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Sleeping mats from milk bags! Who ever heard of that, and how do they make them, was what went through Roy Scheerer's mind when his oldest brother introduced this idea to him in late 2013. After some coaxing he said yes to a frame that his brother made for him, and showed him how to prepare the bags and do the weaving.

See the full cover story on page 8

Cover story and photos by:

Roy Scheerer



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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

One of the most inspiring aspects of working on this publication is witnessing the tremendous diversity within our senior community. Each of you has led a unique and remarkable life, filled with trials, triumphs, and countless moments of grace. We encourage you to keep sharing your stories because every experience has the power to connect, teach, and touch the hearts of others. Be sure to check out another wonderful story one of our readers has shared with us on page 8.

As we embrace August, let's remember that life is an ongoing journey of growth and learning. It's never too late to pursue a new passion, make a new friend, or discover a hidden talent. Age is but a number, and the spirit of youth resides within each of you!

I would like to express my sincere gratitude to all the contributors, writers, and local businesses who have made this edition possible. Your commitment to this publication has enriched the lives of countless readers and has made this community stronger.

Life Hack Tip ~ Hulling Strawberries

One of the "cleanest" ways to hull a strawberry is using a straw. Simply line the straw straight up at the tip of the strawberry and push it through the center of the berry until the cap "pops" off. You have to use a straw that has some strength, such as a metal straw. Oftentimes, the tip of a strawberry may not be ripe or may be hard and sour. Using a straw to hull also removes the tip of the strawberry and can do away with less-than-desirable tips as well.



As we bid farewell to the lazy days of summer and step into the next season, I'm excited to see the adventures that lie ahead for all of us. So let's embrace August with open arms and hearts full of gratitude.

Tara



How Your Pharmacist Can Help with the Aging Process

As the influential baby boomer generation enters their golden years, it is crucial to recognize the significance of aging baby boomers and the unique challenges and opportunities they face.

With their sheer numbers and wealth of experience, baby boomers are reshaping our perception of aging, demanding better healthcare options, and redefining what it means to live a fulfilling and vibrant life in later stages.

In this article, we explore the normal signs of aging and how a pharmacist can play a pivotal role in supporting and empowering baby boomers as they navigate this new chapter of life.

THE NORMAL SIGNS OF AGING

Normal signs of aging encompass various aspects, including physical changes, cognitive changes, and emotional and mental well-being. These normal signs of aging should be understood as part of the natural aging process.

While they can vary among individuals, being aware of these changes helps individuals set realistic expectations and seek appropriate support and interventions to enhance their overall well-being during the aging process. Here's a summary of these normal signs of aging:

PHYSICAL CHANGES

Vision

Aging often brings changes in vision, such as difficulty focusing on close objects (presbyopia), reduced ability to adjust to changes in light, and increased sensitivity to glare. It may also include an increased risk of age-related eye conditions like cataracts and macular degeneration.

Hearing

Age-related hearing loss (presbycusis) is common, characterized by difficulty hearing high-frequency sounds, speech clarity, and distinguishing sounds in noisy environments.

Taste and smell

Sensory changes can affect the ability to taste and

smell, leading to decreased sensitivity to certain flavors and smells.

Muscle and joint stiffness

As individuals age, there is a natural loss of muscle mass (sarcopenia) and decreased flexibility. This can result in muscle weakness, decreased mobility, and joint stiffness, making movements more challenging and increasing the risk of falls.

Changes in skin elasticity and appearance

Aging can lead to a decrease in the production of collagen and elastin, resulting in reduced skin elasticity and firmness. This may contribute to the development of wrinkles, sagging skin, and age spots. The skin may also become drier and more prone to irritation and bruising.

Alterations in sleep patterns

Many older adults experience changes in their sleep patterns, including difficulty falling asleep, waking up frequently during the night, or waking up too early in the morning. These changes can result in poorer sleep quality, daytime sleepiness, and fatigue.

Aging can also lead to a shift in the circadian rhythm, making individuals more likely to feel sleepy earlier in the evening and wake up earlier in the morning.

COGNITIVE CHANGES

Aging individuals may experience occasional memory lapses, such as forgetting where they placed their keys or struggling to recall names or details. These memory lapses are typically considered a normal part of the aging process. However, they are often minor and do not significantly impair daily functioning.

Slower information processing and reaction times

As individuals age, there is a natural decline in information processing speed and reaction times. It may take longer to absorb and assimilate new information, leading to a slower response time. This can be evident in tasks such as decision-making, problem-solving, and learning new skills.

Challenges in multitasking and problem-solving

Aging can bring challenges in multitasking and problem-solving abilities. Juggling multiple tasks simultaneously may become more difficult, and individuals may require more time and effort to switch between tasks effectively. Problem-solving skills may also be affected, requiring more time to analyze and find solutions to complex situations.

EMOTIONAL AND MENTAL WELL-BEING

Fluctuations in mood and emotional resilience

Aging individuals may experience more pronounced fluctuations in mood. This can include both positive and negative emotions, with emotional responses becoming more intense. While certain life events or circumstances can contribute to mood changes, hormonal changes, and adjustments to life's challenges and transitions can also play a role.

Increased susceptibility to stress and anxiety

Aging individuals may find themselves more susceptible to stress and anxiety. The ability to cope with stressors may be diminished, and individuals may experience heightened feelings of worry or unease. This can be influenced by various factors, including changes in brain chemistry, life changes, health concerns, and social factors.

Transitioning through life's changes and maintaining purpose

As individuals age, they often experience significant life changes, such as retirement, loss of loved ones, or changes in social roles. These transitions can present challenges in finding and maintaining a sense of purpose and fulfillment. Adjusting to new routines, establishing new social connections, and exploring new hobbies or activities can help individuals navigate these transitions and maintain a sense of purpose and meaning in their lives.

THE ROLE OF PHARMACISTS IN HELPING WITH AGING

By leveraging their expertise in medication management, preventive care, chronic disease management, lifestyle guidance, and provision of resources, pharmacists play a pivotal role in optimizing health and well-being during the aging process.

Their comprehensive support can help aging individuals lead fulfilling lives while effectively managing their health and medication needs. Here are key aspects of a pharmacist's role in supporting optimal health during the aging process:

MEDICATION MANAGEMENT

Pharmacists are medication experts who can review and assess an individual's medication regimen, ensuring its appropriateness and safety. They can identify potential drug interactions, adverse effects, and duplications, helping to prevent medication-related complications.

