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VOL 5 ISSUE 8 APRIL 2023

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On The Cover

Started in December 2019 and currently serving the areas of Stratford, St. Mary's and New Hamburg, Memorable Moments provide non-medical home care services by experienced and certified PSW's. The Memorable Moments team featured on the front from Left to Right are: Roxie Sword, Mandie Sager, Elaine Ballantyne, Erin Koot (Founder) See the full cover story on page 8

Cover story by:

Elaine Ballantyne

Cover photos by:

Brilliant Images Photography and Videography - Stratford

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Editorial Policy & Disclaimer:

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



LETTER FROM THE EDITOR

April is National Volunteer Month, when we celebrate the work that volunteers do year-round. During National Volunteer Week (April 16-22), organizations across the country will recognize their volunteers for helping them achieve their mission. The theme this year is "Volunteering Weaves us Together". I have been blessed with many people in my family and in our community who volunteer their time and talents and I want to thank all of the wonderful volunteers who help me make Embracing Change the wonderful resource it has become today. I could

not do this without each and every one of you! Special thank you to my Dad (Rich Held) who helps me with distribution every month! Thank you also to the following individuals who volunteer by sharing their gifts of writing, photography, and distribution in our Adult Living Communities and Libraries. Thank you Nancy Maitland, Scott Dunstall, Phyllis Wood, Angela Baas, Pauline & Dave Bever, Chris Baechler, Elaine Ballantyne & Mercedes Kay Gold. Special thanks to Dr. Didyk for answering our readers' questions in our bi-monthly Q&A column. 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!

Life Hack Tip ~ Use a muffin tin to create perfectly spaced holes for planting seeds

To create perfectly-spaced indents for your seeds or plants, grab a muffin tin and place it directly into your soil. You can line the rest of your plot or raised bed with the tin as your guide. You can even use mini-muffin tins to alter spacing for different kinds of seeds. This works best on freshly tilled soil, that is nice and aerated, soil that is rocky, hard or has a lot of clay in it might not work to well.

**What Seeds Will This Work For?**

It's good to keep in mind that this method doesn't work for all seeds. Different types of produce require different spacing. If you're using a standard-size muffin tin, plant carrots, parsnips, beets, onions and other bulb vegetables, as they require roughly 3" inches of space between each seed.

Tara

Flashback Photo

This photo is of Gerald McKee boiling sap at Gore Park for the Elmira Syrup Festival, 1990.

Photo credit:
Courtesy of the Grace Schmidt Room,
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Town Pantry Health Food Store and Juice Bar Sports Nutrition

Sports nutrition is a way of eating to ensure proper fuelling, hydration and adequate recovery from sport and physical activity. Whether you enjoy physical activity as part of a healthy lifestyle or as a hobby, or if you are training to achieve a specific fitness goal, proper nutrition is important.

The three main goals of sport nutrition include:

Fuelling: Fuelling is the way we provide our bodies with the food we need for energy, strength and mental alertness for activity.

Hydration: Hydration is our means of preventing dehydration and the fatigue resulting from dehydration.

Recovery: After exercise our bodies need proper nutrition to replenish electrolytes and energy stores and to repair and grow muscle tissue.

In creating your sports nutrition plan you will want to consider the type of exercise you will be participating in, the duration of the exercise and your nutritional needs before, during and after exercise.

Pre-workout/Activity: This way that you eat, or fuel, before exercise is important to give you the energy you need to perform your best and feel your best. The main goal is to provide your body with energy and to avoid digestive upset during activity. A meal or snack higher in carbohydrates, moderate in protein and lower in fat is recommended. Keeping protein intake moderate and fat intake lower will help to avoid digestive upset. Carbohydrates will provide you with the energy you need to fuel your activity. When carbohydrates are digested they turn into glucose, which is your body's preferred source of energy.

During Activity: During exercise you will want to ensure proper hydration, especially during strenuous exercise or exercising outdoors in high temperatures. In these conditions, you may be perspiring more profusely and you may need to replenish electrolytes lost through perspiration. Depending on the environment, the type of exercise and the duration of exercise, your energy requirements may be higher as well.

Post-Workout/Activity: After exercise the main goal is recovery. Recovery includes rehydration, replenishing fuel stores and repairing muscle tissue. Carbohydrates

post-workout will help replenish energy stores. As mentioned, when carbohydrates are digested they are converted to glucose for energy. Some of the glucose not immediately needed for fuel is stored as glycogen for future use. During exercise these energy reserves can get used up. Protein is also very important for recovery, particularly after resistance training. Lifting those heavy weights causes tiny tears in muscle fibres. Protein helps to repair muscle tissue and it is this process of repair which enables muscles to grow and become stronger.

Protein is made up of amino acids, and many of them offer great benefits to post-workout recovery. Here are some examples of these amazing amino acids and what they can do for you:

L-Glutamine: Glutamine is the most abundant amino acid in the body. As well as helping in muscle repair, glutamine also has anti-inflammatory properties which are very beneficial to post-workout healing and repair.

L-Arginine: Arginine helps improve cardiovascular health and performance as well aiding in tissue repair, wound healing and protein synthesis.

L-Glycine: Glycine aids in post-workout recovery and may help to increase growth hormone and regulate blood glucose levels.

L-Lysine: Lysine helps support the body's production of collagen and helps combat the effects of over-training. It also has anti-viral properties which help support immune function.

L-Tyrosine: Tyrosine helps combat the negative effects of physical and mental stress as well as supporting healthy thyroid function and metabolism.

Post-workout smoothies are a great way to get all of the nutrients your body needs, including protein and amino acids, after exercise. There are many great protein powders and individual amino acids available in powder form to customize your smoothie to suit your individual needs. There are so many ways to get creative with smoothie making to suit your nutritional needs, dietary restrictions and taste preferences.

We hope that this article will help you to eat well for all of your athletic endeavours, whatever they may be, and to enjoy doing so!

Tips on Navigating the Canadian Health-Care System

Caring for a loved one with dementia can be a challenging and overwhelming experience. In addition to caregiving's emotional and physical demands, caregivers must navigate the Canadian health-care system to access the support and services their loved ones need. In this article, we'll share some tips for navigating the Canadian health-care system when caring for someone with dementia. We'll also highlight the services offered by the Alzheimer Society Waterloo Wellington.

Educate yourself.

Start by educating yourself about the Canadian health-care system, including the different levels of care and services available. Understand your options and make more informed decisions about your loved one's care.

