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# EMBRACING CHANGE

Serving Boomers, Seniors & Caregivers in Wilmot & Wellesley Township

ISSUE 4 DECEMBER 2018

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



COMMUNITY RESOURCE GUIDE TO HELP YOU  
AND YOUR LOVED ONES AGE IN PLACE!

**FEATURE BUSINESS OF THE MONTH**

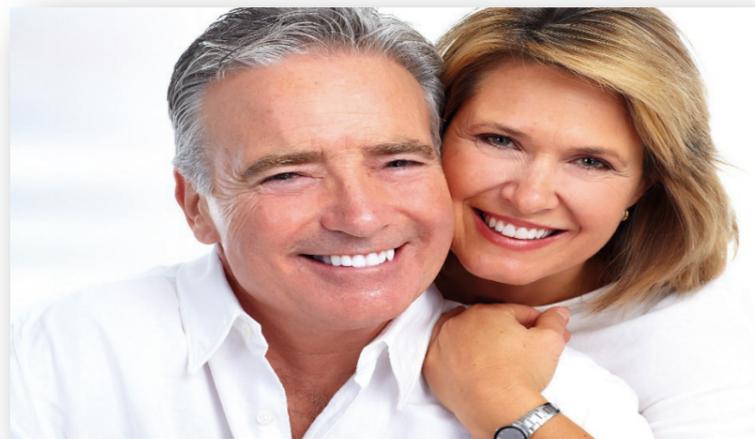
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# Embracing Change

## EDITOR'S LETTER



**TARA BOTT (HELD)**, EDITOR-IN-CHIEF  
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Email: [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com)

## THE TRUE SPIRIT OF CHRISTMAS

If you close your eyes and picture your ideal Christmas, what do you see? Perhaps it's a tree glistening with beautifully hung lights, the smell of fresh-baked cookies in the oven, and a fire crackling, while you watch the kids (or grandkids) open carefully chosen gifts? Or maybe it's a house full of family and friends, laughter, good food, a little egg nog and a kiss under the mistletoe with the person you love the most?

Regardless of what your Christmas dreams look like, the holiday season can often come with

high expectations, leaving you feeling frazzled, and stressed. Families face busy schedules and the challenge of trying to get everyone together, while living miles apart. This is often true for many seniors who may have both distance and winter conditions separating them from loved ones.

I was blessed to grow up in a cozy home with many special Christmas traditions that we still enjoy today. It doesn't mean our family was without challenges, but I always felt love and togetherness, especially at Christmastime. My Dad taught me at a young age the importance of opening your home and heart during the season to friends who may not have family to spend the holidays with. No one should be faced with trying to survive loneliness over the holidays. If you are fortunate enough to enjoy a "merry" Christmas, I encourage you to reach out to someone who may be alone or struggling this season, and invite them to share in the holiday spirit with you.

As always, thank you for picking up this issue of Embracing Change, and spending your valuable time with us. Wishing you the warmth of old traditions, the possibility of starting something new, and may they all begin and end with hope, joy and love!

*Tara*

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

## ON THE COVER

This image of Doug & Janet Wagner from New Hamburg was taken at Scott Park. They were celebrating the holidays in style with their 1951 GMC Truck

## ABOUT THE PHOTOGRAPHER

Devon Peters is based in New Hamburg and specializes in outdoor Family Photography and Newborn Portraiture in her home studio. She and her young family have lived in New Hamburg for only 1.5 years but have fallen in love with the community and all it has to offer.

[devonpetersphoto@mail.com](mailto:devonpetersphoto@mail.com)  
[devonpetersphotography.com](http://devonpetersphotography.com)



**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.

# Flashback Photo

CHRISTMAS IN WELLESLEY – PAST AND PRESENT

NANCY MAITLAND, WELLESLEY TOWNSHIP HERITAGE AND HISTORICAL SOCIETY



This undated photo shows how Christmas was celebrated in Wellesley village at least once. The village brass band led carol singing in the main intersection of William Street (now Nafziger Road) and Queen Street (now Queen's Bush Road). "In the middle of the intersection," you ask? Yes, the light pole in the intersection, erected in 1919, had a white painted sign on it indicating that traffic should "keep right." This light pole could well be the first roundabout in the region! It isn't known if the tree was a permanent feature, but in this case, the intersection served as a gathering place for residents of all ages to sing and celebrate the festive.

This photo was donated to the Wellesley Township Heritage and Historical Society by Wib Wagner, whose family owned the Royal Hotel and Wagner's Garage. Wib's records show that the men's beverage room, to the right of the hotel, was added in 1914. When Prohibition came into effect in Canada in 1919, hotels and pubs were not allowed to sell alcohol. To replace his lost income, Wib's father, Peter A. Wagner removed the large window of the men's room and converted the space to a garage. In 1933 the space again became part of the hotel business. You can see in the photo that the small addition to the right of the hotel seems to be part of the hotel, so the photo probably dates to after 1933.

Can you help us date the photo? Do you have any other stories or photos about Christmas in Wellesley Township? If so please contact us at [info@wellesleyhistory.org](mailto:info@wellesleyhistory.org)

This year Wellesley celebrates the spirit of Christmas with its annual fun evening "**Christmas Tyme in Wellesley**" on **Friday, December 7, 2018**. The parade of floats leaves Wellesley District Public School at 6:45 and ends at the Arena.

**Don't forget the St. Clements Santa Claus Parade from 1:00-3:00 pm on Saturday, December 15, 2018**

## MESSAGE FROM ANGIE HALLMAN COUNCILLOR ELECT WARD 1 TOWNSHIP OF WILMOT



The holiday season can be full of joy for so many, but the truth is 1 in 4 people find this time of year really hard.

I became a mental health advocate after losing my brother-in-law to suicide five years ago. I was also very fortunate to meet Michael Landsberg, TSN sports broadcaster and fellow mental health advocate. One statement Michael made has stayed with me "Don't be ashamed of your story it will inspire others". After losing my brother-in-law to suicide it was a process to find joy in the holiday season, especially and specifically the first year after his death. Any loss can make this time of year difficult not to mention grey skies

and minus temperatures, and piles of snow.

In addition, many people suffer symptoms of depression, such as sadness, fatigue, and irritability during these long winter months. If this is you, I want you to know you are not alone! Our amazing community has so much to offer to help keep you on a positive mental health track over the winter months. With a lack of sunshine to keep you energized, it's tempting to stay indoors but exposure to sunlight plays an important role in influencing our moods. Sunlight helps increase our body's levels of vitamin D and also promotes the production of serotonin which regulates mood. Exercise is known to increase your levels of serotonin and endorphins, leading to a happier mood.

