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VOL 6 ISSUE 12 AUGUST 2024

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Guardian

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Katie Koebel,
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On The Cover

Will is a senior resident of the Region of Waterloo, and was a successful national and international music publisher and record producer. His personal story will no doubt capture your interest. See the full cover story on page 7.

William BrubacherCOVER STORY &
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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, its editor or publisher.



LETTER FROM THE EDITOR

In this edition of Embracing Change, we delve into a topic that affects many in our community: overcoming depression among seniors. As we navigate the complexities of aging, it's crucial to recognize that mental health is as vital as physical well-being. This issue is dedicated to offering insights, strategies, and stories of resilience to help you or your loved ones find light in the midst of darkness.

Depression can cast a shadow over even the sunniest days, but it's important to remember that you are not alone.

Through these pages, we explore various approaches to managing and overcoming depression. From the therapeutic benefits of art and music to the healing power of connecting with nature, we highlight activities that can uplift your spirits and nourish your soul.

We also emphasize the importance of seeking support. Whether through counseling, support groups, or trusted friends and family members, reaching out can make a significant difference in your journey toward healing. We provide resources and practical tips to help you navigate this path with confidence and compassion. Be sure to check out the articles provided by Interfaith Counselling Centre and Schlegel - UW Research Institute for Aging.

Embracing Change is more than a magazine; it's a community dedicated to supporting one another through life's challenges. Your stories of resilience inspire us all, and we are honored to share your experiences and wisdom.

As we embrace the theme of change, let us remember that every day offers an opportunity for growth and renewal. Together, we can cultivate a future filled with hope, resilience, and a deep appreciation for the journey we're on.

Gadget of the Month – Car Handle Assist

An ingenious “handle” that fits into the U-shaped striker plate of your car's door frame. It works on both driver and passenger sides, allowing you and your loved ones to now hold onto something with both hands when entering and exiting your car. It allows the user to easily sit or stand safely while entering or exiting their vehicle, offering support and protection from falls.



Warm regards,

Tara

FLASHBACK PHOTO

Haymaking on Peter Miller's farm. Visible Cleason Martin farm next to town boundary. West - Old SS No 4 school. Dated 1903.



Courtesy of Grace Schmidt Room, Kitchener Public Library

The Elmira Agricultural Works Company, Limited.



THE ELMIRA FOUNDRY was started in the year 1886 by Messrs P. Jansen, of Elmira, and Abs. Merner, of Waterloo. The firm was known as Merner & Jansen. They manufactured agricultural machinery and did a general repair business, with Mr. Robert Odbert as foreman. After the lapse of the first year Mr. Jansen retired, leaving the plant in the hands of Mr. Merner who was also engaged in the foundry business in Waterloo.

The business was then conducted under the firm name of Merner & Co., with Mr. S. Laschinger as manager. In the year 1888, the Merner and Brieker foundries, at Waterloo, were amalgamated and incorporated under the firm name of "The Waterloo Manufacturing Co." Of this enterprise the Elmira foundry then became a branch. As such it was conducted by Mr. Laschinger until the beginning of the year 1901, when it was purchased by a Joint Stock Company, known as the Elmira Ag-

ricultural Works Company, (Limited), with a capital stock of \$60,000. The President of the Company is Mr. Sydney Seider, a prominent farmer near Elmira; Mr. P. Stampf, foreman of the wood-working department, is Vice-President; Mr. Otto Unslach, Secretary; and Mr. Solomon Laschinger, Manager.

The Company manufactures, principally, agricultural machinery and implements, such as Hayloaders, Side Delivery Hay Rakes, Corn Cultivators, Grain Crushers, Root Pulpers, Feed Boilers, Ensilage Cutters, Land Rollers, etc. They also produce a line of Excebsior Machines which they sell to manufacturers of "Excebsior" packing.

This industry is a most promising one. Agencies have been established throughout the Provinces with good results. The demand for their goods being in excess of the present capacity of the Works, the Company have decided to make extensive improvements and additions.

Hay-making as it is done with Machinery manufactured by "The Elmira Agricultural Works Company." This scene was photographed on Mr. Peter Miller's farm (The Jas. Kenning Place,) Elmira.

How to Manage Your Health While Exploring the World

Travelling is an adventure like no other, filled with new cultures, experiences, and food to inspire your palette. However, as fun as travelling is, it can also disrupt your daily wellness routine – making it not only hard to maintain a healthy lifestyle, but it can also lead to possible health complications.

