofing professional, incorporated NW Roofing to focus on two simple principles: quality service and dependable workmanship. In 2014, Neil's eldest son Jerred took a more prominent role running the company with Neil still very much involved. When Neil retired in 2019, Jerred officially became owner of NW Roofing, carrying on the family-run tradition with the support of his wife, Kristi.

FULL-SERVICE APPROACH

"At NW Roofing, we're dedicated to meeting all of your roofing needs," says owner Jerred Wagner. "While some roofers cut corners with service, it's an integral part of how we do business". This service includes a full roof inspection & a face-to-face conversation about your requirements, which allows us to tailor services specifically to our customers' needs. Jerred continues, "This professional service, together with quality workmanship, is why NW Roofing has been around for more than four decades - and we're not going anywhere!".

A SKILLED TEAM YOU CAN TRUST

The members of our roofing family are highly experienced, well-trained, long-term employees who believe in our principle of complete customer satisfaction. Our customers recommend us to their friends and family knowing our team will not only deliver a superior product, but will be courteous and respectful while working at their home.

UPFRONT, HONEST & GENUINE

As an owner-operated small business, NW Roofing is personally invested in your satisfaction and proud of our upfront, honest and genuine way of doing business. We come to every job properly equipped with our fully stocked cube van. With all of our tools on hand, we're always prepared to immediately address whatever we run into. The fact is, no one will come to your home as prepared and properly equipped as we do. We're ready to work!

EXPERT ROOFING FOR EVERY STYLE

As full service roofing professionals, we repair and replace roofs of all styles including peaked, flat, turrets, steeples and everything in-between. In addition to traditional asphalt shingles, we're professional cedar shake and authentic slate installers too. Whatever the material, we go beyond the ordinary to deliver a worry-free roof with a sharp appearance and longevity.

CUSTOM METALWORK

We're often asked by our customers to give their homes a distinctive look with custom copper flashing metalwork. In fact, with our "metal shop on wheels", we can customize fascia, soffits and eavestroughing on-site for a perfect fit.

Wondering if your roof will last another winter? We'll provide a complete assessment of your roof right down to the last detail and explain our comprehensive repair or replacement strategy so you can make informed decisions.

"This professional service, together with quality workmanship, is why NW Roofing has been around for more than four decades!"



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By Will Brubacher, Certified Grief Mentor

Could we talk briefly about Life – Death, and Grief?

Thanks! First, let's talk about LIFE.

Obviously, at the end of life comes death, and like it or not, it's truly best to plan for it ahead of time, while we're still alive; otherwise, when the time comes, others will have to make all the arrangements for us – which they will not appreciate, I can assure you.

The process is called 'end-of-life' planning, and needless to say, such plans are very personal. In fact, for me, it felt like having to go to a doctor about hemorrhoids because, to be honest, the experience I had was a pain in the butt. It's no wonder, many seniors shy away from doing it, as well as, other sensitive and important matters like making a will etc. I get it!

Few people even talk about 'end-of-life' planning, and there was far more involved than I ever expected. So, naturally, I wasn't prepared for such an ordeal, and consequently, I felt both lost and stressed like an abandoned and scared 'babe in the woods' – make that a jungle!

It's one of those things we don't give much thought to until we have to, and not having done it before, well, I didn't want to feel stupid or embarrassed.

You know how that feels.

The problem was finding out what had to be done; the order in which to do things; who to talk to; knowing the right questions to ask; how much time it would take; and how much money it was going to cost.

Confession: it cost me far more time and money (and stress) than it would have had I been better prepared in the first place. Such is life!

So, this is why I'm introducing the subject to you now, hopefully far enough in advance so that you can proceed with some degree of confidence, without the pressure of last-minute planning.

Anyway, more about that important subject in later articles.

Meanwhile, let's move on to the next topic which is DEATH. And, we all know about that, as well as, that we can't escape its predictable outcome at some end-point in our lives.

And I'd also like you to know that the death of a loved-one, is by far the hardest ordeal that anyone can experience in life.

Fact.

Few people actually know that to be true, and if more did, perhaps it would make suffering from grief less painful than it already is, because more people would be willing and able to give the support and sympathy that people need to deal with death and its lonely aftermath when the time comes.

Instead, we often look the other way, because in many cases, even mentioning the word "death" is enough to trigger deeply ingrained fears – and flight. That's not a fault or criticism. It's just an unfortunate fact that we have not yet learned to deal with as individuals or as a society.

Needless to say that the subject of death is neither a common nor comfortable topic to talk about. It's especially difficult for many families to discuss with their elderly parents, let alone, related issues like wills, and Powers of Attorney; or 'end-of-life' planning; or the onset of serious sickness like cancer, to say nothing about dementia. As I said "It's a jungle."

And since death is a reality, I felt that this might be a good place to start a dialogue with you to honestly and openly talk about it. This way we can all get a little better understanding and acceptance of that which is always in our midst. (Who of you don't read the obituaries?)

And this now leads me to the next subject for today.

GRIEF.

Sadly, we are still living in the 'dark ages' when it comes to making space and accepting grief in our society, let alone in our homes and lives. So long as this continues to be the case, we'll remain at odds with how to live with it and develop an understanding and compassion for ourselves and those it affects. It will remain a foreign 'language' in spite of the fact that it's based on the most natural 'language' of all, the language of the heart.

