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EMBRACING CHANGE

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

VOL 3 ISSUE 4 DECEMBER 2020

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Feature Business
of the Month

 **Hemmerich**
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HEALTHY HEARING FOR LIFE

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

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Tara Bott (Held)

EDITOR/PUBLISHER

Rich Held, Don & Shirley Bott

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DESIGNER



LETTER FROM THE EDITOR

For many, December is the most wonderful time of the year. But with the challenges we are facing in our world right now this holiday season is going to look much different for all of us. I have always loved Christmastime, and spending time with family and friends, even though growing up we had to deal with the loss of many loved ones. Over the years we always found peace and joy during the holiday season. It was tough not being able to spend time with those we lost, but we were always grateful for the loved ones we were still able to share time with. The holiday season can be very

lonely for a lot of people. This year we will all be celebrating things very differently and we may feel lonely as we are not able to all come together to celebrate with those we love. I am trying to find ways to Embrace the Changes this holiday season. I will try to focus on the simplicity and less busyness and rushing around that we normally do. Sometimes slowing down and enjoying more quiet can be good for us as well. This doesn't come easy to me as I love spending time with those I love and care for, and I especially love talking and reminiscing with my family and friends. But, I will focus on the calmness and more quiet this year, and have hope that next year we can be back to a more normal holiday season.

This issue has many wonderful articles for ideas and support to help us all through the holidays. Please know you are never alone and there is always help around should you need it.

Self-Care Tip ~ Stay Connected

These times can feel lonely, but that doesn't mean you're alone. Talking with loved ones while in isolation can help reduce the anxiety and instances of feeling down. Take time to utilize the multitudes of technologies and apps (many free) that can help you stay in touch with those you love. Our busy lives before the COVID-19 may have limited how often we connected with distant loved ones, now's the time to fully exploit these modern capabilities for fellowship, companionship, and camaraderie. Try making a list of safe people you can reach out to. It can also help to schedule in social time to keep you from becoming too isolated e.g. schedule a video chat with a friend or loved one and stick to it.

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 

On The Cover

This month's cover features Rick, a long-standing volunteer with the Wilmot Rotary Club.

Cover story written by Matthew Isert Bender, Interim Executive Director, Interfaith Counselling Centre. Find the cover story on page 8.

Cover Photo Credit: Devon Peters is based in New Hamburg and specializes in outdoor Family Photography and Newborn Portraiture. She and her young family have lived in New Hamburg for only 2.5 years but have fallen in love with the community and all it has to offer.

devonpetersphoto@gmail.com
devonpetersphotography.com



Embracing Change



2230 Herrgott Rd,
St Clements ON N0B 2M0



519-574-6428



embracingchangeinfo@gmail.com



www.embracingchange.ca

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The Chimney Sweep

Submitted by Castle Kilbride

In the mid-1980s, excitement swirled around Baden as a film crew descended on Castle Kilbride. What was the film about? Who were the stars of the film?

It was called *The Chimney Sweep* and featured Heath Lamberts as the main star. Lamberts was a well-known comedic actor with the both the Shaw and Stratford Festivals. He would later move on to Broadway to play Cogsworth in *Beauty and the Beast* from 1994-96.

After 15+ years of hearing tales about this film, Castle Kilbride received a copy transferred onto DVD and we couldn't wait to watch it. It begins with a chimney sweep who is running from a mess he caused when he stumbles upon Castle Kilbride. Now, this is where things get exciting. The rolling open landscape, the long-gone outbuildings, and an old "Castle Kilbride" sign set the feel and tone for the Castle at that time. As the chimney sweep approached the door, we could hardly contain our excitement. For us it wasn't entirely about the storyline, rather, it was curiosity as to what the inside of Castle Kilbride looked like before the great 1988 auction followed by the sale of this landmark house. When the door finally opened, the inside took our breath away. It was as glorious then, as it is now. It made us appreciate the class and taste that James Livingston envisioned for his home and how it was carried steadfast through the generations.

It was a treasure to see the house 35 years ago. As Curators, we scanned the room searching for the artifacts that had been sold and many generously returned. And there were many. The highlight was the Victorian toy carousel which was original to the first generation of the Livingston family. This charming artifact becomes the focal point of the story.

The movie itself is only about 20 minutes in length. It has a cute and classic storyline. In our opinion, the story became secondary to the real star in our eyes... Castle Kilbride.

COMMUNITY MEMBER MESSAGE FROM MPP FOR KITCHENER-CONESTOGA,

Mike Harris

It is a pleasure to connect with you as we come to the end of 2020. This has been an unprecedented year and we have all faced unexpected challenges due to COVID-19.

I agree with Premier Ford and stand committed to stopping at nothing to keep you and your family safe during this pandemic. This is reflective in our 2020 budget, Ontario's Action Plan, Protect, Support, Recover. It is a \$45 billion plan to protect Ontarians, support families, individuals and employers, and remove barriers to our recovery.

We're expanding support to all Ontarians and this starts with the seniors who built this province. In 2021, we're creating the Seniors' Home Safety Tax Credit, which would be worth 25 per cent of up to \$10,000 of eligible home improvement expenses. We're also increasing funding to our Seniors Active Living Centres and extending the Ontario Community Support Program, which provides delivery of meals, medicines, and other essentials to low income seniors and those with disabilities. We owe it to our seniors to provide them with the supports they need to get through these difficult times.

Our 2020 budget also contains further supports for families, like our \$200 direct payment to parents with children under 12. We're doubling our investment in the expansion of rural broadband

infrastructure and spending record amounts on health care so that our frontline physicians and health care workers have the resources they need to respond to COVID-19.

Looking ahead to 2021, one of the issues I've been pushing forward is school bus safety. 30,000 children in Waterloo Region take a school vehicle daily, including my son, and I believe we should do everything possible to keep them safe. Did you know Ontario school buses are the only ones in North America that do not have the dual lamp amber warning light system? I think that should change and will be introducing a private members' bill this winter to make that happen. With the amber warning lights, bus drivers can give clear advanced notice that a school bus is stopping to unload children in a few hundred metres. A Transport Canada study found that this system is more effective than our current one at slowing vehicles down and preventing drivers from unlawfully passing school buses.

As always, my office is here to assist you. Whether you're looking for more information on the budget or help dealing with the provincial government, I am here to support you.

Mike Harris
MPP for Kitchener-Conestoga

Merry Christmas & Happy Holidays

WISHING YOU AND YOUR FAMILY A WONDERFUL HOLIDAY SEASON
AND ALL THE BEST IN THE NEW YEAR

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



Rural Connections: Seniors Centre Without Walls

Rural Connections: Seniors Centre Without Walls is an interactive, telephone-based program for seniors in Woolwich, Wellesley and Wilmot townships. The aims of the program is to keep seniors active and engaged in their community from the comfort of their own home during COVID-19. Group based activities are offered at no cost to participants and include: educational presentations, wellness programs, recreational activities, and discussion groups.

