

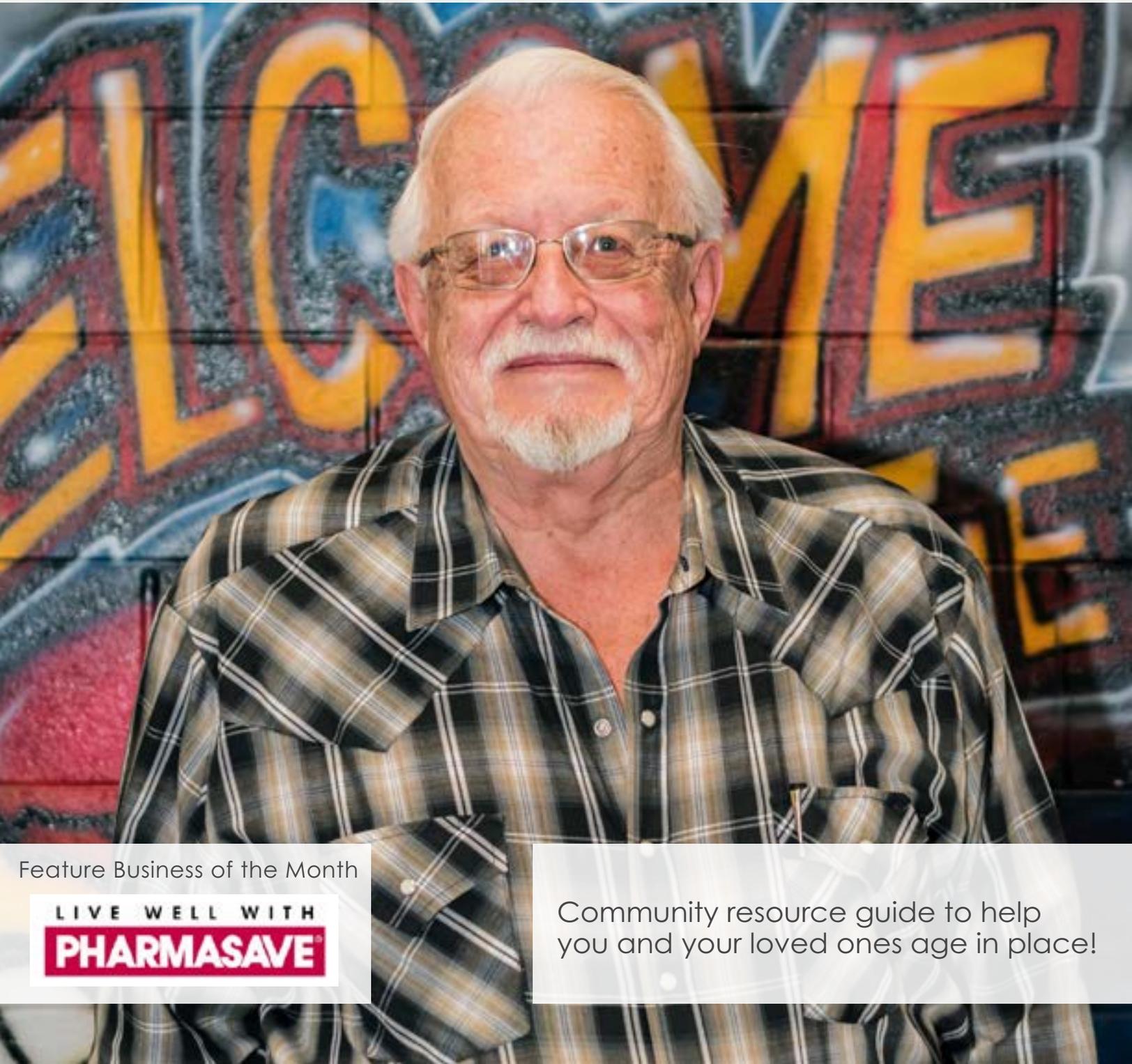
FREE!

EMBRACING CHANGE

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

VOL 2 ISSUE 8 APRIL 2020

www.embracingchange.ca

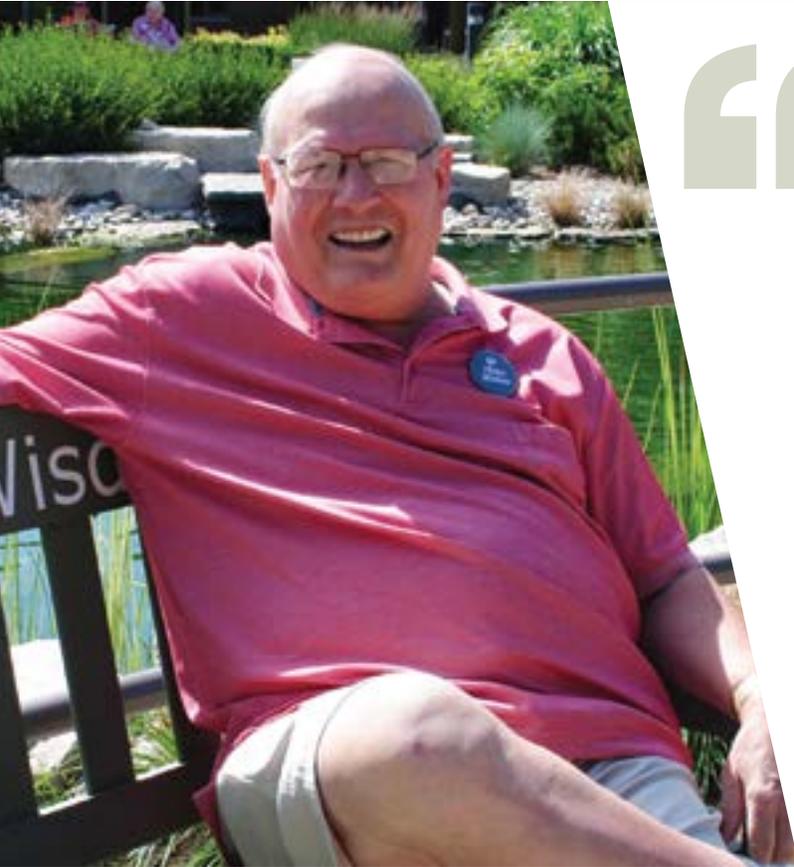


Feature Business of the Month

LIVE WELL WITH
PHARMASAVE

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

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“ The concept of a
‘Village’ started some
30 years ago here at
Winston Park.

It is a splendid social model
which promotes both
community and care in a
completely natural way.

– **Ron Schlegel**,
founder of Schlegel Villages



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Tara Bott (Held)

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DISTRIBUTION

Jessica Uttley

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Rebecca Roessler

SOCIAL MEDIA SPECIALIST



LETTER FROM THE EDITOR

As I sit here in my home office on this sunny March day practicing social distancing, I know we are all facing a great deal of uncertainty right now. Whether you are self-quarantining or practicing social distancing, we all are adjusting to a new normal amid the coronavirus disease (COVID-19) pandemic. While this is a stressful time, there are a few things we can do to tend to our physical and emotional needs. Not only can these self-care practices help us cope with isolation and stress, but also keep us feeling our best all year long. Here are a couple of Self-Care tips for you:

Self-Care Tip #1 ~ Do calming activities that you enjoy.

Cozy up with a good book, do a puzzle, start an arts-and-crafts project, or listen to music. You

can also try streaming services, board games and/or online games for more entertainment.

Self-Care Tip #2 ~ Keep A Routine

Try to stick to your daily routine, even in isolation, by:

- ⦿ Waking up and going to bed at the same time each day
- ⦿ Eating your meals at the same time each day
- ⦿ Getting dressed as if you were leaving the house
- ⦿ Adapting your exercise routine to a home-based workout

April is National Volunteer Month, when we celebrate the work that volunteers do year-round. During National Volunteer Week (April 19-25), organizations across the country will recognize their volunteers for helping them achieve their mission. I want to thank all of the wonderful volunteers who help me make Embracing Change the wonderful resource it has become today. I have been blessed with many people in my family and in our community who volunteer their time and talents. Thank you to my husband (Gary Bott), father (Rich Held), mother-in-law and father-in-law (Shirley & Don Bott), Susan Hammer and Chris Baechler who help me every month by helping to distribute the copies of Embracing Change throughout Wilmot, Wellesley and Woolwich Township. Thank you also to Rebecca Roessler for your help with social media. Thanks to Elaine Ballantyne, Charles Okum, Jill Simpson, Ara Luckhardt, Jana Miller, Kristen Hahn, Joyce Stankiewicz and Chris Spotswood for sharing your gift of writing and photography to capture the cover photos and cover stories. Special thanks to Dr. Didyk for answering our readers' questions in our monthly Q&A column; and also to Sgt Kelly Gibson for keeping us informed and safe in our community. And to all the wonderful businesses in our community who provide wonderful resources and information to our readers. I could not make Embracing Change come together without the help from my wonderful volunteers, so thank you all for your support!

“At the end of the day it’s not about what you have or even what you’ve accomplished... it’s about who you’ve lifted up, who you’ve made better. It’s about what you’ve given back.” – Denzel Washington

I want to say a special thank you this month to my graphic designer, Jessica Uttley, as this was a challenging issue to put together and many last minute changes needed to be made due to the outbreak.

