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EMBRACING CHANGE

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

ISSUE 8 APRIL 2019

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PHARMASAVE

Feature
Business
of the
Month

Community resource guide to help
you and your loved ones age in place!



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EDITOR/PUBLISHER

Jessica Uttley
DESIGNER

**Rich Held,
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On The Cover

This photo was taken at the MCC Thrift Store in New Hamburg capturing a group of local residents who enjoy Volunteering their time helping out at the Thrift Store. The volunteers in this photo are: Fred Witmer, Ralph Shantz, Owen Cook, Judy Rivers, Audrey Bender, Rachel Shilliday, Betty Murray, Marg Weber, Eleanor Wolfe, Diane Koert, & Ken Battler.

About the Photographer

Charles Okum/@mirror_with_a_voice is a freelance photographer who lives in New Hamburg. His passion is preserving memories.



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St Clements ON N0B 2M0**



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www.embracingchange.ca

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, it's editor or publisher.



LETTER FROM THE EDITOR

April Showers Bring... much gratitude and blooming opportunities!

Today I'm thankful for our readers, contributors, advertisers and volunteers who have helped to make Embracing Change the success that it is today. As we begin our 8th issue, I truly couldn't have predicted this level of support. If you know someone that is in a neighbouring community and would benefit from a resource

like ours, you're not alone. Thank you to each of you who have inquired about us expanding our reach. Today I'm happy to share that Embracing Change is ready to grow and will now be available in Woolwich Township. Please help spread the word to anyone you know in this area so they too can enjoy our free pages of important information.

April is Volunteer Appreciation Month, and we all need to come together and recognize our valuable volunteers that give countless hours to help those in need. We are very fortunate to reside in a "small town" and be surrounded by such caring human hearts that make a significant difference in our communities. Thank you to each and every one of you for your selfless contribution.

April is also: "Parkinsons Awareness" and "Be A Donor" Month. You will find some helpful insight on Parkinsons on Page 28 and some great information on Be A Donor Month can be found on Page 27.

I'm including "My Story" on page 17 that was seen in our very first issue, for all of our new Woolwich Township readers so they can understand what inspired me to start this journey. And why Embracing Change continues to be something I believe in wholeheartedly.

With gratitude,

Tara

Flashback Photo

Remembering Doctor William Glaister

by Nancy Maitland,
Wellesley Township Heritage and Historical Society



Dr. William Glaister, born in Crosshill on June 30, 1886, the son of John Glaister and Isabel McWilliam. He graduated from Trinity College in Toronto and served as Wellesley's doctor for 50 years. He retired in 1945 and died in 1948 at the age of 81. He is buried on Rushes Cemetery, Crosshill. (WTHHS accession #08-02-38)

Dr. William Glaister is one of the most important people in the township's history, but he would not have identified himself as such. He would be honored to be remembered as a "good old country doctor." His dedication and service inspired several generations of his family to join the profession.

In the early days of his practice, communication with outlying districts was a problem so Dr. Glaister put in his own personal telephone line. At first there were only two lines - running east and west - with several phones on each. Dr. Glaister would have asked farmers if they would be willing to have a phone installed in their homes. There was no switchboard. If people called the office, Mrs. Glaister, would call someone on that line and ask for someone to watch for him. She knew his rounds and the approximate time he would be passing along that route. Often a small child or elderly parent would be sent out to the road to watch for Dr. Glaister passing by to let him know where he was needed. This service was how they "paid" for their telephone.

This information was gleaned from an oral history interview with Dr. Glaister's daughter, Dr. Deborah Glaister Hannay who served the township for a time and later opened a practice in Kitchener.

Dr. McEachern of Linwood had a similar operation. Both phone services were purchased by township in 1919.

You can read all about the new phone system in minutes and ledgers in our collection. These have been digitized recently and will be available on our website soon. www.wellesleyhistory.org.

MESSAGE FROM

Sandy Shantz

MAYOR, TOWNSHIP OF WOOLWICH

I am excited to see Embracing Change growing into Woolwich Township. What a wonderful publication to keep us in touch with each other and with various supports and activities that are going on all around us. I chose the phrase “growing into Woolwich” intentionally, because it is by embracing change that we grow, and we should never stop growing.

This month’s focus is on volunteers. Every chance I get I brag about our community and especially the many volunteers who contribute to the great quality of life we have here. Many of you have embraced volunteerism as a way to remain active and vibrant. For your important place in our township, I say a huge thank you! As we age, we place a higher value on community – in our ability to both give and receive to and from each other. We are truly blessed in the townships.

Part of my role is to bring people together, help them find the tools they need, and then get out of the way and let them ‘do their thing’. Tara is doing exactly that with this engaging magazine; bringing information and resources to us so we can all be the best we can be. I hope you will enjoy the informative and lighthearted articles from a wide range of contributors.

Welcome to Woolwich, Tara, and thank you for making our community a better place.



Sandy Shantz

Mayor of the
Township of Woolwich



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April is Parkinson's Awareness Month!

Parkinson's Awareness month is a time not only to raise awareness, but to come together to celebrate achievements (big and small), the friendships made, and the spirit and warmth of our Parkinson's community!

By raising awareness about this debilitating disease, we ensure that no one has to face Parkinson's disease alone. We raise awareness so that we can ease the burden and find a cure through support services, education, advocacy and research.

We encourage you to participate in this year's Living Well Conferences: "What's in your PD Toolkit?" The purpose of these conferences is to inform Parkinson clients and family members what an allied health care team involves, as this is important to the overall quality of life of someone living with Parkinson's. Our speakers include neurologists, speech language pathologists, dieticians, physiotherapists, and much more!

Join us by registering today! Be part of the change to make a better tomorrow for our Parkinson Community!