Benefits of the Program

- Creates a connection to the community and the development of friendships
- Provides opportunities for social participation
- Promotes mental and physical health
- Contributes to well-being and quality of life
- Provides opportunities for lifelong learning
- Participants can hear and talk with one another



How the Program Works

- Teleconferencing is a telephone meeting that allows more than two people to join in a conversation using a toll-free number.
- To participate with a scheduled “Rural Connections: Seniors Without Walls” phone –based group program register by calling **519-664-1900**.
- Once you have registered program leaders will call you 5 minutes before the scheduled time to a conversation and/or presentation on the topic of the day.
- Registered participants are welcome to sign up for one or more daily program sessions offered throughout the week
- No special equipment is needed—just your regular phone
- Each session lasts 30– 45 minutes



Assante Financial Management Ltd.

Arnold D. Mohr
Financial Advisor

487 Riverbend Drive, 2nd Floor
Kitchener, ON N2K 3S3

T: (519) 578-4494 Ext: 5528
1-888-578-4494
F: (519) 578-1786
www.assante.com
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This page has been graciously sponsored by Arnie Mohr

Why is it important to get a hearing test every few years?

It's helpful to think of a hearing test as a screening tool rather than an exam. Too many people assume that hearing tests are for people who have a problem, just as vision tests are for people who have difficulty seeing. But a hearing screening doesn't just discover hearing loss; it can uncover many physical and medical issues that you may not have known about.

A regular hearing examination will allow you and your hearing care provider to:

Identify potential problems.

A yearly hearing test allows you to track changes in your hearing and make adjustments as you need them. Your hearing specialist can compare every audiogram you take to the last, allowing them to see how rapidly your hearing is changing or alerting them to potential dangers, including earwax buildup and noise induced hearing loss.

Prevent further damage.

When hearing problems are allowed to progress, much more is lost than just the ability to hear. Patients may become depressed, suffer from anxiety in public situations, and become increasingly isolated due to the limitations of their conditions. Hearing loss has also been linked to increased injuries in the elderly, as they are less likely to hear car horns, smoke alarms, and other sounds signalling danger.

Start treatment.

Identification of a mild hearing problem can actually be a good thing, as it allows you to prevent hearing loss from getting worse. You can treat hearing loss right away in our offices, we offer many different types and styles of hearing aids to treat a wide range of hearing problems. As an added bonus, your hearing care provider will walk you through each of your options, letting you know which device will best suit your condition as well as your lifestyle.

*Happy Holidays from all of us at Hemmerich Hearing!
Wishing you a safe and happy holiday and cheers to a New Year.*





COVER STORY

HOLIDAY LONELINESS

WRITTEN BY REV., MATTHEW ISERT BENDER, MSW/RSW

These are the dark, cold, and difficult days of December, for some the coming Holiday season adds to this darkness. In my work over the past 25 years as a Christian Pastor and Counsellor at ICC I have become acutely aware of this truth. “I cannot wait until it is January and the holidays are past, I wish I could just sleep through it”, “I have not seen my child in 30 years, I have stopped sending cards”, “it is so hard to not have anyone to wake up with on Christmas morning”, “the holidays just remind me of all that is not ‘right’ in the world, my family, and me.” Holiday stress is related to busyness, overeating or overspending, or having too many social obligations, however, it also brought on by dissatisfaction with our lives which do not match the Christmas movie ideal. It is so easy to be in the past, or wishing for something better in the future, and this disconnects us from the present moment resulting in excruciating loneliness for many.

The holiday season shines its festive lights on the reality of loneliness, which is a serious public health issue. **“Loneliness is not the physical absence of other people. It’s the sense that you’re not sharing anything that matters with anyone else.”** —Johann Hari. Loneliness is feeling disconnected from self, others and the universe as a whole. Loneliness has only been heightened by COVID-19 and the resulting restrictions on gathering. In the first month of the Great Pause the Canadian Mental Health Association (CMHA) reports the number of Canadians who say they’re feeling more isolated than ever jumped eight per cent — from 39 to 47 per cent. What do we do? How can I experience wellness and joy this holidays season, amidst paralyzing moments of loneliness which are exacerbated by pandemic restrictions?

A quote from the Lord of the Rings “I wish it need not have happened in my time, said Frodo.

So do I, said Gandalf, and so do all who live to see such times. But that is not for them to decide. **All we have to decide is what to do with the time that is given us**” --- J.R.R. Tolkien. Is not this the way it is, we wish it need not have happened, but it has, acceptance can free us to lean into the moment and let it be what it is with all its difficulty and gut wrenching sadness and all its goodness and joy. Not wishing it was something different frees us to acknowledge what we are feeling and begins to open up the possibility of what it can be, of what we can do with the time that is given to us. This holiday season will be much different, without the typical festive gatherings, concerts, markets and Christmas gatherings of family and friends, and yet what can it be, we have power to decide what we can do within the public health guidelines.

Acceptance is key, this doesn't mean that we like it, or wish that it was not different but that we accept that it is this way. An emotional math phrase that I refer to often is suffering = Pain x resistance. Pain is sadly a non-negotiable, it is apart of life, the holidays so often remind us of the body numbing pain of grief, estranged and geographically distanced relationships and our own disappointments of how our life has materialized. What is negotiable is our resistance. We control how we decide to use the time that we have. The holidays are hard, the pandemic heightens this sad yearly reality and so the task is to lessen our resistance and be present to this holiday season. In addition to acceptance we can:

Set realistic expectations – especially during covid this will be important, not what was or will be but what is. What can I do? What can I celebrate about my family, my self? What special moments can I plan for this year? What can I do to bring some joy to my home and socially distanced reality this year?

Warm up – Amidst the cold, dreary dark nights of December it is important to care for self. What are little ways you can enjoy some

Christmas cheer, a hot tea, a relaxing bath, a heartwarming movie. Baking an old family holiday cookie recipe. Hanging a holiday wreath. Going for a holiday drive to see the lights. Donating to the food bank or other local initiative. It is important to lean on familiar holiday routines, especially this year, what can I do even though it is different that connects me to the specialness of the 2020 holiday season, this links us to past memories and inspires hope for the year ahead.