There are many ways to keep active locally. Community Care Concepts offers FREE exercise classes for seniors throughout the Townships, Adult skating at the WRC on Wednesdays and Fridays from 12pm to 12:50pm.

Also, the Wilmot Rec Complex offers the use of free walking poles at the indoor track. Building and maintaining an active social network is an important way to keep a positive outlook. Volunteering for a local organization like the Wilmot Family Resource Centers Christmas Hamper Program, or head to your local Legion for their Friday express lunches.

Most importantly, if your mood is not improving with these little tips or you ever experience feelings of hopelessness and find it hard to feel joy in things you normally would PLEASE see your doctor. Mental health issues don't discriminate, it can happen at any point in our life and it happens to 1 in 4 people.

Take moment for yourself, take a moment for your mental health!

Happy Healthy Holidays!  
Angie Hallman RMT

Karen Weber  
Owner/Consultant

Traci Jutzi  
Consultant

Kristina Ziegler  
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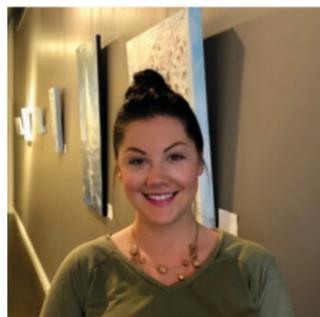
18 Snyder's Rd W, Unit 5, Baden  
519-634-9819  
Book online @ [www.livewellhealthandphysiotherapy.com](http://www.livewellhealthandphysiotherapy.com)

As an Osteopath I often see and treat patients who have been in pain for a while and are time and again surprised when osteopathy treatments can give them great relief. There is a lot of unawareness as to what an Osteopathy treatment involves and how exactly it relieves pain.

Osteopathy is a manual therapy used to treat musculoskeletal pain and aid in the body's natural healing process. It is the manipulation of the soft tissues, muscles and joints for pain relief. Techniques used in a treatment include massage, joint mobilizations, stretching, strengthening exercises, cranial sacral therapy, and visceral manipulation.

Musculoskeletal pain includes anything that involves the muscles, joints, bones, tendons, ligaments and nerves. Pain can be acute (early stages) or chronic (long lasting). It can be caused by various factors such as poor posture, work, activity, stress, lifestyle and genetics. Some common conditions involving musculoskeletal pain include headaches, disc issues, frozen shoulder, tennis elbow, carpal tunnel, arthritis, pinched nerves, sprains, plantar fasciitis, etc.

Osteopathy can give patients a pain-free life, keeping the body in good working condition. Why live with pain if you don't have to?



**Tammy Tourout,  
D.O.M.P**

Manual Osteopath  
LiveWell Health & Wellness

## BUSINESS OF THE MONTH

# Hemmerich Hearing Center

Our hearing is the only one of our senses that is constantly active, even when we sleep. It continually supplies us with vital information as well as stimulates us to experience emotions and recall memories.

Our hearing is important: at work, on social occasions, for our personal safety, when we learn, and with our loved ones.

We also don't want to miss nature's sounds: the birds' songs, the autumn leaves rustling, the waves crashing and the crackling sounds of a cozy fire.

If you have some difficulty hearing it pays to get checked by a hearing care professional. Their main goal is to ensure your hearing is the best it can be so that any hearing loss you may have interferes as little as possible with your life.

Healthy hearing for life begins with a hearing test. We all need to take responsibility for our hearing health.



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Oticon Opn's BrainHearing™ technology makes speech easier to understand and remember, keeping you connected to those you love!

The better you hear, the more engaged you are in life – and being socially connected helps keep your mind active and sharp. Research links people with hearing loss with a higher risk of cognitive decline and conditions such as dementia\*. The Oticon Opn™ hearing device can help. It uses BrainHearing technology to reduce your listening effort and make speech easier to understand. With Opn, you can stop worrying about your hearing – and start enjoying the moments that matter.

\* "Dementia prevention, intervention, and care." The Lancet Commissions, July 20, 2017



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**“Blindness separates people from things; deafness separates people from people.”**

**-Helen Keller**

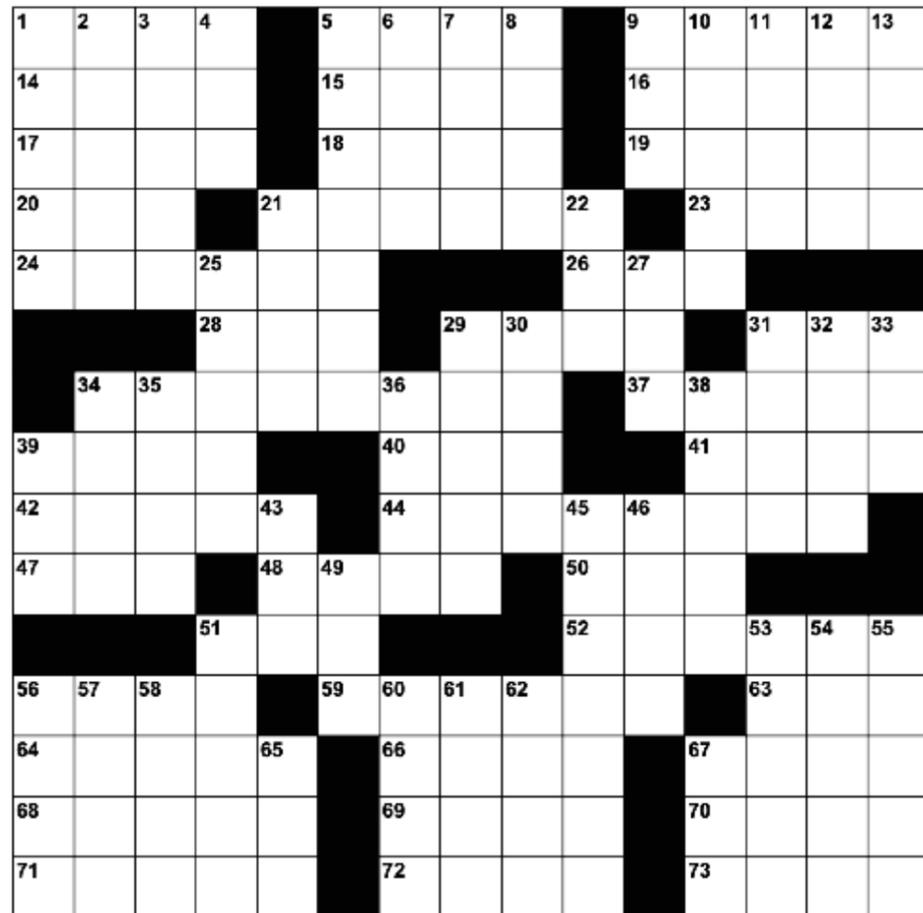
If you have any questions related to your hearing concerns, please contact Hemmerich Hearing Center

