

**FREE!**

# EMBRACING CHANGE

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

VOL 5 ISSUE 4 DECEMBER 2022

[www.embracingchange.ca](http://www.embracingchange.ca)



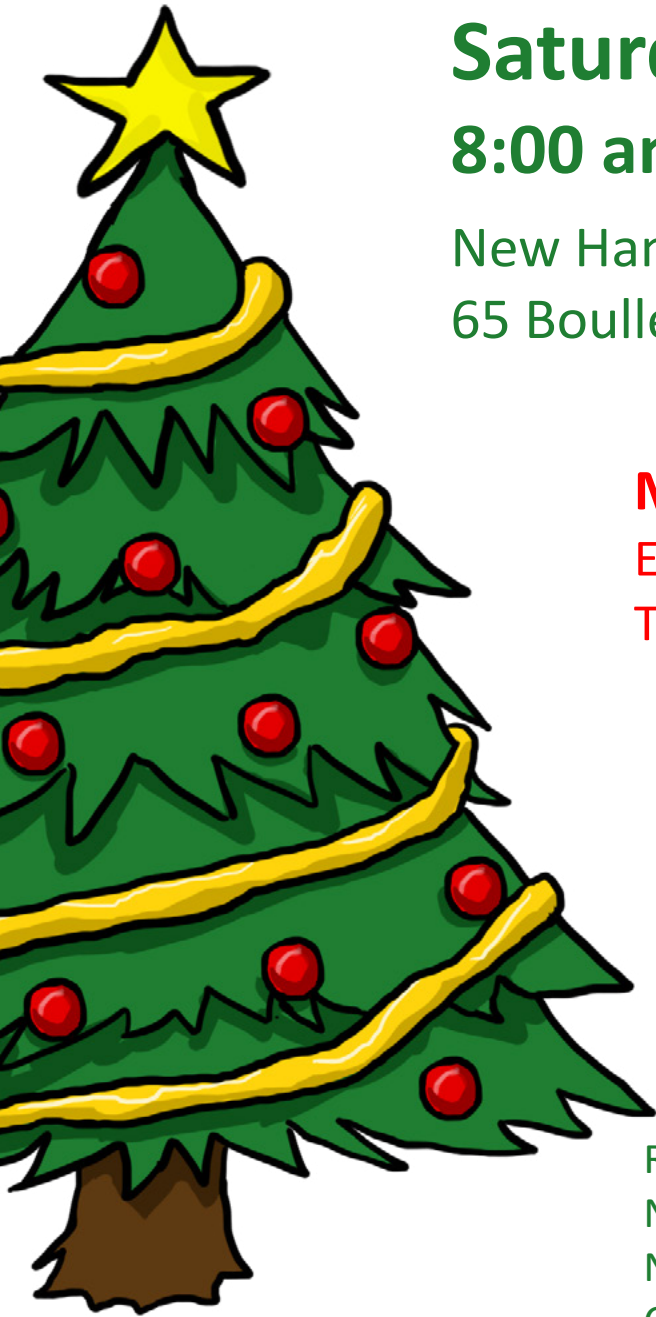
Feature Business of the Month



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

Community Care Concepts' Annual

# Christmas Charity Breakfast



**Saturday, December 10<sup>th</sup>**

**8:00 am to 11:00 am**

New Hamburg Legion,  
65 Boulee Street, New Hamburg

## Menu

Eggs, Back Bacon, Home Fries, Beans,  
Toast, Coffee, and Apple Cider

## Cost

Adults .....	\$10.00
Children <i>10 and under</i> .....	\$5.00
Family maximum.....	\$20.00

## Tickets

**Available at the door, or in advance:**

Ross Eichler .....	519-662-3113
Neil Klaassen.....	519-662-1641
New Hamburg Legion .....	519-662-3770
Community Care Concepts .....	519-662-9526

**All proceeds support Community Care Concepts**

Supported by:



## Tara Held

EDITOR/PUBLISHER

## Rich Held

DISTRIBUTION

## Jessica Uttley

DESIGNER

Kelly Durst  
Dr. Nicole Didyk  
Fred Parry  
Elaine Ballantyne  
Community Care Concepts  
Woolwich Community Health Centre  
Alzheimer Society Waterloo

CONTRIBUTORS

## On The Cover

To the great-great-great-grandson of this first settler in Waterloo Region, history is important to Ralph Shantz. The walls of his comfortable apartment in Nithview are covered with photos and memorabilia from his family history and his own unique legacy of leadership in Wilmot Township.

Read the fully story on page 8

### Cover story & photo by:

Kristen Hahn



## Embracing Change



147 Arnold St  
New Hamburg, ON N3A 2C6



519-574-6428



embracingchangeinfo@gmail.com



www.embracingchange.ca

### Editorial Policy & Disclaimer:

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

## Warm Wishes for the Christmas Season

Christmastime is about spending time with those we love. It is also a great time to reflect back on the year and count all of our blessings. As I reflect back on this year I am extremely grateful for the wonderful family and friends I have been blessed with. There are always many ups and downs we face in life, but with the love and support of your family and friends you can get through anything; including getting through the Holiday Season when you are missing loved ones that you have lost, or are going through a difficult time. The Holiday season can

be a very lonely time for many seniors. If you know of someone that has lost someone dear to their heart this past year, is going through a rough time, or will be spending the holiday season alone; I encourage you to reach out to them during the holidays to let the know you are thinking of them and are there for them if they need some extra support. We make a life by what we give - here's to the joy of giving, and a season that's as beautiful as it is meaningful! And remember ... the most precious gift you can give someone is not monetary, but the gift of your time.

### Life Hack Tip ~ Keep your wrapping paper tidy with toilet paper rolls

If you've got rolls of wrapping paper that you want preserved for next year, cut aluminum foil into a square, that's a couple inches longer than a toilet paper tube.

Next you'll need to make a cut down the side of the toilet tube, so you can wrap the foil around the outside, and fold the edges inward to hold it in place.



Push the foil in at the ends, and now you've got a decorative clasp that will clamp around your tube, and hold your wrapping paper in place and your decorative wrap is preserved for another year.

Thank you for picking up another issue of Embracing Change and spending time with us. May your holiday be blessed with the love and warmth of family and friends!

Warmest Wishes,

Tara



# FLASHBACK PHOTO

As the calendar year comes to an end, we thought you might enjoy this calendar from 1908. This thoughtful gift was given to student Clarence Roth of Wilmot from his teacher J.M. Cronin. From the Castle Kilbride Collection.



## Mobile Phone & Tablet Loan and Training Program at Woolwich Community Health Centre

Are you in need of a mobile phone but find it expensive to pay the monthly bill? You are in luck! At the Woolwich Community Health Centre, we have a limited supply of smartphones and tablets that you can borrow for free. Today, having a mobile phone is essential in virtually all aspects of your life. From booking medical appointments and health education sessions to just staying socially connected with loved ones.

When you borrow a phone from us, you will have your own phone number with texting, calling, and some data for all your needs. Not “tech-savvy” and struggle with how to use technology? Not to worry, we offer one-on-one support to teach you how to use the device if you need help. We can help you with setting

up your email, how to make calls and check your voicemail, send a text message, browse the internet, and whatever else you might need. All phones come with a charger and case. Everything is free! You do not need to pay for the phone or plan at all. You can borrow the phone for as long as you’d like and return it when you no longer need it.

If you are interested, please let one of our staff members know and they will connect you with Tariq, who is overseeing this program. You can visit us at 10 Parkside Dr. in St. Jacobs. If you are able to do so, you can send an email at [tabdulahadi@wchc.on.ca](mailto:tabdulahadi@wchc.on.ca) or call 226-507-4318 to set up an appointment.



