

FREE!

# EMBRACING CHANGE

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

VOL 3 ISSUE 8 APRIL 2021

[www.embracingchange.ca](http://www.embracingchange.ca)

## National Volunteer Month



Feature Business of the Month

**PHARMASAVE**

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



# HEAR THE SOUNDS OF SPRING

Hemmerich Hearing Center is open for business by appointment only. We will outline our procedures to provide safe service when you call the office.

Waterloo: **519-745-5888** | New Hamburg: **519-662-6884**



LYNNE

RAQUEL

Our mission is to provide the best possible solutions to all of your hearing needs with professional, honest and friendly service. We take pride not only in providing you with the best comfort in fit and sound of your hearing product, but also your own comfort with us!

Bernafon rechargeable Viron miniRITE T R



128 ERB STREET WEST, WATERLOO **519.745.5888**

10 WATERLOO ST., NEW HAMBURG **519.662.6884**

**Tara Bott (Held)**

EDITOR/PUBLISHER

**Rich Held,  
Don & Shirley Bott**

DISTRIBUTION

**Jessica Uttley**

DESIGNER

**Dr. Nicole Didyk  
Cathy Harrington****Fred Parry****Patricia A. Olson**

CONTRIBUTORS

**On The Cover**

This month's cover features three local volunteers who have continued to support our work throughout the pandemic. Bob Aldous, based in Woolwich Township, Rod McTaggart, based in Wellesley Township and Carl Richardson, based in Wilmot Township. see page 8 for the full cover story.

Cover story written by  
Cathy Harrington

**Embracing Change**

2230 Herrgott Rd,  
St Clements ON N0B 2M0



519-574-6428



embracingchangeinfo@gmail.com



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

**Spring: A time for renewal, rebirth and rejuvenation**

When the snow starts to melt we can start to feel ourselves emerging after a bitter cold, soul crushing stretch of winter. Spring is a time for renewal, rebirth and rejuvenation. Although the roads are still messy, and the walking trails are muddy, I can sense a freshness in the air and finally, I feel the familiar uplifting feeling of hope: Hope that our lives will continue to return to more normalcy; and that we will be able to reunite with family and friends once again.

April is National Volunteer Month; when we celebrate the work that volunteers do for our Community year-round. During National Volunteer Week (April 18-24), organizations across the country will recognize their volunteers for helping them achieve their mission. This past year has been challenging, and volunteering has been very different for many organizations across our Townships. I want to thank all of the wonderful volunteers who continue to contribute their time during this challenging year to help make our Community a great place to live. I too have been blessed with many people in my family and in our community who volunteer their time and talents to help make Embracing Change the wonderful resource it has become today. Thank you to my husband (Gary Bott), father (Rich Held), mother-in-law and father-in-law (Shirley & Don Bott), and Chris Baechler who help me distribute copies of Embracing Change throughout Wilmot, Wellesley and Woolwich Township. Thanks to Patricia A. Olson, Cathy Harrington; Community Care Concepts, Marie Voisin, Elaine Ballantyne, Interfaith Counselling Centre, Sergeant Kelly Prebble, Charles Okum, and Chris Spotswood for sharing your gift of writing and photography to capture the cover stories and cover photos. Special thanks to Dr. Didyk for answering our readers' questions in our monthly Q&A column. And to all of the other incredible businesses and organizations 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 continued support!

**Self-Care Tip ~ Set Boundaries**

When you set a boundary you are recognizing what you need and asking for it. Boundaries can help you manage stress, take care of your physical well-being, and create healthy relationships. We either love them or hate them depending on which side of them we fall on. When we start implementing boundaries it can feel so freeing. Often without them life is simply too overwhelming, resulting in us not taking the time for our own self-care. This is why setting boundaries is so important.

**Happy Reading!**

*Tara*



©Castle Kilbride Collection

# SCHMALTZ 'N LENA PICKELHEIMER FAMILY BAND

The Little German Band, later known as the Schmaltz N' Lena Pickelheimer Family Band, was organized in New Dundee in 1948 by Ronald Toman and Earl Einwechter. The name evolved due to Earl Einwechter's nickname "Schmaltz", and Albert Fiederlein was known as "Lena."

Earl was born in New Dundee in 1902 and worked for the New Dundee Creamery in the early years and later ran the New Dundee Hotel. To conduct the band Earl donned a top hat, clown shoes and used a dish mop to lead the members.

In addition to Earl and Albert creation, other members joined which included Tim Egerdee, Robert Fiederlein and Ronald "Punch" Toman. Known for their over-the-top costumes and antics, this band became a popular crowd-

pleaser at events and parades throughout the area. Some of their best performances were at local the International Plowing Matches and in particular, ones that were held in Southern Ontario: 1946 (Goderich, Huron), 1949 (Brantford, Brant), 1951 (Woodstock, Oxford), and 1954 (Breslau, Waterloo).

The band continued to operate into the 1980s bringing lots of joy to people. When Earl began to have trouble walking, he continued to direct the band from a float or the back of a truck. Sadly, Earl died in 1998. He was inducted into the Waterloo Region Hall of Fame and was cited for "Bringing smiles to the faces of young and old for 46 years was Earl's gift to Waterloo County." Castle Kilbride is proud to house the many cherished items (including Earl's clown shoes) in the Castle Kilbride Collection.

# More than a Drugstore

Town Square Pharmasave is more than just your local drug store. The store has made some changes since their move February 2020 but the staff has remained the same. They still maintain their exemplary customer service, paying close attention to customer needs. Although they only moved next door from their previous location at 100 Mill St. Unit K to Unit D, the new location is much larger and brighter. It still has Giftware and cards as well as the Home Health care section including rentals and aids for daily living. It now includes the Town Pantry Health Food Store, Town Pantry Juice bar and the Town Square Pharmacy Home Health Care Centre Boutique.

The boutique was created to serve a growing need in our community. Some of the staff ventured off to Toronto for training to become certified fitters for Mastectomy products. In their private office you will find an inviting,

warm environment where you will feel relaxed and comfortable. Maureen and Linda are eager to help you with your needs. They carry recovery care garments that are very helpful when you are being discharged from hospital after surgery to aid in your healing. Patients that are undergoing chemotherapy treatments can find specialized skin care products, night caps and head wraps.

Once you have recovered from surgery, the onsite certified fitters can assist you in living your life to the fullest. They have full and partial breast forms, pocketed bras and camisoles. A few of the many products available include swimwear, activewear, and leisure wear. All garments are available to any woman that likes pretty garments.

The boutique can help you with your lymphedema sleeves and compression stockings. Call and make an appointment.



## Pat's Ponderings

Written by Patricia A. Olson

I love birds. Truly. It's practically an obsession. No matter where I am my eyes are often up searching for what the birds are up to. Quite annoyingly, I am

always pointing them out to whomever is in my proximity and saying "Listen." "See that?" "Wow - do you see how she's nervous or looking for her mate?" Comments like these often drive my family and friends crazy. But, it's part of who I am. My bond with birds is simply a natural part of my soul.

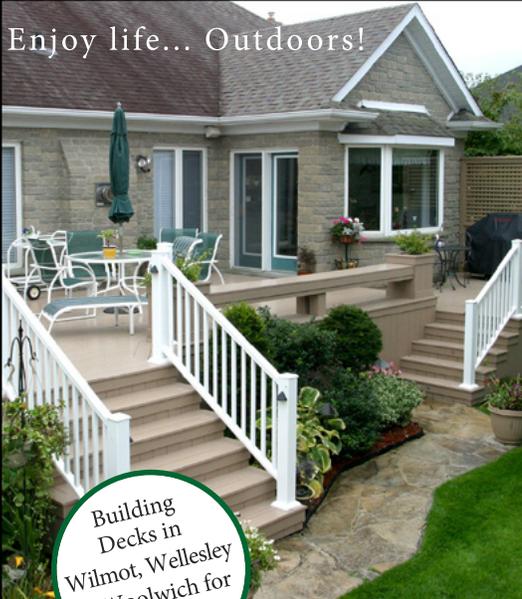
One day (in my habit of looking up), I discovered my soon-to-become friend - my "Goose On The Roof". He balanced himself at the very precarious peak of the roof. With his head held

high and standing perfectly still, he surveyed his domain below. Is he pretending to be a weather vane? As I stood in awe admiring his behaviour, he proceeded to squawk and announce loudly "Here I am. Look at me". I embraced the delight of watching his odd behaviour. Would he not find the safe comfy grasses of the pond close by more comfortable? Is it not awkward to balance on the peak of the roof like that? This just isn't normal behaviour for a goose? His unconventional behaviour made me worry that he was not OK or that he was in some kind of distress. Is he experiencing fear or loss? What was wrong with this poor goose?