Identify your needs.

Determine what specific support and services you and your loved one need. These needs may include medical care, home care, respite care, or support groups. Make a list of your needs and priorities, and use this as a guide when navigating the health-care system.

Consult with health-care professionals.

Health-care professionals such as doctors, nurses, and social workers can be valuable sources of information and support. Consult with these professionals to learn about available services and resources and to get referrals to specialists and other health-care providers.

Research available services.

Conduct research to learn about the services and resources available in your community. These services may include home care agencies, hospice programs, adult day programs, and support groups. Check with local organizations such as the Alzheimer Society Waterloo Wellington to learn about specific services available for people with dementia and their caregivers.

Advocate for your loved one.

As a caregiver, it's important to advocate for your loved one and ensure they receive the care and support they need. This may involve advocating for specific services or treatments

or advocating for changes to the health-care system to support people with dementia and their caregivers better.

The Alzheimer Society Waterloo Wellington offers a range of services and resources to support caregivers of people with dementia in the Kitchener, Cambridge, and Guelph areas. These services include education and training, support groups, and individual counselling. They also provide a range of community recreational programs and activities to help caregivers and people living with dementia stay engaged and active.

If you're caring for a loved one with dementia in the Kitchener, Cambridge, and Guelph areas, please get in touch with the Alzheimer Society Waterloo Wellington for support. Their services are free and available to anyone in the community who needs them. However, the Alzheimer Society relies on donations from the community to fund its programs and services.

Your donation can help ensure that the Alzheimer Society Waterloo Wellington can continue to provide vital resources and support to caregivers of people with dementia in our community. To donate, visit their website at www.alzheimerww.ca or contact their office by phoning 519-742-1422 (Kitchener/Cambridge) and 519-836-7672 (Guelph) for more information.

Navigating the Canadian health-care system when caring for someone with dementia can be a complex and overwhelming experience. However, you can navigate the system more effectively by educating yourself, identifying your needs, consulting with health-care professionals, researching available services, and advocating for your loved one. The Alzheimer Society Waterloo Wellington is here to help by providing additional support and resources to care partners. If you're caring for a loved one with dementia, don't hesitate to ask for help. Please consider donating to support the Alzheimer Society's important work in our community.

Alzheimer Society
WATERLOO WELLINGTON



Joint Bank Accounts and Financial Risk

Whether you're thinking about opening a joint bank account with your adult child or adding them onto your existing bank account as a joint owner, there are some things you may want to keep in mind.

Joint ownership can be attractive if you want your child to assist in managing your finances. Some people are looking to save on "probate" taxes, and add their children to an account as part of trying to simplify their estate after death.

Ensure that a joint bank account is something that you truly want. Unfortunately, there have been cases where seniors are taken advantage of by younger relatives. Be wary of anyone who is pressuring you for access to your finances, even a loved one.

If you decide to give access to your accounts, be clear about what your intention is. It's best to put that intention in writing, either in your Will, or with the bank directly – is the money only for you, and your child has account access for convenience? Or, is the money intended to belong to your child equally, and in full after your death?

Another thing to consider is the signing authority on the bank account. Do you want both you and your child to be required to sign in order to authorize a bank transaction? Or are you comfortable with your child having the

ability to sign independently?

You may also want to think about what would happen if your child owes someone money or if they go through a divorce. You run the risk that your joint bank account could be garnished by your child's creditors—consider if this is a possibility that you are OK with.

Ultimately, it is best to discuss your bank accounts when doing your estate planning, and letting your family know what access you intend to keep, and who else should have access. You may wish to consult with a lawyer to document your intentions very clearly within your Will.

Ariel Wyse is an articling student working at GGFI Law LLP, with offices in New Hamburg (519-662-2000) and Kitchener (519-579-4300). This is an occasional column where lawyers offer tips about frequently asked questions. This advice is offered for information purposes only, and may not cover all circumstances, please consult any qualified lawyer for advice specific to your needs.

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COVER STORY



Memorable Moments Senior Care Services: Helping Seniors Thrive

WRITTEN BY: ELAINE BALLANTYNE

Independence. Connection.

These two words mean a great deal to Erin Koot. As the founder and CEO of Memorable Moments Senior Care Services, Erin's passion for the geriatric population propelled her to create a business that assists seniors to live their best lives possible.

"The two main things I try my best to focus on is independence and connection. As humans we all need connection, and in our society we are raised to be independent. I think that it's important to continue on at all stages. If we strip that away from someone, it can make them feel helpless and it can demoralise them as well," Erin says.

SERVICES PROVIDED

Started in December 2019 and currently serving the areas of Stratford, St. Mary's and New Hamburg, Memorable Moments provide non-

medical home care services by experienced and certified PSW's. These services include:

- recreation therapy/companionship/caregiver respite
- transportation assistance for errands/appointments/social visits
- helping with ADLs (assistance with activities of daily living)
- meal preparation
- medication reminders/assistance
- assisting clients with exercise/walks
- light housekeeping

Working closely with her carefully organised team, Erin tells Embracing Change: "What you can expect from us is dependable, caring, and knowledgeable caregivers striving to go above and beyond to provide the highest quality of care."



HALF-DAY DEMENTIA SPECIFIC SOCIAL PROGRAM

In 2021, Erin started a weekly half-day dementia specific day program as a way to help give

families more options in caring for their loved one living with dementia. Not only did Erin want this program to provide caregiver respite, but she also wanted to engage clients living with dementia.

Programs include themed discussion topics, chair exercises, brain teasers, recreational programming (i.e crafts, games) and regular entertainment from local performers.

Currently this program is offered in Stratford on Thursday afternoons at the Knights of Columbus on Morgan Street. A lunch or snack option is available.

The program is offered on Tuesday afternoons in New Hamburg at St. George Church on Byron Street. A snack and beverage is served.

Free-of-charge trial days are given as trying something new can be challenging. Additionally, flexible options are available depending on client preference and budget.

POSITIVE FEEDBACK

The following are two examples of some positive reviews that Erin has received from caregivers of clients in her social program:

“Mom wanted to come back today! We told her next Tuesday! She had so much fun! It was a big relief for dad to see too. He was beyond happy to see and hear how much she enjoyed herself!”

“Everyone close to my Mom noticed a positive difference in her mood and engagement after attending Erin’s social program. It was like someone turned the lights on for her!”