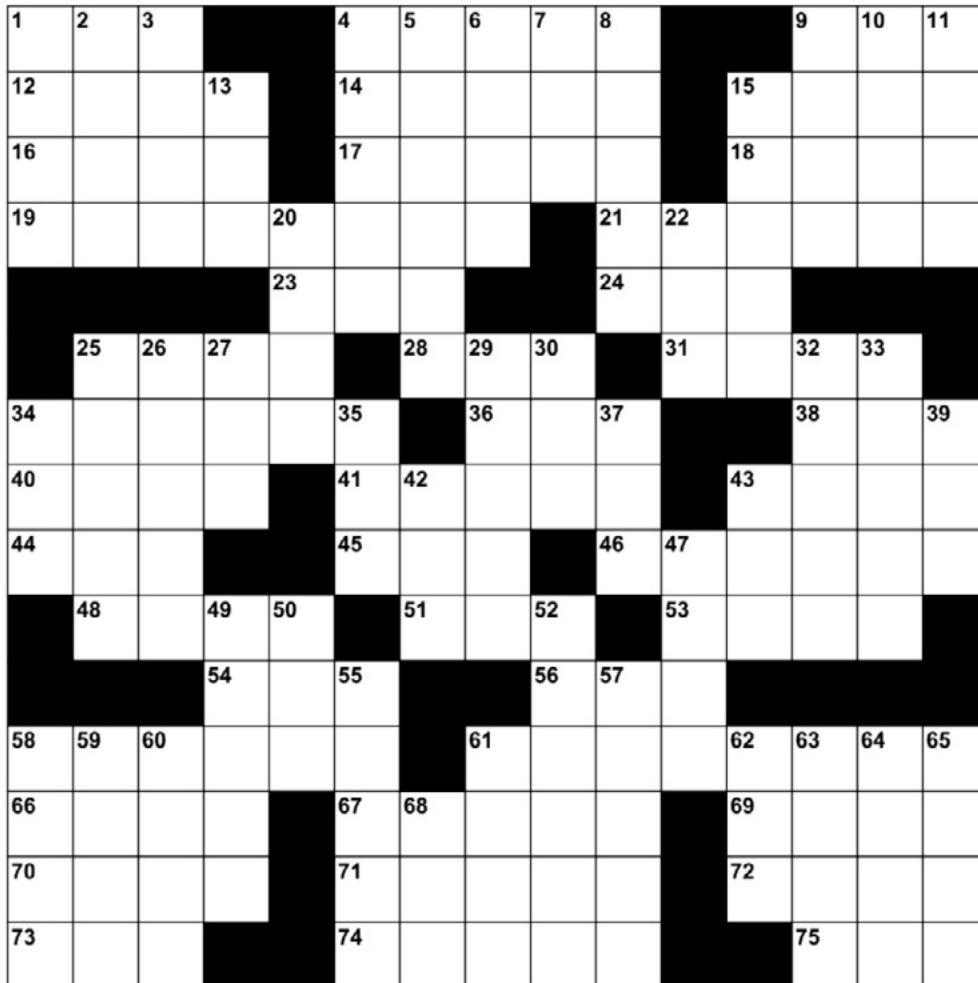
Reach out – In our loneliness it is so easy to turn away and turn inward, which only further entrenches our loneliness. Commit to reaching out, ask yourself, how can I be engaged this holiday season and connect with others? A phone call, a video gathering, mailing Christmas cards. Bundling up for a slow walk through the neighbourhood or community trail, fresh air, exercise and few moments out of our space can be energizing. Or what skill do I have that I can share with others, knitting a hat, building a bird house, or offering a word of encouragement? It might be getting out the Christmas puzzle even though my grandkids will not be here to help, it will bring a tear but will be a way of staying connected. In addition, there are a variety of wonderful community activities being planned throughout Wilmot, Wellesley and Woolwich, by local churches, clubs, businesses and community organizations. A sampling is on page 6. Reach out, seize the 2020 opportunities which are there.

This holiday season will be different, difficult and physically isolating but there will be opportunities for laughter, joy and connection. It is my desire that each and every member of our community will experience connection to the universe, others and themselves this Holiday Season.

Rev., Matthew Isert Bender, MSW/RSW
ICC Interim Executive Director

NOVEMBER CROSSWORD

Merry Christmas



By Evelyn Johnson - www.qets.com

Solutions on Page 16

DOWN

- 1 Outer shell
- 2 Afloat
- 3 List of meals
- 4 Non __ (not welcome)
- 5 Gold finder's phrase
- 6 Ruler
- 7 Distress call
- 8 Construct
- 9 Pledge
- 10 Defunct football league
- 11 Footwear
- 13 Man's best friend
- 15 Cringe
- 20 Anticipate
- 22 Aspire
- 25 Someone from Croatia
- 26 Shrub with shiny dark green leaves, and berries
- 27 Unusual
- 29 Large water bird that resembles a duck
- 30 Shade tree
- 32 Rebuke
- 33 President Rutherford B.
- 34 Chicken creation
- 37 Male parent
- 39 Hallucinogen
- 42 Uncooked
- 43 Little bit
- 47 Small particle
- 49 Pacesetter
- 50 To be in debt
- 52 Rodeo animal
- 55 Rub out
- 57 Winged being
- 58 Daddy
- 59 Beers
- 60 Christmas song
- 61 Glum
- 62 Sticky black substance
- 63 Chilled
- 64 Tub spread
- 65 Invalidated

ACROSS

- 1 Popular meat served during the holidays
- 4 Birds that make a gaggle
- 9 Mass transport
- 12 Secondhand
- 14 Hearsay
- 15 Desire
- 16 Comedian Jay
- 17 Get up
- 18 Information (abbr.)
- 19 Expression of mirth
- 21 Long piece of wax with a wick that is burned for light
- 23 Tree
- 24 Facial twitch
- 25 Cut into pieces
- 28 Grow older
- 31 Fit together
- 34 Worn away
- 36 Not young
- 38 California (abbr.)
- 40 Precious metal
- 41 Fragrance
- 43 Used in play by children
- 44 Young lady
- 45 Owns
- 46 Telephoned
- 48 Typing error
- 51 Network
- 53 Chances of winning
- 54 Veneration
- 56 Lab animal
- 58 One of Santa's reindeer
- 61 Act of giving or contributing, as to a cause
- 66 Healing plant
- 67 Amid
- 69 Organization concerned with civil liberties (abbr.)
- 70 Elk's cousin
- 71 Gravy
- 72 Pull in a fish
- 73 American sign language
- 74 Register
- 75 Department of Labor

Laughing Matters!

You Better Be Good

Sarah and her thirteen-year-old sister had been fighting a lot this year. This happens when you combine a headstrong two-year-old, who is sure she is always right, with a young adolescent.

Sarah's parents, trying to take advantage of her newfound interest in Santa Claus, reminded the two-year-old that Santa was watching and doesn't like it when children fight. This had little impact.

"I'll just have to tell Santa about your misbehavior," the mother said as she picked up the phone and dialed. Sarah's eyes grew big as her mother asked "Mrs. Claus" (really Sarah's aunt; Santa's real line was busy) if she could put Santa on the line. Sarah's mouth dropped

open as Mom described to Santa (Sarah's uncle) how the two-year-old was acting. But, when Mom said that Santa wanted to talk to her, she reluctantly took the phone.

Santa, in a deepened voice, explained to her how there would be no presents Christmas morning to children who fought with their sisters. He would be watching, and he expected things to be better from now on.