As the days and weeks passed, I came to suspect that my buddy the odd goose was in no trouble or emotionally distraught state at all. He was thoroughly smitten with himself enjoying



Enjoy life... Outdoors!



Building Decks in Wilmot, Wellesley & Woolwich for over 15 years!

**Custom Decks & Outdoor Living Spaces**

Petersburg, ON.  
519-886-4888  
www.decks.ca



**RESIDENTIAL MORTGAGE RATE SPECIALS ON NOW!**



**Sheryl Kinch**  
New Hamburg Branch

We put the *personal* in *personal lending*.

Our lending solutions are created just for you, with **values at the core!** With no hidden fees, and knowing that we never work on commission, you can trust that we have your **best interests at heart!**  
**Speak with your Personal Lending Specialist today.**



**KINDRED**  
Credit Union

1.888.672.6728  
www.kindredcu.com

Home health care services



**Bayshore®**  
Home Health

**One-to-one assistance to stay safely at home**

- ~ Personal Care
- ~ Caregiver Relief
- ~ Nursing
- ~ Companionship
- ~ Meal Preparation
- ~ Medication Reminders
- ~ Light Housekeeping
- ~ Palliative / End of Life Care
- ~ In-Hospital Assistance

**Caregivers wear PPE and follow clinical guidelines to ensure your safety**

**Support is just a phone call away.**  
**226.215.3152**

bayshore.ca



parading his unusual behaviour and uniqueness to any one interested in admiring him. In my imagination I could practically hear his proclamations. "I am an individual.

I am unique. Enjoy my boldness.

Challenge my ways if you must. Call me odd.

Ask why I don't conform and fit the mold you perceive should define my presence."

Eventually, my new friend's uniqueness and freedom of expression brought to mind another story.

Years ago I had a quiet snow-topped neighbour. Her life choices and her role in society dictated that she be a steady source of sedate calmness. She was a minister's wife and of the generation that set expectations as to what that role meant. While her pastoral hubby would sneak over to our deck and savour a Crown Royal with us, she sat at home having her tea doing what was expected of her. What a shame. Life moved on and her entertaining and popular husband left the world to meet his Maker leaving my friend on her own.

A strange thing slowly occurred. As the months passed, my quiet demure neighbour found the courage to become the Goose On The Roof! She had rummaged through trunks of old clothes. Then out she came in all her finery. Bright reds and oranges mixed in with plaids and stripes with a toss of remarkable vintage jewelry. She smiled larger. She strutted rather than walked slowly with eyes cast downwards. The goose was loose!

One day she un-shamefully explained the transformation. Her father was a pastor. Her spouse was a pastor. Only during her university days was her bold spirit alive. She was tired of hiding her true spirit. She was happier being her colourful exuberant self. How awesome to see her smiling, laughing in somewhat ridiculous clothing. Telling us she actually loved Crown Royal and strong coffee. Who knew? Going to the theatre and out for dinners with newly acquired friends – her new life was good. One day I came home from a week-long business

trip and was dragging my sorry butt out of the car. Over the road she came running – grinning like a Cheshire cat calling my name. "Pat. You're home! How was your adventure this time? Would you like a cold drink? Come tell me stories of your trip." I mean – who was this wild and wonderful new woman who shed her skin and emerged so joyful and full of life?

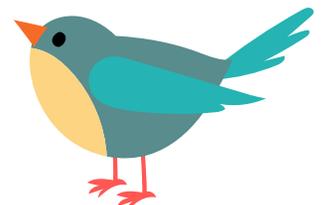
Upon reflection of these peculiar stories, I pondered. Should we all seize the independent goose spirit? Is this not the time to show our own special style and unique personalities? Maybe you've always wanted to be a wine maker? A baker? Do you have a novel that needs to be written? Is there a new look you've always wanted to try? A different wardrobe? A charity cause that has been calling your name? Do you want to visit the Galapagos? What is nagging at you to be brave and be the real you? Are you allowed to be your own person no matter how this true you is received by your kids, grandkids and friends? You are not just Grandma or Mom. I am sure that you are not just an aging soul going quietly about your business. Is it possible that forever saying and doing what is expected of us is quite simply exhausting and not necessary?

Unmask the person living under the cloak of who you think the senior "you" should be. How refreshing and liberating it may be to feel the confidence of the "goose stepping out". Oh, but maybe just not onto the roof?

*Happy Spring Everyone! Soon the geese will be coming home and with them the arrival of hope and promise to conquer the solitude we have endured. May joy fill your hearts as we anticipate the arrival of this promised gift of re-entry to our worlds.*

As Always,

*Pat*



*Pat welcomes feedback and suggestions at [patsponderingsfeedback@gmail.com](mailto:patsponderingsfeedback@gmail.com)*

# National Volunteer Month



COVER STORY

## Celebrating Volunteers The Heart of a Caring Community

WRITTEN BY CATHY HARRINGTON  
EXECUTIVE DIRECTOR, COMMUNITY CARE CONCEPTS

The month of April provides the opportunity to recognize and celebrate the contribution of volunteers in communities across Ontario and Canada. This month's cover profiles volunteers from Community Care Concepts of Woolwich, Wellesley and Wilmot. For the past 35 years, Community Care Concepts has offered a continuum of services that support seniors and others with unique needs to live independently in their homes across the townships. Throughout this period, volunteers have been

an such an integral component of our work. In fact, volunteers have had a significant role in the history of this organization. Volunteers offered these services through their local churches, delivering meals to isolated seniors, long before the organization formed. It was only when the work became too much that the organization was formed. Volunteers are the roots and foundation of our organization. Moving ahead 35 years, volunteers continue to play a vital role. During an average year, more

than 120 volunteers provide over 8,000 hours of service, representing the equivalent of 4.5 full-time staff, or the equivalent of a quarter of our current workforce. Volunteers have contributed in many practical ways including delivering Meals on Wheels, driving seniors to medical appointments, visiting isolated seniors, serving meals at our community dining programs, helping with household repairs, supporting individuals in our adult day programs, sharing their skills and talents at group events, planning special events or participating on our board of directors.

This past year has had an impact on the level of volunteerism in our organization. As an essential service, Community Care Concepts has continued to remain open, providing direct support to individuals in our community.

Many volunteers have had to temporarily suspend their volunteer efforts to reduce potential risks during the pandemic. We look forward to welcoming them back to our work in the months ahead.

This month's cover features three local volunteers who have continued to support our work throughout the pandemic.

Bob Aldous, based in Woolwich Township, has been a volunteer since February of 2008. Bob has fulfilled a variety of roles including driving seniors to medical appointments and setting up community dining events. Prior to and during the pandemic, Bob can be found delivering hot

nutritious meals to seniors through our Meals on Wheels program. He is also a great support in training new volunteers.

Rod McTaggart, based in Wellesley Township, has been a volunteer since January of 2015. Rod serves as a very active volunteer driver, both prior to and during the pandemic, helping individuals to get medical and other important appointments within and beyond the townships.

Carl Richardson, based in Wilmot Township, has been a volunteer since March of 2016. Prior to and during the pandemic, Carl has been an active volunteer, delivering hot nutritious meals through our Meals on Wheels program.

In addition to the important roles that Bob, Rod and Carl fulfill, they provide an important source of social contact, a safety check for isolated individuals and serve as the eyes and ears of our program, notifying staff if they notice that additional supports may be required.

We simply could not do the work that we do and have the impact that we do without the tremendous contributions that Bob, Rod, Carl and our many other volunteers provide. While we recognize that our volunteers have many opportunities to contribute to many great causes across our townships, we are truly blessed that they have chosen Community Care Concepts to offer their heart and hands to helping neighbours in need. Thank you!





