

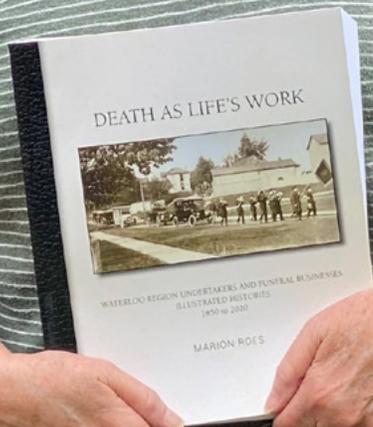
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VOL 3 ISSUE 12 AUGUST 2021

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Feature Business of the Month



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

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LETTER FROM THE EDITOR

We have been waiting ... and waiting ... and waiting... for the magical day when we could start returning to a more 'normal' life. Now that we are allowed to start participating in more social activities this transition can be very difficult for many. You will likely feel some anxiety as you try to figure out what's OK to do and what's still feels risky. Be sure to check out page 13 for Interfaith Counselling Centre's article on "Life after the pandemic: Embracing Post-Traumatic Growth" to help you through this transition.

### Self Care Tip ~Read a New Book

We already know that reading can make you smarter, but the activity has plenty of other benefits we can happily embrace. Researchers found that reading was the best way to overcome stress and it can even help prevent certain forms of dementia. For an easy way we can make good on that promise to take care of our mind, body, and soul, we don't need to look any further than our bookshelf. According to a study by the University of Sussex reading can lower blood pressure, decrease heart rate and reduce stress. Only six minutes of reading a day can reduce stress up to 68%, more than having a cup of tea or listening to music. Reading of any kind can let you escape to a new place, or to learn something new.

Don't know where to start? There are a few sites that can help you find your interests and give you recommendations for interesting books. Or, you can also check out your local library for some suggestions as well.

Bookish.netgalley.com - This site features articles with recommendations and lists of books to read.

Goodreads.com- You can start lists of books you've read, books you want to read, and even connect with other people to see what they're reading. When you sign up, you can get recommendations according to your interests.

Dr. Nicole Didyk is continuing to answer questions from our readers on a monthly basis, so please feel free to email your questions and concerns to [embracingchangeinfo@gmail.com](mailto: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.

**Wishing you all a happy and healthy summer!**

Tara

## On The Cover

Writing and Self-Publishing Death as Life's Work: An Illustrated History of Waterloo Region Undertakers and Funeral Businesses, 1850 to 2020 written by Marion Roes. See page 6 for the full cover story.

Cover story written by Marion Roes

Cover photo credit: Embracing Change



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# New Hamburg: Home of the first Canadian Pacing Derby

By: Castle Kilbride Staff

*The Canadian Pacing Derby- New Hamburg, Ontario c.1946. Photo credit: Township of Wilmot Archives.*

Eighty-five years ago, 7,000 thrilled spectators gathered in New Hamburg to watch the 1936 Canadian Pacing Derby, the largest derby race of its time in Canada.

The derby's inaugural race was held on August 12th, 1936, in New Hamburg's beautiful Fountain Park. A horse named "Better Times" won the race, driven by Floyd Milton and owned by J.S. Koch. An estimated \$2500 was awarded as the final prize, called the "winning purse." The event was organized by the New Hamburg Turf Club. Members were President, Dr. T.C. Kirkpatrick, vice-president L.E. Appel;

Secretary Earl Katzenmeier, treasurer Fred Debus and executive members Ed Pfaff, R.C. Puddicombe and Floyd Milton. The success of this Derby is often attributed to Earl "Katzie" Katzenmeier and his outstanding character.

The Derby Days continued every August in New Hamburg until it was discontinued in 1957. In 1965, the contest was revived at Greenwood Raceway in Toronto. The Derby remains a treasured piece of Wilmot's history. A mural depicting this event can be found on the New Hamburg Grandstand.

# Immunization is Not Just For Kids

## Shingles

If you have had chickenpox, you could be among the 130,000 Canadians who contract shingles, also known as herpes zoster, every year. The virus that causes chickenpox stays in your body and can reactivate at any time during your life. The risk of the virus reactivating increases with factors including age, especially being older than 60, and in the presence of diseases that weaken the immune system such as HIV and cancer. About 15% of people who had chickenpox develop shingles.

### Recognizing the symptoms of shingles

Shingles cause a painful rash with blisters filled with fluid along a nerve tract on one side of the body, usually on the chest, but also on other places like the arm or face. The rash lasts a few weeks. However, the pain sometimes persists for months or even years. Some people experience itching, tingling or pain before the rash appears.

If you think you have shingles, especially if you develop a rash around one eye, consult a doctor immediately. Your doctor can prescribe antiviral medication to fight the infection. Rapid treatment, especially within the first three days of getting the rash, can reduce the duration and severity of the illness.

Ask your pharmacist about pain relieving medication. If the pain persists despite taking pain medication, it is important to see your doctor again to reassess the treatment.

### Preventing shingles

Vaccination is the best way to protect yourself against shingles and it is recommended for everyone, aged 50 and older.

National Advisory Committee on Immunization (NACI) recommends that SHINGRIX should be offered to adults 50 years of age and older without contraindications who have previously been vaccinated with PrZostavax® (strong recommendation).