As I said above, death is by far the hardest and most complex experience we humans have to bear, in spite of the millennia that mankind has had to get familiar with it.

When we're sick, we go to a doctor for both help, and peace of mind, and our friends and family generally show sympathy and patience with us for whatever condition we have, for as long as we are suffering from it.

However, when it comes to death and we've lost one of the dearest and closest people and relationships in our lives, we rely on old, worn out 'traditions' to see us through an indescribable period of the deepest suffering known to man.

Unfortunately grief has been an 'elephant in the room' for far too long, and we need to change that with more unashamed public information, and a concerted effort to change and 'modernize'/update the public's stilted perception of it.

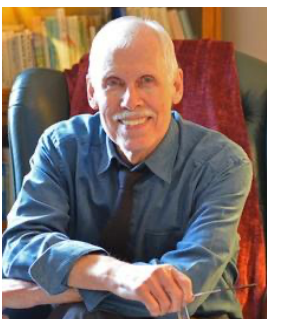
And that's one of my goals with this column; so, I hope you'll stay with me because I'm going to do my best to keep the subject light, informative, and interesting.

At some later point, I sincerely believe and hope that you'll look back on this column with a sense of gratitude and relief because as I said both death and grief are just a matter of time, as is the planning for them. And if you can benefit from having a more sympathetic and empathetic response from friends and family, then writing this will have been worth it – and your time.

More to come next month...

Will Brubacher

Family Conflict Coach and Elder Mediator Certified by: Ontario Association of Inter-generational Family Mediation and Family Mediation Canada (Emeritus)



Living with Alzheimer's

Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing. Research shows that almost 40% of people over the age of 65 experience some form of memory loss.

Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

Living with Alzheimer is challenging for both those who have the disease and their caregivers. Research shows that there are many things you can do live a quality life when living with Alzheimer.

Tips to live a quality life with Alzheimer disease:

1. **Make healthy food choices:** while there are no special food requirements for people with Alzheimer's disease, eating a well-balanced nutritious diet (e.g. use Canada's food guide) is beneficial.
2. **Be active:** choose activities you enjoy and make some type of physical activity part of your daily routine
3. **Stay connected:** people living with Alzheimer disease can become isolated and lonely. Finding opportunities to interact with the people around you will help you stay engaged.
4. **Keep your brain active:** mental activity (e.g. playing games, such as puzzles, jigsaws, memory games, reading books, or keeping up your hobbies) is good for our brain.



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Tips for Caregivers:

1. Remember that each person experiences Alzheimer's disease or other dementia in their own way.
2. While the person is still able, help plan their future care options including legal and financial issues.
3. Make up a schedule of appointments and activities to help as a reminder.
4. Promote as much daily routine as possible.
5. Encourage social connections including physical activities, as they are able.
6. Encourage independence as long as safety is maintained.
7. If required, provide specific instructions for tasks, one at a time as well as verbal cues and prompts when appropriate.
8. Be flexible. What works well one day may not work at all the next day. Provide positive encouragement and support to the person.
9. Learn about Alzheimer and the services that will be available in your area.
10. Know your boundaries: you are most effective as a caregiver when you know where your boundaries are, and you protect them.

If you are a caregiver join our Alzheimer's Care Partner Support Group

In partnership with the Alzheimer Society Waterloo Wellington, Woolwich Community Health Centre is running a Care Partner Support group for individuals with dementia. Join us on the 4th Wednesday of every month for group support and discussions. **Registration required. Please Call or Email** Courtney Bauman to register: 519-664-3794 x. 237 cbauman@wchc.on.ca



What is the Walk for Alzheimer's?

The Walk for Alzheimer's (WFA) has been happening in various formats for more than 30 years now. We've walked in malls and parks, arenas and trails. It's been called Walk for Memories, the Memory Walk, and Walk for Alzheimer's. But no matter what it looked like over the years, it's always been the same – people of all ages coming together to raise money and show their support for people living with dementia and their care partners.

The IG Wealth Management Walk for Alzheimer's is Canada's largest fundraiser dedicated to supporting people affected by Alzheimer's disease and other dementias. Held in over 150 communities nationwide, the Walk brings Canadians together to raise funds and awareness. In 2024, participants raised an impressive \$6.2 million.

Funds raised stay in the local community supporting local programs and services that improve quality of life for people living with dementia and their families. They also support educational efforts and increase awareness about dementia.

2025 IG Wealth Management Walk for Alzheimer's

Mark your calendars! **The 2025 Walk is scheduled for Saturday, May 24.** This year, the Alzheimer Society Waterloo Wellington is hosting four WFA locations across our region: Kitchener, Guelph, Mount Forest, and – new this year! - Cambridge. Each route is a family-friendly 2 km walk through parks and neighbourhoods. By registering to walk in one of these locations, you're sending a message of hope to over 41,000 people affected by dementia in Waterloo Wellington.

Registering is easy! Go to our website at Alzheimerww.ca and use the link on our homepage to register in whichever location you prefer. You'll be set up with a fundraising page and emails you can use to ask friends and family to support you. You can walk on your own, or make a team with coworkers, family or friends and walk together. And if you're one of the first 25 walkers to raise \$500, you'll receive a free ASWW hoodie!