**TAX & ACCOUNTING SOLUTIONS**

*No Appointment Necessary.  
Come & Join our Family!*

205 Peel St.  
New Hamburg, ON  
Phone: 519-662-1857  
Fax: 519-662-2166  
Email: info@kratax.ca

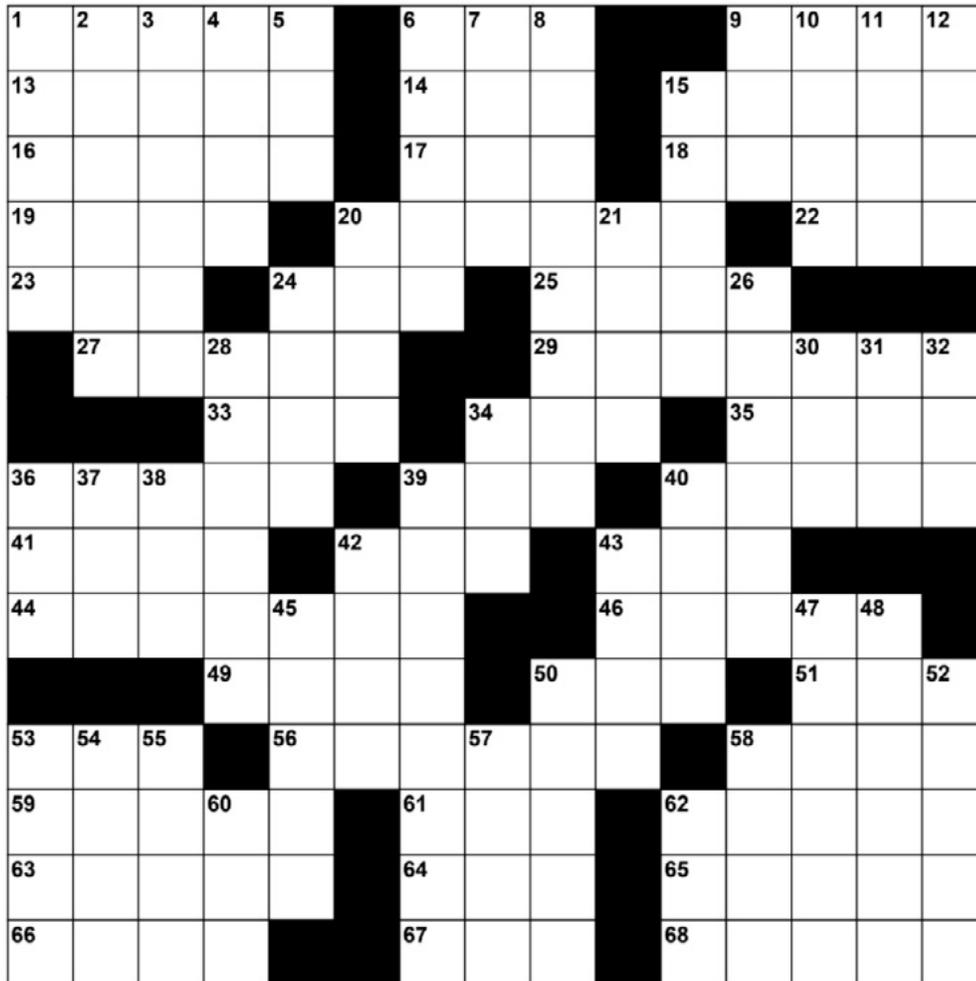
Hours:  
Monday - Thursday 9am - 6pm  
Friday 9am - 5pm  
Saturday 9am - 3pm  
Large Drop Box Available  
During these Hours



FRESH FLOWERS · PLANTS  
GIFTWARE · CANDLES

55 Huron Street · New Hamburg  
Ontario · N3A 1K1 ·  
**519-662-1411**  
riversideflowers.ca

# APRIL CROSSWORD Wildlife



By Evelyn Johnson - www.qets.com

Solutions on Page 14

## DOWN

- 1 Dirtiness
- 2 Windbreaker
- 3 Overcast
- 4 Comfort
- 5 Change color
- 6 Inscribed stone
- 7 Deep exuberant laughter
- 8 Compelled
- 9 8 oz.
- 10 Poetic "has"
- 11 Kitchen appliance
- 12 Power unit
- 15 Marked by bursts of wind or rain
- 20 Pond dweller
- 21 Run quickly
- 24 Decorative needle case
- 26 Dash
- 28 Spoke
- 30 Can metal
- 31 Covered with ice
- 32 California (abbr.)
- 34 Great!
- 36 Compass point
- 37 Charged particle
- 38 Second to last mo.
- 39 Copies
- 40 Small bottle
- 42 Man who built the arc
- 43 Swing
- 45 Fortunate
- 47 Surface
- 48 Beginner
- 50 Secret plans
- 52 Beginning
- 53 U.S. Department of Agriculture
- 54 \_\_\_ and span (very clean)
- 55 Glide
- 57 North American plant that is poisonous
- 58 Pond
- 60 Unrefined metal
- 62 Discs

## ACROSS

- 1 Turned toward
- 6 Her
- 9 Grub
- 13 Decorate by inserting
- 14 Large weight unit
- 15 Tropical fruit
- 16 Fluttering
- 17 Extremely high frequency (abbr.)
- 18 Disturb
- 19 Accurate
- 20 Uncontrolled waters
- 22 Explosive
- 23 Held
- 24 Time period
- 25 Rodents
- 27 Japanese city
- 29 Having a hidden meaning
- 33 Floor covering
- 34 Soaked with water
- 35 Costa \_\_\_
- 36 Moses' mountain
- 39 Pole
- 40 Plastic
- 41 Foot wear
- 42 Fresh
- 43 Transgression
- 44 Enfold
- 46 Transparent, tasteless, odorless liquid
- 49 Twofold
- 50 Buddy
- 51 Cow sound
- 53 Ship initials
- 56 Producing an uncomfortably cool sensation
- 58 Lowest in rank
- 59 Frighten
- 61 Bird call
- 62 Wine bottle stoppers
- 63 Personal writings
- 64 Feign
- 65 Calf
- 66 Land measurement
- 67 Distress call
- 68 Freezing rain

# Laughing Matters!



Can you spot the 10 differences?



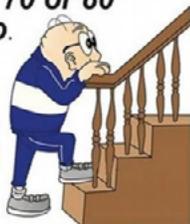
## April FUN FACTS

- APRIL 1 1999** • Nunavut separates from NW Territories to become Canada's newest territory.
- APRIL 2 1958** • Pres. Eisenhower, in special message to Congress, calls for creation of NASA.
- APRIL 4 1969** • World's 1st tot. artificial heart implanted in human.
- APRIL 24 1942** • Barbara Streisand, singer/actor is born this day in Brooklyn, NY
- APRIL 28 1908** • Leonard Dyer obtains patent for an automobile transmission.



### ***This is what we, who are aged 70 or 80 years plus, can look forward to.***

This is something that happened at an assisted living center. The people who lived there had small apartments but they all ate at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down shortly, so she went back to the dining area.



An hour later he still hadn't arrived, so she went back up towards his room but found him on the stairs. He was coming down the stairs but was having a hard time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So, she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room, he was completely unable to get up even the first stair step, so they called an ambulance for him.

A couple of hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one side of his boxer shorts.

I'm sending this to my children so that they don't sell the house before they know all the facts.



# Your Roof Protects More Than Just Your House.



That's why at NW Roofing we approach every project as if it were our own: With care, integrity and true workmanship.

In our 40+ years as a family business, we've earned the trust of countless local families and businesses who keep recommending us to friends and family.

Let us earn yours by providing you with peace-of-mind and the hands-down best roofing experience you'll ever have.

*Don't call just anyone.*



**SINCE  
1978**

**519.684.7693 | [nwroofing.ca](http://nwroofing.ca)**

Asphalt · Cedar · Slate · Steel · Flat Roofs · Steeples · Fascia · Soffits · Eavestroughs · Skylights



# COVID-19 Vaccination Information

All adults in the Waterloo Region are strongly encouraged to get vaccinated against COVID-19 to protect yourself, those you love and the whole community

Following the direction of the Ontario Government, the Region of Waterloo created a COVID 19 taskforce with three phases of roll out. The region is now pre-booking for Phase 2

<https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-pre-registration.aspx>

The Ontario government has launched a province-wide registration system. For now, Waterloo Region will continue to use the Region’s booking system. They encourage residents in **eligible priority groups to pre-register online**. They work through pre-registrations in order of eligibility. Providing an email or text will speed their ability to contact you. **It may take 4-6 weeks before you are contacted to book an appointment.**

When you pre-register you will need to provide the following:

- Contact information including address
- Email address or mobile number that can

receive text are preferred. *Note:* If you do not have your own, please consider asking someone you trust, to complete the pre-registration form on your behalf.

- Landline clients may take 4-6 weeks to contact
- Priority group

You will then be contacted automatically by your selected method (email, text or phone call) and invited to book an appointment – this can take 4 to 6 weeks longer if you only have a landline phone. You would follow the links provided to the clinic selection page and select the Wellesley Clinic location from the drop down menu (or any location that suited) or state your preferred location.