## Pneumococcal Disease

### What is Pneumococcal Disease?

Pneumococcal disease is any infection caused by the bacteria *Streptococcus pneumoniae*, including:

- Pneumonia (lung infection)
- Bacteraemic Pneumonia (lung infection with bacteria in the bloodstream)
- Sepsis (bacteria in the bloodstream)
- Meningitis (inflammation around the brain)

### Who is At Risk?

Pneumococcal disease increases with age. It is recommended for adults 50+ to receive a vaccine to prevent the disease. The spread is unpredictable. *Streptococcus pneumoniae* can be present in your nose and throat without causing any symptoms. Even though you may not show any symptoms, you can still infect others. Like the flu, *Streptococcus pneumoniae* can be passed on from person to person through:

- Talking
- Coughing
- Sneezing

### What is Prevnar 13?

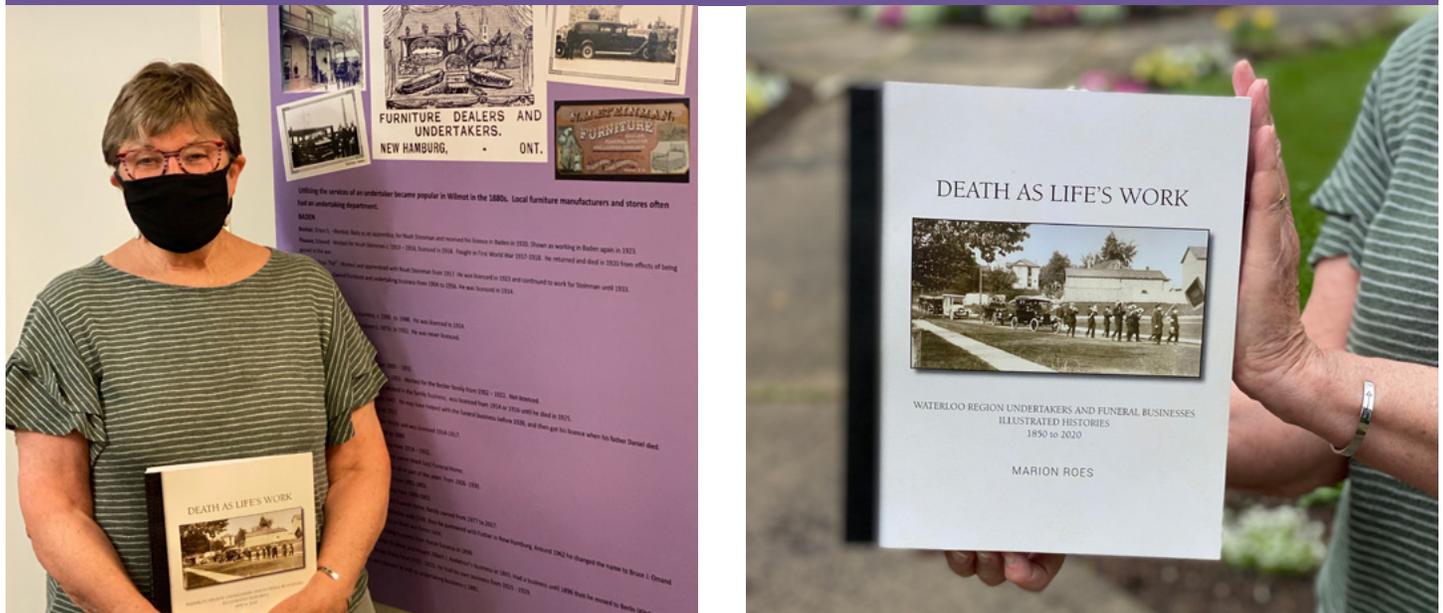
Prevnar 13, a conjugate polysaccharide vaccine is administered in adults as a single dose into the arm. In adults, it is used for the prevention of disease such as pneumonia. Prevnar 13 helps your body make its own antibodies to help protect you against 13 types of the bacteria *Streptococcus pneumoniae*.

Your health care provider will discuss with you the pros and cons of each vaccine and recommend the vaccine best suited to your needs and health conditions.

Check with your pharmacist to receive the shingles and pneumonia vaccine. It may also be paid for by your private drug insurance plan.



## COVER STORY



## Writing and Self-Publishing *Death as Life's Work: An Illustrated History of Waterloo Region Undertakers and Funeral Businesses, 1850 to 2020*

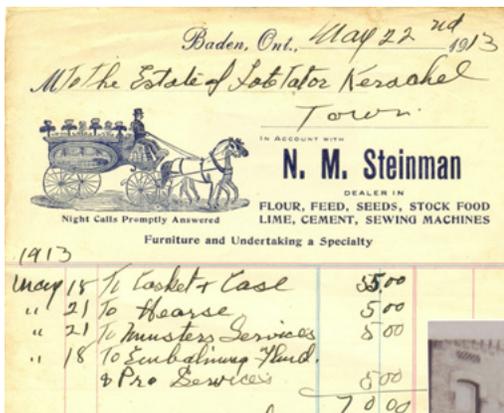
WRITTEN BY MARION ROES

How does one feel when finishing a book at age 76? I am relieved. Satisfied. Grateful. When I decided in 2014 to continue researching Waterloo Region undertakers and their businesses, my age wasn't something I considered. A few times in the last two years, when I wonder if I'll ever get it done, I've had thoughts of "I hope I live long enough to finish it!"

It started as a one-year research project titled, "Undertaking in Waterloo County: Funeral Businesses and Practices From mid-1800s to mid-1900s." By the time I had written the required report, I knew I had enough good material, including interviews, for a book. Not about funeral practices, but histories of people, businesses and some buildings. My motivation was to fill what I thought was a gap in Waterloo County/Region's recorded history of a profession and people that affect all our lives; those who look after our dead.

My expectations for finding material were low. In the late 1990s, while seeking information about my great-grandfather Christian Dreisinger's funeral business in Waterloo, I found little about him and little about others. I had already had photos and ledgers of his undertaking and furniture business in Elmira when a surprise discovery of a "Letter's and Dreisinger's Undertaking" photo on King Street in Waterloo piqued my interest. Initially, I found little about that business or any others in Kitchener and Waterloo. I started collecting any bits and pieces related to undertaking that I could find. A chance conversation with a Kitchener funeral director led to my interviewing him because I knew he could tell me stores and details I wouldn't find anywhere else. There are almost 30 interviews or short biographies in *Death as Life's Work*, and they are what gives me the most satisfaction.

In some instances, it was a son or daughter who shared their parents' histories. Other researchers will be able to find newspaper and magazine items and ads as I did, but the personal stories would be lost forever if not told and recorded. Indeed, several of the people I've interviewed have died, and I am so grateful they agreed to tell me about their work. Interviewees and histories from



Baden: Steinman ledger page 1913;  
Photo Credit: Steinman family collection

names: Ron Futher, Chris Franklin, Grace Maher, Monty Steenson, Carl and Norma Steinman, Elizabeth Omand Cresswell, Mark Jutzi family, and Sherrill Krug Calder from Tavistock.