While most travel-related illnesses aren't serious, they can still put a damper on your trip and overall health, so the experts here at Cook's Pharmacy created this comprehensive guide to help you keep yourself healthy as you travel.

If you already find it a little challenging to maintain a healthy lifestyle at home, you may find it even harder to do so on a trip. Even seasoned health professionals can fall out of practice when faced with the stress and excitement of travelling to a new place.

Staying healthy while travelling the world is easier than you think. We've put together practical tips and strategies to help you stay healthy while you travel the world.

Before You Travel, PREP!

Pre-travel preparation is key to maintaining wellness on the road. Research your destination's climate, local cuisine, and available healthcare facilities beforehand.

If you have specific dietary requirements or medical conditions, identify suitable restaurants and pharmacies in advance.

Being prepared ensures a smoother and healthier travel experience, allowing you to focus on savouring the journey without worry.

Keeping Your Doctor in The Loop Before You Travel

You should always keep your General Practitioner (GP) in the loop when you decide to travel. They're going to be an essential part of judging whether you're healthy enough to make the trip, as there are several considerations you need to consider before you take off.

Before you travel, talk to your GP if you experience:

Chronic Illness

Chronic illnesses such as heart disease, diabetes, asthma, or other chronic conditions may require careful management and consideration before you decide to travel. Changes in your environment, altitude, or access to medical care could impact these conditions, so check in with your doctor before you book your trip.

Mobility Issues

Limited mobility due to conditions such as injury, arthritis, or other physical disabilities could make certain modes of travel or destinations inaccessible, so do your research and make sure you're prepared for the trip.

Mental Health Conditions

Anxiety disorders, depression, PTSD (or CPTSD), or other mental health conditions could require you to take additional precautions and arrange for extra support/accommodations during travel. Check with your GP and other mental health professionals for a second opinion or to ensure you have the necessary medication/support.

Continued on page 6

Additional Considerations

Ensure that your vaccinations are up to date before you leave, especially if you're travelling to places with certain health concerns. Always consult your GP about additional vaccinations and extra precautions you should take before your getaway. A pre-trip health check-up can also preemptively address any concerns before you take off, especially for longer trips.

Pack a Travel Healthcare Kit

Having a well-packed travel kit could very literally save your life, or at the very least be a great convenience. Always include essentials such as:

- Prescription medications
- Pain relievers
- Antihistamines
- First-aid supplies
- EPI-pen, if necessary

All these things can be paramount should you run into minor medical emergencies whilst on your trip. Also, don't forget other essentials such as sunscreen, hand sanitizer, insect repellent, and aloe vera in case you get burned. Anti-nauseants could be great too if you plan on travelling by boat or by car.

Also, if you're travelling where you can't guarantee the drinking water is safe, you can also bring water purification tablets.

Enjoy Your Food, But Keep Dietary Health in Mind

Sampling the local cuisine is great – it's one of the very best reasons to take an international trip!

However, like anything in life, it's good to maintain balance. While you can definitely treat yourself, there are a few additional considerations to keep in mind to help keep things in focus:

- Prioritize Fresh and Local Foods
- Keep Yourself Properly Hydrated
- Keep Your Alcohol and Caffeine Intake Moderate
- Prioritize Physical Activity
- See The Sights on a Bicycle or Foot
- Select Adventures That Keep You Active
- Prioritize Your Sleep!
- Stick to a Sleeping Schedule
- Crafting a Cozy Sleep Setting
- Peace of Mind