***Please note that with the COVID-19 outbreak some or all of the activities listed in this issue may not be running, so please be sure to call ahead before you attend anything.*

Stay well,

Tara

On The Cover

Bernie Shantz, a New Hamburg resident is probably best known as a fixture volunteering at the local hockey rink for nearly the last four decades

Cover story written by Jana Miller of Baden on Page 8

About the Photographer

Censational Photography is about capturing life’s little moments and making memories with heart and passion.

For more information check out Censational Photography’s at www.censationalphotography.com



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Flashback Photo

Public Health, a Perennial Issue

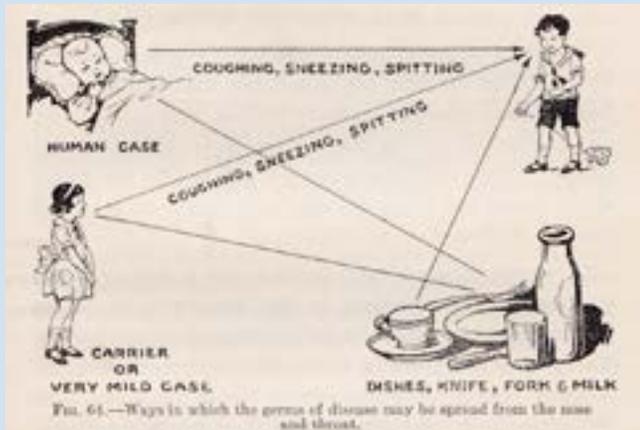
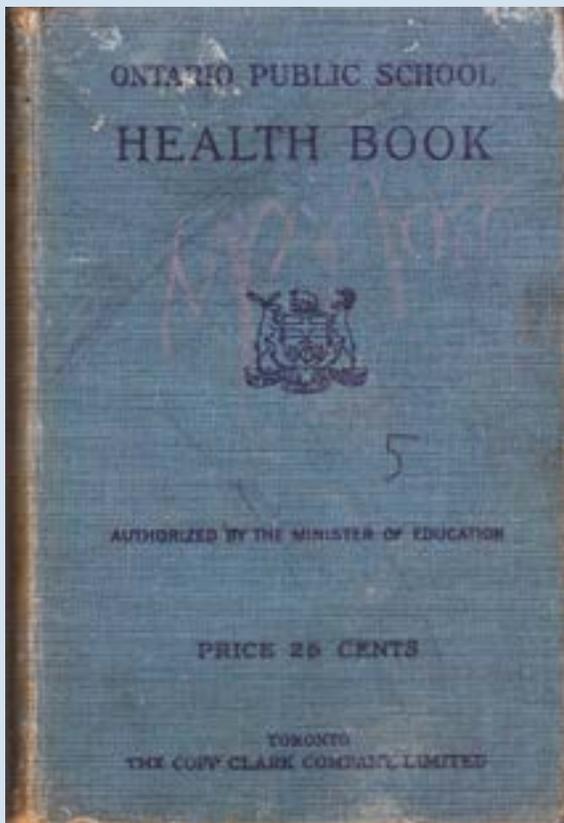


FIG. 61.—Ways in which the germs of disease may be spread from the nose and throat.



by Nancy Maitland, Wellesley Township
Heritage and Historical Society

A recent donation to our collection is a book called the “Ontario Public School Health Book” published in 1933. It was written in simple language for school-age children to understand how to remain healthy. Some of the chapter titles in the section called “Prevention of Disease” are as important today as they were in the 1930s. One section, the most timely right now, as we face the coronavirus, was called “Preventing the Spread of Germs.”

Back then, the Department of Public Health was notified when a case of a “catching” or communicable disease was diagnosed. An inspector would be sent to the home to instruct the parents how to look after the sick person so that the disease would not spread to others. In addition, a card would be placed on the door with the name of the disease written in large letters to warn others not to enter the house.

Keeping the patient isolated (from the Latin *insula*, or island) meant that the house was under quarantine (from the Latin word meaning 40. This comes a time when ships on which sickness had broken out were not allowed to enter port for 40 days).

Readers were warned that the even diseases in other countries could spread to Canada, by travelers on “fast ocean liners and trains.” In this case, community health services would examine people coming to our country.

Another way in which diseases can spread is through people known as “carriers,” people who are not at all ill but the germs of disease are in their bodies.

An interesting graphic in the book shows ways in which germs can spread as a warning to children.

MESSAGE FROM

Les Armstrong

MAYOR OF WILMOT TOWNSHIP

As I understand it, April is categorized as Volunteer Month, but in processing this whole thought I feel that any month of the year would so aptly fit this claim.

We all love to attend functions, and/or anything that might apply to food consumption, but do we ever take a moment and actually consider how all these fine events come to fruition on the date proposed and with all the details seemingly in proper sequence. Well you can thank the organizers, and the volunteers who work tirelessly behind the scenes to create an experience for all to enjoy.

These selfless, hardworking, reliable, patriotic, unpaid individuals are the ones to express your gratitude too next time you see them. Without them there would be no Club or Group Organizations, no Community Events (imagine Christmas without parades). No more rural town Fall Fairs etc. The list goes on and on.

So, whatever your age, and whatever block of time you can give, you are all worthy of recognition for stepping up, coming forward, and offering to assist in any capacity that suits your time, talents, and personality.

And let's not forget the social aspect that volunteering brings. Many a good time and laughter is witnessed along with getting the job done. I applaud each and everyone who is currently volunteering or has previously done so, to deserve the right to pat yourselves (and each other) on the back and say, "Job Well Done".

Thank You.






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Seasonal Allergies

Allergies affect 10-25% of the Canadian population and can have a significant impact on the quality of life for those experiencing the common symptoms of allergies. These symptoms are due to the immune system's response to environmental allergens both seasonally and year round. They vary widely depending on the individual, but nasal congestion, itchy red eyes and a runny sneezing nose are common. Those with mild-allergies can usually function normally, however, those with severe allergies can struggle to get through normal daily activities and get a good night's rest.

During this time of year it may be difficult to distinguish between allergies and infections, but a few key differences can help you determine which one it is. With a cold your body will experience the tell-tale aches and pains and likely a mild fever. These symptoms are usually slow to develop. Allergy symptoms are immediate and will persist for as long as you are exposed to the allergen causing you to experience sneezing, watery itchy eyes, nasal congestion but no fever.

The goal of many therapies is to prevent symptoms and improve the quality of the individual's life. The most effective way to treat allergies is to prevent them, this can be done by keeping windows and doors closed during your allergy season and using central air conditioning (remember to change your filters regularly!). There are a range of treatment options based on the symptoms experienced, the most common oral antihistamines followed by nasal saline rinses. Other treatments I recommend are eye drops depending on the symptoms experienced as well as steroid nasal sprays or a decongestant. As always it is best to reach out to your local pharmacist if you are unsure if your normal medications will be affected by a new allergy medication.

Children tend to be most affected by seasonal allergies, leading to poor sleep, decrease in school attendance and impaired cognitive function. There are variety of pediatric treatments including non-drowsy antihistamines, nasal rinses and decongestants depending on the age of the child.

provided by Abhay Patel,
Town Square Pharmacy New Hamburg

LIVE WELL WITH

PHARMASAVE®



Cover story written by Jana Miller

Thank You, Bernie

As a boy growing up on the farm on Wilmot's Nafziger Road, Bernie Shantz learned early about the importance of giving back to his community.

"I grew up in a Mennonite community and I watched what happened with them when there was a need locally. I would wake up in the morning and find the field full of vehicles because people were getting together to help someone out. That's just what they did," said the longtime community volunteer. "Because of that, I always felt that if there was a need in the community then, naturally, you just go and find a way to help out."

And Bernie has sure helped out over the years. The New Hamburg resident is probably best known as a fixture at the local hockey rink for nearly the last four decades; that's as long as he's been volunteering to help run New Hamburg's

junior hockey organization. He joined the club in 1983, just as the ailing, historic New Hamburg Hahns were renamed the Spirit '83.

The Hahns, burdened by debt and looking for new direction, approached Bernie, who was the president of New Hamburg Minor Hockey at the time. Recognizing the need to give one of New Hamburg's finest hockey traditions a new lease on life, he reluctantly took up their cause, recalling that the community-minded side of him really wanted to help, but he'd never really played much hockey himself and he felt he was getting in over his head.

"When Jerry Preston approached me to help with the junior team, I wasn't going to do it. I wasn't sure I could," he said.

But, with the instrumental backing of local trucking entrepreneurs Vernon Erb and Don Pestell, the Spirit '83 soldiered on with Bernie at the helm. Putting his doubts aside, he became the team's president that first year, before stepping into being the team's manager for the next decade. He took some time away from the executive in the 1990s but, even then, his phone still rang as the team looked to him for advice and eventually always asked him back. Known as the Junior C Firebirds by the late '90s, Bernie has been the club's president again now for several years. Don't ask him how many though, because he's not sure.

"Let's just say that it's a goodly number of years as president," he laughs, though an Ontario Hockey Association article pinpoints his most recent presidential stint at about 15 years.

All of those years have brought him too many good memories to recount in one night sitting around the Firebirds' office at the Wilmot Recreation Centre. There have been so many great games, great players, and wonderful executive members, he said. There was that time the team bus rolled past him getting a speeding ticket as he was leaving a game in Simcoe. There were great team Christmas parties over the years. A championship series Cinderella come-back over Dundas after being down three games to none (and down two goals

in the third period of the final game yet, too). And, of course, some league championships, including back-to-back in '89-'90 and '90-'91 – both of them reminiscent of the good old days of the late '60s when the Hahns would literally pack the old New Hamburg Arena to the rafters during playoffs.