Sarah, now even more wide eyed, solemnly nodded to each of Santa's remarks and silently hung the phone up when he was done. After a long moment, Mom (holding in her chuckles at being so clever) asked, "What did Santa say to you, dear?"

In almost a whisper, Sarah sadly but matter-of-factly stated, "Santa said he won't be bringing toys to my sister this year."



It's going to be hard to connect at Christmas this year



Will you be alone or lonely this Christmas?
Could you use some Christmas cheer?

WFRC & local churches are providing a

FREE Christmas Day Dinner
(Friday, December 25th)

OPTIONS . . .



PICKUP (preferred)

Pick up your Christmas dinner at a scheduled time at
Steinmann Church (1316 Snyder's Rd. W., Baden)



DELIVERY (if necessary)

Your Christmas dinner delivered at an arranged time

Contact Wilmot Family Resource Centre at 519-662-2731
for a registration form or more details by December 15th



This page has been graciously
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Pat's Ponderings



I whisper. I wish. I take in a slow deep breath. I close my eyes. My memories swirl in a parade of colours, sounds, and smells. My hand moves up to be placed on my chest. A smile slowly creases my face. The vividness of Christmas memories dance around me in a kaleidoscope of emotions.

I am called a “senior”. I am told “Christmas is for the young, the children”. My cherished family has grown. The young seedlings, turned to saplings and now stand tall, strong, and independent like proud Redwood trees. Christmas for the Redwoods is more about the excitement for their saplings and their expectations of the demanding season. Oh, to be a Redwood again!

In the twilight of the early evening, my little tree twinkles and tries so hard to entice me – to invite me to be a child again or at least a young mother again. Come! Remember! Hold close to your heart the memories of Christmases past. But SEE what Christmas is offering you NOW!

Through the lights of the tree I see snow gently falling in my back yard. There is a partial full moon rising and she hears my whisper of hope of resurrecting the joy I always held for Christmas and all her dressings. As my stubborn mind insists on remembering the days of my youth, of opening presents of new pjs and skates, I urge her to look ahead. Ahh... now THERE is the memory of my cooking the big family dinner. Friends and family gathering, chaos as the dog runs through piles of papers and chases our new kitten up the tree. My husband putting stickers on the kids new tonka trucks and shoveling the driveway for grandparents to arrive. Our Turkey (we always called him “Fred”) is roasting, the table is set,

and the boys are out of their Smurf pajamas. We are looking out the windows waiting for our neighbouring friends and families to arrive carrying their contribution to dinner. Excitement abounds!

As I open my eyes, HOPE now entices me to visualize my grand children. To embrace the pride of seeing my grown sons and their spouses. Be grateful for the health we have struggled to maintain. See now our new retirement home and neighbours. My Christmas melancholy slowly moves from treasuring Christmas past to embracing the excitement and adventure of Christmas today.

My little tree sighs. Finally, he thinks. I try to explain to my little tree that for seniors, Christmas is all the above. We cherish and hold with sentimental tenderness all our Christmases. We are privileged to have precious memories to hold dear and to anticipate the newness and brightness of Christmas present. It seems like Charles Dickens’ famous writing of A Christmas Carol is somewhat playing out for me.

The doorbell rings. I know my pies are baked. The quilt I have made for giving is ready. The knitted scarves are wrapped, and best yet – my husband of 48 years is experiencing as much happy anticipation as I am. Christmas Eve is about to begin!

Merry Christmas everyone! I wish you the magic of this blessed season.

May peace and joy fill your hearts and may health and peace embrace you and your loved ones now and in the coming year.

**As Always,
Pat**



COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

Helping Seniors and Adults with Disabilities
to Live Independently in their own Home

- Meals on Wheels • Transportation
- Day Programs • Homemakers
- Maintenance • Friendly Visitors • Community Meals
- Transportation from Hospital to Home
- FREE Community Exercise and Falls Prevention Classes
- FREE Short Term Home Support

**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot

**929 Arthur St. S.
Elmira
519-664-1900**

1-855-664-1900

**info@communitycareconcepts.ca
www.communitycareconcepts.ca**

**23 Church St.
New Hamburg
519-662-9526**

Maintaining Connections



Across communities, we have all worked hard to isolate ourselves or limit our interactions with others to protect our physical health. Restrictions have also impacted opportunities to attend public events, participate in social or recreational activities in our communities or volunteer. While these steps have been important in maintaining our health, they have had an impact on our ability to interact or connect with family or friends as well as to benefit from the many positive impacts that remaining involved in the community or in volunteering have on us. It's understandable how challenges in continuing with these activities that contribute to our sense of purpose can lead to feelings of isolation or loneliness.

Recognizing the importance of maintaining social connections in helping older adults to age well in the community, Community Care Concepts offers a variety of services and support that help individuals to maintain connections:

- * **Participate in our Rural Connections: Seniors Centre Without Walls program.** This free program allows older adults to connect with others by a phone and have fun, engaging conversations, activities, social time, information sharing, learn new skills, and create new connections with other seniors in the community.
- * **Join an online exercise program from the comfort of your living room.** Participating in regular classes will not only build strength, balance and reduce your risk of falls, but also help you to connect with others across the community.
- * **Join our Adult Day Program or group-based social and recreational activities.** Small group programs, with physical distancing and infection control protocols in place, are available across Woolwich, Wellesley and Wilmot Townships. Not sure if you want to attend a group? We have staff available to provide individualized activities and support in your home as well as group activities and discussions by telephone or online.
- * **Reach out to our organization.** Staff are available to visit with you in your home or maintain regular telephone or online connections to help you stay connected with other and with resources in our community.
- * **Consider volunteering with us.** If you are comfortable in interacting with others, we offer volunteer opportunities including delivering Meals on Wheels or transporting seniors to medical or other appointments, all with appropriate infection control practices in place. These services are not only essential in helping older adults to live independently but also provide a great opportunity to form connections with others in your community.

While our current environment has placed challenges on our ability to remain connected, there are many opportunities available within and beyond our organization that can support you in addressing isolation, loneliness and in making social connections. For information, services and support contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.

WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



- Heart & Home Creations New Hamburg
- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

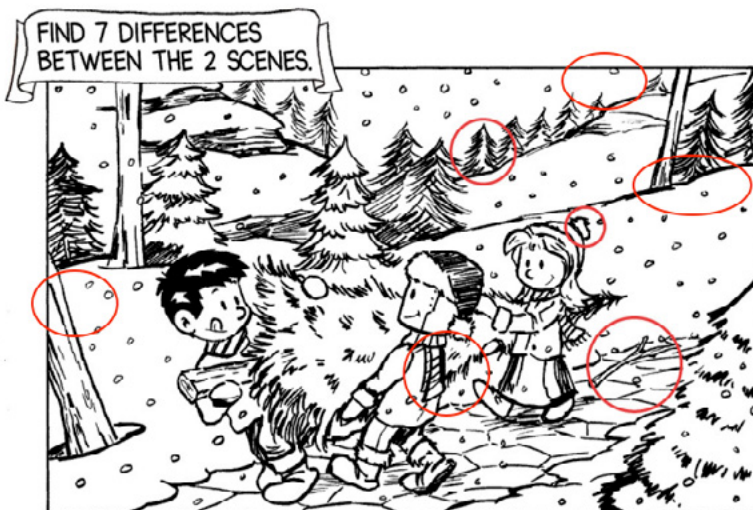
- Schmidtsville Restaurant (outside magazine stand)

- 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

WOOLWICH TOWNSHIP:

- 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



1	H	2	A	3	M		4	G	5	E	6	E	7	S	8	E		9	B	10	U	11	S		
12	U	S	E	D	13		14	R	U	M	O	R						15	W	I	S	H			
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Ask the Doctor

with Dr. Nicole Didyk

I am a senior in my early 70's, as most men my age I am experiencing stiff and aching muscles and various joint pains. A friend of mine suggested hemp oil which he has taken in the form of chewable gummies 10mg. This has given him considerable relief. My main concern is the possibility of being addicted. What is your opinion of this treatment?

Cannabis and hemp-related products are everywhere lately, with CBD or hemp oil being infused in gummies, baked goods, beverages, ointments and creams. It's a multibillion-dollar business and growing all the time. The oils have been recommended for the treatment of symptoms like pain, anxiety, and insomnia. The scientific evidence for the benefit of CBD or hemp oils for such conditions is not strong but is promising.

Cannabidiol (CBD) and hemp have lower levels of tetrahydrocannabinol (THC) which is the part of marijuana that causes the 'high'. The hemp oils are made from the seeds or flowers and leaves of the hemp plant and are supposed to have less than 0.3% of THC. The challenge is that the ingredients in many commercially prepared products are not always consistent, so may contain more or less THC than advertised.

The THC can be addictive, and about 10% of those who use cannabis develop cannabis use disorder. So, the risk of addiction is small, but not zero, and the benefit in pain treatment is unclear.

Chronic pain is hard to treat, so I hope that as we learn more about hemp and CBD, we'll be able to use it more often in older adults living with pain.

If a person is interested in trying a hemp oil or CBD oil for pain, I would recommend looking for a compound that has been certified by the Canadian Food Inspection Agency to be organic, and has been tested in a laboratory to confirm that there is less than 0.3% THC in the product. And as always, I would talk to your doctor and pharmacist to review any potential interactions with other medications or medical conditions.

For more information about aging and health, go to www.TheWrinkle.ca!

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

Disclaimer:

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



Family Ties with the Region of Waterloo Library



Family history with Genealogy

With the cooler weather coming, it's possible you may have some extra time on your hands. Combine that with a curiosity about your family's genealogy – tracing your family's history and ancestors - and you are in luck!

Ancestry Library Edition is now available for Region of Waterloo Library (RWL) patrons, free, from your home until December 31, 2020! Normally this resource is only accessible if you are in a Library building, however its privileges have been extended to include home access. Until the end of the year, you can sit in your jammies and work on your family research in the comfort of your living room until 3 am if you want.

Access your ancestors' birth and death information, marriage, and even immigration documents! Visit our website, www.rwlibrary.ca, click the eLibrary tab in the top blue banner, and click the All Online Resources tab. The Ancestry Library Edition is the first link in this list. Have a question about how to get started or navigate the screens? Easy! Call the Ask a Librarian phone 226-748-8030 Monday-Thursday from 10 a.m. to 8 p.m. or Friday-Saturday from 10 a.m. to 2 p.m. Don't forget this home access ends December 31st; come the New Year you'll have to visit your local RWL branch to continue the great genealogy work that you've started.

Family fun with Programs

Want to connect, learn and play with your existing family, including remote members? We have an online program for that! Our online program offerings span across all ages - from the youngest to oldest. Sign-up today to spend quality family time together – reading to a Dog, storytime, competing in free family trivia, and “maker” events! Visit our website, www.rwlibrary.ca, click the Programs & Events tab in the top blue banner, and click the Virtual Programs tab. Check back often! We are committed to diversifying our events to include programs that are relevant and fun to all family members!

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Keeping Moving & Keeping Safe

Winter Falls Prevention

In these COVID affected times its very tempting to hole up at home and not move at all but sedentary behaviour is a leading cause of de-conditioning at any age especially for older adults. About half of the physical decline associated with ageing may be due to a lack of physical activity. The US Centers for Disease Control and Prevention warns that falls have reached an epidemic level, citing that 30 percent of people ages 65 to 80 and 50 percent of those over 80 will experience a fall each year. In addition, falls are the leading cause of traumatic brain injury and fractures in older adults.

The Canadian winter with slippery surfaces and cold temperatures can be something of a further disincentive but if you prepare, you too can enjoy what's waiting to be discovered. It's not just your physical but your mental health that will benefit too.

Here are some of the things you can do to keep you safe when enjoying the outdoors.

- Wear shoes or boots with good traction – snow treads or ice grippers
 - Dress warmly and in layers. If you're warm, your muscles will stay relaxed. Tense muscles can adversely affect your balance. With layers you can more easily adjust temperature to your comfort level.
 - Be careful getting out of your car. Plant both feet firmly on the ground before moving. Steady yourself on the door frame until you have your balance. Move at your own pace.
 - Don't take shortcuts. Try to stay on cleared sidewalks and paths, and don't walk between parked cars. Grassy slopes can be just as slippery as snowy steps.
- Take extra time. Don't rush. Take short steps with your toes pointed slightly outward to maintain a stable base of support – yes think of the penguin!
 - Pay attention. Stay aware of the surfaces ahead of you. Look down with your eyes only. By moving your head downward, you are more likely to shift your balance.
 - Black ice is treacherous and extremely slippery so when walking in poor light conditions or shadowy areas stay alert.
 - Keep your driveway and walkways clear. Pay someone to do this if necessary.

Other helpful strategies to avoid falls include:

- Some medicines can make you sleepy or dizzy, even over-the-counter medicines so plan to review strategies with your healthcare provider about minimising the risks.
- Exercise to improve your balance and flexibility like Tai chi or yoga and improve your core strength including resistance training at least twice a week.
- Have your eyes and feet checked at least once a year.
- Make your home safer by eliminating tripping hazards, small or loose rugs, clutter. Have grab bars in the bathroom and use non-slips mats in the bath or shower.

Don't let a lack of confidence or preparation leave you missing an opportunity to invest in a healthier you this winter!