Website: www.parkinsonsociety.ca Phone: 1-888-851-7376

Cambridge

April 2nd, 2019 9 am – 2 pm
Cambridge Hotel and Conference Centre

Stratford

April 16th, 2019 9 am – 2 pm
Best Western The Arden Park

Walkerton

April 9th, 2019 9 am – 2 pm
Best Western Walkerton

Windsor

April 23rd, 2019 9 am – 2 pm
Holiday Inn Suites Ambassador Bridge



BUSINESS OF THE MONTH | PHARMASAVE

MED SYNCHRONIZATION:
DID YOU KNOW?

50%

of Canadians with chronic diseases are non-adherent to their medications

69%

of medication-related hospitalizations are caused by non-adherence

Taking medications as prescribed is one of the most effective ways to manage ongoing conditions like high blood pressure, diabetes, arthritis and high cholesterol.

HOW MEDALIGN HELPS

- Convenience and peace of mind – reminder systems reduce the chances of running out of medications or forgetting refills.
- Increased adherence with easier refills.
- Better health outcomes due to better understanding of and adherence to medication.
- Involvement in other pharmacy services such as chronic disease management and prevention.

Patients can choose to join MedAlign simply by telling us. We'll send for any necessary authorizations to get their medications synchronized.

Patients may also benefit from blister packaging, which organizes medication in a clearly labelled and easy-access card. This can be helpful for people who have difficulty remembering to take their medication, as it's easy to see what medication you've already taken and what you still have to take.

Abhay Patel

Town Square Pharmacy & Home Health Center

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APRIL CROSSWORD

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By Jimmy and Evelyn Johnson

Solutions on Page 16

ACROSS

- 1 Sticky fastener
- 5 Gymnastic mat
- 8 Opp. of right
- 12 Baker's need
- 13 Hesitates
- 15 Cast metal
- 16 Baseball glove
- 17 Scoop out
- 18 There's four in a quart
- 19 Against
- 21 Inborn innate
- 23 Fourth month of the year
- 25 Payable
- 26 Rarity
- 29 Crown
- 31 Blade
- 35 Unseal (2 wds.)
- 37 Cobweb
- 39 Cowboy fight
- 40 United States
- 41 Main mast
- 44 BB association

- 45 Upper body muscles
- 47 Promissory note
- 48 Cloth hat that is fastened with ribbons
- 50 Moral principles
- 52 Desert
- 54 Creator of Sherlock Holmes
- 55 Make lace
- 57 Type of dance
- 59 Loss of ability to make decisions
- 62 Seed sower
- 65 Water (Spanish)
- 66 Apartments
- 68 Set down
- 70 Faddish devotion
- 71 Lace of square mesh
- 72 Sports channel
- 73 Compass point
- 74 Remote
- 75 Sulk

DOWN

- 1 Turkey
- 2 Tel __ (Israel's capital)
- 3 Peter, for short
- 4 Go aboard a train
- 5 Cyclic
- 6 Succor
- 7 Cafe
- 8 Listening technique (2 wds.)
- 9 Canal
- 10 Loving
- 11 Explosive
- 13 Mumble
- 14 Deliver by post
- 20 Start to grow
- 22 Jitney
- 24 Civil court case
- 26 Motorcar
- 27 Defeat unexpectedly
- 28 Grab for
- 30 Pod vegetable
- 32 Animal with long ears, a short tail, and soft fur
- 33 What a teenager does
- 34 Excite
- 36 Luau dish
- 38 Baby eating apparel
- 42 Pater
- 43 Hogan
- 46 Locate
- 49 Pasta
- 51 Calorie
- 53 Spring holiday
- 56 Quarrel
- 58 Structure used by a bird to lay eggs and rear young
- 59 Accent mark
- 60 Plant buds that begin to grow underground
- 61 First letter of the Arabic alphabet
- 63 Asia
- 64 Aged
- 65 American Cancer Society (abbr.)
- 67 Wing
- 69 Compass point

Laughing Matters!

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

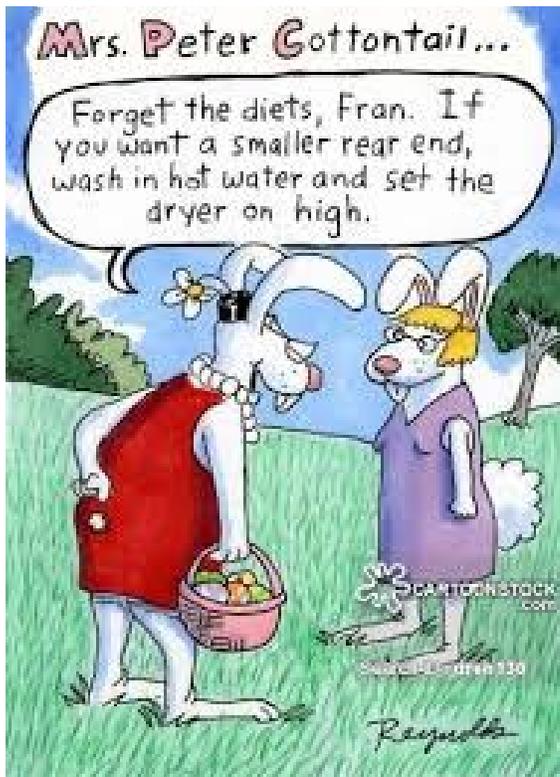
"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."



Spring Fever: Four high school boys afflicted with spring fever skipped morning classes.

After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper."

Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"



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Solution on Page 16

What is Glaucoma?

- Glaucoma is a progressive disease of the optic nerve that can lead to permanent vision loss if not controlled. It is the most common form of irreversible blindness in the world.
- There is currently no cure for glaucoma, but there are many treatments available for slowing the progressive damage to the optic nerve. Treatment, however, can't reverse damage that is already done.
- Glaucoma is called the "Thief Sneak of Sight". There are often no symptoms in the early stages.
- When vision loss occurs, peripheral vision is typically affected before central vision. As a result, glaucoma is a major public health issue because individuals usually do not notice any problem with vision until the end stages of the disease.