I am also grateful for the newspaper ads, maps, artifacts and photos and diaries that fellow researchers, archivists, collectors, writers – so many people – loaned to me or mentioned when they heard about my project. Thanks to them (and my family's collection) there are over 500 photos, including about 50 of horse drawn hearses and funeral vehicles.

I think that readers will be surprised at how many undertaking and funeral

Wellesley, Wilmot and Woolwich townships will be familiar



New Hamburg: Arthur Teichroeb funeral 1927; Becker's hearse.  
Photo Credit: Cheryl Boes

businesses there have been in the Region. Understandably, the names of most of the very early ones (1850s to 1930s) aren't generally known. Providing services for their neighbours when they died was just one of many occupations the first undertakers had. They could have been a general store owner, flour miller, blacksmith, cabinet or carriage maker, implement salesman – almost anything. Who knew that George Rosenblatt was an undertaker in St. Clements and built alters for Roman Catholic churches across Canada? I didn't, until I was able to view names of licencees in the Annual Reports of the Board of Examiners in Toronto. All licenced

embalmers/funeral directors are listed by community from 1914 when An Act Respecting Embalmers was passed. (The Board of Examiners



Photo Credit: Steinman family collection

became the Board of Funeral Services in 1977 and, in 2016 was replaced by The Bereavement Authority of Ontario.)

Names of the early community's undertakers may or may not be remembered, but what seniors will talk about now are the changes they've experienced, ones directly related to

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funerals and some indirectly. One change that was mentioned by several funeral home owners was when dial telephones and relaying equipment replaced operators with cord boards. Another that is more recent (pre-Covid-19 restrictions) is the progression from home visitations to two days of visitation in a funeral home plus a day for the funeral service, to one day or less for visitation followed by a funeral.

My low expectation for finding material dissipated when the number of pages grew to more than 650 (it will be about 520). About 100 of those pages was a section comprising interviews and photos about some of the Mennonite communities in the Region and nearby Perth and Oxford counties.

After deliberating and seeking advice, I decide to publish that section as a separate book. It was a good decision for several reasons. Finishing, editing and proofreading (with the help of one editor) and working with the printer to publish *Mennonite Funeral and Burial Traditions* revealed the great amount of work to self-publish a 100-page book. (Promoting and selling takes another chunk of time and effort.) Multiply the process times six for *Death as Life's Work*. Two editors worked with me this time.

One of the considerations in self-publishing and producing a book this size is how to pay for it and what is a reasonable amount to charge. I envisioned it to have hard covers, a professional layout, and lots of colour. All that was possible thanks to financial contributions from advertisers and patrons, and a grant from the Waterloo Regional Heritage Foundation. (The Foundation has given grants to many local authors (and others) for history- and heritage-related

projects. [www.wrhf.org](http://www.wrhf.org))

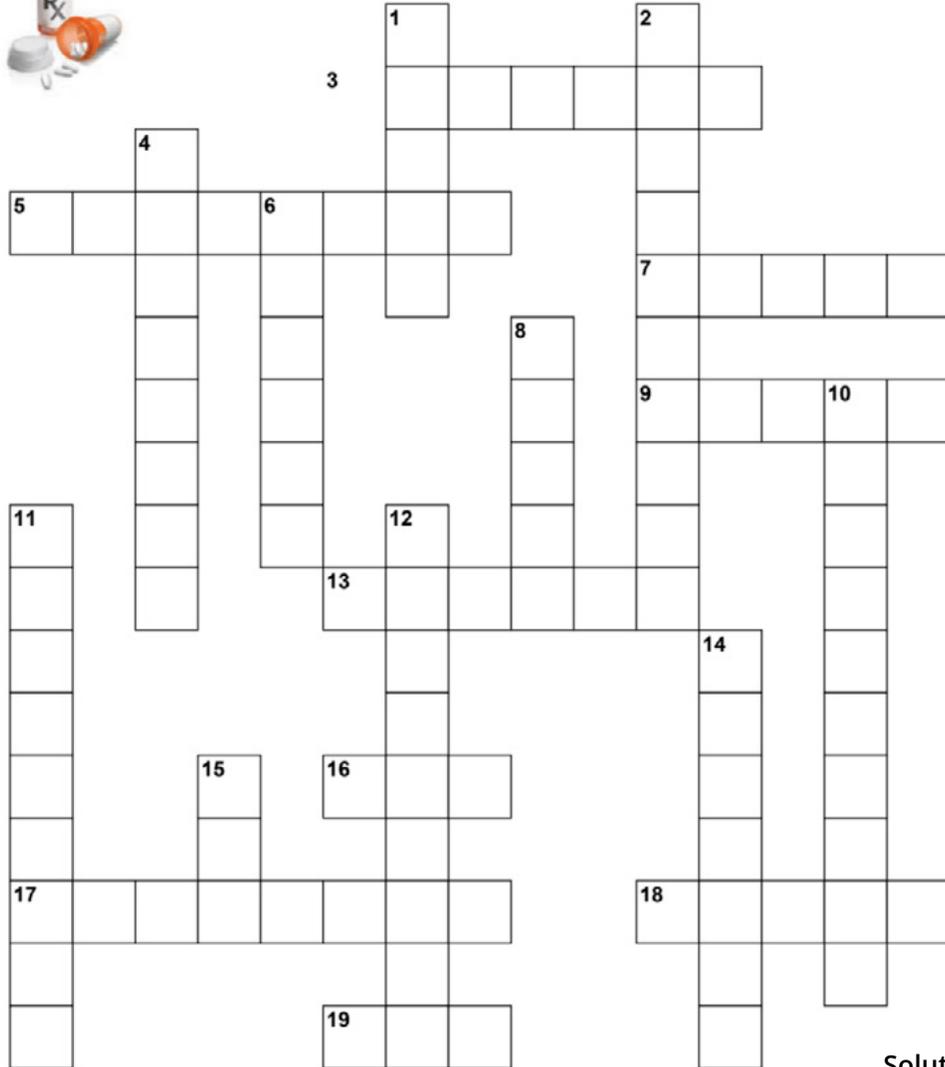
I can say that I have enjoyed most of the process for each book. However, if there is a future project, it will be smaller in size, take less time, and be for family only.