Reviewing medication regimens and potential interactions

Pharmacists conduct comprehensive reviews of an individual's medication regimen, taking into account all prescribed medications, over-the-counter drugs, and supplements. They assess the appropriateness, safety, and effectiveness of the medications, considering factors such as potential drug-drug interactions, allergies, and individual characteristics. This review helps identify and minimize the risk of adverse drug reactions or interactions that can be more significant in aging individuals due to changes in metabolism and multiple medication use.

Offering advice on adherence and proper administration

Pharmacists play a vital role in ensuring individuals understand how to take their medications correctly. They provide clear instructions on dosage, timing, and administration techniques (e.g., with or without food). Pharmacists also offer strategies to enhance medication adherence, which can be challenging for aging individuals who may have complex medication regimens. This can include using pill organizers, reminder systems, or simplified dosing schedules to help individuals stay on track with their medications.

Identifying alternative treatments and adjusting dosages

Pharmacists have extensive knowledge of medication alternatives and can collaborate with healthcare providers to identify suitable alternatives when needed. They may recommend medications with fewer side effects or those that are better suited for specific health conditions or age-related changes. Pharmacists can also adjust dosages based on individual needs, considering factors such as organ function, metabolism, and potential drug interactions.

Continued from pg 5

HEALTH MONITORING AND PREVENTIVE CARE

Pharmacists can actively monitor and manage various health parameters to promote well-being in aging individuals. They can perform health screenings, such as blood pressure checks, cholesterol monitoring, and blood glucose tests, helping to identify and address potential health issues proactively.

Conducting regular health screenings

Pharmacists can perform various health screenings to monitor key health parameters. This may include measuring blood pressure, cholesterol levels, blood glucose levels, and assessing other vital signs. Regular screenings help identify potential health issues or risk factors, enabling early intervention and appropriate management.

Recommending immunizations and vaccinations

Pharmacists are knowledgeable about recommended immunizations and vaccinations for different age groups. They can provide guidance on necessary

vaccines, such as influenza, pneumonia, shingles, and other vaccines to protect against infectious diseases. By ensuring individuals receive appropriate immunizations, pharmacists contribute to disease prevention and overall well-being.

Assisting with chronic disease management

Many aging individuals have chronic conditions that require ongoing management. Pharmacists can play a vital role in supporting individuals with chronic diseases, such as diabetes, hypertension, asthma, or heart disease. They can provide education on medication management, lifestyle modifications, and self-care techniques. Pharmacists work collaboratively with healthcare providers to monitor treatment effectiveness, address medication-related concerns, and help individuals navigate their disease management plan.

Read our full article – including advice on how your pharmacist can help with lifestyle, support, and resources on the Cook’s Pharmacy website: <https://cooksrx.ca/blog/how-your-pharmacist-can-help-with-the-aging-process.htm>

St. Jacob’s Market

Donated to the KPL collection on April 13, 1992

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

Flashback Photo



What is Wandering and What Can I Do?

For people living with dementia and their care partners wandering can be a frightening experience, and for too many, it is a reality. As a care partner, you will need to learn how to limit opportunities for wandering to help prevent the person living with dementia from becoming lost.

Wandering is a common behaviour for people living with dementia, which can involve the person moving from a safe place, often without notice, and becoming lost. It can occur at any point during the dementia journey. Whether or not, your partner gets disoriented, it is a good idea to take proactive steps to understand this behaviour to reduce the risk. It is also crucial to understand what to do if a person is missing.

To prevent missing incidents and promote a living situation where the person living with dementia has their independence respected, it is helpful to understand some of the reasons behind it. An acronym that may help care partners understand some of the key triggers associated with missing incidents is H.E.A.D (habits, energy, agitation, and delusions). These four categories may not cover all reasons for wandering but recognizing these situations as they arise can be helpful. One reason behind someone trying to leave a location is that the person may be continuing a long-standing **habit**. For example, perhaps the person has always enjoyed long walks. Excess **energy** and restlessness might also bring on an urge to move. A person living with dementia may be bored and be seeking stimulation. What **agitates** or irritates someone will vary person to person, but people might be looking for a way out of an uncomfortable situation. For example, the person may be hungry, in pain, overwhelmed, or may need to use the toilet. **Delusions** and confusion may occur as part of the dementia journey. These factors may contribute to a missing incident.

To reduce the risk of wandering, a four-prong approach of diaries, devices, daily plans/activities, and diversions can help. **Diaries or daily logs** are a great way

to make sure you understand the routines of the person living with dementia, as well as a great place to keep all current and pertinent information. Important information to keep track of includes regular routes, current outfits and habits. It can be beneficial to take daily photos if you have access to a cellphone. Finding Your Way[®] has printable resources to help direct you. Contact our offices to find out more. **Devices** and community programs are a way to ensure safety while allowing the person living with dementia to be as independent as possible. There are a variety of devices, ranging from passive bracelets, to door alarms, to high tech GPS systems. There are several programs available to help in missing incident situations. Some are free and some come with a charge. The Alzheimer Society Waterloo Wellington has comparison charts to help with your personal decision. Contact our offices to receive yours. **Daily plans** and activities are a great way to make sure your partner's needs are met. This can be especially helpful during high-risk times of the day such as dusk. **Diversion** is a great way to ensure people stay where they are safe. These could include stop signs at doors, relocating door locks above eye-level or disguising doors with mirrors and posters.

If a missing incident does occur, call the authorities! Any vulnerable person missing *is an* emergency, so it is crucial you phone immediately. Your daily logs and diaries will be of great assistance in focusing search areas.

Continuous education, prevention and procedures will always be your biggest asset in situations such as this. The Alzheimer Society Waterloo Wellington's YouTube channel has an informative video titled *Finding Your Way[®] - Living Safely in the Community*. For more resources, and upcoming live education sessions, please contact the Alzheimer Society Waterloo Wellington office by phone at 519-742-1422 or by email at asww@alzheimerww.ca

Alzheimer Society
WATERLOO WELLINGTON

COVER STORY



Sleeping Mats From Milk Bags!

WRITTEN BY: ROY SCHEERER

Who ever heard of that, and how do they make them, was what went through my mind when my oldest brother introduced this idea to me in late 2013. After some coaxing I said yes to a frame that he made for me, and showed me how to prepare the bags and do the weaving. Since my first mat in December 2013 I've graduated to making a 'mat a day' basis since I'm now using new bags that have been refused by the dairies for various reasons, static cling, error in printing or outdated Special Offer on the bag.