# Good Communication Habits for Everyone



1. Get the other person's attention before you start speaking. If they are ready to communicate, they are less likely to miss anything.
2. Don't shout, don't speak too loudly, and don't overemphasize your words. Just speak clearly and naturally.
3. Don't speak too quickly or too slowly. Again, just speak clearly and naturally.
4. Make sure your face can be seen clearly. Lighting should be adequate and there should be nothing covering your mouth or face (speech is picked up by the eyes as well as the ears).
5. Background noises can make understanding more difficult. Turn off sources of noise (e.g., running water) before having a conversation. Alternatively, move to a quieter area, if possible.

6. Don't talk to someone in another room. The further away you are, the harder it is to hear. Make sure you are in the same room and close enough to be easily heard and seen.

7. Rephrase rather than repeat. Sometimes different words will be easier to understand.

8. Be on the lookout for misunderstandings. Ask questions from time to time to make sure that the person has understood what you have said.

9. Relax and be patient. Sometimes it can be stressful and tiring trying to follow the conversation when you have a hearing loss. If you relax, it can help others relax and enjoy the conversation too.

10. Encourage the person you know to seek the advice of a hearing care professional and to have a hearing test. A hearing test is relatively quick, easy, and painless. Consider going with them to keep them company and to help collect information.



*Merry Christmas*

May your holiday be blessed with the love and warmth of family and friends!

Rich & Ron

**RH** RUDY HELD'S PERFORMANCE CENTRE  
 CNHRA ONTARIO'S SPEED SHOP

**TIM LOUIS**  
 Member of Parliament Kitchener-Conestoga

Wishing You Peace & Joy  
 This Holiday Season

519-578-3777    Tim.Louis@parl.gc.ca    TimLouisMP.ca    @TimLouisKitCon

**The Wilmot-Tavistock Gazette**  
 Your Weekly Newspaper Serving New Hamburg, Tavistock, Baden, Wellesley, New Dundee, St. Agatha, Shakespeare, Petersburg, Hickson, Punkeydoodle's Corner and area

**LOCAL NEWS  
 LOCAL REPORTERS**

**Regular Features include**

- Ernie Ritz column
- Community events from Foxborough, Morningside & Stonecroft
- Local "people" features
- Community Calendar
- Local wordsearch & crossword
- And so much more!

Pick-Up your FREE copy at many local stores OR have your Gazette in your mailbox every week with a subscription. \$49 per year (includes tax).  
 Read online anytime at [www.wilmotpost.ca](http://www.wilmotpost.ca)  
 Call 519-655-2341 or email [info@wilmotpost.ca](mailto:info@wilmotpost.ca)

**Silent Auction**

MUSIC PROVIDED BY THE INCOMPARABLE MICHAEL KELLY  
 2:00 - 5:00 PM

**SATURDAY  
 DECEMBER  
 17  
 NOON - 5:00  
 PM  
 (PAPER BIDS)**

**Legion**  
 NEW HAMBURG BRANCH 532

**December 3rd is International Day of Persons with Disabilities.** This is an important day to recognize the importance of leadership and participation of those with disabilities to promote inclusive, accessible, and sustainable communities.

Have you ever heard terms like “built environment” and “walkability index” in conjunction with people with disabilities? The built environment refers to your community around you, which is human-made structures that may help or hinder you to get around town. This can be buildings, homes, streets, sidewalks, and so on. The walkability index is a way urban planners measure how “walkable” a community is, based on things like safe sidewalks, how close your nearest grocery store is, and so on. Among other factors, one example can be the more you rely on driving around to get to places you need to go, the lower a community's walkability score will be. For those with physical disabilities, this is extremely important.



A healthy built environment can affect the behaviour of a community. If your community is well-designed, it can make it easier to access local amenities, encourage you to be more active, improves social connectedness, prevent injuries and promote safety, improve air, water and soil quality, promotes access to green spaces and parks, and so much more.

After enduring the global crisis of the COVID-19 pandemic, pre-existing inequalities that were not in favour of people with disabilities was exponential. Disabled individuals are one of the hardest hit groups of people in terms of death during a crisis. This was especially true during the COVID-19 pandemic. It was more difficult for disabled persons to navigate their way through the pandemic compared to the able-bodied person. For example, a disabled person might have had difficulty finding and understanding information regarding updates on the pandemic, booking and going to a vaccine appointment, getting help with their daily life

routines, and so on. Not only is it a human right to uphold the equality for those who are disabled, but it is better for our sustainability as a community. In June of 2019, the United Nations launched the “United Nations Disability Inclusion Strategy”, which extensively outlined standards and performance on disability inclusion. The Strategy includes initiatives to encourage countries to adopt inclusive strategies to promote accessibility and involvement of persons with disabilities. This Strategy is also part

of the promise of the 2030 Agenda for Sustainable Development. There is much work to be done!

Declining mobility and/or disability can be a normal part of aging. This is why there needs to be more discussion around ensuring that our communities are accessible to all. When taking the built environment into consideration, the physical human abilities of individuals should not be categorized into “able or unable”, but rather the built environment should account for all physical

abilities. Some barriers could be as simple as high sidewalk kerbs which makes it difficult for somebody in a wheelchair to navigate, or a lack of handrails on ramps, or a crosswalk that does not have an audible “beep” when it is safe to cross the street for those who are visually impaired. The built environment has the ability to prevent disabled persons from ease of access. Often more than not, the big cities get most of the urban design attention and the rural communities are often left out of the equation. On this day, it is important to remember that your voice is important in your community. You can contribute to the improvement of your built environment around you. Many municipalities allow you to voice your concerns about any issues or barriers you may face in your community. Usually, there is a page to voice your comments on their website, email, or a phone call. If not, contact your local MP to let them know, they are here to serve your community.

**This is a call to action – let us make our communities safe and accessible to all.**

COVER STORY



# Mayor Ralph Shantz: A Legacy of Family, a Legacy of Service

WRITTEN BY: KRISTEN HAHN

In 1737, 27-year-old Jacob Shantz boarded the ship *The Townshead* and set sail from Holland on a perilous journey to Philadelphia. As a Mennonite, he endured religious persecution which drove him from his homeland in Switzerland to seek sanctuary in Holland before following his brethren across the ocean to Pennsylvania. By 1745, Shantz was farming in Montgomery County. His grandson, Christian Shantz, struck north and settled on lots 52 and 55 in Kitchener, between today's Eastwood Collegiate and Sunnyside Home. Soon after his marriage in 1837, his son Jonas took up farming on Erb's road (across from Foxboro) in a glorious stone house that still stands today.

To the great-great-great-grandson of this first settler in Waterloo Region, history is important to Ralph Shantz. The walls of his comfortable apartment in Nithview are covered with photos and memorabilia from his family history and



his own unique legacy of leadership in Wilmot Township.

Shantz reminisces over a timeline of his memories to 1962, starting with 1936. He was two years old when he grabbed what he thought was his cup of water, but it was boiling hot tea. It spilled down his front and under his good pair of overalls—too good, it would seem, as they trapped the scalding water against him, leaving a scar on his chest for many years. Childhood had its dangers back then; accidents and illness cut many a young life short. When his brother was born in fragile health, Ralph and his sister were sent away to their grandparent's home for several months as the risk of spreading whooping cough was too great. A few years on, he was just 13 years old when he served as a



palldbearer for a boy who tragically drowned at a nearby farm; Ralph came down with chickenpox the next morning.

He attended Rockway Mennonite School in Kitchener but left after one year. “In those days we had to find our own way to school, and we usually went with people that started work at 7:00 in the morning, leaving us to do our own thing until the bell. Then we had to find our way back home again at night. Many of my chums from public school didn’t go on to further education so I started back to working on the farm and there I stayed.”

He and his father Lorne were dairy farmers at the old homestead for 20 years until Ralph’s back surgery in 1962 led them to a successful new venture with laying hens—over 5000 birds at one point.

Rockway graduate and schoolteacher Dorothy Schmitt caught his eye and in February 1961 they went on their first date to a hockey game. A year and a half later, they were wed at Calvary Mennonite Church in Ayr, despite her having a bout of laryngitis. In her, he found his heart’s truest companion. For 59 years their lives together were filled with love, music, travel, games, parties, volunteerism, and laughter, with the further blessing of two daughters, Kerry and Lori. Through it all, Dorothy gave her generous and steadfast support to Ralph, both at the farm and in the municipal chambers.

