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VOL 6 ISSUE 8 APRIL 2024

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On The Cover

Gail Eby from Elmira encourages seniors to join the Woolwich Seniors Association or other Senior Associations within the Townships they reside in. She feels it is important for seniors to keep their minds and bodies as active as possible and she promotes the importance of socialization with peers. See the full cover story on page 8.

Cover story & photos by:

Gail Eby



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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

As April unfolds, we find ourselves immersed in the spirit of Volunteer Month, a time to recognize and celebrate the remarkable efforts of our senior volunteers. Throughout the year, you generously dedicate your time, energy, and expertise to countless causes, enriching the lives of those around you and leaving a lasting impact on our community.

Your commitment to service symbolizes the true essence of compassion and selflessness, inspiring others to join in the pursuit of making a difference. Whether it's lending a listening ear,

offering a helping hand, or sharing your talents, your contributions are deeply appreciated and valued.

As we reflect on your selflessness and generosity, we extend our heartfelt gratitude for the countless hours you devote to serving others. Your unwavering dedication serves as a beacon of hope and kindness, illuminating the path toward a brighter future for all.

Thank you for embodying the true spirit of volunteerism and for being shining examples of kindness and generosity in our community.

Gadget of the Month: Garden Kneeler

Gardening can be fun and beneficial, but it can also wreak havoc on your joints and back. Time spent bending over pruning flowers, kneeling on the dirt to sow seeds, and carrying heavy equipment can cause body aches and pains all over.

Luckily, a well-designed garden kneeler can save you from future back and knee pain. A garden kneeling bench is a gardening tool that helps you work in the proper mechanical position while relieving pressure on high-stress points of the body, such as your arms, knees, and spine,



There are a lot of garden kneelers to choose from, but selecting one suited to your needs will protect your body from damage. The best kneeling benches can be used in both kneeling and sitting positions and provide adequate cushioning as well as stable side supports and handles,

With sincere appreciation,

Tara

Flashback Photo



Black and white photograph of five men wearing leather aprons standing in front of the I.E. Bowman Tannery, St. Jacobs, Ontario. Several men are holding scrapers. The I.E. Bowman Tannery was founded in 1855. By 1861 it employed five people; two employees were engaged in tanning, while the other three made shoes.

Courtesy of the Grace Schmidt Room, Kitchener Public Library Readers are welcome to contact the Kitchener Public Library, Grace Schmidt Room of Local History at gsr@kpl.org or 519-743-0271, ext. 212 for more information and resources.



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Supporting Parkinson's Patients: How Your Local Pharmacy Can Make a Difference

Parkinson's disease is a neurological disorder that affects many people around the world, causing tremors, stiffness, and difficulty with movement. Although it can't be cured, there are ways to manage its symptoms and improve quality of life. Your local community pharmacy can play a vital role in supporting individuals living with Parkinson's disease.

Firstly, pharmacies offer a variety of medications prescribed by doctors to help manage the symptoms of Parkinson's. These medications can help control tremors, stiffness, and improve movement. Pharmacists are trained to understand how these medications work and can provide valuable information about their usage, dosage, and potential side effects. They can also offer advice on how to take medications effectively, such as with or without food, and what to do if a dose is missed.

In addition to medication management, community pharmacies can provide resources and support to Parkinson's patients and their caregivers. Many pharmacies have educational materials available that explain the disease and its symptoms in simple terms. Pharmacists can take the time to answer questions and address concerns, helping patients better understand their condition and treatment options.

Furthermore, pharmacies often stock a range of assistive devices designed to make daily tasks easier for individuals with

Parkinson's. These devices can include pill organizers, specialized utensils for eating, and devices to help with walking and balance. Pharmacists can help patients find the right products for their needs and provide guidance on how to use them effectively.

Moreover, community pharmacies can facilitate communication between patients, caregivers, and healthcare providers. Pharmacists can collaborate with doctors and other members of the healthcare team to ensure that patients receive comprehensive care. They can also help coordinate medication refills and monitor for any potential drug interactions or complications.

In conclusion, your local community pharmacy can be a valuable ally in the management of Parkinson's disease. From providing medications and assistive devices to offering education and emotional support, pharmacists play a crucial role in helping patients live well with Parkinson's. By working together with healthcare providers and caregivers, pharmacies can make a positive impact on the lives of those affected by this condition. If you or a loved one are living with Parkinson's disease, don't hesitate to reach out to your neighborhood pharmacy for assistance and support.



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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 events included healthy living, craft activities, gardening and financial safety
- Join us at our next event! Visit our website for upcoming events or contact us for more information



OUR CONTACT:

📞 WFRC: 519-662-2731

✉ info@wilmotfamilyresourcecentre.ca

🌐 <https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/>

✉ coffeehousetalks2020@gmail.com



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

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Check us out at:
embracingchange.ca

Bechthold Home Improvements: Finding a Trusted Local Window & Door Installer

Choosing a window and door installation company requires careful consideration to ensure a smooth and successful replacement project for your home. Here at Bechthold Home Improvements we understand that each homeowner has different wants, needs and budget. Here are some of the top key factors to keep in mind when selecting a window and door replacement company:

1. Reputation and Experience: You will want to look for a company that has a solid reputation and has extensive experience in the industry. You can ask family and friends to see who they have used. Check the companies' online reviews, ask them for references and look at pictures of past jobs.