519-662-6884  
lynneh@hemmerichhearing.com

or visit our office at 10 Waterloo St. New Hamburg

# FUN & GAMES

## CROSSWORD



### DOWN

- 1 Jewish religious leader
- 2 Abraham's son
- 3 British princess
- 4 Convert into leather
- 5 Sub's weapon
- 6 Voiced
- 7 Soft cheese from Greece
- 8 Wields
- 9 Night bird
- 10 First processes in the freezing of water
- 11 Clock sound
- 12 Decorative needle case
- 13 Loch \_\_ monster
- 21 Cut open
- 22 Beret
- 25 Shut down
- 27 Clock time
- 29 Plant with shiny leaves, red berries and prickly edges
- 30 Singing voice
- 31 Make unclear
- 32 Petite
- 33 Delivery service
- 34 Snob
- 35 Make over
- 36 Animal house
- 38 Utilization
- 39 Expert
- 43 Revolutions per minute
- 45 Melted ore
- 46 Certain
- 49 Operate

- 51 Type of wood
- 53 Long, skinny boat
- 54 Rank
- 55 Freezing rain
- 56 Throw off
- 57 Tub spread
- 58 Singular form of name for Russian pancakes served with sour cream
- 60 European monetary unit
- 61 Frozen form of precipitation that falls as ice crystals
- 62 What a clock tells
- 65 Affirmative
- 67 High naval rank (abbr.)

### ACROSS

- |                                     |                                       |                       |
|-------------------------------------|---------------------------------------|-----------------------|
| 1 Chasm                             | 26 Feign                              | 51 Flightless bird    |
| 5 Meat alternative                  | 28 Container top                      | 52 Constructs         |
| 9 Many times                        | 29 Head coverings                     | 56 Baseball player Ty |
| 14 Afloat                           | 31 Energy unit                        | 59 Nuzzle             |
| 15 Mined metals                     | 34 Code                               | 63 Cause of sickness  |
| 16 Make a letter                    | 37 Spring flower                      | 64 Blend of metals    |
| 17 Farm building                    | 39 Greek god of war                   | 66 Troop              |
| 18 Evaluate                         | 40 Alternative (abbr.)                | 67 Stake              |
| 19 Place                            | 41 Phoenix's Basketball team          | 68 Weighted fishnet   |
| 20 Pouch                            | 42 Fermented juice of the apple       | 69 Capital of Italy   |
| 21 Hit the water                    | 44 List of definitions                | 70 Hand outs          |
| 23 Runners used to travel over snow | 47 Self-esteem                        | 71 Frozen pizza brand |
| 24 Tapered spike of frozen water    | 48 Quarry                             | 72 Payable            |
|                                     | 50 Heavy drinking cup made of pottery | 73 Get together       |

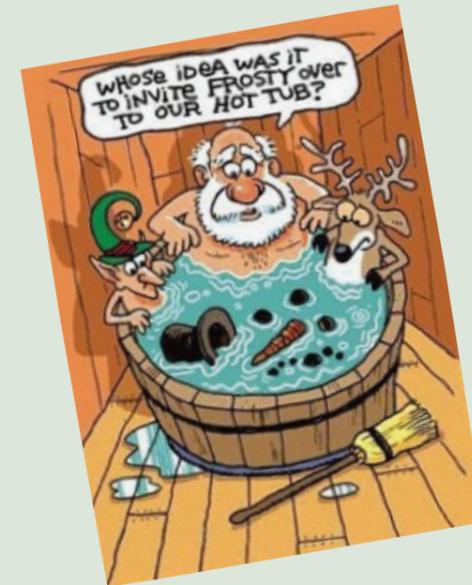
SOLUTIONS FOUND ON PAGE 16

# Laughing Matters!

Susie's mother asked her if she could name two of Santa's reindeer, to which she replied: "Rudolph and Olive" Her mother said: "Really? Are you sure?" "Of course" said Susie "Like in the song!" and she began to sing... "Rudolph the red-nosed reindeer, had a very shiny nose. And if you ever saw it, you would even say it glows. Olive the other reindeer..."

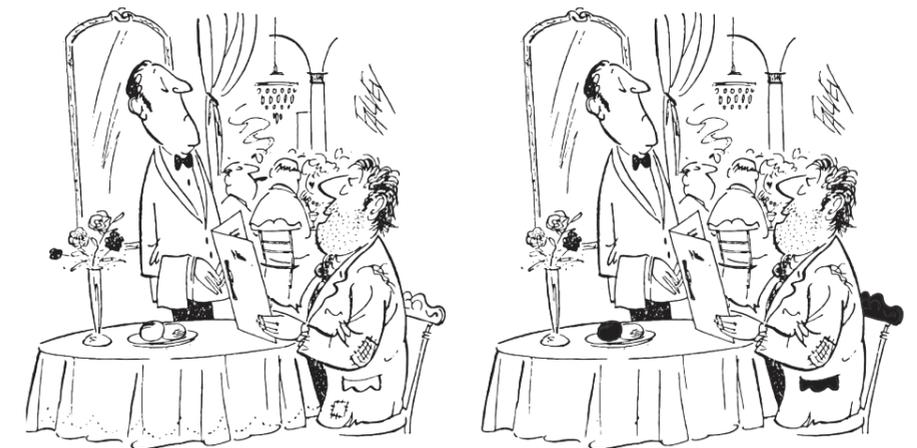


One Christmas, a grandmother sent the usual money cheques to all her grandchildren but did not receive the usual notes of thanks. The next Christmas, all children dropped by in person to thank their grandmother. When a neighbour asked what caused the change in behaviour, the grandmother replied: "Simple! This year I didn't sign the cheques!"



## SPOT THE DIFFERENCE!

They look the same but there are 10 flaws to be found! See how many can you spot. Answer can be found on page 16



# Heart of the Matter

## ZONES & MOBILITY CHANGES

We were working with a dear senior lady who was experiencing mobility changes in her life. She was having a harder time getting around and tired more easily. We helped her to set up a dressing zone. Now instead of zig-zagging around her bedroom to access things, we set it up so that everything she needed to get dressed was within arms length.