Two factors led to Ralph’s involvement in politics. His father taught him the importance of service in his role as the secretary-treasurer for the school section; Ralph always figured he would serve as a school trustee when he got older. He was also involved with the Junior Farmers, attending the Leadership Camp in 1958 and acting as president of Waterloo County Junior Farmers in 1960. His leadership at 4H competitions caught the attention of regional councillor Wilf Barnes who tapped him on the shoulder and asked if he ever thought of running for municipal council.

At the time, Wilmot was represented by a five-

person council with New Hamburg its own separate entity. In 1967, he won his seat for the 1968-69 term and beyond. In 1973, New Hamburg amalgamated with Wilmot as part of the broader Region of Waterloo body and Shantz held his seat by acclamation, representing the Philipsburg ward. In 1976, he was elected Councillor at Large and occupied the second of two seats allotted to Wilmot at the region. In 1978, he was appointed mayor.

During the ten years he served in the top post, the township was undergoing a period of transition. He thinks of the first four years as the “honeymoon” period; 15 municipalities were amalgamated down to seven—three cities and four townships. It took some time to get to know each other and the relationship was sometimes strained.

Since the late 1960s, Kitchener had been in the habit of purchasing farmland in Wilmot for wells to serve the city. Water was cheap and industry was careless. Shantz heard of one manufacturer who kept the water flowing all day and night because it was cheaper than turning it off and repriming the system each morning. Echoing the concerns of today, the worry back then was whether there was enough water in the aquifer to provide for the township and he felt it needed to be protected. When the city came knocking with the request for another well in 1980, Shantz stood his ground and a moratorium on new wells was put in place for ten years. Fortunately, changes in the allocation of fees, watering bans during dry spells, and a general reduction of industry took the pressure off the issue, but a new one emerged.

“1982 to 83 was a turbulent year. I was on regional council and also on township council. The region was looking for a new landfill site and a consulting firm identified Wilmot and Woolwich for a dump. Unfortunately, good farmland makes good landfill sites.”

Shantz didn’t think Wilmot should have to take that garbage. One of the township councillors referred to the issue as a “30-year cloud” that

*Continued on page 10*

*Continued from page 9*

would hang over the community as the full impact of a dump took its time to be fully realized. Shantz toed a fine line, for while his sympathies lay with the township, he did not want to upset the region. When the time finally came to vote, it took less than ten minutes for Waterloo Regional Council to end what had been an eight-month nightmare for residents of Wilmot. Close to forty years on, Wilmot is still landfill-free.

Reflecting on this time, he spoke of how all the councillors sat around the same table as neighbours instead of adversaries.

“I wasn’t as good at confrontation as some. You have to try to work with these people because we’re all in this together.”

Ralph retired from council in 2006 and over his long career in civil service, he has two highlights of which he is most proud. The first was his involvement with Wilmot’s 150th Celebration. It kicked off in January 2000 and ran for the whole year with dinners, special exhibits, parades, and a homecoming. He spoke at length about how council took a bus trip to a very special building at Black Creek Village in Toronto. Back when he first joined council, a new township office was built in 1967. The old 1858 frame and clapboard municipal building was no longer required, and a proposal was tabled for it to be used for firefighter training. It was spared the torch, and instead disassembled board by board and restored at its new location by 1970; he and his colleagues held a commemorative council meeting as part of the Wilmot celebrations.

The second highlight was his advocacy for the current location of the Wilmot Recreation Complex. The original plan was to build it on a gifted 12 acres behind Expressway Ford. In a vote in late July 1994, Shantz was the lone dissenting voice, stating that more public consultation was necessary, and whatever the decision, it must take into consideration the requirements of the community in the 21st Century. Sitting today on 65 acres, the WRC has two ice rinks with a third in the works, a pool,

meeting rooms, indoor and outdoor tracks, nature trails, and a splash pad—none of which would have been possible with the original proposal.

“The important thing is that it’s not in New Hamburg and it’s not in Baden—it is in Wilmot. That means St. Agatha and New Dundee and all the other parts of the township can be proud of it too.”

For all that was accomplished decades ago to support the growth and success of the municipality, one could say to this former egg farmer that the chickens have come home to roost.

Asked if he has any advice for the new mayor, Ralph Shantz takes a lesson from history—his own, and further back.

**“Things are so much different now than they were in 1988. It’s a different landscape. Indigenous knowledge has to be involved, and you have to listen to the people of Wilmot, not to messaging from the outside. Try to always listen to both sides of the story before you make a decision.”**



# 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 of the fun!

## Early Stage

- 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 Later 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 pictures

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

**Alzheimer Society**  
WATERLOO WELLINGTON

## Holiday Hints

An Alzheimer Society Waterloo Wellington  
Guide to the Holidays

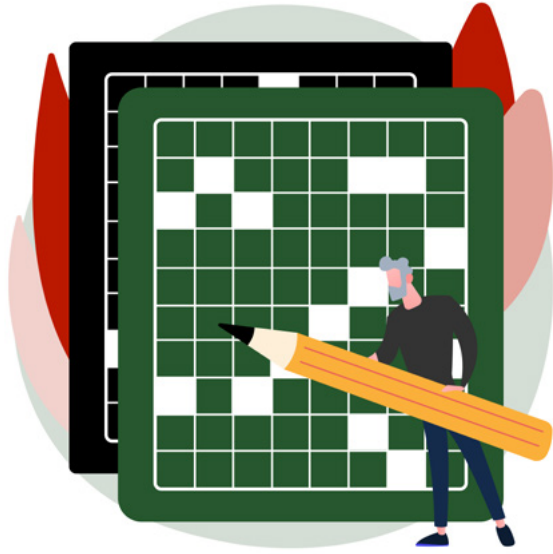
This talk considers adaptations to make social time easier for those living with dementia, and will give tips for handling big holidays and gift giving.

WEDNESDAY,  
DECEMBER 7  
FROM 1 PM - 2 PM

REGISTER BY CALLING  
OUR OFFICES AT  
519-742-1422

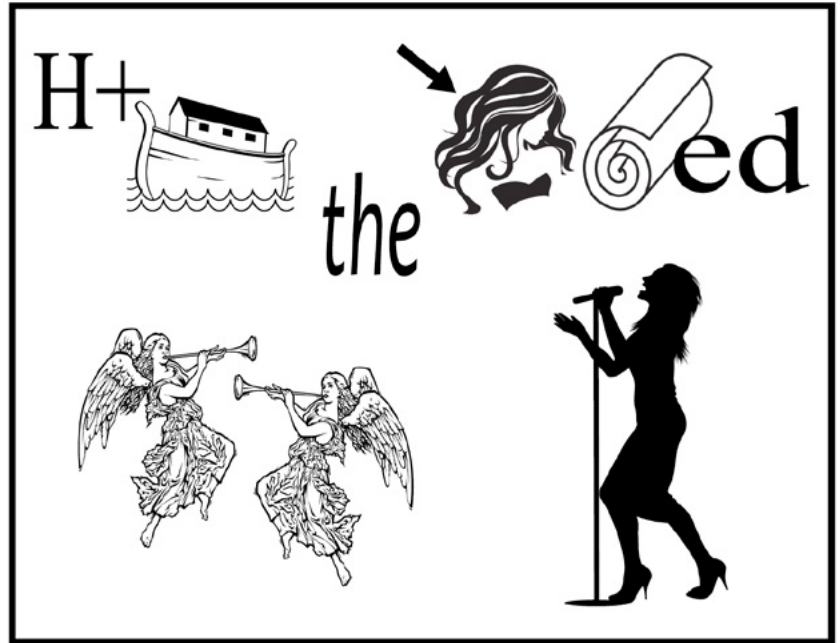
OFFERED IN-  
PERSON IN  
KITCHENER

# December Puzzles!



## Concentration Puzzle

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



### Wacky Wordies #2

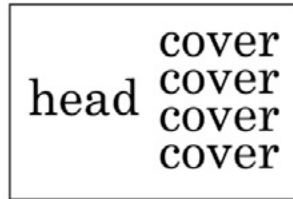
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. \_\_\_\_\_