What Causes Glaucoma?

Chronic (open angle) glaucoma occurs when the filtering angle for the fluid in the eye is normal (open), but the optic nerve is damaged over time. This is the most common type of glaucoma. Half of Chronic open angle glaucoma cases have elevated eye pressure and the balance of the cases have normal eye pressure! Acute (angle closure) glaucoma is a condition where the eye pressure builds up suddenly and severely. This situation demands immediate medical attention! Symptoms include blurred vision, eye pain, headaches, seeing halos around lights, and can also include nausea and vomiting. Secondary glaucoma results from another eye disease, condition or a trauma to the eye.

What are the Risks for Glaucoma?

Age

Age is one of the biggest risk factors, as your chances of developing glaucoma increase significantly after the age of 40. In fact, people over 60 years old are six times more likely to get the condition.

Ancestry and Family History

Individuals from African, Hispanic, Asian and Indigenous descent are at increased risk. Family history is a very strong factor as the condition occurs twice as often in people with close relatives (sibling or parent) who have had glaucoma.



Our team of eye doctors and staff will tend to all of your vision needs.

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Previous Eye Injury, Traumas or Surgery

Eye injuries, trauma, and certain eye surgery has been known to sometimes cause secondary glaucoma which can happen immediately after the injury or procedure, or even years later.

Use of Steroids

Studies show that prolonged steroid use is linked to increased elevated intraocular pressure which increases the risk of open-angle glaucoma. Certain medical and eye conditions such as diabetes, hypertension and high myopia (nearsightedness) can increase a person's risk of developing glaucoma.

Glaucoma Treatment

While there is no cure for glaucoma, there are a number of treatment options to slow down the progression of the disease including medicated eye drops, laser and surgical procedures.

Glaucoma Prevention

Your optometrist will be able to conduct certain tests to detect eye diseases such as glaucoma before you even begin to notice symptoms. If your eye doctor prescribes medication for glaucoma, make sure to diligently use the eye drops as directed.



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A knock on Marg Weber’s front door in 1981 changed her life. At her door was a man who asked Marg a question: “Do you think New Hamburg is ready for a thrift store?” “I do!” said Marg with excitement.

This man’s name was Herman Neff. Neff was head of Self Help Crafts Canada, later to be called Ten Thousand Villages.

Neff had a passion for putting his Christian faith into action. He knew that Marg too was a person of faith, gifted in foresight.

Backed by MCC, Neff with Marg and several other visionaries, began the New Hamburg Thrift Shop in April 1981 in the Riverside Brass building on Waterloo Street. In January 2007, with land purchased and a new building built at 41 Heritage Drive, the Thrift Centre is now 16,000 square feet

with 8,000 square feet for warehouse and receiving. Operated by 8 full-time Managers, 2 part-time Relief Managers and over 400 volunteers, millions of life-changing dollars have been donated to MCC to provide aid to people in crisis.

For Marg, joy has always gone hand-in-hand with her Thrift Store volunteerism. From 1985 to 1995, Marg volunteered as the full time Thrift Store Manager. Before that, from 1981 to 1985 Marg freely gave her time as Chair on the Thrift Shop Board.

“At my stage in life, everytime I go to the Thrift Store I am filled with all these memories. I have so many friends there--we’re all on the same level--we’re all volunteers. I hate to miss it--it’s like a family,” says Marg. “I come away just full!”

Thirty-eight years later and at the age of 85, Marg is still volunteering with enthusiasm. Every week on Thursdays you will find Marg surrounded by her adopted family working in the book department. Marg has always loved to read. Her appreciation for books has motivated her actions. Thrift Store Manager Christa Gerber explains: “Marg has laid down a real legacy for other volunteers--especially in the book department. She started something very small and she grew it into a very wonderful department that other thrift shops in other cities--even countries like the US--have looked at what we are doing here because of Marg.”

When you mention the perennial sale at the Thrift Store, Marg’s face lights up. “That was my brain child,” shares Marg. The joy of gardening--of playing in the dirt--has always given Marg much happiness. Years ago, Marg recalls being at a Management meeting on a beautiful day and thinking about her home garden. “The light went on! Why couldn’t I be selling perennials at the Thrift Shop?!” she remembers thinking. It took Marg two years to convince the Board that selling plants would be a good thing. Marg didn’t give up on her idea and it’s good she didn’t. In the first year the sales were

\$150.00. Today it is a \$60,000.00 yearly profitable project. Christa Gerber elaborates: “Marg is just incredible because she has foresight. She can see that something can start really little and possibly grow with love and nourishment--and Marg is amazing at giving things love and nourishment.”

Respecting the earth has always resonated with Marg. Every day for 10 years while on her daily morning walk, Marg would take along 2 empty plastic bags and fill them with litter she encountered on her walk. The New Hamburg Independent even did a story about it.

Marg’s environmental initiative also gave her the idea to take the unsalable clothing in the thrift store and have it cut up into rags. Under Marg’s initiative, a small group gathered every Monday morning to cut up some garments for rags that were sold to industries and others were cut up and resewn into long strips that were rolled into balls and taken to St. Jacobs to be woven into rugs. Today this recycling project continues. Rugs are now woven on looms in the Thrift Store.

One of Marg’s greatest accomplishments is her family. Marg and her husband Lew had 4 children. Marg was born in Preston, Ontario. The family moved to Freeport to a dairy farm when Marg was still a little girl. Marg met Lew at Rockway High School. Lew passed away last May. Lew also volunteered at the Thrift Store in the shoe department when he retired from Waterloo Oxford High school where he was a Guidance teacher.

“Lew loved his work,” Marg says. “I sure do miss him.”

