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VOL 4 ISSUE 8 APRIL 2022

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On The Cover

Norma Iutzi from Wilmot Township has spent twenty-three and a half years doing a job she loved. Read the full story on page 8.

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LETTER FROM THE EDITOR

In April we recognize Volunteer Appreciation Month. Thank you to each and every one of you who volunteer your time and give countless hours to help those in need. For those of you who are considering volunteering keep in mind all of the wonderful benefits to starting. It can help reduce loneliness and isolation, help you gain a sense of self and purpose, help you develop new skills, help make new friends and it can also increase your physical activity. Be

sure to check out the inspiring cover story on Norma Iutzi and read all about her love of volunteering.

April 16th is National Advanced Care Planning Day. Advance Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself. For more information check out Woolwich Health Centres article on page 30.

Self-Care Tip ~ Focus on healthy relationships

A healthy give and take is crucial for sustaining healthy relationships, as both people must feel cared about and appreciated. It's just as important to be a good friend as it is to have good friends. Find and focus on relationships with those who can share their wins and positive vibes and help you realize that you can do the same. Make sure you are both giving and receiving in all of your relationships. Life is too short for negativity and one sided relationships.

“Listen carefully to how a person speaks about others to you. This is how they will speak about you to other people”

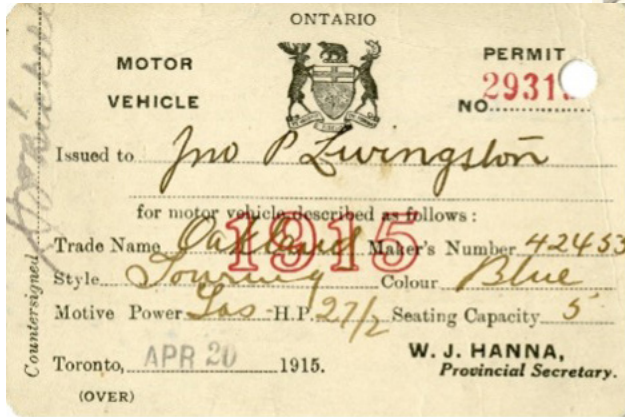
~ Author Unknown

Tara



Flashback Photo

Submitted by Castle Kilbride Historical Site



Castle Kilbride staff wanted to share this motor vehicle permit from April 1915. It was issued to John Peter (J.P.) Livingston. J.P. loved his Oakland car and had it for at least five years. In the 1920s and 1930s, he purchased Packard cars. Do you have a favourite car that you have owned?



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Town Square Pharmacy Home Health Care Centre

Spring is in the air, Pandemic related restrictions are easing and things are beginning to open up. We are anxiously awaiting the grass to turn green, to get outside to enjoy a walk and to stop and chat with our neighbours. For those who need it there are many tools to help you feel safe and confident while enjoying physical activity outdoors such as walking poles, rollators and canes. These can make outdoor activities much safer and more fun.

Many people have been waiting a long time for surgeries that are finally beginning again, sometimes with little notice. How can you be prepared? Knowing what to expect and knowing where help is available can be a relief. Most pre-op appointments will give you a list of what is needed for a speedy recovery. Unfortunately, some surgeries are scheduled so quickly that the family is not aware of what is required for rehabilitation until the patient is released from the hospital.

Hip and knee surgeries generally require a raised toilet seat, a no wheel or 2 wheel walker, a shower chair and a reacher. The Cryo cuff, or cold compression therapy, is also very beneficial in healing to control

the inflammation process. It is a device that contains ice and cold water that circulates through a hose connected to a pad for your knee or hip. All of the items are available for rent or purchase depending on your requirements.

There are many devices/products that can aid in general activities of daily living. Maintaining independence and dignity is beneficial for both the individual and their caregiver. Sometimes even the smallest tasks can be difficult. Eating is a good example; weighted cutlery, divided bowls, and adult bibs can make this task easier. The challenges that an individual faces can be very particular, we don't keep everything in stock but if you can't find what you need our knowledgeable staff are available to help provide options or source products.

We are happy to help you live your life to the fullest.

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Are Sore, Itchy Eyes a Sign of COVID-19?

If you've been exposed to COVID-19, you could be experiencing a range of symptoms, including fever, chills, sore throat, dry cough, and muscle aches. Now, studies have found that itchy, irritated eyes can also be a sign of a COVID-19 infection. Here's what you need to know.

Eye Discomfort and COVID-19

There are many reasons why people experience eye discomfort: Dry winter air, allergies and dry eye syndrome can all cause your eyes to feel itchy, gritty, and uncomfortable. Now, a new study suggests that COVID-19 may also cause these symptoms.

A January 2022 retrospective study, published in *Medical Principles and Practice*, analyzed data from patients who were clinically diagnosed with conjunctivitis – also called “pink eye” – an inflammation of the conjunctiva, and who were later referred for PCR testing for COVID-19.

Symptoms that led to the diagnosis of conjunctivitis included eyelid pain or discomfort; a foreign body sensation in the eyes; itchiness; excessive watering; and crusting or flaking at the corners of the eyes.

Of the 672 cases sent for PCR testing after diagnosis of conjunctivitis, 121 (about 18%) were found to be positive for COVID-19.

The percentage of patients diagnosed with both conjunctivitis and COVID-19 was statistically significant enough to conclude that conjunctivitis could be a symptom of possible COVID-19 infection.

The researchers concluded that conjunctivitis can be the very first noticeable sign of COVID-19, since symptoms of conjunctivitis were often reported by COVID-positive

patients several days before they noticed other symptoms more traditionally associated with the virus, such as fatigue, cough, fever and loss of taste or smell.

Furthermore, because conjunctivitis and its accompanying ocular itchiness and soreness can encourage a person to touch their eyes more often, it may increase the spread of COVID-19, the researchers said.

What To Do If Your Eyes Itch

If your eyes are itchy or sore, do your best not to touch them, as this can spread COVID-19 or another infection to the surfaces you touch. Wash your hands thoroughly and use doctor-prescribed eye drops, when possible, to alleviate symptoms.

Health care professionals recommend taking a Rapid Antigen COVID test upon the first sign of symptoms to determine if you are COVID-positive and whether your symptoms could be linked to the virus.

If you are COVID-19 negative, your symptoms may be due to an eye infection, dry eye, or another cause. Your eye doctor can prescribe eye drops, medications or discuss a range of in-office treatments to relieve your symptoms.

Q & A

Can COVID-19 cause blurry vision?

COVID-19 does not cause blurry vision on its own. However, people with COVID-19 can experience extreme fatigue, which can affect the way the eyes function and the brain's ability to process visual information. This level of fatigue has been known to cause blurry vision, headaches, or eye strain.

A 2020 study published in *Graefe's Archive for Clinical and Experimental Ophthalmology* suggests that blurry vision can, in rare cases, result from conjunctivitis linked to COVID-19.

Howard Dolman BSc OD
With thanks to EyeCarePro



COVER STORY

Norma Iutzi Making Every Day Matter

Norma Iutzi is one of the lucky ones. Norma spent twenty-three and a half years doing a job she loved.

First, she served as the Program and Volunteer Coordinator at Nithview Long Term Care, a seniors' community in New Hamburg, Ontario. Later on, still at Nithview, Norma worked as the Recreation Assistant for the Retirement Community residents, along with the newly acquired Volunteer Coordinator role once again.