And, like many a hockey club executive member before him, when the home games got tight, he was a volunteer who wore a winter path up and down the street between the old arena and the New Hamburg Cheese Factory, waiting for the outcome. I recall Keith Bast, from the Hahns executive, once telling me he did the same thing back in the late 60s. These days though, Bernie's many duties during the games mean he's rarely a spectator.

"I wore out some running shoes back then. But I could always tell who scored by the cheering," said Bernie, adding that he still doesn't eat before a game. **"When you're there in that moment you realize, more than the kids do, that you may never be there again. I have just wanted the kids to succeed so badly. To do something that I, myself, never had the opportunity to do."**

All great memories, he said, but what really stands out to him, are the players who still manage to find their way back – sometimes a decade or two after they've played for him.

"I still get emails from guys who used to play for us. They ask: 'Do you remember me?' Or, it's when they come back to the arena with their wife and kids and make it a point to find me and say hello," he said. "I see that they are responsible young men who are giving back to their community now. **And I think, if I've played some small part in that, then I feel proud of that.**"

Over the years, Bernie's innate sense of community need led him to combine his volunteer hockey duties with many other volunteer roles including: helping with minor soccer when it was first getting going, later coaching the local women's soccer team, coaching fastball in Wellesley and convening

inter-county men's slo-pitch for several years. At the same time, he worked full-time for many of those years.

"I was able to help in a lot of places and that feels good," he said also recalling that it's a little bitter-sweet, too. "It's also been hard at times. My family never complained, but I know that they sacrificed a lot, too, because of what I was doing. I was away a lot and, you know, they only grow up once."

Bernie said he doesn't know when he'll step down from his role as president of the hockey club though, at 78, he'd like to at least step back and participate in a more advisory role. True to his deep volunteer spirit however, he doesn't intend to do that until a new president is secured.

"I don't think I can just leave it and hope for the best," he said.

As a little boy, growing up around the Mennonite faith, in a log cabin on Nafziger Road, Bernie learned early that life isn't about what you've accomplished as an individual. It's about who you've lifted up along the way, who you've helped – who you've made better. It's about what you've given back. That's the example Bernie has successfully lived his life by. And, it's an example that any community, and any family, would be proud of.

Bernie, you may not always have had the time, but you always had the heart.

Thank you. For everything.

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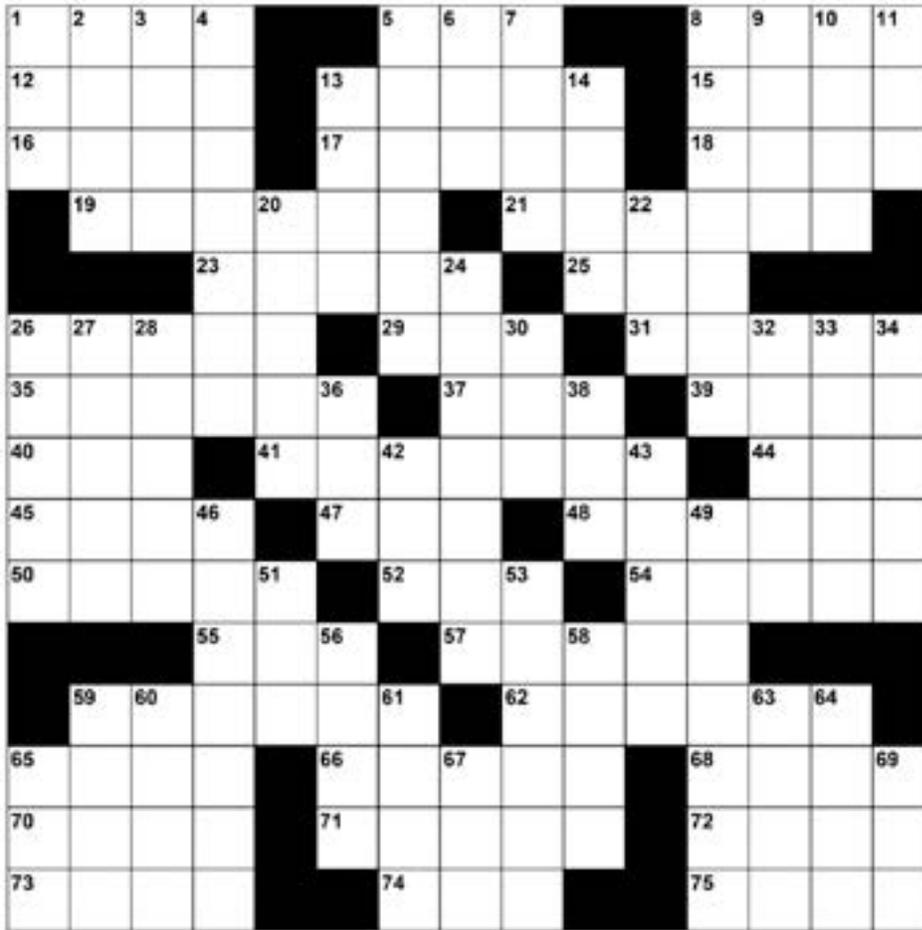
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APRIL CROSSWORD



Solutions on Page 16

ACROSS

- 1 Affliction
- 5 Spider's net
- 8 Go from being a frozen solid to being a liquid
- 12 Preparation (abbr.)
- 13 Express indifference
- 15 Costa ___
- 16 Tableland
- 17 Marsupial bear
- 18 Colored part of eye
- 19 Artist's workplace
- 21 Found fault with
- 23 Slipup
- 25 High naval rank (abbr.)
- 26 Smooth
- 29 Embrace
- 31 Black and white animal
- 35 Relating to the mail
- 37 Pod vegetable
- 39 Cowboy fight
- 40 Gone to lunch
- 41 Correctly

- 44 Basketball association
- 45 Secondhand
- 47 Collection of animals
- 48 Hat fastened with ribbons
- 50 ___ cotta (clay)
- 52 Explosive
- 54 Creator of Sherlock Holmes
- 55 Roman three
- 57 Harnesses
- 59 Flowing in
- 62 Stalk vegetable
- 65 To incite
- 66 Taunt
- 68 Movie ___
- 70 Dreadful
- 71 Fourth month of the year
- 72 Qualified
- 73 Aroma
- 74 Decade
- 75 Bark in pain

DOWN

- 1 Tempo
- 2 Greek god of war
- 3 Structure used by a bird to lay eggs and rear young
- 4 Ornament for military uniform
- 5 Swoping sound
- 6 Epoch
- 7 Plant buds that begin to grow underground
- 8 Pruned
- 9 Engage
- 10 Basic's opposite
- 11 Had been
- 13 Leave undone
- 14 Merry
- 20 Capital of Senegala
- 22 Cutting tool
- 24 Pleasant combination of sounds
- 26 Water faucet
- 27 Aphid
- 28 Fragrant oOrganic compound
- 30 Acquire
- 33 Resist forcefully
- 34 Having wings
- 36 Movie star Taylor
- 38 Loose gown worn at mass
- 42 Obtained
- 43 Warble
- 46 Wanderer
- 49 Posy
- 51 Cause of sickness
- 53 Warning signal
- 56 Small particle
- 58 Careen
- 59 As previously cited
- 60 Roman emperor
- 61 Cried
- 63 After-bath wear
- 64 Speak loudly
- 65 Hoopla
- 67 To be
- 69 Representative



"Okay, which one of you has been laying the hard boiled eggs?"

A boy with a monkey on his shoulder was walking down the road when he passed a policeman who said, "Now, now young lad, I think you had better take that monkey the zoo."

The next day, the boy was walking down the road with the monkey on his shoulder again, when he passed the same policeman. The policeman said, "Hey there, I thought I told you to take that mokey to the zoo!"

The boy answered, "I did! Today I'm taking him to the cinema."

Laughing Matters!



SPOT THE DIFFERENCE

There are 10 to find!



A man went to his lawyer and told him, "My neighbor owes me \$500 and he won't pay up. What should I do?"

"Do you have any proof he owes you the money?" asked the lawyer.

"Nope," replied the man.

"OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer.

"But it's only \$500," replied the man.

"Precisely. That's what he will reply and then you'll have your proof!"



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MESSAGE FROM:

April has arrived, BeADonor month is a nationwide campaign to encourage people to consider organ and tissue donation. Are you and your family members 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 www.beadonor.ca to register your consent.

WALDA would like to introduce Karen Cook, a Baden resident and a living donor. Here is an abbreviated version of her story to choose to be an organ donor.

Taking a Leap of Faith

When I retired 2 years ago, I prayed on the direction this next chapter of my life would take. But like any retired person, my life got busy and I wasn't listening carefully enough for the answer God was trying to give me. So I prayed again. Thankfully, He found the time between sleep and wakefulness to answer me so that I would hear Him. I don't exactly know how it happened except you might say it was a whisper of a thought that I awoke to, 3 mornings in a row before I acted on the idea. I'm a person of strong faith.

I've always been a blood donor but this day I was directed to the Centre for Living Organ Donation/UHN at Toronto General Hospital. The Living Donor Program is the largest Transplant Centre in North America.

I travelled to Toronto many times to have procedures that were the equivalent to the best physical of my life. I was told I was in "pristine health" and became the average 1 out of 6 hopeful donors to get the green light. On average 5 out of 6 well-meaning hopeful donors are turned down for one reason or another.