Marion Roes has written articles for the Waterloo Historical Society annual volumes. Her books are *From a Horse-Drawn Hearse to Studebakers, Packards and Cadillacs: Dreisinger Funeral Vehicles and Mennonite Funeral and Burial Traditions: Interviews and Personal Stories from Waterloo Region, Oxford, Perth and Wellington Counties*. For information about any of her books, and for details about a book launch for and to reserve a copy of *Death as Life's Work*, contact Roes at 519-883-1448 or [mlroes@sympatico.ca](mailto:mlroes@sympatico.ca). Follow her on Facebook at *Undertakers and Their Businesses in Waterloo Region* and Twitter @MarionRoes.



*Ron Futher surprised Sherrill Krug Calder with one of the vehicle name plates that Futher's used when Krug's in Tavistock rented a hearse from them. Author's photo, 2015.*

# MEDICATION SAFETY TIPS



Solutions on Page 14

## ACROSS

- 3** Clean expired medicines from here
- 5** Make sure that all medication is out of their reach
- 7** Don't refer to medicine as this
- 9** Teach to read drug labels
- 13** Put this help number by your phone

- 13** Put this help number by your phone
- 16** Choose child-resistant type
- 17** Not usually thought of as medicine
- 18** Way to keep track of your pills
- 19** Store pills in a secure \_\_\_\_\_ place

## DOWN

- 1** Read before taking medication
- 2** Leading cause of child poisoning
- 4** Often source of drugs for children
- 6** Use this device provided with the medication
- 8** Labels are these, not guidelines

- 10** Avoid leaving medicines here
- 11** Person to be advised of medication needs
- 12** Keep medicine in the original one
- 14** Properly do this for old and unused medicines
- 15** Food and Drug Administration

# Laughing Matters!



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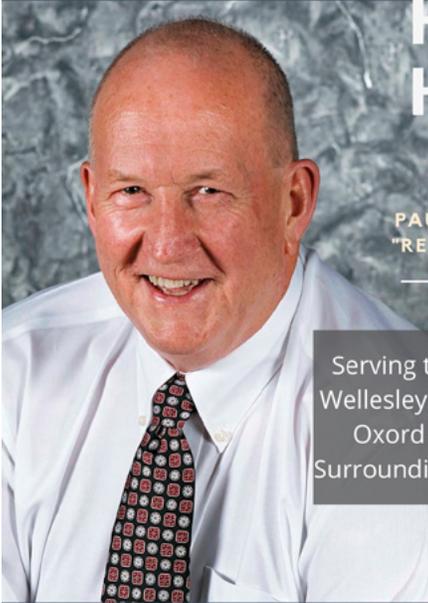
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**A bright future for our kids**

5 more schools are coming to Waterloo Region, including Breslau's new St. Boniface School. An improved apprenticeship system and support for skilled trades at Conestoga College will make training more accessible. Ontario is also increasing local university funding.

**Keeping you healthy**

A \$7M electrophysiology lab has opened at St. Mary's and another \$7M will expand local community paramedicine. Over 600 new and upgraded long-term care beds are being built in the region, including nearly 200 spaces at Nithview Community in New Hamburg and free dental care is now available to low-income seniors.

**Live, work and play**

Wellesley Township is getting a new recreation centre thanks to \$16M from Ontario. Upgrades are coming to the Woolwich Memorial Centre, Nithview Trail, West Montrose Bridge, and G2G Trail. An \$11M investment is bringing reliable broadband to 1,000 rural households and businesses.

Since 2018, Ontario has been moving forward our community's priorities. To learn more visit [mikeharrismpp.ca](http://mikeharrismpp.ca)

# Life After the Pandemic:

## Embracing Post-Traumatic Growth

As the warmer weather arrives and we begin to see our post-pandemic lives on the horizon, it is important that we take the time to reflect on how resilient we have been during this difficult time. Through the pandemic, we have had to adapt to many changes in all aspects of our lives. Many of us have also experienced personal growth and learned valuable life lessons that we will carry with us throughout our lives. Psychologists Richard Tedeschi and Lawrence Calhoun created the term “post-traumatic growth” to describe one’s ability to experience personal growth following adversities or a difficult life event. Recent research on the impact of the pandemic has found that many people are reporting experiencing post-traumatic growth in a variety of areas. For example, many have reported feeling a greater appreciation for life, increased sense of compassion, strengthening of relationships, enhancement of their creative abilities and spiritual growth.

Taking the time to reflect on our thoughts, feelings and the lessons we have learned about ourselves during difficult times helps us carry these lessons forward in our lives.

Here I provide three lessons learned from the pandemic that are important for us to continue to nurture, as they will promote mental wellness as we embrace our post-pandemic lives:

**The importance of living in the moment-** In our busy world, it can be easy to be on autopilot and not appreciate the beauty of the world around us. When the pandemic hit and our world was forced to slow right down, many of us began to appreciate the little joys in life a bit more. As we think about returning to our regular daily routines, don’t forget to continue to take those walks in nature, spend extra moments with your family and savour your morning coffee a little more.

When practiced regularly, these mindfulness practices provide many positive benefits such as decreasing our stress levels, greater relationship satisfaction, improved cognitive functioning, improved mental wellbeing and greater overall life satisfaction.

**The importance of regular self-care -** With more time on our hands, and as a way to cope with the stress of social isolation, many of us also found ourselves having more time to think about the ways in which we practice self-care. For some this involved tapping into their creative side or finding ways to simplify their life. Many others found that they had more time for things that they enjoy and find meaningful in life. Self-care is vital to our wellbeing and so it is important that we continue to make time to care for ourselves even as our schedules become busier. You may find it helpful to reflect on what self-care practices helped you cope during the pandemic and how you can continue making time for them going forward.