We moved a plastic storage tower with drawers into her closet. This contained her undergarments and socks. We also put a little stool for her to sit down. She could get dressed in one spot instead of moving from her closet, to her dresser, to the closet again.

Start looking around your house and establish some other areas where you could set up zones where articles are easily accessible. Maybe stuff doesn't need to be stored in really high cupboards or in deep lower cupboards. Start moving articles to places that are easy to get to in order to prevent falling and strain.

The goal for setting up zones is to have everything you need to accomplish a task within arms length; to make it easy to put away but also to build in efficiency. Start looking at your space with "new eyes" and look to see what can be changed to help those with mobility challenges.

### If you need a helping hand in your rightsizing process, Senior's Move can offer:

- ▶ Encouragement from a neutral 3rd party
- ▶ Help in creating a workable timeline for your process
- ▶ Loads of resources that you can explore yourself or have us assist with (junk removal, on-line/live auction, free furniture pick-up, & movers etc.)
- ▶ Physical help to sort through cupboards, closets, attics, basements & garages
- ▶ Taking away donations to the Thrift Shop after our work sessions together
- ▶ Packing, unpacking and set-up of new home

Contact us today to book your complimentary no obligation initial consultation.  
Heart of the Matter/Senior's Move  
[www.heartofthematter.ca](http://www.heartofthematter.ca)

*Donna Schmidt and Rhonda Erb joined together to start Heart of the Matter Professional Organizing & Senior's Move in 2004.*



## SENIOR SAFETY

# Charity Scams

Charity scams take advantage of people's generosity and kindness by asking for donations to a fake charity or by impersonating a real charity.

Charity scams involve scammers collecting money by pretending to be a real charity. The scammers can approach you in many different ways—on the street, at your home, over the phone, or on the Internet. Emails and collection boxes may even be marked with the logos of genuine charities. Often, the scammer will exploit a recent natural disaster or famine that has been in the news. Other scammers play on your emotions by pretending to be from charities that help children who are ill.

Scammers can try to pressure you to give a donation and refuse to provide details about the charity, such as their address or their contact details. In other cases, they may simply provide false information.

Not only do these scams cost people money; they also divert much needed donations away from legitimate charities and causes. All registered charities in Canada are overseen by the Canada Revenue Agency and listed in its database. You can also contact your local Better Business Bureau to see if they have any information about the organizations that interest you. If the charity is genuine and you want to make a donation, get the charity's contact details from the phone book or a trusted website.

If you don't want to donate any money, or you are happy with how much you may have donated to charities already, simply ignore the email or letter, hang up the phone, or say no to the person at your door.

You don't have to give any money at all.

### Prevention Tips

- ▶ If you have any doubts at all about the person asking for money, don't give them any cash, credit card or bank account details.
- ▶ Never give out your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source.
- ▶ If in doubt, approach an aid organization directly to make a donation or offer support.
- ▶ Search the Canada Revenue Agency database to check that the charity that has approached you is genuine.
- ▶ Ask yourself how and to whom you would like to make a contribution.

This information has been provided by the RCMP. For more information please see the Seniors Guidebook to Safety & Security

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# Managing Diabetes During the Holidays



'Twas the night before Christmas and the food was divine, but along with great meals comes an expanding waistline! Actually, we beg to differ. There is no reason a healthy diet and lifestyle can't fit into your holiday activities. After all, most recipes can be made healthier by simply cutting down on their fat or sugar content (try baking your favorite holiday goodies with Splenda or Stevia). And, as always, staying active and managing your portions is critical. To help make the holidays a little more diabetes-friendly, here are seven essential tips for managing your weight and blood sugar:

- **Stay active.** Remember to try and maintain your usual activity level regardless of how busy the season is. Or better yet, add a little more exercise than usual to ward off the added calories.
- **Use the plate method to keep track of what you're eating.** It's simple; allot half your plate for a pile of veggies, then leave a quarter of your plate for carbs and a quarter of your plate for lean protein.
- **Keep track of your portions.** Enjoy your favourite foods, but only eat as much as you normally would. The less you eat during the big holiday meals the more leftovers you'll have for later!
- **Don't get saucy.** Limit your added sauces, gravies and other fats, like butter. Chances are your food tastes great as it is, so there is no reason to drown it in added fat.
- **Stay hydrated.** Drink plenty of water, and skip or limit the rich holiday beverages (peppermint lattes, eggnog, Irish coffee).
- **Limit alcohol consumption.** Alcohol is full of empty calories, and the more you drink the more likely you are to make poor dietary choices. Most importantly, always remember to test blood sugar frequently after drinking to prepare for potentially dangerous blood sugar drops.
- **Don't skip meals.** if you show up hungry, you're increasing your odds of overeating.



## Community Diabetes Program, Woolwich Community Health Centre Site



- We support clients and their caregiver/family member by helping them make healthy lifestyle choices to control blood sugar and reduce the risk of problems associated with diabetes.
- We offer adult diabetes education classes and individual appointments for those with type 2 diabetes and prediabetes.
- You can be referred by your primary health provider or you can self refer at [www.waterloowellingtondiabetes.ca](http://www.waterloowellingtondiabetes.ca)

Healthy Lifestyles Classes can be found on our website at [www.wchc.on.ca](http://www.wchc.on.ca) and they include:

- Heart Healthy Eating
- Carb Counting
- Healthy Feet and You
- Let's Move
- Diabetes Connection