2. Cost and Estimates: Like any renovation project for your home, you will want to obtain multiple quotes from different companies to compare prices, products and services being offered. Be careful of unusually low prices, as they may indicate subpar workmanship, inferior materials or low energy efficiencies. Instead, prioritize value for money and choose an installer who offers competitive pricing without compromising on quality.

3. Product Selection: Choose an installation company who offers a wide selection of high-quality windows and doors from reputable manufacturers. They should be knowledgeable about different trends, styles, materials, and energy efficiency ratings. They should also be able to recommend the best options for your home's needs and budget.

4. Quality of Workmanship: Assess the quality of the installer's workmanship by examining past projects and asking about their installation

techniques and materials used. A reputable installer should be able to provide examples of their work and explain their approach to ensuring efficient and successful installations.

5. Warranty and Guarantees: Ask about the warranty and guarantees offered not only by the window and door installer but also the manufacturer of the windows and doors. A reputable installation company should stand behind their work and provide assurances of quality and satisfaction.

6. Licensing and Insurance: Verify that the company is properly licensed and insured to work in Ontario. This ensures that they meet the necessary standards and regulations, and it also protects you from liability in case there are any accidents or damages during the installation process.

By considering these factors and conducting thorough research, you can select a reputable and reliable window installer. This will ensure a successful window and/or door replacement project that enhances the comfort, energy efficiency, and aesthetics of your home.

Bechthold Home Improvements is a family-owned business that has been in Wilmot Township for over 40 years, specializing in window and door replacement, retractable screens and awnings. We take pride in our workmanship and the quality of products that we offer. We believe in giving back to the community by supporting local community events, and charitable organizations. If you have any questions or would like to discuss window and/or door replacement options for your home, call us at 519-634-5852 or email us at sales@bechtholdhome.com.



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COVER STORY



The Importance for Seniors to Keep Their Minds and Bodies as Active as Possible

WRITTEN BY GAIL EBY,
TOWNSHIP OF WOOLWICH
RESIDENT

Although I know of many people who volunteer much more than I do, I am truly honoured that I was asked to contribute my story.

I was born in Ingersoll and moved to Elmira when I got married (to the same man for over 46 years). I am the youngest of 9 children. We have 2 daughters and 2 grandsons. I worked as a law clerk in different offices and then in the office of Christian Horizons (providing services to people with disabilities) for more than 15 years.

I enjoy spending time with family and friends, baking with my husband (and sharing our

creations with our friends), playing cards and games, travelling and am learning how to knit (but I am a very slow learner). As a member of the Woolwich Seniors Association, I participate in zumba, yoga for Seniors, gentle exercise class and linedancing. I also do aquafit and can often be seen walking to get my 10,000 steps a day.

My husband and I were primary caregivers for our grandchildren. When they were both in full time school, I needed something to do with my time. I volunteered with the Strong Start Reading program for a few years (first with preschoolers and then with children in grades 1 or 2). My husband is a Kiwanian and I have always been an active volunteer for their fundraisers and projects, especially collecting for the foodbank, which is a cause near and dear to my heart.

I heard about a couple things at the seniors' centre that interested me. To tell the truth, I joined WSA "for the money"---at the time, a 1 year membership was \$20 and if I joined, I would save more than \$5 a week. Doing the math, it just made sense to join (members are subsidized for some of the activities offered by the association and some things sponsored by the Township)

I soon realized that the Seniors' Association had much more to offer than just saving some money. If anyone would have told me that when I paid that first membership fee 7 years ago that I would become as involved as I have, I would have told them they were out of their mind. A year after I joined the WSA, I ran for a spot on the Board of Directors and, quite to my surprise, was elected. I started off as Secretary, then became acting president and now have served as President of the Board for the last 1 ½ years.

I try very hard to encourage seniors to join our WSA (or I promote the same for people I know outside our region to join other seniors programs). I feel it is important for seniors to keep their minds and bodies as active as possible and I promote the importance of socialization with peers. I can often be heard asking "are you a member of the Woolwich Seniors" and if

the answer is “no”, I say “well, have I got a deal for you” and I tell them all about us. I promote the WSA as a safe place for all different aged seniors and try to make sure there is something there for everyone. What keeps me going is the laughter, friendly competition and the camaraderie I witness each and every time I go to the room. I have made many friends there along the way.

I consider being on the board both an honour and a “Labour of Love” I don’t think there is a day goes by that I don’t do something “seniors”, whether it is attending a class, going into the

office, researching something new we can do or just talking to the people there. I am often asked why I do what I do. My answer is that I am presently young(ish) and able bodied and can do it for others. My hope is that, when the time comes that I can no longer help, that there will be a strong seniors’ centre for me to enjoy. I am now, and hope to remain, active in the seniors association, participating fully in all board activities and in particular, to listening to our members’ wishes, suggestions and complaints and acting on them to the best of my ability. My motto is “How can I help you?”