However you choose to participate, know that you are making a significant difference in the lives of individuals and families affected by dementia. You're showing them that **they don't walk alone.**

Soci t  Alzheimer Society
WATERLOO WELLINGTON

Grandparent scams / Emergency scams

A scammer contacts an elderly person and pretends to be a grandchild or a family member in some kind of trouble and in need of immediate financial assistance. In this typical scenario the scammer will tell the victim that they have been arrested and requires bail money, have been in a car accident, need money to cover hospital costs or are having trouble returning from a foreign country. For verification, the elderly person is given a phone number to call, which will be answered by someone pretending to be a lawyer or a police officer.

The scammer will ask questions during the call, getting the victim to volunteer personal information. The “grandchild/family member” will insist that the victim not contact their parents or relatives as they don’t want to get into more trouble. The victim is then asked to use a money service business to send several thousands of dollars for bail.

Prevention tips

- Police, judges or legal entities will never request that money be sent through money service businesses.
- Don’t give out personal information to the caller.
- Confirm with other relatives the whereabouts of the family member or friend in question before even considering sending money.
- Never send money through money wire services to persons you don’t know personally. Verify the person’s identity before you take any steps to help. The money can be picked up anywhere in the world once it is given a transaction number.

Romance scams

There is a growing number of seniors who are turning to the internet to find love. Unfortunately, scammers know this and use every type of dating or social networking site to seek out potential victims.

The scammer will gain the trust of the victim through displays of affection and will communicate through the phone and email for months if needed to build that trust. The scammer will claim to be located in a foreign country but will want to meet up with the victim in person. The scammers will always come up with an excuse to prevent face-to-face interactions. It is at this time that the scammer will advise that they can’t afford to travel and will ask for money to cover travel costs. Other variations include the scammer claiming that there is an emergency with a sick relative and will ask for money to cover medical expenses.

Prevention tips

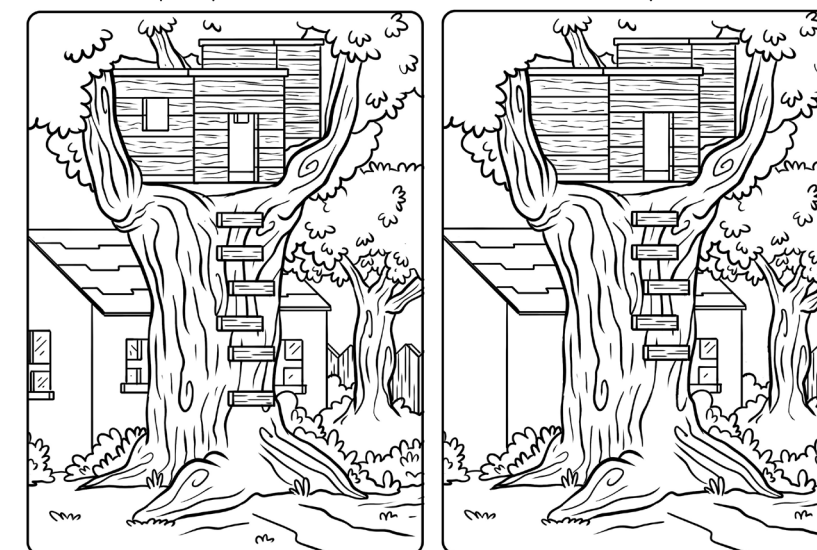
- Be wary of someone who claims to be from Canada or the U.S. working abroad.
- Don’t give out any personal information in an email or when you are chatting online with a stranger.
- Be careful communicating with someone who claims to fall in love with you quickly.
- Don’t accept any funds or send the person any money for any reasons. Scammers will use all kind of tactics to get to your money, bank accounts or credit cards.
- Beware of fake dating sites. Scammers will host and create fake accounts to lure potential victims.

This information has been provided by the RCMP. For more information please see the Seniors Guidebook to Safety & Security at www.rcmp.gc.ca



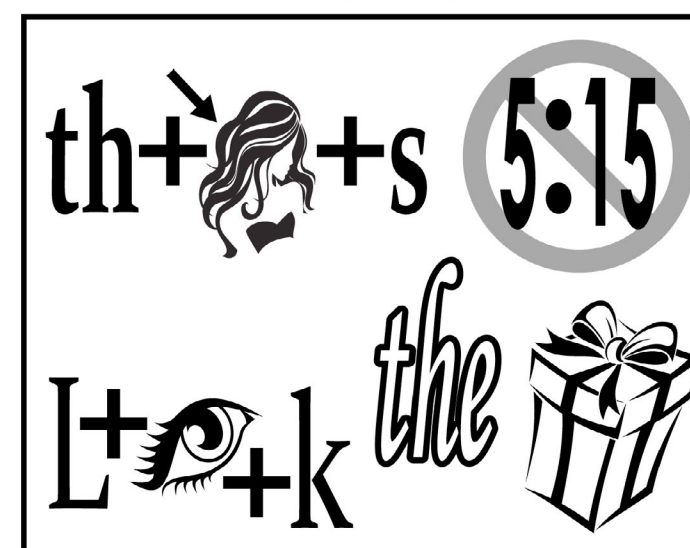
SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?

