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EMBRACING CHANGE

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

ISSUE 16 DECEMBER 2019

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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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SOCIAL MEDIA SPECIALIST

On The Cover

Dennis & Lynn Noonan are from Wilmot Township and are the proud parents of 3 grown children, 5 grandchildren and 1 great-grandchild.


See cover story on page 8.


About the Photographer


Elaine Ballantyne lives in Bright with her husband and two daughters in an old farmhouse. Since helping an elderly neighbour as a young girl, Elaine has had a heart for the elderly and also for writing.

 **Embracing Change**

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Embracing Change is proud to be a Community Voice. We hope to foster connections within the community in a positive way. The expressed or implied opinions of authors and advertisers are not necessarily those held by the publication, it's editor or publisher.*



LETTER FROM THE EDITOR

For many, December is the most wonderful time of the year!

But when the holiday rush hits, it's easy to neglect our health and personal needs. Festive stress is anything but merry which is why self-care is so important during this busy season.

We know not all stress is bad and in small doses it can serve a positive purpose. But the emotional stress that stays around for weeks or months can be detrimental and weaken our immune system causing illness

or disease. Self-care is a term we've all heard, and it's easily understood yet it's something we often overlook. Why do we struggle with putting ourselves first? Why can't we recognize when we need to choose activities that reduce our stress or restore our sense of wellbeing? The truth is, it's tough to find the energy you need to help others when you are feeling overloaded and exhausted. Reflecting on my own life, there were many times the stress of being the primary caregiver was left unchecked. I now realize had I taken better care of myself, I would have enjoyed the role (and life!) a bit more, instead of spending many days feeling tired and burnt out. When you invest in yourself, your confidence and productivity will rise, and everyone that touches your life benefits from a happier, more fulfilled you.

Mental health is very important, and I know we could all use a reminder from time to time so beginning with this issue, you'll see a "Self-Care Tip" in my message every month.

Self-Care Tip
Get Plenty of Sleep (especially when life is busy!)

A special thanks to Elaine Ballantyne for meeting with Lynn & Dennis Noonan of New Hamburg to capture their story as Mr. & Mrs. Claus during the Christmas season. Be sure to check out page 25 for some wonderful gift ideas for those living with dementia. We also have some helpful information on fall prevention during the winter months on page 27.

Wishing you all a blessed Christmas, and please take good care over the holidays. It's the best gift you can give yourself and those you love!

Tara

*Due to the holidays the January issue will available on Wednesday, January 8th

Elmer Hohl

Horseshoe Pitcher “Extraordinaire”

Flashback Photo By Nancy Maitland
Wellesley Township Heritage and Historical Society

Lisbon native, Elmer Hohl was born on January 16, 1919. His family of five children and chosen profession as carpenter somehow left him enough time to practice and compete in horseshoe pitching tournaments across Canada and in the United States.

Elmer and his wife Hilda Seyler raised their family of five children as the fourth generation of Hohl family on the same land.

Elmer started pitching horseshoes with his father and brother Stanley. By age 13 he pitched 78 ringers out of 100 shoes and was able to defeat family and friends. His activity waned during the war and by the mid-1950s he started to pitch again and soon reached the top of the Waterloo County League.

A family friend, Elmer Leis wrote that in the early 1950s “Elmer, his brother Stan and friend Alvin Kropf ... would visit my father’s farm outside Linwood. One attraction was that my father (Syd Leis) had the only clay horseshoe court in the area. The men would gather occasionally to enjoy home-made cider, apple pie, and throw some horseshoes into the pit under the apple tree. Elmer had a favourite saying he would utter on his follow through while throwing a double. On the first ringer he would say, “There’s the peach.” With the second shoe Elmer concluded with, “and the cream.” ... Elmer liked the competition and was always a little better than the rest of the men



on those Sunday afternoon games.”

In 1956, age 38, he attended the Canadian National Championship for the first time and won. Over the next 24 years he placed first 18 times and second four times. If only he would have been more, but he was unable to attend two years!

Soon after his first few Canadian championship wins, a friend suggested he try the World Championships in 1960. More success! He won six World championships between 1965 and 1977. In the 1968 competition he averaged 88.5% ringers in 25 games.

Elmer’s statistics and trophies could fill a room. He was a 6-time World champion, 19-time Canadian champion and 25-time Ontario champion. He was inducted into the National Horseshoe Pitching Association Hall of Fame in 1969 and was a charter member of the Horseshoe Canada Hall of Fame. He was Waterloo Region Athlete of the Year in 1976, and received the Queen’s Medal for Excellence for sports in 1978. Elmer pitched his last tournament in 1986 and died on September 1, 1987.

He had great skill and a natural ability at the sport.

He had four tips for successful pitching:

- 1) concentrate and aim
- 2) throw the shoe straight
- 3) throw it the right distance
- 4) throw it so it’s open when it reaches the stake

These might sound like common sense, but they sure worked for Elmer!

(Many thanks to the Horseshoe Canada Hall of Fame for Elmer’s history and statistics.)

The photo was provided by the Horseshoe Canada Hall of Fame website.

www.horseshoecanada.ca/hcan/hall/ElmerHohl.html

MESSAGE FROM

Mayor Sandy Shantz

WOOLWICH TOWNSHIP



As we move toward the holiday season, we all get busier, but sometimes it’s hard to force yourself out in cold weather! If you’re looking for new and exciting ways to encourage yourself—and your loved ones—to be out and about this holiday season, I have some local suggestions for you!

Get a head-start on your Christmas shopping and support local businesses and artisans:

November 30 – Jingle Bell Boutique, Breslau
Make a dent in your Christmas wish lists. Vendors will be selling a handmade products and treats. 100 Andover Drive, Breslau.

December 5 – Downtown Elmira Moonlight Madness, Elmira

The Elmira BIA is hosting Moonlight Madness! Carolers, horse-drawn trolley rides, and the tree lighting ceremony at 6:30 p.m. Across from the Circle K.

December 7 – Christmas in Breslau, Breslau
Horse drawn wagon rides, cookie decorating, crafts, and pictures with Santa Claus. 100 Andover Drive, Breslau.