From my family to yours,
*Wishing you
Peace & Joy this
Holiday Season*

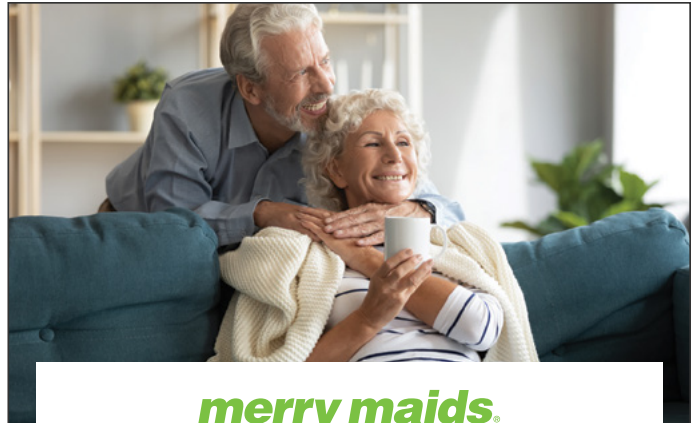


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Hope for the Holidays??

by Jane Kuepfer

A word about 'lament'

In recent years, 'Blue Christmas' services have become more commonplace, offered as an opportunity to gather and acknowledge loss at a time of year when absence is felt keenly. That is particularly important this year, as most of us have experienced deaths with restricted permission for visitation and services, as well as other losses like pre-empted plans, and unwanted change. It's okay to lament what is truly lamentable. What we miss reminds us of what we value. Lament also lands us in the 'arms' of faith in the One who carries us through these times, and turns us toward hope for the future. Look for virtual 'Blue Christmas' services online this December.

Well this is certainly different. The holiday season, whether you celebrate Christmas, Hanukkah, Diwali, Kwanzaa, solstice, the new year, or simply 'holidays', is a time of looking forward to togetherness, shared food, often gifts, and meaning – there's a 'reason for the season' for most all of us. So the changes we anticipate having to make in this year's festivities are no small matter. We look forward to celebrating in the ways that are traditional for us, and we will miss what can't happen.

The interruption of normal, however, also offers opportunities. One of the things most all of us associate with December is busyness – crowded malls, messy parking lots, late nights at one too many parties, endless to-do lists, and a frantic slide into the beginning of the 'holiday', which itself is often busy with food preparation, serving and cleanup, and people coming and going with little time to just 'be' together. And then it's over.

The pandemic gives us permission for this year to be different. What if it wasn't busy? What if we actually have space this Christmas? While our usual pause, on Christmas Eve, for example, might look like a half-hour of lessons and carols by candlelight, wedged between gift-wrapping and gathering for cookies, what if we could actually pause? What might we notice in the quiet darkness of this December? In deeper breaths? In a spirit of gratitude and peace? Might it be that the pandemic offers us some rare holiday gifts?

As we connect differently with ourselves, and with what is sacred, in the absence of busyness, might we also connect differently with those we love? If you can't cook a meal for your family, how else might you express your love for them? For some, this is the year you will finally write 'love letters' to your children and grandchildren, or to others you cherish, putting on paper words that too often are left unsaid. There's time this year to reach out and connect with friends – to send Christmas cards again, or invite a Zoom chat, knowing they're likely less busy too, and possibly lonely. You have time to create – with wood or fabric, yarn, paper, paint – time to enjoy the outdoors – time to read or listen to music. You have time to be intentional about giving – how can you contribute this year to making the world a better place?

Expectations can make the holidays stressful. In this year of dashed expectations, we are freed to let go of expectations and find the essence of what brings meaning to our holidays.

This is a year in which hope has substance. We are truly hoping, in 2021, for blessings that a year ago we took for granted. May we step into this holiday season with lament, yes, but also with deep gratitude, openness to new possibilities, and profound hope for what is to come.

Merry Christmas

During this holiday season, we wish you all the best.



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LOST & FOUND: MY GREATEST CHRISTMAS GIFT



BY: FRED PARRY

**“I didn’t know what day it was
When you walked into the room
I said hello unnoticed
You said goodbye too soon”**

– *You’re in My Heart* by Rod Stewart

Recently, my mother-in-law gave me a beautiful photo of my wife – smiling sweetly as ever. And, judging by her looks and attire, it was from a few decades ago when we had first fallen madly in love. Being the older (and wiser?) one, I thought I knew a good thing when I saw it.

Holding that photo now, it seems she’s seeing straight through the camera and right into my heart.

You may have noticed people with a dominant eye – one either of happiness; or, the other more serious: each eye telling a different story. The ancient mystics talked about the eyes as being the pathway to the soul... and what darkness if that light is gone! But rarely do you see both eyes full of light, as with hers, positively dancing with life and love.

So, it may come as a surprise to learn that I almost threw it all away.

Kenny Rogers has said there’s a fine line between being selfish and being driven. And, earlier in my life, I crossed that line by taking her love for granted.

We’d been spending an evening with friends celebrating our Christmas engagement. But, I became sarcastic towards her – just because I could. I thought I was being funny... even as our friends tried to stop me. She’d given me a warning look to shut up, but I recklessly disregarded her feelings.

As I continued, those same eyes normally filled with love, now turned on me like a cornered tigress – revealing shock, betrayal and sadness, they flashed with anger and hurt – something I hope I never see again. They were saying, “It’s over!”

**“I’m so hard to handle, I’m selfish and I’m sad,
Now I’ve gone and lost the best baby, that I ever
had... I made my baby cry.”**

– *River* by Joni Mitchell

I had to grow up fast... from being a “cowboy” to a man... figuratively, throwing myself at her feet; literally, begging for forgiveness. I learned two things from that experience: without mutual respect there is no relationship, and that I needed her more than she needed me.

**“And she believes in me
I’ll never know just what she sees in me... God her
love is true”** – *She Believes in Me* by Kenny Rogers

I’ve placed that photo on the bedside table... giving thanks every day. But, the thought occurred to me: when was the last time I really looked into my wife’s eyes? I’m sad to say, not lately.

Fortunately, I don’t have to live in a Kodachrome past, but even if I did... the greatest Christmas gift I have – or will ever have – would still beat within me.

**“I would be happy just to hold the hands I love
On this winter night with you”**

– *Song for a Winter’s Night* by Sarah McLachlan

Merry Christmas to you... and yours!

<https://youtu.be/UV4F2yfEt9o>



‘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

Solving the Financial Puzzle Regarding Home Care



You may or may not be aware that there are a few ways in which Home Care Support is available in Ontario. One way to receive support in your home is through the Local Health Integrated Network (LHIN) where there is no financial cost to you or your family because it is subsidized through the Government. To receive this support, a referral is made by either yourself, a family member, or your Physician. Your designated LHIN Care Coordinator will then assess and advise how much support (time) you are 'eligible' for. Often, this allocated time is not enough to support you or a loved one in your home, especially as health needs change over time.

Family/client-funded home care services can supplement the LHIN allocated care or provide all the support at a more preferred time, should you choose. However, you may question whether you and your family could afford to purchase home care, should you need the extra hours of support. The financial implications can seem daunting. Here is some information that may be helpful when considering Family/client-funded home care.

Family/Client-funded professional care services can be covered by a variety of sources.