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# WHAT'S HAPPENING

55+ Active Adults & Seniors



<p><b>KNOTTING AND QUILTING COMFORTERS</b> Everyone Welcome. Come for an hour or as long as you wish.</p>	<p><b>WHEN:</b> 1st Wed of every month; Sept-June <b>TIME:</b> 10:00 am to 3:00 pm. <b>WHERE:</b> Steinmann Church <b>CONTACT:</b> 519-634-8311</p>	<p><b>NEW HAMBURG LANES BOWLING</b> We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level. <b>WHERE:</b> 182 Union Street, New Hamburg <b>CONTACT:</b> James Aoki 519-662-1938 <b>EMAIL:</b> james@newhamburglanes.ca</p>	<p><b>WHEN:</b> Foxboro (a mixed, social league): Mondays 1:00-3:00pm Stonecroft (a mixed, social league): Tuesdays 1:30-3:00pm Morningside Village (a mixed, social league): Tuesdays 9:15-11:30am</p>
<p><b>ST. AGATHA SENIORS</b> Our group of friendly folk meet once a week to play solo. We celebrate birthdays and have a Christmas Party in mid-December concludes the years activities. You'll be warmly welcomed!</p>	<p><b>COST:</b> .50¢ <b>WHEN:</b> Every Thursday 1:00 to 4:00 p.m. <b>WHERE:</b> St. Agatha Community Centre <b>CONTACT:</b> Bert Lichti at 519-634-8411</p>	<p><b>TECHKNOW PROGRAM</b> Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in for help with the basics and functioning.</p>	<p><b>WHEN:</b> Every Thursday from 9:00-11:30 am from September - June <b>WHERE:</b> Wilmot Recreation Complex Active Living Centre <b>COST:</b> No Charge <b>CONTACT:</b> 519-634-9225 ext: 340 for more info</p>
<p><b>THE ROOK PLAYERS</b> We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us</p>	<p><b>WHEN:</b> Monday evenings 6:00-9:30 p.m. (Sept. 10, 2018 - April 29, 2019) <b>WHERE:</b> Wilmot Recreation Complex <b>COST:</b> No charge <b>CONTACT:</b> Cecil Wagler 519-662-2758</p>	<p><b>RESTLESS SENIORS</b> This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.</p>	<p><b>WHEN:</b> Wednesdays from 1:30 - 3:30PM <b>WHERE:</b> New Hamburg Legion, Branch #532, 65 Boullee Street, New Hamburg <b>CONTACT:</b> George Schmitt 519-696-3037; Joan Fulton, Secretary 519-662-4821</p>
<p><b>WILMOT SENIOR SHUFFLEBOARD</b></p>	<p><b>WHEN:</b> Tues and Wed from 9:30-11:30AM and Tues 1:00-4:00pm <b>WHERE:</b> Wilmot Recreation Complex <b>CONTACT:</b> George Schmit 519-696-3037</p>	<p><b>WILMOT SENIORS</b> Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips. <b>SPECIAL EVENTS INCLUDE:</b> - soup delight day, pancake &amp; maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, Christmas banquet.</p>	<p><b>WHEN:</b> Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec) Christmas Banquet: Nov. 28 2018 <b>WHERE:</b> Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg <b>COST:</b> An offering is taken each meeting <b>CONTACT:</b> Church 519-634-8687</p>
<p><b>WILMOT SENIORS WOODWORKING &amp; CRAFT CLUB</b> Woodworking, Stained Glass, Quilting, &amp; Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors &amp; learn and use new skills</p>	<p><b>WHEN:</b> Weekly, Mon to Fri: 9AM - 5PM <b>WHERE:</b> 27 Beck St., Baden <b>COST:</b> Initial Membership \$90, yearly \$70 <b>CONTACT:</b> Diana Gruhl at 519-634-5357</p>	<p><b>FREE ADULT &amp; SENIOR SKATE</b> Come out and enjoy a FREE skate at the Wilmot Recreation Complex.</p>	<p><b>WHEN:</b> Wednesdays &amp; Fridays; 12:00-12:50pm until the end of March ***There will be no skating Dec 26 or Jan 11 <b>CONTACT:</b> Wilmot Recreation Complex 519-634-9225 *Please check the website for the most up to date cancellations</p>
<p><b>PICKLEBALL DROP-IN</b> Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.</p>	<p><b>WHEN:</b> Mondays 1:00PM - 3:00PM Wednesday, 6:30PM - 8:30PM <b>WHERE:</b> St. Agatha Community Centre <b>CONTACT:</b> The Wilmot Recreation Centre for more information at 519-634-9225</p>		
<p><b>WILOMT TOWNSHIP SENIORS DROPIN</b> <b>Community Care Concepts</b> Come and enjoy exercise, guest speakers, cards, games, crafts, activities, music and much more. No registration is required.</p>	<p><b>WHEN:</b> Mon &amp; Wed 10:30 am-4:00 pm, Fridays from 9:00 am to 4:00 pm <b>WHERE:</b> Wilmot Recreation Complex Active Living Centre <b>CONTACT:</b> 519-664-1900 OR 1-855-664-1900</p>		

**WHERE TO GET YOUR FREE COPY:**

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

**Wilmot Township:**

- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
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- New Dundee Library
- Wilmot Centre Missionary Church
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**Wellesley Township:**

- Wellesley Township Community Health Centre
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- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
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**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.

WATERLOO OXFORD

# Seniors Feast



For 18 years now the Student Activities Council Leadership students at Waterloo-Oxford DSS in Baden, Ontario have hosted their annual Seniors Yuletide Feast.

The evening brings together 100 student and staff volunteers and 240 area Seniors for a wonderful evening featuring a Christmas Turkey dinner with all the trimmings and entertainment from the school's Music and Drama Departments.

According to event staff organizer Jeff Gerber the event is a real highlight of the holidays for the school. "Our students love sitting with our senior guests and the interaction between the generations is the real magic of the night. For many of us it marks the real start of the festive season."

This year's event is being held Wed December 12, 2018. However reservations are required ahead of time to reserve a spot and as of press time they were already sold out! If you would like to attend a future Seniors Yuletide Feast at Waterloo-Oxford contact the school at 519-634-5441 starting at 8 am on October 1st to get your name on the list for this free, fun, and festive evening

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33

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# Let Me Tell You a (Christmas) Story

FRED PARRY



As stories go, it's not a long story – or as Charles Dickens said about A Christmas Carol, a story “which shall not put my readers out of humour with themselves, with each other, with the season, or with me”.

## I begin by remembering Christmas past:

When I was a child, I received two gifts I remember well: a genuine Lionel electric train set, with the larger gauge track, and a crystal radio which had a big round dry volt battery.

And, I remember just two things about those gifts: I had a lot of fun with them and I never saw them again until I was clearing up my father's estate, many years later, in the same home. I believe (to paraphrase Dickens), it haunted his house pleasantly.

## Linking to Christmas present:

Our children are grown, and I wonder what will they remember about their Christmas? Probably certain gifts, but hopefully the love expressed by family and friends. That's the best gift I can wish for them.

## What about Christmas in the future?

After we're gone I wish that our children and grandchildren will also treasure the collective gifts of faith from us all: a more peaceful, loving and sustainable world -- and even more -- an inward peace that 'passes all understanding'.

Is that too much to hope for? My father held on to more than broken toys from the past – he held on to happy family memories ... his best gift to me. May we all make lasting memories that our family and friends will hold on to and cherish – with no expiry date.