This idea of Milk Bag Sleeping Mats started before 2010 but most of the mats were crocheted at that time and sent overseas by various ways, with travelers, or shipped with The Gleaners dried soup products. The Gleaners were also a gathering spot for people to bring their used bags, and finished mats, so I was able to get quite a number of bags

through my brother who volunteered at the Gleaners. Local churches started saving them as well, along with nursing homes and friends. Even with all these connections I only had enough bags to make 60 - 65 mats per year. The first number of years I sent my mats to the Gleaners to distribute but later they went with a mission group that went to Zambia to drill wells, and I sent along whatever I had ready, which was 40 - 50 mats per year. With Covid putting a halt to travel, as well as church services, the bags stopped coming and the production stopped as well. I had sourced some on Facebook, but that was a tiresome task driving all over to pick up 50 bags here & there, or sometimes even less. I found the Milk Bags Unlimited site on Facebook and made contact with Angela, who at that time was getting in new bags, and this was like finding a gold mine.

My first load was 16 cases, each case holding 2400 NEW bags, neatly laid flat, all ready to cut. It was a joy to work with these new bags and they also were easier to weave. Since that first trip I have gone three more times bringing back a total of 70 cases. I'm still accepting used bags and take them to Wilmot Mennonite Church for their mat making, or incorporate them into the mats that I make at home.

In early 2022 Wilmot Mennonite Church put out a request for helpers for mat making so I volunteered to help and have done so since about May/June of 2022. We usually get one mat made on the Tuesday mornings that we meet. As one of the men stated to me one day 'it gives me a feeling of self-worth' by being able to help make the mats that will make sleeping easier for someone that doesn't have a bed to sleep on.

Besides making mats at home and helping at Wilmot I have organized 'mat making' as a Mission Project at our local Vacation Bible School for five years, making a high of eight mats in the week, and recently an evening

with the youth making two mats that evening.

How many have I made since that first one in 2013? As I write this in May I have made a total of 700 mats and shipped to Cambridge, Brantford, Kitchener and Stratford a total of 490 mats for the homeless, and the balance were shipped abroad prior to the Covid epidemic.

Besides weaving mats I volunteer my time with Community Care Concepts for their Meals On Wheels program one morning per week by helping label the containers & putting the food into them at the Schmidtsville Restaurant. As time permits I also do some custom driving for CCC taking people to local appointments. These are volunteer jobs that give back to the community that I live in and I hope to continue as long as I remain healthy.

Facts & Figures Re Mat Making

There are different methods & frames used, for making mats but what I'm listing is based on the frame I use and the way I make the loops for weaving.

My frame uses 350 bags to make a finished mat 58" x 28"

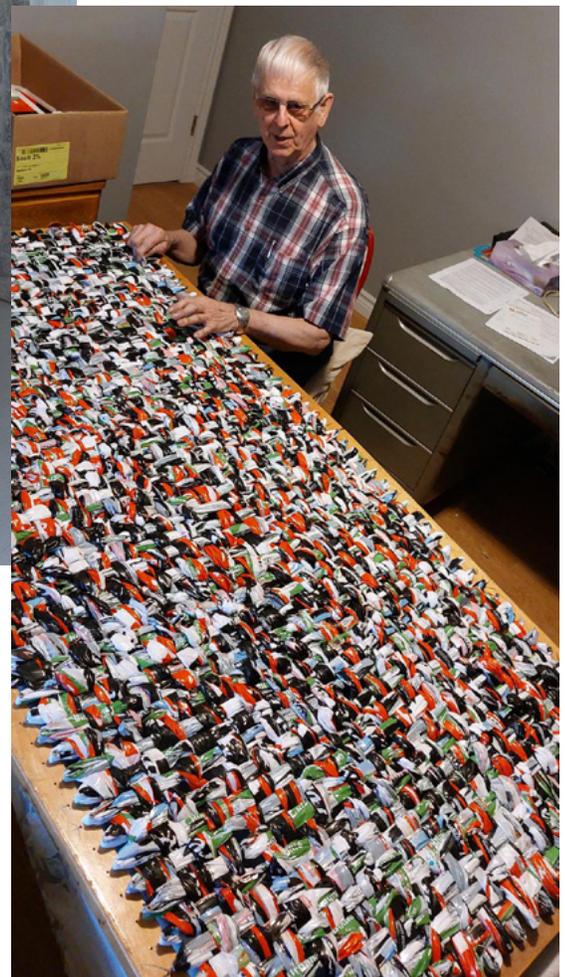
Approximately 5hrs labor per mat (using new bags) or 6hrs (using used bags) from sorting, flattening & cutting the bags, then weaving and taking the mat off the frame

Crocheting a mat takes approximately 16 hrs per mat. Angela reported that since 2010, when the earthquake hit Haiti, she started logging how many mats were distributed

worldwide. Her figures state that they have sent over 58 thousand mats and saved over 30 million bags (new and used) from going into the landfill.

Angela is also the person that started the Web Site "Milk Bags Unlimited" – check it out for yourself and see the good that many volunteers are doing in helping to recycle plastic. She is more than willing to assist people or groups to start weaving mats. Her contact info is on the Milk Bags Unlimited website.

I'm also available to assist in helping a group or individuals to get started making mats & sourcing bags – new or used. I can be reached at 1-226-660-0606 or email: rws42@cyg.net



Self Care Quiz

How good are you at taking care of yourself?

5 = More True; 1 = Less True

1. I take time for myself every day.	[5] [4] [3] [2] [1]
2. I make time for spirituality (in any form), mindfulness, or religious discipline.	[5] [4] [3] [2] [1]
3. I limit the amount of television I watch each day.	[5] [4] [3] [2] [1]
4. I limit the amount of Facebook/internet surfing I do each day.	[5] [4] [3] [2] [1]
5. I exercise at least 5 days a week for 30 minutes.	[5] [4] [3] [2] [1]
6. I drink 6-8 glasses of water each day.	[5] [4] [3] [2] [1]
7. I take care of my body:	[5] [4] [3] [2] [1]
a. I get 7-8 hours of sleep every night	[5] [4] [3] [2] [1]
b. I brush and floss my teeth and practice good hygiene	[5] [4] [3] [2] [1]
c. I eat approximately 5 fruits & veggies a day	[5] [4] [3] [2] [1]
d. I limit junk food/fast food consumption.	[5] [4] [3] [2] [1]
8. My hair, nails and appearance are good and I like most things in my wardrobe.	[5] [4] [3] [2] [1]
9. I generally wear clean clothes	[5] [4] [3] [2] [1]
10. I get together with a friend at least once a month and enjoy hobbies regularly.	[5] [4] [3] [2] [1]
11. I have a relaxing routine before bed and a nurturing morning routine.	[5] [4] [3] [2] [1]
12. I usually know what I need and what I am feeling.	[5] [4] [3] [2] [1]
13. My organized environment supports my goals.	[5] [4] [3] [2] [1]
14. I take frequent breaks and have something to look forward to every evening.	[5] [4] [3] [2] [1]
15. I know what I am passionate about.	[5] [4] [3] [2] [1]
Total Your Score:	

Self Care Quiz Results

Read this page after doing the quiz!