"I'm happiest when I'm helping people," she says. On December 31, 2021, Norma retired from Nithview Community, but she already plans on returning as a volunteer.

Volunteering comes easily for Norma. Before

working at Nithview, she had already been a volunteer there for 20 years! Living within walking distance, Norma enthusiastically served as a hostess for the Nithview Auxiliary Tuesday Evening music programs. This led into Norma being able to use her musical talents to conduct the Nithview Seniors' choir for 40 years until the COVID pandemic arrived in 2020. This truly was a labour of love for Norma as it combined her love of music and her love for senior citizens.

"It was my passion to ensure the musicians, who practiced diligently, were presented with opportunities to share their gifts with a broader community and not exclusively Nithview Community," she says.

Born in Zurich, Ontario, Norma came to live in New Hamburg in 1971. She and her husband John have 3 daughters named Sara, Laura and Amanda, all of whom worked as students at Nithview. Today they have eight grandchildren to love and spoil.

Norma's passion for her work went above and beyond her love of seniors. "It was my belief that I was called to Nithview to fulfil the mission of Coordinating Volunteers and planning programs," shares Norma.

And serve with passion, enthusiasm, hard-work and love, Norma certainly has done. When Norma thinks of the qualities that volunteers have, what stands out the most for her is having a servant heart – fulfilling the mission statement, "Making Every Day Matter".

"Serving others is the rent you pay for your room here on earth," she says.

A friend of Norma's once said that volunteering one's time and energy seems to be inherent in the DNA of some people. Not only does Norma fully agree with this, but she adds that wherever there are people with big hearts, there is opportunity for kindness.

Norma has learned first-hand the benefits of volunteering. She shares the following benefits with Embracing Change:

- ✱ connects you to others–increases your social & relationship skills
- ✱ boosts self-esteem
- ✱ good for mental & physical well-being enriching

the body, mind & soul

- * counteracts the effects of anxiety, stress, anger & sadness
- * allows you to connect with the community—reaping the benefits of building community
- * provides opportunity to gain knowledge & understanding of other ways of life
- * acquires a sense of purpose reaping happiness and joy

Over the years, as the value of volunteers became more evident in LTC homes, government legislation slowly changed stressing inclusion and kindness with the introduction of more informed policies and education. Norma has certainly witnessed great change in regards to volunteer responsibilities. In the past, volunteers could more easily take leadership roles.

Now with changed protocols, volunteers are in more assistant roles. But just like the drastic changes that the COVID pandemic has caused, Norma's focus never wavered.

“My love for Nithview never waned, but grew with each experience I encountered and chose to face with determination and the drive to succeed,” shares Norma.

Norma's programs, with the assistance of dedicated volunteers over the years have been varied, fun and meaningful. Programs have included leading Bible studies, convening teen volunteers, playing games, conducting birthday parties, organizing bus trips, reminiscing circles, baking/preserving, exercise classes, Christmas activities with Nithview Auxiliary, coordinating piecework for the local Thrift Store, quilting, etc.

As a gifted decorator, Norma was known and appreciated for the special seasonal decorating she did around the halls of Nithview Community. Often, she would decorate after hours with the help of residents, and occasionally volunteers and family members.

Another helpful job that Norma lovingly did after hours was mending clothing for residents. Norma thought nothing of sewing on buttons or shortening trousers.

“My motherly instinct and love for sewing perhaps prompted me to do this task for residents of the Retirement Community,” she shares.

Pre-COVID, the Tea Room that Norma was so

instrumental in overseeing, used to operate 7 days a week at Nithview from 2:30 to 4pm daily.

“In the minds of residents and their families, the Tearoom volunteers were the epitome of great,” recalls Norma.

The Tearoom used to be the social hub for residents, staff, families and friends to enjoy a snack, to reminisce, to enjoy entertainment and for celebrating special occasions. The volunteers themselves also would vocalize how this social time enriched their lives as well. Volunteering is a job worth chronicling, not as an assemblage of lofty achievements but as a unique expression of generosity, kindness, and community.

A particularly enriching program that Norma fondly remembers is the Mennonite Central Committee Trainee program. Young volunteers used to come from other countries to live and experience our Canadian culture. These volunteers would spend 6 months at Nithview working with residents by sharing information about their home country—through costumes, videos and food—all the while absorbing our Canadian culture. To this day, Norma still corresponds with several of these past trainees.

Norma's most cherished highlight of her time at Nithview is the publishing of life stories of numerous residents—both in the Retirement Suites/Apartments and in the Village/Garden Homes. It was during morning exercise classes—that were also times of reminiscing—that a spark was triggered in Norma's mind to have residents share and print their stories.

“I was privileged to work with Nithview's own in-house author (Ruth Zehr) who interviewed, scribed a draft not once but several times, all the while developing a close and lasting relationship with each participant,” retells Norma.

Norma and Ruth's joint effort resulted in the publication and distribution of hundreds of copies of their books, “Everyone Has A Story.” Volume one was published in 2008 and volume two in 2014.

Reflecting on the past, Norma says, “I had wonderful people to work with. I always felt supported by the Leadership team and the Tri-County Mennonite Board. Seniors have so much to offer, if you just take the time to listen to what they have to share. Expressing a mere thank you does not seem like a strong enough emotion for the love and support I felt from everyone. Staff, residents, volunteers and family members have truly been a blessing and a gift to me over the years.”

Continued on page 10

The following is a poem that holds great significance for Norma.

The Gift of Time

The giving of time is a special gift. . .

can never be wrapped in paper and bows. Always delivered with love of the heart, to give and to share wherever one goes.

Time is a gift never measured by cost, just priceless minutes or hours to supply comfort in sadness, or laughter in joy, to a loved one, a friend, or passer-by.

Much harder than simply giving a gift sought for and purchased with value we earn, Time is a jewel, more precious than gold. . . something to offer with thought and concern.

Be there for one who lost a dear spouse, A mother, father, or special someone. The gift of our time. . .to listen, to care. . . this sacred present cannot be out-done.

Be there for a child, a neighbour or pal, even for joy, give the time to commend. Say well-done, give praise, be happy at heart; this welcomed support wins out in the end.

Be it minutes or hours, days, even weeks, small gifts of time that encourage, console, cherished by all. . .immeasurable worth remembered, treasured by mind, heart and soul.

Sandra M. Haight

--

Norma shared with Embracing Change after the story was written that Elaine (who wrote this article) was one of her valued volunteers once upon a time. She came at mealtime to help feed the residents.

--

Today you can volunteer at Nithview in the following positions: portering residents to the dining room at mealtimes, assisting in the dining room, assisting staff at programs, portering for hairdressing, being a one-on-one support to a resident with reading, playing games and conversation, or by being a spiritual care volunteer that reads scripture and prays while visiting.

For more information about volunteer opportunities at Nithview, please contact: Stacey Zehr szehr@tcmhomes.com or visit the Tri-County Mennonite Homes website for an application form.