On May 14th, 2018 with my supportive husband by my side, I became the 57th (Anonymous) Non Directed Living Liver Donor at UHN. Despite all the advances made with deceased organ donations, living donor outcomes for the recipient are still the best. In fact, if only 1 in 13,000 of us would be a living donor, we could eliminate the waiting list for donations! What I learned after my surgery is that about 50% of the people I spoke with, didn't know they could be a living donor. I donated 40% of my liver and the best part is that it grows back to 90% of what it was within 8 weeks!

It was an amazing experience. The Transplant team treated me like gold. I didn't want for anything. I had a private room and only shared my nurse with one other transplant donor. I was hooked up to many machines when I awoke and received medication for pain before I became uncomfortable. I really just remember having a sore back and feeling super weak. The usual stay in hospital is 6 days. The Team wanted to make extra sure I left in as perfect health as possible considering the donation I just made. An issue with my blood pressure kept me an extra 2 days. Once home, the other amazing member of the team, Randy, my husband, took such lovingly good care of me that I felt more than blessed. I won the lottery when I married him!

I was told that the recipient was doing "amazingly well and will continue to do amazingly well" because of my donation. It all happened so fast! My surgery was almost 3 months to the day from my first phone call and I was riding my bike 10 weeks after surgery. Honestly, if it wasn't for the tidy 6" scar running down my abdomen, I might forget I ever had that amazing experience!

I sincerely hope my story will inspire others to truly consider giving the gift of life to someone in need. There's someone out there who is loved and cherished beyond measure but doesn't have a donor. You could be their miracle! It's a special and amazing experience even when it's for someone you don't know! Thank you for reading my story.

Organ and Tissue donation saves lives, register at www.beadonor.ca



WHAT'S HAPPENING

55+ ACTIVE ADULTS & SENIORS IN WILMOT TOWNSHIP

KNOTTING & 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

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 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

NEW DUNDEE SENIORS

Come out and enjoy cards, games & shuffleboard

WHEN: Every other Tues, 1:00-4:00pm
*Please contact Alice for exact dates
WHERE: New Dundee Community Center
CONTACT: Alice Bowman 518-696-2665

RESTLESS SENIORS

For Seniors 50 and over. Come out and enjoy an afternoon playing darts and cards.

WHEN: Every Wednesday from 1:30 - 3:30PM
WHERE: New Hamburg Legion, Branch #532, 65 Boullee Street, New Hamburg
COST: \$1.00 to play
CONTACT: Larry Roth 519-656-9719; Marilyn Santos 226-749-1082

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

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

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. 2019 - April 2020)
WHERE: Wilmot Recreation Complex
COST: No charge
CONTACT: Cecil Wagler 519-662-2758

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Ad submissions are due the 10th of every month

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

Wilmot Township:

- Morningside Retirement Community
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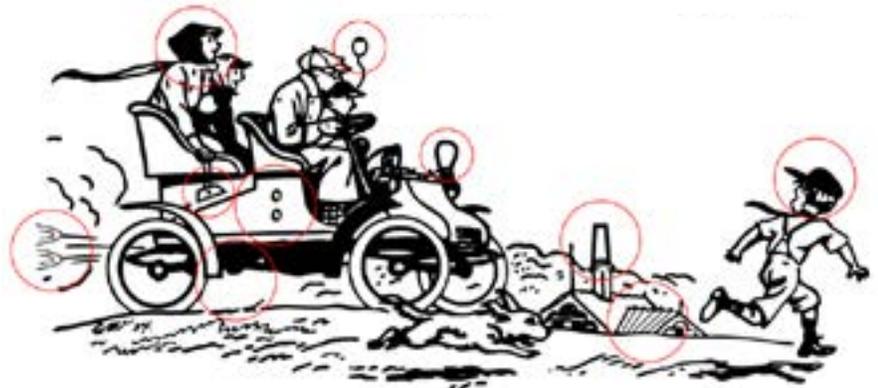
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- Living Waters Book & Toy
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Ask the Doctor

with
Dr. Nicole Didyk

COVID-19 Frequently Asked Questions

As I am writing this article, COVID-19 is shutting down schools and causing the cancellation of national medical conferences. Many will get the virus, and most will recover completely. It's not clear what the next few weeks will bring, but many of you have questions about how to handle COVID-19 if you are an older adult, or just care for one.

Am I at increased risk for COVID-19 infection?

Adults over 60 and those with a "chronic condition", like Diabetes, cancer, heart or lung disease, dementia and others, are at higher risk of getting COVID-19, and may be susceptible to a more severe course of infection.

What should I do to reduce my odds of getting sick?

Learn some new moves like the "Dracula sneeze" (into your sleeve, it works for a cough too) and the "elbow bump" instead of a handshake. It's not unreasonable to say no to social events and avoid travel. If you didn't get your flu shot – please do. It won't reduce your risk of coronavirus but it will help you avoid the flu, which could make you weaker and more likely to get another virus.

Avoid travel? Isn't that extreme?

It can be a big disappointment to cancel long-awaited plans for a getaway but travel not only exposes you to close quarters with others, but makes you tired and rundown, which leaves you vulnerable to attack from a virus. It's OK to say no to an invitation to travel or to attend a gathering. Your health is more important than your host's hurt feelings.

My parent is in a long-term care home – should I move them home with me?

In most cases, moving your parent out of their "home" would be disruptive

and can lead to worsening dementia symptoms. Long-term care homes have protocols for dealing with outbreaks, which unfortunately can happen regularly. You may want to reconsider visiting as frequently as you do until the situation changes.

What else?

DON'T panic but DO be sensible. Keep a supply of your medications on hand, keep your phone charged and if you're a caregiver, consider asking someone in your circle if they can be a substitute for you if you fall ill. Offer to do the same if someone else gets sick if you think you can. If someone in your household is ill, don't share utensils or towels, and if possible, let them have their own bathroom until they are better.

From the Public Health Ontario website

(12/3/2020): Anyone concerned that they may have been exposed to, or are experiencing symptoms of COVID-19 (coronavirus), should contact their primary care provider, local public health unit, or Telehealth (1-866-797-0000)

If you have questions for Dr. Didyk, please email them to embracingchangeinfo@gmail.com. You don't need to give your name or any identifying information.

Disclaimer:

Any comments Dr. Didyk may make regarding an individual's story should not be construed as establishing a physician-patient relationship between Dr. Didyk and a caregiver, or care recipient, and should not be considered a substitute for individualized medical assessment, diagnosis, or treatment.

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Prospective Member Information

Rotary Wilmot is a member of Rotary International, a world-wide service organization with over 1.2 million members in close to 32,000 clubs in over 200 countries.

We are **People of Action**, dedicated to improving the lives of others, both in our community and around the world. We meet 1st, 3rd and 5th Thursdays from 7:15 to 8:15 a.m. in the Activities Room at the Wilmot Recreation Complex in Baden.

Rotary Wilmot offers **Memberships That Fit** - a variety of membership types to allow members to participate by contributing what they can – in terms of time and finances:

Regular member - pays quarterly dues of \$120, meeting costs included

Corporate/family member – a corporate entity or family with a Primary Corporate/Family Member and up to 3 designees, paying same dues as Regular

Friendship member – designed for individuals who are interested in helping the club and taking part in projects but cannot commit to meetings; no set dues, pay-as-you-go for meetings attended

Why Join Rotary?

The Opportunity to Serve - Rotarians provide service at the local and international level

Ethical Environment - Rotarians practice the *Four-Way Test*, which measures words and actions by their truthfulness, fairness, goodwill, and benefits to all.

Professional Networking - A founding principle of Rotary was to provide a forum for professional and business leaders.

Personal Growth and Development - Membership in Rotary ensures continuing personal and professional development.

Friendship & Fun - Fellowship was a primary reason Rotary started in 1905, and it remains a major attraction.

Cultural Diversity- Membership is open to persons from every ethnic group, political persuasion, cultural background, and religion

Good Citizenship - Membership in Rotary makes one a better citizen.

World Understanding – Rotarian members have a significant impact on humanitarian issues through international service projects and exchange programs of RI and the Rotary Foundation. Promoting peace is one of Rotary's foremost objectives.

Future Generations - Rotary clubs provide innovative training opportunities and mentoring for future leaders.

Why Rotary Wilmot? Check out some of our present and past activities:

- ICC & Rotary Trip-A-Month Lottery
- BrewHaHa craft beer and food festival
- I.C.C. Mental Health Awareness Breakfast/Lunch
- Wilmot Aquatic Aces Major Sponsor
- Rotary's END POLIO NOW program support
- Bus stop benches
- Christmas Ladies' Night
- Citrus fruit fundraiser
- Rotary Peace Scholarship
- Wilmot Family Resources Christmas hamper program
- Mini-golf/other games at community events
- Baden Park bridge
- WODSS scholarships
- Helping eradicate polio
- Athlete of Year banquet
- Adopt-A-Road

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For more information contact Brian Bennett at 519-301-5620

Circulatory Problems and Diabetes: Why You Should Take Care

Diabetes is one of the most common conditions affecting Canadians: an estimated 2 million Canadians, or **1 in 16 people, have been diagnosed with diabetes**. In Canada, 48% of people with diabetes are over 65 years of age.