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April is Dental Health Month



We know how important our oral health is to our overall health, but affording dental care can be a problem for many of us.

People without any dental insurance may now be eligible for one of several government funded assistance programs that help cover the cost of preventive and essential dental treatment.

Children under the age of 18 in low-income families may be eligible for the Healthy Smiles Program (HSO) More information is available at: [ontario.ca/healthy smiles](https://ontario.ca/healthy_smiles)

Children under the age of 12 in a family with an adjusted net income under \$90,000 may be eligible for some financial support with the Canada Dental Benefit program (CDB) This program will be replaced later this year with the new Canadian Dental Care Plan (CDCP)

More information is available online at: Canada.ca/dental

The new Canadian Dental Care Plan (CDCP) came into effect in December 2023 and started by enrolling seniors and will introduce lower age groups over the next several months. If

you are eligible for this program, you will be contacted directly and given instructions on how to apply.

You can find more information online at: Canada.ca/dental

The Ontario Senior Dental Care Program (OSDCP) is a provincial program that provides free dental care to eligible low-income seniors.

More information is available online at: ontario.ca/SeniorsDental

As the Oral Health Peer worker at the Woolwich Community Health Centre, I am available to answer any questions you may have or help you with applications to any of these programs.

I am also available to provide oral health presentations to groups who may be interested.

Please feel free to contact me anytime.

Margret Gohl

Oral Health Peer Worker
Woolwich Community Health Centre
St Jacobs, Wellesley and Linwood, Ontario
519-664-3794 ext. 223
mgohl@wchc.on.ca



Happy Easter **Ramadan Mubarak**

Chag Sameach *Happy Vaisakhi*



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Hi, everyone!

Are you interested in volunteering with Woolwich Community Health Centre?



Start making a difference now and join our team of volunteers. We have a variety of volunteer opportunities to make an impact in our community:

- ❁ **Wellness Gardens:** Gardening is good for the soul, good for the soil, good exercise, and a great way to make new friends and help provide much needed food for our community food banks. We have a vegetable garden and a beautiful native plant pollinator garden at our St. Jacobs location, and we are excited to get started on our next garden at our new Wellesley location this spring. We are always looking for gardening volunteers to help make this happen. If you enjoy gardening and can share a little of your time, we would love to have you join us in the gardens. To join us contact mgohl@wchc.on.ca
- ❁ **Youth Hub in the new Wellesley Recreation Complex:** We are planning to run a variety of programs for children and youth, such as after school drop-in, Wellesley Youth Action Council. If you are interested in helping children and youth, contact cklaasen@wchc.on.ca
- ❁ **Young at Heart (Adult Board Game Night):** Different games every month, with many participants bringing their own games to teach the group. Opportunities for specialized guest presenters to teach about health topics based on the group's interest. A great night to socialize, meet new friends, learn new games, and enjoy time with others! We run the program at the new Wellesley Recreation Complex on the 4th Thursday of every month.

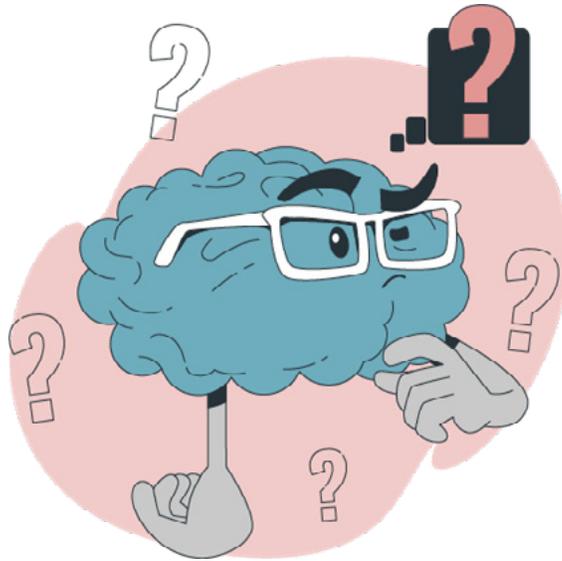


We need volunteers who can co-facilitate the program with our staff. If interested, please contact cklaasen@wchc.on.ca

- ❁ **Gesundheit Fur Kinder (prenatal and postnatal program):** The program is intended for all the women from the Low German speaking Mennonite from Mexico (LGSM) community with young children. The goal of GFK is to facilitate the optimal wellness of families with young children, in particular preconception through to preschool years. If interested to help with this program, contact Brittany at btrueman@wchc.on.ca or pballak@wchc.on.ca
- ❁ **Woolwich Health and Mental Wellness Education Planning Group:** Meets twice a year to offer suggestions for health and mental wellness education topics relevant to our community members. If interested contact Tariq at tabdulahadi@wchc.on.ca

Feel free to check out these and other volunteer opportunities at our website www.wchc.on.ca

April Puzzles!