A CALLING

“I’ve always felt like I’ve had a calling to work with seniors. I get a lot of joy coming up with recreational programs I think the participants of the social program will enjoy doing,” shares Erin.

Growing up, an



elderly neighbour made a significant impact on Erin. Erin had a close relationship with this neighbour and she feels this is where her love for seniors originates from.



Working at a retirement home during high school also impacted Erin’s educational and career choices.

“This is where my love for dementia care comes from,” explains Erin. “I just feel so drawn to work with individuals with dementia. I find it fascinating how it affects every individual differently. I enjoy the challenge of figuring out what works best for each person. To me, they are who they are and I meet them where they are at in their journey at that moment.”

For Erin, focusing on the positives is one of the best ways to help clients living with dementia. For example, if a client has a willingness to help others, Erin will highlight this strength in her communication and help facilitate this client to do helpful things for others (i.e have client give out Valentine cards).

April Educational Sessions at Woolwich Community Health Centre

Healthy Cooking Series with Mandy:

The Healthy Cooking Series continues! Join us on Zoom with Mandy as she provides us with delicious healthy recipes each month and shows us step-by-step how to prepare the dish on Zoom. So far, we have cooked amazing dishes together, from Pizza Bowls to Tofu Stir Fry, and we are all looking forward to what Mandy has in store for us in April. If you are interested in joining us for the next cooking class, feel free to send me an email at tabdulhadi@wchc.on.ca and I will be sending you the recipe and Zoom link for the next class. These classes happen once a month this year until June.



Young at Heart – Adult Game Night:

When was the last time you sat down with some friends to play some games? Join us for a fun night with music, snacks, and friendly folks who come to play some card games, board games, and many others! We have chess and checkers, we have card games like Euchre, and a wide assortment of board games. You can also bring your own unique games if you would like! The location for this monthly event changes every month and we hang out 5:30 – 7:00 PM. If you would like to join us, feel free to send an email to Lauren at lkells@wchc.on.ca

Spring Cleaning with the KW Professional Organizers Return!:

Do you feel overwhelmed, don't have the time, or don't know how to get started when it comes to cleaning out your living space? Join us as the KW Professional Organizers are back with more tips and tricks for you and your family on how to properly reduce clutter in your household and prepare for spring cleaning! Samantha and Emilio have been helping people transform their lives since 2012 by helping households adopt strategies to create a space that is more inviting, relaxing, and provides a sense of calm to your daily environment. If you are interested in attending this virtual session on Zoom with us, please email me at tabdulhadi@wchc.on.ca.

April is Volunteer Appreciation Month



Thank you Volunteers
for your hard work and tireless dedication to supporting our community.



TIM LOUIS Member of Parliament
Kitchener-Conestoga

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✉️ Tim.Louis@parl.gc.ca

🌐 TimLouisMP.ca

@ [TimLouisKitCon](https://www.instagram.com/TimLouisKitCon)

Continued from page 9

OVER A DECADE IN SENIOR CARE

A graduate of the University of Waterloo, Erin holds a diploma in Therapeutic Recreation and Sports Business with an Aging Studies option. Additionally, she has her Personal Support Worker (PSW) certification from Conestoga College. Other qualifications include: Geriatric Training Program, A Positive Approach by Teepa Snow, Validation Communication, Montessori Way and Gentle Persuasive Approaches certified. Erin and staff are all trained in CPR/First Aid.

Erin has several years of experience working in Long Term Care and Retirement facilities. She has also worked in a Community Day Program. Some of her past job titles are: Recreation Assistant, a Behavioral Supports Manager, a Resident Life Coordinator, a Recreation Manager, and a Recreation Therapist.



CLIENT CENTRED CARE

The first thing you will notice about Erin is how she looks you directly in the eye. This trademark is typical of Erin's strong communication skills.

"It lets the person know you see them," she explains.

Besides eye-contact, Erin is also a big believer in including individuals to be a part of the conversation. For example, if in a group, Erin explains it is never okay to talk as if the client is not there, neither is it okay to not acknowledge

the client's presence. People matter deeply to Erin and all her actions communicate this.

Another way Erin gives client centred care is that she does what the client wants to do and what is best for them.

"I have worked with people in the past that have refused to do things because they don't enjoy it, and my perspective is that as long as it isn't a safety concern for me, I will always do what the client enjoys. For example, playing a game that they get joy from but that I don't necessarily like," says Erin.

Modifying the environment is another way Erin helps her clients.

"Our environment is not designed for individuals with dementia. We need to modify it so that it meets individuals with where they are at, not

trying to change the individual to meet the environment," explains Erin.

One way Erin does this is by using short, clear labels or pictures to orientate clients to where things go.

Another big way Erin better assists her clients is she always takes the time to get to know their backgrounds.

"With every new client, I have a leisure interest form filled out. This is so we know their likes, dislikes, achievements, and brief information on their family dynamic. All these things have a huge impact on who they are as individuals," tells Erin.

CONTACT MEMORABLE MOMENTS TODAY

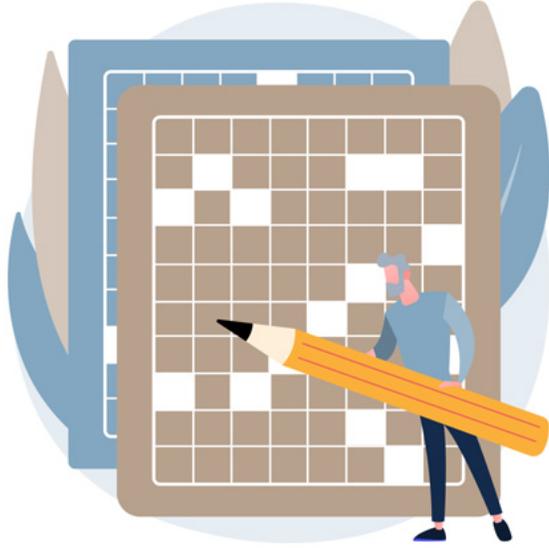
If you or someone you know is looking for senior care support, or for any questions you may have, reach out to Memorable Moments today at:

Email: memorableseniorcare@outlook.com or by phone: 519-275-4902

Online: Memorableseniorcare.ca

Facebook: Memorable Moments Senior Care Services

April Puzzles!