...or, if you’re looking for events in your community:

December 3 – Waterloo Region Library: Movie Theatre for Adults, Elmira

Take in a favourite movie at the library! From 1:00 p.m. – 3:15 p.m., watch Mary Poppins Returns at the Elmira Library! For more information, please contact Sheryl Tilley at 519-669-5477.

December 7 – Elmira Kiwanis Santa Claus Parade, Elmira

The parade begins at 10:00 a.m. and will

move through downtown Elmira, via Arthur Street. I’ll see you there!

December 19 – Waterloo Region Library: Adult Book Club, Elmira

Join other adults for a discussion monthly. Registration is ongoing throughout the year. For more information, please contact 519-669-5477.

Woolwich Seniors: Seasonal Decorating Team, Elmira

The Seniors Association is looking for volunteers to help decorate the Seniors’ Room for special occasions a few times a year! Contact 519-669-5044 or contact@woolwichseniors.ca for more information.

Wishing you all the best this holiday season!

ENRICHING THE LIVES OF ALL THOSE WE TOUCH



Contact us at: 519-664-6637

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Mike HARRIS
MPP FOR KITCHENER-CONESTOGA

63 Arthur Street South | Unit 3
Elmira, Ontario, N3B 2M6
519-669-2090
mike.harrisco@pc.ola.org
mikeharrismpp.ca

Merry Christmas & HAPPY HOLIDAYS

HAVE A SAFE & JOYFUL HOLIDAY SEASON
FILLED with FAMILY, FRIENDS, LAUGHTER & LOVE!

Count your BLESSINGS; Be PRESENT in the moment; & Choose HAPPINESS always this CHRISTMAS SEASON!

Alison Willsey
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Thank you to FAMILY, FRIENDS and CLIENTS!
My family and I appreciate your support and referrals!
I love helping people meet their real estate needs!

FEATURE BUSINESS OF THE MONTH: HEMMERICH HEARING CENTER

Helping clients hear better is more than business for Hemmerich Hearing Center owner, Lynne Hemmerich, it's also a personal mission since Lynne herself has worn hearing aids since her 20's.

From Lynne Hemmerich, Owner and Hearing Instrument Specialist:

This brings a mature and empathetic perspective into the counselling, selection and ongoing client care at Hemmerich Hearing. I have had the experiences of wearing hearing aids in all types of situations. I've been in large restaurants, in lecture halls, in study groups, at fundraisers and in the quiet of our own home. Through exposure to these environments, I know what the advances in technology can do to assist us on a day-to-day basis, including Bluetooth connectivity. I know that not everyone who wears a hearing aid is 70 or 80. Because of the noise exposure today our clientele is getting younger and younger. We need to look at each individual and their personal demands.

Hemmerich Hearing Center is not part of any chain. We are an independent; we're not

controlled by a big box type of environment. We're not told what to sell or how to sell it. We have no quotas and we don't have to operate under prescribed directives. We are one of a few independents still left in Waterloo and New Hamburg. We do this by choice so we can bring personalized and dedicated service to our customers. What we really pride ourselves on, is our ongoing commitment to the service our staff as a whole provides to our clients on daily basis.

Hemmerich Hearing Center can help you with all your hearing needs. We provide great service at competitive prices. Bring in your quotes and compare for yourself! Call us today to book your appointment.

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10 WATERLOO ST., NEW HAMBURG 519.662.6884



COVER ARTICLE

Don't tell your grandchildren but, Santa Claus is living in New Hamburg

Story written by Elaine Ballantyne

He and Mrs. Claus affectionately care for Olive their reindeer in Stonecroft's Senior Living Community.

For Dennis and Lynn Noonan (a.k.a Kris Kringle and Mary Christmas) playing the roles of these famous gift givers is a pure delight.

"We run into a lot of beautiful stories," says Dennis.

While running their Bed and Breakfast in Sheffield, Ontario (retiring in 2000, the Noonan's restored an old stone house built in 1867), a neighbour needed a Santa for the children's Christmas party at the local community centre. Dennis was asked and the rest, they say, is history.

Lynn, a retired kindergarten teacher, playing Mrs. Claus comes natural.

"I just love children," expresses Lynn.

"Sometimes children are a little frightened to

sit on Santa's knee so they will come and sit on my knee."

When the Noonan's moved to Stonecroft in 2008, they right away got involved in our community and word quickly got out regarding their Santa gig.

Lynn explains: "When you move somewhere new you need to get involved and the best way to get involved is to volunteer."

Dennis agrees. Retiring from running his own transportation consulting business, Dennis is a self-starter who, just like Lynn, doesn't allow moss to grow under his feet.

"Keep yourself busy. Don't become a couch potato," Dennis advises.

The Noonan's have eagerly and happily volunteered with the New Hamburg Fall Fair, the Community Players, Holy Family Parish, and Nithview Nursing Home as friendly visitors. Just recently they worked 12 hour days for the federal election.

Through their many involvements, the Noonan's have learned what Saint-Exupery wrote is true: "That when you give of yourself, you receive more than you give."

9 years ago, fed up from dealing with the hot and stinky fake Santa beard, Lynn suggested to Dennis one day: "I wonder what would happen if you grew your own beard?"

Boom. Dennis started that day and has not shaved since.

"No matter where we have traveled in the world, we get stopped all the time. It's Santa Claus!" retells Dennis.

One day while at the pool in his red bathing suit, a little girl was beside herself when she saw Dennis. This little girl was from Dubai where there are no Santa's. "She was so excited and couldn't stop talking," says Dennis.

While playing Santa at a Seniors Lunch two years ago, Dennis was going around to each table and talking to the guests. An 85 year old woman had a pencil and paper ready for

Dennis. She wanted Santa's autograph. Dennis asked her her name. He wrote a message to this lady and she smiled from ear to ear.

"She was absolutely thrilled, like if she was 5 years old," Dennis retells. "That was the best Christmas present ever. She would see no family that year."

After visiting an elementary school with their Christmas cheer, the Noonan's were stopped by the principal.

"You have no idea what a wonderful job you did for the school," said the principal.

The Noonan's learned that a young boy at the school had died by suicide and the whole school had been very sad.

The principal said there was just no spirit in the school but when Santa Claus walked in she said you could just see the whole atmosphere change.