2. \_\_\_\_\_



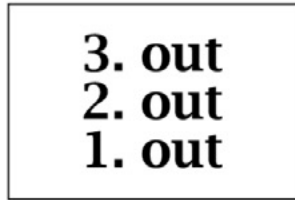
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



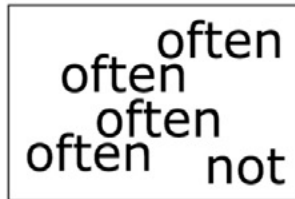
7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_

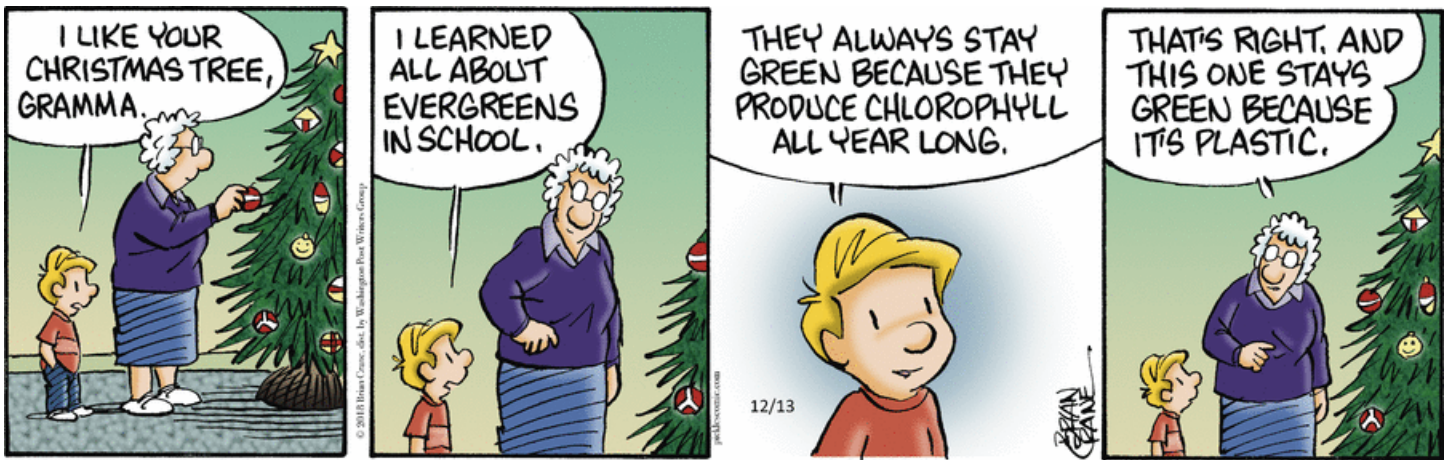


11. \_\_\_\_\_



12. \_\_\_\_\_

# Laughing Matters!



## WE ARE A GENERATION THAT WILL NEVER COME BACK

A generation that walked to school and then walked back.

A generation that did their homework alone to get out asap to play in the street.

A generation that spent all their free time in the streets with their Friends. A generation that played hide and seek when dark.

A generation that made mud cakes.

A generation that collected sports cards.

A generation that found, collected and washed & returned empty coke bottles to the local grocery store for 5 cents each, then bought a Mountain Dew and candy bar with the money.

A generation that made paper toys with their bare hands.

A generation who bought vinyl albums to play on record players.

A generation that collected photos and albums of clippings of their life experiences as a Kid. A generation that played board games and cards on rainy days.

A generation whose TV went off at midnight after playing the National Anthem.

A generation that had parents who were there.

A generation that laughed under the covers in bed, so parents didn't know we were still awake.

A generation that is passing and unfortunately it will never return no matter how hard we try.

I loved Growing up when I did - it was the best of times!



# 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 NH



- McDonalds (outside magazine stand)

## WELLESLEY TOWNSHIP:

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

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

## WOOLWICH TOWNSHIP:

- Community Care Concepts
- 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)
- Harvest Moon St. Jacob’s

# Solutions

**Concentration Puzzle:  
Hark the Herald Angels Sing**

PROUD SUPPORTER AND PRINTER OF



## Embracing Change

# ritzprinting

EXCEPTIONAL SERVICE  
ADVANCED TECHNOLOGY  
PREMIUM QUALITY

MORGAN MILLER [www.ritzprinting.com](http://www.ritzprinting.com)  
New Hamburg • 519.662.2200 • [info@ritzprinting.com](mailto:info@ritzprinting.com)

## Wacky Wordies #2

1. Odds are against you
2. Split level
3. Head for cover
4. You are full of bologna (below knee)
5. Tee time
6. Outnumbered 3 to 1
7. One right after another
8. Step backward
9. Foot in the door
10. More often than not
11. Missing you
12. Trail mix



# Ask the Doctor

with Dr. Nicole Didyk

I am in my late 60's and I have always been active and fairly fit most of my life, but as I have aged I seem to be putting on more weight every year.

How do I know if I am at a Healthy Weight for my age?

This is a timely question with the holiday season upon us! Weight gain seems to happen naturally across the lifespan, but after the age of 60, that trend reverses and average goes down. But it's not necessarily good news: with aging, average muscle mass goes down and fat tends to redistribute around our midsections.

Nonetheless, we usually worry more about weight loss in older adults, as weight loss in older age seems to predict mortality more than weight gain.

It can be a challenge to determine a healthy weight for an older person. Measures like the Body Mass Index ( $BMI = \frac{\text{body weight (in kg)}}{\text{height (in meters)}^2}$ ) is less useful in older adults because it may underestimate the amount of adipose tissue (fat) and give falsely higher results if an older person has experienced height loss. Waist circumference may be a better measure, with a measurement of more than 40 in (102 cm) for men and 35 in (88 cm) in women indicating a higher risk of heart disease, diabetes, high blood pressure, high cholesterol, and liver disease.

If an older person notices a weight gain, I will consider a few potential causes, such as:

- Medications that can promote weight gain by stimulating appetite or water retention
- Lower activity levels
- Seasonal weight gain

(think Christmas cookies!). A recent European study found a gain of about 1.35% per season, that didn't necessarily reverse after the holidays were over.

As we age, it might be more important to maintain weight but preserve or even augment lean body mass (and by that, I mean MUSCLE!). They best way to achieve this is through exercise.

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

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

**Disclaimer:**

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

Page Sponsored by Arnold Mohr Financial



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](http://www.assante.com)  
[amohr@assante.com](mailto:amohr@assante.com)



Wishing you  
peace, joy and  
good health for  
the holiday season  
and new year.

*Merry Christmas!*

**ROYAL LEPAGE**  
WOLLE REALTY BROKERAGE  
INDEPENDENTLY OWNED AND OPERATED

*Angela Baas*  
Sales Representative

Office: 519-747-2040  
Angela@AngelaBaas.com  
www.AngelaBaas.com



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

**Mary Friesen**  
Financial Advisor  
85 Willis Way, Unit 114  
Waterloo, ON  
N2J 0B9  
519-578-4141

mary.friesen@edwardjones.com  
www.edwardjones.ca  
Member - Canadian Investor Protection Fund

**Edward Jones**  
MAKING SENSE OF INVESTING

Retirement Apartments • Full Service Retirement Suites • Assisted Care • Memory Care • Long-term Care



**STAYING**  
*active*  
in the  
**VILLAGE**

**Let's chat!**  
Call 519-576-2430,  
Christina x 8008 or  
Gillian x 8002

**The Village of WINSTON PARK**  
695 Block Line Road, Kitchener

Come see why you'll love our *Village*

schlegelvillages.com



# Yes, Virginia



When our youngest daughter was a little girl, she asked if Santa Claus was real or just pretend? Now, as a young adult, she's asking is religion real or an illusion? Her intelligent, inquiring mind never suffered fools lightly. Now, she's asking if I'm just fooling myself.