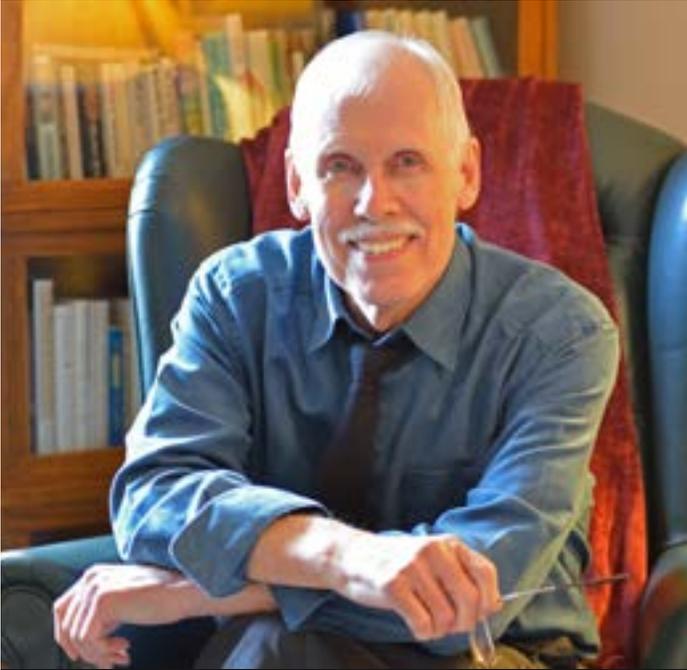
Travelling to new destinations should be exciting, not stressful. With Cook's Pharmacy by your side, you can travel with confidence knowing that you're protected against preventable diseases.

Don't let health concerns hold you back from exploring the world. Contact Cook's Pharmacy today to schedule your travel vaccination consultation and take the first step towards a safe and unforgettable adventure! Don't minimize your travel health priorities, Cook's Pharmacy has your back! Safe travels!

Read the full article at <https://cooksrx.ca/blog/>

Life-Lessons after Losing my Life-Savings

> Part One <



Life is meant to be played from beginning to end regardless of the number of mistakes.

I was a successful national and international music publisher and record producer; then a few years after selling my business and taking an early retirement, I lost my life savings of 1.2 million dollars in the market crash of 2008.

I was 63 years old.

In addition to losing my financial security as a senior: my home, my wife, my retirement, my self-esteem, and my will to live fell by the wayside as collateral casualties of the crash. My life came to an abrupt and surprising dead stop.

As you can imagine, my former self-worth and pride were shattered, and were almost instantly replaced with shock and trauma - shame and humiliation. My 'familiar' world had completely changed in a matter of minutes.

I wanted to hide, to disappear. I couldn't look at myself in the mirror. I wanted to die. Time stood breathlessly still in silence – as though waiting.

A deep depression rolled over me like a rogue wave unleashed from an invisible sea. My life had been suddenly capsized, and I was floundering in an ocean tempest whose invisible undercurrents were dragging me down to a terrible and unknown realm that I felt ill-prepared to face, let alone survive.

The economy was as flat as a sun-burned beach, and as a relatively young senior, the prospects of having to return to work after the freedom of retirement, was, to say the least, daunting, and the most dreaded prospect on my mind.

To make matters worse, the business world had been changed so dramatically by technology (since my retirement), that the possibility of finding any kind of job was going to be extremely difficult.

Realistically, the best I could expect to find, and with any luck, would be part-time employment, paying minimum wage, likely working for someone much younger – my past a distant memory, cherished or not.

It would soon be the dead of winter, and that barren, unrelenting landscape held me in its icy grip both inside and out, for a long time to come. My life was frozen.

My first part-time job, of all things, was driving a hearse, which always made me feel like they were burying the wrong person.

The next part-time work opportunity had me wearing a paper-boy's green fabric bag, slung over my shoulder that was filled with Home Care pamphlets. These I was to take to doctor's and dentist's offices, pharmacies, and hair

Continued on page 8

salons, and any other commercial office were I would have to ask the receptionist or sales 'rep' for their permission to leave the promotional pamphlets in their often crowded patient-client-customer waiting room/premise.

Quite a contrast to my former professional entrepreneurial life of having a staff of 70 people, personal secretary, a branch office in Ottawa, and ten exclusive distributors around the world.

It felt like my new life was surreal, like a 'nightmare', completely out of my control, and in a spiraling 'free-fall' heading down to another 'crash'.

After a few more attempts at finding different part-time jobs, I decided to risk a fling at taking over a young fledgling business; however, the former owner failed to honour her commitment to training me, and quit before the business had time to get on it's feet. Back to the start.

I was living alone, and money was scarce. My weekly grocery budget was \$25.00 for both myself and my cat. I dropped from 150 lbs to 115 lbs. A nurse wanted to have me admitted to hospital for malnutrition; but there were no beds available at the time.

I wore a coat to bed during the winter for added warmth, and when returning to my small apartment in the hot summer weather, I would strip to my boxer shorts hoping no one would come unexpectedly to the door. No one ever did.

My tiny 'life-raft' was being tested daily by the turbulent winds and waves of a wild and persistent 'storm' of unexpected events, the next worse than the last.