Being able to volunteer at the Thrift Store was truly a family affair. Marg explains: “We didn’t go on big trips. We didn’t have the best house on the block but we were satisfied with what we had and our family was what was important to us.” It was the importance of family that also propelled Marg’s creative writing to flow. When Marg began volunteering at her children’s school, a teacher there knew she enjoyed creative writing. This teacher had Marg dictate the children’s stories. “I really enjoyed that,” Marg reminisces.

When Marg was Manager at the Thrift Store she

wrote a monthly newsletter that was distributed to the stores volunteers. Marg would write about things that helped the volunteers feel connected like a team. She would tell about new grandchildren of volunteers being born and how the store was doing in sales.

In 1985 Marg’s sons were working for Cressman Meats and the whiff of summer sausage on their shirts while Marg was doing laundry inspired her to write a winning piece. An avid listener to Peter Gzowski’s Morningside show on CBC radio, Marg entered a listener writing contest when she wrote about her memories about eating a memorable meal in her grandparent’s summer kitchen as a child. Her story was published in Gzowski’s Morningside Papers and showcases her exceptionally strong creative writing ability.

This month Embracing Change salutes Marg Weber and all the dedicated volunteers in our community who truly make a positive and profound impact both locally and globally.

Marg plans on volunteering as long as she is able. Marg is a living testament that when you give of yourself to help others and follow your inspirations and passions, your life is truly altered for the best.

This article was written by: Elaine Ballantyne

“Marg is just incredible because she has foresight. She can see that something can start really little and possibly grow with love and nourishment; and Marg is amazing at giving things love and nourishment.”

WHAT'S HAPPENING

55+ Active Adults & Seniors in Wilmot Township

KNOTTING AND QUILTING COMFORTERS

Everyone Welcome. Come for an hour or as long as you wish.

WHEN: 1st Wed of every month; Sept-June

TIME: 10:00 am to 3:00 pm.

WHERE: Steinmann Church

CONTACT: 519-634-8311

ST. AGATHA SENIORS

Our group of friendly folk meet once a week to play solo. We celebrate birthdays and have a Christmas Party in mid-December concludes the years activities. You'll be warmly welcomed!

COST: .50¢

WHEN: Every Thursday 1:00 to 4:00 p.m.

WHERE: St. Agatha Community Centre

CONTACT: Bert Lichti at 519-634-8411

THE ROOK PLAYERS

We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us

WHEN: Monday evenings 6:00-9:30 p.m.
(Sept. 10, 2018 - April 29, 2019)

WHERE: Wilmot Recreation Complex

COST: No charge

CONTACT: Cecil Wagler 519-662-2758

WILMOT SENIOR SHUFFLEBOARD

WHEN: Tues and Wed from 9:30-11:30AM
and Tues 1:00-4:00pm

WHERE: Wilmot Recreation Complex

CONTACT: Guy & Phylis Sisco 519-662-2077

WILMOT SENIORS WOODWORKING & CRAFT CLUB

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills

WHEN: Weekly, Mon to Fri: 9AM - 5PM

WHERE: 27 Beck St., Baden

COST: Initial Membership \$90, yearly \$70

CONTACT: Diana Gruhl at 519-634-5357

PICKLEBALL DROP-IN

Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.

WHEN: Mondays 1:00PM - 3:00PM

Wednesday, 6:30PM - 8:30PM

WHERE: St. Agatha Community Centre

CONTACT: The Wilmot Recreation Centre for more information at 519-634-9225

NEW HAMBURG LEGION SENIORS GROUP

WHEN: Every Wednesday from 1:00-3:30 pm

WHERE: New Hamburg Legion

COST: \$5.00 per year to join this group

CONTACT: Murray Snyder at 519-662-2959

NEW HAMBURG LANES BOWLING

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.

WHERE: 182 Union Street, New Hamburg

CONTACT: James Aoki 519-662-1938

EMAIL: james@newhamburglanes.ca

WHEN:

Foxboro (a mixed, social league):
Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):
Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):
Tuesdays 9:15-11:30am

TECHKNOW PROGRAM

Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in for help with the basics and functioning.

WHEN: Every Thursday from 9:00-11:30 am
from September - June

WHERE: Wilmot Recreation Complex
Active Living Centre

COST: No Charge

CONTACT: 519-634-9225 ext: 340 for more info

RESTLESS SENIORS

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.

WHEN: Wednesdays from 1:30 - 3:30PM

WHERE: New Hamburg Legion, Branch #532,
65 Boulee Street, New Hamburg

CONTACT: George Schmitt 519-696-3037;
Joan Fulton, Secretary 519-662-4821

WILMOT SENIORS

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.

SPECIAL EVENTS INCLUDE: soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, Christmas banquet.

WHEN: Second Wednesday of each month at
12:00 noon, (except July, Aug. or Dec)

WHERE: Wilmot Centre Missionary Church,
2463 Bleams Rd., Petersburg

COST: An offering is taken each meeting

CONTACT: Church 519-634-8687



To our friends at Embracing Change,
on behalf of all the volunteers, participants and staff of WCS
we wish to welcome you to Woolwich Township!