All are eligible for the Health Care Tax Credit.

- Insurances (group benefits, retiree benefits, insurance, disability, long term care insurance, Veterans' Affairs, Auto insurance, workplace safety)
- Family/joint family funds
- Trusts and estates
- Real estate equity (such as reverse mortgages)
- Health spending accounts

Combinations of Home Care services can include:

Family/client-funded home care with family caregiving support sometimes gets overlooked for help with a loved one. While the financial burden of getting a loved one extra care may seem high, it can be a lot easier if shared between multiple family members. Mixing the financial aspect along with being a family caregiver when possible, can make caregiving very manageable. Some choose family/client-funded care even though they are eligible for government support (LHIN) because of the extra

control and consistency that family/client-funded care provides.

Government home care support with some family/client-funded home care. Our Canadian health care system is wonderful in that there are options for support from the government. While these services are limited, they are a great starting point. To begin this process, you must reach out to your local LHIN. This organization is also the sole contact point for government homecare and Long-term care (LTC) options.

Family/client-funded homecare organizations frequently work with the government support (LHIN) to enhance, not replace, the care that the LHIN provides. The fact is that government support is rarely able to cover all a person's needs, so some elements of extra care are often required. Family/client-funded support services often fills the gap between where government care leaves off, and what a family wants or needs for a loved one. Family/client-funded support can change, increase, or decrease at any time. Choosing Family/client-funded care to offset government care does not change your eligibility for that care.

Here are examples of some of the roles of the government and family/client funded support services for your care:

General Companionship: Often, government-supported care does not have much provision for laundry, outings, meal preparation and other companionship tasks. The overwhelming demand for care often requires government dollars to be focused on personal care and short-duration visits. Family/client-funded support can include all these companion services in addition to personal care.

Personal Care: Usually 1-2x a week for government supplied homecare at a pre-designated time. Family/client-funded care provides as many times/weeks as needed/wanted, with the time of day preferences usually accommodated.

Transportation: Government supplied home care does not provide transportation services. Family/client funded support may assist with social outings, doctors' appointments, and errands.

In-Hospital Assistance: Once admitted to the hospital your government supplied home care file is put on hold. When you or your loved one is discharged, the local government supported care organization (LHIN) will meet with you and reassess your care needs. Family/client-funded home care can

provide safety and companionship in partnership with a care team in hospital. This can include help with meals and being there when family members are not able.

Medication Support: Government home care support is usually for medication reminders only, however with family/client-funded home care, they can manage all medications with the caregivers directly or delegated by a Nurse.

TIP: You Get What You Pay For



When looking for a Family/client-funded home care provider it is very important to ask the right questions. Focusing too much on +/- a few dollars per hour can cause you to choose the wrong organization. This will more than likely lead to poor service and unnecessary headaches over the course of your care. Pick a care provider that has your best interests in mind and is diligent about who they hire and how they train their caregivers.

While your local government supported care organization (LHIN) and Family/Client-funded are the two main source for in-home support, there are other options that may pertain to you or your loved one. Here are a few links below to find information and how to contact each of them.

Extended Health Insurance Plans. It is becoming more and more common for some elements of care to be covered by health benefits. Always check with your provider to see what is covered, especially if you

have an extended health insurance plan from your current (or past) workplace.

Ontario Disability Support Program. If you have a disability and need help with your living expenses, you may be eligible for the Ontario Disability Support Program (ODSP).

The Interim Federal Health Program (IFHP) provides limited, temporary coverage of health-care benefits to people in the following groups who aren't eligible for provincial or territorial (PT) health insurance: protected persons, including resettled refugees; refugee claimants; and certain other groups. More Info is available <https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html>

Veteran's Affairs Canada: Eligible Canadian Veterans can receive support for healthcare services, including home care. More information is available <https://www.veterans.gc.ca/eng>

Laura Greenway-Balnar R.N., B.A.Sc. Gerontology, operates three Right at Home Canada organizations in the Guelph, Cambridge, Kitchener-Waterloo area. We are proud to provide exceptional Family/client-funded support services. Our mission: To improve the quality of life for those we serve.



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Aging and Mental Health: What Matters Most to You?

The SE Research Centre and The Canadian Mental Health Association (CMHA) are working together to identify the top 10 unanswered research questions on aging and mental health in Canada.


We surveyed ~300 Canadians who raised 40+ questions on aging and mental health in Canada: research.sehc.com/resources/aging-in-society/aging-mental-health-priorities

We completed a rapid review of existing evidence and resources and found some answers to these questions, but 25 remain at least partly unanswered.

We want to know which of these questions you feel are most important to answer through future research on aging and mental health in Canada. **RESPOND TO SURVEY 2 TODAY!** →

Take 10 minutes to Respond to Survey 2:

Visit: surveymonkey.com/r/AgingandMentalHealthSurvey2

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*Survey 2 will remain open until December 18th at 11:59pm

*Participants can enter a draw to win 1 of 10 prepaid \$50 (CAD) VISA gift cards

We want to hear from as many Canadians as possible. Please share this poster with your family, friends and colleagues. Thank you for adding your voice to the conversation on aging and mental health in Canada.





2020 Holiday Tips for individuals living with dementia and care partners

The COVID-19 pandemic adds some challenges to planning a meaningful and enjoyable holiday season, but it is still possible to be a part of significant moments and merrymaking with friends and family, even if we need to meet virtually. As the holiday season approaches, plan early, set realistic expectations, and simplify your plans.

Here are our top tips for making meaningful holiday plans with someone living with dementia:

- Plan smaller get-togethers, whether they be online or physically distanced. This will minimize stress and feelings of being overwhelmed, especially if the person you're caring for is in the later stages of dementia.
- Keep celebrations short. It's better to plan multiple short celebrations than one very long event.
- Do things that have meaning such as looking at old family photographs or singing favourite songs.
- Choose familiar places for events to help avoid confusion; if meeting outdoors, go to a favourite local park or a familiar backyard.
- Prepare the person's favourite meal, and keep in mind that too much rich food can cause them to become agitated. You can even drop it off for them if it's not safe for an in-person visit right now.
- Buy a thoughtful gift for the person. You can never predict how they'll react so don't be surprised if they're less than enthusiastic.
- Ask a friend or neighbour to help with shopping or cooking – and don't refuse help if it's offered!

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Probate: When Is It Needed?



When someone dies, all of their assets are given to an ‘Executor’. It becomes the job of the Executor to pay the final bills, do the final taxes, and make sure that the assets end up with the proper beneficiaries.

The process of ‘probate’ involves a court confirming who the Executor should be. This might be because there is a dispute, or because someone (such as a child) is unable to consent on their own. But most often, it’s because there is a significant asset involved.

Imagine that Mary had a copy of her mom’s Will. After mom died, Mary went to the bank and showed the bank the copy of the Will, and gained access to that account. The very next day, Mary’s sister Wanda showed up at the same bank with a more recent Will that Mary never knew about. The bank might be in big trouble if it gave the money to the wrong person. And so the bank could request a copy of probate before it gives anyone access to the account.

