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# EMBRACING CHANGE

Serving Boomers, Seniors & Caregivers in Wilmot, Wellesley & Woolwich Township

VOL 7 ISSUE 1 SEPTEMBER 2024

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*Editorial Policy & Disclaimer:**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, its editor or publisher.*

LETTER FROM THE EDITOR

As we celebrate the 6th anniversary of Embracing Change this September, I'm reflecting on the journey that led to this dream becoming a reality. Embracing Change is more than just a business venture; it's a reflection of my lifelong journey and a mindset I've carried since a young age.

Losing my mom at 8 years old taught me how quickly life can shift and how inadequate resources can be when navigating such transitions. Suddenly, I was a caregiver for my 4-year-old sister and a support for my grieving dad. Though caregiving came naturally to me, I quickly

realized that even the most devoted caregivers often forget to care for themselves. This common issue can lead to stress and burnout, and I knew I wanted to help address it, though I was uncertain how.

My vision for Embracing Change began to develop during my time as Director of Resident Services at a Retirement Home. I noticed a significant gap in our community's ability to find the right resources for navigating the challenges of aging. Living in New Hamburg all my life, I was aware of the many wonderful local businesses and support systems, but accessing this information was not easy. I felt a strong commitment to bridge this gap and began developing a publication to address issues impacting older adults and their caregivers, with the goal of improving their overall experience.

Our monthly publication aims to connect Wilmot, Woolwich and Wellesley Township residents with the local support and resources they need, fostering a stronger, wiser, and more fulfilled community. In life, I believe we are always better and stronger together, and my hope is that Embracing Change serves as your support and guide; connecting and helping where and when you need it most.

Thank you for spreading the word and helping to make Embracing Change the success it is today! We value your contribution so if you have anything to share, new resources, information that may be helpful, any questions or insights, our door is always open. We look forward to hearing from you and growing a stronger community together.

In memory of my cherished grandparents, whose lasting impact and inspiration shaped this venture, and in celebration of all the wonderful grandparents in our community, I wish you all a happy Grandparents Day on September 8th.

I want to thank Jessica Uttley for her exceptional work as our designer over the past six years and wish her the very best as she steps into the exciting new role of parenthood. We're also delighted to introduce our new designer, Victoria Zinger, from Waterloo Region!

Thank you to you all for your continued support!

With much Gratitude,

*Tara*

## Back to School: The History of School Section (S. S.) 16 in Wellesley



Lara Carleton | Curator, Wellesley Township Heritage and Historical Society

Wellesley Township was fully surveyed by William Walker in 1843. The Walker Survey helped to attract settlers to the area which quickly began to grow in number. As a result of the increased population, it was clear that a school was needed in Wellesley.

By 1848, a log structure was built to house the first school in Wellesley. Unfortunately, it caught fire the next year, but was quickly replaced by another log school. As the second log school became too small for the community's growing needs, a stone school was built a decade later in 1859. Today, that stone school is known as the old Memorial Hall, or more recently, the early learning centre on Henry Street.

Eventually, the stone school was outgrown and a two-storey brick one was built in 1898 right next door. This brick school became School Section (S. S.) 16, previously referred to as a school district, in Wellesley and was used until the current Wellesley Public School opened in 1967. Today, the old brick schoolhouse is home to our Wellesley Township Heritage and Historical Society's Historical Room, the Waterloo Region Library Wellesley Branch, and Theatre Wellesley.

On display in our Historical Room are original desks used in the school. Our collection also houses numerous items connected to the school

like attendance records, photographs, report cards, textbooks, workbooks, and even a library ledger.

If you are interested in visiting the old brick schoolhouse, please join us for Doors Open Waterloo Region on Saturday, September 21st from 10:00am to 4:00pm where our Historical Room, the Waterloo Region Library Wellesley Branch, and Theatre Wellesley will all be open to the public. The theme for Doors Open Waterloo Region 2024 is adaptive reuse which is defined by Merriam-Webster as the "reuse of pre-existing structures for new purposes" which S. S. 16 Wellesley exemplifies.

The Wellesley Township Heritage and Historical Society contains digital and physical records about the schools throughout Wellesley Township. If you have any items pertaining to this school history or the township that you are interested in sharing, please email us at [info@wellesleyhistory.org](mailto:info@wellesleyhistory.org).

**COFFEE  
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TALKS**  
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**Coffee House Talks is a monthly program adults 55+ in Wilmot or Wellesley townships. Each month provides an opportunity to learn new things, share information and create new relationships!**

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*Past topics have included gardening, healthy living, financial safety, or hands-on arts and crafts activities!*



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<https://wilmotfamilyresourcecentre.ca>

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 Wilmot Family  
Resource Centre

# Celebrating World Alzheimer's Month

Every September countries around the world celebrate World Alzheimer's Month, with September 21st serving as World Alzheimer's Day. Coordinating efforts around the world provides an opportunity to bring attention to this serious health issue and to educate people about Alzheimer's disease and challenge the stigma.

Many people often interchange the terms dementia and Alzheimer's when in fact they are different. Dementia refers to the overall term that is used to describe symptoms that impact an individual's memory, their performance of daily activities and their ability to communicate. Within this broad category of symptoms is Alzheimer's, one of the most common types of dementia, and a progressive disease that slowly causes impairment of memory, thinking and behavior. Symptoms usually develop slowly over time and eventually becoming severe enough to interfere with completing daily tasks.

Within Canada it is estimated that there are approximately 750,000 individuals living with Alzheimer's and dementia. Around the world there are more than 55 million people living with dementia with that number expected to rise to 139 million by the year 2050. While these numbers provide an estimate, it is anticipated that numbers are higher. There are many individuals that suffer in silence, with symptoms ignored, individuals or families not sure of signs to look for or the disease left undiagnosed.

Approximately 40% of individuals over 65 experience some form of memory loss. When there is no underlying medical condition, and forgetting things such as an event, a name of an acquaintance or details occurs on an occasional basis, this can be considered a normal part of aging. However, Alzheimer's and dementia are not a normal part of aging. The Alzheimer Society of Canada indicates that there are symptoms to look for, that would suggest that you speak to a doctor:

- Memory loss that affects abilities
- Problems with abstract thinking
- Difficulty performing familiar tasks
- Misplacing things
- Experiencing problems with language
- Changes in mood and behaviours
- Disorientation in time and space
- Changes in personality
- Impaired judgement
- Loss of initiative

While there is no doubt that receiving a diagnosis is life-changing for individuals and their families, and that the disease will eventually impact abilities and require adaptations, a diagnosis does not define the individual. It is possible to maintain quality of life, continue to participate in meaningful activities and continue to experience feelings such as joy and love. A diagnosis is a first step to understanding, developing strategies and seeking help and support in moving forward. There are many great sources of support available through organizations such as Community Care Concepts of Woolwich, Wellesley and Wilmot or the Alzheimer Society Waterloo Wellington. Call 519-664-1900, 519-662-9526 or 1-855-664-1900 for information on services and supports available in your community.