Visiting another school in a depressed area, Dennis had a little girl come up to him and say:

"See that little girl over there with the feather in her hair?"

Dennis looked and said yes and the inquiring little girl said: "I want you to be especially good to her this year if you could."

Dennis asked her why. "My parents have no money and she gave me a pair of her snow pants so I wouldn't get cold."

Being genuinely kind people who put you at ease immediately with their warmth and upbeat personalities, the Noonan's have a busy season ahead. In the coming Christmas time, the Noonan's have 20 booked events to attend to. They have 11 bookings for 2020 already.

Locally the Noonan's will play the North Pole couple at Nithview, New Hamburg Bowling and Community Care Concepts to name a few. On a larger scale, the Noonan's visit Dare's annual Christmas party in Kitchener and the chainsaw company Blount in Guelph.

The Noonan's are proud parents of 3 grown children, 5 grandchildren and 1 great-grandchild.

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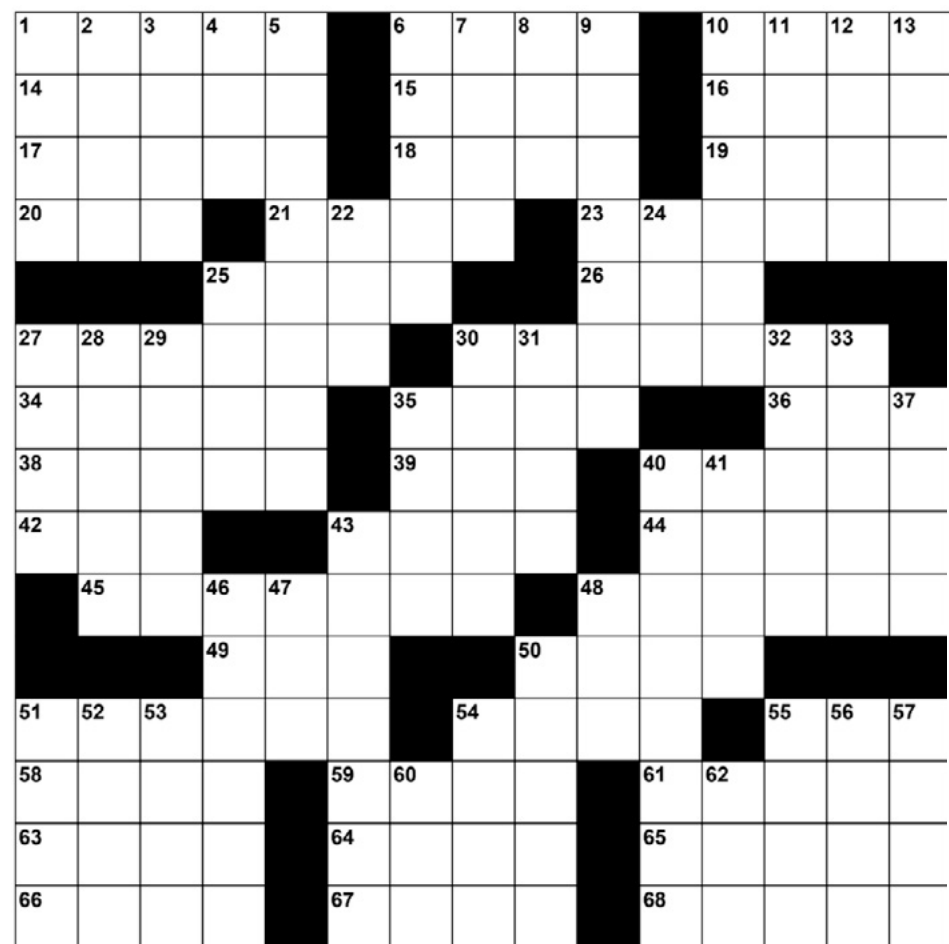
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Home Health



Solutions on Page 16

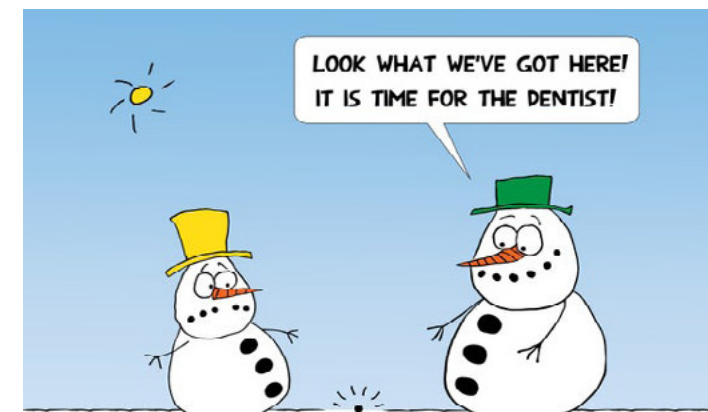
ACROSS

- 1 Had a speed contest
- 6 Sheep
- 10 Body of an organism
- 14 Before
- 15 Water (Spanish)
- 16 Oak
- 17 French monetary unit
- 18 Voiceless
- 19 Nurture
- 20 Toddler
- 21 Dueling sword
- 23 Frothy
- 25 Sign
- 26 Clock time
- 27 Sweet melon
- 30 Guacamole need
- 34 Flexible
- 35 Gush out
- 36 Ewe's mate
- 38 'love' (Italian)
- 39 United Parcel Service
- 40 Fire product
- 42 Morning moisture
- 43 Thaw
- 44 Shelter
- 45 Regardless of
- 48 Buddy
- 49 Scorching
- 50 Sliding toy
- 51 Word in U.S.S.R.
- 54 Move quickly
- 55 Metric weight unit
- 58 Tel __ (Israel's capital)
- 59 Women's magazine
- 61 Fancy round mat
- 63 Wind
- 64 Element
- 65 Swiss mathematician
- 66 Like a wing
- 67 September (abbr.)