Concentration Puzzle

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



Wacky Wordies #18

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



1. _____



2. _____



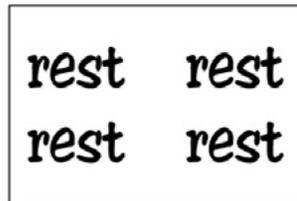
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4. _____



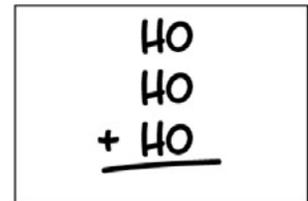
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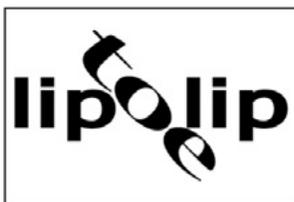
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7. _____



8. _____



9. _____



10. _____



11. _____



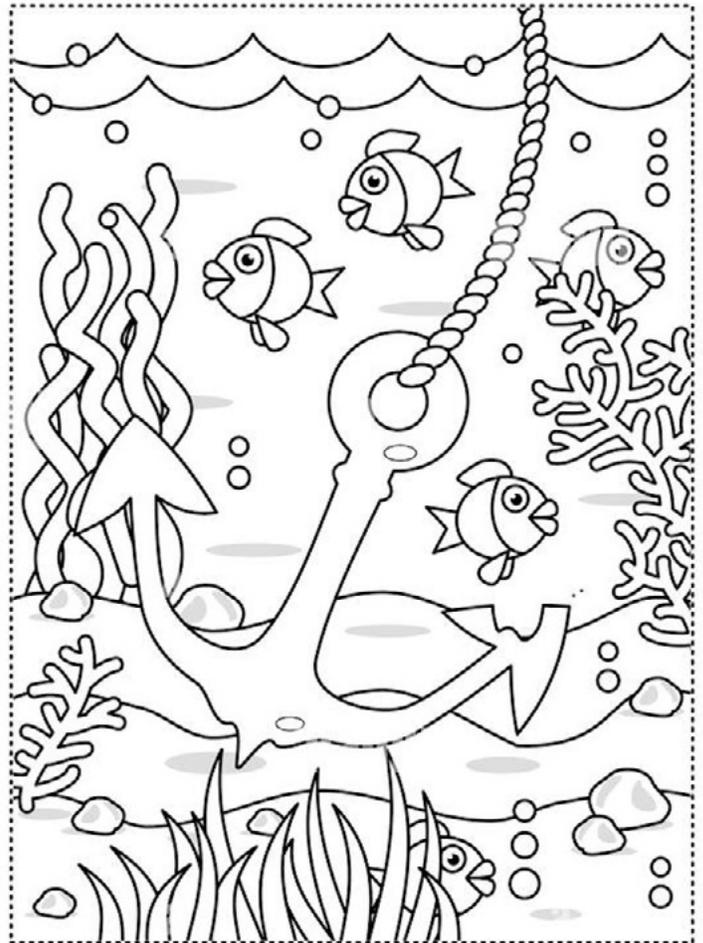
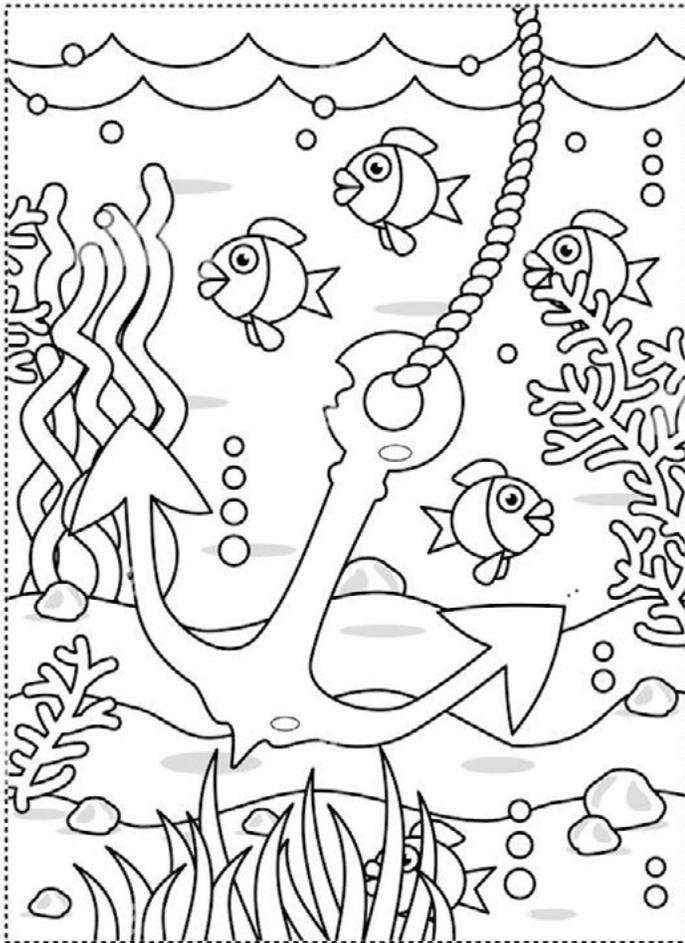
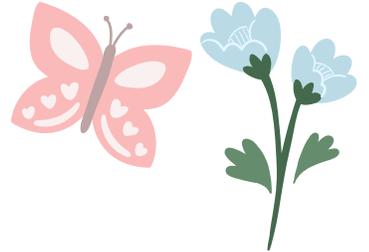
12. _____

Laughing Matters!