**Recognizing our common humanity -** The pandemic has shown us that none of us are immune to life’s challenges regardless of our age, gender, race, culture or socioeconomic status. It also showed us the importance of staying connected with others, introduced us to new ways of staying socially connected and provided us with a greater appreciation for those around us. At some point over the past year and a half we have had to lean on others for support. This is yet another reminder of the power of community, our interconnectedness to one another and how important it is to ask for help when we need it.

As we start to think about our post-pandemic lives, we have the opportunity to change the way we live... for the better.

As Benjamin Franklin once said, “out of adversity, comes opportunity”. In the days ahead, I invite you to ask yourself what lessons will I bring with me?

**Jessica Pyc, MSW, RSW**  
**Counsellor at Interfaith Counselling Centre**

# WHERE TO GET YOUR FREE COPY

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

## WILMOT TOWNSHIP:

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

# Solutions





# Ask the Doctor

with Dr. Nicole Didyk

What's the best way to eat to prevent cognitive decline in older age?  
Do I need to go vegan?

We hear a lot about vegan diets (avoiding all animal-based foods), and that can be a healthy option, but the eating style I recommend most often is easy to follow for most people and doesn't involve any fancy foods or supplements. It's the MIND diet: a combination of a Mediterranean style diet and the DASH diet which is a low salt diet.

On the MIND diet, older adults are advised to eat whole grains a couple times a day and a green leafy salad at least once a day. Most of the foods in the MIND diet are plant based emphasizing legumes, nuts, and vegetables as well as a glass of red wine per day (or grape juice). Eating red meat should be restricted to perhaps once or twice a month and the same thing with pastries, rich cheese, sweets, and fast food. Avoid butter in favor of healthier fat sources like olive oil.

A study (1) done at Rush University with almost 1000 older adults, (average age 80, and most female), with results adjusted for age, sex, education, total energy intake APOE-ε4, smoking history, physical activity and participation in cognitive activities, found that eating the MIND diet was associated with a slower decline in a global cognitive score, including memory performance. The authors describe the effect as being similar to having a brain that was 7.5 years younger than those who followed their usual diet!

It's also encouraging that it seems as though moderate adherence to the mind diet can also be beneficial, so my advice is to do your best to follow the plan most of the time, but don't beat yourself up if you have a slip now and then.

**For more information about aging and health, go to [www.TheWrinkle.ca](http://www.TheWrinkle.ca)**

## References

1. [MIND diet slows cognitive decline with aging](#) *Alzheimers Dement.* 2015 September ; 11(9): 1015–1022. Martha Clare Morris, S.D., Christy C. Tangney, Ph.D., Yamin Wang, Ph.D., Frank M. Sacks, M.D., Lisa L Barnes, Ph.D., David A Bennett, M.D., and Neelum T. Aggarwal, M.D.

**If you have questions for Dr. Didyk, please email them to [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com).  
You don't need to give any identifying information.**

### Disclaimer:

Any comments Dr. Didyk may make regarding an individual's story should not be construed as establishing a physician-patient relationship between Dr. Didyk and a caregiver, or care recipient, and should not be considered a substitute for individualized medical assessment, diagnosis, or treatment.



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# Gifts, Re-gifts and Guilt Gifts



“Gee...thanks...you shouldn’t have. No really, you shouldn’t have.”

Do you have things in your home that have been given to you as ‘gifts’, but they’re not bringing you joy? Or worse...maybe those things are weighing you down!

Gift giving can be wonderful. But what if someone has given you a gift that you don’t want or can’t use? Do you need to keep it? Can you really declutter it?

Won’t it be insulting? What if the giver asks you about it?

Here’s the thing to remember:

Once the gift has been given, and you’ve said thank-you, the transaction is complete. Contractual obligations have been fulfilled. It’s now yours and you have no more commitment to the giver related to the item.

And just like ALL of your possessions, you are free to do with it whatever you’d like,

including regifting, selling, or donating it.

If they say something to you about it, that says more about them than it does about you. Gifts given with strings are not really gifts at all.

Stay polite, of course. “I really appreciate that you thought of me! I wasn’t able to make use of it, so I gave it to someone who could.” OR “I love your generosity! I’ve found that I’m happiest when I have very few things, so I kept your generous spirit going by giving it away.”

Remember: you are the gatekeeper of your home; you get to say what stays and what goes.

## Is it a guilt gift?

A guilt gift is something that looks like a gift, but comes with expectations.

- Expectations that you’ll treasure this gift as much as the giver did

- Expectations that you'll keep it forever or at least pass it on to the next generation
- Expectations that it will be on display for the giver (and everyone else) to see when they visit
- Expectations that you'll provide updates on how much you're enjoying having the 'gift'

In short, the giver has attached strings to the gift that say you need to value it in the same way they did. Those are heavy expectations!

Have you ever received a guilt gift?

Have you ever given a guilt gift?

When you give 'guilt gifts' to your family/friends, they end up feeling those strings attached, and they don't feel good about the gift - the expectations become too burdensome!

And when these expectations aren't met, it hurts the relationship you have with the person.

But there is a better way to give a gift.

1. Ask first if the person wants it - no strings or expectations attached. Be truly ready to accept their answer, and look for signs that they might be accepting it only because they feel guilty.
2. Ask them if they want time to think about it. This can give you both space to be able to process needs and wants.
3. Once you've given the gift, realize that the recipient can do with it whatever they want - including regifting or donating it.

Gift giving doesn't have to be fraught with tension or damage your relationships

with people. After all, the intentions are often really good. Don't let worry over your physical 'stuff' keep you emotionally trapped with excess clutter in your home. You can let go of the physical things, and also let go of the expectations.

Keep in mind that the relationship itself is what really matters; the gift can simply be an extension and expression of that relationship.



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

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# Like a Rock

by Fred Parry

Driving up the road that hugged the sea, we stopped atop the ridge that overlooked the scattering of quaint homes that dot this part of Newfoundland – the great rock lying off Canada’s Atlantic coast. Having reached Trinity Bay, we took it in as one would view a picture postcard.