## **“Well, I never been to Heaven/ But I been to Oklahoma”**

– Never Been to Spain by Three Dog Night

Initially, I fell back on the 1897 editorial response in The New York Sun – which included the famous reply, ‘Yes, Virginia, there is a Santa Claus’ – to a similar question in a letter from an eight-year-old, adding, “My little friends say there is no Santa Clause.”

Editor, Francis P. Church's response was really to all society, replying in part, “Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia ... are little ... in this great universe of ours ... as measured by the intelligence capable of grasping the truth...”

Regarding my adult daughter's question about God's existence, a similar response applies. And, other than personal testimonials, I'll continue to fall back onto more enlightened minds than mine.

Years ago, I had the pleasure of meeting famed British journalist, author and media personality, Malcolm Muggeridge. As an agnostic, he converted to Christianity after writing a book about Mother Teresa, ‘Something Beautiful for God’.

He writes, “We who are imprisoned in history... we seek another Jesus. A Jesus of history, which is a contradiction in terms; like an eternity clock ... Jesus can only exist now; and in existing now, makes now always. Thus, for Mother Teresa, the two commandments – to love God and to love our neighbour – are jointly fulfilled: indeed, inseparable”

Relating to my daughter's quest for truth, I also wondered why people would quote biblical passages when much is based on a hand-me-down verbal tradition – subject to inaccuracies. Yet, faith led me to a relationship – alive, within my heart. Talk about truth... about love! Is surrender too much to suffer?

## **“Just an old-fashioned love song/ Comin' down in three part harmony”**

– Old Fashioned Love Song presented by Three Dog Night / written by Paul Williams  
<https://youtu.be/Wgf3tiOLV7I>

Muggeridge reveals a letter written to him by Mother Teresa in which she addresses his unbelief. “... you to me are like Nicodemus, and I am sure the answer is the same – ‘Unless you become a little child.’ I am sure you will understand beautifully everything... in God`s Hands. The personal love Christ has for you is infinite; the small difficulty you have re his Church is finite. Overcome the finite with the infinite.”

Church continues: “Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.”

Religions' universal truths, like the revelation behind the Bethlehem story, generate faith. May we, even the little child within, be enveloped with love, peace, and hope. How does your light shine?

## **Merry Christmas!**

### **That's the way I figure It – FP**



**‘Music in Me’ writer Fred Parry is a lover of people and a collector of stories, music, wisdom and grandchildren.**

Find him at [www.fredparry.ca](http://www.fredparry.ca)



# 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**



## TIPS FOR GETTING THROUGH WINTER

While many of us will appreciate the beauty of the first snowfall, the long, cold days of winter can be difficult. Community Care Concepts, a non-profit that supports seniors to live independently, offers the following tips to help you get through the upcoming winter months:

### **Get the flu shot and the COVID-19 booster:**

Unless you have a history of an adverse reaction, getting a flu shot and a COVID-19 booster not only protects you but also protects the health of those around you. Getting these shots is one of the most preventative measures that you can take to staying healthy this winter. Flu shots and COVID-19 boosters are available through physicians as well as through many local pharmacies.

**Eat well:** Eating nutritious meals is a key component of helping individuals to remain healthy. Many struggle with cooking for themselves or getting out to get groceries in the poor weather. Consider having Meals on Wheels' hot meals delivered at noon on weekdays or their nutritious frozen meals delivered to your door for evenings, weekends or during poor weather.

**Stay physically active:** Research shows that participating in three 45 minutes sessions of exercise each week minimizes the risk of falls, the leading cause of health decline. Consider

participating in the many free gentle exercise classes offered throughout the community each week by Community Care Concepts. No registration or long-term commitment is required. Exercises are customized to the needs of older adults and can be done sitting or standing.

**Stay mentally active:** Keeping your mind active is equally as important as remaining physically active. Enjoy a good book. Complete a crossword puzzle. Enjoy a game with a friend. Alternatively, join many of the free social and recreational activities, including cards, games, crafts, coffee hours, discussion groups and activities available through seniors active living programs offered at the Wilmot Recreation Complex and Hawkesville, Linwood, St. Clements and Wellesley Community Centres.

**Leave the driving to us:** Getting to where you need to go in the winter months can be difficult for many. Community Care Concepts has vans as well as volunteers to drive people to medical and other important appointments both within and beyond our community.

**Avoid over exerting yourself:** Cold weather combined with over exerting yourself through physical activities such as shovelling can create health difficulties. Contact Community Care Concepts to get help with snow removal, homemaking and other maintenance needs.

**Stay connected:** Maintaining contact with others can be one of the best ways to maintain your health. Community Care Concepts offers a variety of opportunities to connect with others including its community dining programs and a variety of social and recreational activities.

**Contact us:** Help is only a call away. Connect with our Senior Support Workers for free, practical in-home support or help with getting through the flu season, groceries, getting to activities, accessing the services you need, information and any need that impacts your ability to live independently.

**For more information or to access services, contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.**

# When It Is Time to Downsize

Written by Alison Willsey,  
Peak Realty Ltd.



According to Stats Canada, from 2016 to 2021, the number of Canadians aged 65 and older rose 18.3 per cent to seven million — the second-largest increase in 75 years, after the increase recorded from 2011 to 2016, which was a rise of more than 20 per cent. The seven million Canadians 65 and older make up 19 per cent of the population, up from 16.9 per cent at the time of the last census. These stats indicate the large number of the population who may be considering downsizing due to their age and retirement status.

When is it time to downsize? For people that are nearing retirement or already into their retirement/Senior phase of their life this is a probably a topic of discussion that has been started if living in your matrimonial home where perhaps your children were raised and/or on a property with acreage/farm and/or a cottage or recreational property that requires a lot of time and effort to maintain. Maybe you want to be closer to family and/or children while you have the ability to participate and share in their lives. There are many different factors that one may take into consideration before making this decision and determining the time that is right for them. For some it may not be in their immediate plans at all but should be perhaps a topic of discussion.

If you are a planner, perhaps you have determined that you want to make a move when you retire so that you can use the equity out of your home to help supplement your future years. Perhaps your health and mobility have changed, and the work involved in maintaining your home and property has become too

much. Maybe you wish to travel? Maybe you want to spend time with your children and grandchildren and/or help your family and the ideal of multigenerational living is desirable for you? Maybe you have a parent that needs assistance and needs a caregiver, and you are looking to make a move closer to them. Maybe you just feel the time is right to make a move while you are still in control of your destiny.

There are many benefits to downsizing (some have been previously mentioned). Many people have worked hard at paying their mortgages down or don't owe any monies on their home and they have quite a bit of equity that they have counted on. The profits from selling a larger home and property and moving into a smaller space with less maintenance can fund retirement years, and including a downsize purchase or contribution to a multigenerational living situation with family members and/or monies to use to travel and experiences and/or for rental of a condo and/or apartment that has minimal maintenance and upkeep. Perhaps you are in a position that you want to help your children or family members financially and so by downsizing it gives you the ability to free up some of the monies to do so. If the real estate market in your area is still desirable and the return is favourable for you then perhaps there is no time like the present to make the decision to move forward.

**Cutting down on future home related expenses and utilities after retirement or job loss or changes in income and rightsizing into a space that is cost efficient and being proactive about such can alleviate stress in the future.**

These can be the driving forces behind the downsizing decision. By having a smaller home or going into a condo or apartment you will have less property to maintain i.e. Lawn care, snow removal, decrease in hydro and heating costs and property taxes and thus freeing up monies to be used towards activities and travelling or perhaps the costs involved in looking after your health and well being into the future.

**Moving closer to family.... Children and grandchildren** seems to be a priority for many, especially since experiencing the COVID pandemic. Many people have realized how valuable it is to spend our time and be close to those we love and how great it is to be able to be a part of their lives as we age.