DOWN

- 1 Log boat
- 2 Big hairdo
- 3 Winter outerwear
- 4 Gray sea eagle
- 5 Twelfth month of the year
- 6 Encumbered
- 7 Accent mark
- 8 Untalkative
- 9 Calf (2 wds.)
- 10 Layer
- 11 Mined metals
- 12 Sandwich need
- 13 Visionary
- 22 Legume
- 24 Escudo
- 25 Hawaiian island
- 27 Dressed
- 28 Pointed at
- 29 Harriet Becher __
- 30 Orange's partner
- 31 Sleeveless shirt
- 32 Multitude
- 33 Similar to oak
- 35 Fat used in making tallow
- 37 Heal
- 40 Grated
- 41 Hotel cleaner
- 43 Hand warmers
- 46 Move with cold
- 47 "Raven" author
- 48 Respiratory disease
- 50 Fragrance
- 51 Heroic tale
- 52 Ovate
- 53 Capital of Vanuatu
- 54 Swill
- 55 1.6 kilometers
- 56 Fly
- 57 Greek sandwich
- 60 Downwind
- 62 French "yes"

Laughing Matters!



Christmas in the Courtroom

It was Christmas and the judge was in a merry mood as he asked the prisoner, "What are you charged with?" "Doing my Christmas shopping early," replied the defendant. "That's no offense," said the judge. "How early were you doing this shopping?" "Before the store opened," countered the prisoner.

Intergenerational: Spot the Difference - Can you find all 10?

Christmas is a time of the year when children of all ages are likely to visit elders in Nursing Homes and other long-term care facilities. Pair children and seniors for some fun!

Spot the Difference is a brain game for children and adults alike. It involves identification of objects, spatial analysis as well as short-term memory.



Optimist vs. Pessimist

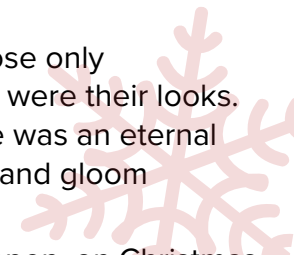
A family had twin boys whose only resemblance to each other were their looks. Opposite in every way, one was an eternal optimist, the other a doom and gloom pessimist.

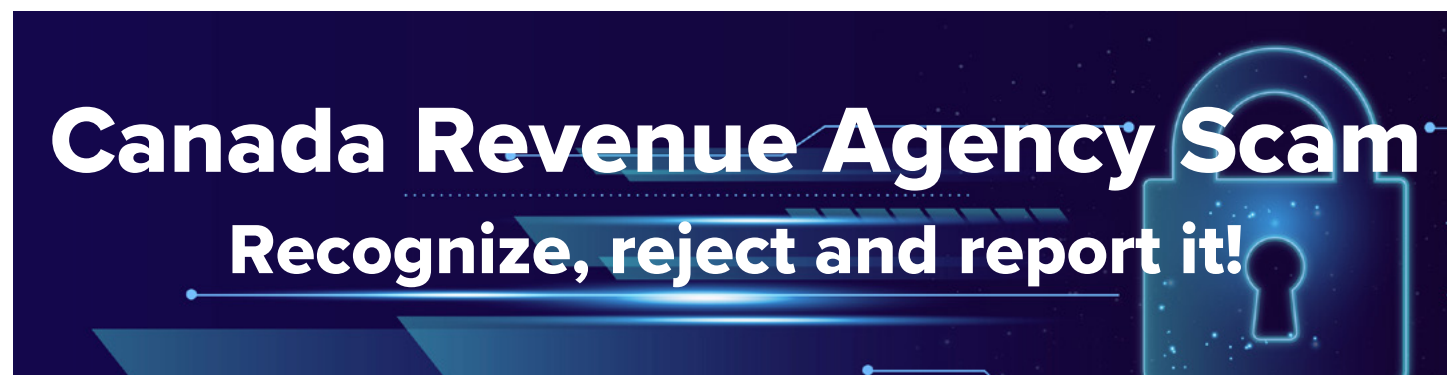
Just to see what would happen, on Christmas day their father loaded the pessimist's room with every imaginable toy and game. The optimist's room he loaded with horse manure. That night the father passed by the pessimist's room and found him sitting amid his new gifts crying bitterly.

"Why are you crying?" the father asked. "Because my friends will be jealous, I'll have to read all these instructions before I can do anything with this stuff, I'll constantly need batteries, and my toys will eventually get broken." answered the pessimist twin.

Passing the optimist twin's room, the father found him dancing for joy in the pile of manure. "What are you so happy about?" he asked.

To which his optimist twin replied, "There's got to be a pony in here somewhere!"





Recognize it:

What are common CRA scams?

CRA scams come in many forms - over the phone, by e-mail, or by text message. In all cases, the caller or sender poses as an agent from the Canada Revenue Agency in an attempt to gather personal information, or intimidate a victim into providing financial payment.

Phone scam

Phone scammers posing as CRA agents will claim one of several possibilities:

- that you owe money to the CRA and will be arrested if you do not pay immediately
- that a lawsuit has been filed against you by the CRA
- that a warrant of arrest has already been issued under your name
- that you will be deported if you do not pay the money demanded
- other similar threats to get you to share your personal tax information and/or pay money

Email Scam / Text Message Scam

An e-mail or text message is sent from someone pretending to be with the CRA, claiming:

- that your tax calculation has been completed, and you will receive a tax refund by going through a link and submitting information

- that you or your company is being accused of participating in tax evasion schemes
- that several discrepancies have been found with your filed taxes which need to be revised
- that you've received an e-transfer from the CRA for what appears to be a tax refund
- that an "investigation" has been started on your CRA claim

Reject it:

How can I protect myself or my loved ones?

- Hang up immediately if there's anything suspicious or unprofessional about the call – the CRA will never threaten you with immediate arrest, use abusive language or send police.
- The CRA will never request a payment by Interac e-transfer, online currency such as bitcoin, pre-paid credit cards or pre-paid gift cards such as iTunes, Home Depot, etc.
- The CRA's accepted methods of payment are online banking, debit card, credit card or PayPal through a third-party service provider and pre-authorized debit.
- Do not click on any link in an e-mail pretending to be from the CRA – the CRA will never ask you to click on any link to get a refund or to collect personal or financial information.
- The only time the CRA will send an e-mail that contains links is if a taxpayer calls the CRA to ask for a form or a link to specific

information. A CRA agent will send the information to the taxpayer's email during the telephone call – this is the ONLY exception to the above rule!

