

FREE!

EMBRACING CHANGE

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

ISSUE 12 AUGUST 2019

www.embracingchange.ca



Feature Business of the Month

Guardian
COOK'S PHARMACY

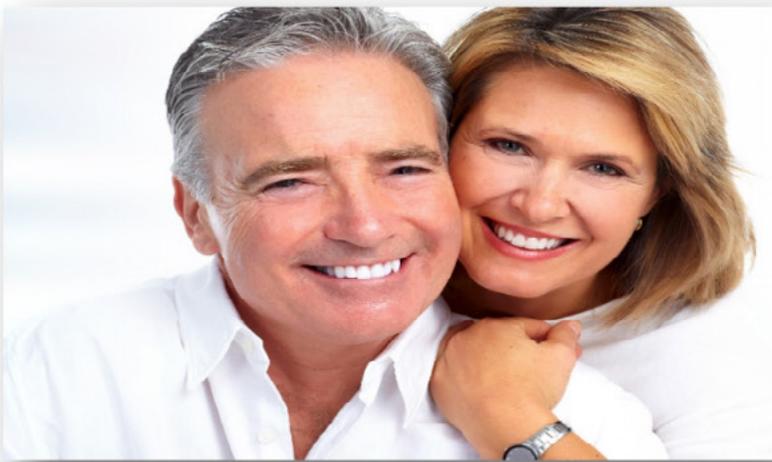
Community resource guide to help you and your loved ones age in place!



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Tara Bott (Held)
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Jessica Uttley
DESIGNER

**Rich Held,
Don & Shirley Bott**
DISTRIBUTION

On The Cover

This photo of Steve and Ruth Aho and their granddaughter Emmersen Aho was taken at their home just outside of New Hamburg. It was a good opportunity to get some family pictures, since everyone was home to celebrate a few birthdays.

About the Photographer

David Charlesworth is a photographer located in Stratford, ON. He specializes in Weddings, Family Portraits and Headshots. www.davidiam.com



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www.embracingchange.ca

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LETTER FROM THE EDITOR

Hello Sunshine!

The summertime heat has arrived. I hope you're enjoying the warm temperatures and sunny skies while you take in all of the wonderful activities that are happening in and around our communities. Or if you're like me and you decide to pack a bag and go on an adventure, I hope your travels are safe, fun and memorable.

My husband and I along with my cousin and his wife, just returned from an unforgettable vacation in Europe. While we were away we celebrated three big milestones: two 50th birthdays and a 25th wedding anniversary. I can't tell you how much I enjoyed all of us being together on a vacation during these special moments! We all know a good night's sleep, kale, and meditation are good for you but I believe that travelling has just as many health benefits. So don't put off making plans to explore the places you have always wanted to see. It can be a short drive or it might involve stepping on a plane. Regardless of where, your emotional and mental health will thank you.

When I think of giving thanks, I think of my dad - Rich Held - who will be turning 70 on August 27. I'm a pretty lucky girl to have a dad that's always supported me with my goals and when I decided to embark on Embracing Change he was right by my side, and even took on the big job of distribution for all of Wilmot Township. Thank you for all that you do, Dad. And Happy Birthday!

In this issue Yvonne Ingersoll shares what it's like to live at The Imperial in New Hamburg - a 144-year-old historic hotel that has been turned into beautiful apartments for seniors. Be sure to check out her story on page 26. Also, Dr. Nicole Didyk is answering questions from our readers on a monthly basis, so email your questions and concerns to embracingchangeinfo@gmail.com. We won't publish names and confidentiality is always protected.

As always, thanks for picking up this issue, and for your ongoing support.

Truly grateful,

Tara

FLASHBACK PHOTO

In The Good Old Summer Time...

By Nancy Maitland
Curator, Wellesley Township Heritage and Historical Society

Who doesn't love swimming in the summer, or even sitting beside a lake or pool? Back in the day, Wellesley residents were fortunate to have a pond to swim and play in. We get a good idea of what swimming in the pond was like from the newspaper, the Wellesley Maple Leaf: Swimming is a popular pastime with the boys these days. The water is in excellent condition and the weather is such as to make bathing delightful. It is said that everybody in town over eight years of age can swim. July 4, 1901 A team horse belonging to Ratz & Fleischhauer created quite a sensation the other evening by swimming the whole length of the mill pond. August 7, 1902



Swimming the in the Wellesley pond, ca 1920s. WTHHS photo collection, Accession # 89-7-37C

Swimming days have come, to the infinite delight of the boys. Every evening the pond in the vicinity of the flood-gates is lined with bathers. June 16, 1904

And finally, in 1906, bathers were warned that they must wear bathing suits! The boys should remember that the law prohibits them from bathing during the day, especially without bathing suits. There has been some complaints in the village lately on this account and the constable is liable to pounce upon offenders any time if the practice is continued. June 28, 1906

Thanks to the Wellesley branch of the Women's Institute, the pond was clean and safe. After taking on other village issues that needed improvement, such as the library and community hall, the women put their eagle eyes on the pond and nearby sections of the Nith River.

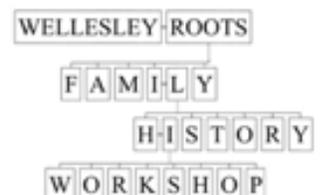
A dump near the dam was a terrible eyesore. The WI minutes record that in June 1930, the ladies formed a Park Committee to clean up the grounds around the tennis courts and to make the "bathing beach more favorable for swimming and wading." Over the years, various tasks were completed including repairing the Boys' Bath House (formerly the Lawn bowlers' clubhouse).

In 1935 some of the local boys cut weeds around the pond in exchange for a new "diving plank" to replace the badly damaged one then in use. In 1936 the Dump Committee reported that a by-law had been passed to erect a sign to prevent further dumping in the area. By 1938 the Dump Committee, which had been renamed the Beautifying Committee, reported \$99.55 had been spent on the dump.

Times change, but swimming *never* goes out of style.

Wellesley Roots

NOTICE: The WTHHS is holding a free family history workshop on Saturday, September 7. For more information contact info@wellesleyhistory.org and check out our website www.wellesleyhistory.org



MESSAGE FROM

Kelly Christie

EXECUTIVE DIRECTOR WOOLWICH COMMUNITY SERVICES



Thank you for this great opportunity to share with you some of what Woolwich Community Services (WCS) has to offer to support the “Boomers, Seniors and Caregivers” living in Woolwich Township. Our programs are as plentiful and varied as the participants! I can’t possibly tell you about all the programs offered, please check out our website: www.woolwichcommunityservices.org for more info.