In fact, I experienced over 120 major stressful events that averaged a new and different episode every month, for a period of ten years. The situation was uncanny, and 'dark' and disheartening, to say the least. Alone, with my desperate thoughts, and feelings of a life wrecked in a hurricane I and countless others the world over, never saw coming.

I then decided to volunteer for a family mediation service, and began taking courses that would eventually lead me into a new world of becoming a nationally, and provincially certified intergenerational, professional family conflict coach. It was a new field then and still is, requiring insightful and creative problem solving capabilities which I felt I could handle. And as an 'intern', I was beginning to feel I was on a path with a purpose.

This was followed by becoming a professionally certified grief mentor, which fulfilled my sensitive nature, and my desire to support seniors going through the ultimate pain and loss from the death of their spouses.

I had been trained as a volunteer for Regional Hospice years ago, and in addition to experiencing the deaths of many people in my life over the years, I could also empathize with my peers losing their partners, and especially having to start their lives over. I knew I could personally relate to those profound challenges.

Change, as you know, doesn't come easily, especially the older we get, and as a senior, the changing conditions we face are quite unique to our generation. They are also relatively new to most of us living longer and more complex lives.

Feeling something was missing in relating to and resolving serious relational issues, I developed an hypothesis that combined both my grief and family conflict philosophies .

It is that: "At the core of grief is inner conflict, and at the core of conflict is grief and loss." These I applied to my work in both fields.



Continued on page 9

And as time went by, my life gradually stabilized, the storms subsided, my depression lifted (though the experience will never be forgotten) , and I'm slowly beginning to get a new 'lease on life' as they say.

I learned many practical 'life-lessons' during that unusually lengthy, and gruelling 10 year period battling with both depression, and survival.

I had to believe that I was being moulded by the lessons and values it would take to forge my future if I were to come out of this maelstrom, a better person.

Next Month: in Part Two of my story, I will go on to share many of those personal lessons which I trust you will find practical and inspirational in your own lives when confronting issues that can so easily and suddenly arise to threaten our stability, peace of mind, and overall life purpose, when we least expect them.

Until next month....

Will Brubacher

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P.S. BOOKS: For any of you interested in reading first hand about my experience over those ten years, copies of my exciting memoir: "Against the Odds" are now available at a special 10% Discount – until September 30th.

Review: Rev. Ron Rempel: "What a journey! What an accomplishment to be able to write it! Couldn't put it down."

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Landmark Study, Report #2

The Many Faces of Dementia in Canada

Earlier this year, we released the second Landmark Study report, this time looking at dementia across demographic groups.

Dementia is a major public health problem in Canada and around the world, affecting millions of people. Research indicates significant variations in the risk of development, prevalence, clinical presentation, and health outcomes across various communities in Canada, including differences in ethnicity, race, sex, gender and age.

With the rapid rise of our aging population in Canada, this is one of the first studies that seeks to better understand the many faces of dementia, so that no one is left behind and we're able to serve their specific needs and those in their circle of care.

Understanding the unique needs and experiences of diverse communities is a key step in improving the quality of life for people with dementia and their caregivers.

In Canada, more than 650,000 people have dementia and the numbers are sharply increasing.

We need to increase awareness of the diversity of who develops dementia in Canada.

Surprising facts about dementia:

1. Over the next 30 years, we anticipate the number of people living with dementia in Canada will grow by 187%.
2. By 2030, almost 1 million Canadians will live with dementia. Its impact is and will continue to be felt across all borders, sectors and cultures.
3. Studies shows that colonization and stress from racism can affect brain health. Addressing these factors is important in preventing or delaying the onset of dementia.
4. Women are doubly affected (almost 2:1 dementia cases and >50% of caregivers), and by 2050 1 in 4 people with dementia will be of Asian origin.

**To read highlights and personal stories from the report, and download the full findings, visit our website:
alzheimer.ca/manyfaces**

Alzheimer Society
WATERLOO WELLINGTON

Grief is Not a Problem to be Solved



To be human is to feel pain — to be affected. A human life is vulnerable to the inevitability of change. When we are deprived of something or someone, the natural response is to feel pain and to grieve. Grief is not a disease or a problem to be fixed. It is not a deficiency within you. It doesn't make you broken or damaged. Grieving is painful but necessary, and it makes you human.