People with diabetes are at a higher risk of circulatory problems, particularly if blood glucose levels are very high for a long time: blood vessels can be damaged and plaque in the blood vessels, makes it difficult for blood to flow. Blood circulation supplies oxygen all around the body for your heart, lungs and kidney to work best.

What are the symptoms of circulatory problems?

- Cold feet or hands
- Numb feet or hands
- Hair loss on the legs
- A pale blue colour on the skin of the legs
- Dry or cracked skin, particularly on the feet
- Brittle toe nails
- Wounds or sores that are slow to heal

What are the consequences of poor circulation in people with diabetes?

Poor circulation can cause a number of diabetes complications including:

- Heart disease, including high cholesterol, high blood pressure, heart attack and heart failure

- Nephropathy (kidney disease)
- Retinopathy (eye disease)
- Neuropathy (numbness in the legs and feet)
- Sexual dysfunction

Poor circulation can also lead to peripheral arterial disease, which occurs when fatty deposits build up in the inner lining of artery walls. These blockages restrict blood flow, mainly in the arteries leading to the head, kidneys, stomach, arms, legs and feet, increasing the risk for a stroke or organ damage which can lead to amputations.

How can you prevent poor circulation?

- Making sure that your blood sugar levels are within the target ranges
- Taking your diabetes medications as prescribed by your healthcare team
- Meeting blood pressure targets
- Meeting cholesterol targets
- Eating healthy foods
- Getting regular exercise – at least 150 mins moderate to vigorous aerobic and resistance exercise per week
- Quit, or at least cut down on smoking

You can give your circulatory system a boost and help prevent or delay the adverse effects of poor circulation by managing your diabetes well.

For more information check out www.diabetes.ca



April is Parkinson's Awareness Month and we are celebrating the unstoppable spirit and determination of thousands of people with Parkinson's and their families in the Waterloo region. For those fighting Parkinson's, every day can be a battle. However, strength comes from having people and resources available.

Throughout the month of April, Parkinson Society Southwestern Ontario (PSSO) will have those resources available by hosting Living Well Conferences, a webinar, Hair Affair for Parkinson's (www.ahairaffair.ca) as well as having several support and exercise groups in the area. These programs help bring people with Parkinson's, healthcare professionals and community together to help those with Parkinson's fight the disease.

The first **Living Well Conference: Your Physician, Your Pharmacist and You** will be held on April 7 at the Best Western Ontario Hotel in Brantford featuring speakers Dr. Barbara Connolly (Neurologist, Movement Disorder Specialist), Allison Tario (Pharmacist, IDA Pharmacy) and Dr. Devin Hall (Neurologist, Movement Disorder Specialist). For more information about these conferences or to register, go to www.parkinsonsociety.ca.

Support and exercise groups can be a very effective tool for enhancing one's ability to cope with the challenges of Parkinson's. People with Parkinson's and their families are encouraged to visit their local group:

Cambridge

- Cambridge Parkinson's Support Group
- Neurological Wellness Exercise Program in partnership with the Chaplin Family YMCA
- Rock Steady Boxing in partnership with the Chaplin Family YMCA

Kitchener

- Kitchener Parkinson's Support Group
- Rock Steady Boxing in partnership with the AR Kaufman YMCA
- SMART Exercise Program in partnership with Community Support Connections
- Neurological Wellness Exercise program in partnership with the AR Kaufman YMCA

Waterloo

- Waterloo Parkinson's Support Group

For information on dates and locations, go to www.parkinsonsociety.ca. Please contact Lisa Nixon, Information & Referral Specialist, at lisa.nixon@parkinsonsociety.ca or 1-888-851-7376 before attending your first group.

Save the Date: The **Fall Regional Parkinson's Conference** will take place at the Sunbridge Hotel and Conference Centre in Kitchener on October 17. The conference offers a great opportunity to listen to expert speakers and to network with others that face similar challenges. More information and registration will be available in late August.

For more information about **Parkinson's Awareness Month** activities or to volunteer, go to www.parkinsonsociety.ca or call 1-888-851-7376.



Give Your Portfolio a “Spring Cleaning”

Provided by Edward Jones

Springtime is almost here. If you're like many people, the arrival of spring means it's time to spruce up your home. But why stop there? This year, consider applying some of those same spring-cleaning techniques to your investment portfolio.

Here are some ideas you may want to put to work:

Get rid of clutter. You probably don't have to look too far around your home to find things that are broken or simply no longer useful to you. If you poke around your portfolio, you might make similar discoveries: an investment that has chronically underperformed, duplicates another investment or met your needs in the past but is less relevant to your current situation and goals. Once you identify these types of investments, you may decide to sell them and use the proceeds to take advantage of opportunities that may prove more valuable to you.

Consolidate. Over the years, you may have accumulated multiple versions of common household items — brooms, mops, hammers — which pop up mysteriously in various parts of your home. You might find it more efficient, and even less expensive, if you consolidated all these things in one centralized location. As an investor, you also might find that consolidation can offer you some benefits. Do you have one Registered Retirement Savings Plan (RRSP) with one financial services provider and a second RRSP with another? Have you scattered investments here, there and everywhere? By consolidating all these accounts in one place, you can cut down on paperwork, reduce fees and, most importantly, unite your investment dollars so that it's easier for you to see what you have and then follow a single, coherent investment strategy.

Prepare for turbulent weather. As you know, springtime can bring heavy rains, hail, strong winds and other threats to your home. As part of your overall spring cleaning, you may want to check the condition of your roof, clear branches away from your house, clean your gutters and downspouts, and take other steps to protect your property from the ravages of Mother Nature. And just as you need to safeguard your home, you'll want to protect the lifestyles of those who live in that home — namely, your family. You can help accomplish this by reviewing your life and disability insurance to make sure it's still sufficient for your needs.

Get professional help. You may find that you can't do all your spring cleaning by yourself. For example, if your carpets and rugs are heavily soiled, you may need to call in a professional cleaner. Or if your tree branches have grown out of control, you might need to bring in a tree trimmer. Similarly, when you decide to “tidy up” your portfolio, you'll need some assistance from a financial professional — someone who can study your current mix of investments and recommend changes, as needed, to help ensure your holdings are suitable for your risk tolerance, time horizon and short- and long-term goals.

Spring cleaning can reinvigorate your home and your overall outlook. And by tidying up your investment portfolio, you can help gain some of that same optimism — for your future.



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Mary Friesen

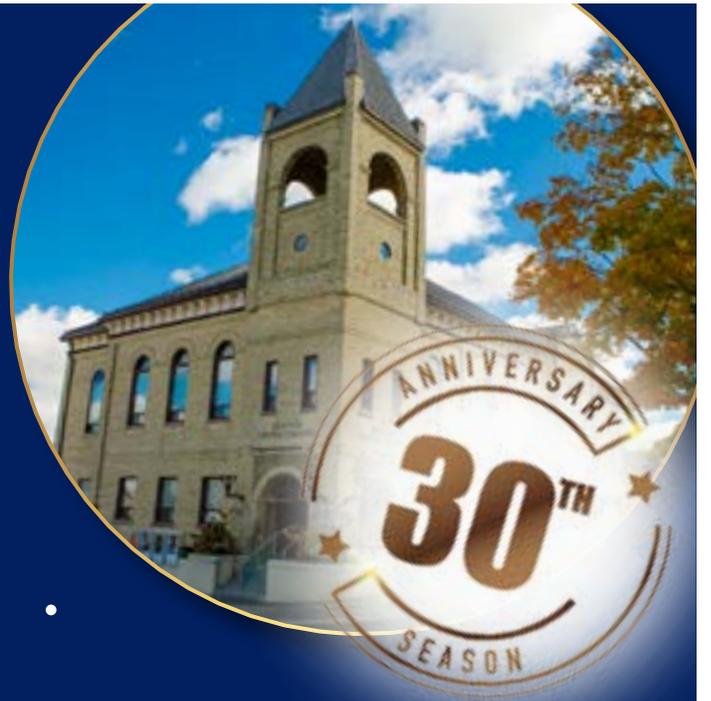
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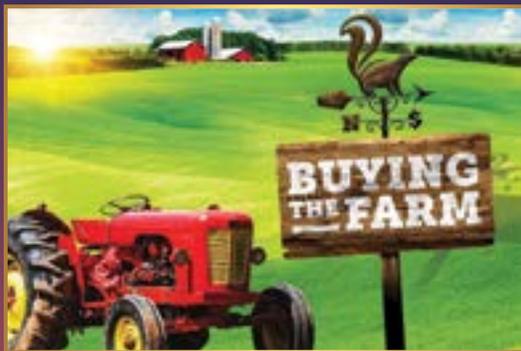
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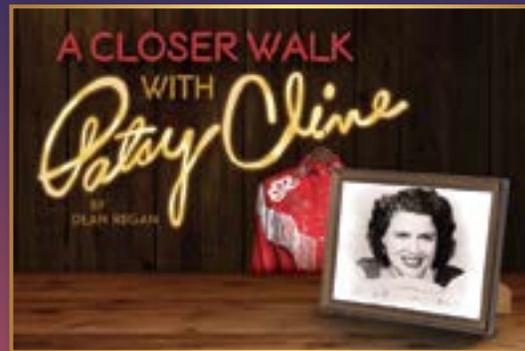
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I was thinking about family relations or, as my Dad used to call them, the ‘in-laws and the outlaws’. Depending on one’s perspective, I think that’s because one side couldn’t do anything right while on the other side, seemed to be saints.