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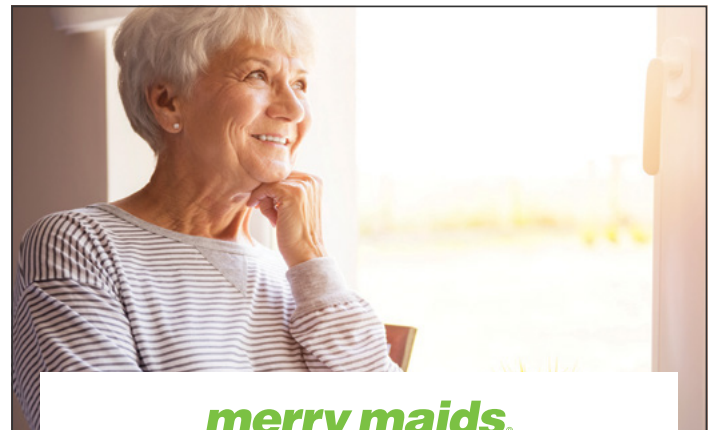
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How We All Can Become Dementia Friends

Alzheimer Society Waterloo Wellington

“People barely dare talk about it. I have survived the disease, cancer. At that time people constantly asked how I was doing; now that I have got Alzheimer’s disease, nobody asks.”

Stigma, comes from Greek meaning ‘a mark made by a pointed instrument;’ it has evolved into something which causes an individual to be classified by others in an undesirable, rejected stereotype. Misconceptions of dementia and the people who are affected by stigma are a problem around the world. Stigma prevents people from acknowledging symptoms and obtaining the help they need. It causes individuals and organizations to behave in ways that are unhelpful, emphasizing the symptoms of the disease rather than supporting the abilities that people with dementia have. It has become a barrier to improving dementia care and furthering research. Stigma is a disease that permeates our society. National reports in both the United States and UK indicate that Alzheimer’s disease and dementia are among the most feared diseases associated with getting older. Dementia is the most significant cause of disability among Canadians 65 and older, and costs us billions of dollars each year. We have heard these points before, negative comments and conversations permeate into news and common parlance, discussing cost and consumption, and ‘the burden of the person’.

Awareness of dementia has rising in our society, but with awareness came fear. This fear rooted itself in the general public, but also permeated into the person living with dementia – fear from the person with dementia that their life is changing for the worse, and that there are no interventions and/or support to help them to live as well as possible, and that they are somehow to blame for the negative changes in their behaviour and personality. This fear and stigma clouding the diagnosis and care for dementia usurped the conversation.

Life does not end with diagnosis – it is the Alzheimer’s Society’s goal to champion a multi-sector collaboration movement focused on improving quality of life for people living with dementia and their care partners. We are challenging this stigma for the better,

with efforts from health care professionals, educations and the Alzheimer Society we are successfully diagnosing early. We are trying to swing the pendulum surrounding dementia. In fact, one of the most significant changes in our conversations about dementia is that people living with dementia want to talk. For perhaps the first time, people are being diagnosed at early enough stages that they want to be involved in the decisions that will affect their lives. They are shunning the stigma of former times and speaking up. This is a great step towards person-centred care. We as a community need to continue to meet the people living with dementia where they are. One care partner shared their experience when a community came together to support a person living with dementia:

“My dad no longer enjoys the same level of independence or range of activities as he did prior to his diagnosis, but his quality of life remains good. He remains living independently at home because, without realising it, the community in which he lives has rallied round to support him. He has many dementia friends. The taxi office opposite has our contact numbers so when he tried to take a taxi and got lost it worked out where to take him and alerted my brother. The shopkeeper reminds him which paper he prefers. The neighbour brings in his bin in case my dad becomes distressed when it appears to be missing. Another neighbour calls to walk him to the lunch club in a local church every Monday as my dad wouldn’t have the confidence to go alone. These people are all dementia friends.”

These people unintentionally became a dementia-friendly community. The goal of the Alzheimer Society Waterloo Wellington is to promote the intentional implementation of this. How can we curate this community? Through normalization of dementia. Alzheimer Research UK published ten steps on how we can overcome stigma. The first step is to educate, so if you are reading this article, you are on the journey towards a stigma-free community.

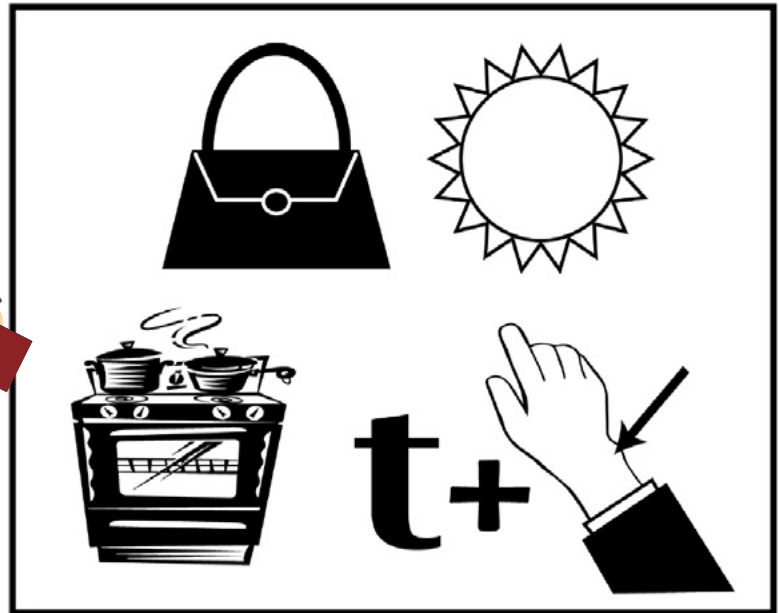
Alzheimer Society
WATERLOO WELLINGTON

April Puzzles!



Concentration Puzzle

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



Word Pyramid #6

Answer the clues to fill in the pyramid.



1. Failing grade

2. Never-ending number

3. Feline

4. Expendable chess piece

5. Land of pharaohs

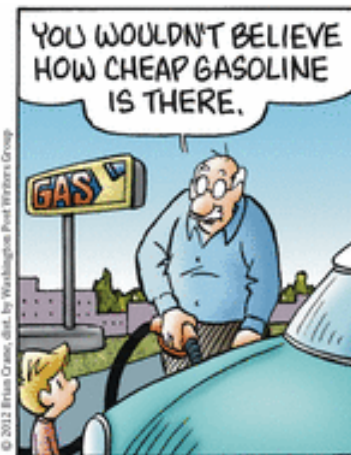
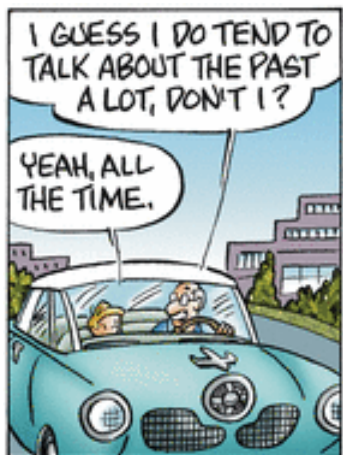
6. Kettle material