Against the background of an azure blue sky, the white gulls soared and screamed above the pastoral scene, as they’ve done long before Vikings’ times – like watching maritime history unfold in slow motion.

We deliberately drove through this way because, back home, a neighbour told us to drop by and visit his relatives – but now we weren’t too sure. I mean, looking at the small homes and our sizable family of five, wouldn’t it be imposing ourselves on some complete strangers’ hospitality – maybe beyond their capacity to give? And, wasn’t it just our neighbour’s way – half a continent from here – of being nice... not really meaning us to literary take him at his word, right? Yet, as our car crept through the village, with all the dories bobbing away in the cove, I had this sinking feeling we were violating some sort of code: like we had ended up at heaven’s gate only to decide on opting for something better.

I didn’t know for certain until we arrived back home a couple of weeks later.

Our neighbour was dismayed to find out that we had actually visited his relative’s fishing village and had not taken him up on his kind offer to drop in. He said

his family and friends had been expecting us: arranging for shared accommodations, a planned fishing excursion, plus a family evening beach party and grand feast in our honour. Everyone was expecting us to attend. Suddenly, our reasons for not stopping seemed like lame excuses. As for honour...?

Of course, I might have remembered the generosity and warm-heartedness of the people of Newfoundland, during the “9-11” attacks of September 11, 2001, when all America bound flights were re-directed to Canada. Inundated, the people in Maritime cities and towns like Gander

volunteered to lodge, feed and entertain thousands of stranded and weary travelers for up to three days, or more. Collectively, that’s just who they are: rock of ages. One American visitor in her 80s wrote of her treatment, “... it restored my faith ... there still is good people lifting our world.”

So, when a Newfoundlander casually mentions to drop by... best not be late for your own party. They’ll forgive you if you don’t show, but will you forgive yourself? Maybe, after these pandemic times, we can take them up on that rain cheque they promised.

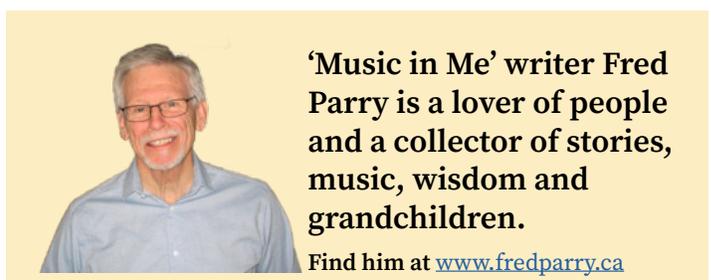
***“And me, myself, being in the double from the funny things they say.***

***They choke themselves from laughing, when they sees us in the bay.”***

– Excursion Around the Bay by Great Big Sea  
<https://youtu.be/AqEX89s6RgQ>

Looking back, could they have put up with five wayfaring visitors like us? I can assure you, it’s a shame if you have to ask.

***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.**

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## 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 your partner from becoming lost.

Wandering is a common behaviour for people living with dementia, which can involve the person moving from a safe, 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 your

partner, as well a great place to keep all current and pertinent information. Important information to keep track of are regular routes, current outfits and habits. It can be beneficial to take daily photo if you have access to a cellphone. Finding Your Way<sup>®</sup> 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. Time is of the essence in these scenarios and no emergency is too small. 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. Alzheimer Society Waterloo Wellington is offering an 1-hour online education session called *Finding Your Way<sup>®</sup>: Learn About Wandering* on Friday, October 29<sup>th</sup> at 10 am. This session will go further into detail about situations around disorientation and will have time for a question-and-answer period after the seminar. To register please call our offices at 519-742-1422.

**Alzheimer Society**  
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# Don't Let Limited Mobility Limit You



written by Chris Spotswood

If you have a disability, chronic breathing condition, diabetes, arthritis, or severe weight gain you might think that these health problems would make it impossible to exercise. That is not true! We can move at any age and in any condition.

There are plenty of examples of athletes with injury switching gears to allow the injury to heal while still maintaining a certain level of fitness that they can then build on as they heal. The Paralympic athletes are prime example of finding ways around injury or disability. Proving where there is a will there is a way! While these, like all the athletes that compete at a high level may not seem to be relatable, you will find that all bodies can adapt and will respond well to movement.

Setting yourself up for success is an important first step in exercising with limited mobility, illness, or weight problems. First step is getting medical clearance. Your doctor or physiotherapist can help you find activities and exercises that are suitable for your mobility issue.

Some questions you may have are:

How much exercise should, and can I do daily and weekly?

What types of exercise are good for me?

What should I avoid?

While some injuries and conditions require complete rest, many can be worked around, like the athletes I mentioned above.

For example, if you have shoulder or upper

body injuries you can find an entire workout based on lower body movement. Walking, cycling, lower body resistance training. That seems easy enough to work around.

What if your lower body is the challenge, or if you are wheelchair bound, there are plenty of upper body movements that can be incorporated to increase heart rate and muscle strength and endurance. Think about air punching with or without added weights. Do that for a minute or so and you will notice a difference in your breathing and eventually your upper body endurance will increase.

As with any complete exercise program you should try to include cardiovascular exercise, strength training and flexibility exercises. Mobility issues will inevitably make some of these easier than others. A great option is any type of water-based exercise, it supports the body and reduces the risk of muscle and joint discomfort.

Creativity is your best friend when it comes to finding an exercise routine that will work with your injury or mobility. As well as the physical challenges you might face you may also find mental barriers to exercise. It's not uncommon in gym settings for non-exercisers to be overwhelmed or self-conscious when starting an exercise routine so it's important that you find a space that is comfortable to start your journey. It is important to remember that everyone started somewhere.

Finding something you enjoy doing is also important, most times we think of exercise as a punishment as opposed to something that is meant to be fun. On this note focus on finding activities that you can do not that you can't! If you used to run and now your knees are not forgiving of the impact – walk or bicycle. Trying something different can be refreshing and engaging in a whole new way.

Be proud of your accomplishments! Regardless of a missed day, again focus on the good, the completion of one workout, then the next, and know that a missed day happens every now and again. It's the overall effort that counts towards your health goal.