Now look at your total score.

72-90: Way to go! You are taking excellent care of yourself. Now you can delve further into things like getting massages, simplifying your life, and getting rid of as many stressors as you can.

54-71: You know how to take care of yourself. Now, do it consistently. Would it help to track your daily self-care? What can you do that would allow for some of these self-care habits to happen regularly?

36-53: You may value yourself, but can you prioritize self care a bit more? Set an evening just for you every week with no outside obligations. Examine your calendar to get rid of unimportant meetings, etc. Turn off the TV/Facebook/the internet after an hour of watching/surfing, etc. Put in a daily half hour for you in your appointment book. Let go of unrealistic standards of how much you can get done in a day. Cut your to do list for the day in half. Now use that time to work on one thing on the checklist above until you form a habit. Then move onto another one.

18-35: You feel guilty every time you take time for yourself. You need to realize that your family, friends, school and work don't want an empty vessel. They want a vibrant, authentic, energetic you. Talk with your family and friends about how you want to start taking better care of yourself. Is there a way you can use your friends and family to build in time for yourself care? If they are supportive, see if they are open to having you be accountable to them. Which thing from the above checklist do you think would have the most impact on your energy and well-being? Work on that action until it becomes a habit.

0-17: Your actions don't seem to reflect that you prioritize taking care of yourself. What are you prioritizing instead? You need to realize that your family, friends, school and work don't want an empty vessel. They want a vibrant, authentic, energetic you. Talk with your family and friends about how you want to start taking better care of yourself. Remember, you are just as important as the other people in your life. Shine for them! Pick an easy, non-threatening action to start caring for yourself. Maybe you can drink one more glass of water or take 5 minutes alone. Start small and work your way up.



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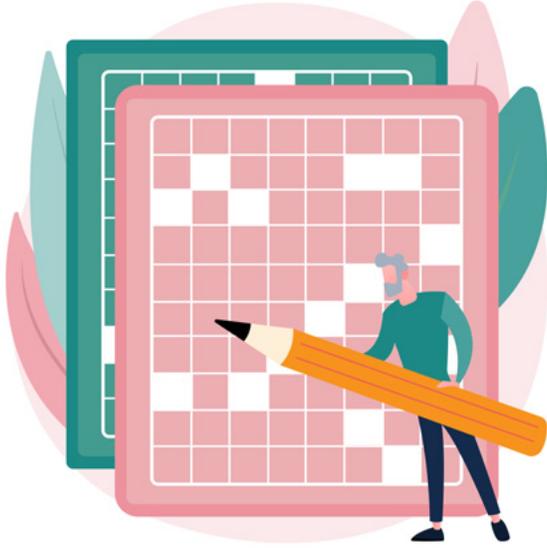
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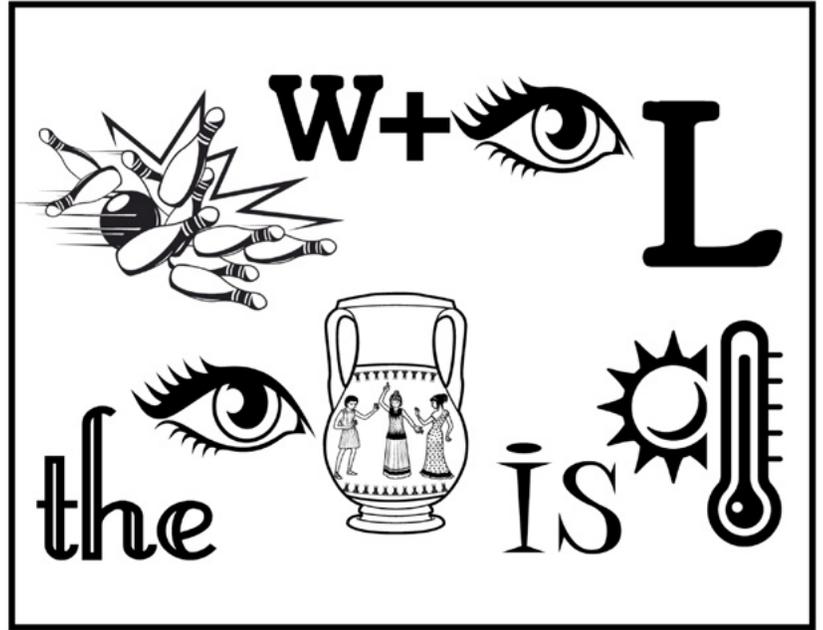


August Puzzles!



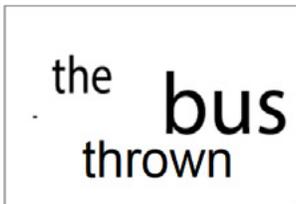
Concentration Puzzle

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



Wacky Wordies #10

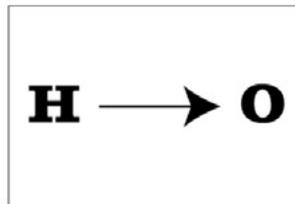
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. _____