<https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-clinics-in-waterloo-region.aspx>

For other questions go to the Region of Waterloo COVID-19 FAQ’s <https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccine-faqs.aspx>

If you don’t have a computer or need help using the computerized booking system, reach out to the local community agencies such as Wilmot Family Resource Centre or Woolwich Community Services or your local library for help or phone. Please note that call volumes continue to be high, and your patience is appreciated. **Please do not call the Wellesley clinic directly as they do not handle the COVID-19 vaccine bookings.**



**Ingold**  
Property Maintenance

- Lawn Care
- De-thatching / Aeration
- Flowerbed Mulching
- Flowerbed Edging
- Shrub Pruning
- Fall Leaf Clean-up

**NEW HAMBURG**  
**226.808.4890**

519-662-3710  
orders@nhofficepro.ca



NEW HAMBURG  
**OFFICE Pro**  
Good People, Who Know



**HOURS OF OPERATION**

Mon - Wed	9:00 am - 5:00 pm
Thu - Fri*	9:00 am - 6:00 pm
Saturdays	10:00 am - 1:00 pm

\*NEW!

# WHERE TO GET YOUR FREE COPY

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

## WILMOT TOWNSHIP:

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



- McDonalds (outside magazine stand)

## WELLESLEY TOWNSHIP:

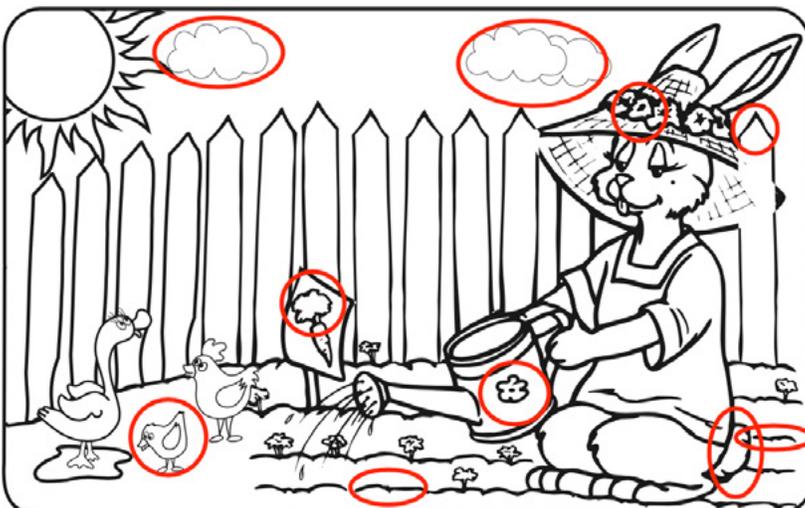
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

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

## WOOLWICH TOWNSHIP:

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

# Solutions



Solution:

1	F	2	A	3	C	4	E	5	D	6	S	7	H	8	E	9	C	10	H	11	12	W
13	I	N	L	A	Y	14	T	O	N	15	G	U	A	V	A							
16	L	O	O	S	E	17	E	H	F	18	U	P	S	E	T							
19	T	R	U	E	20	F	L	O	O	21	D	S	22	T	N	T						
23	H	A	D	24	E	R	A	25	R	A	T	S	26									
27	K	Y	O	T	28			29	C	R	Y	P	T	I	C	30	31	32				
33	R	U	G	34	W	E	T	35	R	I	C	A										
36	S	37	I	N	A	I	38		39	R	O	D	40	V	I	N	Y	L				
41	B	O	O	T	42	N	E	W	43	S	I	N										
44	E	N	V	E	L	O	P	45		46	W	A	T	E	R	47	48					
49	D	U	A	L	50	P	A	L	51	M	O	52										
53	U	S	S	54	55	56	C	H	I	L	L	57	58	P	E	O	N					
59	S	P	O	O	K	60		61	C	O	O	62		63	C	O	R	K	S			
63	D	I	A	R	Y	64	A	C	T	65		66	D	O	G	I	E					
66	A	C	R	E	67	S	O	S	68		69	S	L	E	E	T						



# Ask the Doctor

with Dr. Nicole Didyk

I was encouraged to take Jardiance (empagliflozin), a diabetes pill, by a doctor to benefit my heart (I don't have diabetes, but I do have heart failure). Looking at the info from the pharmacy and on the box, there's nothing about heart disease, so I assume the info about Jardiance and the heart is from studies that haven't been published to the public, but only to health care professionals.

It sounds like you're wondering about an "off-label" use of a medication. When medications are developed, they must be approved by the Health Products and Food Branch of Health Canada, and then they can only be approved for specific uses. All of the scientific studies available at the time are reviewed prior to approval and approved uses, also called indications, are published on the product label or monograph.

An example would be empagliflozin, which has been studied in diabetes and approved for use to lower blood sugar. The studies of empagliflozin had some unexpected benefits: fewer hospital stays due to heart failure and less progression of kidney disease.

So, researchers decided to do a study with heart failure patients with a reduced ejection fraction (HFrEF) to learn more. The results of this trial, which included 3730 patients, showed a 25% lower rate of either death from cardiac causes or hospitalizations for heart failure. The main side effect was an increased rate of urinary tract infection. Based on this recent information, many specialists are recommending empagliflozin for those without diabetes who have HFrEF, but the drug approval process and the product labeling hasn't yet caught up.

If you're curious about an off-label medication use, a good place to turn is your own doctor, nurse practitioner or pharmacist. With new scientific studies happening every day, they may not have the very latest data at their fingertips, but all medical

professional training includes the skills to search for and interpret the medical literature to find the answers you need.

## References

<https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/fact-sheets/drugs-reviewed-canada.html>

Anker, Stefan D., et al. *Cardiovascular and Renal Outcomes with Empagliflozin in Heart Failure. The New England Journal of Medicine; Vol. 383, Iss. 15, (Oct 8, 2020): 1413-1424.*

**For more information about aging and health, go to [www.TheWrinkle.ca!](http://www.TheWrinkle.ca)**

**If you have questions for Dr. Didyk, please email them to [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com).**

**You don't need to give 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.

SERVICES AVAILABLE:  
MANICURES  
PEDICURES  
WAXING  
LASH LIFT/TINT  
FACIAL  
HOME KITS

Polish by  
ROBIN

72 Reiner Crescent,  
Wellesley, ON  
519-502-3691

# Honesty • Integrity • Commitment • Professionalism

Wilmot resident proudly serving Wilmot, Wellesley and Woolwich Townships



## Abbi Stevenson

Mortgage Agent

**Call:** 226.868.0063

**Email:** abbi.stevenson@dominionleding.ca

**Website:** www.abbistevenson.ca



Dominion Lending Centres Valko Financial FSR#13047  
Independently Owned and Operated



## martin's

Guardian Pharmacy +

### Serving our community for 20 years and counting.



[martinspharmacy.ca](http://martinspharmacy.ca) (519) 664-3785 10 Parkside Dr, St. Jacobs



## Active At Home

Free Virtual Programs for Older Adults 55+

*Stay active and socially connected!  
The Woolwich Seniors Association offers  
social, recreational and educational  
opportunities for older adults 55+ in  
Woolwich Township and surrounding area.*

*All sessions are hosted  
virtually on Zoom.  
Registration is required.*

- ✓ Mon. 11am Bone Fit
- ✓ Mon. 1pm Diamond Painting Craft
- ✓ Tues. 9:30am Seniors Centre Without Walls
- ✓ Tues. 10:30am Coffee Social, Speaker Series
- ✓ Tues. 1pm The Great Brain Workout
- ✓ Wed. 10am Chair Yoga
- ✓ Thur. 1pm Trivial Pursuit
- ✓ Monthly Health & Wellness Workshops

To register, email  
[contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)  
519-669-5044

[www.woolwichseniors.ca](http://www.woolwichseniors.ca)  
[contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)



## Hire with Confidence!

Serving Wilmot Township since 2010.

Adapting to the way we do business in these  
changing times and knowing the market is key  
today to successfully buy or sell your home.



*Angela Baas*  
Sales Representative

Office: 519-747-2040

[Angela@AngelaBaas.com](mailto:Angela@AngelaBaas.com)

[www.AngelaBaas.com](http://www.AngelaBaas.com)

Helping you is what we do.™

# Reverse Mortgages

Written by Abbi Stevenson

When we plan for our “golden years”, most of us envision being care-free, mortgage-free and enjoying retirement in the home where our most cherished memories were made. We picture travel. We picture helping our children purchase homes. We picture blissful mornings watching the sunrise on our porches. What we don't picture is having to manage mortgage payments, debts and the ever-growing cost of living on a government pension that hardly seems to increase from one year to the next.