When you exercise the body releases endorphins, they feel so good when they are let loose! These endorphins energize you, relieve stress, boost self esteem, and overall, just increase your sense of well being. Seems like a pretty strong argument for starting to move more.

Now that we have a plan it's time to "Just do it"! This sounds pretty easy, but it can be the most difficult part as there are many concerns that will relate to movement with a body that is fighting back a wee bit. The fear of falling, or of inflaming your joints even more are enough to stop anyone in their best-intentioned tracks. Start slowly and safely. Take notes on how you are feeling throughout the workout, if after 15

minutes you start feeling discomfort change your workout to 10 minutes and start increasing the time as your body allows. Listening to your body is the best way to avoid further injury.

Finally adding a mindfulness component to your workout can do wonders. Focus on your breathing, on the muscles lengthening and contracting. This is not only great for the rhythm of your movement; some studies suggest you may also experience greater benefits to your mood and sense of well-being when you are tuned into your body on this level.

The good news is that there are far too many options to be added to this article, which happily does mean that limited mobility does not need to limit you!

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# The Importance of Maintaining Connections

With everyone doing their part to isolate over this past year, the level of vaccinations increasing and the province beginning to re-open, many of us are anxious to get out of the house and to be around others. While we have all done our part to stay healthy, this past year has shown us the importance of maintaining social connections with others.

While physical and mental health, good nutrition and exercise are critical to helping us to age well in the community, one of the most critical factors in helping us to age well is the ability to maintain connections with others. In fact, maintaining social connections has been found to be on the most protective factors that reduce the impact of other challenges that individuals may experience as they age. It is recognized that this may be different for each person with some maintaining connections with one or two friends or neighbours while others relying on being very active in activities, event or their community. Regardless of the level of connection that you appreciate, there is no doubt that this year has been difficult for most of us. Thank you for the sacrifices that you have made to keep our friends, families, neighbours and communities safe. However, there are signs of hope ahead!

We anticipate that in the weeks ahead, we will continue to return to many opportunities to maintain connections that we previously enjoyed. This includes an assortment of social and recreational activities at our local community centres and other community venues, community exercise programs, community dining, online events and many other activities. Please be assured that as these activities gradually re-open they are being done so in a manner that is in accordance with public health measures including limiting capacity, maintaining distance and maintaining infection control measures – all in an effort to keep everyone safe. We would encourage you to

reach to explore opportunities that are available to you.

We recognize that this may be a difficult transition for many. Should you not be ready to participate in in-person group activities as they become available, there are many opportunities to maintain connections in other ways. Staff and volunteers are available to visit on a porch or patio. Others are available to maintain regular connection by phone. There are also a wide assortment of group activities that are offered online or through a telephone-based program.

We also recognize that many of you may have previously enjoyed the opportunity to volunteer for many community groups and have had to temporarily place these activities on hold. If you are interested in volunteering, there are many groups in our community that would love the opportunity to welcome you back and can provide great opportunities for you to connect with others.

What is most important is that you find a way to connect with others in a way that works for you and to maintain a focus on connections with others. At the same time, as you are venturing out to participate in in-person activities, events or volunteer opportunities as they become available, please remember that we need to continue to practice measures that have been in place over the last year including wearing masks, maintaining our distance, washing our hands and staying home if we are not feeling well.

On behalf of Community Care Concepts, we would encourage you to safely take advantage of the many opportunities to maintain social connections as they re-open in our communities. If you are looking for information, have questions or concerns please don't hesitate to contact us at 519-664-1900 or 1-855-664-1900.

# Aging *without* Children

provided by Promyse Home Care  
Kitchener – Waterloo – Cambridge

Today many people have a great fear of aging for a variety of reasons. Two of the greatest concerns tend to be about health and maintaining independence. This can be an even bigger worry for seniors that do not have any children to rely on when needed. There tends to be enough anxiety surrounding aging in the first place, seniors do not need the added stress of wondering who will help take care of them when they can no longer manage by themselves.

## Care Options for Seniors Without Children

For aging adults without children or a living spouse, an alternative solution is required for peace of mind and continuing to live a comfortable and independent lifestyle. Or perhaps there is a spouse present, but a spouse that has health issues that also require attention. The situation can be complicated even further if cognitive abilities are declining, and the onset of dementia may be looming in the future.

## People are Living Longer on Average

With the average life expectancy on the rise in Canada, seniors may live another 20 to 30 years after retirement. It can be a great source of worry and uncertainty. Even though numbers of single seniors without children are steadily increasing, there are no social or governmental programs in place to offer assistance to these individuals. Even for older adults that have children, there is no guarantee that those children will be around to help when the time comes. Perhaps geographical distance or past conflicts may get in the way.

## So, what is the answer for aging adults without children to count on for support?

One practical and effective solution to this dilemma is home care services provided by a professional home care agency. These services are especially useful for seniors that wish to continue to live at home but do not have a family caregiver to count on for help and support.

## Home Care Services for Aging Adults without Children

It is inevitable that there will come a time for everyone when they can no longer perform daily tasks and activities without some assistance. Mental and physical decline are unfortunate yet inescapable aspects of aging, and in some cases the decline is more pronounced than others. Finding a good home care provider is highly recommended, and it is best to get on it sooner than later.

## Housekeeping Services

Generally, one of the first things older adults need a little extra assistance with is housework and household chores. Decreased strength and mobility can make once simple tasks seem unmanageable without help. In-Home

caregivers can assist with everything from tidying to groceries and meals.

### Personal Hygiene

Another tricky task for seniors struggling with mobility and dexterity can be keeping up with personal hygiene. Things like bathing, toileting, and getting dressed can become burdensome, and many people have difficulty asking for help with these intimate tasks. Home caregivers are trained to be discreet and respectful in these highly personal situations.

### Companionship

Home care is a great way to add a new social dynamic while at the same time having someone to assist and look out for your best interests.

### What to Look for in a Good Home Care Agency

The beauty of enlisting the services of a home care agency is that you get the exact services you are looking for, as often as you may need them.