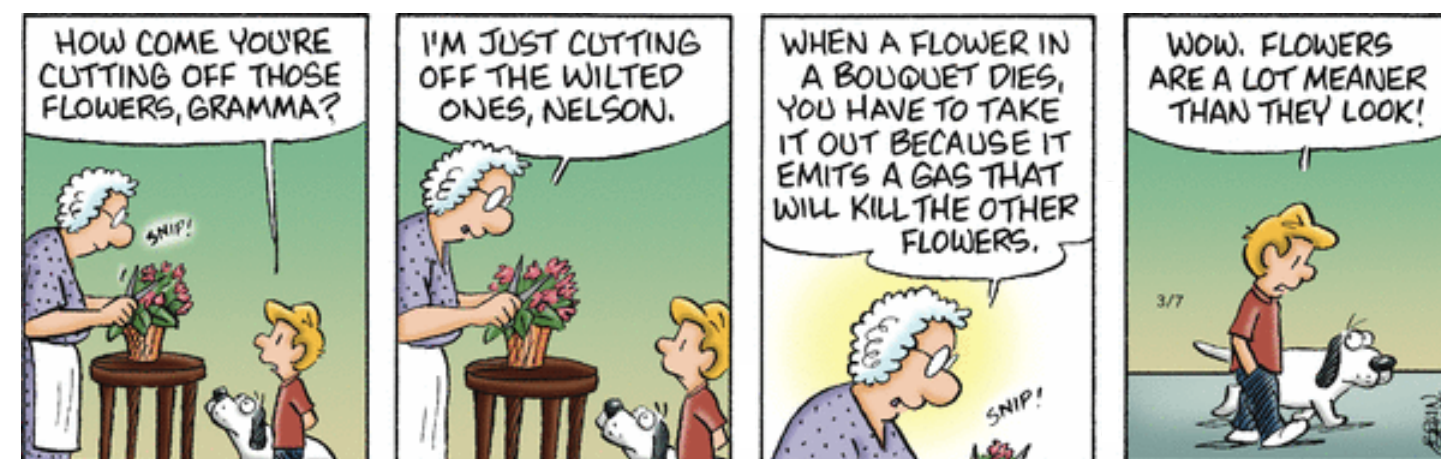
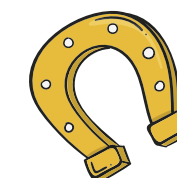


Concentration Puzzle

Use the visual clues in the puzzle to figure out what it says.



Laughing Matters!



Solutions on page 30

COVER STORY



Ross and Jane Eichler: Our Dynamic Duo of Volunteerism

WRITTEN BY SCOTT DUNSTALL

I am originally from The GTA having grown up in Scarborough and spent most of my working life living in Mississauga. I volunteered here and there occasionally through most of that time, but for the most part it was sporadic. Then I moved to New Hamburg, and I really learned what true volunteerism means. Especially in the context of a small community. It truly is the glue that holds these places together.

And like anything, volunteering has its All Stars. So, it was my distinct pleasure to sit down with Ross and Jane Eichler who have made their imprint on Wilmot and the surrounding areas in so many ways.

Ross had uncles involved in the military and Jane's Dad, Cameron Shantz was in the Navy, They both agreed that her Father was one of the key influencers behind wanting to do more to support veterans in our community, In fact, her Father has been remembered in one of the 220 memorial banners that hang in downtown New Hamburg during the Remembrance season. A lot of the connections Ross and Jane have made with other agencies in the area mostly came through their work with the Royal Canadian Legion Branch in New Hamburg.

Ross led the Poppy Campaign at the New Hamburg branch for many years. For those of you not familiar, the Poppy Campaign gives back in so many ways including: PTSD and mental health programs, Long-term care facilities for veterans, educational bursaries, and support for military families in need. This is the largest fundraising event for the Legion each year. Over 8000 letters are hand folded and mailed and over 90 poppy boxes are placed around the community. Not a direct poppy campaign fundraiser but one of importance. There is a local group called "The 100 men of Wilmot Who Give a Damn." Every quarter they meet and listen to pitches from three different local service clubs or charities. As part of the club's membership, you must donate \$100 each meeting. That money goes to the organization that the members vote on as the worthiest at the end of the night. Ross was invited to present on behalf of the Legion and the Poppy Campaign. He was not successful the first time out but when asked to present again, it was a success. That ended up as an over \$14,000 addition to the New Hamburg Legion's Poppy Campaign in 2024. Who was there to listen and coach him through his practice runs and who was sitting at the table next to him both times when he spoke? Jane.

Coinciding with the Poppy Campaign in October and November has been the Youth Education program that features a Poster/Poetry competition open to all students across the township. During her time Chairing this initiative Jane brought real awareness to kids in Wilmot of the sacrifices made by our service men and women... past and present. As the great wars of the prior century fade into the rearview mirror she made it her mission, as

Chair, to help kids connect the past to the present so that we all will never forget. When she and I spoke, her eyes lit up when she talked about one the local students whose work made it all the way to the provincial finals.