Woolwich Community Services: 5 Memorial Ave. Elmira, ON N3B 2P8
Mon-Fri 9:00 a.m. - 5:00 p.m. T: 519-669-5139 E: wcs@execulink.com

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f Woolwich Community Services t wcservices www.woolwichcommunityservices.org



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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:

Wellesley Township:

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Wilmot Recreation Complex

- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobeys New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library
- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg

Woolwich Township:

- Community Care Concepts
- Kiwanis Transit
- Woolwich Health Care Centre
- Woolwich Community Services
- Breslau Community Center
- Pharmasave Breslau
- McDonalds - Elmira
- Woolwich Seniors Association
- Living Waters Book & Toy
- Elmira Donuts & Deli
- Elmira Library
- St Jacobs Library
- Crossroads Restaurant
- Harvest Moon
- Bloomingdale Library

Solutions

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4	6	3	8	5	9	2	7	1
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1	2	7	5	9	8	4	3	6
6	3	8	4	7	1	5	2	9
5	9	4	3	6	2	7	1	8

Tara's Story

continued from page 3

Having lost my Mom when I was 8, I know first-hand how quickly life can change, and how we don't always have the tools and resources available to help us through life transitions. I became an instant "caregiver" to my 4-year-old sister, and a helping hand to my amazing Dad who was also grieving and adjusting. Thankfully taking care of people came naturally to me. And it was also something I thoroughly enjoyed. But being so young, I didn't know the "right" way to do it. Truth is, regardless of our age, most caregivers struggle to remember to take care of themselves while caring for others. Recognizing this is a common problem that can lead to stress and even burnout, I knew I wanted to help caregivers receive the support they need. But I wasn't sure how. It wasn't until I was working in the corporate world as a Director of Resident Services for a Retirement Home, that my vision for Embracing Change came to be. Turns out, there was a gap within our community and it was difficult for our local residents to find the right resources to help them and their loved ones' embrace all of the changes and challenges that come with an aging family. Having lived in the New Hamburg area my entire life, I knew there were so many incredible businesses and support all around us but it wasn't easy for anyone to access this information. I felt an instant and strong commitment to be a voice in a voiceless market, and began working on a way to bridge that gap; addressing key issues that impact the health and well-being of older adults, and improve the overall experience for their families and caregivers. My goal with our monthly publication is to build a stronger, wiser, and more fulfilled community, and connect Wilmot, Wellesley & now Woolwich Township residents, and their loved ones to all of the wonderful support and resources available locally.

I never could have imagined losing my mom as a child, but I feel so incredibly lucky to be blessed with the most amazing family. We all learned to lean on each other, and we forever adore and support one another to this day. 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.

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The Many Benefits of Osteopathy

Osteopathy has become very popular within the last few years due to its many benefits. Osteopathy is best described as a combination of massage therapy and chiropractic care.

Massage or soft tissue work is done to release tension and trigger points in the musculature that contribute to pain. Joints are then mobilized to create more range of motion, decrease stiffness and help better align the skeletal system. Exercises and stretches are also added in when necessary. Due to the well rounded treatment approach; working on multiple surrounding areas near the pain site, osteopathy has excellent results.

Many of us deal with acute or chronic pain: whether work related, from an injury, or simply from aging! Osteopathy is a natural treatment option for pain and often gives great relief of negative symptoms. Once a patient's symptoms have subsided, a regular monthly maintenance treatment is then recommended long term. These treatments prevent the symptoms from returning and prevent progression of disease and/or future problems.

Even individuals who do not have a specific problem area can benefit from osteopathy.

Treatments have been proven to be effective in both promoting overall well-being and in preventing issues. Treatments help calm the nervous system, acting as a stress reliever. Techniques help circulate blood and lymphatic fluid which helps flush any toxins out of the body.

As you can see, there are many benefits to osteopathy which has led to its popularity over the years. Its use will only continue to grow and further assist in patient healing. What a great way to start becoming a healthier version of you!



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SENIOR SAFETY

Service Scams

A service scam is any false, deceptive, or misleading promotion or solicitations for paid services. These solicitations involve third parties that commonly make offers for telecommunications, internet, finance, medical and energy services. Additionally, this category may include, but is not limited to, offers such as extended warranties, insurance and sales services. The two most reported service scams targeting Canadians are the antivirus software scam (Microsoft/Windows Technician) and lower interest rate scams.

The scammers involved in the antivirus software scam promise to repair your computer over the internet. This can involve the installation of software or permission to have remote access to your computer. Payment for the software or repair is typically made by credit card. Downloading software from an unknown source or allowing someone to remotely access your computer is risky. Scammers could use malicious software to capture your personal information such as user names and passwords, bank account information, identity information, etc.

The people behind lower interest rate scams often impersonate financial institutions and claim to negotiate with credit card companies to lower your interest rates. They guarantee they can save you thousands of dollars in interest. The caller will tell you that the lower interest rates are for a limited time only and that you need to act now. In addition, the scammer will request a “one time” upfront fee to process the lower interest.

PREVENTION TIPS

- No legitimate company will call and claim your computer is infected with a virus.
- Never give anyone remote access to your computer. If you are having problems with your operating system, bring it to a local technician.
- Beware of scammers advising you of an unauthorized charge on your credit card account and requesting your credit card number.
- Verify any calls with your credit card company by calling the phone number on the back of your credit card.
- Only your credit card company can lower your interest rate.

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

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LIVING WELL FESTIVAL

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Mental Health:
Taking care of your mind

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FREE Community BBQ Lunch
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Wilmot Township Council

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Saturday, April 27 at the
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Heidelberg Community Centre 2 nd and 4 th Friday (call for times)	Linwood Community Centre Monday & Wednesday 1 to 4 pm
St Clements Community Centre Monday & Wednesday 9 am to noon	Wellesley Community Centre Tuesday & Thursday 1 to 4 pm
Wilmot Recreation Complex (Active Living Centre) Monday & Wednesday 9 am to 4 pm Tuesday & Thursday 9 am to noon	

For More Information: 519-664-1900 or 1-855-664-1900

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New Dundee Community Centre Mon & Wed 1:00-2:00 1028 Queen St, New Dundee	Pond View Tues & Fri 10:30-11:30 1 Pondview Dr, Wellesley Club Room
Woolwich Township The Meadows Tues & Thurs 9:30-10:30 29 Water St. S, St. Jacobs	Hawkesville Community Centre Tues & Thurs 9:00-10:00 3521 Broadway St., Wallenstein
Duke St. Apartments Mon 2:30-3:30 28 Duke St, Elmira	Linwood Community Centre Mon & Wed 2:00-3:00 5279 Ament Line, Linwood
St. James Lutheran Church Tues & Thurs 3:30-4:30 60 Arthur St. South, Elmira	St Clements Community Centre Mon & Wed 9:00-10:00 1 Green St., St. Clements
Valley View Mon & Thurs 4:00-5:00 1070 Printery Road, St. Jacobs	

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Great Respite Option

Is This Decision Time?

by Fred G. Parry

I listened to a radio interview the other day with an author who started off as an atheist and, years later, became a Christian.