In my years as a banker in Stratford where a large portion of my clients were seniors and in my current profession as a Mortgage Agent based out of Wilmot Township, I saw first-hand the stress and hardship that comes with paying a mortgage on a very fixed income. I came to know, very quickly, that over half of all Canadians are carrying debt well into their retirement. 75% of those aged 55 and over in the Kitchener-Waterloo and Cambridge area are homeowners and, among those, the average household debt totals \$210 000.00. While mortgage rates are at an all-time low and continue to offer the most cost-effective way to borrow, monthly mortgage payments can be cumbersome for those on a fixed income. So what other options are there?

The CHIP reverse mortgage offers an equity based borrowing vehicle for homeowners aged 55 and over. It allows borrowers to access up to 55% of the equity in their home without a monthly payment. Clients can choose to take their equity in a lump sum or receive installment payments to subsidize their income. Borrowers retain ownership of their homes, can remain in their homes for as long as they choose and are guaranteed to never owe more than the value of their home. Unlike traditional mortgages, surviving spouses can remain in the home and take over the mortgage without ever having to requalify.

Interest rates on reverse mortgages are modestly higher than those of traditional mortgages, which often gives my clients pause. However, when I ask my clients to consider the stress caused by financial uncertainty and having to pay a mortgage on a fixed pension, for many, concerns about interest rate pale in comparison. Another important factor to consider is that real estate values have increased at a rate that has far outpaced the rate at which interest accumulates on reverse mortgages; meaning that, more often than not, equity continues to build throughout the life of the mortgage even when payments aren't being made.

Reverse mortgages have moved away from being simply a needs-based, last-resort product for those wanting relief from monthly payments and has increasingly been seen by financial planners and savvy homeowners as an important piece of their retirement plan. There are now a wide range of reasons that people seek out reverse mortgages from wanting to provide a living inheritance to children to investing to financing world travels (which we can hopefully enjoy again in the not too distant future).

No mortgage product is right for every homeowner and reverse mortgages are no different. It is a niche product with a very specific customer in mind. If your income allows you to pay your mortgage comfortably, enjoy the low rates that today's market offers and still live your life to the fullest, a reverse mortgage may not be the best solution for you. However, if you are one of the growing number of seniors who are navigating a divorce, if your current mortgage payment is leaving you with little money at the end of the month, or if you're one of an increasing number of Canadians wanting to explore the idea of providing a living inheritance, a reverse mortgage is worth exploring.



**Open the door to your financial well-being.**



**Mary Friesen**

1187 Fischer-Hallman Road  
Suite 626  
Kitchener, ON N2E 4H9  
519-578-4141

mary.friesen@edwardjones.com

edwardjones.ca



**merry maids®**

Chase away the cold  
with a clean home.

Receive your  
**7<sup>th</sup> clean for FREE!**

For new weekly and biweekly customers.

Merry Maids of KWC  
519-894-4709  
merrymaidskwc.ca

Merry Maids of Guelph  
519-836-3330  
merrymaidsguelph.ca

MKT-12538-C-ADI EXP 30 JUN 2021 © 2020 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED.

## ALZHEIMER SOCIETY

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

- Information and Education
- Individual & Family Support
  - Group Work
  - System Navigation
- Social/Recreation Programs

### CONTACT

519-742-8518 ext 2090 for more info  
or to receive the Program Guide

[www.alzheimerww.ca](http://www.alzheimerww.ca)

# FOCUS

computers inc.

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

- ONSITE AND IN-STORE SERVICE
- COMPETITIVE PRICING ON NEW & USED COMPUTERS
- AFTER SALE SERVICE THAT CAN'T BE BEAT!
- VIRUS REMOVAL, UPGRADES & MORE!

PROUD SUPPORTER AND PRINTER OF



## Embracing Change

# ritzprinting

EXCEPTIONAL SERVICE  
ADVANCED TECHNOLOGY  
PREMIUM QUALITY

MORGAN MILLER [www.ritzprinting.com](http://www.ritzprinting.com)  
New Hamburg • 519.662.2200 • [info@ritzprinting.com](mailto:info@ritzprinting.com)



written by Fred Parry

# Making Do...

I was talking 'car stuff' with a guy I've gotten to know, Ralph. He's operated his own auto specialty shop for many years. A midsize gent with bedraggled white hair, wise eyes and rough hands – that swallows your handshake – he's a testimony to a lifetime of physical work... and, the consummate professional.

You can learn a lot from a guy like Ralph... the least of which is cars.

One day, I was telling him of an incident with my classic car that was being restored. Not long into the project the long-time body shop manager called to say that he'd never seen anything like it. Unlike most cars, mine is of fibreglass construction and his emailed pictures showed that the battery shelf had been previously repaired with wood, plastic glue and duct tape (the handy man's friend). But, now, supported only by wooden splinters, the heavy battery was threatening to fall out.

Sarcastically, I suggested that they could have at least used rot-preventative, pressure treated, wood. (LOL) Yet, even though he laughed as well, Ralph brought me down a notch in an effort to better understand that poor people need to be resourceful. "Necessity is the mother of invention."

For example, Ralph said it's not unusual to see Cuban youngsters running around with tools in hand... learning early how to keep cars running. No one can afford a broken-down ride; so, a temporary fix must suffice until a more permanent solution can be found – especially in the absence of American replacement parts. Still, you'll see classic cars running the roads in Havana and everywhere else on the island, in support of tourism.

In other circumstances, it would be celebrated as ingenious. Who can forget the line in the movie Apollo 13, delivered by astronaut actor, Tom Hanks, when he calmly said, "Houston, we have a problem". Suddenly, NASA's super smart engineers had a lifesaving problem to solve, fast! Death laden CO2 fumes were filling the spaceship's cabin. The solution? Duct tape. Duct tape? Yes! It worked!

Since then, duct tape has been stowed on every space mission.

**"One thing a Southern boy will never say is, 'I don't think duct tape will fix it.'"**

- NASA Engineer Ed Smylie

Like duct tape, our Covid-19 lives may not look pretty, but for most of us, things could be worse. We're all trying to peer into the future, when all we have to do is look to the past... how people overcame devastating effects of war and depression.

One take away is the relief of music. With music we can smile, sing and support each other. It soothes our souls, as duct tape fixes our outside. Sometimes, it takes a village to keep you rolling down the road.

One of my aunts favourite songs:

"Oh, we ain't got a barrel of money /  
Maybe we're ragged and funny  
But we'll travel along, singin' a song /  
Side by Side" – by Kay Starr

<https://youtu.be/UpNreOp4XZ4>

**Music and duct tape – carry them both.**

That's the way I figure it. – FP

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

Find him at [www.fredparry.ca](http://www.fredparry.ca)



# 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
- visual hallucinations, inability to control emotions

## Diagnosis

- can be difficult to diagnose
- no single test to identify it
- 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 and no known cure though medications can manage symptoms
- characterized by abnormal deposits in brain cells called "Lewy bodies"
- risk factors include age, gender (men at increased risk), and genetics
- therapeutic support to manage symptoms, like occupational, physical or speech therapy



# Library Innovation in Pandemic Times



By Ellen Bleaney, RWLibrary Clerk

The pandemic era has brought unique challenges to every organization, but also new opportunities. Since Ontario first locked down, the Region of Waterloo Library (RWLibrary) has pioneered several new initiatives to make library services more accessible. These offerings can help remove barriers for patrons with limited mobility or transportation access, as we all take extra COVID-19 precautions.

In May 2020, the library launched their first pandemic initiative, Library Takeout. “Patrons place holds online, or with help from our staff,” explains Twyla Knight, RWLibrary’s Branch Supervisor. When your books are available, patrons simply “book an appointment online, and pick up their takeout bag at your branch door.” Can’t easily get to the library? The staff have a solution for that too: provide the name of someone you trust in the appointment form, and they can come collect books on your behalf. “We’ve had some fun with it,” says Knight. “Busy patrons will ask for a selection of romance novels, or some picture books about trucks for their kids, and it gives us the chance to introduce people to books they might not otherwise have tried.”

Almost as soon as the province first went into lockdown, the library programming team pivoted to online content. “It was a steep learning curve,”

say Katie Jackman, RWLibrary’s Family Literacy Co-ordinator, “but it was also a great opportunity to reach people who live further away from our branches, or who aren’t comfortable driving in the winter or after dark.” The library continued to provide a wide variety of children’s programs, but since lockdown the staff have greatly expanded their offerings for adults. “It’s been a priority for us,” says Jackman. One struggle of the new initiative has been promoting programs to patrons who don’t follow the library on social media, and so may not be aware of the new offerings being announced at [rwlibrary.ca](http://rwlibrary.ca). “We really encourage people to keep an eye on our events calendar,” says Jackman, “or to call us if you need help figuring out how to get connected.”