However, it is always our hope that most of you will be familiar with WCS, located at 5 Memorial Ave in Elmira. Woolwich Community Services is an Information Centre and is often the first contact for people requiring services. The Centre performs a variety of functions, such as information and referral service either over the phone or in person. Our trained volunteer information counsellors and staff are on hand to answer almost any question you may have, and provide you with information necessary to find the answer. The Community Information Centre also has available a variety of government application forms such as birth certificates, social insurance numbers, passport, OHIP, Old Age Security, etc. Call ahead for an appointment if you require someone to assist you with completing the forms.

Woolwich Community Services now consists of eight core programs. The core programs of WCS are the Community Information Centre, Individual Support, Christmas Goodwill, Food Bank, Thrift Shop, the Family Violence Prevention Program, the Low German Family Support Program, and the Youth Centre. Each program has been arrived at through the response received from the community. The core programs currently offer an additional 25 community focused services/programs with a variety of associated partnerships.

Programs often utilized by the readership; our fabulous Thrift Shop providing a wonderful store to browse for hidden treasures or a place to donate your no longer needed treasures, the Mobility Loan Cupboard for temporary use of mobility aids, and the annual Income Tax Clinic.

Many new initiatives we have implemented are providing opportunities and support for adults to get connected or re-connect with their community. The Adult Connect Program is offered as a free adult drop-in utilizing the Youth Centre at the Woolwich Memorial Centre on Monday nights and Thursday mornings. Providing an opportunity for all adults to enjoy a ‘coffee’ and meet with old or new friends. There is also an opportunity to meet with our Connection Partner, a staff member who can help individuals plan for what they would be interested in participating in, or attending for their enjoyment. The Connection Partner can support people by attending the activity with them, coordinate transportation to and from activities and work through any barriers that are preventing people from engaging in community activities.

Woolwich Community Services is a wonderful place to volunteer. The majority of the 25 programs are sustained by the time and talents of local residents LIKE YOU! Volunteer opportunities are very accommodating, and will be coordinated to suit your interests.

Well, if you haven’t already met us...please stop by and join us for a free Hotdog Lunch (at the side of the WCS building) every Thursday for the month of August from 12:00 to 1:00pm.

PROUD SUPPORTER AND PRINTER OF

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PRINTING

New Hamburg, ON 519-662-2200

MORGAN MILLER
morgan@ritzprinting.com



Tips for travelling with someone who has dementia

We all enjoy a change of scenery and a break from routines. However, as Alzheimer's disease or other dementias progress, changes in abilities can make it difficult to get away. Careful planning will help you manage the changes in surroundings and routines.

Have a plan

- Include the person with dementia in your planning
- If you plan to visit friends and family, tell them about the changes since your last visit
- Learn as much as you can about the place you'll be visiting and anticipate what you'll need
- Think ahead about activities that may need to be adjusted
- Consider a vacation package, where everything is organized for you
- Carry recent photographs, details of what the person is wearing, and preferred places of interest
- Keep a copy of the name and number of your hotel in a familiar spot in the person's purse or pocket, so they can ask for help if needed

Simplify

- Aim for as few changes in routine as you reasonably can
- Try to get a direct flight
- If you're travelling by car for a long distance, consider extending the time to get there and driving shorter distances each day

Ask for help

- If possible, have an additional person travel with you to help
- Inform the airline that you are travelling with a person with dementia. You may want to request early boarding, a wheelchair, transportation upon arrival, help getting on and off the plane or with stowing carry-on baggage
- If you are staying at a hotel, let the staff know about your needs and explain some of the possible difficulties you think you might encounter
- Request seating near washrooms



Guardian

COOK'S PHARMACY

Cook's Pharmacy, New Hamburg

Meet our Pharmacist ERIC HENDERSON:

Eric was born and raised in Chatham, Ontario and graduated with a Bachelor of Science in Pharmacy from the University of Toronto in 2008. Eric has been working at Cook's Pharmacy since early 2018 and really enjoys the small town feel of New Hamburg. Eric feels the clients of Cook's Pharmacy have been very gracious in accepting him as part of the community. Eric enjoys being a Pharmacist because he has the opportunity to get to know so many different people on a 'first name basis', and because our clients put so much faith in us, sometimes during difficult times in their own lives. When not at work Eric can usually be found on the golf course, at the arena or watching his beloved Montreal Canadiens.

Visit us today to meet Eric and the rest of our friendly pharmacy staff and learn how we can support your health and wellness needs. Cook's Pharmacy also has locations in Wellesley, Waterloo and Kitchener.



PHARMACY SERVICES

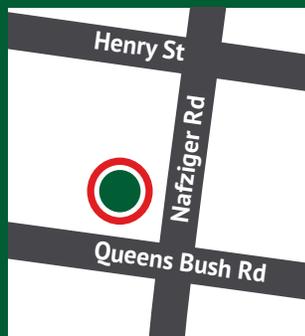
- All Drug Plans Accepted
- Free Medication Reviews
- Free Compliance Packaging
- Diabetes Products and Services
- Compounding Medicine
- Free Medication Delivery
- Blood Pressure Screening
- Compression Stockings
- Injection Services
- Weight Management Program
- Smoking Cessation Program
- Home Health Care
- Travel Health Services



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N3A 1K1**

519-662-2640

Monday - Friday:
9:00am - 8:00pm
Saturday:
9:00am - 5:00pm
Sunday: Closed



**1201 Queens Bush Rd
Wellesley, ON
NOB 2T0**

519-656-2240

Monday - Friday:
8:30am - 7:00pm
Saturday:
9:00am - 2:00pm
Sunday: Closed

AUGUST CROSSWORD

1	2	3		4	5	6	7	8		9	10	11	12	13
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67			68			69				70		71		
72						73						74		
75						76						77		

By Evelyn Johnson - www.qets.com

Solutions on Page 16

ACROSS

- 1 Doctoral degree
- 4 __ -garde
- 9 Slang term for man
- 14 Tell a tall tale
- 15 Small boat with pointed ends that is moved by using a paddle
- 16 Sandwich cookies brand
- 17 Official canine registry (abbr.)
- 18 Fried bread
- 19 Place where cattle, horses, or sheep are raised
- 20 365 days
- 22 Absence of values
- 24 Air
- 25 Creative work
- 27 Used to be
- 29 Aloha State
- 32 Scandinavian nation
- 35 Pro
- 36 Police
- 38 Confuse