In his book, *The Rage Against God: How Atheism Led Me to Faith*, Peter Hitchens talks about how Christians (and I suspect people of faith in general) have, in recent years, been made out to be silly because they believe in things that no thinking person would believe in. The book was described in the *Spectator* magazine as “a magnificent, sustained cry against the aggressive secularism taking control of our weakened culture.”

Interestingly, his brother, Christopher Hitchens, author of *God Is Not Great: How Religion Poisons Everything* believes just the opposite. He contends that organized religion is “violent, irrational, intolerant, allied to racism, tribalism, and bigotry, invested in ignorance and hostile to free inquiry, contemptuous of women and coercive toward children: organized religion ought to have a great deal on its conscience.”

Although, both brothers agree to disagree, Peter Hitchens believes that people who disagree with Christians are becoming increasingly hostile. Why? The author contends that there’s a feeling of personal effrontery that’s rooted in the fear that Christians might be right.

So, what does this mean to you and me?

I think if we are really honest that for most of us, despite our personal ‘trials and tribulations’, will admit that we’ve been blessed (I know I’m still grateful to be here). However, I meet lots of folks who are negative about everything and everybody. Maybe my feet aren’t yet cemented in reality ... and theirs?

Sure, I also get frustrated a lot of times. I want everything done yesterday, I’m generally a nagging perfectionist, can be only concerned about my problems, and I can be intellectually lazy. Yet, there are people sighing, crying and dying over real loss. What’s our response?

**“They talk about a life of brotherly love,
Show me someone who knows how to live it”**

-- *Slow Train* by Bob Dylan

We’re in relatively tough times right now and people are discouraged, but this will not last. Right now, though, we need to help people through it. Some call that mission.

“A good example is the best sermon”

– New Hamburg highway sign



‘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

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EMBRACING SPRING

As we move past the long, dreary days of winter, it is always so refreshing to see the first signs of spring. With the arrival of spring comes the opportunity to look around our homes and freshen them up. It not only makes us feel better but helps us to maintain our health and safety. Here a few tips:

Remove the clutter.

Look around your home and remove any items which may get in the way of having a clear, safe path around your home. This includes removing scatter mats around the home and ensuring that the edges of rugs are taped to the floor. Having clear, safe pathways significantly reduces the risk of falls, which are the leading cause of health decline in seniors.

In the kitchen, make sure that your appliances are in good working order, and get rid of those that no longer work. Put away appliances off your counter that you no longer or rarely use. Organize your cupboards so that frequently used items are within reach on lower shelves. Clear out your fridge and cupboards of any old foods.

Check your medicine cabinet.

Spring cleaning is a good time to check your medicine cabinet. Gather up and dispose of any medicines that you no longer use or have expired. Your local pharmacy is a safe way to get rid of medicines. Spring is also a good time to maintain a current list of medications which can form part of your emergency plan.

Prepare for an emergency.

Spring cleaning is an ideal time to replace the batteries in your smoke and carbon monoxide detectors. It's also a good time to test these devices to make sure that they are in good working order.

Spring is also an ideal time to check your emergency kit and make sure it is restocked. It is helpful to make sure that you have a flashlight, spare batteries and a supply of band-aids, scissors, tape, antibiotic ointment and dressings.

It is also a good time to review your emergency plan. In case of an emergency, do you have your list of medications, medical information and phone numbers of family or friends that can be contacted in an emergency in an easily accessible spot.

Ask for help.

Sometimes the work can seem too much, especially if you face strength or mobility challenges. Never try to move large objects on your own or stand on chairs or ladders to reach high objects. There is help available to you. Community Care Concepts has Senior Support Workers available, at no cost to you, to help you with some of these needs throughout the year. For ongoing homemaking, outside maintenance needs or larger projects, they also have screened, brokered workers who are available at an affordable cost.

Take some time for yourself.

The arrival of spring provides the opportunity to get out of the house and among others, after a long, cold winter. There are many activities offered free, or at a minimal cost to you. Perhaps it is participating in many of the social and recreational programs offered at community centres, attending an adult day program, joining a free community exercise class, attending a community dining event, or taking a walk along our many trails or indoor walking tracks.

For information on these or any other activities or services in your community please contact Community Care Concepts at 519-664-1900 or 1-855-664-1900.



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TRAVEL INSURANCE NEWS AND VIEWS

Did you know ...

There are many Canadians today who continue to travel with the assumption they are “covered by their provincial health plan.” Little do they know that provincial health plans regularly cover less than 10% of all costs! Hard to believe, isn't it? Here are a few points you never want to forget.

- A one-night stay in a US hospital costs an average of \$12,000 US per day.
- Bringing someone back to Canada by air ambulance costs an average of \$20,000 US.
- Many hospitals require payment before they begin treatment?
- The Canadian government recommends travelers purchase health insurance before they leave the country.
- Provincial health benefits decrease greatly once Canadians leave their province.

Ontario

For outpatient doctor visits, Ontario Health Insurance Plan (OHIP) pays \$50.

For ER fees, OHIP pays \$50.

For inpatient admissions, OHIP pays \$200 per day, all inclusive.

For inpatient admissions involving any type of ICU, CCU or surgery, OHIP pays \$400 per day.

Laboratory work ranges from \$3 to \$12 per item, depending on the type of lab work.

Radiology ranges from \$7 for a simple X-ray, to \$500 for an MRI.