2. _____



3. _____



4. _____



5. _____



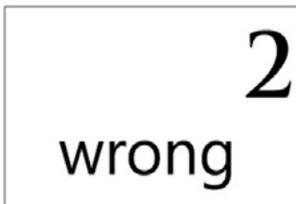
6. _____



7. _____



8. _____



9. _____



10. _____



11. _____

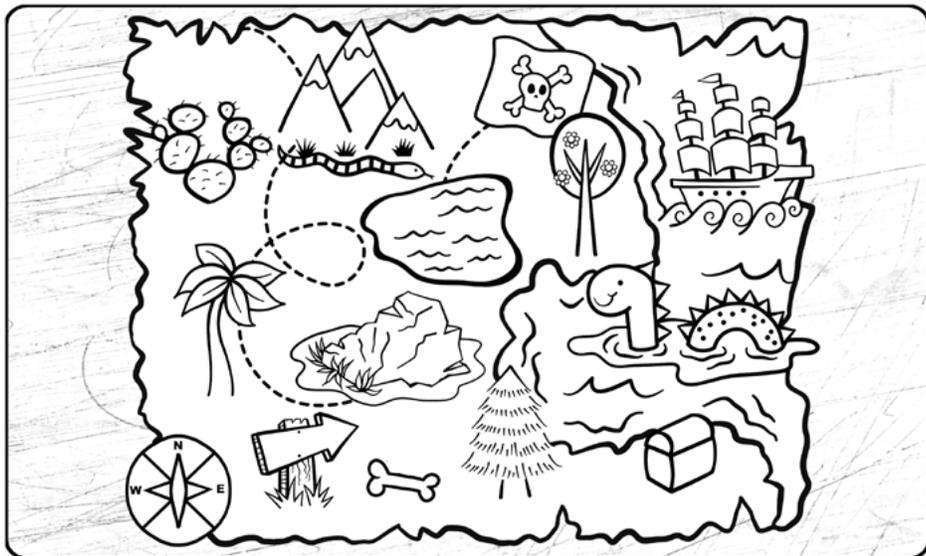
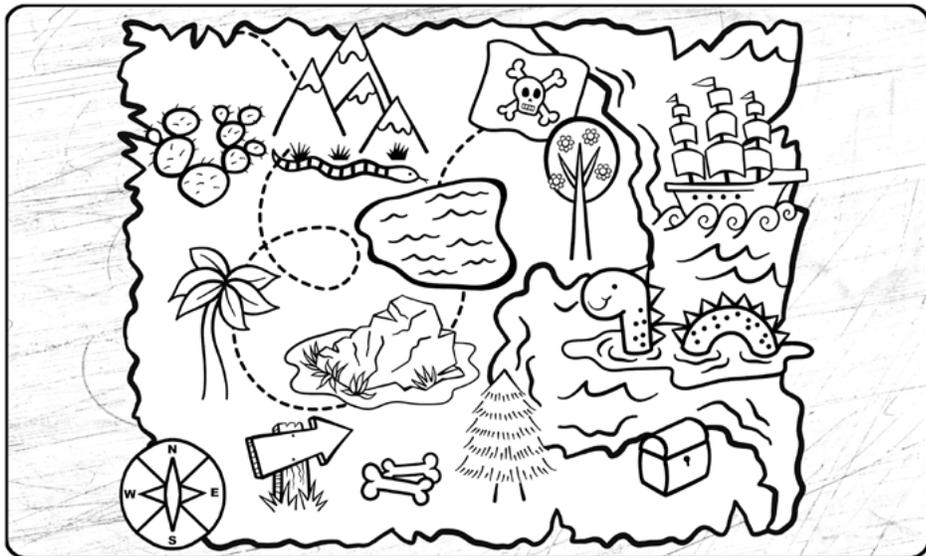


12. _____

Laughing Matters!

SPOT THE DIFFERENCE

Can you spot the 13 differences between these two pictures?



Free printable courtesy of PrintitFree.net



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



- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

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

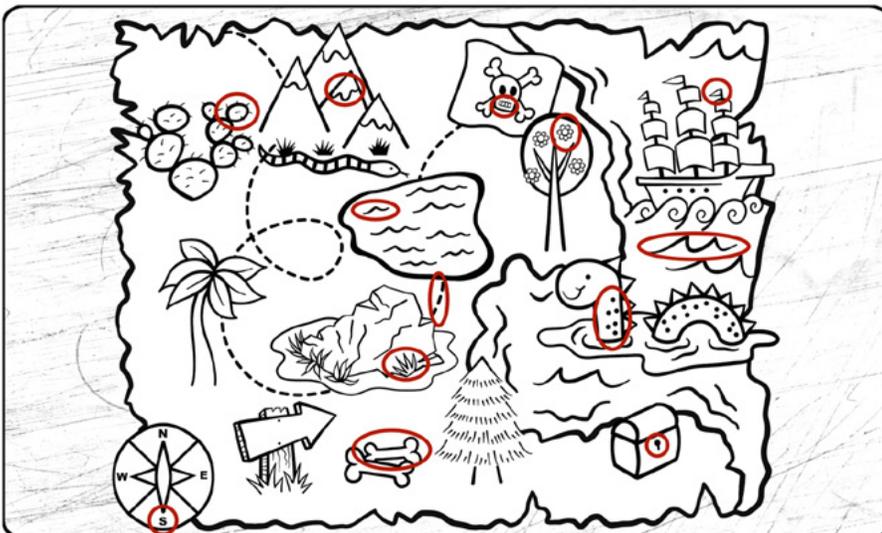
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
- In Season Home & Garden St Clements
- Len's Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

- Community Care Concepts
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- 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: Strike While the Iron is Hot



Wacky Wordies #10

1. Thrown under the bus
2. Raised eyebrows
3. H₂O (water)
4. Raindrop
5. Bigger and better
6. No two ways about it
7. Quit following me
8. Strike gold
9. To right a wrong
10. Without a second glance
11. Job opening
12. A play on words



Ask the Doctor

with Dr. Nicole Didyk

How can I tell if my bowel movements are normal?

Is there a way to tell if you're getting enough fibre, fluid and exercise by looking in the toilet after you've done a "Number Two"?

First of all, there's an incredibly broad range of normal when it comes to bowel movements. What one person considers constipated, maybe what another would call diarrhea. But the shape and texture of stool (aka poop) CAN give you information about your hydration, and how quickly solid waste moves through your colon.

In Geriatrics, we use the Bristol Stool Chart to describe what a bowel movement looks like. The scale goes from 1 (constipated, with hard balls of stool) to 7 (diarrhea, in a liquid form). In between is that ideal BM, with an easy to pass sausage shape. When waste moves quickly through the colon, less water is absorbed and the result can be more like a liquid than a solid. A slow trip through

the colon leads to a drier, harder movement, as in constipation.

Take a look at the chart and have a peek in the toilet the next time you go. If you have a change in your bowel routine, the Bristol stool chart may be a useful to use in a chat with your doctor.

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.