- The CRA never sends out text messages. Any text message from the CRA is a scam.
- Young people are often the most at risk to this scam, particularly when filing their taxes for the first time. Make sure your family and friends are educated on what the CRA will and will not ask for during tax season.

Report it:

How should I respond?

- If you are not sure if a message is from the CRA, confirm your tax status with the CRA online through a CRA secure portals such as My Account or by calling 1-800-959-8281.
- File a report with the Canadian Anti-Fraud Centre (CAFC) toll-free at 1-888-495-8501 or online, whether you paid money or not.
- Report the scam to your local police if you paid money (this includes purchasing pre-paid credit cards, gift cards, or online currency such as Bitcoin).
- If you sent money or shared financial information, report it to the financial institution used e.g. your bank, Western Union, MoneyGram.
- If your social insurance number has also been stolen, contact Service Canada at 1-800-206-7218.

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We strongly suggest that you report the incident for the following reasons:

- If you've sent money or transferred money or goods to a scammer, the police and financial institutions need to be aware in order to properly investigate, recover stolen funds and/or goods (if possible) and work towards preventing further criminal activity
- Reporting scams helps fraud authorities to warn other people about current scams, monitor trends and disrupt scams where possible

This information has been provided by the RCMP. For more information please see the Seniors Guidebook to Safety & Security at www.rcmp.gc.ca.

JOIN OUR COMFORTER-MAKING EVENT
JANUARY 18, 2020

THE GREAT WINTER WARM-UP

| | |
|------------------|----------------------------|
| DATE: | Saturday, January 18, 2020 |
| TIME: | 10:00 a.m. – 4:00 p.m. |
| LOCATION: | Hillcrest Mennonite Church |
| CONTACT: | Ferne Bender 519 662-2297 |

GET INVOLVED WITH SOMETHING BIG — RECORD BREAKING BIG!
Join hundreds of others across the nation by creating a handmade comforter at the Great Winter Warm-up for MCC! MCC is celebrating our 100th anniversary by collecting 6,500 comforters to deliver to people affected by disaster and conflict all around the world. It's more than a warm blanket — it's a message of love and compassion.

GREATWINTERWARMUP.ORG **100 YEARS MCC**

WHAT'S HAPPENING

55+ ACTIVE ADULTS & SENIORS IN WILMOT TOWNSHIP

KNOTTING & 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 518-696-2665

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

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

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: George Schmitt 519-696-3037; Joan Fulton, Secretary 519-662-4821

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

THE ROOK PLAYERS

We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us

WHEN: Monday evenings 6:00-9:30 p.m. (Sept. 2019 - April 2020)
WHERE: Wilmot Recreation Complex
COST: No charge
CONTACT: Cecil Wagler 519-662-2758



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Christmas at Castle Kilbride Museum

The table is set, the trees are trimmed, and the warmth and charm will kindle your holiday spirit. A tour through historic Castle Kilbride is truly a magical time. When we celebrate Christmas with family and friends, we have the Victorians to thank for many of its joyful festivities and delightful customs. Step back in time and take in the sights and sounds of Castle Kilbride National Historic Site.

Christmas Holiday Hours
 The Castle sparkles from **November 19th to January 5th**
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 Admission: Adult \$7, Senior/Student \$6, Child \$5, Family \$20

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Ask the Doctor
 with
 Dr. Nicole Didyk

“My hands are so cold; is there something I can do to remedy this?”

Many people report that they have cold hands and feet, when others do not in the same temperature environment. In Korea, there is even an acronym for it: CHHF (Cold Hypersensitivity of the Hands and Feet) and it is considered by Traditional Korean medicine practitioners to be related to an imbalance of one's yang or Qi. The treatment for that is an herbal preparation Ojeok-san (a combination of 18 different plants).

Conventional medicine considers cold hands to be related to constriction of blood

vessels in the extremities, which can be due to Raynaud's phenomenon (associated with some autoimmune conditions, or can occur on its own), or can be exacerbated by some drugs (beta-blockers are the main culprit). If you don't have one of those issues, simple measures are recommended like wearing gloves and avoiding touching cold surfaces.

For Raynaud's the use of calcium channel blocking medications can be tried, although side effects can include low blood pressure and ankle swelling.

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

Solutions

Solution:

| | | | | | | | | | | | | | | | | | | | | | | |
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| 17 | K | O | A | L | A | | 18 | L | A | C | E | | 19 | B | A | R | E | | | | | |
| 20 | I | N | F | O | | 21 | F | A | K | E | R | S | | 23 | P | I | E | | | | | |
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| 57 | E | G | O | | | | 58 | E | G | R | E | S | | 61 | S | H | E | D | | | | |
| 65 | A | L | U | M | | | 67 | R | E | E | L | | 68 | U | S | A | G | E | | | | |
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Staying Healthy in the Winter Months

Provided by Community Care Concepts

As we enter the month of December, many of us look forward to those sunny picturesque winter days. However, the arrival of winter, the cold, snow and ice can create some challenges. Here are some tips on how you can stay healthy during the winter months:

Stay Safe

- **Be aware of ice and snow on walkways**
Ice and snow can present hazards for anyone but are particularly dangerous for older adults. Avoid venturing out in bad weather, if possible. However, if you must venture out on snowy days make sure that you wear boots with good traction and that you bring along any mobility devices that you may use, such as a cane, to give you extra balance. Assisted transportation is also available to help to get you safely to where you need to go.
- **Keep pathways clear**
To help minimize the buildup of ice and snow, it is important to keep walkways clear. While it is always good to avoid heavy physical work associated with clearing pathways, there are many supports in our community that can help you to keep your walkways clear.
- **Keep things stocked**
To avoid getting caught without supplies in your home in unpredictable weather, it is good to ensure that you have extra food on your shelves, a good supply of your regular medications, and emergency supplies such as a flashlight and batteries in case you lose power. Many seniors order frozen Meals on Wheels to keep in their freezer. Senior Support Workers are also available to check in or to help you get access to supplies that you need.
- **Wear warm clothing**
While it is important for everyone to protect themselves during cold weather, it is especially important that older adults protect themselves from the cold weather by wearing

boots, gloves, hats, scarves and winter coats. Wearing that extra layer can help to minimize the potential for colds and other illnesses. Senior Support Workers can help you to get access to the clothing that you need, if you are not able to get out.