Spot the Difference

Can you find 10 differences?



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
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- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Thrift Centre
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- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg
- Heart & Home Creations NH



- McDonalds (outside magazine stand)
- Hasty Market - St. Agatha

WELLESLEY TOWNSHIP:

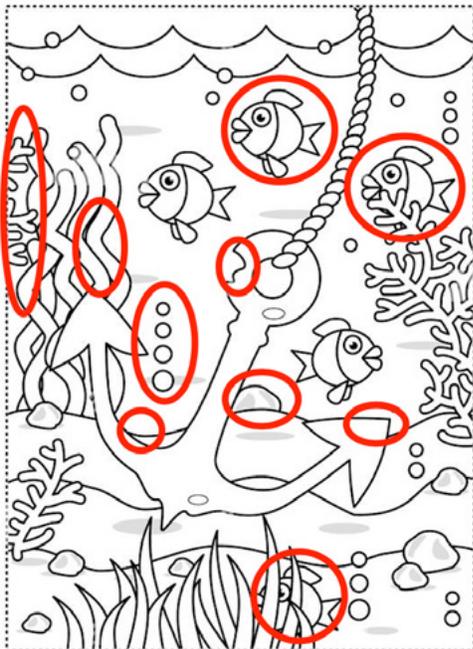
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

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

WOOLWICH TOWNSHIP:

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

Solutions



Concentration Puzzle: Dog is man’s best friend

Wacky Wordies #18

1. Get up and go
2. Long story short
3. Turnip
4. Go up in smoke
5. Sign on the dotted line
6. Forest
7. Back to basics
8. Tally ho
9. Tiptoe through the tulips
10. Ace in the hole
11. Shuffleboard
12. Keep it on the down low



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Ask the Doctor

with Dr. Nicole Didyk

What do we need to do if we are bitten by a tick?
And what should we be on the lookout for after a tick bite?

Although our region isn't a hotspot, ticks (aka Ixodes Ricinus) can be found anywhere in Ontario, especially in bushy, woody areas, and in tall grass.

As the tick bites, attaches and starts feeding on blood, it can transmit a bacteria called Borrelia burgdorferi. The infection causes Lyme disease, which can affect the heart, joints, nervous system, and other organs, and can be chronic.

If you think you see a tick, the questions to ask are:

- Was the tick a member of the Ixodes species (black footed deer tick)?
- Was the tick a larval, nymphal, or adult tick? Nymphs are more likely to transmit Lyme bacteria.
- Was the tick attached?
- How long was the tick attached?
- Was the tick engorged?

You can go to the Ontario Public Health website or submit a photo to etick.ca if you're having trouble identifying the tick.

It might take up to 48 hours of attachment for a tick to transmit the bacteria, so prompt removal is important. Ticks should be removed with clean tweezers, taking care not to leave any insect mouth parts behind.

After a bite, taking an antibiotic called doxycycline (which needs to be prescribed by a health care provider) reduces the risk of getting Lyme. Be on the lookout for Erythema multiforme (EM), a bullseye red rash around the bite area. Other early Lyme symptoms are fever, chills, headache, neck stiffness, fatigue, lymph node swelling and numbness. Early on, blood tests aren't useful to know if a person has

been infected or not, and you may need to keep watching for those other symptoms for up to 30 days.

It's better to prevent a tick bite than deal with one after the fact. Consider these tips:

- Check your pets after they've been outside.
- Wear clothing that covers your skin and is light coloured (easier to spot ticks).
- Use insect repellent.
- Put clothes in the dryer (kills ticks).
- Take a shower after being outside.

Have a great spring and enjoy the outdoors – tick-free!

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.

K.R. ABBOTT

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MILLERS mercantile

Millers Recycle, Repurpose Tip of the Month!

Save up your vegetable scraps in freezer bags, once you have a couple large bags, toss them into a large pot, cover with water and simmer for a few hours, strain and salt to taste pour into jars, or freeze in ice cube trays and you have fresh home made FREE broth whenever you need it. For added flavor you can add saved meat bones to make a non vegetarian option too. Almost any vegetable or herb scrap works well, avoid an abundance of broccoli and cauliflower as it can make the broth bitter. I'm loving my homemade broth!

Check out this article! <https://frommybowl.com/homemade-vegetable-broth/>

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Welcome to our store!

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Self-centred as a child, I don't know when or why I started to think there might be something else more important, but it started innocently enough.

I mean, in my time, everyone sent their kids to Sunday school, which is the closest I came to anything religious; yet, all I can remember is how some of us made folded airplanes out of the church bulletins to throw out the balcony windows.

My parents weren't particularly religious, although I think my father took me to an Easter service once. Other than that, my only other church attendance was at weddings and funerals.