	Type 1	Separate hard lumps	SEVERE CONSTIPATION
	Type 2	Lumpy and sausage like	MILD CONSTIPATION
	Type 3	A sausage shape with cracks in the surface	NORMAL
	Type 4	Like a smooth, soft sausage or snake	NORMAL
	Type 5	Soft blobs with clear-cut edges	LACKING FIBRE
	Type 6	Mushy consistency with ragged edges	MILD DIARRHEA
	Type 7	Liquid consistency with no solid pieces	SEVERE DIARRHEA

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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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Losing to Live

Learning our return flight had been delayed again – “deMalcom Muggeridge (1903 -1990) was a noted international journalist, editor, author and media personality. For most of his life he was agnostic... later becoming a Protestant and, near the end of his life, a Catholic.

Despite such a diverse spiritual background, some of his greatest rediscoveries involved key Christian teachings – describing his efforts to understand, like, “... striking a match in a dark immense cavern, which flares up and then flickers out.”

In reviewing these thoughts in his book ‘Jesus Rediscovered’ (1967), I have taken these rediscovered truths and their application for today’s skeptical, twenty-first century.

I met the celebrated man himself, in 1978, when he taught as ‘Distinguished Visitor’ at Canada’s Western University. Upon shaking hands, his face seemed to beam as he offered to shake hands again. I don’t know who was the happiest, but as he explained, it felt so joyous. I agreed!

Worship defeat, not victory; failure, not success.

It seems to me I’ve learned more from my failures than from my successes. The sting of defeat is not soon forgotten. The idea of “worship” is simply a way of guaranteeing lessons are learned, and failures aren’t lamented.

Otherwise, it’s a slippery slope to success because of its reliance on self-assessment. This leads to the temptation of comparing ourselves to others. Not even Jesus did that: never saw the need. He saw his role as serving others.

In his book and TV documentary ‘Something Beautiful for God’, Mother Teresa’s view of life was to treat everyone with love: by seeing Jesus within them.

Worship surrender, not defiance.

Every day, we have a choice: to fight or forgive each other. We can help others along the way with kindness, gentleness and respect – expecting nothing in return.

Or, we can take a death grip onto our defiance, including pride, arrogance, excessive anger, greed, (and much more.) If we don’t surrender to the love within us, doesn’t that make us self-defiant rebels? It’s a decision, not a discussion.

In the ‘sixties’, churchgoers were criticized for their satiety... even in a world of acute loss.

Today, we’re getting even more remote as we live beyond fullness.

Now, safe in the confines of our home ‘pews’, we take in the daily news of third-world refugees escaping their war-torn countries... often with only the clothes on their backs... facing starvation.

Domestically, there are increasing needs and concerns re: food-banks, the environment, adequate housing, and care for the addicted and mentally ill. Thousands have decided to volunteer their time: using the discipline of self-denial.

Worship weakness, not strength.

Mastering, not masking our mistakes or weaknesses, will lead to tomorrow’s successes. Instead of feeling alone with your weaknesses today; you’ll have a joyous soul to share with others, tomorrow. Turning weaknesses into strength!

Personally, I don’t know all the answers. But, I know if I’m coming from a honest place, I’ll be okay. For me, I’ll always remember that double handshake with Mr. Muggeridge... so pure and wonderfully spontaneous. May that always be my way!

“I’m gonna say hello to my neighbour,
Greet him with a smile,
Shake the hand of a stranger,
Sit and talk for a while.”

– Today I’m Gonna Try and Change the World by Johnny Reid | [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

Handling the Transition to Long Term Care

Provided by Promyse Home Care



The decision to transition an aging loved one into long-term care can be a difficult and involved process. Many factors will likely come into play when making such a complicated and serious decision.

What is Long Term Care?

Long-term care is a complex term that can involve a variety of care scenarios.

Basically, long-term care is a service that generally involves skilled nursing care for medical conditions and 24-hour supervision for seniors that are no longer able to provide sufficient care for themselves. Options for long-term care consist of moving to a nursing home or residential care facility or arranging the services of a live-in caregiver.

Eligibility for Long-Term Care Subsidies in Ontario

There are government subsidies available for some long-term care residents in Ontario. Eligibility is based on a range of factors, including:

- Health status
- Type of long-term care accommodation (only basic accommodation is covered)
- Income
- Applicant must already be receiving:
 - Old age pension
 - Ontario disability support
 - Guaranteed income supplement

You must fill out an application form and provide several supporting documents to determine eligibility.

Helping your Loved One Transition to Long Term Care

Transitioning to a long-term care facility is a big

move for seniors and their families. Not only is the move itself stressful but seniors are forced to say goodbye to the comfort of home. In many cases, the person moving has lived in the house or neighbourhood for years, possibly even their whole lives.

Also, many seniors see this move as a loss of independence. Positive reassurance and an optimistic attitude toward the move can significantly help.

Some ways to help make the transition to long-term care a smooth one may include:

- Be patient
- Help your loved one get closure
- Reorganize
- Create a comfortable new home
- Talk to the staff
- Stay involved

Be Patient

Patience is paramount when helping a loved one move to a long-term care facility. This move will likely take a considerable emotional, mental, and physical toll on your elderly relative. Refusing the process before they are ready will only end in frustration and resentment.

Moving to a new residence with a lot less storage space will mean getting rid of a lot of personal items and property. Going through everything to decide what is to be kept and what is to be purged is going to take time. Try to be as patient and compassionate as possible to ease the hardship.

Get Closure

It is not easy to move away from friends and family and leave the house that provided years of comfort behind. A home is more than just an inanimate object due to the good times and memories created there.

A goodbye celebration is usually a nice solution, maybe a special dinner with friends and family to say farewell.

Reorganize

Downsizing is pretty much inevitable when moving to a residential care unit. Some memorable items can be stored with family and friends, but many pieces of furniture and other items in the house must go. This, again, requires time and patience. Getting familiar with the layout and measurement of the new space will provide a clearer picture of what can be moved and what can't.

New Residence Décor

One of the best ways to help your loved one adjust to their new surrounding is to decorate it with the familiar comforts of home. Putting up pictures of loved ones and bringing along a favourite old chair, books, music, and other intimate items can make a big difference in comfortably settling in.

Talk to the Staff

Getting to know the staff at the long-term care facility can also be quite beneficial. Find out who your loved one's new primary caregiver is and get their contact information. This can help bring peace of mind, knowing what kind of support they are receiving.

Building a good relationship with caregivers can help to get more information about daily operations, routines, and other essential services. You can also let caregivers know they can contact you anytime with any concerns.