Real estate is another example. The property needs to be transferred into someone else’s name. That buyer or beneficiary needs to know that the person signing on behalf of the ‘seller’ actually has the authority to do so.

It is not always possible to avoid probate entirely. But many couples might be able to structure their ownership of bank accounts and real estate to put everything into joint names. If this is done correctly, the ownership could pass to the survivor automatically. If it is owned by the survivor, then it doesn’t belong to the Estate, and probate may be avoided when the first spouse dies.

This can be a very tricky and confusing area. Make sure you are not accidentally creating other tax problems just to avoid probate. Before doing any complex planning, make sure to speak to both a lawyer and an accountant about your needs.

Robert Lanteigne is a lawyer with 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.

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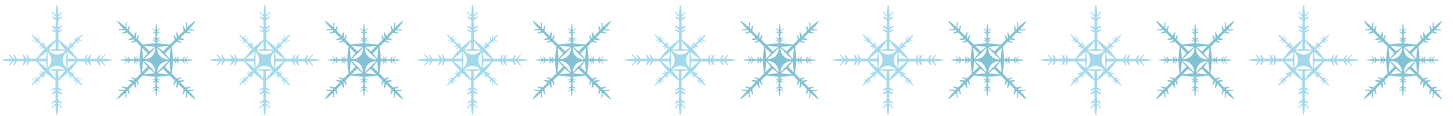
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SENIORS, CHRISTMAS & COVID

This year has been fraught with its unfair share of difficulties, snags, and many derailments. But as time stands still for none of us, we plough through each day of each month and make the necessary amends to try to assimilate our lifestyle as we knew it and would like to keep it that way. However, this year will most surely present the Christmas Season in a much different light and format than ever before with the restrictions of Covid limiting our contact with family members and friends at this time. Since the inception of Zoom it has greatly increased our ability to keep in touch and converse with loved ones no matter where they are or whatever the circumstance. It's ALMOST the next best thing to being there. There are wonderful Christmas movies and music which flood the airwaves at this time whether by radio or television and they really can give you a lift. Make your favorite cookies, and put up a small Christmas tree if you happen to have one and you will instantly feel the Christmas season wash over you. And the presence of a bright red poinsettia just tops it all. And while we recognize that these are all just "things" it may still leave a hole in your life and leave you feeling isolated. Remember that this is but one day in the calendar year and it too will pass. And there is nothing that says we can't celebrate with a turkey dinner in March or April of next year if the regulations permit. You will feel better about yourself for having had the courage to face this Christmas season head-on. We can't change this but we can allow and understand if you need a reflective moment of letdown and feel the hollow of loneliness. Christmas in all its glory, tends to bring that out in all of us at some point in the season regardless of our situation. Let's try to remember the reason for the season.

RESPECTFULLY SUBMITTED, AND MERRY CHRISTMAS
LES ARMSTRONG, MAYOR
TOWNSHIP OF WILMOT

MERRY CHRISTMAS!
*In a year filled with challenges,
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 Wishing you happiness & health
 in 2021. Rich & Ron*




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- Group Work
- System Navigation
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www.alzheimerww.ca

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Greenwood Wellness

Naturopathic Clinic

1400 Greenwood Hill Rd, Wellesley
519-656-2358

Hemmerich Hearing Center

10 Waterloo St., NH
519-662-6884

Martin's Guardian Pharmacy

10 Parkside Drive
St. Jacobs ON N0B 2N0
519-664-3785

Pharmasave

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

Soles Journey Reflexology

147 Arnold St, NH | 519-505-1616

Wellesley Township Community Health Centre

1180 Queens Bush Rd
519-656-9025

Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs

HOME SUPPORT SERVICES

Bayshore Home Health

Personalized Home Care Services
226-215-3152

Community Care Concepts

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

Merry Maids - KW/Cambridge

House Cleaning Services
519-894-4709

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519-279-0888

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519-749-5988

Pet Valu New Hamburg

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TLC Pet Food

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PROFESSIONAL SERVICES

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Karen Weber | 519-662-3150

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Christine Kliever | 519-502-0863
Helping Connect Seniors to Services

Mary Friesen - Edward Jones

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REAL ESTATE

Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

Jim & Tricia Miller

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

RETAIL

Foodland Elmira

315 Arthur St S, Elmira
519-669-5403

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

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251A Huron St., New Hamburg
519-662-3710

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41 Heritage Dr, New Hamburg
519-662-2867

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100 Mill St, New Hamburg
519-662-1374

RESTAURANTS

MeMe's Cafe

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

Pizza Arca

98 Peel St, NH | 519-662-2583

Schmidtsville Restaurant

& Gift Shop

3685 Nafziger Rd, Wellesley
519-656-2430

SENIOR CARE FACILITIES & ORGANIZATIONS

The Village at University Gates

250 Laurelwood Dr, Waterloo
519-904-0650 ext 8044

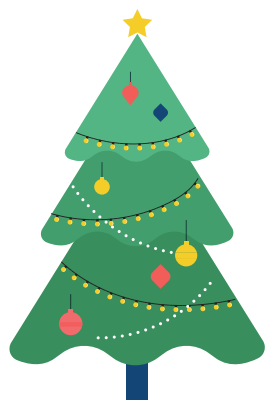
The Village of Winston Park

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

Woolwich Seniors Association

24 Snyder Ave. Elmira
519-669-5044

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



Christmas

WORD SEARCH

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

JINGLE BELLS
BOW
CANDY CANE
CAROLERS
CHRISTMAS TREE
DECORATIONS
ELVES

FIREPLACE
GARLAND
GINGERBREAD
HOLIDAY
JOLLY
SANTA
MISTLETOE

NORTH POLE
ORNAMENTS
PRESENTS
REINDEER
SNOWMAN
WREATH
WRAPPING PAPER



EMERGENCY CONTACT NUMBERS

**Emergency
(Fire/Medical/Police)**

911

**Waterloo Regional Police
Non Emergency**

519-570-9777

Crime Stoppers

1-800-222-8477

Ontario Poison Centre

1-800-268-9017

**Ontario Problem
Gambling Helpline**

1-888-230-3505

TeleHealth

1-866-797-0000

TTY: 1-866-797-0007

Waterloo Wellington LHIN

519-310-2222

Community Care Concepts

519-664-1900

**Retirement Homes
Regulatory Authority**

1-855-275-7472

Elder Abuse Response Team

519-579-4607

Interfaith Community Counselling

519-662-3092

Hospice of Waterloo Region

519-743-4114

**Alzheimer Society of
Waterloo Wellington**

519-742-1422

Township of Wilmot

519-634-8444

Township of Wellesley

519-699-4611

Township of Woolwich

519-699-1647

Region of Waterloo Public Health

519-575-4400

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