So, what gives? If my church experience had zero influence on me, then what did?

When I was about 12, I can remember being sad about burying my pet goldfish, Gwendolyn, and I said a little prayer for her sake.

I don't know if it took, although I thought it was ok. It's the only prayer I remember saying, but my folks were breaking up about that time, so maybe I got distracted.

Looking back through my teenage years, I do recall being influenced by some of my relatives in a positive and vicariously religious manner.

From my maternal grandmother, I learned how a simple woman of faith could command the love of everyone who met her. I could tell that she was special because of how she treated me — with

kindness, patience and with such gratitude for any little thing I did for her.

She had an easy way about her: like the time I stressed over the fact that we didn't have any cake mix in the house for the birthday cake she promised me. Smiling she said, "Don't worry Freddie, we were making cakes long before Betty Crocker."

Another person who kept me smiling was my paternal grandfather. From him I learned that giving of one's time to help others made you happy. And, although he didn't act "religious" during his lifetime, he had written on his shed door, "A person is closest to God in a garden, than anywhere else on Earth."

And, from Aunt Mamie, I learned honesty. She was the matriarch of my Mom's family and if anyone — especially adults — were to cross swords with her, she had a memory that could expose lies in no time.

I guess all these role models started me thinking.

So, when our own kids came along, all were baptized and enrolled into Sunday School to be confirmed. Fortunately, we went to a small village church and all their friends attended, as well as most of their parents. After that, I figured that they could decide for themselves.

I think, intuitively, I've always known right from wrong. So even though I couldn't prove it, I couldn't doubt it either — personally needing and seeing my faith at work.

It's not much of a resume, yet years later here I am, a miracle.

**"I once was lost, but now am found /
T'was blind, but now I see"**

— Amazing Grace by John Newton

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

Hospice 101: More than a Bed

Most people really don't know what hospice palliative care is and how it can support someone who is living with life-limiting illness, and their loved ones.

Hospice Waterloo Region provides comfort and support throughout the tri-cities and townships. Come to this session and learn more.



Join us for this free educational session to learn about:

- Hospice Palliative Care
- Residential Hospice
- Programs and Services available
- Advance Care Planning

Thursday April 18th, 12:00-1:30pm

Woolwich Community Health Centre

10 Parkside Drive, St. Jacobs

Will also be presented virtually over Zoom



To Register: email Tariq tabdulhadi@wchc.on.ca
or call him 519-664-3794 ext. 222
No cost to attend



519-743-4114
www.hospicewaterloo.ca



Palliative is Not a Four-Letter Word

When people hear the word ‘hospice’ or ‘palliative care’, the reaction is often one of sadness, fear, or perhaps even anger. These words carry a lot of meaning for people and may bring up past triggers, and so it is understandable that people shy away from them sometimes. The thing is, ‘palliative’ is not a bad word.



Several months ago, my grandfather was admitted to hospital with complications from his heart condition, and for many weeks a curative approach was taken as per his wishes. There were ups and downs, but his goal was to return home, and so we all worked with what he wanted. Then, one day, it was clear that this approach was not working, and was in fact causing him more pain.

As family, it was very hard trying to decide how to balance his desire to return home with the medical team’s curative plan, and the very difficult symptoms (and lack of improvement) we were seeing. While this was an incredibly hard time for everyone, and brought many tearful conversations, when the medical team finally used the word palliative approach – it was like a weight was lifted. Not only were we all given permission to have a different conversation, but we could shift our focus to what would bring comfort.

There can be great dignity and respect in using the language of ‘palliative’ with a person who has an advanced or life-limiting illness, and being transparent about the phase of life that the person is now in. When we avoid this word, or the care approach itself, we may miss wonderful

opportunities to support that whole person, to help them engage in advance care planning, and add more people to their community.

This blog was written by a staff member at Hospice Waterloo Region.

About Hospice Waterloo Region

Hospice Waterloo Region offers a number of programs and services to provide support – but more than that, it is a community where we see the whole person, where quality of life is key, and where moments of joy live strong.

Hospice Waterloo Region is also proud to offer hospice residence services in our Cook Family Residence. The hospice residence is a part of The Gies Family Centre.



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Blind Ambition



Hello friends. In January of 2022, I faced a pivotal moment in my life – major surgery. It was a time filled with uncertainty, but thanks to the exceptional care from my GP, Surgeon and the hospital staff, the procedure was a success. The road to recovery was long, spanning 17 weeks, but it was a period of profound reflection and determination.

This experience was a wake-up call for me. I realized that health is a priceless commodity, and I made a vow to never take it for granted again. With a renewed sense of purpose, I decided to retire from my business and dedicate myself to the pursuit of health and wellness.

Now, I'm on a mission to empower others in their wellness journey, sharing the lessons I've learned and the importance of taking proactive steps towards a healthier life. It's not just about avoiding illness; it's about thriving, flourishing, and being the best version of ourselves.

I hope my story serves as a reminder that it's never too late to prioritize your health and well-being. Here's to a future where we all embrace the path to Uncompromising Health™."