Isn’t it funny how we can make allowances for the most outrageous behaviour from someone that’s close to us? (“Well, that’s just Billy ... you know how he’s like.”). We just know that beneath it all, they’re really decent people.

Yet we can’t seem to find it in our hearts to make allowances for similar behaviour in others.

Of course, it doesn’t help if these ‘outlaws’ lack any semblance of apparent social skills, but often they are responding to some self-

forgotten slight - issued from us - and feel they must settle the score. This only goes to show that our actions have consequences that we are solely responsible for (although we may not think so at the time).

It’s the same with getting upset with immediate family or the ‘in-laws’, but let’s face it-- you’d be the first to lend a helping hand to a complete stranger if they were down and out. Why act as if you would do any less for family?

That’s not to say that there won’t be honest disagreements sometimes, but these occasions need not be an excuse for vindictiveness. People get so mad for so long, that they forget what they’re mad about. All they know is that they are mad ... at everyone, everything, all the time. Yet, many a hot argument has been cool by cold facts.

Some relationship experts suggest seeing the ‘other’ as someone like us – maybe needing patience, understanding and some loving forgiveness.

“I’ve never heard of a crime that I could not imagine committing myself.”

– Johann Wolfgang von Goethe

Lord knows, I have yet to sustain this state of grace; so, I wouldn’t know what living like that 24/7 must be like. None-the-less,

if we want less stress in our lives, we have to be prepared to not retaliate (now or later), because all it does is fuel a feud. And often, a heart-felt “I’m sorry” is all that’s needed to begin reconciliation. We all have to decide what something is really worth.



We Can Make a Difference

Besides, looking at it positively, maybe it’s your timely bit of kindness – which only you can provide at a critical moment – that can make all the difference in someone else’s life. What a powerful way to live: neutralizing the negatives and accentuating the positive!

Thankfully, it takes ‘two to tango’. Life’s like that. So, unless you’re a good dancer, expect me to sit this one out.

– *Dedicated to Kay Lambert*



‘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

Thank you to our incredible volunteers!

April 19-25 marks National Volunteer Week: a reminder to thank the individuals in our community who generously share their time to help others. So much of our work at the Alzheimer Society depends on volunteers and we could not be more grateful. This month, we want to highlight their stories.

Mary Pat's story: "Until I started high school, my very best friend in the world was my grandmother Jean. When she was diagnosed with Alzheimer's disease, it was during an era when there wasn't much of a focus on how people could live well with dementia. iPod music programs and friendly visitor programs just didn't exist.

"As an adult, looking back, I wondered if there was something I could have done differently if I had had the opportunity. It was something that broke my heart whenever I thought about it. So, when I was laid off from my high-tech job in the fall of 2013, almost 35 years later, I started to wonder if I might be able to help others who were living with dementia have a better experience than she did.

"I volunteer for the Alzheimer Society in a few ways: I have volunteered at the past two Walk events, but I also help to run the Memory Boosters Social Club, which is not technically an Alzheimer Society group, but it is closely affiliated. I have helped to run that group for the past two years, and during that time, I have become very close friends with Elaine, who is also an Alzheimer Society volunteer who helps with the group.

"To be honest, it really is like a party every few weeks, where we sing, eat, laugh, make art, and share stories. I tell you, these people know how to have fun! **I can honestly say that volunteering is one of the very best thing I have ever chosen to do. It is absolutely life-changing in the best possible way.** When you volunteer with big-hearted people, and you get to help make people's lives a little better and brighter, everything else you do pales in comparison."

Interested in volunteering with us? Call us at 519-742-1422 or email us at asww@alzheimerww.ca for more information.



Smoking and Eye Disease

Though we are all aware of the health effects associated with smoking, such as lung cancer, heart disease, and tooth decay, few know about the negative impact it can have on our vision.

Smoking, especially 20 cigarettes or more daily over a long period of time, can adversely impact your vision. Cigarette smoke is made up of compounds that can damage health and have been shown to cause cerebral lesions which affect the area of the brain that processes vision. Additionally, tobacco addiction increases the risk of developing vision-robbing diseases such as macular degeneration (AMD), cataracts, glaucoma, diabetic retinopathy.

Age-Related Macular Degeneration

Smokers run a high risk of developing AMD, a condition that severely impairs central vision, making it difficult or impossible to read, drive, recognize faces and colours, and leads to permanent vision loss in those aged 65 or older. Fortunately, the risk can be dramatically diminished by putting an end to tobacco smoking — even if later in life.

Cataracts

Heavy smokers double their risk of developing cataracts, the leading cause of blindness. Cataracts are characterized by cloudy, blurred or double vision, photophobia, and reduced night vision. Fortunately, cataract surgery is a common procedure which replaces the clouded lens with an artificial intraocular replacement.

Diabetic Retinopathy

Smoking raises one's risk of developing diabetes by up to 40 percent thereby increasing the risk of retinopathy as well. Diabetes damages the blood vessels in the retina, causing them to leak blood into the eye, which — in severe cases — can deprive the retina of oxygen and result in blindness.

Secondhand Smoke and Eye Disease

Secondhand smoke— which includes the smoke that emanates from the end of a cigarette as well as the

smoke exhaled— is nearly as harmful to health and vision. Second-hand smoke places others' eyesight in danger, particularly for young children and infants. Furthermore, studies indicate that women who smoke during pregnancy put the newborn baby at risk of being born with eye disease or visual impairment that could affect his or her ability to learn.

Stop Smoking to Save Your Vision

It can be challenging to quit, as it requires dedication, support, and advanced planning. The good news is that giving up smoking can have an immediate effect on your health — and it's never too late to quit! Once the habit is broken, your body will begin to repair itself to prevent vision loss. Quitting smoking is the most important step you can take to protect your health and vision.



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SENIOR SAFETY ARTICLE BY SGT KELLY GIBSON, WATERLOO REGIONAL POLICE

As we enter a new season and put winter behind us, I want to reflect on the month of March. March has been designated as Fraud Prevention month across Canada and a chance to educate and bring awareness to the many frauds and scams targeting citizens. Unfortunately, thousands of Canadians, including those in our own community, can become a victim of fraud. There are the CRA scam phone calls that threaten to arrest you, the calls claiming to be the Justice Department who will issue a warrant for your arrest and the emails or phone calls that claim a family member has been in an accident or in jail and needs money. Online dating sites also present opportunities for fraudsters to prey on victims looking for companionship. Being a victim of fraud can be a nuisance or worse, financially devastating and have an emotional impact. Many victims of fraud feel ashamed, angry and embarrassed and sometimes won't even report it or tell their family. Fraud doesn't discriminate. Anyone can be a victim, including me.

In 2013, I was a victim of credit card skimming. I was on vacation in the United States and I stopped for a coffee at a well-known coffee franchise. The young man taking my order was pleasant and

quite chatty. When I handed him my credit card to pay, I notice he swiped it under the counter. He handed me the keypad and I entered my pin. It happened so fast and his pleasant demeanor distracted me. I walked out with my skinny vanilla latte and thought to myself, "Did I just have my credit card skimmed?" The 'red flag' was the swiping of my credit card out of my sight and his distraction technique disguised as good customer service. I should have called the credit card company immediately, but I went back to vacation mode and enjoyed my coffee and the rest of my holiday. A month later, I noticed two charges at different restaurants in Quebec that I did not visit. The two charges were less than a hundred dollars each, but it was a hassle providing proof to the credit card company that I did not make the purchases. Several phone calls, emails and weeks later the charges were reversed.

The second time I was a victim of fraud was only this past December. This story begins a week before the actual fraud and involves a telephone phishing scam. I had been receiving automated phone calls at home early in the morning from a familiar credit card company, or so I thought. It just so happened I did have a credit card from this particular company. The recording stated that I had unauthorized charges on my credit card. The first call I received I just hung up. Then I started questioning the validity of the call. I accessed my account online and confirmed I had no suspicious transactions on my credit card. This was a fraudulent call. I kept receiving these phone calls throughout the week and one time, a real person came on the line and they sounded convincing. They told me in detail about a charge to a hotel in Toronto and a second charge to an online shopping site. They told me I was lucky because they stopped the second charge from going through. As the person was speaking, I logged into my online banking account and again confirmed there was no suspicious activity on my credit card. I asked the person several times what financial institution my credit card was from, but they just spoke over me. When they realized they were not going to get anywhere with me they politely thanked me and hung up.

The following week I started receiving automated

calls from another credit card company. I just hung up on the first call, the second call, the third call, and then I decided to call the credit card company directly. It turns out their calls were legitimate and my credit card had been compromised, once again. I had done quite a bit of on-line shopping leading up to Christmas and my credit card information had been stolen in the cyber world. My credit card was immediately cancelled and a new one issued.

After the incident on vacation in 2013, I was angry with myself, and embarrassed. I was sure I saw my credit card being 'skimmed' yet I dismissed my instincts. I am a Police Officer and know about frauds. I tell people how to protect themselves against these crimes, yet I was scammed.

Thankfully, in both of the incidents I did not experience financial loss. If I had provided the person on the other end of that phone call in December with my personal banking account information the story would have a different ending. I was lucky. According to the Canadian Antifraud Centre, there were 19,285 victims of

fraud across Canada and a loss of 98 million dollars in 2019. Everyone has received a fraudulent phone call or email. Many of you reading this article have been a victim of fraud or you know someone who has been victimized. The best way to protect yourself is to be educated on the current scams and go with your gut. If it doesn't feel right, talk to someone you trust. There are many sites on the internet to stay informed about fraud, scams, how to report a fraud, and most important, how to protect yourself. The Canadian Antifraud Centre, the Canada Revenue Agency and the Waterloo Regional Police are all great resources.