## ALZHEIMER SOCIETY

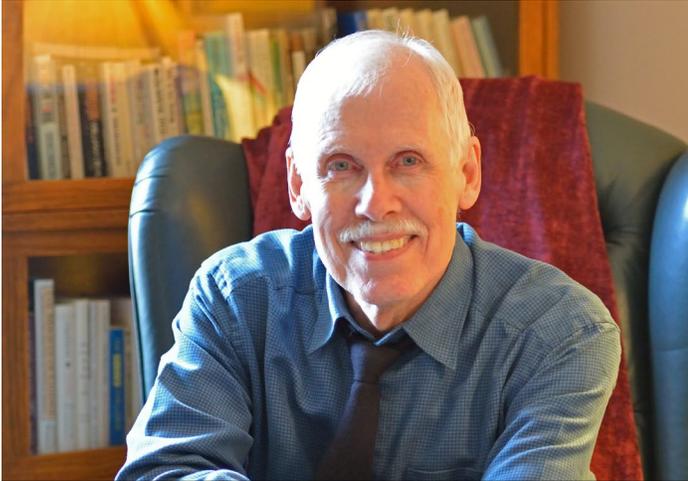
Provides a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

### CONTACT

519-742-8518 ext 2090 for more info  
or to receive the Program Guide  
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# Life Lessons after Losing my Life-Savings

## > Part Two <



*Life is meant to be played from beginning to end regardless of the number of mistakes.*

Some people believe there is a reason for everything, and if that's the case, then surely, it's to learn lessons that enable us to grow into better human beings, with stronger faith to better serve the world.

In Part One, I shared my story of the loss of my life savings, 1.2 million dollars, and the collateral losses of my home, my wife, my retirement and my will to live.

Now, for those of you interested in knowing a little of what I learned from my odyssey through that "Dark Night of the Soul", I'll begin with this important acknowledgment:

at our ages, we all know that no one's life has been sheltered from the trials of unexpected and devastating circumstances that can change 'on a dime' be they through reversals in marriage, health, work, financial, or serious family issues, including death. These potential 'trials' are part of the 'grand' story of life and remain in the shadows of each of us waiting to come out usually at a time of there choosing, rather than ours.

Needless to say, that it would take another far more specialized article to do any justice to that important topic, and many more in regard to exploring and unfolding its various significant themes.

To get back to my story though, I'll share what I learned from my life- losses, and of having to start over as a young senior to rebuild my life.

None of us know how strong we are, 'till we're tested, and I learned that I am a far stronger person than I ever thought I could be when facing life-threatening, and major life-transition changes. Lesson number one.

In fact, that's our first real confrontation – with the 'self', when faced with the unexpected circumstances of threatened 'survival' of any kind.

For me, it was a 'frontier' experience, as I began to slowly work my way through the trauma of the event of losing my life savings, and facing the unknown tsunami effects of all the changes that would follow as a result.

It took coming to the numbing awareness of realizing that I could only move forward one small step at a time, toward finding and testing my weaknesses, and building my strengths. The lesson of patience!!

Then dealing with the merciless thoughts and feelings of self-recrimination, and lack of self-worth that can hold us prisoner of the past. I had been decimated by circumstances that I had had no control over, and when looking for blame, I (and we) often turn on ourselves for being so "stupid" or "irresponsible". I had to face that untruth, and to slowly let go of that harsh and unmerciful judgement in order to move ahead. The lesson of realizing that everyone makes mistakes.

I discovered it's also true that I needed to have faith in something that has faith in me. Now, obviously that can be in whatever beliefs we might already have, either sacred or secular, and whatever works for us are valid.

Believing in a power beyond our own, is the 'belief' I'm talking about here. Sometimes, we find that 'power' or 'belief' which is most meaningful to us, in these moments of crisis or trauma, when we've fallen as far as we can fall, and have hit bottom where we wake up all alone and in a world of darkness. The lesson of opening to the fact that whatever our faith, we are really not alone.

It's also important to never overlook or underestimate the chance of sheer synchronicity. Sometimes, things just happen unbeknownst to us, that can be like a message or an opportunity, that seem to come out of nowhere that can have a major effect or even dramatically change our circumstances. A 'lifebuoy' that just mysteriously appears to save us. It does happen. The lesson of 'grace'.

And one of the most important lessons that I learned was to persist, especially in that deepest and darkest period of the "The dark night of the soul". And to be clear, I was in that 'pit' of suicidal depression, and once even tried to end my helpless misery.

I also learned that there is something about the mystery of 'tomorrow being a new day' that is worth betting on, or believing in. For that 'opportunity' to work, we need to rise above our impatience, self incrimination and false feelings of helplessness, without replacing those with any expectation. This is hard because we so desperately wish for an end to our pain – for something 'better' to replace it.

The lesson for this is simply "acceptance", without condition. There's an intriguing 'magic' in this if we can only be open to it. And this means pressing forward with each new day being hopeful that things are changing – because they are, and that we are on the right track. Even though we think we are 'stuck', life is always changing and carrying us with its 'tide'. The lesson of 'unfoldment'.

Any loss is grief and each loss no matter how small, triggers the body and mind's natural grief response system to protect us. It may not feel like protection at the time, but it is, and that's where sharing the 'grief' experience with others is so important – far more than most people realize. The lesson of being vulnerable.

That personal sharing is best done with others who are 'professionals' (counselors, clergy, loved ones), and especially, those who have experienced or are experiencing similar 'symptoms'.

Grief support groups are a wonderful resource for this kind of work because talking with others who understand 'loss' brings people together at a depth of understanding and compassion that nothing else can. The lesson of using resources to support us.

Finally, one of the more subtle things I wish to add about what I learned from deep depression and survival as a senior is, that like responding to the grief of death, most people don't know what to say, and invariably say something that's less than helpful. This may be 'well-intentioned', and still a 'wrong' or hurtful response to someone grieving what might be considered a 'living' loss (money, marriage, job, health etc.), as opposed to death.

In both cases the symptoms of grief and loss are the same, and the feelings are profound.

We're not very good at understanding or speaking about the many kinds of loss in our lives in addition to death. As I mentioned above, people can with every good intention say the wrong things. Here are a few examples I heard in my life-savings loss and grief, which you may be familiar with: "You've got your whole life ahead of you."; "You've got your health."; "People love you."; "It'll pass."; "Change is good."; "Life is an adventure."; "You're not the only one that this has happened to.."; "Others are worse off."; "It's only money."; "You'll meet someone else".