PS: As a token of my commitment to your health and wellness, I'm offering you a complimentary bottle of one of our four signature supplements to try for a full month, until April 30, 2024. Absolutely NO STRINGS ATTACHED.

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Warmly,
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Glaucoma: The Silent Thief of Sight

Glaucoma is one of the leading causes of progressive, permanent vision loss, affecting more than 450,000 Canadians. Unfortunately, glaucoma is challenging to diagnose in the early stages and many misconceptions exist about the disease.

There are two main types of glaucoma: Open-Angle Glaucoma and Angle-Closure Glaucoma.

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

In angle-closure glaucoma elevated eye pressure damages the optic nerve. 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!

Let us sort fact from fiction by debunking the most common glaucoma myths.

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

FACT

Measurement of the pressure within the eye is a critical part of a routine eye exam and yet 50% of glaucoma patients have 'normal' eye pressure! An assessment of the optic nerve appearance and function, including peripheral visual field testing are critical components of glaucoma diagnosis.

MYTH 2: Glaucoma shows symptoms early on

FACT

Open-angle glaucoma has virtually no signs or symptoms until the later stages when



permanent vision loss has developed. Peripheral vision is the first to go, and thus you may not recognize vision loss until your vision has become significantly impaired.

MYTH 3: 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 protect the optic nerve and slow glaucoma progression.

MYTH 4: You can't prevent glaucoma

FACT

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

Contact your optometrist to book your comprehensive eye exam today!

Howard Dolman, B.Sc OD

Dolman Eyecare Centre



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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 38 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. Volunteers have been an such an integral component of this 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.

Volunteers are the roots and foundation of our organization. Volunteers continue to play a vital role each year with more than 120 volunteers providing over 8,000 hours of service annually, 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.

As an organization we continue to welcome the involvement of individuals through a variety of volunteer roles, with opportunities adjusted to accommodate the time that individuals can contribute. Ongoing training and support are provided. Examples of volunteer opportunities include:

Meals on Wheels – Hot, nutritious meals are delivered to seniors in the community at noon

on weekdays, based upon established routes. In addition to the important role of delivering a hot meal, volunteers serve as an important source of social contact and a safety check for many isolated individuals in the community. Reimbursement of mileage is provided.

Transportation to Medical and Other

Appointments - Volunteers are needed to drive seniors in their own vehicles to medical and other important appointments both within and beyond our communities. Reimbursement of mileage is provided.

Friendly Visiting– Volunteers are needed to provide an important source of social interaction including visiting with isolated seniors, or joining them for a meal or coffee.

Home Support – Volunteers are needed to provide assistance with grocery shopping, household tasks, home repairs or home maintenance.

Adult Day Programs – Volunteers are needed to support individuals and programs within our adult day programs, a program which provides a wide variety of activities for frail seniors while offering respite to their caregivers.

Social and Recreational Programs – There are many opportunities for individuals to help us facilitate a variety of social and recreational programs across our communities, either through sharing their skills and talents in a program or supporting program participants.

Board of Directors – A volunteer board of directors governs our non-profit organization, offering their experience, knowledge of the community and their expertise to guide our organization.

We simply could not do the work that we do and have the impact that we do without the tremendous contributions of our volunteers. 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!

For information on volunteer opportunities, please contact us at 519-664-1900 or 1-855-664-1900.

Earthcare

Article provided by Wanda Cakebread,
Wilmot Township Resident

The month of April reminds us that spring is in the air. The Earth begins to wake from its winter slumber, and with the increased sunlight, the soil begins to produce green shoots of new life. A group of seniors living in Morningside retirement community decided to be more informed about the state of our climate so a committee, called Earthcare, was born. Once a month like-minded people with different skills and experiences come to a meeting to change practices which have been destructive to the environment.

One member investigated and installed heat pumps and solar panels on his home and has been preparing an annual accounting of the efficiency of this manner of heating his home. He hosted an open house where 15 people came to hear about the pluses and minuses of this project. The community looks forward to his conclusions at the end of the year. He has been able to almost eliminate the need for gas for household appliances.

Another has researched the benefits of plant-based diets and has been writing articles for our newsletter to educate about the merits of such change, and the benefits for the individual and the environment. Dietary dependence on animal agriculture is a leading contributor to climate change and environmental degradation. Our beef consumption produces huge amounts of greenhouse gas. It also converts carbon-capturing forests into pastures.

For several years now, the group has been arranging the purchase of rain barrels for the homeowners so that the rainwater can be used to water their gardens. This initiative has formed a partnership with Forest Glen Public school (parents) to educate the merits of such equipment as well as encourage the purchase of a barrel. Any profit generated will be divided between the school and Morningside community. The interaction between the generations is very satisfying as well as focusing on the Earth.

A Grand River Transit tour is planned. Some

members of the EarthCare committee will arrange a field trip with a representative from the GRT will guide us on this excursion, with transfers from the Van, ION, and other buses. The goal is that residents will familiarize themselves to confidently use public transportation. To travel to a medical appointment, the residents will be comfortable to use GRT when the weather is unpleasant, or unsafe to drive themselves. This efficient, inexpensive form of transportation is an initiative to reduce the amount of emissions used by current vehicles.