Ross is also past President of the Legion's branch in New Hamburg and in that role served as contact point and representative when it came to connecting with other agencies and in the area. In 99% of those cases Jane played a pivotal role. Just to provide a few examples: Parkwood Hospital is the one of the region's largest veterans hospitals with the average patient age around or at 90 years old. Together, they have organized all kinds of drives to support these Canadian treasures. One of those includes a massive effort to collect new personal care products such as toothpaste and deodorant. Another one of Jane's favourites has been the program to collect new pajama bottoms which the hospital was in desperate need of.

When she was telling me this I jumped in and asked her, what do you get out of all of this? She simply said the smiles and gratitude of the men and women they helped. One of them in particular is Gerry. He is always so excited to see them when they make their way down to Parkwood with a SUV full of goodies. He will often help them unpack and distribute items to the other vets. You should have seen the smile on Ross and Jane's faces as they were telling me this.

The two are also proud of the role they play at the Legion as its ambassadors when other agencies use the Hall or Lounge to conduct their own fundraising activities. Each year the Wilmot Family Resource Center (WFRC) holds their Coldest Night of the Year Community Walk in February where the branch is used as the starting point and finish line. Money is raised for the Center and the Legion does well at the bar and kitchen. Another initiative that Ross and Jane spearheaded (and one I was personally involved with two years ago) is the Legion's Christmas Silent Auction. The proceeds for this also went to the WFRC. Nearly \$3,000 that was raised and that was parlayed into a skid of food at wholesale prices organized in conjunction with Sobeys in New Hamburg.

The Legion also hosts the Community Care Concepts Christmas breakfast in conjunction with the hard-working New Hamburg Optimists who do all the meal prep and service. During this event, Ross and Jane have either been official greeters and minglers or working behind the scenes getting the hall prepared. Community Care Concepts is an entity that supports and advocates for seniors in Wilmot, Wellesley, and Woolwich. Oh, and Ross served on the CCC board for a time.

And he also works regularly at the Blood donation site at Steinman Church in Baden. Volunteers make those occasions for donors seamless and trouble free. This and all the other things that he does is a good reason why this man was awarded the Wilmot Citizen of the Year in the Seniors category two years ago.

Besides living in Morningside in New Hamburg they have also both served on infinite committees and leadership roles in that community. One of the things they are very proud of as dual cancer survivors is to Co-Chair their annual Terry Fox Walk through the park in Morningside. Last year they raised over \$5,000 bringing their 8 year total to just over \$31,000.

Did I also mention that they are impeccable dressers? Do good, look good I always say. There is probably a good chance that if you live in this area either you or someone you know, or love has been touched in some small way by the work of Ross and Jane Eichler. Thank you to both of you for your service.

Talking Pictures

from the book, *Wisdom in Pictures*



Seniors are aware of so much, because they've seen so much.

Babies are aware of so much, because they've seen so little.

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Maintaining a Healthy Diet

During the month of March, dieticians across Canada are celebrating Nutrition Month. Monitoring what we eat and ensuring that we are eating well is key to not only helping us to function well, but also to provide our bodies with the necessary nutrients and energy that we need. Maintaining a healthy diet is also important in lowering our risks, as well as managing many health conditions.

While we hear a lot about the importance of eating well and recognize the importance of a good diet, it is often easier said than done. Many older adults struggle with maintaining a healthy diet. Limited access to grocery shopping, particularly during the winter months, makes it difficult to access core essentials or ingredients to prepare a healthy meal. We also know that financial limitations can impact our food choices. For others, medications may reduce appetite. It can take a lot of energy and work to prepare a meal for 1 or 2. Eating is also a very social event that is best when shared. For many living on their own, eating alone is not as enjoyable as when you can join in a meal with others.

While we cannot control all of these factors, there are options in your local community to support you in maintaining a healthy diet as well as to reduce some of the loneliness associated with eating alone.

Meals On Wheels Hot Meals - Volunteers through Community Care Concepts are available to deliver a hot, nutritious meal at noon on weekdays throughout the Townships. A hot meal consists of a soup, salad, entrée and dessert. Special diets can be accommodated. Registering is simple. You can call into Community Care Concepts' main office, provide a minimal amount of information and be set up to receive meals within 48 business hours. You can select the number of meals each week and can start or stop based on your schedule. Beyond the nutritional value, the visit by the volunteer provides an important safety check and also a friendly source of social contact during what can be a long day.

- **Meals on Wheels Frozen Meals** - For those not wanting to commit to a noon delivery for hot meals or those requiring meals for evenings or weekends, a wide assortment of frozen entrées, soups and desserts – all fresh food that has been frozen and can be heated in an oven or microwave – are available. Frozen meals can be ordered in advance and picked up from Community Care Concepts' main office. Home delivery is also available.
- **Lunch Dates** - Volunteers are available to join you in your home during lunch time on weekdays to share a meal and conversation. This serves as an important social contact for isolated individuals while also ensuring access to a nutritional meal.
- **Assistance with Grocery Shopping** – Individuals are available to do grocery shopping on your behalf, delivering groceries to your door. Others prefer to do their shopping but may require one of our staff or volunteers to join them to provide assistance.
- **Practical In-home Support** – Individuals are available to come into your homes to assist with meal preparation, either on your behalf or with you.
- **Community Dining Events** – We offer a variety of group dining events for older adults across the Townships. These noon events provide an opportunity for food and fellowship.
- **Need Assistance with Food?** Please reach out if you are struggling with access to food. We can help you to explore options.