Concentration Puzzle

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



Wacky Wordies #6

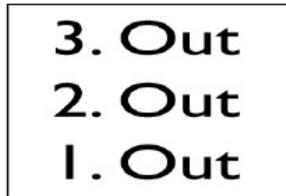
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. _____



2. _____



3. _____



4. _____



5. _____



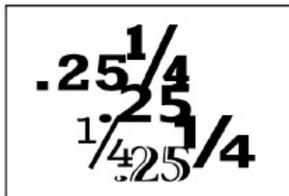
6. _____



7. _____



8. _____



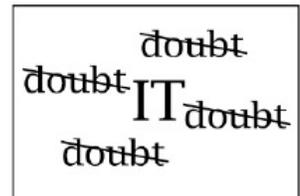
9. _____



10. _____

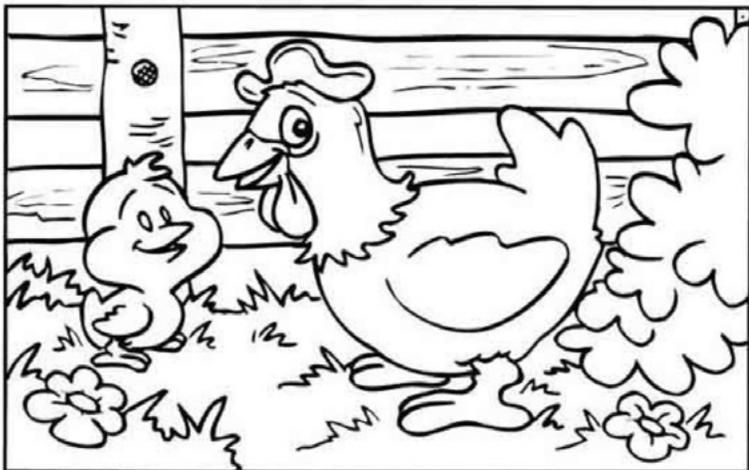


11. _____

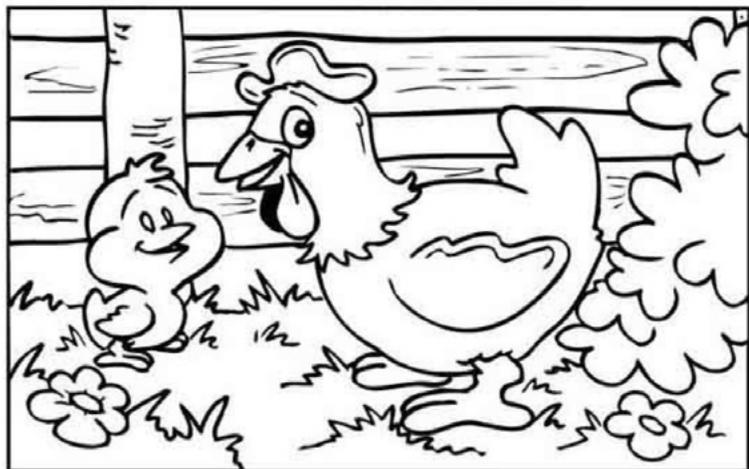


12. _____

Laughing Matters!



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- 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

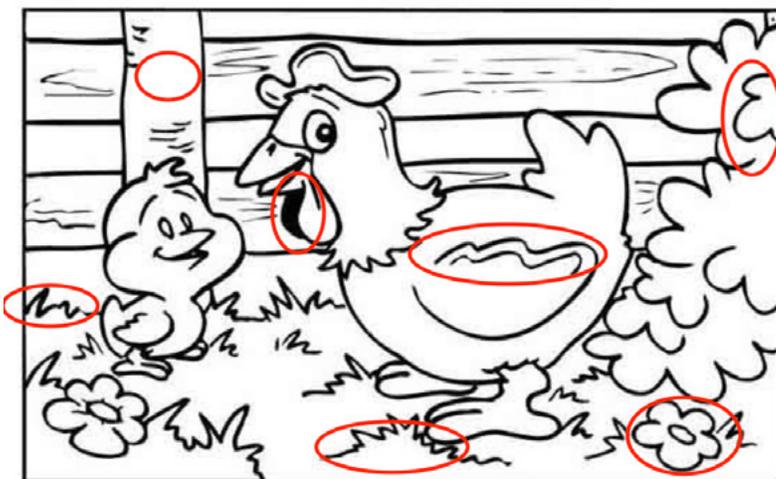
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
- In Season Home & Garden St Clements
- Len's Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

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

Solutions

Concentration Puzzle: Alfred Hitchcock



Wacky Wordies #6

1. You are full of bologna
2. Head for cover
3. Outnumbered 3 to 1
4. End of time
5. Tall tale
6. Elementary
7. Open and shut case
8. Hiking trail
9. Close quarters
10. I before E except after C
11. Singing in the rain
12. No doubt about it



Ask the Doctor

with Dr. Nicole Didyk

What can I do to be sure my parents remember to take their medications daily?

It's great that you're wanting to be involved in your parents' medical care!

The first step is reviewing the current list of medications with your parents.

- Consider including their pharmacist in the review.
- Ask your parents about everything they're taking: puffers, injections, vitamins, supplements, powders, inhalers and gummies.
- Ask about over-the-counter medications they don't take every day.
- Don't assume people are taking their meds exactly as prescribed. They may deviate from instructions, for legitimate reasons (like skipping a water pill to avoid unnecessary bathroom trips).

After a good review, it may be your parents can reduce the number of pills or the number of times a day they need to take them. Some pills come in a combination formula, so a person can take 2 at once (for example diabetes medications sitagliptin and metformin can be taken together in one pill).

Reminder strategies can include:

- A dosette, or plastic box with separate containers for every day of the week.
- A "blister pack" the pharmacy prepares and dispenses every week or so. The pack is divided into days and times, and it's easy to see if the pills are being taken properly by looking to see how many blister bubbles have been emptied.
- Electronic medication dispensers. These can range from a simple programmable dispenser to

one that's monitored 24/7 and can alarm or give a verbal reminder.

- Setting reminders on a phone or computer.
- Phone calls at pill times (this may not be feasible but a surprising number of people in my practice have daily phone calls to remind them about pills!)

It may take some trial and error or more than one strategy. Don't give up and remember to respect your parents' input along the way.

For more information about aging and health, go to **www.TheWrinkle.ca!**

If you have questions for Dr. Didyk, please email them to 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.

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How an Eye Exam Saved Katie's Life

Most people don't think a regular eye exam could save their life. The truth is that in many cases, a comprehensive eye exam can detect much more than eye disease. For this reason, a regular eye exam is recommended even in the absence of visual changes or symptoms.