If you have been a victim of a fraud, report it.

Resources:

Canadian Antifraud Centre

www.antifraudcentre-centreantifraude.ca or 1-888-495-8501

Canada Revenue Agency

www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html or 1-888-495-8501

Waterloo Regional Police

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Coronavirus:

A Wake-Up Call for Those in Our Country Refusing to Vaccinate Their Children and Themselves

This Coronavirus or (Covid-19) flu that is spreading throughout our World is not unlike other diseases and viruses that were a similar worldwide problem in the past. The coronavirus flu epidemic could well become a pandemic the same as polio, rubella, measles, small pox etc., did in the past. Many, many scientists, doctors and others worked so very hard to eradicate the above mentioned diseases by producing vaccinations.

There is no vaccination for this deadly coronavirus as yet, but, there is a vaccination available for Flu shots each fall, and is, provided for everyone, free of charge, by the Dept of Health in all provinces in Canada. Getting the shot may not be a guarantee that you will have immunity for the virus that happens to be present in each particular year, but, it is well known that it will definitely lessen the effects if you should happen to be exposed. Taking advantage of the Flu vaccination that is provided free of charge each year might be a better way to keep folks healthier and would enable them to be able to lessen the effects should they be exposed to the Coronavirus.

Many young parents today are refusing to have their children vaccinated against childhood diseases which are presently offered free of charge in our Country. I think many of these young parents that refuse to have their children vaccinated are not aware of life in the 50's, 60's, or before, and have not included in their research the terrible epidemics at that time which resulted in many lost lives, and, life-time body crippling effects of these diseases. They would not have witnessed the babies born blind or mentally or physically challenged as a result of their mothers having been exposed to rubella/measles during their pregnancy. They also would not have known about those who lost their lives because of a complication of rubella, known as encephalitis. If these folks have been reading about a Doctor in the USA, and others, who reported about side effects of vaccinations that would be so severe it would make them feel they should not immunize their children, it is my hope that they also would learn that the reports were bogus and fudged. There can

always be side effects to vaccine but they are usually minute compared to the suffering and loss of life the vaccine could prevent.

The children in our country who have not been vaccinated are riding on the coat-tails of those who have. However, while they are protected in this country, in this day and age there is so much International travel that they would not have any protection when visiting Third World countries that are not free of these diseases. They themselves could contract the disease as well as bring it back to our continent, therefore the start of a resurgence of communicable diseases back home.

Grown ups also need to be cognisant of whether or not their vaccinations are up to date. Data from the Public Health Agency of Canada suggests that most of us think we are up to date with our shots but we're not. On February 26, 2020 on the CBC's radio program 'The Dose' by Dr. Brian Goldman it discussed clearly that adults also need to be sure they know what vaccines they need to have. It was stipulated that you need to speak to your Family Doctor to make sure you are covered.

Dr. Goldman and his guest Dr. Iris Gorfinkel, a physician and researcher, indicated that a Provincial and Territorial Registry for Adult Vaccination records needs to be established. Perhaps this could be a topic you could discuss with your MPP Candidate in the next provincial election!

I was just a child in the '50's but I have very vivid memories of the times. We were not allowed to go to public swimming places, picnics, or for that matter any public gatherings, or, place, in the summers for fear of catching the polio virus.

However, the most vivid memory for me is the personal tragedy in our own family. My oldest sister, 23 years at the time, contracted polio. She spent the first year, after contracting the disease, in a hospital in Toronto, called Riverdale Isolation Hospital. She spent that first year encapsulated in an iron lung which has now been replaced by more modern equipment. I wonder if these folks refusing to vaccinate their children even know what an

iron lung is! I don't think this knowledge could be part of the information they used in making their decision, so let me explain. The polio left my sister a paraplegic and her lungs and diaphragm were also affected by the paralysis, leaving her totally dependent on an iron lung to do the breathing for her. This piece of amazing equipment was like a 'tank' turned on it's side. My sister was placed in the 'tank' on a stretcher and the 'tank' surrounded her body – leaving only her head out with a rubber suction collar around her neck. There were 'port-like' access holes on the side for those who cared for her to put their arms through. A motor beneath the 'tank' did the job of breathing for her. Her children could not enter the isolated building so were held up to a window outside. She had a mirror in front of her face, and if wheeled to the window in the iron lung, she could see the reflection of her children – Ardythe – 3 years, and Leslie – 16 months. Yes, she had children, just like the young parents today that refuse to have their children vaccinated – but never again did she have the opportunity or privilege of raising her children as these folks do. Her children, too, never again had the privilege of being raised by their mother. Relatives stepped in to raise her children, and, the children, as adults, went on to have children of their own without the fear they themselves or their children would contract the devastating disease that prevented them from growing up at home with their mother.

This was made possible because soon after my sister contracted polio in 1951, a wonderful Doctor, to whom I am forever grateful, who had spent many years of his life, along with many others, discovered the Salk Polio vaccine, which is available to every person in our country. This important discovery has eradicated polio from our continent and many parts of the world. I would like to add that the distribution of this vaccine internationally has been made possible because of outstanding contributions of thousands of dollars raised by the World Health Organization (WHO), UNICEF, The BILL GATES FOUNDATION and the ROTARY CLUBS from around the world.

I wish we could go back in time for those folks who are refusing to vaccinate their children and have them walk the halls of Riverdale Isolation Hospital in Toronto. There you would see the people who could only be kept alive by being encapsulated in an iron lung or with a monaghan strapped to their chest, or in a wheel chair (never to walk again), or see those who could not brush a fly from their face, all as the result of polio.

My sister was hospitalized sixteen and one-half years before she passed away. The last 15 years of her life were spent in a rocking bed that helped to inflate and deflate her diaphragm that had been so affected by the polio-caused paralysis. We were sad when she passed away but the real tragedy was not then ---it was when she was stricken with the disease ---and the effects were profound ---touching not only her husband and children and the Grandma and Aunt who raised her children, but also every member of the family. For me, the youngest of five, it became a very clear message ---if I ever was so lucky to have children I would consider it a privilege to raise them. I would also consider it a privilege to subject them to the great immunization program that we in this country are so blessed to have available to us free of charge.

By refusing to vaccinate your children, you not only subject them, but also our country to the possibility of outbreaks of deadly and debilitating diseases. In my mind, this makes a mockery of what so many have worked so hard and given their lives to achieve. This includes the Rotary Organization of our World.

My greatest hope is that it will become law for all children in our country to become immunized, including those in religious groups. I hope they will first consider others, extend their research, open their minds and learn about the ramifications of communicable diseases in our world and reconsider their decision of refusing to have their children vaccinated.

- **Beth Austin** - *New Hamburg, Ontario*

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Foxboro Wins

the Battle of the Adult Communities at New Hamburg Lanes

It was competitive fun at the New Hamburg Lanes First Annual Battle of the Adult Communities.

Playing once a month for three months, bowling leagues from **Foxboro Green, Morningside** and **Stonecroft** came together for their final game on Wednesday March 11, 2020.



Pictured Left to right:
Bert Wever, Kim Shearer, Ruth Leeson, George Jones, Larry Kalyn,
Sheila Jones, George Robertson, Rita Hill

Karen encourages new bowlers to come out.

“James is a great proprietor. He really tries to help his bowlers. He wants us all to do well,” tells Karen.

For the tournament, James had 2 teams of 4 from each community (8 bowlers each). These teams played once a month for 3

This event was the brainchild of James Aoki, owner of the New Hamburg Lanes.

“One of my visions was always to see how these individual leagues would do against each other,” explains James. “I thought why not create something where this can happen? **My goal is to get everyone socializing from different communities.**”

James tells Embracing Change that he really enjoys and appreciates the comradery of his senior bowlers.

Jerry Boissonneault of Stonecroft encourages the less experienced bowler to come out.

“We have people returning to bowling who haven’t done it for years and we have people who have never bowled come out. It allows you to meet folks in the community--which to me is extremely important,” says Jerry. “The key is to have fun--it’s an afternoon social.”

Karen Berg of Morningside has bowled for over 50 years and was a Master Bowler for 45 years. Being a Master Bowler took her to Nationals to compete but now Karen just bowls for fun. Like Jerry,

months, and the community whose team earned the most points with their handicap included, were the winners (a handicap is when an amount of pins are added to your actual score that is meant to even the playing field for bowlers of differing skill levels).

The final scores were close and this lively bunch of participants cheered sincerely for each other when the results were read:

Foxboro 15250

Morningside 15120

Stonecroft 14852

For next year, owner James plans on increasing the number of team members so more community members can participate.

As a kind gesture, James offers complimentary coffee to his leagues from Foxboro, Morningside and Stonecroft. Foxboro plays for 13 weeks from Sept. to Dec., Morningside plays for 30 weeks, and Stonecroft plays every Tuesday drop-in style. For those worried about their traveling plans, spare players are used.

Written by Elaine Ballantyne



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As we leave March and spring into April, we are leaving behind a few weeks that we will remember for years to come. I am hopeful that by the time this edition arrives in your home that we will be in a much better position to get out and celebrate spring than when it arrived on March 19th!