One more big initiative from the library that’s making it easier to access Library Takeout and the new virtual programs is the Ask a Librarian service. Librarians are available by phone at 226-748-8030 or by email at [askrwl@regionofwaterloo.ca](mailto:askrwl@regionofwaterloo.ca) to help you find information, get reading recommendations, or provide tech support. “It’s been great to get to talk with our patrons again,” says Carolyn O’Krafka, Assistant Library Supervisor at the New Hamburg branch. “We want everyone to stay home and stay safe – but we miss you too!” For more on our ongoing offerings, please visit [rwlibrary.ca](http://rwlibrary.ca).



## Exceptional In-Home Support

Personal Care

Specialized Dementia Care

In-Hospital Support  
Nursing

and more

519-279-0888

[www.rightathomecanada.com/kitchenerwaterloo](http://www.rightathomecanada.com/kitchenerwaterloo)

Serving the Kitchener, Waterloo, Guelph, New Hamburg, St. George, Ayr areas

# Grief and New Life in Spring 2021

provided by Jane Kuepfer, RP, MDiv, PhD  
Schlegel Specialist in Spirituality & Aging  
Conrad Grebel University College

Early last March, Mary's (not her real name) husband died. She, and their children had been with him in the end, and their grandchildren and several close friends had dropped by in his last week. After he had died, the funeral director came to his room in long-term care, and as his body was taken to the waiting vehicle, it had been covered by a beautiful quilt used by the home to say goodbye. Later that week the community filed through the funeral home with hugs for Mary and her family, and over a hundred people gathered at the church for a funeral, complete with singing, and a meal to share while visiting afterward.

In the months to follow, everything changed. When Bill's (not his real name) mother died, he had not seen her in person for a long time. Masked long-term care staff did their best to connect them but communication was increasingly difficult as the end neared. An early morning phone call brought the news. Her body left the home surrounded by staff in full personal protective equipment, and the funeral home awaited instruction. Bill called his siblings and tried to help their dad make impossible decisions. Would there be a funeral with only a few of them there? Would they wait until they could have a normal funeral?

This past year has been marked by too many impossible decisions, and clouded by lingering grief that has lost its usual expressions.

None of us knows how or when we, or our loved ones, will die – but we imagine, and our expectations were rudely interrupted by this pandemic. Because the last days of those we

loved were different than expected, we may feel cheated, disappointed. Too often, we were not able to say goodbye in the way we all would have liked. We can't get that sacred time back, and that is upsetting.

We also lost our usual ways to grieve. While being thankful for the creativity and flexibility that has made virtual services possible for some, we are missing our traditions, and some are still waiting to acknowledge their loss.

In addition to the deaths we are grieving, we are also grieving all the loss of opportunity, disappointments, and unwanted change that came with this past year. As the shock of this past year's effects on us wears off, we are legitimately sad to realize all the once in a lifetime trips that got cancelled, celebrations that couldn't happen, time that is now gone.

If you can see that spring is coming, but your heart is just not in it, it is likely that you are feeling the effects of all this grief.

It is important to acknowledge that grief, and to honour our losses. If you have lost someone during the pandemic, ask yourself: What do I need? What is missing? How do I grieve, so I can go on? (see the 'Tasks of Grieving' at the end of the article) Perhaps you can look through some photo albums, write down your memories. You could write a letter to your loved one, expressing your feelings, your gratitude, your regrets. Place something small and symbolic in a garden, or plant some seeds. Construct your own memorial in your home or yard – a place to honour your grief and your love. Ask close friends and family, as you talk on the phone, to share stories and keep memories alive with you. It is good for all of you to talk about the person you are missing. Listen to music that comforts and inspires you. Pray.

Whatever you do to acknowledge the presence of grief in your life will help you to accept the reality of the loss and work through the pain.

If you are grieving other losses – change in health, change in plans, moving from your long-time home, the disappearance of events you were looking forward to, the loss of shared time

with loved ones – this pain, too, needs to be honoured.

Perhaps you have been holding on to emotion, staying strong to get through this without falling apart. That’s understandable. But your emotions need to breathe. Give yourself permission to feel – for some people it works well to choose a particular place and time to let yourself cry, or swear, or whatever you need to do to be honest with yourself and God about what this year has been like. Get it out, in a way that can’t harm anyone, and then treat yourself with compassion. You’re human after all!

Lament is an invitation to express grief, sadness, even anger, that accompanies loss. Ken Carder, a retired Methodist minister, whose wife is living with dementia, uses lament to pray through his losses, bemoaning the change, but always ending in gratitude for having experienced what he now misses. There is no way around the pain of grief. Acknowledging it helps us to move forward, for winter to melt into spring.

## Tasks of Grieving:

- ◆ Accept the reality of the loss
- ◆ Work through the pain of grief
- ◆ Adjust to an environment in which the loved one is missing
- ◆ Find an enduring connection with the person while moving forward with a new life

*J. William Worden, Grief Counseling and Grief Therapy, 2008*



**BENDER'S**  
MOBILE DETAILING

Professional car cleaning services in **your** driveway

Call us today at **(519) 498-0489**  
[www.bendersmobiledetailing.com](http://www.bendersmobiledetailing.com)  
[info@bendersmobiledetailing.com](mailto:info@bendersmobiledetailing.com)



**Sisters**  
PAINTING AND DECORATING

INTERIOR / EXTERIOR PAINTING

*Debbie Norenberg*  
(519) 662-6210

We take the pain out of painting! Family owned and operated for over 30 years. Clean, reliable reasonable rates. We take pride in what we do.



**RUDY HELD'S PERFORMANCE CENTRE**  
ONTARIO'S #1 SPEED SHOP

**NASCAR** & **NHRA** CHAMPIONSHIP DRAG RACING **DIECAST**

# CAR & TRUCK ACCESSORIES

TIRES AND WHEELS, CAR CARE PRODUCTS, RAIN GUARDS, HOOD SHIELDS, FLOOR LINERS, PROGRAMMERS & MORE!

**WWW.RUDYHELD.COM | 519-662-2821 | 147 ARNOLD ST. NEW HAMBURG**



## BOOK YOUR APPOINTMENT ONLINE TODAY!

Wellesley Barber Shop is a community focused, family owned, local barber shop that is re-inspiring the idea of a Classic Canadian barber shop, where all are welcome.

*'At Home Services' appointment for those with mobility requirements are also available! Give us a ring for details!*

---

**3700 Nafziger Rd (Upstairs), Wellesley, ON**  
**519- 656-0533 | adam@wellesleybarbershop.ca**

CASH • DEBIT • VISA • MASTERCARD • EMAIL TRANSFER

**BOOK YOUR APPOINTMENT VIA EMAIL OR WEBSITE**

**WELLESLEYBARBERSHOP.CA**



## The Big Picture



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

We handle everything from adults' and children's eye exams to eye emergencies, and provide treatment for eye diseases, hard-to-fit contact lenses, and co-management of eye surgery such as LASIK.

**Dolman Eyecare Centre**  
 Progressive care that can enhance your quality of life

**Call (519) 662-3340 to schedule an eye exam**  
 251 B Huron Street, New Hamburg, ON, N3A 1K2  
 www.DolmanEyecare.com

# The Wilmot Post

Your Weekly Newspaper serving Baden, Haysville, New Dundee, New Hamburg, Petersburg, Philipsburg, St.Agatha, Wellesley, and Punkeydoodle's Corner

## LOCAL NEWS LOCAL REPORTERS

**Regular Features include:**

- Ernie Ritz column
- Community Events from Foxborough, Morningside & Stonecroft
- Local "People" Features
- Community Calender
- Local wordsearch & crossword
- And So Much More!

**Subscribe Today \$49 a Year**  
 includes HST and online viewing access

**Call 519-655-2341 or**  
**Email info@wilmotpost.ca**

*SPRING IS IN THE AIR and what a lovely reminder of how beautiful CHANGE can be!*

**ARE YOU READY FOR A CHANGE??**  
 If you are, please reach out and LET'S TALK about the current market and how together your REAL ESTATE NEEDS can be met in this ever changing market.