One person even said in response to my lament about death feeling like a tempting escape, "Well why not?", she said matter of factly. And another said, "Well, (if something happens to you), I know I've tried my best."; and "I just don't know what to

*Continued on page 8*

say to you anymore?”

You may recognize these statements are all in some way similar to what some people say to one suffering the loss of a loved one through death.

Then later, I was told, “Oh, I never knew it was so bad for you”.

The lesson I learned here is that people have their own lives to live and have short memories of the lives of others. I had to be focused on my own ‘self-talk’ rather than listen to the talk of others, and to turn negativity, into purposeful and positive energy. For this I learned the lesson of letting go and forgiving.

Finally, I learned that while it’s not easy to believe, it’s still very possible that ‘out of the worst of times’ can come the ‘best of times’. It’s happened many times in my life, I can assure you. The lesson of triumph over adversity.

It is my fervent hope that some of what I have shared with you reading this today connected with some of you, and that you found it helpful, if not inspirational. That to me has made sharing my story all the more worthwhile.

Thank you for that, and God Bless!

Will Brubacher

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# The Differences Between Normal Aging & Dementia

Aging is a natural process of our lives. As we age, we experience gradual changes to our brains and bodies. Some of these changes affect our physical and mental abilities and may increase our risk of disease.

Each one of us experiences aging differently. How we experience changes due to aging, and the point in our lives when they start, varies from person to person.

## What affects how I age?

The problems of old age come as a package and there are many risk factors. The more factors present, the higher your risk may be. Besides genetic factors, how we age depends on our lifestyles and environments.

Generally, you can support healthy aging by challenging your bad habits. Start by eating healthily, being physically and socially active, drinking less alcohol, stop smoking, and getting regular sleep. These are some of the simplest lifestyle choices you can make to lower your risk factors.

While these choices are not a guarantee for a healthy life free of disease, choices that prevent risk factors are our best options for decreasing risks of disease and ensuring well-being as we age.

## Will my memory get worse as I age?

As we grow older, it's natural to feel concern about changes in our mental and physical abilities. We want to carry out our daily routines without having to worry about our memory and, in particular, dementia.

Most of us will experience no problems with memory. Most of us will continue to have strong memories as we age. Our ability to remember

will not decline rapidly or substantively. In old age, we will retain the skills and knowledge learned throughout our lives.

About 40% of Canadians will experience some form of memory loss after age 65. But even if we experience memory loss, chances are still unlikely that we have dementia. For the most part, our memory loss is mild and we can still live our day-to-day lives without interruption. The World Health Organization estimates that, after age 60, 5 to 8% of us will live with dementia at some point. With dementia defined as, symptoms, including memory loss, that gradually worsen to the point where we no longer have the ability to care for ourselves.

Age-associated memory impairment is a normal part of aging. It doesn't mean you have dementia. You may not remember things as quickly as you used to, but most of the time there is no cause for concern. Forgetting where you left your keys, a website password or the name a store down the street are not signs you have dementia.

In between age-associated memory impairment and dementia, there is a condition known as mild cognitive impairment (MCI). As the name suggests, the symptoms of MCI are mild – you experience memory loss and other symptoms such as difficulty speaking and disorientation, but they are not so severe that they interfere with your normal daily functions and routines. MCI is a risk factor for developing more serious forms of dementia.

Seeking information and advice from the Alzheimer Society Waterloo Wellington is your first step to understanding and disease management. Best of all, consultations are free of charge. Call 519-7421422 for more information.



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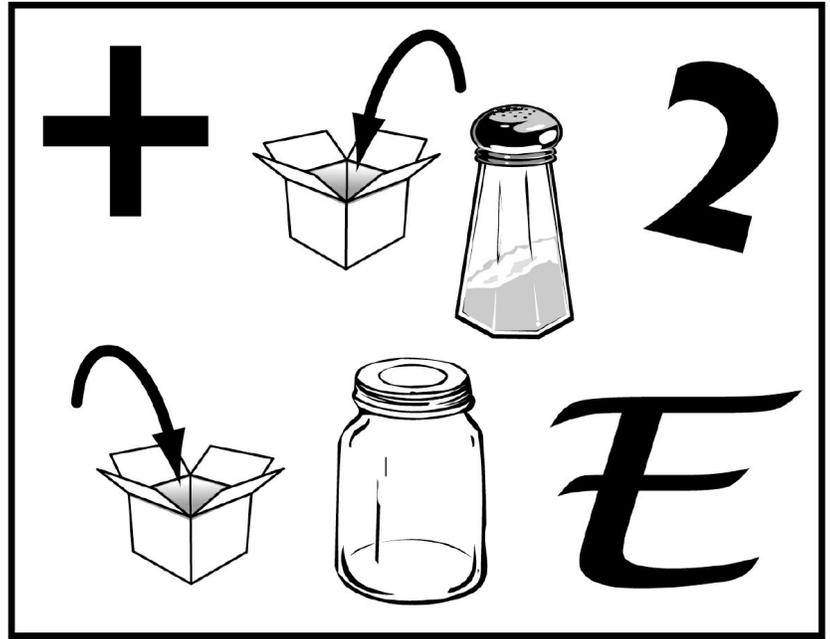
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Woolwich Community Health Centre





### Concentration Puzzle

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



### Wacky Wordies

Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. \_\_\_\_\_



2. \_\_\_\_\_



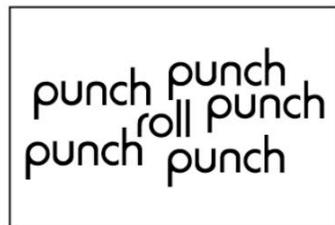
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4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



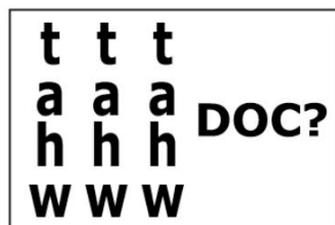
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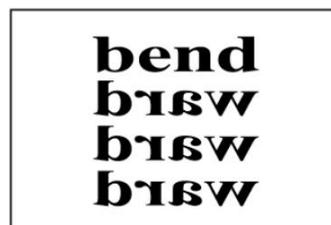
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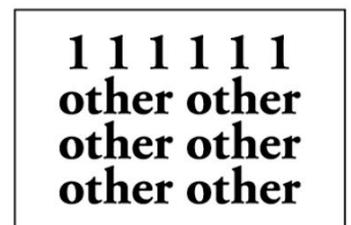
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10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_

# Spot the Difference!

Find 10 differences between the two pictures.