Stay Involved

One reason many seniors are so reluctant to move to a long-term care facility is the fear that they will be forgotten. Ask staff members what you can do to assist with ongoing care, and visit as often as possible. You can also take your loved ones out for excursions now and then for a bit of excitement.

Long-term care facilities provide 24-hour resident-focused care for the elderly who need nursing care, behavioural support, dietetics and nutritional support, and medical and social support. Sometimes the government-mandated minimum level of care isn't enough for many seniors.

That's where Promyse can help with long-term care.

If your parent or loved one needs to be bathed or washed more than twice a week (the minimum standard set by the Ontario government), we can assist with this. We can also help with feeding, eating, and drinking.

Staff at nursing homes may be stretched thin and are not meeting the physical needs of your parent or loved one. We can help frail seniors with toileting, general hygiene, and other daily tasks to keep them comfortable and safe.

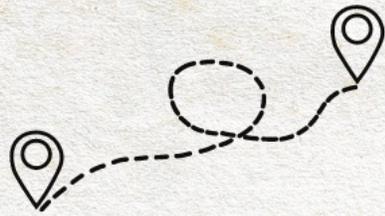
We can provide companionship, socialization, and mental stimulation for your parent or loved one in a nursing home.



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Unlearning Loneliness

“An invisible crisis plagues [North] America today. It’s responsible for more sickness, suffering, and death than almost anything else. It is loneliness.”¹

We are at a unique time in history in which we are having to relearn how to live in community. Loneliness and aloneness are not new phenomena but having just come through periods of mandated isolation with the covid pandemic, people need to figure out how to reconnect with others. Loneliness may be hidden from others because it is not necessarily related to how many social connections one has.

Isolation is an objective measure of the number of people with whom one has contact. Loneliness is subjective and indicates how disconnected one feels regardless of how many people are around them.

Isolation is a condition which can be changed by finding ways to be in proximity with more people. That said, there may be physical challenges which make this difficult including lack of mobility due to pain or health issues, transportation limitations, or geographical distance from others. Additionally, people may not be aware of opportunities to connect with others.

Loneliness may be harder to overcome than isolation because it is based on how connected one feels to others. Mental and physical health challenges, relationship tensions, losses, and life transitions can contribute to feelings of loneliness. As we age, our social circles change with transitions from work environments to retirement; reduced involvement in our children’s lives; friends moving away or dying; and changes in our interests or abilities.

What Can We Do?

There are many opportunities for older adults to connect with others – connections which are important for personal wellbeing and also for the benefit of our communities. The wealth of information, experience and wisdom hard earned through your lifetime is a resource that can benefit not only you but others in your community. Reaching out to others can be a support to them and in turn provide significant social connection for yourself.



Connect with People You Already Know

A phone call or visit with a friend or reaching out on social media with people you already have a connection with fosters relationships. While social media can be discouraging if we just scroll by other people’s stories, if we actually communicate with our friends, social media can have a positive impact and help us feel more connected.

Make New Connections

Talk to people in your community at the local bank or store. Look for local activities to attend such as festivals, church events, farmers markets, fairs, or music festivals. Sign up for a class at the Wilmot Recreation Centre, Woolwich Seniors Association or Wilmot Family Resource Centre. Go for a walk in the park or on a trail in the Walker or Schmidt Woods. And one of the best ways to connect with others is to volunteer for an organization that you value – it will boost your sense of purpose and put you in contact with likeminded people.

Reach Out

If you are feeling isolated or alone, reach out. Talk to your doctor or call a mental health organization such as ICC and get the help you need. Resources are available and you do not need to journey alone.

Written by,

Cathi Watson, RSW, MDiv
Counsellor at Interfaith
Counselling Centre



¹Mark Hyman, MD, head of Strategy and Innovation, Cleveland Clinic Center for Functional Medicine in his endorsement for Vivek H. Murthy’s book Together.



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What You Need to Consider as a Senior When Looking to Sell or Purchase a Home in the Current Market

Senior sellers and buyers have very different decisions to make when selling their home than that of younger sellers and buyers. Is it time to downsize? Are you looking to age-in-place or in need of a more accessible home? Is it time to travel more and/or is mobility an issue? Is a single detached dwelling the right path for you or an apartment, townhome, or condo? Are you in a relationship? If so, have you discussed together what you want throughout your retirement /senior years?

What professional advice should you seek in advance

I think the first place to start is to seek the advice of your financial advisor and if you don't have one, it would be a great time to have someone look over your investment/retirement portfolio or help you make some plans. If you don't already have a trusted advisor, seek recommendations from family and close friends and/or your accountant or banker who actively deal with someone they trust. Check out testimonials and/or interview recommendations to find someone that is the right fit for you. You will then be able to get a handle on what funds are available to you and how much you will be able to allocate towards future living accommodations while still living comfortably. They can help you put a plan in place.

Finding a great accountant can also be important as this is the time when you should be doing estate planning as you sell a matrimonial home and or recreational property. They can provide guidance and advice on tax implications moving forward.

You will also want to have a trusted lawyer on your side to help put your estate plans in place. It is also a good time to have wills completed or updated if you haven't already done so. You will also need a lawyer to handle any future real estate transactions on both the buying and selling end of

things. Find out their fees in advance and again, seek out recommendations from family, friends, and or your accountant, financial advisor and/or your REALTOR®.

You may need to talk to your bank/lender/mortgage specialist if you have a mortgage that needs to be transferred, discharged or if additional funds are necessary to move forward. Will there be any fees or penalties to consider? You may want to know what your eligibility is for whatever financing needs you have based on current and future projected interest rates. Will you qualify for a home equity line of credit or a new mortgage now if needed? You may be retired and living on a fixed income, or you are working full-time/part-time. If you must purchase a home before selling your existing home, is it possible for you to do so?

Do you have a REALTOR® you know and trust? If not, it is important to get some recommendations and meet and interview some of them to determine who is the best fit for you. There are REALTORS® that specialize in working with your demographic and who may be more qualified than others to help. You may need a current market evaluation on your home so that you know what your home is worth while you are working with a financial advisor and/or accountant to make future plans. You will want to discuss your future plans with your REALTOR® so they can help you put a plan in place to move forward into your next home whether it be a new, resale or rental accommodation. They will want to know when you intend on moving and what areas are of interest. They will discuss the current market stats and work with you to figure out the best timing for selling your existing home and will also suggest strategies and marketing for getting you as much money as possible in a timely fashion. They can also assist you with what needs to be done to prepare your home in advance to get it market ready. This could be advice on repairs,

renovations and how far to take them as well as decluttering and depersonalizing the home and staging in advance. Many will have a list/team of professionals they work closely with who will help make things go as smoothly and stress free as possible.