**Alison Willsey**  
 BROKER  
 CELL 519-275-4900

**PEAK**  
 REALTY LTD., BROKERAGE  
 90C Peel St. New Hamburg, ON. N3A 1E3  
 www.willseyrealestate.com

BUS. 519-662-4900  
 willseyalison@gmail.com

*I am also an (ASA) ACCREDITED SENIOR AGENT and (RENE) REAL ESTATE NEGOTIATION EXPERT*

ASA pivotal RENE

Working to serve you in WATERLOO-OXFORD-PERTH counties!! RURAL PROPERTIES \* RESIDENTIAL  
 \*\*not intended to solicit those already under contract with another Brokerage\*\*

# Glaucoma Facts vs. Myths

Glaucoma is an eye disease which causes progressive, permanent vision loss, including potential blindness. Unfortunately, many misconceptions exist about the disease. Let us sort fact from fiction by debunking 5 of the most common glaucoma myths.

## MYTH 1: Glaucoma is only caused by abnormally elevated eye pressure.

**FACT:** The most common type of glaucoma is open-angle glaucoma (OAG), however 50% of open-angle glaucoma patients have 'normal' eye pressure and can be overlooked without specialized testing.

Open-angle glaucoma develops slowly, and usually by the time people perceive symptoms, such as peripheral vision loss, they already have severe optic nerve damage.

Angle-closure glaucoma is much less common, but much more dangerous. In angle-closure glaucoma elevated eye pressure damages the optic nerve, leading to vision loss. This can happen gradually over time or quite suddenly. A sudden increase in eye pressure has the hallmark symptoms of eye pain, redness, and cloudy vision - all at the same time. This is an absolute eye emergency, potentially causing blindness within hours!

## MYTH 2: Only the elderly suffer from glaucoma

**FACT:** In addition to age (over 60), those with a higher risk of developing glaucoma include:

- African Canadians and Hispanics
- Individuals with a family history of glaucoma
- A history of cardiovascular disease, diabetes, or sickle cell anemia
- Those who have previously sustained an eye injury
- Long-term use of steroid medication.

## MYTH 3: Glaucoma shows symptoms early on

**FACT:** Open-angle glaucoma shows virtually no signs or symptoms until its later stages when vision loss sets in. Despite what people may think, a moderate increase in eye pressure causes no pain. And since peripheral vision is the first to go, you may not recognize vision loss until your vision has become significantly impaired.

## MYTH 4: Nothing can be done once you have glaucoma

**FACT:** While there's currently no cure for glaucoma, many effective treatment options exist. Medicated eye drops, as well as laser and surgical procedures can help slow glaucoma progression.

## MYTH 5: You can't prevent glaucoma

**FACT:** Significant vision loss can be prevented if the disease is treated in the early stages. That's why routine comprehensive eye exams which include specialized glaucoma testing are so important. New technology such as OCT imaging (optical coherence tomography) can detect glaucoma-type changes many years before the damage to the optic nerve is observed through a traditional eye exam.

Contact your optometrist to book your comprehensive eye exam today!

**Dr. Howard Dolman, BSc OD**

**With thanks to EyeCarePro**

**Locally Made, Premium Quality  
Pet Food Delivered Fresh & FREE  
to Your Door!**

**DROP IN FOR A VISIT!**

**3514 BLEAMS RD.,  
NEW HAMBURG, ON  
N3A 2J7**



*Order online or by phone today!*

**TLCPETFOOD.COM | 519-662-9500**

**DELIVERED FRESH. DELIVERED FREE.**

**Retirement Apartments • Full Service Retirement Suites • Assisted Care • Memory Care • Long-term Care**

**STAYING**  
*active*  
in the  
**VILLAGE**



**Let's chat!**  
Call 519-576-2430,  
Christina x 8008 or  
Gillian x 8002



695 Block Line Road, Kitchener

Come see why you'll love our *Village*

[schlegelvillages.com](http://schlegelvillages.com)

# What is Parkinson's Disease?



Parkinson's disease (PD) occurs when brain cells that make dopamine, a chemical that coordinates movement, stop working or die. PD can cause tremors, slowness, stiffness, and walking and balance problems, so it is classified as a "movement disorder." Other symptoms such as constipation, depression, memory problems and other non-movement symptoms can be part of Parkinson's. PD is a lifelong and progressive disease, which means that symptoms slowly worsen over time but PD can affect people at any age.

The experience of living with Parkinson's over the course of a lifetime is unique to each person. As symptoms and progression vary from person to person, neither you nor your doctor can predict which symptoms you will get, when you will get them or how severe they will be. Even though broad paths of similarity are observed among individuals.

Symptoms of Parkinson's many include: a loss of sense of smell, shaking or tremors, changes in thinking ability, slow movement, soft speech, muscle stiffness and rigidity, stooped posture, small handwriting, difficulty with walking and balance.

While medications can alleviate the symptoms, they do not slow the progression of Parkinson's. As the symptoms change, medications will need to be adjusted. As the disease progresses, non-motor symptoms may also appear, such as depression, difficulty swallowing, sexual problems or cognitive changes.

Living with Parkinson's requires an individualized approach which includes all aspects of life (a holistic approach).

It is important for you to be an active participant in managing the disease. For Canadian resources and help understanding and caregiving for someone with Parkinson's go to [www.parkinson.ca/](http://www.parkinson.ca/)



What are Community Health Centres and why are they different? The Woolwich CHC is more than just a doctor's office. With offices in Wellesley Township and Woolwich. We provide inter-professional care teams, programs and outreach into the community. We are committed to improving everyone's health, with a focus on equity, wellness, health promotion and prevention here and across Ontario - even across the country! Here are some upcoming virtual events in April that anyone can attend:

**Spring into Action:** Explore ways that you can get your body ready for gardening, potting, planting, digging and yard work! Facilitated by Bernadette Vanspall WCHC Physiotherapist **Wednesday, April 14, 2021 1:30 – 3:00 pm**

**Physical Activity and Seniors:** Learn about the Canadian 24-hour Movement Guidelines for adults aged 18 – 64 years and adults aged 65 years and older. Facilitated by: Rasha El-Kotob, University of Waterloo, Faculty of Applied Health Sciences, Department of Kinesiology, **Wednesday, April 28, 2021 6:30 – 8:00 pm**

[www.wchc.on.ca](http://www.wchc.on.ca) for more education events and resources including our Wellness Blog

# COMMUNITY BUSINESS DIRECTORY

## AUTOMOTIVE

### Rudy Held

#### Performance Centre

Car Parts & Accessories  
519-662-2821

### Bender's Mobile Detailing

Interior & Exterior Packages Available  
519-498-0489

## FINANCIAL

### Mary Friesen - Edward Jones

Financial Advisor | 519-578-4141

### Royal Bank of Canada

29 Huron St. | New Hamburg  
519-662-1470

## HEALTH & WELLNESS

### Affinity Health Clinic

A hub of healthcare options with disease prevention at the core  
3 Waterloo St, NH | 519-662-2123

### Cook's Pharmacy

75 Huron St., NH | 519-662-2640  
1201 Queens Bush Rd., Wellesley  
519-656-2240

### Elmira Denture Clinic

15 Memorial Ave., Elmira  
519-669-1535

### Healthier Living 4 You

Chemical Free Pool purification systems & Detox products for a healthier life.  
John Jacobs | Wellesley, ON  
519-656-3369

### Hemmerich Hearing Center

10 Waterloo St., NH  
519-662-6884

### Martin's Guardian Pharmacy

10 Parkside Drive  
St. Jacobs ON  
19-664-3785

### Pharmasave

Town Square Pharmacy  
519-662-9995

### Baden Village Pharmacy

519-214-4000  
Breslau Commons Pharmacy  
226-243-5200

### Soles Journey Reflexology

147 Arnold St. | New Hamburg  
519-505-1616

### Touch of Kindness

Reg. Massage Therapist, Reiki  
60 Brewery St | Baden  
226-988-9746

### Wellesley Township Community Health Centre

1180 Queens Bush Rd  
519-656-9025

### Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs

## HOME SUPPORT SERVICES

### Bayshore Home Health

Personalized Home Care Services  
226-215-3152

### Community Care Concepts

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

### Genesis Comfort Care

Evolving Care for the Golden Years  
519-807-0652 | Kitchener, ON

### Home Care Assistance

HomeCareAssistanceWaterloo.ca  
Personalized Dementia Care at Home  
519-954-2111

### Merry Maids - KW/Cambridge

House Cleaning Services  
519-894-4709

### Promyse Home Care

"A better life together"  
Waterloo, ON | 519-208-2000

### Right at Home Canada

Medical & Non-Medical Support  
519-279-0888

## LAWYERS

### Cooper Professional Corporation

Real Estate Law | Wills & Estates |  
Corporate & Business Law  
280 Frederick St. | Kitchener  
519-579-2250