# Laughing Matters!



Solutions on page 30

## COVER STORY



## Why Hiring a Realtor® to Help You Sell Your Home and/or Make a Purchase is so Valuable

WRITTEN BY ALISON WILLSEY

Are you looking to Downsize? Are you looking to rent an Apartment? Buy a Condo? Are you looking for one level living i.e. Bungalow style home? Is it time for a Retirement Community or do you require Nursing home care? Whatever the case may be, finding a REALTOR® to work with you throughout the process will be very valuable.

A few years back, due to health concerns, my parents decided to be proactive and make some tough decisions about their living accommodations. They knew that there would be a time in the near future when they could no longer manage to maintain both their matrimonial home and their recreational

property or perhaps either. This was a big decision and luckily, they had a REALTOR® in the family that had their best interests at heart whom they could trust and count on to work hard to not only negotiate a top sale price with a qualified Buyer but who would ensure that their real estate transactions would close smoothly and timely and offer them advice based on knowledge and experience in their local real estate market. They needed top dollar for their investments to move forward comfortably into the next stage of their lives. The services of a REALTOR® became very important in successfully moving forward.

Perhaps you are at the beginning stages of planning a move and are looking for advice and/or guidance on what to expect moving forward. Perhaps, you have health concerns, and you have many decisions to make quickly and need help, support and guidance to ensure both a smooth and quick transaction. Whatever the case may be, please consider why hiring a REALTOR® to professionally guide and advise you is so important.

The first step is finding someone who is reputable and recommended. This may involve you speaking with family and friends about their real estate transactions and who they trust and value as a professional to help you. You may find that a few suggestions are made, and it is in your best interest to reach out to those recommended REALTORS® to find the right “fit”. This may involve a face-to-face meeting or interview process. You need a REALTOR® who you can trust and can communicate openly with. This is usually one of the biggest financial transactions that you will make so look for evidence of a strong work ethic and find out about their proven track record of successful sales transactions. Ensure that they are comfortable with your preferred form of communication.

REALTORS® should have experience and knowledge of the area/community of which you are both Selling and Buying in. Once they have gotten to know you better, they can assist you in finding living accommodations in communities that meet your needs and/or communities already populated with Buyers like yourselves. If you already know where you would like to live, they can assist in answering questions and gathering information on the community and perhaps their rules and guidelines (if any) to ensure your decision is sound.

REALTORS® can help you understand and analyze current market trends in the area you

are Selling in and/or the area you are looking to purchase in. They may offer to complete a CMA-Comparative Market Analysis based on their knowledge of real estate sales in the area and by looking at comparable solds and recent date on the MLS® Multiple Listing Service. They are trained to analyze local sales data and recognize comparable values and how to make adjustments so that they can determine what the market will bear for you home or the home you are looking to purchase. They know real estate Jargon and they offer objective info and opinions throughout the process.

They offer pricing and sales strategies when you are ready to sell your home and property. These strategies will be based on their knowledge and experience in the marketplace. They should also be expert negotiators. You should seek someone who is willing to work hard on your behalf to negotiate a top sale price with a qualified Buyer and work hard to leave money in your pocket. They will also understand how to protect their clients...the questions to ask about the homes they are selling and the places they are helping Buyer's purchase. They finalize transactions on behalf of clients; advise and negotiate possession dates, title search dates, deposit monies, conditions to include in contracts and agreements to protect clients and more! They analyze sales data and create comparative market analysis (CMAs). They help clients avoid liability.

Successful REALTORS® are also successful Marketers. They know what marketing channels work. They may use traditional media (newspapers, magazines, paper/print publications) and combine that with online channels i.e. Facebook, Instagram, Twitter, YouTube etc. They also will have a network of people who they work through when looking for potential Buyers for their listings and or a Network of REALTORS® they know and trust when looking for the perfect property for their clients. Successful REALTORS® will also value good relationships with their fellow colleagues. This ensures smoother and more favourable transactions when working to achieve successful outcomes for their clients.

Finally, REALTOR® will have recommended professionals that you can trust who offer services complementary to the real estate transaction. They may have home stagers who can stage your home so it will show it's best during the listing period; professional photographers; names of moving companies,

home insurance agents/companies; financial advisors, proven contractors, painters, mortgage specialists/brokers, Lawyers, Notaries, etc.

Again, this is one of your biggest financial transactions and so hiring a REALTOR® should be the first step of the process to ensure a smooth, profitable transaction with little stress when transitioning into the next phase of your life.

**Alison Willsey, Real Estate Broker since 2005 (19 years)**

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# Ask the Personal Trainer

## with Lynne Rutledge

What is strength training and why is important especially as we age?

Strength (resistance) training is one component of overall fitness that involves performing exercises to increase your muscle strength by making your muscles work against a weight or a force such as body weight, resistance bands, free weights or weight machines.

Beginning as young as 30, your body naturally starts to lose muscle mass. Decreased muscle mass slows metabolism leading to an increase in fat gain. Conditions connected to muscle loss and fat gain include obesity, osteoporosis, diabetes, high blood pressure, high cholesterol, arthritis, low back pain and many types of cancer. Without intervention, this muscles loss and fat gain can lead to sarcopenia – a significant loss of muscle mass and strength impacting your daily functioning including greater risk of falls, difficulty with activities of daily living and a loss of independence.

While this all sounds very depressing, there is great news! Muscle loss can be avoided or reversed by adding in a regular routine of strength training. Research shows that strength training is highly effective for increasing muscle mass at all ages!

In a study involving nursing home residents (average age of 88), a simple strength training program done for 14 weeks showed remarkable results. The program included 8-12 repetitions of 6 different exercises, 2 days a week. On average the participants added 4 pounds of muscle and lost 3 pounds of fat and increased lower body strength by 80% and upper body strength by 40%. Their quality of life and daily functioning was significantly improved. (Wescott 2009)

The benefits of strength training are numerous including: reduced risk of falls; increased bone density; fat loss and weight management; reduced risk of various other chronic conditions including diabetes, high blood pressure, arthritis, osteoporosis and certain cancers; improved mood and overall increase to your quality of life!

### **Although I am retired, life feels busier than ever. How much time will I need to commit to strength training to see the benefits?**

As noted in the study of nursing home patients, it doesn't take hours of strength training each week to see significant benefit. All it takes is 2 – 3 strength training sessions a week (on non-consecutive days) committing 20-30 minutes per session.

### **I have never done any formal strength training before, where do I start?**

If you are over 40 and have never done any formal exercise, consult with your physician before you begin.

To get started, all you need is your own body! Your body can act as an effective source of resistance. With time, adding resistance bands and/or free weights can be great ways to progress your exercise to continue to build strength.