- 40 A spinning toy (2 wds.)
- 42 Unsophisticated
- 44 Rodents
- 45 Demonstrations
- 47 Stadium
- 49 American College of Physicians (abbr.)
- 50 Relating to milk
- 52 Cola brand
- 54 Fox's offspring
- 55 Semiconductor that emits light
- 56 Gorilla
- 59 Weirdo
- 63 Satellite receiver
- 67 Mushroom
- 69 Deer-like animal
- 71 Observe secretly
- 72 Produce eggs
- 73 Deals with
- 74 Mouth part
- 75 Went gently
- 76 Seasoning
- 77 Vane direction

DOWN

- 1 Activity meant to relax or amuse
- 2 Take a long walk in the country for fun
- 3 Factor of ten
- 4 American Cancer Society (abbr.)
- 5 Period of rest from school or work
- 6 After awhile
- 7 Taboo
- 8 Swarm
- 9 Between elbow and wrist
- 10 Time period
- 11 Optical device
- 12 Dead bolt
- 13 Pallid
- 21 Uncooked
- 23 The other half of Jima
- 26 Type of music
- 28 Move through the water by using parts of the body
- 29 Place with many rooms and beds where people pay to stay
- 30 Perfume
- 31 Jacob's father
- 32 At no time
- 33 Lengthwise
- 34 Desert plant
- 35 Passing trend
- 37 Title of respect
- 39 Spiritedness
- 41 Blemish
- 43 Cages
- 46 Like a salary
- 48 Expert
- 51 Possessive pronoun
- 53 Unusual
- 56 Niche
- 57 Insect in a cocoon
- 58 Extremely long time periods
- 60 Young Men's Christian Association
- 61 Raccoon's nickname
- 62 N.A. Indian
- 64 Island
- 65 Form a web
- 66 Publicity
- 68 Ram's mate
- 70 Compass point

Laughing Matters!

A little boy was attending his first wedding. After the service, his cousin asked him, "How many women can a man marry?"

"Sixteen," the boy responded.

His cousin was amazed that he had an answer so quickly.

"How do you know that?"

"Easy," the little boy said.

"All you have to do is add it up, like the Bishop said: 4 better, 4 worse, 4 richer, 4 poorer"



Two Year Old My two-year-old cousin scared us one summer by disappearing during our lakeside vacation. More than a dozen relatives searched the forest and shoreline, and everyone was relieved when we found Alex playing calmly in the woods.

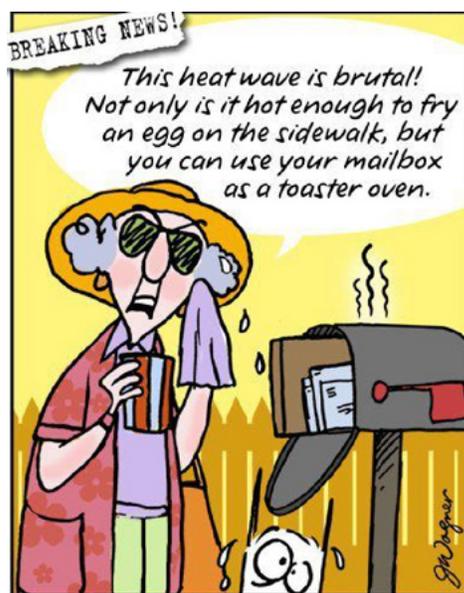
"Listen to me, Alex," his mother said sharply.

"From now on when you want to go someplace, you tell Mommy first, okay?"

Alex thought about that for a moment and said, "Okay. Disney World."

FIND THE HIDDEN OBJECTS

Can you find all 10?



Woolwich Seniors Association

A membership based organization for older adults age 55+.

Participants in Local Economic Development

Signs that a local economy is working well can be seen in the intricate network of activity and collaborations between local organizations. In the Township of Woolwich, local economic development is fast at work, as many community organizations, business leaders, and local citizens work in cooperation with the local government to provide services to community members and drive the local economy. Seniors play an important role in this network to meet the needs of the fastest growing demographic in Canada.

The volunteer commitment of seniors to run service programs and events cannot be ignored. In Woolwich, as in most communities, you will see a small army of volunteers that run local church dinners, local events and often manage non-profit organizations, such as the Woolwich Seniors Association. Seniors are also providing a valuable role in caring for grandchildren and volunteering at schools. The importance of the volunteer hours spent provides an engine of activity that contributes services in a community, where resources may otherwise be scarce.

Partnerships with various levels of government and community organizations for funding and planning, make many activities possible for seniors, as with, the annual “Aging Well in Woolwich” fair or monthly Tech Clinics offered at the Seniors’ Centre. The Woolwich Seniors Association recognizes the benefits of being part of special events in the Township, such as, The Provincial Curling Championships and the Canadian Sledge Hockey Championships, held at the Woolwich Memorial Centre this year. Not only is it fun to participate as community volunteers in these events, but the seniors also recognize and want to support economic opportunities that are brought to the community.

For the October 2018 Municipal Election, the Woolwich Seniors Association hosted the Meet the Candidates Night in Woolwich Township. This is a good example of the behind the scenes, web of communications between local non-profit groups, business associations and community leaders in promoting and supporting an event. The participation and willingness from other community leaders helped make it one of the most well attended and successful evenings in recent municipal elections. Smaller communities often rely on a local organization to step in and host a Meet the Candidates Night where the resources or formal structure may be lacking. “It makes sense that seniors fill in the gap for a Municipal Candidate Meeting,” says Yvonne Wepler, Past President of the Woolwich Seniors Association. “Seniors have the highest voter participation rate. We are articulate, informed and have a lasting memory of politics. We feel a responsibility to support our local community.”

It takes buy-in from the community and an openness to work together. Often the communication and collaboration between groups may go unnoticed to the general population but in reality, it is a strong network that provides the backbone for community development. The Woolwich Seniors Association recognizes that they have a role in their community and the success for local economic development efforts is dependent on the openness of a community to utilize all the resources available and the willingness of community members to be actively involved. This is something that is done well in Woolwich Township and the Woolwich Seniors believe they have an important role in shaping the future and sustainability of their community.