After a long winter, and the challenges that March brought, you deserve an opportunity to get out and celebrate spring! There is no doubt that being cooped up in our homes can lead to isolation and so many other challenges. As we put these months behind, there are many things that you can do to welcome and enjoy the beauty of this new season:

- ❁ Fill a birdfeeder in your garden or outside a window and watch the many forms of wildlife that are attracted to it. This can keep you entertained for hours, particularly when the spring weather keeps us in doors.
- ❁ Plant a garden or fill a few indoor pots with colourful plants. It is amazing how much emerging and colourful plants can add to your outlook.
- ❁ Should getting out continue to be a challenge, place a chair near a window with lots of sun or relax on a patio or porch with a good book. The warmth of the sun, whether indoors or outside, will do wonders.
- ❁ Try new recipes made from the fruits, vegetables and herbs of the season. Savor the tastes of the season.
- ❁ Try some crafts of the season such as making or painting birdhouses or making new spring decorations for your home.

- ❁ Use the opportunity to sort through and purge all of the items that you have collected over the winter, but don't overdo it. We have many people who can help with your spring cleaning.

Assuming that the weather cooperates, and we are beyond the period of keeping a distance from others:

- ❁ Get out and enjoy a walk around your neighbourhood. Sunshine and fresh air will do wonders for the soul.
- ❁ Attend one of our many free community exercise classes.
- ❁ Join in the food and fellowship of our community dinners.
- ❁ Join your friends and neighbours at many free social and recreational events happening across community centres.
- ❁ Enjoy many of the free activities in your communities including the farmer's market, home shows or community festivals.

Spring is the ideal season to celebrate especially as we leave the cold of the winter behind and welcome the warmth that the sun brings. It's an ideal time for renewed energy and to get out of the house and enjoy your friends, neighbours and community. Enjoy the season but don't overdo it!

Want to get out but struggling to know where to go or feeling a bit housebound and needing someone to visit or to help out? Give us a call at Community Care Concepts at 1-855-664-1900. Our staff are always willing to drop by for a visit, offer help around the house or to offer guidance on local activities and events.

Happy Spring!



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On March 20, 2020 Dorothy Bender (a long time resident of New Hamburg), celebrated her 94th birthday. She lives in Assisted Living at Nithview and because of Covid-19 she was not allowed to have visitors. Her great-granddaughters, Kaylee, Mackenzie and Rylee Kaufman decided to make a huge Happy Birthday poster and wave it outside her window.



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THE ART OF QUILTING

A TIME-HONOURED CRAFT HOLDS SPECIAL MEMORIES

Photo 1: Theresa Cassel & Ida Brubacher

Photo 2: Theresa Cassel, Mary Jordan, & Sue Plein

The time-honoured craft of hand quilting is alive and well at the Woolwich Seniors Association. Each week a dedicated group of ladies gather to quilt and visit for the afternoon. Not only do they come out each week for the social time, but also to keep working at their craft and to keep what they see as a dying art, alive. Theresa Cassel, a long-time WSA Quilter says that it is the fellowship and getting together that keep her coming back. “We are trying to keep the hobby alive,” she emphasizes. Sue Plein adds that for her, “it’s the time out, chatting with friends, and the skill and art of hand quilting, that is satisfying.”

There is great pride in the work that they do. The skill and talent of the group can be seen in the many quilts they have made. Cassel explains, “there is something special about getting together for a couple hours and accomplishing something. We have a lot to show for our efforts when we look back on what we have done all year. We really do feel great pride and satisfaction with our work, whether quilting alone or with family and friends.”

Quilting is a tradition that is tied to memories that span multiple generations. Cassel remembers how her grandmother and later her mother-in-law, taught her how to quilt. “That was 75 years ago with my grandmother. It was a special time that we spent together. I remember when she had the Red Cross Ladies come into her home to quilt. I was about 10 years old then. It was something shared between grandmother and granddaughter. Now I get together with my granddaughters and quilt with them. They are amazing quilters.”

Sue Plein was taught how to quilt from her mother. “We would get together with our cousins and quilting would be our family time together. This is something that we have carried through the years.”

Mary Jordan’s mother and grandmother made flour sack quilts. They took cotton flour sacks and made clothing and quilts from them. “I still have those quilts,” says Jordan. “Quilting is generational.” When she retired and needed something to keep her busy, quilting was a craft that had stayed with her since she was young, when she was taught how to make a pillow top. All the ladies have a love for the art. The materials and the patterns are always changing and they are eager to share what they have found with the rest of the group. “Even when we go on holidays, we find new quilt tops and materials to share,” laughs Jordan.

People bring in quilt tops that are marked for quilting to the Woolwich Seniors Association, along with the batting, backing and thread. The quilters then jump into action and put their talents to work. Their donated time and earnings from the quilting provides income to the association and community partnerships have developed. The Elmira Maple Syrup Festival Quilt Show is held in the Woolwich Seniors Room in the Woolwich Memorial Centre. “Quilting is a big part of the heritage of this community and the quilt show gives us a chance to showcase what we are doing,” says Jordan. “We are amazed that people are interested in what we are doing and how we are doing it,” adds Cassel.

Each of the quilters agree that some of their best memories are having three generations of families working together on one quilt. “It is important to see different generations working together to preserve a dying art,” says Jordan.

If you are a quilter or interested in learning, you are welcome to join the WSA Quilters. Jordan encourages people to come out. “We are always looking for new people. We will teach them. There are few young people today that are quilting and it’s nice to hand down the craft to the younger generation.” For more information contact the Woolwich Seniors Association at 519-669-5044 or Mary Jordan at 519-500-2820.

(By, Nancy Lucier, Coordinator, Woolwich Seniors Association)

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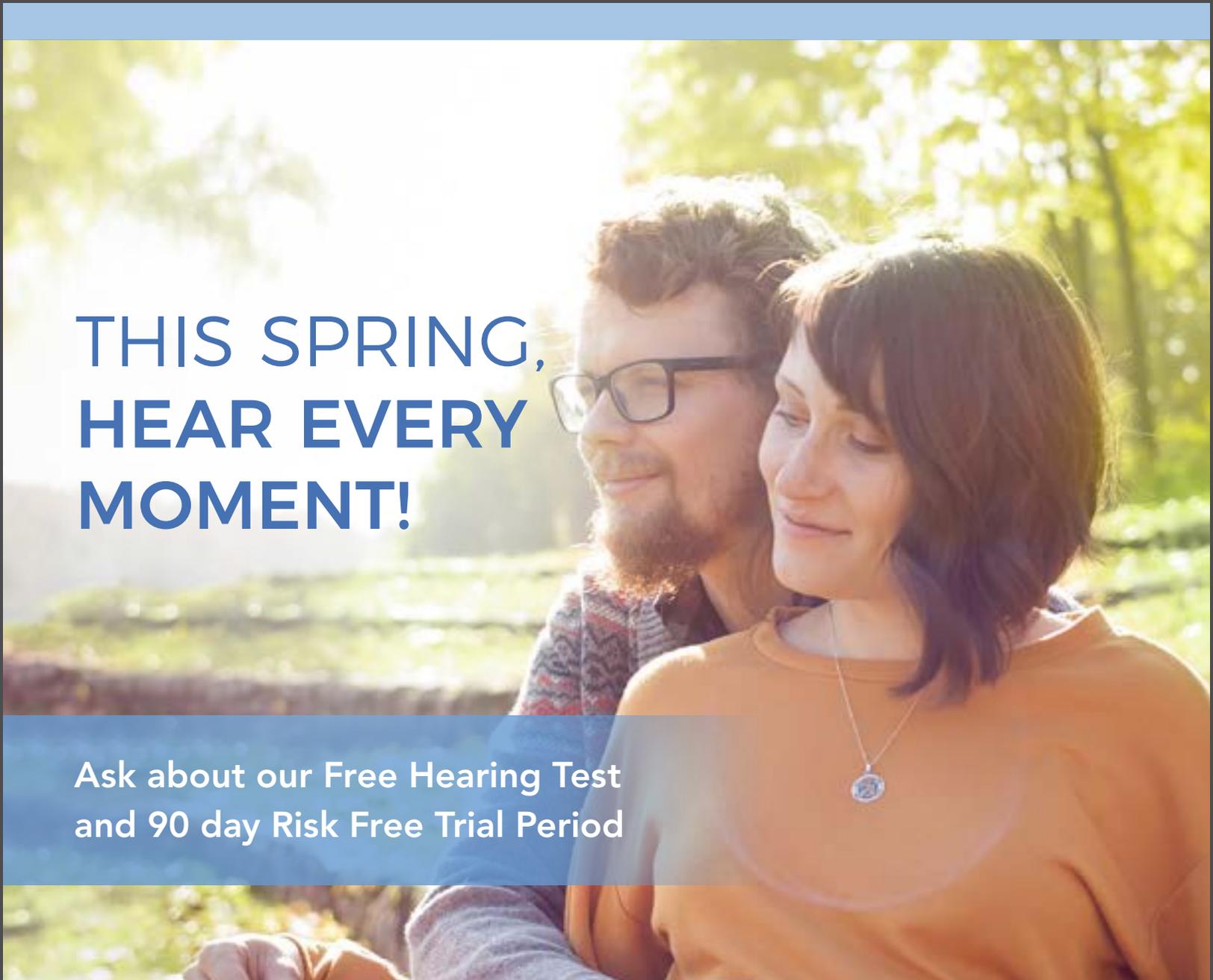
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