Katie Dunn, a 30-year-old beautician, visited her local eye doctor in early 2021 for a routine eye exam. The eye doctor noticed certain abnormalities at the back of her eyes. Based on these findings, he recommended that she have an MRI scan.

The MRI results displayed a large brain tumour that was pressing on her optic nerve. After two surgeries to remove the tumour and radiotherapy treatments, Katie is grateful to be doing well!

Katie's doctors and surgeons explained that had the tumour gone undetected, she could have lost her vision completely and suffered other potentially life-changing health problems.

How Eye Exams Can Detect Other Health Problems

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Dr. Howard Dolman,

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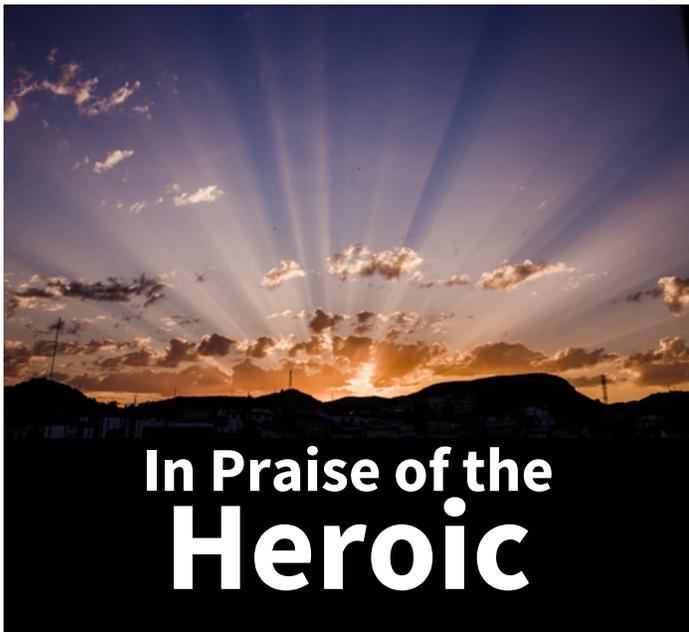
Coffee House Talks is a group for adults over 55 years old. It provides an opportunity in our community for us to learn new things, share information and create new relationships. Individuals can come together in various ways and have some fun!

➤ Past event have included healthy living, craft activities, gardening, and internet safety.

➤ Please join us at our next event! Visit our website for upcoming events or contact us for more information.

Our Contact:
☎ WFRC- 519-662-2731
✉ coffeehousetalks2020@gmail.com
✉ info@wilmotfamilyresourcecentre.ca
🌐 https://sites.google.com/view/coffeehousetalks/home

This project is funded in part by the Government of Canada's New Horizons for Seniors Program



In Praise of the Heroic

“God is a concept by which we measure our pain.” – *God* by John Lennon

When I first called Rob about putting the band back together, it was as if he’d been thinking about it already... saying something like, “Sure Fred, what do you have in mind?” And, when we finally connected with our original drummer, Robert... just like that... déjà vu! Feeling as real brothers, 3/5 of our ‘60s Beatles-plus rock group was back together again.

Sadly, our bassist Warren, was predeceased; but, we happily found Vaughn, our great blues guitarist. However, he could no longer play due to arthritis in his hands. But after 50 years, we re-kindled our friendship before his sudden passing. Rob performed Vaughn’s favourite song at his Celebration of Life’ service.

Rob, himself, passed away 19 months later.

But it’s often not until people pass that we’re ruthlessly reminded of how small our world of perceived hurts and slights really are... without heroic people in our lives to guide us. How courageously he fought in and out of treatments for six years! He endured much... never giving up... always being there for his family... never wanting to lay down his guitar for long...

Finally, when all hope was exhausted, he died peacefully at hospital. But before this, and because

his voice was barely audible, he wrote down on a whiteboard his love for us both: his “brothers.” From the lips of a dying man, I wondered... did we deserve this honour? And, at the end, surrounded by his family, a final goodbye... a guitar placed lovingly in full view.

Words cannot express what a hero he was to us all. But now, we’ll never play with him again.

“The dream is over. What can I say? The dream is over. Yesterday” - *God* by John Lennon

Recently, the data network that carries my Fred Parry Canada blog, put forth a questionnaire. “Is your site for personal, self-expression or business?”

Now, if I thought of it as a “business”, it would lead me to a competitive versus creative place – comparing myself to others... something I reject.

So, when I indicated that my blog wasn’t a “business”, the survey abruptly shut down stating, ‘Sorry, you don’t qualify.’ I thought, why not? ... seems like everyone’s a critic! Yet, for me, if someone gets something from it, then it was worth it.

When I was a child, I cried whenever a pet died. As an adult, I see that these feelings are common to us all – especially when it comes to family and friends. In my life, I’ve been blessed to personally know so many heroic people.

Why didn’t I hang around them more when they were alive? I would have been much wiser, today. **“You are the music.”** - *T.S. Eliot*

“I see trees of green, Red roses too, I see them bloom, For me and you, And I think to myself, what a wonderful world” - *What a Wonderful World* (celebrated by Louis Armstrong)

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

Group travel takes the stress out of sightseeing

By Stewart Grant

The world is full of places to visit, and likewise there are so many different ways in which travelers can choose to explore a new destination.

My wife and I have enjoyed traveling together ever since we began dating in high school, and thus over the last 30+ years we've experienced much of the travel spectrum – beginning with short road trips and sketchy motels in our teenage years; to round-the-world backpacking and hostels in our twenties; family excursions with the kids beginning in our thirties; and now as the kids are getting older, we're expanding our horizons further with cruising and group travel.

As we've gotten older, we've increasingly valued our vacations as a time to relax and to see new things while minimizing stress. However, the nature of exploring new places is that you're not familiar with where you are going or what you should be doing, and thus, stress and anxiety are often introduced. I'm sure we have all experienced this at times and have memories of frustrating discussions with your loved ones debating about which way to turn.

Over the years, our travel agency has led several group tours: some small, some large. This past October, my wife and I had the chance to experience one of these trips for ourselves as we led a group excursion

to Iceland to see “the Golden Circle”, a 300-kilometre route that encompasses many of the country's most popular natural attractions as well as the capital city of Reykjavik.