Options are available in your community to support you in eating well. To learn more about these and other services, contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.



COMMUNITY CARE CONCEPTS of Woolwich, Wellesley and Wilmot

Helping Seniors and Adults with Disabilities
to Live Independently in their own Home

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- Day Programs • Homemakers
- Maintenance • Friendly Visitors • Community Meals
- Transportation from Hospital to Home
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Emily Giau, Audiologist

Emily has extensive experience working with older adults which has led her into the hearing care industry for the last 5 years. As an audiologist, Emily has mainly worked in private practice settings and has traveled to retirement, long-term care and personal residences to provide exceptional hearing health care.

Education:

Bachelor of Science in Honours Health Studies/Aging Studies Option – Psychology Minor (University of Waterloo)
Master of Clinical Science in Audiology (University of Western Ontario)

Selina Mauro, H.I.S

Selina has 10 years of experience in the hearing industry as a Hearing Instrument Specialist and has also been certified in ear wax removal for 10 years as well. Selina also has experience working directly at a hearing aid manufacturer doing audiology support and training for all of Canada. Working as direct sales and training support for clinics traveling all over Ontario.

Education:

Bachelor of Science in Biology/Psychology Trent University
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The Mystery Writer, March



It's the Little Things ...

like what one does with one's daily time that matters.

For example: *Do you answer your phone every time it rings?*

This unusual question was un-imagined over a century ago because the novelty was still new; and today, it would be an unheard-of question, because the answer is so obvious.

So, why would I ask?

Well, I don't know about you, and the older I get the faster time seems to pass. And that's a significant issue for me at least, because my life seems to be moving faster than I would like it to – or am I just slowing down? Or, do I not really have any choice or control over it after all? Have you noticed this phenomenon?

Frankly, I still have things that I want to do with my time, in order to get as much out of life as I can, while I can.

So when I took stock of my time, aside from the basics of what I have to do and have no control over, like eating and sleeping (especially the latter!), and of course, the “to do” list my wife regularly hands me :), it left me with the question of what I'm doing with my time, when I'm not aware of how I'm spending it.

And I suppose my attention was drawn to the telephone because of the number of people of all ages that I see every day ‘attached’ - literally physically, to their phones (it seems); and it made me curious about the amount of time, and the reason why I and others spend our time on it. (Of course, it varies for each of us, I know, but bear with me, because I believe the question is still valid.

So, it seemed to me, that answering my phone was just another habit that was costing me the very time, that was going so fast, that I was trying to save.

And I decided to make an effort to take control of my precious time as a senior, and to preserve more of it to protect myself from wasting it on my habitual response to telephone calls – especially the ones from those ‘unknown-callers’ with whom, by my nature, I'm usually so polite.

Well, I conducted an experiment (pretending that time was money) and decided not to pick up the phone every time it rang – or sang or rattled or rolled, no matter who was calling (within reason of course). I let the call go to my ‘answering’ device, which at first was difficult to do, because, I have to admit, it was so terribly tempting to rush to pick up – no matter where I had left it...

And as an aside, it occurred to me, how many of those seniors who were scammed hundreds and even thousands of dollars wish that they had simply not picked up... which, of course, is a different benefit and different subject than saving time, that I'll maybe write about another time – if there's time.

Anyway, I want to tell you, what a surprising ‘gift’ of life-saving and time-saving that little ‘trick’ has been for me. Quite amazing, in fact, some days more so than others, of course but always interesting.

Ever notice the number of calls we get during a day that are not from people we know?

And the personal calls from people we know, who just want to talk about something, anything to anyone, and between us, I am a good listener who would always pick up.

And in those cases, I was obviously giving away my time at the expense of the benefit of spending it on things I would prefer to invest my time in. (Ok – realistically, if I need company because I'm bored, those calls are life-savers.)

As a result of this experiment, other insightful things also came to my attention when I stopped to pause first, rather than respond like a trained dog to a whistle – or more accurately, to a telephone ring, or programmed favourite melody, triggering my auto-pilot.

Oh, and one more benefit was that I began to actually feel better about myself, from just practising this easy and effective system of taking control of my life and choosing when I wish to talk on the phone, and when I don't.

In a word, it was empowering, to say the least, by simply taking control of this small part of my life. And who knows what else might be learned from this that can be applied to other parts of my life as well...

And, by the way, I noticed that my friends accepted the answering machine option, understanding that if they left a message, I would return their call as soon as I could. After all, I really didn't need to account to them for not being able to answer on the spot, because I'm not a child and do have a life – as do they.

The bottom line is that I no longer rush to the phone when it rings, risking life and limb on slipping and falling which is especially important because of the potential danger and damage it might cause as we age. I'd hate for my tombstone to read: “Died diving behind his couch to answer his phone”.

Moreover, I really don't feel guilty any more because my answering machine takes the message, and I can filter the calls that matter from those that don't in the moment.