If you decide to move forward then it is the ideal time to purge, re-organize and declutter your home to prepare it for sale and to also take the time to go through your own things while you can and decide if there are items you want to donate to a good cause, or to family/friends. If this task seems daunting or overwhelming there are many businesses out there now that provide services that assist those that need the motivation, guidance and help to complete the task. Some of these same services and businesses will help you pack to move also and can make deliveries and donations on your behalf so that it does not have to be a stressful task.

When you are clearing your home and your mind really you will be taking the time to re-evaluate your needs and necessities moving forward. This will help your plans become clearer and will provide you with valuable insight and direction. You may realize that you don't need what you once thought you did to live happily, and you may feel like your "load has been lightened" both physically and mentally. There is a lot to be said about a more minimalistic lifestyle. Consulting with those who have done so may be of assistance to you when making decisions.

Moving into a smaller more minimalistic space and or a property with little or no exterior maintenance can be beneficial to those with mobility or health issues. That way many can

live more independently for longer if in a home or space that is designed specifically for self care. This may mean a one level home, condo or apartment with wider doorways and features throughout that may make life easier as one ages.

If you make the decision to move forward with a downsize then there is professional advice that one should seek that can assist with the planning and decision-making process. First, it is good to seek some financial advice from your trusted financial planner. They can educate you on what you will need to move forward with your future plans. Meeting with an accountant can be important too especially if you have a matrimonial home and perhaps a recreational home or property or a family cottage etc. They can discuss the tax implications and any capital gain tax you may have to pay regarding your sale and what the best way to register future property purchases etc. You should also seek some legal advice. It is a great time to update wills, power of attorney and care documents also. This will give you peace of mind moving forward that you have made decisions in advance that can alleviate stress in the future for your spouse and/or family.

Lastly a trusted Realtor can help ease your burden and provide you valuable resources and connections when deciding to make this move. They usually have a list of Lawyers, Accountants, Financial Planners, Movers, Home Stagers, Maintenance and Home renovation companies etc. That they can offer to you. They can also help you put things into perspective and assist you with putting a plan in place to move forward. They can often recommend areas, communities and homes that would best suit the lifestyle you are looking to achieve moving forward. Talk to family and friends who have been through the process also with a Realtor they trust when making a decision about who would be best suited for the job. You want to make sure that you find someone who is the right fit and who you are comfortable with; who is customer service driven and has patience and the resources to help you through the process and who also has your best interests at heart.





SENIORS' DAY  
**SAVE 10%<sup>†</sup>**

IN-STORE ONLY  
**LAST THURSDAY OF  
EVERY MONTH!**



100 Mill St., New Hamburg | 519-390-0265

<sup>†</sup> Discounts apply to regular priced merchandise on Seniors' Day only. Must be at least 60 years of age and be a valid Your Rewards™ member to qualify for the discount. Excludes sale items, adoption fees, gift cards, grooming services and license fees. Not combinable with other offers. Pet Valu has the right to change the date of Seniors' Day without notice.



The number of people in need of counselling support continues to grow. **INTERFAITH COUNSELLING CENTRE** believes that financial resources should not limit emotional assistance.  
*Your assistance will help change a life in our community*

## Ways to make a contribution

Online | [www.interfaithcounselling.ca](http://www.interfaithcounselling.ca)

In-person/Mail | 23B Church St, New Hamburg, ON, N3A 1J1

Phone | 519-662-3092



*Scan to give the gift today*

# The Importance of Mug and Cup Choices on Hydration

Provided by:  
Research Institute  
for Aging, Waterloo, ON

Starting the day with a mug of coffee is second nature to many. You may have a favourite mug because it's sentimental, or you like how it looks or feels. If it was replaced with a mug of a different texture, size, weight, handle and design, it would probably feel off.

Cups and mugs hold more importance than routine – they may influence how well hydrated older adults are. A study led by Heather Keller, Schlegel Research Chair in Nutrition and Aging, and Minn Yoon, associate professor at the University of Alberta explored this topic.

“Older adults living in retirement and long-term care homes are often at risk of dehydration, largely because they don't drink enough,” explained Keller. “In order to encourage fluid intake, it is important to ensure that the cups and mugs used are large enough to hold sufficient fluid, while also being easy to use and drink from.”

The study examined different types of drinking glasses and mugs older adults in residential care prefer, including factors like the size of the cup, the material, and the weight.

“There are many drinking vessels available targeting seniors' care; however, none have been tested adequately to determine the preference of residents,” said Keller.

The 37 participants in Alberta and Ontario (residents living in retirement and long-term care homes) were asked to observe, handle and drink from different glasses and mugs, including vessels regularly used in the home as well as new vessels brought in for the trial. They provided feedback on the ease of handling and drinking from each vessel, as well as the feel and appearance.

The research team found that residents are concerned about the look and feel of drinking glasses and mugs, as well as how they will work in the home. For example, are the vessels stackable, can they be adequately sanitized, and are they breakable?

Further, retirement and long-term care home residents differed in the way they viewed the mugs and what they thought were important features. For example, retirement home residents were more concerned with aesthetics like colour and shape, while long-term care residents were more concerned with how easily vessels could spill and break.

One drinking glass and one mug that were highly rated in this study will be used in a larger intervention called PROMOTE, which is scheduled to be piloted in late 2022. The research team hopes that the strategies trialed in PROMOTE will be used to help residents drink more and avoid dehydration in retirement and long-term care homes across Canada.



# QUALITY, AFFORDABLE, INDEPENDENT LIVING



Retirement /  
Adult Lifestyle Community

- ⇒ Excellent reputation within the community.
- ⇒ Dedicated and long-standing staff.
- ⇒ Warm, home-like atmosphere.

**Free Month**  
\*ask for details



## Conestoga Lodge Retirement Residence



### ARE YOU RECOVERING FROM A RECENT ILLNESS OR SURGERY?

Recuperate With Our Dedicated Nursing Staff In A Safe Setting With Services To Help Regain Your Strength And Obtain Well-Being.

Call us today to make arrangements.

**519-576-2140**

admin@conestogalodge.com  
conestogalodge.com



Inquire about our Discount for  
New Permanent Resident Move-ins.



Mike  
**HARRIS**  
MPP KITCHENER-CONESTOGA

**Constituency Office**  
519-669-2090  
mike.harrisco@pc.ola.org  
mikeharrismpp.ca

## FOCUS

computers inc.

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

- ONSITE AND IN-STORE SERVICE
- COMPETITIVE PRICING ON NEW & USED COMPUTERS
- AFTER SALE SERVICE THAT CAN'T BE BEAT!
- VIRUS REMOVAL, UPGRADES & MORE!



Qi  
beauty.

## LINDA LANGENEGGER ADVANCED SKIN CARE

Medical Aesthetician &  
Qi Beauty Practitioner

**519-741-4662**  
lindalangenegger@gmail.com  
www.LuvYourSkin.ca





## How To Stay Involved During The Cold Months

### Seniors Enjoy Being Included In Holiday Activities

As seniors, we enjoy being included in holiday activities. The holidays can be fun for all adults even if we have physical or cognitive limitations.

Our holiday season activities are inclusive and focus on being special and meaningful.

It's all about spending time together, feeling included, and enjoying the good company – whether in person or virtually.

Here are 14 fun holiday activities for seniors that are perfect to enjoy with family and friends. We do many of these activities at Conestoga Lodge Retirement Residence each year:

- \* Christmas tree decorating
- \* A Christmas party
- \* Christmas door decorating contests
- \* Christmas sweater day
- \* Christmas float parade
- \* Christmas crafts
- \* Make a holiday wreath
- \* Prompt kids to ask about “the olden days” so they can learn about their grandparent’s youth
- \* Play simple card games or board games
- \* Enjoy listening to older favourite tunes
- \* Sing holiday songs together
- \* Have a movie night with popcorn, extra pillows, and warm blankets to cuddle under

- \* Have a relaxed chat over tea or coffee
- \* Have a gift wrapping party

#### **Consider Conestoga Lodge Retirement Residence**

- \* Excellent reputation within the community.
- \* Dedicated and long-standing staff.
- \* Warm, home-like atmosphere.
- \* Couples suites and private studios available.
- \* We are running a free-month special for new permanent resident move-ins.
- \* Quality, affordable independent living

#### **Are you recovering from an illness or surgery? Convalescent / Respite Stay**

Available for those who have been in hospital, but feel that they would benefit from a little more time in a safe setting with services to help gain strength and obtain well-being.