(Nancy Lucier, Coordinator, Woolwich Seniors Association)

The Woolwich Seniors Association is a non-profit, membership-based organization. It is run by a Board of Directors and volunteers from across the Township of Woolwich.



WOOLWICH SENIORS ASSOCIATION

\$20 per year Membership Fee.

**To become a member, contact
Woolwich Seniors Association**

Located in the Woolwich Memorial Centre
24 Snyder Ave South, Elmira

519-669-5044

or email at: contact@woolwichseniors.com

www.woolwichseniors.ca

Stay Active. Be Involved. Feel Connected. Join today!

www.woolwichseniors.ca

Wellbeing WATERLOO REGION

A survey providing a snap shot of who we are and how we are changing

Wellbeing Waterloo Region is a community-led initiative working together across sectors to improve the wellbeing of residents. Wellbeing Waterloo carried out a large scale survey in the summer of 2018 to gather resident perceptions on a variety of aspects linked to eight interconnected domains of wellbeing: community vitality, healthy populations, democratic engagement, the environment, leisure and culture, education, living standards and time use.

Over 5,000 people across Waterloo Region completed the survey and the Canadian Index of Wellbeing weighted the survey results by age, sex and municipality to match the 2016 Census profile. Weighting the data allows the overall Community Wellbeing Survey results to more accurately reflect the responses of residents without under or over representing any groups based on age, sex, or where they live in Waterloo Region. 6.2% of the replies were from Woolwich and 1.7% from Wellesley.

- ▶ In 2016 15% of Regional residents were over age 65 by 2041 this will rise to 25%
- ▶ Over the past 10 years rents for 1 and 2 bedroom units have increased twice as fast as inflation (37% compared to 17% for inflation)
- ▶ 11.5% of people in Waterloo Region live below the Low Income measure compared to 14.3% in Ontario
- ▶ Over 14,000 recent immigrants have arrived in Waterloo Region in the last 5 years
- ▶ In 2016, 1 in 8 residents spoke a language other than English regularly at home with Mandarin replacing German as the most common.

From the survey overall 75% of residents report they are very satisfied with life in general. Residents with above average wellbeing share some of the following characteristics: male, older, married (or common law), higher incomes, more highly educated and longer time resident in Waterloo Region.

As a result of the initiative Wellbeing Waterloo strives to build impact in 3 big idea areas:

Affordable Housing

Everyone has a place to call home.

Healthy Children & Youth

All children and youth have the foundation they need to thrive and reach their potential.

Social Inclusion

Everyone is welcome and can belong.

Much more information is available and will be covered in future articles but please go to www.wellbeingwaterloo.ca for more information and a calendar of events, you can also subscribe to the newsletter. Locally we will also be conducting focus groups to add to the Regional data and to pull out issues specific to seniors: the results of this work will be available later in the year and we will share it right here with you!

This article was provided by the Woolwich Community Health Care Centre





Karen Weber
Owner/Consultant

Traci Jutzi
Consultant

Kristina Ziegler
Consultant

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Ad submissions are due the 10th of every month

Travel Insurance News & Views by Gary White

Canadian Travelers: Do You Know Your Rights?

Another way travelers – specifically air passengers in this case – will be protected is through the Air Passenger Protection Regulations, drafted and currently being amended by the Canadian Transport Agency (CTA).

These regulations, some of which are highlighted below, will be imposed on airlines to protect passengers of flights to, from, and within Canada. They are scheduled to come into effect in the summer of 2019.

- A requirement that airlines communicate in a simple, clear way with passengers regarding their rights and recourses, and provide the reasons for flight delays and cancellations;
- The obligation for airlines to provide passengers with food, drink, and accommodation when their flights are delayed;
- Compensation of up to \$1,000 for flight delays and cancellations within an airline’s control that are not safety related;
- Compensation of up to \$2,400 if a passenger is denied boarding because an airline has over-booked the flight or because of other actions within an airline’s control;
- Re-booking and refund entitlements when flights are delayed, including, in some cases, the obligation for an airline to use a competing airline to get passengers to their destination;

Next month we will highlight 5 more of these proposed changes. The full highlights are on the CTA’s website




GROUP INSURANCE

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- Estate planning

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9 Angus Glen Lane
New Hamburg, ON N3A 0E9
Bus: 800-433-5307 or 519-780-2298
Email: gary@garywhiteinsurance.com



A Motto for the Golden Years:

When life hands you a ticket, go for the ride!

Denoting something aged to exceptional quality, 'vintage,' rather than 'senior' might be the adjective of choice when describing The Eden Mills Tappers. Now twenty strong, the Tappers are determined to stamp out the negative of myths of aging, inspiring young and old alike to step outside their comfort zones and bask in the fullness of life.

Their motto? "When life hands you a ticket, go for the ride!" Their message? Find something that makes your heart sing, then just dive in and do it.

Most donned tap shoes for the first time in their 60's or 70's. "In my eulogy," says Marcia Haworth, who has been with the group since its inception, "it's going to say that she got her first pair of tap shoes for her 70th birthday. What an amazing experience it turned out to be. Just goes to prove that having fun keeps you young!"

"At 10," says Elise Houghton, "I got a pair of tap shoes from my friend, but Mom said no to tap

dancing! Young ladies took ballroom and got ready for proms, not the stage. At 68, I took my very first tap lesson and, 'Hey Mom... I'm up on a stage!' What a delightful life-changer."

Like drumming, the rhythm of tap dancing actually changes the brain's chemistry. It ups dopamine, oxytocin, and serotonin, all-natural, feel-good hormones. "Media stories abound on the dreadful health consequences of loneliness and inactivity in seniors," Simpson says, "yet something as simple as tap dancing together can be a powerful health-promoting boost."

September 17th and 24th, 2019 the Tappers will bring their bank of tap shoes to the Woolwich Seniors' Centre for a free two-week Learn-to-Tap-Dance Workshop. For registration and information phone 519-669-5044.

CONTACT

Jill Simpson

Email: thegreatbrainworkout@gmail.com

Phone: 519-998-3024

<https://bodymindandmovementprogram.com>

WHAT'S HAPPENING

55+ Active Adults & Seniors in Wilmot Township

KNOTTING AND QUILTING COMFORTERS

Everyone Welcome. Come for an hour or as long as you wish.