A good home care agency will offer:

- ◆ A variety of services
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- ◆ A good reputation

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# ARE COVID-19 VACCINES SAFE?

Why seniors need to be sure to get both doses

## COVID Vaccine safety after authorization (pharmacovigilance)

After a vaccine is authorized for use in Canada, the government monitors its safety and effectiveness (how well it works) in people. This monitoring system is called post-market surveillance.

During the COVID-19 pandemic, the government increased:

- monitoring and assessment activities of emerging safety issues
- collaboration and information-sharing with partners here in Canada and around the world, such as the World Health Organization

Companies must also continuously monitor the use of their health products and report any side effects to Health Canada. This includes notifying the government of potential safety concerns not observed during clinical trials.

Health Canada also monitors other sources of information, including actions taken for safety reasons by international regulatory agencies.

## Monitoring COVID-19 variants

Genetic variations of viruses such as the one that causes COVID-19 are common. Health Canada is monitoring the emerging variants closely. Health Canada is working with manufacturers and international regulators to assess the impact of the new variants on the effectiveness of approved vaccines and treatments. If an issue is identified, they will work quickly with the manufacturers and public health laboratories to mitigate those risks and inform Canadians.

## Reporting safety concerns for vaccines

Anyone who witnesses or experiences a possible reaction to a vaccine is encouraged to report it to their health care provider.

## Treatment safety and reporting safety concerns for drugs

Health Canada also has a strong monitoring system for drug safety. Anyone who witnesses or experiences a side effect to a drug is strongly encouraged to report it. You can also work with your health care provider to submit a report.

Video explaining how vaccines are developed: <https://www.canada.ca/en/public-health/services/video/covid-19-how-vaccines-developed.html>

**Why vaccination is important for seniors:** Safe and effective vaccines will help protect everyone against COVID-19. Seniors who contract COVID 19 tend to experience worse effects than younger people. Getting both doses will increase your chances of not contracted the virus and of having less severe symptoms however it is still possible to get sick so handwashing, maintaining safe physical distancing and mask wearing are still important to protect you and those you care about.

**Don't delay your second dose:** The incidence of the Delta variants has been very high in rural Waterloo so it is very important to encourage as many people as possible to get vaccinated. There are now many opportunities to get that all important second dose from the mass clinics at the Boardwalk and Pinebush Road to local pharmacies and your own primary care provider. Check the Waterloo Regional COVID information webpages the latest day by day information <https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccine.aspx>

Videos explaining the process of attending the rural clinic in Wellesley and the Boardwalk in English and in Low German can be found on the WCHC website at <https://wchcvirtualhealth.wixsite.com/mysite>



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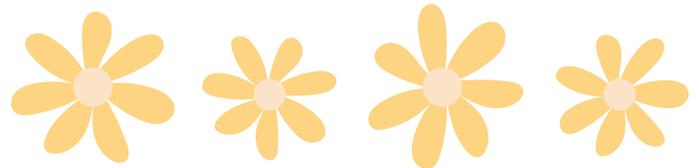
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## Low-Fat, High Fibre Blueberry Muffins

NUMBER OF SERVINGS: 12 muffins

### Ingredients

- Quick rolled oats 1 cup (250 mL)
- Buttermilk 1 cup (250 mL)
- Eggs 2
- Unsalted butter, melted ¼ cup (60 mL)
- Light brown sugar, packed ¾ cup (150 mL)
- All-purpose flour ½ cup 125 mL & 1 Tbsp (15 mL)
- Spelt or whole-wheat flour ½ cup (125 mL)
- Baking powder 1 tsp (5 mL)
- Baking soda ½ tsp (2.5 mL)
- Salt ½ tsp (2.5 mL)
- Nutmeg, ground ¼ tsp (1.25 mL)
- Cinnamon, ground ¼ tsp (1.25 mL)
- Blueberries, fresh or frozen 1½ cups (350 mL)

### Directions

1. Preheat oven to 400°F. Lightly grease a 12-cup muffin pan or line with muffin cups.
2. In a bowl, stir together oats and buttermilk; let stand for 5 minutes. Stir in egg whites or eggs and butter.
3. In a separate bowl, combine brown sugar, ½ cup all-purpose flour, spelt flour, baking powder, baking soda, salt, nutmeg and cinnamon. In another bowl, gently toss blueberries with 1 Tbsp all-purpose flour.
4. Make a well in the middle of the flour mixture; gently stir in oat mixture. Do not over-mix. Gently fold in blueberries. Spoon mixture evenly into prepared pan.
5. Bake in centre of preheated oven until firm to the touch, 15 to 20 minutes.

### NUTRITION PER SERVING

Calories 170 | Protein 4 g | Fat 5 g | Carbohydrates 29 g | Fibre 2g | Sodium 210 mg



Oats are used for more than just human and animal consumption. They are also used in cosmetics, lacquers, and dyes.



Oats contain soluble fibre, which helps to lower cholesterol levels. High cholesterol is a risk factor for heart disease.



Blueberries freeze well, so consider buying extra when in season (July – September) and freeze first on a baking sheet then into a sealed plastic bag for future use.



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

**Breakfast**

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# ANIMAL YOUNG

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.



N	E	T	T	I	K	N	Y	M	P	H	H
G	T	E	L	W	O	L	A	O	F	A	P
O	N	L	P	I	N	Y	E	S	L	G	S
S	I	W	U	S	E	A	P	A	W	N	A
L	Y	R	A	O	M	U	R	P	U	I	P
I	C	R	J	F	P	V	P	Y	W	L	T
N	S	U	F	K	A	P	G	Q	K	K	A
G	B	H	B	C	A	L	F	I	Q	C	D
L	A	V	O	T	P	E	T	T	Q	U	P
B	U	P	I	A	H	H	R	W	T	D	O
L	Q	N	N	T	T	W	P	N	P	N	L
M	S	F	L	E	D	G	L	I	N	G	E



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

- |           |         |         |
|-----------|---------|---------|
| Calf      | Gosling | Owlet   |
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| Duckling  | Kit     | Pup     |
| Fawn      | Kitten  | Shoat   |
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# Guardian

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