#### **Contact us to set up a tour:**

Conestoga Lodge Retirement Residence  
 519-576-2140  
 admin@conestogalodge.com  
 55 Hugo Crescent, Kitchener, Ontario, N2M 5J1  
 www.ConestogaLodge.com





## Aging Together: “Boomerang Seniors” Are Caregivers for Their Parents



Have you heard the term “boomerang seniors”? It refers to older adults – people in their 60s, 70s or 80s – who are caregivers for their parents. As our population ages, and as people live longer than ever thanks to advances in health care, more and more Baby Boomers are finding themselves in this difficult position. It’s a twist on what we typically think of as the “sandwich generation” – middle-aged people caring for young children as well as aging parents – and it’s going to become a much bigger issue in years to come.

Boomerang seniors either move so they can live closer to aging parents or they move in with aging parents. Both situations can present a multitude of challenges, including financial, physical and emotional ones. For example, many seniors must cope with their own health and mobility challenges while supporting a parent who is in their 80s, 90s or older.

The boomerang senior phenomenon is more pronounced in the United States, but it is beginning to emerge in Canada as well. As of 2019, seniors (age 65 and older) accounted for 17.5% of the country’s population, and this figure is projected to grow to nearly 23% by the year 2031. Centenarians make up a very small percentage of the overall population, but they are our fastest-growing age group. In July 2010, Canada had 6,500 people aged 100 or older; by July 2019, that figure had grown to 10,795. More than 80% of centenarians are women.

### How to cope as a caregiver

Caregiving takes many forms, but even if seniors don’t provide hands-on care for their much older parent, they must concern themselves with their parent’s or parents’ well-being well into their own golden years – a notion that previous generations didn’t have to think or worry about. Traditionally, retirement has meant more freedom and fewer responsibilities. While it can be emotionally rewarding for caregivers to look after someone they love, doing so is also highly demanding. Caregiver burnout is common.

To reduce the strain of caregiving, it helps to enlist support from relatives, friends, neighbours, community resources, professional caregivers or a combination of sources. Your loved one’s physician or a social worker may be able to assist in finding supports.

### How home care lightens the load

No matter what your age, you may want to explore how professional home health care can benefit both your loved one and yourself.

Many people have misconceptions about home care – for example, that it’s only suitable for people who are ill. In fact, home care services such as personal care, companionship, meal preparation and housekeeping provide a helping hand so that seniors can continue to age in place, as most

Canadians prefer to do. Another myth is that home care is just a short-term solution. In reality, it can be beneficial at every stage of aging, helping seniors stay safe and healthy in their homes for as long as possible.

Hiring help for a few hours a week can provide caregivers with much-needed respite and peace of mind. Reducing the strain of caregiving can also enable family caregivers to simply spend time with their loved one and better enjoy their company, while allocating tasks such as grooming and bathing to a personal support worker.

## How can we help you?

Bayshore Home Health can provide:

- Meal Preparation
- Grocery/Prescription Pickup
- Escorted shopping and appointments
- Light Housekeeping
- Personal Support
- Attendant Care
- Companionship
- Caregiver Relief

As well as:

- Investigating Funding Options
- Serious Injury Care

To find out more,  
contact Bayshore at

**226.215.3152**

**kwprivate@bayshore.ca**

*Bayshore Home Health is a division of Bayshore HealthCare, a leading provider of home and community health care services. As a Canadian-owned company, Bayshore has been enhancing the quality of life, well-being, dignity and independence of Canadians since 1966. All our caregivers are bonded, insured and supported by a nurse, 24/7.*

www.bayshore.ca





*Memorable Moments*  
**Dementia Specific Social Program**  
**Coming to New Hamburg**  
**No Referral Needed**  
**memorableseniorcare.ca**  
**519-275-4902**  
**memorableseniorcare@outlook.com**

Send us your jokes!

**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](mailto:embracingchangeinfo@gmail.com)

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

## ALZHEIMER SOCIETY

Provides a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

- Information and Education
- Individual & Family Support
  - Group Work
  - System Navigation
- Social/Recreation Programs

CONTACT

519-742-8518 ext 2090 for more info or to receive the Program Guide

[www.alzheimerww.ca](http://www.alzheimerww.ca)

## CONNECTING SOLE TO SOUL

HELPING YOU WALK AWAY MORE RELAXED THAN WHEN YOU ARRIVED

**Reflexology may help with:**

Pain	Headaches
Sleep	Relaxation
Circulation	Quality of Life
Stress	And so much more!

SOLES JOURNEY

REFLEXOLOGY BY  
CHRISTINA FLOOD RPRP

519-505-1616

WWW.SOLESJOURNEY.CA  
147 ARNOLD ST. NEW HAMBURG

Wishing you a  
yours a Merry  
Christmas and  
all the best in  
2023!



If you plan on writing a Will yourself, one option is to create a “holographic” version. Unlike most Wills, only you need to sign a holograph Will for it to be valid. This can be useful in emergency situations where you might not have any witnesses available.

However, there are still rules you need to follow to make the document valid. In Ontario, your holograph Will must be (1) signed by you, and (2) written entirely in your handwriting. This means that the Will cannot be typed, that you cannot have a friend or family member handwrite the Will for you, and that you cannot use a fill-in-the-blank Will you found online.

Creating your own is not always recommended. If your handwriting is difficult to read, it may not be read correctly. The use of certain words might have a meaning that you don’t intend. The help of a lawyer is often recommended to make sure there are no missing parts. And if you have done multiple versions, then it might

be hard to determine which version was the most recent, or when certain words were scratched out, changed or replaced.

A lawyer can give you advice on what should be included in your Will to ensure there are no important topics you are leaving out, and also make sure someone else knows that your will exists. But in emergency situations, the holograph option might be right for you.

---

Ariel Wyse is an articling student working 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.

*\*Our warmest  
wishes this  
\*holiday season!*

FROM THE TOWNSHIPS OF WILMOT,  
WELLESLEY & WOOLWICH.



# COMMUNITY BUSINESS DIRECTORY

## AUTOMOTIVE

**Rudy Held Performance Centre**  
Car Parts & Accessories  
519-662-2821

## DENTAL

**Elmira Denture Clinic**  
15 Memorial Ave., Elmira  
519-669-1535

**Kelly Durst, Health First Dental Hygiene**  
In-Office and Mobile Services for Personalized  
Dental Hygiene Care  
91 Peel Street, New Hamburg (with New Hamburg  
Denture Clinic) | 519-897-7341

**St. Jacob's Dental Care**  
10 Parkside Dr., St. Jacobs  
519-664-2434



## FINANCIAL

**Mary Friesen - Edward Jones**  
Financial Advisor | 519-578-4141

**Royal Bank of Canada**  
29 Huron St. | New Hamburg  
519-662-1470



## A SMILE YOU CAN AFFORD!



Full Denture



Partial with Invisible Clasp



Overdenture

- New Dentures
- New Metal Partials
- New Acrylic Partials
- Implants
- Soft Liners & Repairs
- Relines
- Anti-snoring Appliance

All Dental Plans Accepted. Laboratory on Premises. Clean & Friendly Environment!