WHEN: 1st Wed of every month; Sept-June

TIME: 10:00 am to 3:00 pm.

WHERE: Steinmann Church

CONTACT: 519-634-8311

ST. AGATHA SENIORS

Our group of friendly folk meet once a week to play solo. We celebrate birthdays and have a Christmas Party in mid-December concludes the years activities. You'll be warmly welcomed!

COST: .50¢

WHEN: Every Thursday 1:00 to 4:00 p.m.

WHERE: St. Agatha Community Centre

CONTACT: Bert Lichti at 519-634-8411

NEW DUNDEE SENIORS

Come out and enjoy cards, games & shuffleboard

WHEN: Every other Tues, 1:00-4:00pm

*Please contact Alice for exact dates

WHERE: New Dundee Community Center

CONTACT: Alice Bowman 519-696-2665

WILMOT SENIOR SHUFFLEBOARD

WHEN: Tues and Wed from 9:30-11:30AM

and Tues 1:00-4:00pm

WHERE: Wilmot Recreation Complex

CONTACT: Guy & Phylis Sisco 519-662-2077

WILMOT SENIORS WOODWORKING & CRAFT CLUB

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills

WHEN: Weekly, Mon to Fri: 9AM - 5PM

WHERE: 27 Beck St., Baden

COST: Initial Membership \$90, yearly \$70

CONTACT: Diana Gruhl at 519-634-5357

PICKLEBALL DROP-IN

Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.

WHEN: Mondays 1:00PM - 3:00PM

Wednesday, 6:30PM - 8:30PM

WHERE: St. Agatha Community Centre

CONTACT: The Wilmot Recreation Centre for more information at 519-634-9225

RESTLESS SENIORS

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.

WHEN: Wednesdays from 1:30 - 3:30PM

WHERE: New Hamburg Legion, Branch #532,
65 Boullee Street, New Hamburg

CONTACT:

President - Larry Roth: 519-656-9719

Secretary - Marilyn Santos: 226-749-1082

Treasurer - Murray Snyder: 519-662-2959

NEW HAMBURG LANES BOWLING

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.

WHERE: 182 Union Street, New Hamburg

CONTACT: James Aoki 519-662-1938

EMAIL: james@newhamburglanes.ca

WHEN:

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

TECHKNOW PROGRAM

Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in for help with the basics and functioning.

WHEN: Every Thursday from 9:00-11:30 am from September - June

WHERE: Wilmot Recreation Complex Active Living Centre

COST: No Charge

CONTACT: 519-634-9225 ext: 340 for more info

NEW HAMBURG LEGION SENIORS GROUP

WHEN: Every Wednesday from 1:00-3:30 pm

WHERE: New Hamburg Legion

COST: \$5.00 per year to join this group

CONTACT: Murray Snyder at 519-662-2959

WILMOT SENIORS

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.

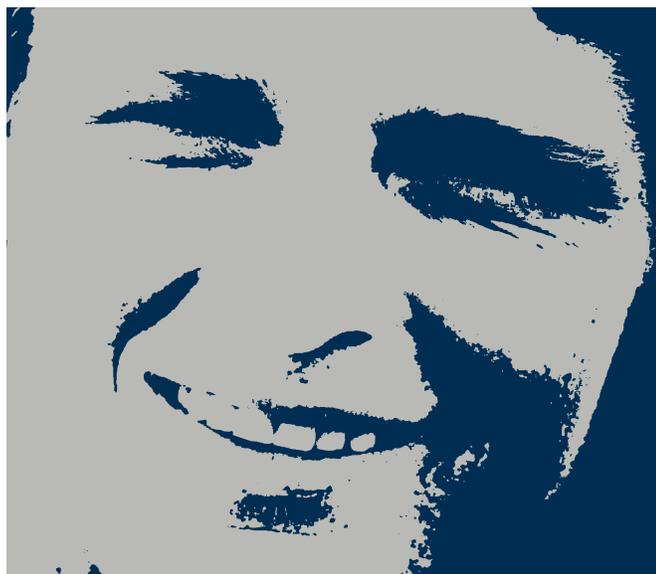
SPECIAL EVENTS INCLUDE: - soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, Christmas banquet.

WHEN: Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)

WHERE: Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg

COST: An offering is taken each meeting

CONTACT: Church 519-634-8687



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Fall Fair**

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WHERE TO GET YOUR FREE COPY

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

Wellesley Township:

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg

- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobeys New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library

- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg

Woolwich Township:

- Community Care Concepts
- Kiwanis Transit
- Woolwich Health Care Centre
- Woolwich Community Services
- Breslau Community Center
- Pharmasave Breslau
- McDonalds - Elmira
- Woolwich Seniors Association
- Living Waters Book & Toy
- Elmira Donuts & Deli
- Elmira Library
- St Jacobs Library
- Crossroads Restaurant
- Harvest Moon
- Bloomingdale Library
- MCC Thrift & Gift
- Bonnie Lou's Cafe
- MCC rePurpose Centre

Solutions

Solution:

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Ask the Doctor

with Dr. Nicole Didyk

“Why do I need all these pills?”

Over 60% of Canadian seniors are taking more than 5 medications daily, something we call “polypharmacy”. Here are 3 questions to ask your doctor or pharmacist, to review whether a pill is necessary:

1. Do I still need to take this?

Some medications appropriate for younger individuals are no longer necessary or beneficial for seniors. You may be able to stop something you’ve been on for a long time.

2. What if I stop this?

Never stop a pill before checking with a professional, but it may be helpful to discuss why you are on a medication, and review whether your goals have changed such that a certain pill is not needed.

3. Can I reduce the dose or frequency of this pill?

A formulation that combines two compounds in one tablet or is a long-acting version of a pill you take more than once a day could simplify your routine.

The more medications one takes, the higher the risk for interactions and adverse effects, but many medications can improve or prolong life. Have a discussion with your health care team and find out if you do need all those pills.

If you have questions for Dr. Didyk, please email them to: embracingchangeinfo@gmail.com You don’t need to give your name or 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.