**So, here's to a life well lived ... the best gift I can wish for you ... for this and every Christmas.**

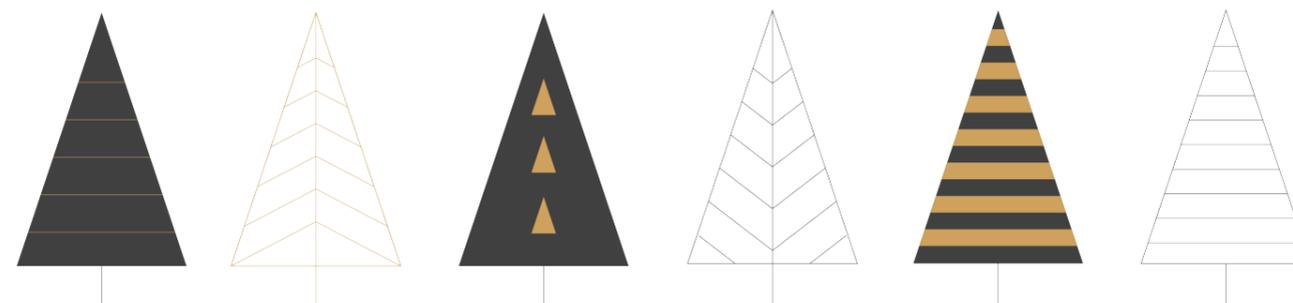
## Season's Greetings!

“So this is Christmas  
And what have you done  
Another year over  
And a new one just begun  
And so this is Christmas  
I hope you have fun  
The near and the dear one  
The old and the young”

## Happy Christmas by John Lennon

<https://youtu.be/sbKQ7nXx0o8>

“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)



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*Merry Christmas*

# Necessity is the Mother of Invention

*Especially when it's about your mother*



If you saw your mom in clothes that left her skin exposed, you would do something about it. Kristine Goulet certainly did. She co-founded a company with the singular mission of designing clothes that would provide comfort, protection and dignity for people who need help dressing.

On that life-changing day, Kristine arrived at the long-term care home where her mom lived, and greeting her as usual, she smiled and gave her a big hug. In an instant she went from joyful to tearful when she felt the clammy, bare skin of her mother's back. The adaptive clothing her mother had on had failed her.

As a daughter and a chiropractor, Kristine knew that skin in contact with a wheelchair put her mom at risk of pressure sores, not to mention that she must have been cold and uncomfortable. Kristine's conviction was that we can do better for individuals who need assistance when getting dressed. She joined forces with long-time friend and entrepreneur Patricia Quinn and Monarch came to be and they set up headquarters in Waterloo.

Today, Monarch offers engineered lifestyle apparel that solves the problems that come with other adaptive clothing and makes life easier for both loved ones and their caregivers.

On first glance, you'll notice that Monarch Clothes have a unique shape because they are designed to go on more easily. They slide on from the front, wrap around the body and snap closed at the side. The person getting dressed doesn't have to lift a finger—literally. Loved ones are completely covered, their skin is protected, they are not at risk of pressure sores and their body temperature is regulated. The clothes look good and feel good.

For the caregiver, there are no struggles to pull clothing over the head or contort shoulders into sleeves. Our team of professionals includes experts in the science of body mechanics and innovators in human-centred design who have done extensive research and development over the past few years in order to ensure all the technical details are just right. Monarch continues to stay true to their mission and is focused on expanding their offering.

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Wallenstein Bible Chapel  
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Pond View  
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Linwood Community Centre  
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www.communitycareconcepts.ca

# TIPS FOR GETTING THROUGH THE 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:** Unless you have a history of an adverse reaction, getting a flu shot not only protects you but also protects the health of those around you. Getting a flu shot is one of the most preventative measures that you can take to staying healthy this winter. Flu shots 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 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.

COMMUNITY  
CARE  
CONCEPTS  
of Woolwich, Wellesley and Wilmot

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

## Making the holiday season successful

The holiday season can be particularly stressful for caregivers and people living with dementia. Unfamiliar places, large groups of people, noise and a hectic pace can increase anxiety for those with the disease. Keeping things simple and cherishing the time with family will make the holiday period enjoyable and meaningful for everyone involved.

Keep these helpful hints handy:

- Plan ahead; have a family discussion and set realistic expectations. It may be a good time to start a new family tradition.
- Organize a series of small events instead of a day-long celebration. This will be less distressing to a family member who is in the later stages of dementia.
- Plan festivities around a time and day that is best for the person with dementia.
- Host family gatherings in a familiar place to avoid confusion.
- Limit family gatherings to small groups.
- Avoid decorations that look like candy, fruit or other food items.
- Decorate your home gradually so the changes are less jarring for the person with dementia.
- Ask the person with dementia to help with holiday preparations; give them safe, manageable tasks like wrapping gifts. Tell them their help is valuable.
- Make a list of doctors and pharmacies that are open during the holidays in case of emergencies; be sure you know where the nearest emergency department is.
- Have a quiet area where the person can retreat if gatherings become too hectic. A family member or friend should keep them company so they won't feel isolated or excluded.
- Buy gifts that have meaning; reactions are hard to predict so don't be surprised if the person's reaction is less than enthusiastic.

Call 519-742-1422 for more information.

**Alzheimer Society**  
WATERLOO WELLINGTON

# Seniors and the Holidays

A great deal of preparation and planning go into the holidays but celebrating with aging family members and loved ones requires some special attention.

Essential practices and aspects of care that seniors receive in their day-to-day lives should be incorporated into holiday celebrations, in order to ensure that health is not compromised or forgotten in the excitement of the festivities.

Logistically speaking, try making arrangements in advance that will help to create and foster comfortable environments and transitions for seniors attending holiday celebrations.

### Some Seniors Holiday Tips include:

- Create a comfortable space for them;
- Pre-arrange any transportation that is needed
- Respect physical limitations, and
- Create options for places to seek rest or quiet if things get too overwhelming.

### What are some things that can be done on the day of?

- De-clutter – remove unnecessary clutter items that are potential fall hazards
- Give everyone a task – everyone can help from peeling veggies to setting the table
- Extend invitations. If you know older adults who live alone, invite them over for a meal
- Medication reminders –The hectic season can make it can be easy to forget routines
- Monitor alcohol consumption – it is easy to become wrapped up in the festivities
- Plan – Anticipate the fact that elders may have trouble hearing in large crowds of people – a quiet space for 1:1 conversation may be a benefit.

The holiday season can help to create opportunities to spend meaningful time with friends and loved ones, and provides an incredible setting in which to create new memories and revisit old ones. While celebrating the holidays with seniors may involve a few extra considerations, a little bit of attention and planning can help to make this festive time as special and enjoyable as possible for everyone!