Ask your REALTOR® what options are available if you are looking to downsize in the areas within your search criteria. Is condo living or apartment living right for you? Do you want the freedom of locking the doors and travelling and/or do you need the maintenance, lawncare and snow removal taken care of? Do you want to own or rent? Can you afford condo fees? What style of condo do you want? Apartment style? Townhouse? Detached? Do you need an assisted living facility due to health and/or mobility issues? This could mean a retirement home or nursing home. If you are still active, mobile and independent perhaps you will want to downsize into a smaller detached home? What features are in important to you so that you can age and live comfortably unassisted in that home into the future? Wider doorways, ramps, kitchen, shower and bathtub modifications, flooring modifications and assisted

technology and medical alert systems may be features to consider during your home search.

There is a lot of planning that goes into this process, and it can seem very overwhelming at times, but finding the right people to help you can ease the burden and help lead you through the process and guide and advise you along the way to make it as stress free as possible.

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Staying Safe in the Summer Heat

The summer provides a great opportunity to get out of the house to enjoy the weather, relax and enjoy the outdoors. While it is always nice to feel the warmth of the sun on our face, the sun, heat and humidity can create challenges. To help prevent a heat-related emergency, here are a few safety tips that you can follow:

- ⚙ **Stay Hydrated** - Staying hydrated is essential in the summer heat. Drinking 6 to 8 glasses of water each day is important. Rather than drinking when you are thirsty, which means that signs of dehydration are already kicking in, it is important to consume water throughout the day. This is especially important as you age, when the feeling of becoming thirsty can sometimes be less noticeable and your body has trouble adjusting to changes in temperature. Get into the habit of taking a water bottle with you wherever you go. Try and avoid pop, alcohol and caffeinated drinks which can dehydrate you.
- ⚙ **Wear Sunscreen** – While we enjoy the sun, spending 15 minutes in the sun on a hot summer day can cause damage to our skin, especially with the impact of UV rays. In addition to being painful, sunburns prevent the body from naturally cooling. Apply and reapply sunscreen throughout the day to minimize the impact of the sun on your skin.
- ⚙ **Protect Your Head, Neck, Face and Eyes** – Too much exposure to the sun can create health challenges. Wearing a hat with a wide brim during the hot weather can protect your head, eyes, face and neck from the sun and

harmful UV rays. Wearing sunglasses is also recommended to help protect your eyes from UV rays.

- ⚙ **Wear the Right Type of Clothing** – Light, loose clothing, made of natural (such as cotton), rather than synthetic material, can help heat to escape and to make you feel cooler. Wearing lighter colours such as white or yellow can help to reflect the rays of the sun. Wearing a light, long sleeve shirt is also a great way to protect your skin from the sun.
- ⚙ **Exercise Wisely** – If you enjoy getting out of the house for activities, walking or gardening, be sure to wear protective clothing, keep track of time to avoid long periods of exposure to the sun and drink more water than usual, especially if you are exercising.
- ⚙ **Avoid the Hottest Part of the Day** – If at all possible, it is best to organize outside activities in the morning or evening, when it tends to be cooler. Limiting outside activities between noon and 3 pm, when it tends to be the hottest part of the day, is a good way to reduce the impact of the heat.
- ⚙ **Know Your Medications** – It is important to read labels and to talk to your doctor or pharmacist to understand if your medications cause any side effects or sensitivities as a result of the sun. Some medications are also less effective if exposed to heat.
- ⚙ **Stay Cool** – During the heat of the summer, finding opportunities to stay cool is important. Having access to air conditioning at home is always helpful. However, there are many public places in our communities that you can access to stay cool.

On behalf of Community Care Concepts, we want you to enjoy the many benefits of the summer weather while staying safe and in good health. If you have questions or concerns, need help in coping with the heat or are looking to get out of the heat and into a cooler environment, please don't hesitate to contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.

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Blueberry Ice Cream Pie

NUMBER OF SERVINGS: 8

Ingredients

- Ontario blueberries 2 pints (1000 mL)
- Sugar 1 cup (250 mL)
- Water 2 cups (500 mL)
- Cornstarch ¼ cup (60 mL)
- Ready 9" pie crust 1
- Vanilla ice cream 1 quart (1000 mL)
- Orange juice 2 Tbsp (30 mL)

Directions

1. In a large saucepan, combine blueberries and sugar.
2. Mix water and cornstarch together and stir into blueberry mixture.
3. Cook at a simmer until sauce is thickened.
4. Reserve ½ cup of the mixture for decorating the top. Cool.
5. Spoon blueberry mixture into pie crust.
6. Spoon ice cream over blueberries.
7. Beat orange juice into reserved blueberry mixture. Drizzle over ice cream.
8. Freeze. Remove pie 15 minutes before serving to thaw enough to cut. Cut into wedges to serve.



Blueberries are one of the very few "true blue" foods and they get their bright blue colour from anthocyanins, a naturally occurring plant compound.



Blueberries contain anthocyanins, a type of antioxidant. Antioxidants help protect cells from damage that naturally occurs with age.



Brian is a high-bush Blueberry farmer in Pembroke, Ontario. Brian enjoys farming blueberries because they have lots of health benefits, they are versatile, and they can be incorporated into many delicious recipes including the blueberry gourmet foods that his farm produces.

NUTRITION PER SERVING

Calories 368 | Protein 5g | Fat 9g | Carbohydrates 69g | Fibre 2g | Sodium 165mg



Recipe Resource for Healthy Aging © 2016. For more information: www.aha.the-ria.ca/recipesour

Desserts

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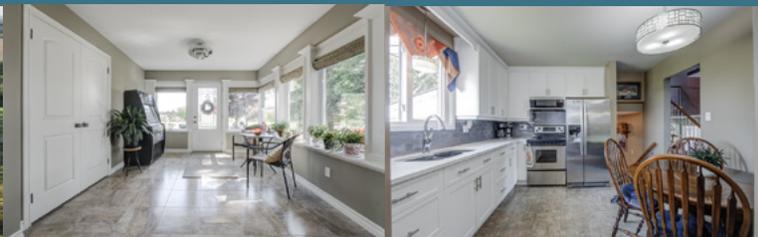
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**1201 Queens Bush Rd
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Sunday: Closed