All of the travel arrangements were pre-arranged by the agency for everyone in the group. This began with roundtrip shuttle service as we picked up our fellow travellers (and soon-to-be new friends) in St. Marys, Stratford, and New Hamburg. For many,



Our group pauses for a photo while touring Þingvellir National Park in Iceland.

it was their first chance to travel abroad since COVID, so as tour leaders my wife and I helped everyone get checked in without confusion and we then headed to the Plaza Premium Lounge at the airport to relax as we awaited our flight time.

Upon arrival in Reykjavik, we led the group to our hotel via pre-arranged transportation, helped everyone get checked in to the hotel smoothly, and, once settled in, the sightseeing

of Iceland was led by local guides who knew all the best places to go, knew how to get there (we generally traveled in style by coach) and who enriched our experience by pointing out interesting things along the journey that we otherwise who have had no idea about.

October was a wonderful time to see Iceland. Not only was the weather warmer than what we left back home in Ontario, but the time of year was optimal to see a fantastic display of the Northern Lights. For the best view, our guide had arranged for our group of 16 to stay two nights at a horse ranch in the countryside, away from the lights of the city. Within our charming guest house, we thoroughly enjoyed spending time with our fellow travellers, having dinner and drinks and then taking in the lightshow.

As our 7-day vacation came to an end, we began making plans for our next group travel experience. With the world fully opening up for travel again, we recently surveyed our

agency client database about places on their group travel bucket list. What an exciting list of possibilities that they have helped us compile! As a result, our agency is in the development planning stages for 2024/25 trips to places such as Ireland, Portugal, Newfoundland, Scotland, Italy, Iceland, Western Canada (Rocky Mountaineer), France, Egypt and Vietnam.

The world is full of amazing places to explore. To do so in a relaxing way led by knowledgeable local guides, while socially enjoying the experience with like-minded travelers, is the next step in our evolution as travellers. Perhaps we'll meet you on one of these upcoming trips.

Stewart Grant is a travel consultant and owner at Stonetown Travel Ltd., a full-service travel agency established in 1988 with offices in St. Marys and New Hamburg.

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Celebrating Volunteers



The Heart of a Caring Community

The month of April provides the opportunity to recognize and celebrate the contribution of volunteers in communities across Ontario and Canada.

For the past 37 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 37 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 about a fifth 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.

In addition to these important roles that volunteers 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 our many volunteers provide.

We also recognize that the opportunity to volunteer provides many positive benefits for the individuals that volunteer. Many comment on the personal sense of satisfaction or sense of well-being that volunteering provides, allowing them to interact with others, meet new people and give back to their local community while gaining new skills and experience.

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!

To learn more about volunteer opportunities, contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.

Cathy Harrington

Executive Director, Community Care Concepts

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NEW!




Welcome to Oral Health Month!



How Does Diabetes Affect Your Oral Health?

We all know that good oral hygiene is essential to good overall health, but did you know that being diabetic puts you at greater risk of gum disease, tooth decay and other unwanted oral conditions.

High blood sugar levels increase your susceptibility to infections. Gum disease, (also called periodontal disease), is a chronic bacterial infection that breaks down the bone and gum tissue that surround and support our teeth. It is caused by the buildup of plaque along the gum line which, if not properly cleaned away, eventually hardens into tartar (also called calculus). Once this soft plaque hardens into tartar you can no longer remove it by brushing and flossing. This buildup has created an ongoing infection that causes blood sugars to rise and therefore complicate your diabetes and create an environment suitable for other health issues to flourish. It is an unhealthy circle of events, kind of like being on a hamster wheel and you need to get off.

At this point it is essential that you visit your dental office and have a thorough cleaning done. They will remove the buildup and work with you to develop a good home care routine that will help to keep your gums healthy.

Dry mouth and fungal infections are also concerns for people with diabetes. Decreased saliva flow causes a dry mouth (also called xerostomia) Along with being uncomfortable, dry mouth significantly increases your risk of tooth decay. Saliva naturally lubricates our mouth and the action of our tongue and cheeks moving throughout the day helps to clean our teeth and remove food debris. Lack of saliva allows food and bacteria to adhere to our teeth and gums. Plaque becomes stickier and harder to remove and results in cavities, especially along the gum line.

Use an over-the-counter mouth moisturizer, sip water regularly or chew sugarless gum to help alleviate the dry mouth. Be sure to brush and floss thoroughly and consider using a fluoridated mouth rinse.

High blood sugars also create a favourable environment for fungal infections.

Yeast infections can form in the corners of your

lips, the inside your mouth and along your throat. These infections need to be treated with antifungal medication.

If you are diabetic, it is especially important for you to take extra care with your oral hygiene regime and visit your dental care team regularly.

Brush your teeth twice a day and floss at least once a day. Flossing is the best way to disrupt the food and bacteria that constantly forms between your teeth and just under your gum line. Your toothbrush cannot reach those places.

Use a fluoridated toothpaste, brush, or scrape your tongue and be sure to remove and clean dentures daily.

Don't smoke. Smoking increases your risk of gum disease, other diabetic complications, and your overall health.

Finally, be vigilant about managing your diabetes. Keeping your blood sugars in check will prevent many health complications and that will keep you happy, healthy and smiling.

Ontario Senior Dental Care Program

The OSDCP provides free routine dental care to eligible seniors in Ontario.

You may be eligible if you:

- ✓ *Are aged 65 or over
- ✓ *Are a resident of Ontario
- ✓ *Have an annual net income of \$22,200 or less for a single person or a combined annual net income of \$33,100 or less for a couple.
- ✓ *Have no access to any other form of dental benefits (eg. private insurance or other government program)

You can find more information and apply online at Ontario.ca/SeniorsDental

Or contact us at the Woolwich Community Health Centre for a paper application that can be filled out and mailed. We are happy to help you with your application or any questions you may have.

Phone: 519-664-3794 ext. 223 or email: margret.wchc@gmail.com

Margret Gohl
Oral Health Peer Worker
Woolwich Community Health Centre
10 Parkside Dr.
St. Jacobs, Ontario N0B 2N0

Generations and stuff

“But Mom, we don’t want your stuff.”

These words can be heartbreaking. After all, you have cherished and saved these items to pass on to your kids. Don’t they see the value in it?

Different generations often have completely different perspectives on the things we keep. We’re going to look at why that is, and what we can do about it.

The Silent Generation

Let’s start with The Silent Generation, born between 1928 and 1945. They were shaped by The Great Depression and World War II. They may have experienced high unemployment, drought, and rationing. They lived frugally because they had to, and each purchase was carefully considered as they searched for items built to last.