When Someone You Know Has Hearing Loss

Good Communication Habits for Everyone - Article provided by Lynne Hemmerich

1. Get the other person’s attention before you start speaking. If they are ready to communicate, they are less likely to miss anything.
2. Don’t shout, don’t speak too loudly, and don’t overemphasize your words. Just speak clearly and naturally.
3. Don’t speak too quickly or too slowly. Again, just speak clearly and naturally.
4. Make sure your face can be seen clearly. Lighting should be adequate and there should be nothing covering your mouth or face (speech is picked up by the eyes as well as the ears).
5. Background noises can make understanding more difficult. Turn off sources of noise (e.g., running water) before having a conversation. Alternatively, move to a quieter area, if possible.
6. Don’t talk to someone in another room. The further away you are, the harder it is to hear. Make sure you are in the same room and close enough to be easily heard and seen.
7. Rephrase rather than repeat. Sometimes different words will be easier to understand.
8. Be on the lookout for misunderstandings. Ask questions from time to time to make sure that the person has understood what you have said.
9. Relax and be patient. Sometimes it can be stressful and tiring trying to follow the conversation when you have a hearing loss. If you relax, it can help others relax and enjoy the conversation too.
10. Encourage the person you know to seek the advice of a hearing care professional and to have a hearing test. A hearing test is relatively quick, easy, and painless. Consider going with them to keep them company and to help collect information.

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Belief

The ABCs of (My) Life

by Fred G. Parry

One day, I woke up from a dream that saw me stranded on an island. Just like many of us, who take in the politics of the day, we seem to be stuck in the middle of competing viewpoints.

**“There’re battle lines being drawn,
Nobody’s right, if everybody’s wrong”**

-- For What It’s Worth by Buffalo Springfield

And it seems getting off our island is not that easy. It means possibly getting swept away either with one strong current of beliefs or the other ... rational or otherwise.

However, my farmer-friend, Heinz, had a stock answer against such strong viewpoints and he’d say this whenever anyone came a-calling to promote their particular brand of religion, “I know all about your belief.” he’d say, “You’re right and everybody else is wrong.”

I’m not knocking it – it’s just not my style. And yet, when you try to see both sides to an argument, you seem to become a target for both sides.

Is that the fate of anyone who wants to promote peace and understanding?
Personally, I knew that if I truly believed in people and wanted to be of service, I had to make it off my island. I had no choice.

And, as soon as I had made the decision, there was a realization that took hold: clearly something bigger was at work here.

My problem was my own humanity. I set my self-expectations much too high and failed

miserably, often because my best wasn’t good enough. It disappointed me, and its disappointed others—it was hell!

The truly amazing thing though, was that when I was disappointed, or was down and out, more people came to help me than I could ever have imagined. I concluded that I was not alone in following this path and that my faith was well founded.

Then, I became aware of a number of resources. One of the most impressive, for me, was a course taught to students by the Toronto District School Board, called Character Education.

The underlining principles were:

1. Your character is defined by what you do, not by what you say or believe.
2. Good character involves doing the right thing, even if there is a risk involved.
3. What you do matters; one person can make a big difference.
4. Good character makes you a better person and it makes the world a better place.

I thought, ‘out of the mouth of babes’... Wow! If little kids are being taught this, then what’s wrong with the rest of us?

The resulting lesson I learned was that I don’t have to ‘change the world’, I just have to add – as humbling as this is - my two-cents worth. It may not be much but, working together, it all adds up.

Maybe that’s what Leonard Cohen meant when he wrote:

**“Ring the bells that still can ring,
Forget your perfect offering.
There`s a crack in everything,
That`s how the light gets in”**

Is this possible? Well, no matter how, we can all use a little light. I think so ... or maybe I’m still dreaming.



“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



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Fighting Parkinson's Disease

by Kishoree Sangarapillai & Quincy Almeida

Movement Disorders Research and
Rehabilitation Centre, Wilfrid Laurier University

“Fighting Parkinson’s disease is like fighting a battle that doesn’t seem to end... sometimes its easier to give up then to keep fighting” – Tony.

Tony is not the only one who has admitted that the fight against Parkinson’s Disease (PD) can be draining. But with unity there is power, making the fight against PD a bit more bearable. This sense of unity in the fight against PD is the core of Rock Steady Boxing (RSB), a non-contact boxing class geared toward those with PD. More and more individuals have decided to take on PD by joining RSB, making it one of the most popular exercise programs for PD with 801 affiliates worldwide.

The secret to the success of RSB can be attributed to the powerful testimonials highlighting the uplifting nature of the program. Although powerful, testimonials may not be enough to conclude that RSB can improve the symptoms of PD. This is where it would be beneficial to explore the scientific studies investigating the effects of boxing on PD. Interestingly the two studies that attempted to do this found improvements in balance, gait velocity/mobility and quality of life (QOL). While neither study could confirm that boxing reduced Parkinson-specific symptoms, boxing programs are becoming one of the most widely employed exercise interventions for improving symptoms of PD.

It would seem that there is insufficient evidence to confidently conclude that RSB can improve PD specific symptoms, yet these programs are still growing exponentially. As there are hundreds of RSB affiliates worldwide it seems logical that there should be some sort of policy or a governing body to guide the delivery of boxing among the affiliates. This way we can be sure that the boxers of every affiliate receives the same standard of care.

To assure an optimal outcome for the participant factors such as symptom-improvement, the qualifications/experience of program instructors, and the costs of participation should be monitored. As a result, a national study was conducted using a health policy perspective to evaluate these specific factors for boxing programs in Canada - the first study of its kind to evaluate the delivery of boxing programs for Canadians suffering from PD. To do this, boxing programs were searched for using the most common search engine-Google. This led to the identification of 55 facilities, of which 46 took part in a telephone-interview guided by a questionnaire developed by the researcher.

The findings of this study led to more questions then answers. 100% of RSB facilities stated that boxing reduced PD-progression, yet none of the facilities confirmed a diagnosis of PD from a certified clinician.

This raises the question - how can it be accurately stated that boxing can reduce the progression of a disease that the individual may not even have? Additionally, when asked how boxing facilities monitor disease progression, 64% mentioned the use of a balance scale – the Fullerton Advanced Balance scale. In other words, the scale used to assess disease progression is more a measure of balance than specific PD symptom progression.

Therefore, it can be assumed that the ‘reduction in PD-progression’ seen is based on observation and anecdotal reports of the boxing coaches. However, the accuracy of these observations are questionable, as coaches have varying qualifications and minimal experience working with the PD population.