7. Poseidon's spear

8. Twelve o'clock at night

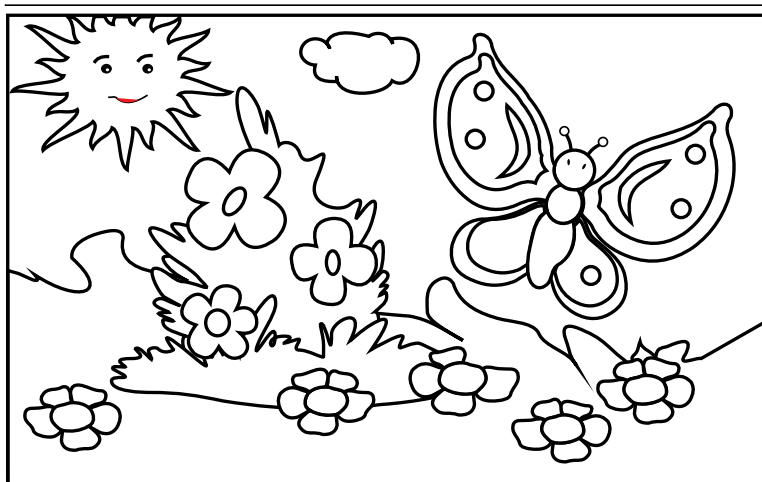
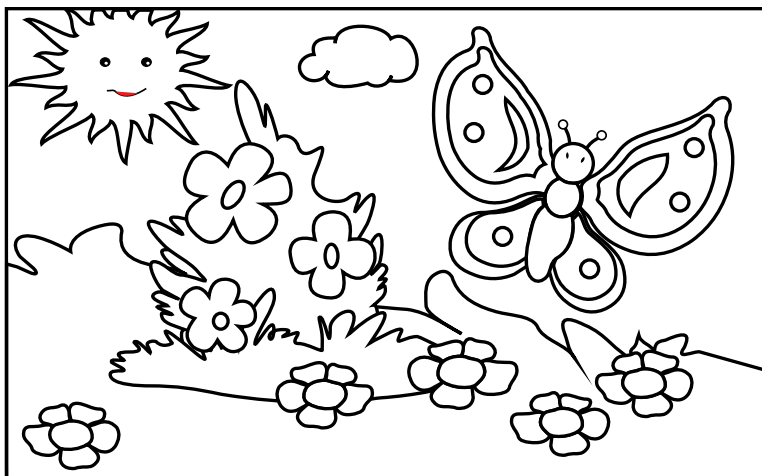
9. Not remembered

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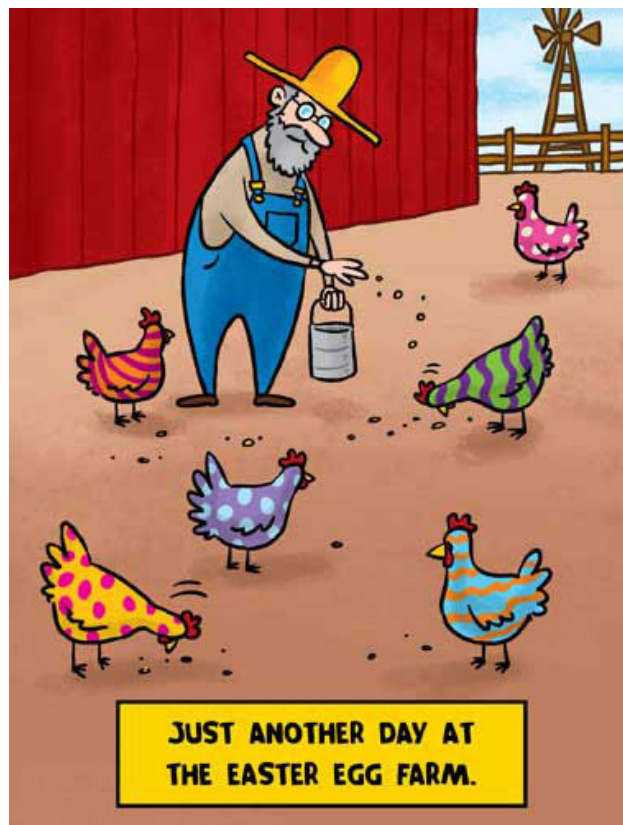
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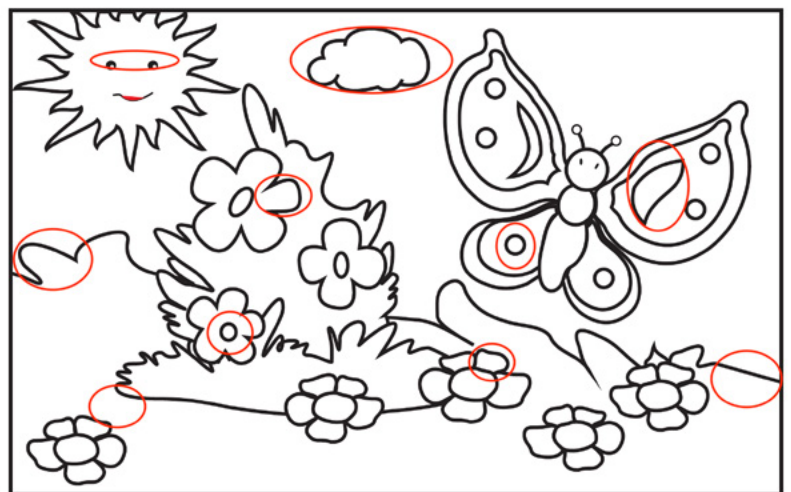
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Concentration Puzzle: Person of Interest

Solutions

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Ask the Doctor

with Dr. Nicole Didyk

What are your thoughts on the 'mask mandate' lifting? Is it safe at this point for older adults?

It's the moment many have been waiting for, but some are greeting it with dread: masks are not going to be mandatory after March 21 in most indoor settings. And soon they won't be required on public transit, long-term care homes, health-care settings and shelters.

Over the past two years, we've learned a lot about COVID-19 and its variants. We know that older adults, especially those living with frailty in long-term care are more likely to get ill or die from the virus. This makes many elders and their families reluctant to shed the masks and go into public indoor spaces. So how to decide if mask wearing is for you?

Experts that I follow (Dr. Leslie Kernisan of BetterHealthWhileAging.net and Dr. Bob Wachter of the University of California San Francisco), have advised that one factor is the number of cases per day in your community. This can also be referred to as the community transmission rate. If there are less than 10 cases per 100 000 per day in your community, it's less likely that you will come into contact with an infected individual. At a lower rate of community transmission, there's almost always a lower rate of hospitalizations and deaths from COVID. If you want to find out what your local numbers are, go to <https://covid-19.ontario.ca/data/case-numbers-and-spread>

Of course, wearing a face mask is still going to be an option and if that's your choice, it should be respected. And some COVID habits should never end, like washing hands or using hand sanitizer, staying home if you're sick and covering your cough or sneeze.

I also think it's important for older adults to get back into physical activity and social occasions

as soon as they are able. Once masks are off, I hope that older adults will consider the risk of getting COVID versus the risk of remaining isolated and less active and make the right choice for themselves.

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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A Song for Every Season

I'd like to show how anyone interested in creative thinking can benefit from a simple approach.

For writing, just a little advice can sometimes go a long way. Plus, I can usually manage to blend in some meaningful music quotes into the mix. I also find this manner of contemplation generates other great ideas. But I must admit, every time I do this, I wonder why I don't do it more often. There just seems to be so many distractions in life. But that's part of the process... continually reminding yourself of the benefits to you and others... letting your true feelings guide you.