For people born in this generation, the view of possessions was “Waste not, want not.” In other words, keep everything because you never know when there may be a shortage, and no one wants to go through that again! Keeping things is just what made sense. So when someone doesn’t want to keep something, they may have a hard time understanding that.

Baby Boomers

After World War II, there was a house shortage due to all the returning servicemen and women, and unusually high birth rates. Born between 1946 and 1964, Baby Boomers were born into a sudden expansion of home building on the outskirts, and Boomers were the first generation to be raised in large numbers in the suburbs.

This was an era of prosperity: families became dual income for the first time, and discretionary

income reached a new high. Postwar optimism inspired stability and opportunity, and Boomers became consumers of the first order. They formed a different relationship with possessions than their parents had, but even though they could afford more, they still valued their possessions and wanted them to last.

Generation X

This group of people were born between 1965 and 1980. They grew up in families of working parents who had a lot of disposable income, but not much time or energy for their kids. Parents were able to buy nice homes in the suburbs, but sometimes at the expense of family dinners around a table together. This is also the generation that was coming of age during the technological revolution, seeing the advent of personal computers and email.

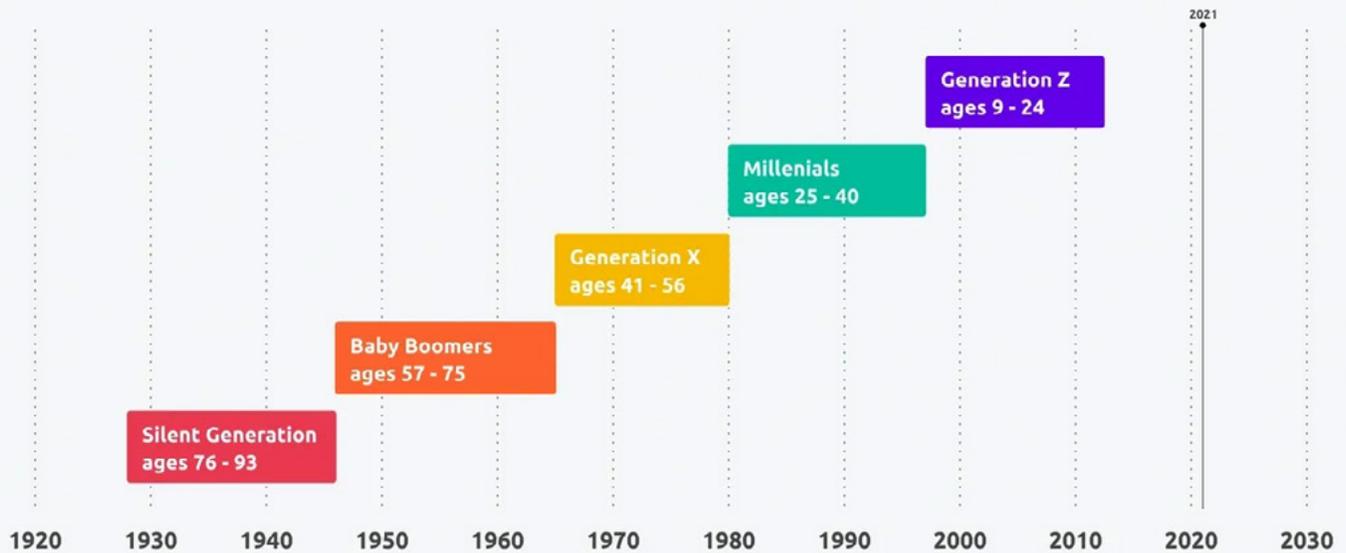
Generation X has been bombarded with consumerism and all the so-called advantages of purchasing. They may have over accumulated possessions, and they are realizing that this has started to negatively affect them. This is often why they don’t want or need things that previous generations want to pass down.

Millennials

This generation was born between 1981 and 2000. In a lot of ways, minimalism is a natural way of life for millennials. Technology has always been a part of their world, and they expect to be connected to technology at all times. Their ‘offices’ are in coffee shops or at home.

Mobility is the new stability for this generation, and it’s difficult to be mobile when you own too much stuff. The internet has opened up all kinds

The Generations Defined



Source: Wikipedia

of possibilities in purchasing - nearly every product can arrive at our doorsteps in 24 hours with just the click of a button. That means less of a need to accumulate or stockpile things at home. Technology has made it easier to own less. And this is a reason that Millennials, like Gen X, don't want things passed down from previous generations.

So now that we understand how each generation has been shaped by their collective circumstances and how they might look at possessions differently, what can we do about it?

Ask

Before giving something to the next generation, ask if they want it. When you give something along with the expectation that someone will treasure it like you did, you're placing heavy expectations on the recipient. It's so much better to ask if they want it or not. And then respect their answer. If they don't want it, perhaps you will find someone else who does. Or you can donate it to a local thrift shop so that someone who values it like you did can find it.

Build your legacy without 'stuff'

Previous generations saw the gift of hand-me-downs as precious and valuable. More recent generations often don't. But that doesn't mean that they don't value YOU. Think about ways that you can pass on your legacy without physical stuff. Can you spend time together? Can you record your history in written or audio-recorded form? Can you digitize photos with your commentary to preserve history?

When it comes right down to it, you don't need any physical possessions to live a good life and leave a great legacy for future generations. In fact, our stuff can often hold us back from doing just that.

Bethany Mazereeuw is the Co-Owner of Senior's Move, which helps seniors to rightsize and relocate.





The Future is Now: Tech Tools for Seniors



How tech-savvy is your senior-age mom or dad? Collectively, Canada's older adults are quite comfortable with technology – and that could help them live independently for longer.

Nearly three-quarters of Canadian adults aged 65 and older feel confident about using technology, according to a survey commissioned by AGE-WELL last year. Seven in 10 agreed that technology can reduce social isolation and help older adults stay active and better manage their health. More than 8 in 10 thought technology can help keep seniors safe and independent and help them live in their own homes.

Could technology change the face of senior living? We already know that most of Canada's older adults would rather "age in place" than move into an assisted-living facility or live with family members. Aging in place means that seniors live safely and independently where they wish for as long as possible, with the help of health and social supports and services. Technology could play a major role. Indeed, over the past few months, the COVID-19 pandemic has shown the many ways that seniors can use technology to keep in touch, access goods and services, and maintain their well-being.