Article provided by: Retire-At-Home Services. For more information please contact Retire-At-Home at 519-208-2000 or visit them at [www.RetireAtHomeKW.com](http://www.RetireAtHomeKW.com)



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# YOUR ORAL HEALTH WORD OF MOUTH

In the past, tooth loss was a normal part of life. Education was limited with regards to oral health, cavities and the prevention of gum disease. Tooth pain resulted in extractions and partial or complete dentures were the solution to replace the missing teeth.

However, over the years, science and technology have evolved. We now have the ability to provide a plethora of treatment options to keep our own teeth for life and provide better long term solutions for tooth loss.

Tooth loss affects us much more than we think. Not only does it decrease our ability and efficiency to eat, but we become more self-conscious about our best asset, our smile. Tooth loss also can have a negative effect on our self-confidence and our facial appearance.

Most of us don't realize that tooth loss leads to bone loss. Without teeth being present, the surrounding bone structure will continue to shrink and break down over time. This leads to the collapse of your facial profile.

The good news is that we have the ability to replace missing teeth with dental implants. Implants are titanium screws that are strategically placed in the position of the previous teeth. Like teeth, dental implants are the only other option where bone height can be maintained over the long term. If you don't have an adequate amount of bone, there are ways to literally grow bone before

implants are placed.

Dental implants are used in a multitude of situations. Individual teeth can be replaced with implants and crowns, thereby eliminating the need to use adjacent teeth as anchors for a bridge or partial denture. There are many people who have suffered with partial or complete tooth loss for years and have had to endure bone loss and the functional difficulties of dentures. For these individuals, we have the ability to place dental

implants strategically in the upper and lower jaws.

The implants will not only preserve the bone at its current height, but will also allow their dentures/prosthetics to attach securely.

Patients who have gone through this life altering

experience can truly eat again, smile again and feel confident again!

Like many products, there are literally thousands of brands of implants on the market and they are NOT all created equal. Speak to your dentist to clarify their choice of implant for you and their degree of training and experience, before you proceed to ensure a successful result!

If you have any questions related to your dental health, please contact Dr. Miyen Kwek or Dr. Manning Chiang at: [newhamburgdental@communitydentalgroups.com](mailto:newhamburgdental@communitydentalgroups.com) or visit us at [www.newhamburgdental.ca](http://www.newhamburgdental.ca)

*Dr Manning Chiang & Dr Miyen Kwek*



**Congratulations to Tara Bott for your entrepreneurship and initiative to create the monthly publication, "Embracing Change"**

**It's an exciting read and informative resource for our community. We wish you all the best!**

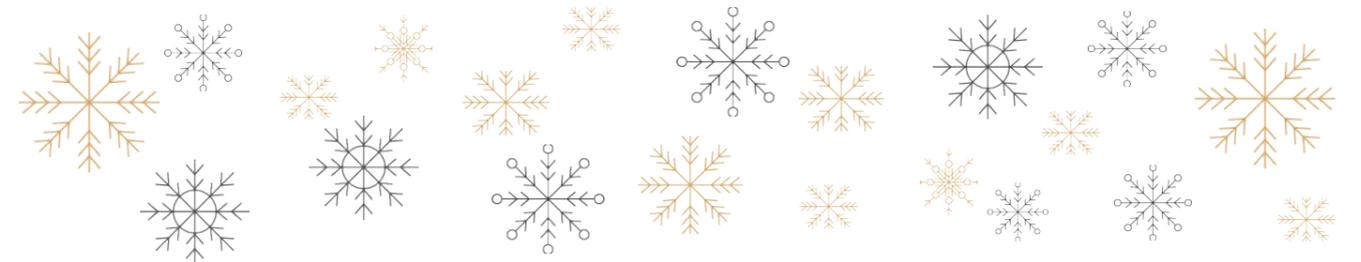
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# Holiday Weight Gain

In Canada the average person starts to gradually put on extra weight mid-October when Halloween candy is in abundance. Researchers have found that weight rises throughout October and November, and peaks about 10 days after Christmas. Weight gain varies from 1.5 pounds (lower average) to as much as eight holiday-cheer pounds.

Significant weight gain is preventable, and it is very difficult to remove, especially for older, less active populations. Five extra pounds gained works out to a surplus of 17 500 calories, meaning that individual is not only consuming far more than required, but they're not burning off the excess intake. With each passing year another size is gained and aging and disease are accelerated. Benjamin Franklin's wise adage seems fitting; An ounce of prevention is worth a pound of cure.

So how do we enjoy the holidays without putting on unwanted weight? There are no magic pills or simple solutions. It comes down to two solutions: smart choices and self-discipline. Only you can manufacture the self-discipline required to "say no." No one else can help you. Dig deep and deliberately make the choice to not fall into that statistic.

## Here are some practical holiday suggestions and every-day guidelines to help you make smarter, healthy-weight choices:

- Always stop eating prior to being full. Never eat until you are stuffed with food.
- Fill up on healthy raw foods first. Consume a large salad or a satisfying smoothie before going out. Rich holiday foods are less appealing when you're not ravenous.
- Use a small plate. You'll feel like you're eating more food when it's loaded up on a small dish.
- Chew, chew, chew! Over-eating is more likely to happen when we inhale our food quickly. Take your time, chew your food, and relish every taste and texture.
- Limit yourself to one alcoholic drink per special event. Alcohol is empty calories, with no nutritional or fibre-filling value, which does wonders for an expanding waistline. It is also deadly for insulin and inflammation levels!
- Wait for 20 minutes before consuming dessert. This provides time for your brain to register satiation, making it more likely you'll consume less, or refuse dessert altogether.
- Brush your teeth. Many people find a refreshing brush after dinner discourages nibbling throughout the evening.
- Do an attitude check. If you tell yourself: "Who cares? I'll cut back in the New Year," you are not setting any boundaries. A positive attitude says, "I care enough to set boundaries and limits." This makes you more inclined to stick to your goals.

At this time I would like to wish you and your family a wonderful Christmas and Hanukkah and a happy, healthy 2019!

Christine Gingerich is a Lifestyle Coach and the author of OptimalYOU. She loves living in health-conscious Wilmot Township! [www.optimalYOU.ca](http://www.optimalYOU.ca)

*Wishing Everyone a Merry Christmas*



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## Wellesley Township Seniors Drop-In Sites



Come and enjoy exercise, guest speakers, cards, games, crafts, activities, music and much more! No registration required.