**FREE CONSULTATIONS**

**WATERLOO DENTURE CLINIC**  
(519) 744-9770  
132 Weber St N, Waterloo (LOTS OF FREE PARKING)

**ELMIRA DENTURE CLINIC (519) 669-1535**  
15 Memorial Ave, Elmira  
waterloodentureclinic.com

# 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

**\*NEW\* Ontario Caregiver Hotline**  
1-833-416-2273

This space is generously  
donated by:

**TOWN SQUARE PHARMACY**  
**PHARMASAVE** 100 Mill St. Unit K, New Hamburg  
P: 519-662-9995 F: 519-662-9984

**Town Pantry**  
Health Food Store **Juice Bar**

# COMMUNITY BUSINESS DIRECTORY

## HEALTH & WELLNESS

### Cook's Pharmacy

75 Huron St., NH | 519-662-2640  
1201 Queens Bush Rd., Wellesley  
519-656-2240

### Healthier Living 4 You

Chemical Free Pool purification systems & Detox products for a healthier life.  
John Jacobs | Wellesley, ON | 519-656-3369

### Hemmerich Hearing Center

10 Waterloo St., NH  
519-662-6884

### Martin's Guardian Pharmacy

10 Parkside Drive  
St. Jacobs ON  
19-664-3785

### 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. | New Hamburg  
519-505-1616

### Wellesley Township Community Health Centre

1180 Queens Bush Rd  
519-656-9025

### Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs  
519-664-3794

## HOME & GARDEN

### inSeason Home + Garden

3585 Lobsinger Line  
St. Clements, ON | 519-218-2188

### St. Clements Heart & Home

1011 Industrial Cres., St. Clements  
LetUsFloorYou.com | 519-699-5411

## 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

### Promyse Home Care

Nurse Managed In-Home Care  
519-208-2000 | www.promyse.ca

## LAWYERS

### Giesbrecht, Griffin, Funk & Irvine LLP

82 Huron St. Unit B | New Hamburg  
519-662-2000

515 Riverbend Drive, Suite 200, Kitchener  
519-579-4300

## MOVING SERVICES

### Senior's Move

Rightsizing and Relocation  
NASMM Diamond Members  
Waterloo Region | 519-841-4914

## PET CARE

### Pet Valu New Hamburg

100 Mill St., NH | 519-390-0265

## Interested in advertising with us?

Over 1,500 issues each month, distributed throughout Wilmot, Wellesley & Woolwich Townships and available in full colour online!

Ad submissions are due the 10th of every month  
embracingchangeinfo@gmail.com  
www.embracingchange.ca 519-574-6428



# COMMUNITY BUSINESS DIRECTORY

## PROFESSIONAL SERVICES

### Futher-Franklin Funeral Home

1172 Henry St., Wellesley  
519-656-2880

### Mike Holmes Inspections

Radon, Mould Testing  
1-888-563-5699 | mikeholmesinspections.com

## REAL ESTATE

### Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

### Angela Baas, Royal LePage Wolle Realty

Resident of Wilmot Township  
519-747-2040

### Jim & Tricia Miller

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

### Paul Saunders,

### Royal LePage Crown Realty Services

Resident of Wellesley Township  
519-716-7411

## RETAIL

### Focus Computers

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

### New Hamburg Office Pro

251A Huron St., NH | 519-662-3710

### Sobeys New Hamburg

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

### Conestoga Lodge Retirement Residence

55 Hugo Crescent, Kitchener  
519-576-2140

### 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

## TRANSIT

### Kiwanis Transit

Serving Wilmot, Wellesley & Woolwich Townships  
(519) 669-4533 or 1-800-461-1355

## TRAVEL

### Stonetown Travel Ltd.

210 Mill St. New Hamburg  
226-333-9939  
www.stonetowntravel.com



- Carpet
- Tile
- Vinyl
- Hardwood
- Custom Window Blinds
- Kitchen Cabinets
- Bathroom Vanities

**www.LetUsFloorYou.ca**

**1011 Industrial Cres. Unit #2 • 519-699-5411**

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

## Chicken and Chickpea Stew

NUMBER OF SERVINGS: 13

### Ingredients

- Canola oil 1 Tbsp (15 mL)
- Celery stalks, chopped 2
- Onion, chopped 1
- Carrots, diced 2
- Garlic, minced 2 cloves
- Low sodium chicken broth 4 cups (1 L)
- Spaghetti sauce 3 cups (750 mL)
- Chickpeas, rinsed and drained 1 can 19 oz (475 g)
- White kidney beans, rinsed and drained 1 can 19 oz (475 g)
- Dry short tube pasta (tubetti) 1 ½ cups (350 mL)
- Pepper ½ tsp (5 mL)
- Skinless, boneless chicken thighs, cut into ½ inch cubes 8
- Grated fresh parmesan ½ cup (125 mL)

### Directions

1. In large sauce pan heat oil over medium heat.
2. Add celery, carrot and onion and sauté until tender.
3. Add garlic and cook about 1 minute, stirring constantly.
4. Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil.
5. Reduce heat to low-medium and simmer until pasta is tender, about 10-12 minutes.
6. Add chicken to pan and cook 5-8 minutes until chicken is done.
7. Sprinkle with parmesan cheese and serve.

### NUTRITION PER SERVING

Calories 304 | Protein 20 g | Fat 7 g | Carbohydrates 41 g | Fibre 7 g | Sodium 419 mg



Chickpeas are also known as garbanzo beans.



Pulses are a good source of iron, however, iron from plant sources is absorbed better when eaten with foods high in vitamin C (e.g., tomatoes, bell peppers, broccoli, cabbage).



Cut this recipe in half for fewer servings or freeze leftovers for easy meals.

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

## Soups/Stews



519-662-3710  
orders@nhofficepro.ca

An Approved  
Purolator  
Agent

NEW HAMBURG  
**OFFICE PRO**  
Good People, Who Know

**Purolator**

### HOURS OF OPERATION

Mon - Wed 9:00 am - 5:00 pm  
Thu - Fri \* **NEW!** 9:00 am - 6:00 pm  
Saturdays 10:00 am - 1:00 pm

## We're Online!

Each issue is uploaded as a full colour online edition.

Missed an issue? You can find our past issues online.

Check us out at: [embracingchange.ca](http://embracingchange.ca)

Thank you

TO OUR WONDERFUL  
*Clients, Family,  
and Friends*

FOR YOUR SUPPORT  
DURING THE PAST YEAR.

WE VALUE OUR OPPORTUNITY TO ASSIST AND  
GUIDE YOU THROUGH YOUR

*Real Estate Transactions*

AND LOOK FORWARD TO WORKING WITH YOU  
IN THE FUTURE.

MAY YOUR *Holiday Season* BE  
*Happy, Healthy and Blessed!*



*Alison Willsey & Family  
Katie Murray & Family*



**Katie Murray**

SALES REPRESENTATIVE

CELL **519-570-5038**

**Alison Willsey**

\*BROKER

CELL **519-275-4900**



90C Peel St. New Hamburg, ON. N3A 1E3



katiemurray.peak@gmail.com

BUS. **519-662-4900**

willseyalison@gmail.com



**\*(ASA) ACCREDITED SENIOR AGENT and**

**\*(RENE) REAL ESTATE NEGOTIATION EXPERT**

Working to serve you in WATERLOO-OXFORD-PERTH counties!!

RURAL PROPERTIES • RESIDENTIAL

Working to serve you in WATERLOO-OXFORD-PERTH counties!! RURAL PROPERTIES \* RESIDENTIAL

\*\*not intended to solicit those already under contract with another Brokerage\*\*



# Hear Again for the holidays!

Call us now to find out more.

New Hamburg: 519-662-6884 | Waterloo: 519-745-5888



**Lynne Hemmerich**  
Owner, Hearing Instrument  
Specialist

**Raquel Wilkinson**  
Hearing Instrument Specialist



Our mission is to provide the best possible solutions to all of your hearing needs with professional, honest and friendly service. We take pride not only in providing you with the best comfort in fit and sound of your hearing product, but also your own comfort with us!

Bernafon Alpha ITE & IIC



10 WATERLOO ST.,  
NEW HAMBURG

**519.662.6884**

128 ERB STREET  
WEST, WATERLOO

**519.745.5888**