Stay Healthy During Cold & Flu Season

- **Get your flu shot**
Flu shots are accessible through both your physician as well as through local pharmacies. Unless you have been determined by your physician to have an adverse reaction to a flu shot, getting a flu shot can help to protect you.
- **Eat well balance meals**
Cold, poor weather can limit the ability to shop for nutritious food. Living alone can also reduce our desire to cook a well-balanced meal. Eating nutritious meals can help you to stay healthy. If you are struggling to get out for groceries Senior Support Workers can help with your shopping. You may also want to take advantage of the nutritious hot and frozen meals offered through Meals On Wheels or participate in community dining events.

Stay Mentally & Physically Active

Participate in social & recreational activities

While it can be tempting to stay indoors during the cold, winter weather, isolating yourself and reducing activity can negatively impact your health. There are many activities offered across our communities including community dining events, free exercise programs and social and recreational programs for seniors to help you to stay connected, active and healthy.

For information and access to programs and services contact Community Care Concepts at 519-664-1900 or 1-855-664-1900

Woolwich Seniors Association

A membership-based organization for older adults age 55+.

A TIME FOR CELEBRATION!



90th Birthday Dinner. Back row: MPP Mike Harris, Woolwich Seniors Association President Stuart Weber, Doris Milliken, Robert Soehner, Township of Woolwich Councillor Patrick Merlihan. Front row: William Spaans, Edith Edwards, Margaret Liota, and Albert Sheppard.

Congratulations to Woolwich Seniors Association members that turned 90 in 2019! Over one hundred family, friends and members of the Woolwich Seniors, were present at the dinner. MPP Mike Harris, Region of Waterloo Chair Karen Redman and Township of Woolwich Councillor Pat Merlihan attended and brought greetings and 90th Certificates to the celebrants. It was a friendly evening, sharing memories and hearing about the lives of our 90th members!

REMEMBRANCE DAY SERVICE



The Elmira Legion Remembrance Day Service was held on Sunday, November 10th, 2019. Frank Rejeski and Yvonne Weppler were present, to lay a wreath on behalf of the Woolwich Seniors.

Try any weekly drop-in activity:

The Woolwich Seniors Association offers social, recreational and educational opportunities for seniors in Woolwich Township and surrounding area. Located in the Woolwich Memorial Centre, seniors enjoy a bright, spacious room with pool tables, a quilting area, computers, coffee nook, and a Library and Puzzle Swap. Over 30 weekly drop-in activities are offered to senior members.

- | | |
|-----------------------|------------------|
| Bid Euchre | Pickleball |
| Book Club | Ping Pong |
| Bridge | Puzzle Swap |
| Bus Trips | Quilting |
| Carpet Bowl | Shuffleboard |
| Crokinole | Solo |
| Fitness | Tai Chi |
| Knitting & Crocheting | Tap |
| Mahjongg | Tech Clinic |
| Monthly Lunch | Brain Workout |
| Monthly Dinner | Wellness Clinics |
| | Yoga |
| | Zumba |



\$20 per year Membership Fee.

To become a member, contact Woolwich Seniors Association

Located in the Woolwich Memorial Centre
24 Snyder Avenue South, Elmira
519-669-5044

email: contact@woolwichseniors.com
www.woolwichseniors.ca

Stay Active. Be Involved. Feel Connected. Join today!
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Beyond the shelf at Region of Waterloo Library

Libraries have come a long way. Gone are the days of card catalogues, hushed silence and microfiche. Now more than ever your Region's libraries provide a wide range of off-the-shelf offerings.

As the needs and wants of our community change, we too must grow and innovate. The Region of Waterloo Library (RWL) offers free access to a wealth of information and entertainment, be it online, in print, or in person. As we serve our rural communities we aim to build community while connecting members to resources.

Whether it's Seniors learning about their smartphone with one-on-one technology appointments, or accessing a book from the comfort of their couch, many are surprised at what can be found at their local branch. Did you know you can "borrow" the internet for your home or cottage with our free mobile hotspot lending program?

Looking to Explore? We've got a pass for that! Take advantage of your library membership and borrow a free family pass to the Region of Waterloo Museums or THEMUSEUM. Why not take the grandchildren for an outing on a PD Day or March Break.

Membership perks are easy to harness. Want to access our electronic Services right now from the comfort of your home? No problem. We have e-Memberships available at rwlibrary.ca/librarymembership. Simply complete the online form on the website and download your favourite book or magazine right now!

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Decisions, Decisions, Decisions

Part 3 of 3 | by Fred Parry

John Lennon reminded us in Beautiful Boy (Darling Boy):

“Life is what happens to you when you’re making other plans”

<https://youtu.be/EFDvbf855H4>

One time, ‘life’ happened with news of the death of Alexander Martinez – an adult student attending a college business course that I taught.

Alexander was a real gentleman and a genuine person. Originally from El Salvador, he told us, in a recent class presentation, how he had been a 3rd year law student who was forced to leave school in order to make a living.

His life was a series of stories, with victories and losses; but, being forced down, he came to succeed later. As he talked (needlessly apologizing for his command of English) I was able to see the picture of a man who was ‘worthy of his suffering’ – choosing not to give in to defeat.

I wondered how it was that a man like Alexander could find it so difficult to obtain meaningful employment in Canada. Was it his English? It certainly wasn’t his ability to communicate.

Nor was it for lack of effort, as I had first met him in another of my classes some two years earlier – working hard on completing another college certificate.

The night I passed on the sad news of his sudden death to his fellow classmates, we were consoled in the memory of the spontaneous group exercise we did for him after his class

presentation. Together, we conducted a brainstorming session to develop ideas that would help him gain employment. We listed these on large board sheets which we all signed, along with our best wishes. Towards the end of our class, I glanced over to see Alexander re-reading those sheets. He seemed moved that we took the time to care.

Maybe that’s what Canada is all about. Maybe we should demonstrate that more often.