You may be asking yourself — “Am I doing this right? Should I be feeling this way? Is there something wrong with me?”

These questions are often asked because of messages received from friends, family, and society, that you're somehow doing it wrong. These messages often imply that you shouldn't be feeling badly and you should be returning to life as normal. But life as normal does not exist and there is no quick “recovery” from earth-shattering loss.

Grief is not a problem to be fixed, but our society views it as such. We live in a pain-avoidant and pain-denying culture. Uncomfortable with pain, others try to take away the pain with positivity and optimism, and silver linings and platitudes. This results in pain that is minimized and unacknowledged.

Grief is not a problem and it has no solution. Efforts like this do not take away the pain, they perpetuate it, causing many to feel more alone and isolated in their experience, or perhaps angry and resentful. “How can they be so insensitive?” or “Why don't they get it?”

It may also cause you to question your reality. “Should I be feeling this way? Should I be getting “better”? Am I just feeling sorry for myself... drowning in my own self pity?”

Our pain-avoidant society suggests that we're doing something wrong and we begin to see ourselves and our pain as the problem. The pain becomes an enemy within you — something you need to gain power over.

You don't have to be a warrior. You are not losing a battle and grief isn't a fight. Nor does it hold you captive. It is what is alive inside you and it speaks to something uncomfortable, messy, and frustrating, but also something uniquely human. You don't have to conquer your pain. It is not something to overcome.

Meeting your grief with tenderness, softness, openness, and love may lessen some of your suffering. Your grief is a representation that you cared for someone. It isn't an enemy. Finding the safe places within you to lean into the pain without judgment is a necessary component of any grief process. This requires taking a step off of the battleground.

There are of course, periods of feeling numb. The sadness may feel so heavy, that your body and mind temporarily protect you from it. You aren't crying and instead you are in a fog and detached from life. What mattered doesn't seem to matter anymore. This is also pain. It will come in many forms. Grief alters the way you see the world and the way you see yourself, what you believe and what you don't, the present and the future. What was known is now unknown, what was familiar is now unfamiliar — all foreign, and all frightening. Finding an orientation within your new reality will take time.

Grieving cannot be rushed. Because our culture views grief as a problem to be fixed, it is assumed that grief is something that needs to be resolved. This results in messages from friends, family, and society, that you need to “find closure,” “move on,” and “let go.” Grief does not resolve. It will always be a part of you. You are slowly learning how to exist in this world again and that takes time.

This notion of moving on and letting go may also imply that you have to cut ties with your

Continued on page 12

person and leave them behind. This belief can perpetuate feelings of loneliness, yearning, and emptiness. The relationship that you had with your person will always exist even though they are not with you in the physical sense.

The love or connection does not go away. You've partially been formed by their presence in your life. You wouldn't be you without them. Part of the difficulty of grieving within our culture is that we don't often speak of the dead. When a person dies, it's almost as though they never existed, or they become reduced to the way they died, or the problem of your grief. Your person may show up in far less conversations with your friends and family than they did before they died, even though they continue to hold the same importance in your life. People rarely ask about the dead. Feeling as though your person never existed is an extremely painful experience.

Remaining connected to your person by speaking about and imagining your person, and bringing them into your present experience is all natural and necessary. You have a tank full of memories that are reminders of the place that your person held and can continue to hold in your life. Hold onto and nurture that voice and connection. Goodbyes don't have to be the path of grieving. The pain of grief is uncomfortable and it is also necessary. Be kind and gentle with yourself as you walk this road. Find the safe places to be with your pain – whether it is beneath the trees in the forest, with a trusted and caring friend, or wrapped in a blanket by candlelight. These are the places where your grief has space and you can breathe a little more easily. For now, that's the only goal.

Additional Support

Hospice Waterloo Region provides a wide variety of programs and services in the community and at the Gies Family Centre. These programs and services are designed to help and support individuals who are living with a life-threatening illness, their families, and their care providers. Hospice also has programs for the recently bereaved.