In terms of qualifications and experience, 41% of RSB instructors expressed that they were RSB certified. This meant that they took part in the 2-day training camp provided by RSB which covers a brief overview of PD and boxing. However descriptive this training is, this does not necessarily ensure an individual is equipped with the knowledge and experience to run a PD exercise intervention. Surprisingly, it was found that most instructors had no formal education or volunteer experience with Parkinson’s. This is alarming as these individuals are entrusted with the responsibility of running an exercise program specifically for those with a disease they are unfamiliar with, which may put individuals at increased risk of injuring themselves while boxing. Even with these considerations, there is still a significant cost associated with boxing programs.

The uplifting and invigorating RSB programs are not cheap. The average cost of a RSB class is around \$129 a month. Unfortunately, it seems unlikely that insurance plans (private/provincial/federal) will cover the costs of a program that has yet to be scientifically-validated. As such, individuals are left to pay out-of-pocket. At this point, it is hard to justify whether the money individuals are spending is in fact cost-effective. The cost-effectiveness of the program should be justified by a positive outcome for the participant. While feelings of unity and happiness are a huge component of a ‘positive outcome’ for the participant, clinical symptomatic improvement should be viewed with the same importance, if not more. This is especially the case if you are paying over \$100/month out-of-pocket for this service!

Conclusively, the hope of this study was to answer some questions regarding the delivery of boxing programs. While some were answered, some new questions have also arisen. It is imperative that the individuals joining any sort of exercise program make sure to do the appropriate research to make sure it is the right fit for them. The impact of these findings reach far beyond the individual level, as they will help transform boxing facilities, facilitate relationships with clinicians, educate individuals with PD, and help facilities improve the delivery of services. Further, this study will encourage clinicians and therapists to help Canadian facilities assess disease severity, or stimulate innovative research to expand the rehabilitation literature on boxing.



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It's never too late to start self care!

Written by Cassandra Plant,
LiveWell Health & Wellness

Massage therapy is for everyone. Well many believe that massage is only found in spas, athletic therapy clinics and rehab facilities. Senior citizens can benefit from it as well, with regular massage seniors can experience an improved quality of life. Massage has so many benefits, not only is it relaxing to have a therapeutic touch, it can help with their activities of daily living.

How can massage be beneficial for you?

- ▶ Improves sleep as it triggers the release of the hormone serotonin which makes you feel calm.
- ▶ Reduces overall stress, anxiety and depression by lowering hormones that create the “fight or flight” response.
- ▶ Helps restore mobility due to arthritis, Parkinson’s and other chronic conditions. Pain is relieved by the muscle around the joints relaxing and allows for better range of motion
- ▶ Helps patients with Alzheimer’s to promote relaxation and increased body awareness and alertness
- ▶ Improves general aches, pains and stiffness in muscles and joints

Treatment techniques are soothing and gentle with some stretching involved. Well, most therapeutic treatments are 60 minutes the benefits of a focused 30 minute treatment should not go unnoticed.

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I would never have imagined that at age 84, my husband, Phil, and I would become working people again. But we did and that has made a huge difference in our lives.

In 2015, we were living in a subdivision in Peterborough, close to our grown children but isolated from a social life. Our children had busy lives and our grandchildren were even busier. We took a leap of faith and decided to move to The Imperial in New Hamburg and become its superintendents.

On April 29, 2016, we were the first people to move in. We had spent a few months prior to this date, downsizing. Phil sold excess furniture on Kijiji and gave away many things. We felt that downsizing was something we had to do and not leave it for the kids to deal with. Once settled, we helped other tenants move in. It was such an exciting time for many of us who moved in the first month. We all had to adjust to our new homes and we helped one another. We had fun!

Phil and I are in charge of the building – we make sure everything runs smoothly and we take care of problems that arise. Phil is handy and knows how to repair things. In his previous life, he worked in the legal department of Bell Canada as the Ontario Claims Manager and I was a top agent for Royal LePage in Toronto. Our past skills have become very useful in our new job. Who knew that we could have a purpose in life again?

Since that day, three years ago, we have begun a new chapter in our lives. We now have a sense of

purpose and peace. We no longer wait for things to happen: we do things. Living here has renewed our independence. We have friends and a real social life once again.

The tenants at The Imperial have become one large family. We look after one another, run errands, share food, and gather for cocktails and barbecues in the sunroom or on the upper patio. We go for walks, drives together, attend plays. Instead of waiting for family members to drop by,

we have established our own social life here. We didn't realize that our senior years could be this much fun. In the winter, the tenants gather in the sunroom for drinks, talks and general camaraderie. In the summer, we gather on the patio any time during the day but especially after the sun sets and Ernie talks about astronomy.

Being in charge of the building has made our minds sharp again.

But we are not alone.

Everyone shares his/her skills with one another: whether it is gardening on our patio, cleaning snow off cars, fixing A.V. problems, baking rhubarb and lemon pies or going to the post office to pick up mail for others. We have a library and our own librarian, Judy, who continually updates our collection of books.

We are so lucky to live in downtown New Hamburg. Not only are we able to walk to everything we need but we are greeted by name by store owners. Being recognized and talked to as a person is invaluable for a senior. This never happened when we lived in Toronto or Peterborough. It really gives us a sense of



Having fun at 87

Written by Yvonne Ingersoll

belonging and makes us feel that others care about us. We haven't been this happy for many years and it is because of New Hamburg, its inhabitants and our friends at The Imperial.

We are also very fortunate to have The Imperial Market and Eatery on the main floor. We have our own entrance and if we don't feel like cooking, we can go downstairs and eat there or pick something up to eat upstairs. Many times, I don't feel like cooking so I take our guests to the restaurant – this makes entertaining very enjoyable. This also goes for the bakery, Sweets, and microbrewery, Bitte Schon. We can also reserve our sunroom for family dinners, private group gatherings [ie. Card parties, Book Clubs etc.]. It is a large yet cozy room with a grand fireplace, piano, dining area and comfortable chairs and couches. Once a month we have a luncheon for those celebrating a birthday; in the summer months, we barbecue on the deck. Just before Christmas, The Imperial Market and Eatery holds a private Christmas Dinner with all the trimmings for us.

Over the course of the past three years, we have learned a few things: it is imperative to keep our minds and bodies active. We no longer stagnate, watching life go by. We are out there enjoying things. We have made new friends and we are so lucky. We look forward to doing social things together. Our interests have expanded and this is very exciting. Who knew we could master computers at our age? And lastly, we have learned to never discount our talents because of our age. We are staying sharp, active and keeping our options open to continually try new things. We are doing this and life is truly good. We are so fortunate to be in the lovely community of New Hamburg with so many wonderful people.