The way I've learned to express gratitude hangs on each letter of the word 'HELP': Happy, Excited, Love, Proud.

Happy: I find its universal like friendship. So, when Rob, my former bandmate passed away, I could feel the hole in my heart grow. At the end, saying he loved me like a brother... happy words that can never fully describe the pain and joy, but we must try.

**“What would you think if I sang out of tune?
Would you stand up and walk out on me?”**

- *With a Little Help from My Friends* by the Beatles
[Watch on Youtube](#)

Excited: Covid-19 – even as the end is in sight. These are happy words – even as we continue to deal with the aftermath. Even as millions have succumbed, it remains almost invisible to many more people who've not been touched personally. Out of sight; out of mind?

As Bob Dylan asked in 'Blowin' in the Wind', "Yes, and how many times can a man turn his head and pretend that he just doesn't see?"

Love: When you lose love you're lost. Yet, this most precious of gifts is sometimes taken for granted. You have it, hold on to it.

Proud: We are so proud of our front-line pandemic caregivers who work tirelessly on our behalf. They bring comfort to the sick and dying—when medical protocols mean we can't. No one should have to die alone.

**“But of all these friends and lovers,
There is no one compares with you”**

- *In My Life* (John Lennon) presented by Sean Connery [Watch on Youtube](#)

Yes, there's a more targeted way to live our lives; I can see it, but it's so hard to be it. There's so much to do... so much to learn... so many ways to pay back. The thing is, how can we return all the undeserved love we've been given in our lives?

As the Doobie Brothers sang it –

“Without love, where would you be right now?”
(*Long Train Running*) [Watch on YouTube](#)

Paraphrasing Beatles' producer George Martin, when you're working with creative talent, you must let them be... guarding against excess yes but watching in amazement as they project their personality into a song... letting their genius shine through like nobody else can. So, thanks for the memories, Sir George.

“Finally, The Beatles,

**“And in the end, the love you take is equal
to the love you make.”**

[Watch on YouTube](#)

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

Are Adult Lifestyle Communities Right for You? If so, what do you need to consider?

written by Alison Willsey, Broker, Peak Realty Ltd.

Adult Lifestyle Communities in Ontario are typically designed for Mature Adults who are Active. I find these communities are often designed and built on the edge of a small town or community or city sometimes near water. Many times, they have a somewhat rural location and feel. The location is key and most times they are in an area that is within close proximity to amenities and ease of access to activities that mature adults may need and enjoy. Examples may be Clubs/Volunteer organizations, golf courses, recreation centres, pools, shopping, and amenities. Mature Adults may also be looking for towns with some culture, healthcare facilities etc. The homes are often built or geared towards adults without children. They can't discriminate regarding age but there would be no school bus pick, only so many bedrooms usually 1-2 on main level and sometimes bedrooms in basements are not permitted as per community by-laws. as well as no playgrounds and no activities or amenities for children.

REASONS WHY YOU MAY CONSIDER MOVING TO ONE OF THESE COMMUNITIES

Your children are gone, and you are looking to live in a more mature, quieter, more safe and secure neighbourhood where people may share similar interests and who may be like minded. Perhaps you are finding your neighbourhood is starting to be populated with young families and now that you are at a different stage in life, you may be looking for more opportunities to socialize with people in similar stages of life. Chances are there will be more people with free time, and this will offer more opportunity to meet people to spend time with participating in activities like sports i.e golf or fishing and perhaps going to the theater with or to participate in group bus tours and/or trips. Maybe you are close to retirement age and are looking for a more rural location or non-urban setting to relax

and get away from the hustle and bustle. Perhaps your kids are grown and gone, and you have an opportunity to work from home and therefore can live anywhere.

PLAN AHEAD

What type of community do you want to be in? A Common Elements or a Condo community where you own your own home and land the home is situated on but pay a common element fee for the ground maintenance throughout the private community as well as use of a club house or a pool and property management fees. In this type of community, you may or may not have lawncare and snow removal included. All things to research in advance. You will also want to know what kind of financial situation the condo corporation and/or management company is in. You would want to review any condo documents and status certificates in advance of purchasing so you know if the financial obligations are being met and are on budget. These documents will also indicate what restrictions and or rules or by-laws are in place. For example, are pets permitted? Are there limitations regarding their size or breed? Are there limitations on occupants per household (this may be the case in a community that is on septic systems vs municipal water/sewer). You may also want to ensure that if you require financing of any sort that they will lend on properties in this style of community as some are hesitant if there are restrictions in place. You may want your lender to review these same documents and your lawyer.

Some communities are on leased land so one owns their own home but not the land it is situated on. In this case you may have a monthly lease fee paid to the Corporation who owns the land. There could be additional fees for lawncare and maintenance and snow removal as well as the use of rec centre and/or community pool and other amenities offered. Find out if there is a water/sewer charge also and how the property taxes are paid in a community like this. These items may all form part of a monthly fee charged to the homeowner. Make sure they are well maintained communities. This will be a good indication of the financial situation the community may be in and the rules they have in place to maintain the market value of the homes within the communities. These rules again, could include

limitations on pets and breeds, fencing, sheds, parking, number of vehicles per household, exterior colours and/or improvements/additions etc.

What style of home are you willing to accept? A single family dwelling? A mobile home? A manufactured home? Townhouse style? etc. It is important to determine what size and style of home you require.

How about location? Are you wanting to be closer to children? Grandchildren? Family? If so, make sure you spend time researching the amenities these communities have to offer before committing. Do you love to ski and play golf? Do you love to fish and/or go boating? How close are these activities? Perhaps you enjoy the theatre or want to be near the water? Do you love fine dining? Do you have a health condition that would require you to be near a major hospital or health care facility? Take time to drive and investigate these communities and what they have to offer. Do they have a pool? A community centre? Can the centre be rented out or used for family events? Is there a golf course or easy access to walking or hiking trails? Do they have shuffleboard, pickle ball, ball hockey, tennis courts,

badminton, woodworking centre? Arts and Crafts centre? Library, Bridge leagues, Card Clubs, Travel Clubs etc. Talk to some of the residents there too to find out if they enjoy what the community has to offer and if there is anything they feel could be improved upon.

I always recommend consulting with both your financial advisor, accountant, mortgage specialist/ advisor as well as your Lawyer and trusted Realtor along the way for guidance and advice. Everyone's situation is different, however; they can assist you in making educated decisions. Do you have to sell your matrimonial home? Whose name should a new purchase be in? Do you require financing? A home equity line of credit? What investments may you need to cash in on to make the purchase and the tax implications of such? How much is your current home worth? Will the community restrictions make it difficult to finance the purchase? Can you take a traditional mortgage out on homes in all these communities?

These questions need to be answered by the professionals so that they can assist you in making sound decisions that are right for you.



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Health First Dental Hygiene

Written by: Kelly Durst

Introducing: Health First Dental Hygiene! Wilmot, Wellesley and Woolwich Township's only Dental Hygienist that can come directly to you!

Wait, you're going to talk to us about dental care?! I promise you, you want to hear this. This is different!

Let's start with the basics, shall we. What is an Independent Registered Dental Hygienist (IRDH)?