### Giesbrecht, Griffin, Funk & Irvine LLP

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

## PET, HOME & GARDEN

### inSeason Home + Garden

3585 Lobsinger Line  
St. Clements, ON | 519-218-2188

### Pet Valu New Hamburg

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

### TLC Pet Food

Free Delivery | 1-877-328-8400

## PROFESSIONAL SERVICES

### Futher-Franklin Funeral Home

1172 Henry St., Wellesley  
519-656-2880

### Gary White Insurance

9 Angus Glen Lane, NH  
(800) 433-5307

### Hickory Dickory Decks

1633 Snyder's Rd E., Petersburg  
519-886-4888

## REAL ESTATE

### Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

### Jim & Tricia Miller

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

### Angela Baas,

### Royal LePage Wolle Realty

Resident of Wilmot Township  
519-747-2040

### Paul Saunders, Royal LePage

### Crown Realty Services

Resident of Wellesley Township  
519-716-7411

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

# COMMUNITY BUSINESS DIRECTORY

## RETAIL

### Focus Computers

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

### New Hamburg Office Pro

251A Huron St., NH | 519-662-3710

### Sobeys New Hamburg

100 Mill St, New Hamburg  
519-662-1374

## RESTAURANTS

### MeMe's Cafe

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

### Pizza Arca

98 Peel St, NH | 519-662-2583

### Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley  
519-656-2430

### Bonnie Lous Cafe

Take Out & Delivery Available  
Flordale, ON | 519-669-2142

## SENIOR CARE FACILITIES

### The Village of Winston Park

695 Block Line Rd, Kitchener  
519-576-2430 ext 8008

### Woolwich Seniors Association

24 Snyder Ave. Elmira  
519-669-5044

## TRANSIT

### Kiwanis Transit

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



**CONNECTING SOLE TO SOUL**  
HELPING YOU WALK AWAY MORE RELAXED THAN WHEN YOU ARRIVED

**Reflexology may help with:**

Pain	Headaches
Sleep	Relaxation
Circulation	Quality of Life
Stress	And so much more!

**SOLES JOURNEY**  
REFLEXOLOGY BY  
CHRISTINA FLOOD RRPR  
519-505-1616  
WWW.SOLESJOURNEY.CA  
147 ARNOLD ST. NEW HAMBURG



# EMERGENCY CONTACT NUMBERS

### Emergency (Fire/Medical/Police)

911

### Waterloo Regional Police Non Emergency

519-570-9777

### Crime Stoppers

1-800-222-8477

### Ontario Poison Centre

1-800-268-9017

### Ontario Problem Gambling Helpline

1-888-230-3505

### TeleHealth

1-866-797-0000

TTY: 1-866-797-0007

### Waterloo Wellington LHIN

519-310-2222

### Community Care Concepts

519-664-1900

### Retirement Homes Regulatory Authority

1-855-275-7472

### Elder Abuse Response Team

519-579-4607

### Interfaith Community Counselling

519-662-3092

### Hospice of Waterloo Region

519-743-4114

### Alzheimer Society of Waterloo Wellington

519-742-1422

### Township of Wilmot

519-634-8444

### Township of Wellesley

519-699-4611

### Township of Woolwich

519-699-1647

### Region of Waterloo Public Health

519-575-4400

### \*NEW\* Ontario Caregiver Hotline

1-833-416-2273

This space is generously  
donated by:

### TOWN SQUARE PHARMACY

**PHARMASAVE** 100 Mill St., Unit K, New Hamburg  
P: 519-662-9995 F: 519-662-9984





# COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

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

- Meals on Wheels • Transportation
- Day Programs • Homemakers
- Maintenance • Friendly Visitors • Community Meals
- Transportation from Hospital to Home
- FREE Community Exercise and Falls Prevention Classes
- FREE Short Term Home Support

**COMMUNITY  
CARE  
CONCEPTS**

*of Woolwich, Wellesley and Wilmot*

**929 Arthur St. S.  
Elmira  
519-664-1900**

**1-855-664-1900**

**info@communitycareconcepts.ca  
www.communitycareconcepts.ca**

**23 Church St.  
New Hamburg  
519-662-9526**

# Are You Sick of Being Tired? Tired of Being Sick?

If you've got 30 minutes a week, I guarantee a more energized, healthier you! Science proves the toxins and chemicals already inside all of us are causing cell mutations, weakening our immune system, disrupting brain functions, draining our energy, and even stealing precious years of our life. Now there's a way to **gently FORCE these toxins and poisons out of your body once and for all**, and you can do this all while relaxing in your favourite chair!

**Introducing the Most Powerful Detox Foot Bath on the Planet...  
HyperBath Pro** - for safe and easy complete body detoxification

## Book a Free

HyperBath Detox Session  
(\$50.00 Value)

OR

## Get 20% Off

HyperBath Pro Detox System  
Use Code "detox20"

Call John Today at 519-656-3369 | Wellesley, Ontario  
Or Visit Us Online at [www.healthierliving4you.com](http://www.healthierliving4you.com)



John Jacobs and his wife Bev, of Wellesley, launched Healthier Living 4 You in 2004 with a mission to bring quality alternative healthcare products to individuals, businesses, and healthcare providers.



## Imagine...



### 80% Less Harsh Chemicals In Your Pool

Chlorine is bleach, and it's dangerous! What's in your pool that you want to bleach? Your hair, your swimsuit, your kids? The **Caribbean Clear Automatic Pool Purifier** prevents red, stinging eyes, stiff hair and bleached swimsuits.

#### The Advantages of Using Our Caribbean Clear System Are:

- Up to 80% Labor and chemical savings
- Reduce eye irritation
- Eliminates allergic reactions to chemicals in pools and spas
- Maximized chemical efficiency
- Easier maintenance and up-keep
- 10 year warranty

**We Are Seeking Participants For a Non-Chemical Swimming Pool Purification Study. Join Today and Receive 30% Off the Caribbean Clear Automatic Purification System**

Call John Today at 519-656-3369 | Wellesley, Ontario or Visit Us Online at [www.healthierliving4you.com](http://www.healthierliving4you.com)

# PHARMASAVE

Home Health Care

## Town Square Pharmacy

100 Mill St, New Hamburg P. 519.662.9995 F. 519.662.9984

**Front Store** • Cosmetics • Cards & Gifts • Vitamins & Supplements • Special Orders • Mail & Receiving Parcels • Processing Postal Transactions

**Pharmacy Services** • Phone, Online & Mobile • Medication Sync • Compliance Packaging • Injection Administration • Specialty Compounding

**Post Mastectomy Products** • Certified Fitters for Compression, Lymphedema & Post Mastectomy

**Home Health Care** • Assisted Device Vendor (ADP) • Personal Aids to Daily Living • Lift Chairs • Ostomy

Bath Safety • Mobility Aids • Hospital Beds  
**RENTAL OR PURCHASE**



*It's easy to transfer your prescriptions here!*

# PHARMASAVE

Specialty Compounding

## Baden Village Pharmacy

18 Snyder's Rd, Baden, ON P. 519.214.4000 F. 519.214.4001

### Pharmacy Services

- Phone, Online and Mobile
- Medication Sync
- Compliance Packaging
- Injection Administration
- Specialty Compounding

### Front Store

- Cosmetics
- Cards and Gifts
- Vitamins and Supplements
- Special Orders



*It's easy to transfer your prescriptions here!*



## Town Pantry Health Food Store

- Weekly Fresh Bread
- Bulk and Natural Food Items
- Natural Personal Care and Household Cleaners
- Natural Supplements and Vitamins
- Keto and Specialty Snacks
- Sports Nutrition

### Juice Bar

- Green and Vegetable Juices
- Protein Smoothies
- Fruit Smoothies

Buy 9 smoothies or juices get the 10th FREE\*

\*Any juice on menu free, additions subject to charge.

100 Mill Street, Unit D, New Hamburg, Ontario  
519-662-9995 | townpantryhealthfoodstore.ca

# PHARMASAVE

Medical Pharmacy

## Breslau Commons Pharmacy

10 Townsend Drive, Unit 10, Breslau, Ontario

P. 226.243.5200 F. 226.646.7847

### Pharmacy Services

- Specialty Compounding
- Online Prescription Refills
- Natural Health & Wellness Products
- Free Transfers, Medication Alignment, Reviews, and Disposal
- Wednesdays Seniors Save 15%

**Hours: Mon-Fri 9-6 Sat 9-3**



*It's easy to transfer your prescriptions here!*