1. Staying connected

Physical distancing is vital for reducing the spread of COVID-19 and protecting seniors and other vulnerable people. However, isolation and loneliness present their own health hazards,

including depression, anxiety and cognitive decline. During and beyond the pandemic, it's important for seniors to stay connected to family members and friends, and technology is helping them do that safely. Families are taking advantage of free or inexpensive online services such as Zoom, Skype, Google Hangouts and FaceTime to hold video chats, allowing them to see and hear their loved ones on smartphones, tablets and computers. People are also staying in touch on social media, with instant messaging and, of course, by telephone. These options will never replace a hug, but they're the next best thing.

If you know a senior who needs help with technology, check out TechServeTO, a team of volunteers who provide free tech support to older adults across Canada. Another option is Seniors Tech Services, which provides computer training for an hourly fee.

2. Ordering online

Canadians have never had more options for ordering food, medication, personal care items and other supplies online, via a website or an app. These delivery services are especially helpful for seniors and other people who are sheltering in place, who have mobility limitations or who lack access to transportation.

Many restaurants and grocery stores deliver or use third-party delivery services. Meal kits are also a tasty option. They are pricier than making

making meals from scratch, but they are convenient and can add variety to your diet.

3. Staying healthy

Older adults can take advantage of a wide range of tech innovations that promote health and well-being, including:

- Virtual appointments with physicians, nurse practitioners, counsellors and other health care providers
- Apps for medication management, medication reminders and tracking medical notes
- Wearable, wristwatch-like devices that track fitness, sleep and heart rate
- Digital home health monitoring that tracks a user's health metrics
- Medical alert devices that detect when a user falls
- Online fitness videos for older adults
- Fitness video games, such as those made for the Nintendo Wii console
- Personal emergency response systems, which call for help when the user presses a button
- Smart home devices including security systems, connected sensors, automated appliances, voice-activated virtual assistants and more
- Smart gadgets such as electronic pill boxes, thermostats, blood pressure monitors, blood glucose monitors and more
- Virtual reality (VR) experiences for fun and therapy
- Apps for entertainment, including music, videos, games, reading, cooking and more (check out our recommended apps)
- Apps for relaxation, meditation and journaling

What's next in tech innovations for seniors? The possibilities are endless. Already available or in the works: robot companions, digital pets, vision-enhancing glasses, stabilizing eating utensils, fall-breaking belts and even health-monitoring toilets.

Read more posts in our special series, *The Future is Now*, at www.bayshore.ca

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Importance of vitamins as we age

*Dr. Laura Hoffmann, Naturopathic Doctor
Affinity Health Clinic, New Hamburg*

One of the most common questions I get asked is “what vitamins should I be taking”? The answer to that depends very much on your personal health goals, individual health concerns, any prescription medications you may be on (many deplete vitamins and minerals), and diseases you are working to prevent. Every person is different with what vitamins they should be taking, but there are some vitamins that are important to most people as they age. We’ll take a closer look into those more common vitamins that many older adults take.

Vitamin D: The sunshine vitamin

This is the #1 vitamin for people living in Canada. We are able to make vitamin D from the sun, but only over the summer months in Canada. In the winter months, we cannot make vitamin D from the sun anymore. Older adults are at increased risk of vitamin D deficiency because as we age, the skin’s ability to make vitamin D reduces.

Why is vitamin D important?

- Supports the immune system
- Improves bone health
- Absorbs calcium
- Improves mood
- Supports muscle function
- Improves heart health
- Reduces blood sugar
- Improves memory
- And many more functions!

Blood testing for vitamin D is really important to know how much to take. In Ontario, vitamin D testing is only covered if you have osteoporosis, osteopenia, rickets, malabsorption syndromes,

kidney disease, or certain medications. It is not covered for the general population, but you can still ask and have it tested for a fee of around \$35.

Blood levels of vitamin D are the most accurate to know how much you should be supplementing. Based on your blood level, your health care team can help guide you with how much vitamin D to take. You can get some vitamin D from food, mainly fatty fish, liver, egg yolks, mushrooms, or foods with vitamin D added in.

Vitamin D is a fat-soluble vitamin. This means it needs to be taken with fat, or else your body cannot absorb it. Some supplements have the fat already in the capsule, others don’t. If you are taking one that doesn’t have fat in it, you’ll need to make sure you take it with a meal that has some fat.

Vitamin B12: The energy vitamin

As we age, our ability to absorb vitamin B12 decreases. You need to have enough stomach acid and enzymes in the stomach to absorb vitamin B12. Older adults tend to have lower levels of stomach acid, and/or are on medications that may reduce stomach acid, so this is why we often see older adults becoming vitamin B12 deficient.

Vitamin B12 helps to:

- Form red blood cells
- Improves energy levels
- Reduces brain fog
- Improves memory and concentration
- Supports muscle function
- Improves mood
- Supports bone health
- And more!



Blood testing for vitamin B12 is really important, and it is covered for the majority of the population. Your blood level will tell your health care team how much you may need to supplement with vitamin B12.

Vitamin B12 comes in a few different forms: oral, sublingual, or injectable. Oral is the most common, where you swallow a pill, then your

stomach needs to release the enzymes to help absorb it. In older adults, this tends to be the least effective form of vitamin B12 since it relies on stomach acid. Sublingual forms get dissolved under your tongue, and this helps the vitamin B12 get absorbed into the bloodstream quickly without needing the stomach. Injections of vitamin B12 can be done as well, which goes directly into the muscle and is the most bioavailable.

You can get vitamin B12 from foods, mainly animal sources of food. Meat, fish, milk, eggs are the most common sources of vitamin B12, and it is often added into cereals and other products.

Other vitamins & minerals:

Other vitamins and minerals that tend to reduce with aging include:

- Vitamin B6
- Folic acid (vitamin B9)
- Magnesium
- Calcium



It is important to talk to someone on your health care team about your vitamins and minerals before you start taking any supplements. Not all supplements are safe, and some can have significant interactions with medications. If you haven't already, think about getting your blood tested for vitamin D and vitamin B12 to make sure your body has enough. Vitamins and minerals are really important with aging to help support mood, energy, memory, muscles & bones, and to help prevent certain diseases.

Have any questions about your health? Free 15-minute discovery calls are available with Dr. Laura, Naturopathic Doctor. Reach out at wecare@affinityhealthclinic.ca, 519-662-2123, or book online at www.affinityhealthclinic.ca



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