Your workout should include exercises that target all of your major muscles and be performed at an intensity that fatigues the muscles. Finding a level of resistance that accomplishes this with 8-12 repetitions is a great starting point.

Along with strength training, it is important to maintain a healthy diet including adequate protein.

If you need help getting start with a strength training program, feel free to contact me. I provide one-one-one exercise training in the comfort of your own home!

Lynne Rutledge  
[fitwithlynn@gmail.com](mailto:fitwithlynn@gmail.com)  
226-751-2994



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# Don't Hibernate! Stay Connected!

For the past 39 years, Community Care Concepts has offered a variety of services and supports that assist older adults and seniors to live independently across the Townships of Woolwich, Wellesley and Wilmot. We understand that being at home and in the community is where all of us prefer to be, for as long as we are able to effectively do so. To age well in the community, there are many important components that need to be addressed including physical health, mental health, nutrition and physical exercise. In fact, our organization has structured its programs and services around helping individuals to maintain these key elements. While all are important, both research and our experience has shown that one of the most protective factors in helping individuals to age well in the community is the ability to form and maintain social connections, whether it be one or two good friends to connect with regularly or having an active social life. Nothing has highlighted this as much as during the recent past when many of us were limited in our ability to maintain contact with others.

As the warm summer weather turns to fall, it is often easier to stay inside and hibernate rather than venture out into the unpredictable weather. However, we would encourage you to continue to pursue activities that get you out of the house and around others. There are many wonderful opportunities for older adults to participate in, to not only meet their essential needs, but most of all connect with others in the community, many of which are at no or very little cost.

Take advantage of the many FREE gentle exercise and falls prevention classes that are offered for older adults across our communities. With no pre-registration or commitment is required and classes are designed based upon everyday movements, regular participation is found to reduce the risk of falls, the leading cause of health decline, while providing an opportunity to connect with others who share a common interest.

Tired of thinking of options to cook for yourself? Join one of our many community dining events. Providing a hot, nutritious meal, these events also provide an opportunity to get out of the house, socialize with others, be entertained and to learn about your community.

Community Care Concepts also sponsors a variety of social and recreational activities at many community centres and recreation complexes including fitness, cards and games, arts and crafts, health and well-being activities, educational events and other activities that provide opportunities for older adults to come together with others that share common interests.

Our friendly visitor program matches volunteers with individuals in the community who may be isolated, offering a friendly call, home visits or someone to join in a community outing.

Looking for program options for a family member who requires a bit of support or a break from caregiving? Our adult day program provides a full day of supervised activities, connections with others, lunch and transportation, while providing individualized support.

Needing help with transportation to access programs? Please connect with us for assistance.

Staying connected with others is an important component of thriving at home and in the community. Contact us today to learn about the many opportunities that are available.

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# Personalized Hearing Care: Why It Matters



Hearing is such an important sense that connects us to the world around us. That's why personalized hearing care is so crucial. Everyone's hearing needs are unique, so it's important to have solutions tailored specifically for you to ensure the best possible hearing health.

Think about it: just as no two people are exactly the same, no two cases of hearing loss are identical. Personalized hearing care means taking the time to thoroughly understand your hearing abilities, your lifestyle, and your personal preferences. This way, professionals can create a customized treatment plan that perfectly fits your needs. It's all about making sure you get the best care tailored just for you.

## Early intervention and its benefits

Addressing hearing issues at their earliest stages can prevent them from developing into more severe problems. Research has consistently shown that early intervention leads to better long-term hearing outcomes. Jillian Price, Chief Audiologist at HearingLife Canada, emphasizes this point: "All kinds of research shows that people who get amplification earlier are more successful with hearing aids later on. Loving your ears means being proactive, getting your hearing checked, and if there is a problem identified, treating it at its earliest stages and not waiting until it's a significant problem in your life."

## The role of technology in personalized hearing care

Utilizing the latest technology and research, audiologists create customized hearing solutions tailored to individual needs. Advances in hearing aid technology have made it possible to develop devices that are more effective, comfortable, and discreet. These modern hearing aids can be precisely adjusted to match the specific frequencies and volumes that an individual needs to hear better.

Hearing care professionals use detailed hearing assessments and diagnostic tools to understand the exact nature of your hearing loss. This information is crucial in designing a hearing solution that not only improves your hearing but also fits seamlessly into your daily life.

## Comprehensive services included in personalized hearing care

Providers like HearingLife offer a range of services as part of their personalized hearing care:

- Full-service warranty and aftercare services: Ensuring your hearing aids are always in top condition and any issues are promptly addressed.
- In-depth hearing assessments: Thorough evaluations to accurately diagnose the extent and nature of your hearing loss.
- Personalized care plans: Customized strategies tailored to your specific hearing needs and lifestyle.
- Custom-fitted hearing aids: Devices that are precisely adjusted to fit your ears comfortably and provide the best possible hearing improvement.
- Client education and support: Resources and guidance to help you understand and manage your hearing health effectively.

- Ongoing monitoring and adaptation: Regular follow-ups to ensure your hearing aids continue to meet your needs and make any necessary adjustments.

### Taking the first step

Taking the first step towards personalized hearing care involves scheduling a comprehensive hearing assessment with a qualified hearing care professional.

Thanks to HearingLife Canada’s nationwide presence of over 350 hearing centres, it has never been easier to get access to personalized hearing care. Visit [hearinglife.ca](http://hearinglife.ca) to book a free appointment at a clinic near you. Visit one of our clinics in Waterloo or New Hamburg!



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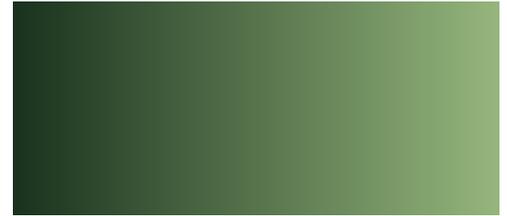
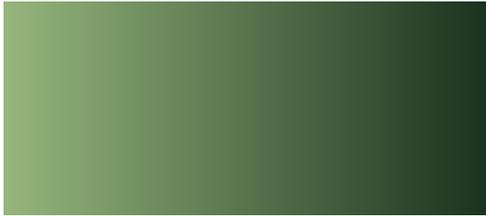
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## Woolwich Community Health Centre Expanding its Services

We are excited about the opportunities to expand our services to the community. After moving to the new Wellesley Recreation Complex (1401 Queens Bush Road, Wellesley), we are expanding our services:

### **Primary Care Access Clinic – Wellesley Site**

#### **If you do not have a doctor or nurse practitioner and need:**

- Well baby/child appointments
- Vaccinations
- Preventative Health Care and Screening
- Pregnancy Support
- Sexual Health Help to quit smoking
- Support of non-urgent or chronic health conditions
- Acute illnesses may be able to be seen depending on availability (such as ear infection, sore throat, cough, urinary tract infection)

**To book a non-urgent appointment with a nurse practitioner please call 519-656-9025 extension 424**

**\*If your concern is urgent, please go to your nearest walk-in clinic or emergency department\***

### **Community Health Services - Woolwich and Wellesley Site**

Are you looking to connect with or learn more about...