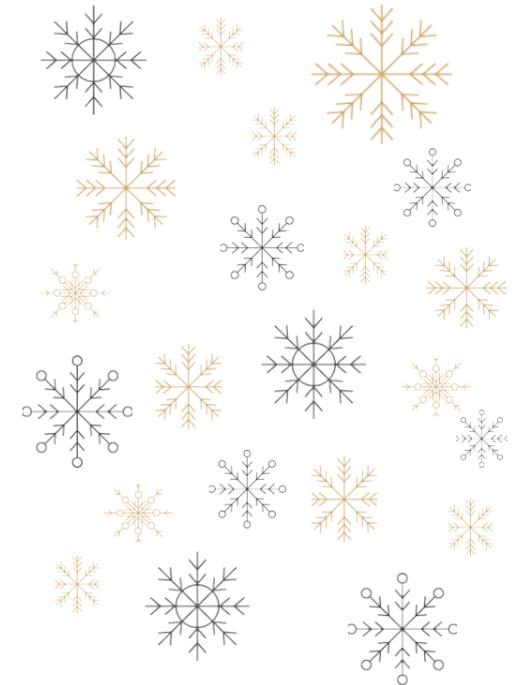
**Hawkesville Community Center**  
Tues 9:00 am - 12:00 pm  
Thurs 1:00 pm - 4:00 pm

**St Clements Community Centre**  
Wed 1:00 pm - 4:00 pm  
Thurs 1:00 pm - 4:00 pm

**Lindwood Community Centre**  
Mon 1:00 pm - 4:00 pm  
Wed 1:00 pm - 4:00 pm

**Wellesley Community Centre**  
Mon 9:00 am - 12:00 pm  
Wed 9:00 am - 12:00 pm

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




**Restored Soles Foot Care**  
In-home service

**Leanne Horst RPN**  
Certified Foot Care Nurse

[restoredsoles@hotmail.com](mailto:restoredsoles@hotmail.com) (519) 897-3882

## ABOUT THE DESIGNER

This issue was designed by Jessica Uttley, a Graphic Designer currently residing in Toronto. Jessica has deep roots and fond memories in the Wilmot & Wellesley Township as she has had family residing there most of her life, including her grandparents, Dave and Marie Albrecht. She is proud and excited to take part in the community once more!

**EMERGENCY/IMPORTANT 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  
 Region of Waterloo Public Health..519-575-4400

THIS SPACE IS GENEROUSLY DONATED BY:  
 TOWN SQUARE & BADEN VILLAGE PHARMACY

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**PHARMASAVE**



**BADEN VILLAGE PHARMACY**

**PHARMASAVE** 18 Snyder's Road, Baden, Ontario  
 P. 519-214-4000 F. 519-214-4001

**TOWN SQUARE PHARMACY**

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

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**Come visit our newly updated store.**

A new look at Cook's Pharmacy in Wellesley and New Hamburg

**Brand New Look, Same Great Service**

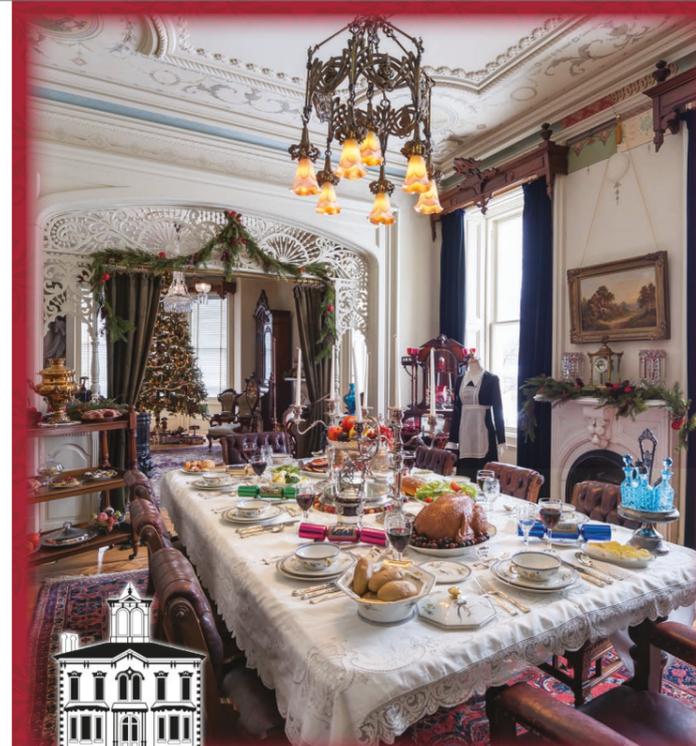
**Visit us today and see how our team is offering more than before!**

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Now part of the Remedys Rx banner but still Independently Owned.

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The Local Drug Store

**We Take Care of Your Health and Wellness Needs**



**Christmas at Castle Kilbride Museum**

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

**Christmas Holiday Hours**

The Castle sparkles from **November 20th to January 6th**  
 Tuesday to Sunday 11:30am-4pm

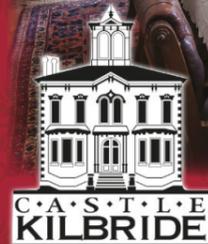
**A Merry Victorian Christmas**

**Thursday, December 6th • 6pm to 8:30pm**  
 One evening only, marvel at the glitter and glamour of the decked out 1877 home at night.  
 • Tour • Live Entertainment • Hot Apple Cider \$5 per person

REGULAR HOURS until November 20th  
 Tuesday to Sunday 1pm-4pm

Operated By Wilmot Township

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



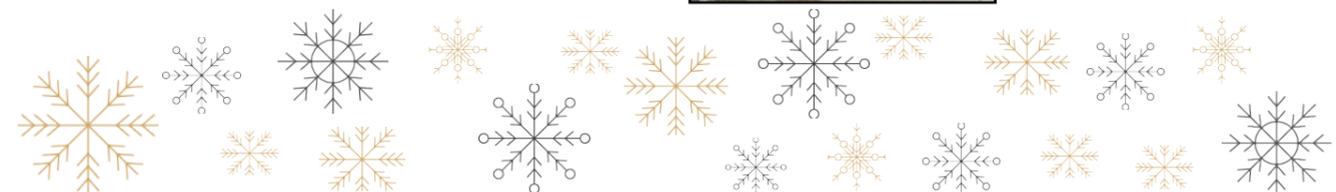
**60 Snyder's Rd., W. • Baden**  
 519-634-8444 • 1-800-469-5576



**New Hamburg**  
 75 Huron St.  
**519-662-2640**  
 Mon.-Fri. 9-8; Sat. 9-5



**Wellesley**  
 1201 Queen's Bush Rd.  
**519-656-2240**  
 Mon.-Fri. 8:30-7; Sat. 9-2



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