Items Not Covered by Provincial Health Insurance Plans

Prescription medication, ambulance services, air-ambulance services, dentistry (unless performed by a licensed Dental Surgeon), optometry, physical therapy, chiropractic treatment, naturopaths, acupuncture, podiatrist, massage therapy, physician's assistant, home/private nursing, medical appliance rental, assistance intervention such as direct payment to hospitals (where applicable) or flying family members to bedside.

Real-life Claims Example

On his way to the Caribbean, 69-year-old Henry had a heart attack in a US airport while running for a connecting flight. He was rushed to the nearest hospital, where he recovered from an emergency bypass. During recovery, he suffered a stroke, and remained in hospital before he was stable enough to be airlifted home.

Total cost: \$305,000

Portion paid by provincial health plan: \$5,700
(2% of claim total)

If you are one of the many Canadians who believe you are covered by your provincial health plan, may I encourage you to THINK AGAIN.



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MESSAGE FROM:

Information from:

April has arrived, BeADonor month is a nationwide campaign to encourage people to consider organ and tissue donation. Are you and your family member's registered organ & tissue donors?

WALDA, Wilmot Area Life Donation Awareness, is a volunteer, not for profit organization whose aim is to build awareness within our communities around the need for and how to register consent to become an organ & tissue donor. Visit a local drive at www.beadonor.ca/campaign/wilmot-be-a-donor-drive to register your consent.

Organ and Tissue Donation: The Facts

Today, in Ontario, there are over 1,600 people waiting for a lifesaving organ transplant. This is their only treatment option, and every 3 days someone will die because they did not get their transplant in time.

But you can help. When you register your consent for organ and tissue donation, you let those waiting know that you would help them if you could.

- **One donor can save up to 8 lives** through organ donation and enhance the lives of up to 75 more through the gift of tissue.
- **Age alone does not disqualify someone from becoming a donor.** The oldest organ donor was over 90 and the oldest tissue donor was over 100. There's always potential to be a donor; it shouldn't stop you from registering.
- **Your current or past medical history does not prevent you from registering to be a donor.** Individuals with serious illnesses can, sometimes, be organ and/or tissue donors. Each potential donor is evaluated on a case-by-case basis.
- **All major religions support organ and tissue donation**, or respect an individual's choice.
- **Organ and tissue donation does not impact funeral plans.** An open casket funeral is possible.

Learn more about organ and tissue donation by visiting www.beadonor.ca.

Registration: Key Facts

- Donor registration is confidential and will not impact one's medical care. Registration status is only accessed at end-of-life to share a person's donation wishes with their family.
- Donor registration gives families clear evidence of their loved one's donation decision. It relieves families of the burden of making a donation decision on their loved one's behalf at a difficult time.
- Anyone over the age of 16 can register. People of all ages and medical histories should consider themselves potential donors.
- One can easily change or withdraw their donor registration at any time.
- Even if a person has signed a donor card, they still need to register by visiting a local drive at www.beadonor.ca/campaign/wilmot-be-a-donor-drive or www.beadonor.ca or by visiting a ServiceOntario centre. Donor cards are no longer used in Ontario.
- Donation in Ontario is managed by Trillium Gift of Life Network, a not-for-profit agency of the Ontario government.

Bring hope to those who are waiting for a life-saving transplant by registering your consent for organ and tissue donation and talk to your family about your wishes.



Submitted by: Ryan Morrison, Heart transplant recipient & New Hamburg resident.

Rarer forms of dementia: Parkinson's disease

Parkinson's disease (PD) is a progressive neurodegenerative disease that primarily affects the parts of the brain that control movement, resulting in tremors, stiffness, and slowness. Difficulty walking and loss of balance typically emerge as the disease progresses. Some people may also develop dementia as their PD progresses into the later stages of the disease, often resulting in significant memory loss, difficulty concentrating, thinking, completing routine activities, and navigating in their environment. Behavioural problems are also common including depression, hallucinations and delusions.

Symptoms

- can vary between individuals
- worsen with time
- difficulties with movement on one or both sides of the body
- rigidity, tremors, slow movement, loss of balance, falls, feeling stuck in place
- irritability, depression, anxiety
- sleep disorders, changes in appetite, dry skin, excessive sweating
- if dementia develops: difficulty with memory, concentration
- visual hallucinations, inability to control emotions

Diagnosis

- can be difficult to diagnose
- no single test to identify it
- symptoms shared with other medical conditions
- physician may conduct a comprehensive assessment (physical, neurological and psychiatric exams), and review complete medical history
- diagnosis is generally made and confirmed by a neurologist
- physician may request an MRI

Causes & Treatment

- no known cause for the majority of cases
- characterized by abnormal deposits in brain cells called "Lewy bodies"
- risk factors include age (risk increases with age), gender (men at increased risk), and genetics
- no known cure
- medications can be used to manage symptoms
- therapeutic support to manage symptoms, like occupational, physical or speech therapy

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embracingchange.ca

Hemmerich Hearing Center Interesting Facts...

How do you know if you have a hearing loss?

Chances are, you will be the last to know. Most hearing loss happens so gradually that you may not notice it until it becomes a big problem. Usually, the people around you will notice it first.

You may notice that you have to ask people to repeat themselves. You may find yourself straining to hear conversations. You may become tired from the effort required to listen. You may need to turn up the TV louder than before. Over time, you may find yourself avoiding social situations and losing interest in activities that you once enjoyed. You may feel that you can hear but cannot always understand what you hear. This is especially so when there is background noise. It may seem like people mumble sometimes.

The impact of hearing loss on quality of life can be profound. Fortunately, there is help available.

Hearing aids make listening easier and more comfortable. You can expect to hear most sounds better and to understand speech better

Community Dining For Seniors

Community dining combines food, fellowship, information and entertainment.

Lunches are held monthly from September through June.