- Mental health support
- Music Therapy
- Dietitian services
- Social connection
- System navigation (access to a range of supports and social services in the community and Waterloo Region)

These services may be available to you, at no charge through WCHC



To learn more about these services call **519-664-3794 extension 237**. Please leave a detailed non-urgent message. We will connect with you about accessing the right support.

*\*If you are experiencing a mental health crisis, please call Here 247 1-844-437-3247 or go to your nearest emergency department*

### **New Project at WCHC: Immunization for all Ages**

Immunization is one of the most effective preventive health measures. Research shows that the number of cases of most vaccine preventable illnesses declined by >90 percent after routine childhood immunizations were introduced. It is necessary to understand the importance of immunizations not only for one's own health but also for the wellbeing of the entire community. By getting vaccinated, not only are individuals protecting themselves from serious illnesses, but they are also contributing to the greater good by helping to establish community immunity.



Efforts must be made to address the barriers that exist in rural communities to ensure that everyone has access to timely immunizations. This can involve providing education about the benefits of immunizations, setting up mobile vaccine clinics, and addressing barriers such as transportation and distance to clinics.

For rural communities time, distance, and lack of vaccination clinics closer to home are the major barriers to immunization. To facilitate access to immunization in Woolwich and Wellesley Townships, WCHC has launched a two-year immunization project. The purpose of this project is to improve immunization rates through education, and improved accessibility at our sites in St Jacobs, Linwood, Wellesley, and other central locations.

The immunization project funded by the Public Health Agency of Canada (PHAC) will provide routine immunization for children (0-18 years of age) and adults. By working together to improve immunizations rate, we can help create a safer and healthier community for all.

If you need more information about the project, call Esther Zanzen at (519) 588-3717 or email [ejanzen@wchc.on.ca](mailto:ejanzen@wchc.on.ca)

Project Funded by



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# Business as Usual...?

I was having a conversation with a bright, young university student as he despaired over not knowing what the strategic Business term, “SWOT”, meant on a recent exam. I could have told my young friend that he needn’t worry about failing to remember it. What follows is an open letter to him. [Real name omitted.]

*Dear John,*

What I’ve found, over my professional career as a manager and business consultant, is that knowing something in theory is far less important than making it work in our real and chaotic life ... which is never easy.

*“I deal in dreamers and telephone screamers. – Free Man in Paris by Joni Mitchell*

I think you’ll agree that there is a difference between ‘street learning’ and being ‘book smart’. What I’m advocating is being holistically smart, which I believe compliments the other two.

This approach hinges on developing, first, a personal raison d’être before adhering to any business “mission statement”. This becomes your corner stone and true North Star of your life. You must aim high to be everything you can be.

*“You, who are on the road must have a code that you can live by.” – Teach Your Children by Crosby, Stills, Nash & Young*

In a study of American university students, over 78% said they wanted to find meaning and purpose in their lives. With that understood, I’m about to SWOT you: increase your Strengths, reduce your Weaknesses, raise your Opportunities, and lower your Threats ... because happiness is, and will always be, a reflection of your true self.

And what if I told you that the secret to achieving this AND having a full and satisfying life, is to simply do things that help people. Am I saying that this strategy is guaranteed to make you rich? No, but wealth can be weighty without it.

Social Scientist, Dr. Charles Murray, in his book ‘Coming Apart’, states: “Show me someone who

thinks deep satisfaction in old age comes from having been rich or famous, and I’ll show you someone that has never been old or famous.”

So, John, if you run your life based on meaningful service to others, then not only will your happiness increase, but it will also be the source of lasting wealth – material and otherwise. It’s a proven circle ... what you give comes back to you.

“Everybody can be great, because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace; a soul generated by love.”

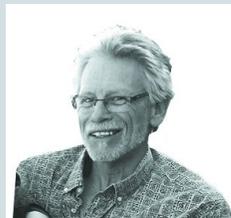
– Martin Luther King, Jr.

In the long run, only experience will confirm this for you, but I can tell you something that your heart will never let you forget.

It’s when you look at the hurt in the eyes of those who misplaced their trust in you. Yet, when you are forgiven unconditionally – in spite of your selfish self – then it’s something that your soul

will never let you forget. As one of Charles Dickens’s characters said so well, ‘*Mankind was my business!*’

That’s the way I figure it – FP



‘Music in Me’ writer Fred Parry is a lover of people and a collector of stories, music, wisdom and grandchildren.

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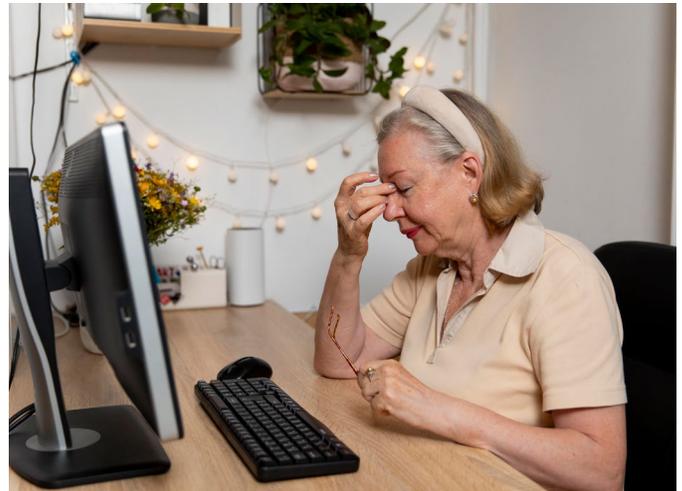
# Grandparent scams / Emergency scams

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.