An IRDH has earned an extra designation to be able to work independently, without a dentist on site. An IRDH has a passion for preventative oral hygiene care, and is here to help you achieve and maintain that. A major focus of Independent Dental Hygiene is to provide Access to Care for those who may find it difficult to get into a typical dental setting. There are many reasons people forego standard dental care, however, I find that finances, anxiety and mobility are the biggest detriments. That is why I created Health First Dental Hygiene.

Finances:

Independent Dental Hygienists follow the Ontario Dental Hygienist's Fee Guide. Health First Dental Hygiene is proud to be able to offer dental hygiene services at 10-30% off what you would pay in a standard dental office. In addition, seniors (65+) without dental insurance, receive an additional 15% off services at Health First Dental Hygiene. For those who need financial support, we are available to assist with government funded dental care.

Anxiety:

For many of us, our anxiety spikes when we hear the word "dentist." Another bonus of an IRDH is that there is no dentist on site. That means no drilling noises, no funny dental smells, and no costly treatments being presented. Health First Dental Hygiene offers services both at your home OR in my office. This allows the client to choose which setting is right for them, which helps to decrease anxiety. It's worth noting that if you

do come to the office, you can choose your own music, podcast or show to help with your comfort.

Mobility:

I am extremely proud that Health First Dental Hygiene is the only Oral Health Care Professional in Wilmot, Wellesley and Woolwich Townships that can come directly to you. My equipment is fully mobile and you will receive the same quality of care as if you were to come to the office. I am able to come right to your home or care facility with everything needed for a thorough dental hygiene experience.

Mobility concerns don't only have to address those who are physically restricted or home-bound, it can also be a time constraint that deters you from making that appointment. Why not have Health First Dental Hygiene come to you? It will save you time and meet your scheduling needs. I can even see other family members while I'm there, ensuring the whole family maintains optimum oral health.

With every appointment with Health First Dental Hygiene, we will provide a personalized experience. We also recommend an oral home-care routine so that you can maintain your own dental hygiene to the best of your ability. We are also able to support anyone who may be assisting you, ensuring everyone on your team is educated in proper oral hygiene.

FAQ:

1) Can you see a Hygienist without seeing a Dentist?

Yes, an Independent Dental Hygienist has earned an extra designation to be able to work on their own. If you need a dentist or other health care professional, I will let you know. Referrals are provided, as necessary.

2) What services does Health First Dental Hygiene provide?

Full dental cleanings and polish; dental hygiene

exams (oral cancer, periodontal (gum) disease), myo-functional therapy and teeth whitening. I also provide interim services for those who need further care; I will ensure you are out of pain and stable until you are able to see a dentist. To be noted, Health First Dental Hygiene's office is co-located with New Hamburg Denture Clinic, should you need denture services.

3) How do I know if an Independent Hygienist is right for my oral health needs?

Ask yourself this - do you value your oral health and overall health? Do you value personalized care? Do you want someone that can make this experience as easy as possible? If the answer is yes, then Health First Dental Hygiene will meet your needs.

4) Do you accept insurance?

Yes, I accept insurance. I also assist in applying for government funded dental care, for those who qualify.

5) What is Myo-Functional Therapy?

Think physiotherapy for your face, myo-functional therapy focuses on the proper development and function of the face and airway. Many of us

think crowded teeth; TMJ issues; poor chewing, swallowing and digestion; snoring and sleep apnea, are par for the course. Myo-functional therapy helps to address these dysfunctions and get to the root of WHY. A therapist will provide individualized exercises, which will lessen or eliminate the dysfunction. We don't just have to live with it or band-aid the symptoms.

**Kelly Durst
Independent Dental Hygienist,
Myo-Functional Therapist**

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91 Peel Street, New Hamburg
N3A 1E7

Email: kelly@myhealthymouth.ca

Web: Myhealthymouth.ca

Phone: 519-897-7341

** Claim that Health First Dental Hygiene is the only IRDH in Wilmot, Wellesley and Woolwich Townships that is able to come directly to you, is provided by the Ontario Dental Hygienists Association: <https://odha.on.ca/independent-dental-hygienists-kitchener-area/>*

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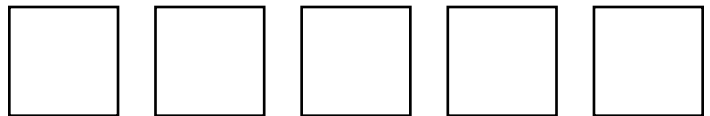


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Today's Wordle:



What is the one thing 100% of us experience, yet is impossible for humanity to get our heads and hearts around? The 5-letter 'wordle' of the day: death. It's not something we even say, easily, preferring euphemisms like 'passed away'. Yet, especially as we grow older, it's reality is unavoidable. The pandemic has floated the possibility of death up to the surface, and we've worked hard to protect ourselves and those most vulnerable. We want to live. So what place in life do we give to death, and how do you feel about it?

It has been suggested that the prospect of death evokes anxiety for some. Why might that be? Perhaps it's a reluctance to let go of the familiar, a sadness in endings. If there's something unfinished or unresolved in life, you might be anxious to get it done. Some wonder what is ahead - if life continues beyond death, what is that like? Some carry fearful imaginings picked up in early life. Some anticipate the emotional vulnerability of relationships on the brink of forever-change.

Death is a big deal. It deserves the emotional energy it evokes in us. But it need not be negatively stressful. As a society we have increased our death



Happy Easter

Have a happy & safe celebration

Mike HARRIS
MPP KITCHENER-CONESTOGA

Constituency Office
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anxiety by hiding death away, when not long ago it was a more expected part of family and community life. But we can't hide it forever. As the years roll by, death becomes more and more familiar, as those still living know more and more people who are now dead. For many, this familiarity breeds comfort.

An interesting study of older adults and their adult children showed that the adult children had much higher death anxiety, and imagined their parents to have twice as much death anxiety as the parents actually had. It seems death anxiety naturally decreases with age.

In my work in retirement homes and long-term care, I have seen very little anxiety in those who are dying. More often than not, they are ready to go and at peace with the process. Perhaps they are comforted by a belief that death is not the end. Others are content that death IS the end, a completion of a finite life. Excellent palliative care can keep a person's body relatively comfortable as it gradually slows to a stop.

A colleague shared with me that once when she was busily putting on soft music, and arranging other comforts for a dying woman, she was slowed down by quiet words from the bed – "I'm okay, It's okay".

So what if you're not there yet? Opportunities to talk about death with others can help to bring it out of hiding and into the light. Anxiety grows best in silence and isolation. Though it can feel impossible to start such a conversation, all most people need is a little permission in a relaxed setting.

- ✦ Do you remember your first experience of someone/something dying? (Most people do, and have a story to go with it. Mine involves burying a bird in the farmyard with my cousins, and picking lilacs to cover the grave.)
- ✦ What was your mother/father's death like for you?
 - o What do you hope will be the same in your experience? Different?
- ✦ What do you wonder about?
- ✦ Are there beliefs you hold about death that bear some curiosity? Have early learnings, or the entertainment industry, planted fears or imaginings in you that you might notice and evaluate?
- ✦ What do you hope death might be like?
- ✦ Do you have a faith community, belief system or

understanding that helps you to see death as part of life?