WILMOT TOWNSHIP

Zion United Church, 215 Peel St.,
New Hamburg - 1st Wed. of each month

Wilmot Rec Centre, 1291 Nafziger Rd.,
New Hamburg - 4th Thurs. of each month

WELLESLEY TOWNSHIP

Linwood Community Centre, 5279 Ament
Line, Linwood
4th Wednesday of each month

Wellesley Community Centre, 1000 Maple
Leaf St., Wellesley
3rd Wednesday of each month.



WOOLWICH TOWNSHIP

Calvary United Church, 48 Hawkesville Rd
St. Jacobs - 2nd Wed. of each month

Woolwich Memorial Centre, 24 Snyder Ave S
Elmira - 4th Mon. of each month

Breslau Community Centre, 100 Andover Dr
Breslau - 2nd Thurs. of each month

Doors open at 11:30

Lunch is served at 12:00

Registration Required 2 Days Prior To Event

**Regular schedule may change due to
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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

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



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Aging Well on the Farm

The second week during the month of March is always designated as Canadian Farm Safety Week and we held a Farm Safety Rally to mark this occasion.

The average age of the Canadian farmer is 55, in fact there are more farmers over the age of 70 than are under the age of 35. Senior farmers over the age of 60 represent 14.4% of all Canadian farmers but suffer 36% of agriculture related fatalities and 23% of hospitalizations.

As we age, people tend to compensate by adopting unsafe work habits and taking shortcuts and in addition, there are many physical factors that influence a person's ability to perform farm tasks.

- Reaction time is dramatically affected by age. Muscles have lost some of the strength and flexibility to work as fast or lift as much as before.
- Balance and control of motion may be hindered and a slight dizziness can cause a fall leading to serious injury around moving or unguarded machinery parts.
- Vision also decreases with age. It takes more light for a 65 year old person to see clearly, yet farmers often work in a reduced lighting environment.
- Most farmers experience a hearing loss after many years of exposure to loud noises. This makes it difficult to hear people and machinery.
- Arthritis and rheumatism can decrease mobility and prescription drugs may slow reaction time and cause fatigue.

There are safety precautions that farmers can implement to avoid unnecessary injuries and possible fatalities. Increased lighting in workplaces is important as well as avoiding work at dusk and dawn or reduced light environments. Regular breaks and drinking enough water helps to break up the monotony of the job. Realize that there are limits to what the aging body can do safely and work accordingly. Make certain that animal handling facilities are easy to use and safety mechanisms are in place. Decrease the risk of trips and falls by installing non slip flooring in workshops and handrails on stairs and ladders. Retrofit Roll Over Protection Systems (ROPS) as well as seat belts on older equipment to avoid getting crushed under tractors. Regular medical checkups and proper medication will ensure better health for senior farmers. It is important to never work alone, let someone know where you are and how long a job is expected to take. Carrying a cell phone can ensure that help will arrive quickly in case of a mishap.



Community Airways Clinic



A Certified Respiratory Educator from St. Mary's General Hospital is available at Woolwich Community Health Centre to see patients with Asthma and COPD. This is a great resource for people who would like more information regarding their COPD or asthma, to learn skills that will help them control their symptoms and improve their self-management skills.

This program provides respiratory assessment, education and management for rural residents with lung conditions. **Ask your doctor or nurse practitioner to refer you to the Community Airways Clinic for an appointment with the Certified Respiratory Educator. For more information please visit our website at: www.wchc.on.ca**

STAY ACTIVE AT THE WOOLWICH MEMORIAL CENTRE!

24 Snyder Ave. S, Elmira 519-514-7000 or 519-669-5044 (Woolwich Seniors)

There are so many options to stay active, engaged and have fun at the Woolwich Memorial Centre located in Elmira!

Woolwich Seniors Association



A membership based organization for older adults age 55+.

The WSA offers social, recreational and educational opportunities, for seniors in Woolwich Township and surrounding area. Located in the Woolwich Memorial Centre, seniors enjoy a bright, spacious room with pool tables, a quilting area, computers, coffee nook, and a Library and Puzzle Swap. Over 30 weekly drop-in activities are offered to senior members: Bid Euchre, Book Club, Bridge, Bus Trips, Carpet Bowl, Cribbage, Crokinole, Fitness, Mahjongg, Monthly Lunches, Monthly Dinners, Pickleball, Ping Pong, Quilting, Shuffleboard, Snooker, Solo, Tai Chi, Tech Clinic, The Great Brain Workout, Wellness Clinics, Yoga, and Zumba.

Upcoming Special Events:

Tech Clinic

Thursday, April 18th, 2019 & Thursday, May 30th, 2019
9:30-11:30am Call to book a free half hour session.

Monthly Lunch

Tuesday, May 14th, 2019
12:00pm \$10.00

Monthly Dinner

Wednesday, May 15, 2019
5:00pm \$20.00

\$20 per year Membership Fee.

To become a member, contact the Woolwich Seniors Association

Located in the Woolwich Memorial Centre
24 Snyder Ave South, Elmira
519-669-5044

or email at: contact@woolwichseniors.com

www.woolwichseniors.ca

Be Active. Get involved. Stay Connected

Township of Woolwich & the Woolwich Memorial Centre (WMC)



The Woolwich Memorial Centre Offers:

- Fitness Centre with Cardio, Strength Training & Stretching
- Personal Training Options
- Pool (lane swim, gentle aquafit & aquafit)
- Indoor Walking Track – FREE to the public
- Ice Programs
- Drop-in Pickleball
- Fitness Classes
Yoga, T'ai Chi, The Great Brain Workout, Stretch & Zone, Zumba, Pilates and more!

A variety of memberships and use options are available! Contact us at 519-514-7000

Did you know???

The Township of Woolwich also offers great programs for 55+ at various sites throughout Woolwich!

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 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
 Senior Support 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

Township of Wilmot 519-634-8444
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