Each year, there has been a hazardous waste day, whereby everyone is encouraged to bring toxic, dangerous materials to a central location where these are separated, loaded into vehicles, and then transported to the Region of Waterloo Waste Management Landfill for a prearranged drop off. It is surprising that materials, such as perfumes, nail polish and remover, hair spray and deodorant are included in this collection. Other household chemicals such as cleaning products, furniture polishes, pesticides, motor oil and antifreeze are collected. Batteries, for cars, mobile phones or regular batteries are included. Last year, there were eight vans, forming a convoy filled with hazardous materials delivered to the landfill site. Furthermore, a community sense of participation and satisfaction in taking care of our environment was created.

One member knowledgeable of a project called Costie has been educating us about the erosion around rivers, creek banks and flood zones. This project is appealing because of occasional flooding of the Nith River. There are creeks from the Nith that run through Morningside and can affect the vegetable gardens and some homeowners' property. The term 'Costie' is based on the same idea as a selfie. Such changes as: shoreline retreat, erosion, recovery after an extreme weather event, storm surges, presence of nearshore ice, vegetation, and currents are recorded. This simple study can occur as one takes a walk along the path with their phone/camera in hand and take a Costie along the water's edge to document the status of the coast. This information can be very helpful to track erosion and other water damage as well sharing with ParksCanada.

Let's Tree Wilmot has been a very successful endeavor in the area. There are volunteers from

Morningside who enthusiastically participate in the planting of more trees in Wilmot Township. In fact, one of the promoters of this project is Dean Peachey, a resident from Morningside.

Another member, who is a climate activist, has acquired the skills on how to correctly create a petition that can be presented to members of the local, provincial, or federal government. Recently, a petition was created to deal with the windfall profit tax on fossil fuel companies so a better usage for this additional money could be applied to environmental projects. At election time, candidates, who will enact government policies and regulations to deal with global warming are encouraged.

Signs are posted to stop vehicle idling. Ten minutes of idling releases one pound of carbon dioxide into the atmosphere. These fumes lead to health concerns such as asthma, decreased lung function, cardiac disease, and even cancer.

To reduce the amount of plastic utensils, when eating out at a community event, we produced a washable, reusable cutlery kit. A quilter donated excess fabric for the construction of these kits. A sample was created; a production line team completed about 50 utensil kits with a sign-up list for more to be made. Inexpensive forks, knives and spoons were purchased at the Thrift shop to complete the kit.

The Earthcare committee has hosted speakers on topics which concern the care of our earth. There were two speakers discussing Greenway final disposition of the body. It was very eye-opening to see how much the use of wood, chemicals, etc. as part of the traditional burial method or cremation harm the environment. Green burial information was provided by a local funeral home director, whereby no embalming or coffin is required; the body placed directly into the earth. A speaker from Eirene described Aquamation, also known as alkaline hydrolysis. A combination of gentle water flow, even temperature, and alkalinity is used to accelerate the breakdown of organic materials. Aquamation has no direct emissions of harmful greenhouse gas or mercury and requires no burning of fossil fuels.

Needless to say, seniors have learned much and are willing to make the changes to protect the environment.

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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.

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200 Boullee Street, New Hamburg
519-662-2718 | www.tcmhomes.com

Trinity Village Studios & Terraces

2711 Kingsway Dr., Kitchener
519-896-3112 ext 300 | www.trinityvillage.com

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

TRAVEL

Stonetown Travel Ltd.

210 Mill St. New Hamburg
226-333-9939
www.stonetowntravel.com

Northstar Travel | Getaway with Ann and Pat

Group Designers & Tour Hosts
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www.northstartravel.ca

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226-896-1042
newhamburg@arnoldhearing.ca

Thank you to our many volunteers!



*We are so grateful for your contributions
to helping older adults live
independently in the community!*



*For information on volunteer opportunities
please contact us
519-664-1900 or 1-855-664-1900*

Property Listings



SOLD FIRM

SOLD FIRM-Tavistock

Custom Built, 2 +1 bedrooms, 3 baths, open concept, finished basement, spacious yard



MLS# 40542005 \$699,900

120 Jacob St. E. Tavistock

3 +2 bedrooms, 2 baths, 2 kitchens, fin. bsmt. w/ in-law potential, walk-out/up from bsmt., almost 1/2 acre, indoor pool



MLS# 40542378 \$929,900 806137

Oxford Rd. 29, Innerkip 3.5 acres

3 bedrooms, 2 baths, open concept living & dining, family friendly layout, Barn, Pasture, A1 zoning



MLS# 40524898 \$599,900

10 Brown St. Stratford

2 bedrooms plus nursery/home office, 3 baths, open concept main level layout, 1 1/2 car garage



Alison Willsey

Real Estate Broker

90C Peel St., New Hamburg, ON N3A 1E3

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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
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- Sports Nutrition

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

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- Online Prescription Refills
- Natural Health & Wellness Products
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Hours: Mon-Fri 9-6 Sat 9-3



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