Today, I feel the same way when it comes to all new comers who are simply asking for a break. Yes, we’ve heard the complaints that there’re plenty of Canadians who are in desperate need. But, hearing about folks being giving a hand up – not a hand out – is something we’ve all benefited from being Canadian. And, when you consider that refugees amount to less than 1% of our population... it just seems, as a country, we can afford to be kind.

Do I think the government could do more to help people make the transition? Absolutely! It’s not fair to residents, or to new comers, to be parachuted into communities without enough indoctrination to our way of life. But, that’s a long way from putting up walls to keep others out. As poet, priest and lawyer John Donne said in the 17th century, “No man’s an island.” And, I know we can’t help everyone; but we can afford to help some.

Maybe, you remember the story of a young boy throwing starfish back into the sea after a storm – one at a time. He was asked how it was going to make a difference? – with thousands of starfish facing certain death after being stranded

on that beach. The boy bent down, picked up yet another starfish and threw it as far as he could into the ocean. Then he turned, smiled and said, “It made a difference to that one!”

Now, I know some will say the equivalent of, “We don’t have any starfish.” (Please, don’t make me have to put down my pen and... LOL!) We can still make a difference in someone’s life. It is, what it is... showing love doesn’t cost anything.

So, good bye Alexander. And, on behalf of your classmates, thank you for choosing Canada!

Your life decision has helped reaffirm my commitment as an educator. Or, in the words of Marley’s ghost from Charles Dickens’ A Christmas Carol:

**“Mankind was my business.
The common welfare was
my business; charity, mercy,
forbearance, benevolence, were
all my business.
The dealings of my trade were but a
drop of water in the comprehensive
ocean of my business!”**



“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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Holiday Gift Guide for individuals living with dementia

Who doesn't love receiving a gift?

Tearing into a parcel in anticipation of its content is a source of fun. But it is also a ritual dating back to childhood and for people with Alzheimer's disease and other dementias, it can be therapeutic by bringing attention to whatever special occasion is being marked. A gift can remind them who, where and with whom they are. So don't let them be left out on the fun!

Early Stages

- Crossword puzzles and strategy games to keep their mind active
- A homemade memory calendar full of family photos and important dates such as birthdays and anniversaries
- A membership to a health club to encourage them to stay active
- A special clock that displays the date as knowing for sure what day it is can be reassuring
- Plan an outing to a movie, play, sporting event or other similar activities

Middle to Late Stages

- A CD with their favourite music
- Simple games or puzzles
- Pampering toiletries and other products
- Framed photographs/photo collages with the names of the people beneath
- Comfortable and easy to remove clothing
- Nature or other videos that feature visual and auditory stimulation
- Doll or stuffed animal
- A touch quilt
- A DVD with old family movies and picture

For more information about our programs and services, call us at **519-742-1422.**

Alzheimer Society
WATERLOO WELLINGTON

A Serious Pain in the Hip

Hip pain can be a serious pain in the butt. Literally! From a physiotherapy perspective, hip pain can be a very challenging area to diagnose. The reason being that many different issues, that aren't necessarily the hip, can result in hip pain. Being properly assessed by a physiotherapist to determine the origin of your hip pain is a vital step in resolving your hip pain. Today we will focus on the most common cause of hip pain in the aging population. Osteoarthritis.

Arthritis is an umbrella term that can be broken down into several different types. The most common type being Osteoarthritis. Osteoarthritis is the wear and tear of the cartilage tissue of joints. Cartilage is a smooth material that coats joint surfaces to aid in

lubrication, friction reduction and transmission of forces through a joint. Osteoarthritis is the degeneration and breakdown of this smooth cartilage joint surface leading to pitting, roughness and the loss of joint space. This is where the phrase "bone-on-bone" comes from. There are many factors that can contribute to the development of osteoarthritis including; age, obesity, injury, genetics, nutrition, exercise and many more.

Osteoarthritis generally presents as a progressively increasing deep, dull, aching pain in the hip/groin area and stiffness following prolonged periods of inactivity. Osteoarthritis can be prevented by leading a healthy lifestyle including proper nutrition, maintaining a healthy weight and regular exercise. If osteoarthritis progresses to a more advanced stage the final solution is a joint replacement. Physiotherapy can be extremely beneficial in all stages of this process from preventative education, guidance on exercise, strengthening your muscles and reducing stiffness which may delay and possibly eliminate the need for joint replacement, as well as, rehabilitation following a hip joint replacement.

The best advice is to find physical activities you enjoy doing and do them often!



Mike McLeod,
Physiotherapist (PT)
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Falls Prevention During the Winter Months

Once cold weather comes, snow and ice are dangerous for anyone who ventures outdoors but it is especially unsafe for older adults for a variety of reasons:

- As seniors age, sensation in your feet may decline, especially if you have arthritis, diabetes, poor circulation, or complications from a stroke.
- Multiple medications can sometimes cause side effects such as mild dementia or dizziness.
- Unsteady gait, poor exercise habits, muscles can lose strength and elasticity.

Habits That Help Prevent Senior Falls

Perhaps the adage, 'an ounce of prevention is worth a pound of cure' is so popular because it's true. The best time to get prepared for winter is long before it arrives.

- **Maintain your exercise habits as the weather starts getting colder.** It's hard to stay motivated to exercise when you're homebound. Lots of indoor exercises can keep you fit when you can't venture out. Stand at a counter and do knee-bends, or practice balancing on one leg (always near something you can grab if necessary). March in place, or stand up from a couch, sit down and stand again to help keep legs strong. Consult with healthcare professionals to help you develop a complete indoor exercise program. Attend the tailored fitness programs at the Woolwich Community Health Centre.
- **If you feel fatigued stay at home.** Getting out can help cure the winter blues, but know and don't push your limits. Going out when you're not at your best is putting yourself at risk for a dangerous fall. Consider delivery services from pharmacies or grocery stores.