And I have the peace of mind of preparing myself in advance of returning a call when I know the reason for the call in the first place; and overall, it seems so much more self respecting, otherwise known as self-compassionate, when it comes to looking after my own needs first. Pretty selfish you think?

Well, only you can decide when it comes to setting the worth of your time and safety the older you get.

Oops gotta run, I hear the phone ringing, somewhere....

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Can Hearing Aids Help You Live Longer?

None of us are strangers to looking up a symptom online and then panicking about the associated articles and suspected ailments behind the symptom. When was the last time you looked up a symptom related to the common cold, and the internet told you that you had something far worse?

Before you panic about your hearing loss symptoms and the associated links to cognitive decline, balance disorders, and dementia, we'd like to offer some good news: a recent study has found that with the help of hearing aids, you can increase your lifespan.

A study by Dr. Janet Choi from Keck School of Medicine of the University of Southern California studied how regular use of hearing aids affected almost 10,000 participants who were shown to have hearing loss challenges.

Her findings show that patients who regularly used hearing aids had a **24 percent lower risk of mortality** than the group who didn't use hearing aids at all.

Hearing aids, when used properly and routinely, could save your life.

How Do Hearing Aids Increase My Life Expectancy?

Dr. Choi, a hearing aid wearer herself, emphasizes that hearing aids are not the one solution to living a longer life. Rather, it's the routine wear and understanding that you work with your hearing aids to optimize your hearing that will allow you to reap the multiple benefits of better hearing health.

Hearing aids and professional hearing care have been proven to strengthen hearing, help balance, improve memory, and decrease the chances of dementia. However, Dr. Choi found that outside of her study, just 12 percent of her participants wore their hearing aids daily.

Hearing loss happens gradually over time passing. Many people who get hearing aids don't adapt to wearing them every day like they should, so it doesn't feel like the devices are delivering the help they should. Wearing your hearing aids should be like wearing your glasses or contact lenses for your vision: something you don't leave the house without, so you know you'll be performing at your best, whether you're going to work, a live event, or even just hanging out with your loved ones.

Dr. Choi hopes her study will encourage more people to get their hearing tested.

"A lot of people are not using hearing aids because they don't want to look older," she said in an interview with CNN. "They don't want to be associated with disability, but it doesn't have to be that way."

Concerned About Your Hearing?

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Chris Arnold
Owner & Hearing Instrument Specialist



Church Days... Reflecting back... 1995

Recently, I came across a piece I wrote for Christmas 1995 which I would like to update here. This is because it strikes me now that the systemic situation described has not gone away; but to the contrary, has unfortunately worsened.

It begins... A few weeks ago my youngest daughter, 15, was denied the opportunity of singing at a wedding to which our family had been invited.

I can still see the church's elderly organist explaining to the unbelieving eyes of our daughter and the bride to be, that their 'secular' music was not suitable.

No amount of reasoning would move her. Instead of getting 'Wind beneath my Wings', they got 'shot down', in full flight.

The organist got her way; but the bride vowed it would be the last time she would be in a church. I tried to offset my own daughter's feeling about the 'typical' hypocritical nature of the church. And, I remembered that Christ warn the Pharisees of just such an error in judgement concerning outward things.

So, here we are at Christmas and what have we learned. Well, according to these young ones, they have learned that the church is mainly made up people who are more concerned with upholding rules than the 'spirit' of the faith.

Yet Jesus said, suffer little children to come unto me, and forbid them not. This Christmas as some ponder the bleak future of the church; maybe more concern should be put as on the reasons why.

'Music in Me' writer Fred Parry is a lover of people and a collector of stories, music, wisdom, and grandchildren. Find him at www.fredparry.ca

Now, as I write this ... almost 30 years later ... I can see that the Christian faith, the one I know best, has been greatly diminished by a thousand cuts and ways too numerous to mention. And that little church where our daughter and friends were refused entry ended up with a 'For Sale' sign on the lawn.

What's next?

I suggest that faith never resides in buildings – simple or grand – but in the way we live our lives. If we try to be faithful to what we know in our hearts to be true (and not in some way that challenges reality) but shows genuine, active love for our fellow human beings ... whatever their faith ... then I say we are being true to what lies at the heart of all religions. not some misinterpretation that abuses this basic truth, along with the word.

Me? My plan was to have our children baptised and confirmed in our protestant faith – to the point whereby they could make own informed decision as adults.. Today? I guess it's a mixed bag. One child majored in worldwide religions at university...(now teaching at a Roman Catholic school board; one child never forgive the 'church' after all these years; and one child is neither for or against... like most of the population these days.

And my wife? – life has shown her to be the forgiving angel we always knew she was.

May, each in our own way, try to measure up to those angels, within and without, our own families. They are the real role models who often don't recognize how wonderful they are.

That's the way I figure it. – by Fred Parry

Inter-generational Family Conflict

Written by: Will Brubacher

“You did WHAT?” (Part Two)

Disclosure: I am not a lawyer, and am only giving my personal opinion.

It's possible that some of you might be feeling confused and concerned about how the mom in last month's story (Part One) lost her voice, and her home without knowing what was happening behind the scenes.

In the first place, what her family did on their mother's behalf when she was in the hospital for hip surgery, was done with both good intention, and with the 'rights' granted by their Powers of Attorney, which was perfectly legal.