What happens beyond death is a mystery that's not ours to solve. When we ask about actual experiences, we tend to hear positive comforting stories. Some whose loved ones have died sense ongoing presence – the sound of a loved one breathing, signs like coins or feathers in unlikely places that feel like a message of reassurance... I don't know how to understand this, but see no harm in assurance that, in some way, love is eternal. As human beings we are meaning-makers. In the face of death, that which remains, in us and for us, is valuable.

As winter melts into spring yet again, we're reminded that death is not the end of the story. Life holds mystery beyond our comprehension, and offers its gifts to us, even in and through death.

Want to read more?

Be Not Afraid: Overcoming the fear of death by Johann Christoph Arnold (a deeply thoughtful Christian), 2002.

21 Days to Die: The Canadian Guide to End-of-Life by Linda Hochstetler (a social worker and Buddhist chaplain), 2021.

Being Mortal by Atul Gawande (medical doctor), 2014.

Facing Death without Religion by Christel Manning, Harvard Divinity Bulletin, 2019. <https://bulletin.hds.harvard.edu/facing-death-without-religion/>

Sinoff, G. (2017). *Thanatophobia (Death Anxiety) in the Elderly: The Problem of the Child's Inability to Assess Their Own Parent's Death Anxiety State*. *Frontiers in Medicine*. <https://doi.org/10.3389/fmed.2017.00011>

Want to talk with others?

<https://deathcafe.com/> is a good place to find both online and in-person opportunities to have conversation about life, death and loss.

Jane Kuepfer,

Schlegel Specialist in Spirituality & Aging

Schlegel-UW Research Institute for Aging and Conrad Grebel University College

jane.kuepfer@uwaterloo.ca



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

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

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

Check your medicine

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

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

Spring is also an ideal time to check your emergency kit and make sure it is restocked.

It is helpful to make sure that you have a flashlight, spare batteries and a supply of band-aids, scissors, tape, antibiotic ointment and dressings.

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

Ask for help. Sometimes the work can seem too much, especially if you face strength or mobility challenges. Never try to move large objects on

your own or stand on chairs or ladders to reach high objects. There is help available to you. Community Care Concepts has Senior Support Workers available, at no cost to you, to help you with some of these needs throughout the year. For ongoing homemaking, outside maintenance needs or larger projects, they also have screened, brokered workers who are available at an affordable cost.

Take some time for

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

For information on these or any other activities or services in your community please contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.



So You're Thinking About Long-Term Care

Written by: TCMH Staff Writer



As we age, we want to remain independent as long as possible, but there comes a point in time when we need to consider if our needs are being met in our current living arrangements. If you have ever asked yourself whether it was time to think about long-term care for you or a loved one, it feels like an enormous task – where do you begin?

At Tri-County Mennonite Homes (TCMH), we are often asked what steps people can take when they start thinking about placement in long-term care. There's no right or wrong way to approach the subject, but we suggest you give yourself lots of time to think it over. Moving into long-term care is a significant shift, but one that can be very beneficial if the time is right. Aging in place at home allows for greater independence, however the risks should balance against the need.

Some things that signal you or your loved one might need long-term care include requiring assistance with daily life like getting out of bed, toileting, or dressing. If these kinds of tasks are being completed with assistance from a family member and the individual is not able to do them on their own, that might be a sign to start looking at your options. Other signals include concerns for safety and wellbeing, needing professional care and high levels of personal support, family members are not able to continue caring for the individual, or the individual is not being able to return home after hospitalization.

Placement in long-term care is coordinated by Home and Community Care Support Services (HCCSS), formerly known as the LHIN. For this region, we belong to Waterloo Wellington HCCSS, and they manage the waitlist and placements

for all long-term care. HCCSS can also help you arrange for additional services in your home should it not be the right time to move into long-term care. The staff at Home and Community Care Support Services are very friendly and knowledgeable. They are your best resource when thinking of long-term care placement.

Home and Community Care Support Services Waterloo Wellington

<http://healthcareathome.ca/ww/en>

Phone: 519-883-5555

Toll Free: 1-888-883-3313

A health care professional from HCCSS will assess your eligibility for long-term care and they will work with you to complete your application. The application process includes a number of steps and the process can take a different amount of time for each person. Individuals who are in crisis will be placed into care before individuals who are safely housed. This means if you or your loved one are aging in place, HCCSS will try to work with you to make sure you have the services you need to age in your home as long as possible before moving to a long-term care placement.

Making an informed decision about long-term care is very important. When you are thinking about a placement in long-term care, look at your options to see which homes could be a good fit. It's important to consider your preferences – what are your personal habits? Do you or your loved one have specific preferences for recreation activities, physical needs, or spiritual needs? Do you like to be in an urban setting or a rural setting? Do you like to keep busy, or do you prefer to spend time alone with your thoughts? Do you like watching TV

or using the internet? All these factors can affect which home will be a good fit for you. It is also important to think about how far away the home is from family and loved ones. Keeping individuals in their communities or close to family can be very beneficial to making a smooth transition into long-term care.

Once you have made your list of preferences, it's time to start researching specific homes. You can visit www.wwhealthline.ca to see videos of long-term care homes, or you can arrange a tour with the home if they offer them. At TCMH, we offer virtual tours for people who have not been added to the long-term care placement list and in-person tours for people who are already on the list. As mentioned, the long-term care placement list is controlled by Home and Community Care Support Services. One thing to remember is that an outbreak in the home may limit your ability to take a tour.

The next step in the process is to finish your application with HCCSS. They will ask you for your list of top 5 homes you would like to live in. HCCSS will also need your consent before admitting you into a long-term care home. A Care Coordinator will complete an assessment to ensure your care needs can be met in long-term care. It is possible that HCCSS will determine long-term care placement is not right and they will work with you to determine the best place for you to get the help you need. Paperwork can take time, so if you are not sure about filling out the forms, ask a family member or a trusted individual for help. Gathering your medical records, pharmacy records, and financial information will also help you to complete your paperwork.

The hardest part of placement is the waiting list. It can feel like a long time waiting for placement. While you wait, make sure you keep in contact with your Care Coordinator at HCCSS. It's also useful to start thinking about the actual move. Do you need to downsize your belongings? Which personal items do you want to bring with you? Do you have any outstanding affairs to settle before moving into long-term care? How will you or your loved one arrive at the long-term care home – do you need to arrange for transportation? Making appropriate arrangements in advance will make things easier when you or your loved one is finally placed into care.

The final step in the process is accepting a placement. HCCSS will let you know when a bed becomes available, but you have the choice to accept it or not. If you choose to accept the placement, you will have 5 days to move in. If the home you are offered is not your first choice, you can move in and remain on the waitlist for your preferred home. If you choose not to accept the placement, you must wait 12 weeks to reapply after you were removed from the waitlist, unless there is a significant change in your condition.

Moving into long-term care is an important and significant change in anyone's life. If you are at a place where you are thinking about long-term care, give yourself lots of time to think about what you want versus what you need. Above all else, don't be afraid to ask for help. There are supports available to you and your loved ones. The people at Home and Community Care Support Services can help you navigate the system and ensure you receive the care you need to live your life to the fullest.