- **Have a safety plan.** Carry a cell phone or other alert device so you can get help quickly in the event of a fall. Don't use assistive devices without practicing at home. Rely on others. Let them know where you are, and ask yourself, "If I fell here, what would I do?" This will remove some of the panic that might set in if you do fall. Make sure outdoor light bulbs are working before winter starts. Consider adding some additional light sources outside your home. Hire someone ahead of time to shovel snow and salt your sidewalks.
- **Wear the right clothing.** You might be used to getting dressed up for church and other favorite activities, but in the winter, stick to rubber-soled shoes with a non-skid surface. Bundle up but make sure you can move easily and see in all directions. Do some light stretching before you venture out; it will make you physically more able to prevent a fall.
- **Don't assume anything.** Blacktop may look just wet, but cold weather causes black ice to form fast. Don't be tempted to think you can make a quick trip to the mailbox in your indoor shoes. Sometimes grassy areas can be less slick than road surfaces.
- **Look for products that could keep you safe.** You can find ideas by visiting websites, at orthopedic stores and through your visiting nurse or physician. Shoe chains are an example. These products fit on the bottom of shoes, adding traction for walking outdoors in snow and ice.

Article provided by:



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Planning for the Holidays When Your Spouse Has Dementia

provided by Highview Residences

The holidays can be overwhelming at the best of times, but when your spouse has dementia, they can be especially stressful.

“The holidays are a time when there tends to be a lot of people around,” says Joy Birch, Chief Operating Officer of Highview Residences. “We have a lot more activities happening, we definitely have a lot more fancy lights, and it just tends to be a time when there are greater expectations on everyone, but particularly on that person who has dementia.”

Joy suggests modifying your plans as a family to make it easier for the person with dementia, as well as yourself, even if it means changing up some time-honoured traditions.

Decorations and Music

Bright lights and holiday music may overload your spouse’s senses. Turn off some of the lights and turn down the music. Reposition or remove any decorations that could be trip hazards.

Holiday Dinner

Big family gatherings may now be too much for your spouse to handle. Consider scaling things down. Instead of dinner, have small numbers of people visit for lunch or mid-morning coffee with treats. (People with dementia are often at their best in the morning and mid-day.) Consider wearing name tags or placing cards in front of plates. See whether one of your visitors is willing to act as your spouse’s buddy during the visit. That will give you more of a chance to socialize with others.

Manage Your Family’s Expectations

Encourage your family to do go with the flow. If your spouse says something that’s incorrect or repetitive, ask them to let it go. Warn them that a visit may have to be cut short if your spouse gets tired. But let them know that even if your spouse may seem distracted or confused at times, it’s wonderful that they’re visiting.

Highview Residences’ homes in London and Kitchener are small, warm, inviting, and specially designed for people with dementia.

Visit www.highviewres.com or call 1-844-700-3734 for more information.

Land Ownership Between Multiple People

When you are looking to become an owner of real estate (real property) with another person, you have a key choice to make between owning as 'Tenants In Common', or 'Joint Tenants'. Tenants In Common hold a percentage of the title for the property, such as a 50%-50% split, or a 90%-10% split. They can each sell their portion separately, and each portion can be left in their Will to be inherited separately. This is ideal for someone who would like to hold ownership with a business partner or relative. However, keep in mind that the separate disposal of these percentages could result in owners who are strangers to each other, which may become problematic down the line.

On the other hand, in a Joint Tenancy, each owner effectively owns the entire property at the same time as the other. The last person alive

ends up owning the whole thing. This situation is ideal for married couples, and any other situations where your co-owner would naturally be the beneficiary under your Will. The house only "belongs" to the estate of the last person to die, meaning that the Joint Tenants who die first may not be required to go through the probate process.

If you are looking to acquire a property, or alter the current title structure of your existing property, it may be helpful to have a lawyer advise you as to whether a joint tenancy or tenancy in common is right for you!

Melissa Veenstra is an articling student at Giesbrecht, Griffin, Funk & Irvine LLP, with offices in New Hamburg (519-662-2000) and Kitchener (519-579-4300). This is an occasional column where lawyers offer tips about frequently asked questions. This advice is offered for information purposes only, and may not cover all circumstances, please consult any qualified lawyer for advice specific to your needs.

What You Need to Know about Converting an RRSP to a RRIF

A Registered Retirement Savings Plan (RRSP) is a great way to save and invest for retirement. But you can't save forever.

At some point, you'll use the funds you've accumulated in your RRSP for retirement income. You can wait, but not past a certain age. Government regulations require you to wind up your RRSP by the end of the year in which you turn 71.

When it's time to draw on RRSP funds for income, there are three basic choices. You can convert your RRSP to a Registered Retirement Income Fund (RRIF), buy an annuity or take the entire amount in cash. (Or you can combine any of these options). In reality, the first two options are the most popular, because receiving funds in cash could result in a substantial income tax bill in a single year.

RRIFs are by far the most common choice. They offer investment and income flexibility, and let you keep the same investments you held in your RRSP. They're also widely available from financial institutions and can be tailored to meet your needs. If you want maximum flexibility you can open a self-directed plan.

A RRIF is similar to an RRSP, only you distribute money instead of contributing funds. Your investments grow tax deferred as long as they remain in the plan. Amounts withdrawn for income are taxable.

You can withdraw as much as you want from a RRIF. However, a minimum annual withdrawal is required under government regulations. This is based on your current age, and the value of your RRIF.

If you turn 71 this year, you should have already started the process of winding up your RRSP. Most financial institutions require at least a month's notice to complete the necessary transactions. Failure to wind up your RRSP by December 31 could result in the entire amount being converted to cash and considered income in one year. It would then be taxed accordingly.

The main alternative to a RRIF is an annuity. With an annuity you create a simple income stream, without the chore of managing investments.

You can buy a life annuity, through which you provide a lump sum to an insurance company in exchange for a guaranteed income stream for life. Payments, usually made monthly, are a combination of investment returns and repayment of part of your principal amount. Generally they're fixed for the term of the annuity. Some type of annuities provide payments until age 90, or offer different features.

You don't have to choose between a RRIF and an annuity. You can combine the two so an annuity provides a predictable income stream in retirement and a RRIF gives you a chance to exercise greater control over part of your assets.

Speak to a financial advisor* before you make a retirement decision. With professional help you can select the right income option for your needs.

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we wish you all the best.

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Do you have a joke, riddle or something just too funny not to share? Feel free to spread the laughs with us here at embracingchangeinfo@gmail.com

We thank all participants for their submissions, due to space restrictions only selected entries can be featured in each issue.

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