This is the potential cost of innocently not knowing our rights as seniors, and or parents, and the broad ranging 'rights' that we are giving by assigning Powers of Attorney to those in whose often inexperienced judgment we are entrusting our lives.

The case I cited did, and can happen to others, maybe you, which is why it's important to be informed rather than victimized.

Now, with mom's house sold, and her having to move into a retirement home, she will simply have to make the best of it – or will she? That's the question...

How did this happen? Let's go back to the beginning. Clearly, there was a lack of family communication and awareness of potential issues arising, resulting in this unfortunate outcome (moms surprise transition). These laid the initial ground-work for the possibility of something like this happening (going wrong), in the first place. In other words, "If I had only known then, what I know now." But situations like this do happen often enough, and such is life; so, don't be too hard on yourself because that's one of the reasons we have lawyers, isn't it. No one knows everything.



So what went wrong? A very special conversation didn't happen between parents and their family, especially those chosen to be Powers of Attorney.

This is a separate subject of significant importance as you can imagine that we will explore in future articles.

Meanwhile, the current question is what can mom do?

Well, she must first control her emotions, and follow the path chosen for her. Then once she settles down and accepts her new 'home', to begin to turn 'onions into onion soup', as it were.

Let's face it, it would be unwise to do anything that might put her relationship with her family at risk or jeopardize an already uncertain future without very serious thought. After all, realistically thinking she will likely have to depend more and more on her family, the older she gets. However, leaving the current situation as is, also has other dangerous ramifications that she should take into consideration. For example, there's a deep psychological cost to keeping upsetting circumstances to oneself; second, there's a strong chance that she will harbour some natural fear regarding her future health vulnerability, and how her family might handle those circumstances. Losing trust in those responsible for our welfare when we cannot look after ourselves is really unthinkable for many but the most idealistic.

There's a lot at stake here, that depending on how it's handled will affect everyone's lives, and surely both mom, and her family wish to ensure everyone's best interest is being considered in order to move forward with understanding, love and acceptance, in safety and respect.

Next month we'll look at possible scenarios for a solution and meanwhile, you can think about how you would handle it.... Good luck!

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<p>Emergency (Fire/Medical/Police) 911</p> <p>Waterloo Regional Police Non Emergency 519-570-9777</p> <p>Crime Stoppers 1-800-222-8477</p> <p>Ontario Poison Centre 1-800-268-9017</p> <p>Ontario Problem Gambling Helpline 1-888-230-3505</p> <p>TeleHealth 1-866-797-0000 TTY: 1-866-797-0007</p>	<p>Waterloo Wellington LHIN 519-310-2222</p> <p>Community Care Concepts 519-664-1900</p> <p>Retirement Homes Regulatory Authority 1-855-275-7472</p> <p>Elder Abuse Response Team 519-579-4607</p> <p>Interfaith Community Counselling 519-662-3092</p> <p>Hospice of Waterloo Region 519-743-4114</p> <p>Alzheimer Society of Waterloo Wellington 519-742-1422</p>	<p>Senior Safety Line 1-866-299-1011</p> <p>Township of Wilmot 519-634-8444</p> <p>Township of Wellesley 519-699-4611</p> <p>Township of Woolwich 519-699-1647</p> <p>Region of Waterloo Public Health 519-575-4400</p> <p>Ontario Caregiver Organization Helpline 1-833-416-2273</p>
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WHERE TO GET YOUR FREE COPY

Copies will be available around the first Wednesday of every month at the following locations:

WILMOT TOWNSHIP:

- MeMe's Café New Hamburg (outside magazine stand)
- Sobeys New Hamburg (outside magazine stand)
- HearingLife formerly Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg
- Heart & Home Creations NH



- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office

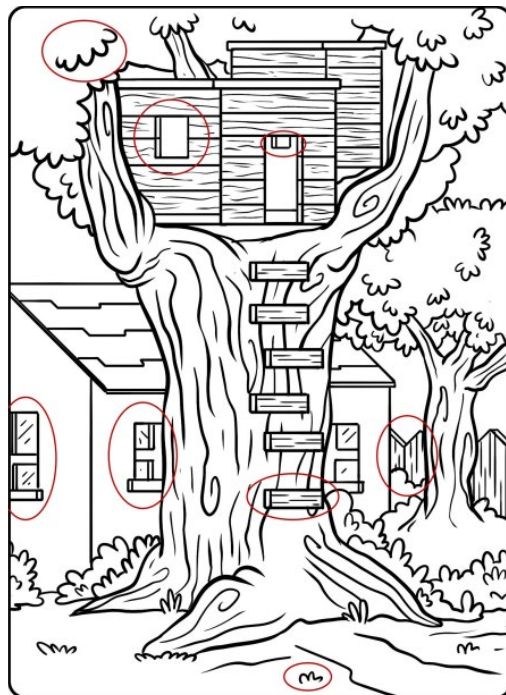
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
- In Season Home & Garden St Clements
- Len's Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin's Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou's Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)
- Harvest Moon St. Jacob's

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 - **Expert Negotiation:** I will advocate for your best interests and ensure you receive the fairest possible price.
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