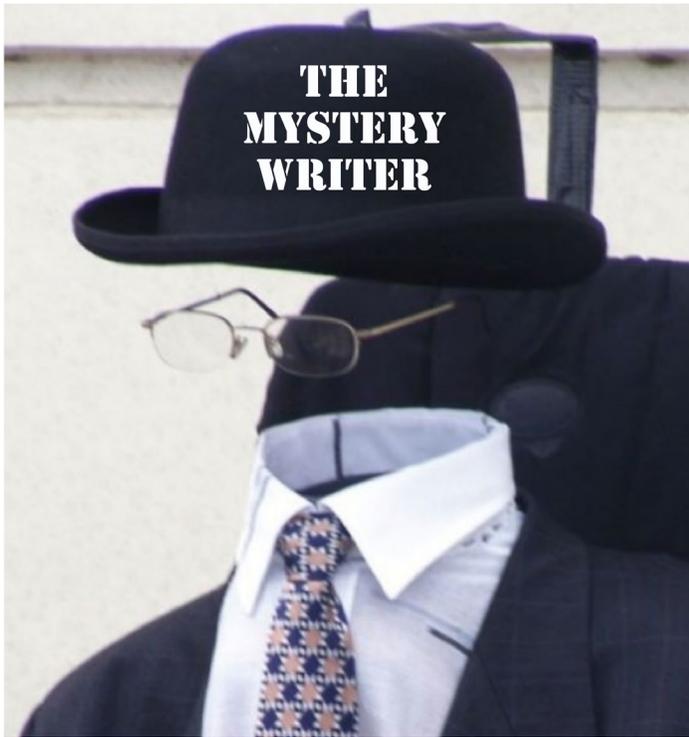
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## X-rated stories from Club Med

Well, I think I'm now a full member of 'Club Med', certified by surviving the 'catheter initiation'. You see, I recently had a 'spine-tingling' operation on my back, yes my spine, and one of the more adventurous 'excursions' was to 'catheter island' for my post-surgery celebration.

If you've ever been 'initiated', well, I don't know about you, but for me it felt like the nurse had yanked out my tonsils through my 'sainthood'!

Anyway, it was the beginning of yet another memorable 'Club Med' experience, or should I say, requirement of getting my internal 'plumbing' flowing again! Easier said than done, as I was to discover. After all, the fluid had been

easily and automatically flushed for me, for the past few days without any effort on my part, and now, I was expected to take over a process that I could neither see nor touch!

I could soon feel the growing discomfort of my limited bladder 'tank' starting to fill up on its own, and the nurse would show up regularly to seriously monitor the increasing levels. She suggested I try to push, and before long I was beginning to feel like I was trying to give birth to a geyser – that wouldn't come! I asked about options, and she said "catheter".

Hearing that dreaded word, I began to kneed my abdomen with all the ambition I could muster, hoping that that would help, wanting to do everything I could to avoid an imagined, worst case 'cesarean' scenario (solution).

(Having already felt the 'figurative' removal of my tonsils, I didn't want to risk feeling as though my wisdom teeth were being extracted next! )

My ardent prayers and efforts were finally rewarded after I decided to move my 'game' to the bathroom; however, just as I was about to sit down, the geyser sprang to life, missing the bowl and flooding the floor!

*Good Lord! I thought! Now what?*

Shortly after, I was back in bed when the nurse returned, and said "Well?"

All I could say was, "Success" and with a grimaced smile, "But don't slip on it when you go into the bathroom!"

Now to be honest, 'Club Med' isn't without its evening strolls under the near starlight brilliance of the fluorescent night lights.

Once, when out walking with my 'sporty' intravenous pole on wheels, (which is the latest fashion at 'Club Med'), a soft sweet voice caught my attention: "Hello" drifted the silky words from a room I

was walking past, “Didn’t I see you earlier?” “Well, maybe,” I cordially replied, as I slowly shuffled toward the room in a courteous manner, steering my pole so as not to run into anything, or anyone.

The voice was coming from a rather pretty senior, gray-haired lady already lounging in bed, seemingly waiting for me to join her. And to my surprise, she next asks me quite slowly and seductively, “Are you married?” “Well”, I gulp and hesitate, wondering if I heard her correctly, and in that captivating moment was saved by another steerner voice, from over my right shoulder, coming from a nurse saying, “You can’t go in there, sir, that room is quarantined.”

So close and yet so far!

I would never have considered the possibility of a hospital ward being the fertile terrain of a new dating site for seniors, and if not that, well how about a TV series?

Something to think about, maybe ...

But, like any getaway, these trips always come to an end sooner or later, and we find ourselves back home our heads spinning, and our bodies, exhausted from the after math of being engaged in a whirlwind of new activities, and a time table that we’re not used to.

And ‘Club Med’ is no different, especially when it comes to it’s major feature of offering ‘free’ drugs whenever you need them, or almost.

So it’s almost as though we have to come home to recuperate, and I suppose we do, from being out of our familiar habitat and away from our usual life patterns.

Naturally, it takes a while to adjust, as I discovered by trying to watch the Stanley Cup final that evening. It was a good news, bad news situation. Good, that the effects of the drugs, hadn’t worn off yet, and bad, watching anything moving faster than grass growing, was a major challenge.

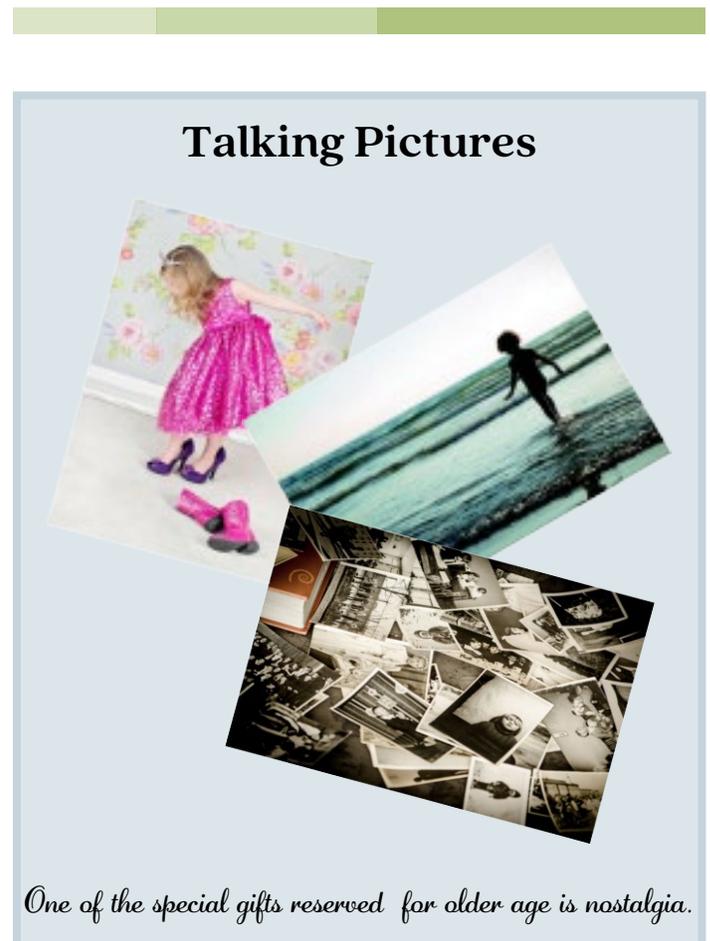
My mind was moving in such slow motion that I couldn’t keep up with the puck. In fact, it seemed

to me like the players were simply skating at full speed back and forth, just for the fun of crashing into each other. And after a while, I lost interest because I couldn’t remember the purpose of it!