As our grandchildren say, “we are living the dream”

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St Clements Community Centre Monday & Wednesday 9 am to noon	Wellesley Community Centre Tuesday & Thursday 1 to 4 pm
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Wilmot Township
Wilmot Recreation Complex
Mon, Wed & Fri
8:45-9:30 & 9:45-10:30
Active Living Centre

New Dundee Community Centre
Mon & Wed 1:00-2:00
1028 Queen St, New Dundee

Woolwich Township
The Meadows
Tues & Thurs 9:30-10:30
29 Water St. S, St. Jacobs

Duke St. Apartments
Mon 2:30-3:30
28 Duke St, Elmira

St. James Lutheran Church
Tues & Thurs 3:30-4:30
60 Arthur St. South, Elmira

Valley View
Mon & Thurs 4:00-5:00
1070 Printery Road, St. Jacobs

Wellesley Township
Wallenstein Bible Chapel
Tues & Thurs 9:30-10:30
4522 Herrgott Rd, Wallenstein

Pond View
Tues & Fri 10:30-11:30
1 Pondview Dr, Wellesley
Club Room

Hawkesville Community Centre
Tues & Thurs 9:00-10:00
3521 Broadway St., Wallenstein

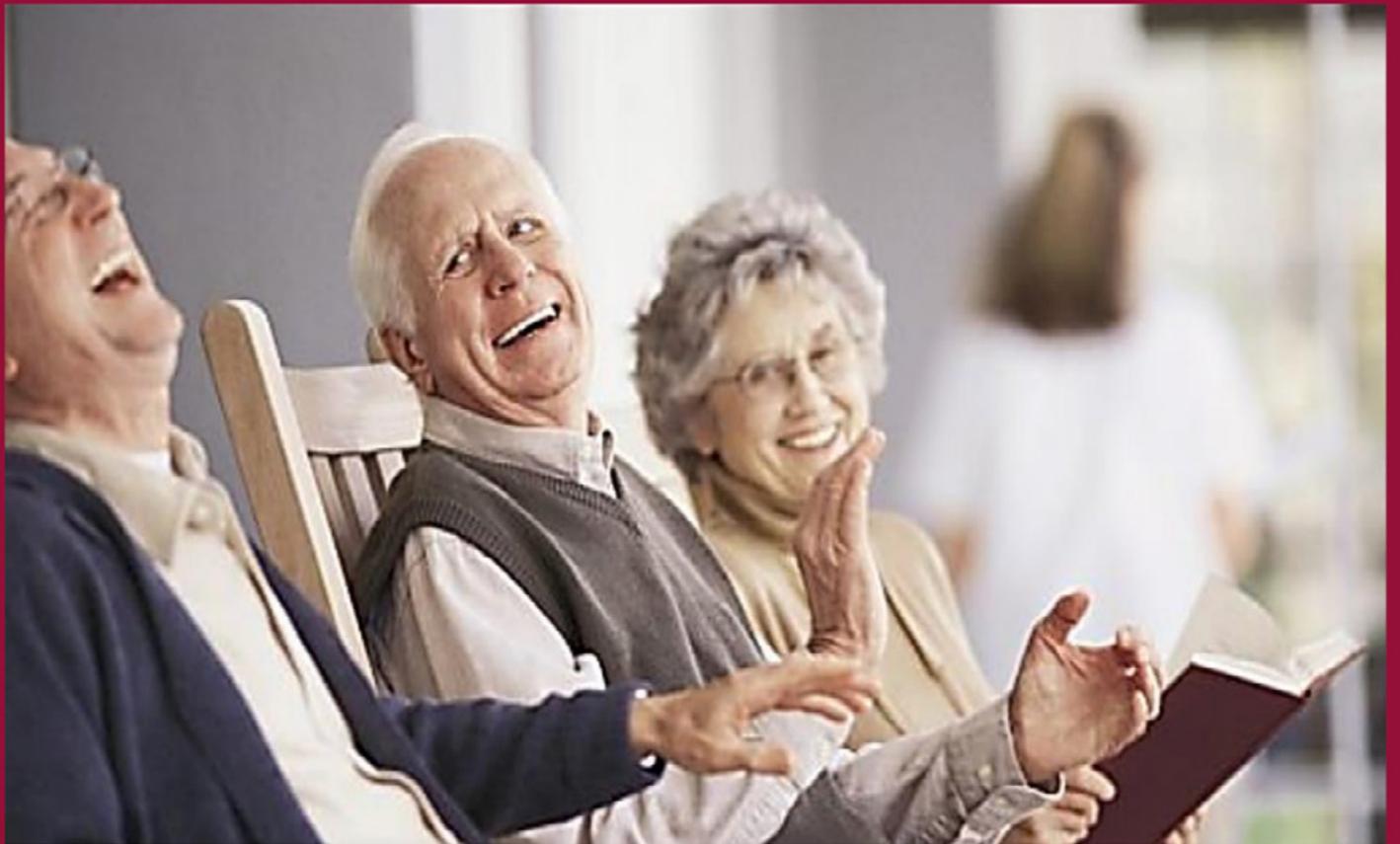
Linwood Community Centre
Mon & Wed 2:00-3:00
5279 Ament Line, Linwood

St Clements Community Centre
Mon & Wed 9:00-10:00
1 Green St., St. Clements





For more information please call: 519-664-1900 or 1-855-664-1900



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CONCEPTS**

of Woolwich, Wellesley and Wilmot

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519-664-1900

1-855-664-1900

info@communitycareconcepts.ca
www.communitycareconcepts.ca

23 Church St.
New Hamburg
519-662-9526

Staying Safe in the Summer Heat



Article provided by Cathy Harrington, Community Care Concepts

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 in 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 Eyes** - Too much exposure to the sun can irritate your eyes, especially if you are already experiencing issues with your vision. Wearing sunglasses is recommended to help protect your eyes from harmful 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. Wearing a hat with a wide brim to protect your neck and face is also helpful.
- ▶ **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 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, including libraries and community centres.

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, concerns or need help in getting out of the heat and into a cooler environment, please don't hesitate to contact us at 519-664-1900 or 1-855-664-1900.

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

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Mon - Fri: 9:00am - 8:00pm
Saturday: 9:00am - 5:00pm
Sunday: Closed