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519-662-2821

DENTAL

Elmira Denture Clinic
15 Memorial Ave., Elmira
519-669-1535

**Kelly Durst, Health First
Dental Hygiene**
In-Office and Mobile Services for
Personalized Dental Hygiene Care
91 Peel Street, New Hamburg (with
New Hamburg Denture Clinic)
519-897-7341

St. Jacob's Dental Care
10 Parkside Dr., St. Jacobs
519-664-2434

FINANCIAL

**KR Abbott Tax
& Accounting Solutions**
205 Peel St., New Hamburg
519-662-1857

Mary Friesen - Edward Jones
Financial Advisor | 519-578-4141

Royal Bank of Canada
29 Huron St. | New Hamburg
519-662-1470

HEALTH & WELLNESS

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

Healthier Living 4 You
Chemical Free Pool purification
systems & Detox products for a
healthier life.
John Jacobs | Wellesley, ON
519-656-3369

Hemmerich Hearing Center
10 Waterloo St., NH
519-662-6884

Martin's Guardian Pharmacy

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

Pharmasave

Town Square Pharmacy
519-662-9995
Baden Village Pharmacy
519-214-4000
Breslau Commons Pharmacy
226-243-5200

Soles Journey Reflexology

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

Wellesley Township Community

Health Centre | 1180 Queens Bush Rd
519-656-9025

Woolwich Community Health

Centre | 10 Parkside Dr., St. Jacobs
519-664-3794

HOME & GARDEN DECOR

inSeason Home + Garden

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

HOME ORGANIZATION/RENOS

Rosie B Lifestyle Co.

Professional Home Organizing & Downsizing
Becky Bender & Shannon Margetts
519-465-7286 | rosieblifestyle@gmail.com

HOME SUPPORT SERVICES

Bayshore Home Health

Personalized Home Care Services
226-215-3152

Community Care Concepts

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

Merry Maids - KW/Cambridge

House Cleaning Services
519-894-4709

Promyse Home Care

Nurse Managed In-Home Care
519-208-2000 | www.promyse.ca

LAWYERS

Giesbrecht, Griffin, Funk & Irvine LLP
82 Huron St. Unit B | New Hamburg
519-662-2000

515 Riverbend Drive, Suite 200
Kitchener | 519-579-4300

MOVING SERVICES

Senior's Move

Rightsizing and Relocation
NASMM Diamond Members
Waterloo Region | 519-841-4914

PET CARE

Pet Valu New Hamburg

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

PROFESSIONAL SERVICES

Futher-Franklin Funeral Home

1172 Henry St., Wellesley
519-656-2880

Mike Holmes Inspections

Radon, Mould Testing
1-888-563-5699
mikeholmesinspections.com

REAL ESTATE

Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

Angela Baas,

Royal LePage Wolle Realty

Resident of Wilmot Township
519-747-2040

Jim & Tricia Miller

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

Paul Saunders, Royal LePage Crown Realty Services

Resident of Wellesley Township
519-716-7411

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

COMMUNITY BUSINESS DIRECTORY

RETAIL

Focus Computers

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

New Hamburg Office Pro

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

Sobeys New Hamburg

100 Mill St, New Hamburg
519-662-1374

Highview Residences K-W

Alzheimer & Elder Care
20 Reichert Dr, KW | 1-844-700-3734

The Village of Winston Park

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

Woolwich Seniors Association

24 Snyder Ave. Elmira
519-669-5044

TRANSIT

Kiwanis Transit

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

TRAVEL

Stonetown Travel Ltd.

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

RESTAURANTS

MeMe's Cafe

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

Pizza Arca

98 Peel St, NH | 519-662-2583

Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley
519-656-2430

SENIOR CARE FACILITIES

Conestoga Lodge

Retirement Residence

55 Hugo Crescent, Kitchener
519-576-2140

HEALTHY HEARING FOR LIFE

Bernafon rechargeable Alpha miniRITE T R

Hemmerich HEARING CENTER
HEALTHY HEARING FOR LIFE

LYNNE RAQUEL

128 ERB STREET WEST, WATERLOO
519.745.5888
10 WATERLOO ST., NEW HAMBURG
519.662.6884



EMERGENCY CONTACT NUMBERS

Emergency (Fire/Medical/Police)

911

Waterloo Regional Police Non Emergency

519-570-9777

Crime Stoppers

1-800-222-8477

Ontario Poison Centre

1-800-268-9017

Ontario Problem Gambling Helpline

1-888-230-3505

TeleHealth

1-866-797-0000

TTY: 1-866-797-0007

Waterloo Wellington LHIN

519-310-2222

Community Care Concepts

519-664-1900

Retirement Homes Regulatory Authority

1-855-275-7472

Elder Abuse Response Team

519-579-4607

Interfaith Community Counselling

519-662-3092

Hospice of Waterloo Region

519-743-4114

Alzheimer Society of Waterloo Wellington

519-742-1422

Township of Wilmot

519-634-8444

Township of Wellesley

519-699-4611

Township of Woolwich

519-699-1647

Region of Waterloo Public Health

519-575-4400

NEW Ontario Caregiver Hotline

1-833-416-2273

This space is generously donated by:

TOWN SQUARE PHARMACY

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





April 16th is National Advanced Care Planning Day.

This year's theme of "Life Happens. Be Prepared" has provoked some cheeky and humorous graphic responses including this poster of being chased by a bear! We hope nothing in your life is quite that dangerous or

unexpected but we all face life changes that may result in having to think about how do I want to be cared for if you couldn't speak for yourself? As we age, these kinds of questions may be too scary to think about or too distressing. Like anything, preparing well in advance of needing the information reduces the distress and gives you a chance to talk it over with your family or people you trust to act on your behalf.

Play the "What's Meaningful to me" game and learn from each other aspects of what's important to you. Answer these questions for a helpful introduction to preparing for the unexpected.

- What makes my life meaningful (e.g. good company, good conversation, fresh air)
- Who knows the most stories about me?
- What is my favourite routine or habit?
- What do I worry about most when it comes to my own health?
- What is my favourite ceremony or special event?
- Who is the most likely to know what I'm thinking?
- What life circumstances would I find the most unbearable?
- What situations make me the most uncomfortable or embarrassed?
- Who do I go to first for advice?
- Where do I store my life planning documents?

Life is a journey don't expect everything to be controllable so be prepared!

For more help in thinking and talking through about a meaningful future, your hopes and wishes go to <https://bit.ly/3CVyDze>

A message from the Woolwich Community Health Centre www.wchc.on.ca

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

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VILLAGE



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Christina x 8008 or
Gillian x 8002



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191 Hostetler Road, New Hamburg MLS# 40218375
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85 ERBS RD., ST. AGATHA MLS# 440206050
Z5 Zoning. So many possibilities. Minutes to Waterloo! Former Restaurant. Almost 7000 sq ft of space with parking for over 60 vehicles.



5 Morningside Circle, New Hamburg MLS# 4021226
SOLD FIRM.



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willseyalison@gmail.com



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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

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PHARMASAVE

Specialty
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Pharmacy Services

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- Medication Sync
- Compliance Packaging
- Injection Administration
- Specialty Compounding

Front Store

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



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Town Pantry Health Food Store

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

Juice Bar

- Green and Vegetable Juices
- Protein Smoothies
- Fruit Smoothies

Buy 9 smoothies
or juices get the
10th FREE*

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

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519-662-9995 | townpantryhealthfoodstore.ca

PHARMASAVE

Medical
Pharmacy

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10 Townsend Drive, Unit 10, Breslau, Ontario
P. 226.243.5200 F. 226.646.7847

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