Anyway, I could tell you the enticing details of the private and personal conversations of the night shift nurses at their station, when they weren’t doing their rounds, or when they were trying their best to control an angry patient who refused to be controlled; however, I think I’ll save those x-rated stories for my next novel.

Meanwhile, please take care of your health; so that when it comes time to choose your next vacation, it’s not at a local ‘Club Med’, but preferably at a ‘Club Med’ far away, surrounded by warm sandy beaches, bathed by cool breezes off the ocean as you and your companion walk into the dream-filled evening sky of the setting sun.

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1239 Notre Dame Dr. Petersburg, ON  
www.bechtholdhome.com | 519-634-5852  
sales@bechtholdhome.com

### NW Roofing of New Hamburg Inc.

59 Albert Street West | Plattsville  
www.nwroofing.ca | 519-684-7693

### Richmond Heating and Air Conditioning

2633 Herrgott Rd, St. Clements, ON N0B 2M0  
519-699-1118

### Schweitzer's Bath and Kitchen

1768 Erbs Rd, St. Agatha  
519-747-1819

## HOME SUPPORT SERVICES

### Community Care Concepts

Meals, Rides & Home Help  
519-664-1900 or 519-662-9526

### Promyse Home Care

Nurse Managed In-Home Care  
519-208-2000 | www.promyse.ca

### Right at Home - Kitchener/Waterloo

Home Health Care & Assistance  
519-699-1118

## LAWYERS

### GGFI Law LLP

82 Huron St. Unit B | New Hamburg  
519-662-2000

515 Riverbend Drive, Suite 200, Kitchener  
519-579-4300

## PET CARE

### Pet Valu New Hamburg

100 Mill St., NH | 519-390-0265

## PROFESSIONAL SERVICES

### Futher-Franklin Funeral Home

1172 Henry St., Wellesley  
519-656-2880

### IRENIC | Debbie Yantzi

Certified End of Life Doula  
519-580-4312 | Debbieyantzi@hotmail.com

### Mark Jutzi Funeral Home

291 Huron St., New Hamburg  
519-662-1661 | newhamburgchapel@mjfh.ca  
www.markjutzifuneralhomes.ca

## REAL ESTATE

### Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

### Angela Baas, Royal LePage Wolle Realty

Resident of Wilmot Township  
519-747-2040

### Jim & Tricia Miller

Remax Twin City Realty  
New Hamburg | 519-590-5995



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# COMMUNITY BUSINESS DIRECTORY

## RETAIL

### EasyWear Adaptive Clothing

Mobile Boutique | Cambridge, ON  
(888) 908-7177 | [Easywearadaptiveclothing.com](http://Easywearadaptiveclothing.com)

### Focus Computers

73 Peel St., New Hamburg  
519-662-6720

### MCC Thrift & Gift

59 Church St W, Elmira, ON  
519-669-8475  
[www.mccthriftontario.com/elmira](http://www.mccthriftontario.com/elmira)

### Sobeys New Hamburg

100 Mill St, New Hamburg  
519-662-1374

## RESTAURANTS

### MeMe's Cafe

Delivery & Curbside Pickup  
102 Peel St., NH | 519-662-2828

### Pizza Arca

98 Peel St, NH | 519-662-2583

### Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley  
519-656-2430

## SENIOR CARE FACILITIES

### Tri-County Mennonite Homes (TCMH)

200 Boullee Street, New Hamburg  
519-662-2718 | [www.tcmhomes.com](http://www.tcmhomes.com)

### Trinity Village Studios & Terraces

2711 Kingsway Dr., Kitchener  
519-896-3112 ext 300 | [www.trinityvillage.com](http://www.trinityvillage.com)

### Woolwich Seniors Association

24 Snyder Ave. Elmira  
519-669-5044

## SOCIAL SERVICES

### Woolwich Community Services

Information Centre, Individual Support, Food Supports and more  
519-669-5139

## TRANSIT

### Kiwanis Transit

Serving Wilmot, Wellesley & Woolwich  
(519) 669-4533 or 1-800-461-1355

## TRAVEL

### Stonetown Travel Ltd.

210 Mill St. New Hamburg  
226-333-9939  
[www.stonetowntravel.com](http://www.stonetowntravel.com)

**If you would like to be added to our growing list of valued local businesses, please contact us at [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com) so our readers can be reminded of your services and support local.**

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# EMERGENCY CONTACT NUMBERS

**Emergency  
(Fire/Medical/Police)**  
911

**Waterloo Regional Police  
Non Emergency**  
519-570-9777

Crime Stoppers  
1-800-222-8477

**Ontario Poison Centre**  
1-800-268-9017

**Ontario Problem  
Gambling Helpline**  
1-888-230-3505

**TeleHealth**  
1-866-797-0000  
TTY: 1-866-797-0007

**Waterloo Wellington LHIN**  
519-310-2222

**Community Care Concepts**  
519-664-1900

**Retirement Homes  
Regulatory Authority**  
1-855-275-7472

**Elder Abuse Response Team**  
519-579-4607

**Interfaith Community Counselling**  
519-662-3092

**Hospice of Waterloo Region**  
519-743-4114

**Alzheimer Society of  
Waterloo Wellington**  
519-742-1422

**Senior Safety Line**  
1-866-299-1011

**Township of Wilmot**  
519-634-8444

**Township of Wellesley**  
519-699-4611

**Township of Woolwich**  
519-699-1647

**Region of Waterloo Public  
Health**  
519-575-4400

**Ontario Caregiver  
Organization Helpline**  
1-833-416-2273

This space is generously donated by:

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## Send us your jokes!

**Do you have a joke, riddle or something just too funny not to share?**

Feel free to spread the laughs with us here at [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com)

We thank all participants for their submissions, due to space restrictions only selected entries can be featured in each issue.

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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)
- Sobey’s 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)
- Hasty Market - St. Agatha

## 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

## Solutions

### Concentration Puzzle: Add insult to injury



### Wacky Wordies

1. Go for broke
2. Saved by the bell
3. The end of my rope
4. Backhanded compliment
5. Beat around the bush
6. Roll with the punches
7. Short end of the stick
8. Eavesdropping
9. Down in the mouth
10. What’s up, Doc?
11. Bend over backwards
12. Six of one, half-dozen of the other



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