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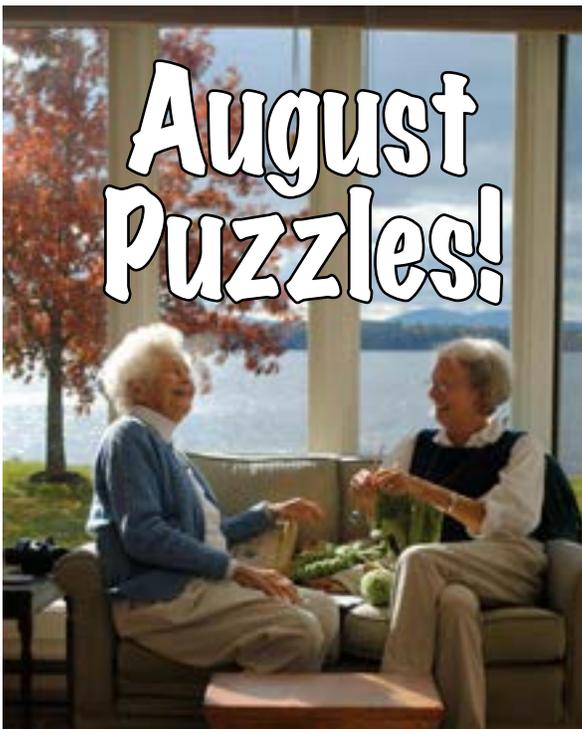
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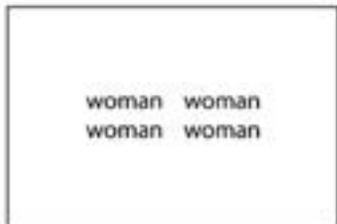
Concentration Puzzle

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



Wacky Wordies

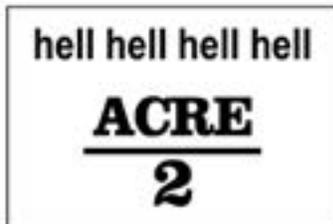
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. _____



2. _____



3. _____



4. _____



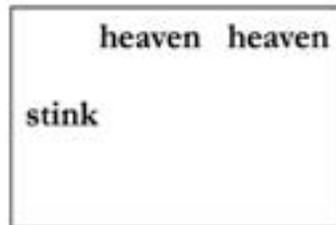
5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

Spot the Difference!

Find 10 differences between the two pictures.



Togetherness means different things at different ages.

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Laughing Matters!



Solutions on page 21



The Music In Me

WRITTEN BY FRED PARRY

I guess my love affair with music started in the backseat of a car ... no, not that backseat ... actually the back window of my Mom's old 1950s Buick.

To make more room, I had shifted the big old pile of 78s records from the seat to the back window shelf where the hot summer sun beating through the large rear glass window melted and warped them all.

My Mom was horrified and, right then and there, I realized that music meant something to people, and what I had done was sacrilege! Music meant everything to her — it was her voice — and I just killed it!

That was the day that music gave birth to a brand new reality in my soul. Music had the power to move people; and seeing what it meant to my mother, it eventually became my voice too ... music began speaking to me.

John Lennon once said, "Before Elvis there was nothing." That's the way it was for me too. I can still remember as a pre-teen falling to sleep during a long car ride, as the radio belted out Elvis singing, "I just want to be your teddy bear." I don't remember anything about music before that.

I was so hooked; I even remember being thrilled by the design of old record labels. Just to mention a few; there was Decca, RCA with the little dog 'listening to his master's voice', and Columbia's label that showed twin microphones. (I know it sounds silly and juvenile; but I was, after all, just a kid.) Later when the Beatles came along, I can still remember the label design of smaller 45s records of the Capital label and also their own 'Apple' label.

Personally, as a 'Zoomer', I had grown up through the end of two eras and the beginning of another. There was the 'big band' sound of the 1940s (my Dad's favourite), the early rock 'n' roll of the Four Seasons & Elvis (my Mom's favourite); and even though I got a piece of that era with Chubby Checkers and the Twist, it was really the 'British Invasion' of the early 60s that was in my sweet spot.

Actually, I was one of the last in my generation to catch on to who the Beatles were. It took a game of Spin the Bottle and my first real teenaged kiss, with the song 'Eight Days a Week' playing in the background. My head was spinning and I was convinced that if the girls loved this band, I really should get on board with the new sound!

I also realized something else: if the girls loved the music, then that went double for musicians! (Hey, maybe those old piano lessons my Mom sent me to, would finally pay off!)

Next thing I knew I was in the high school band and blowing the school's saxophone on the weekends, as part of a rock group. (Oh how sweet life can be!) Even the thugs left us 'musicians' alone; because they knew that 'like bees to honey,' where we were, so were the girls.

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



Ask the Doctor

with Dr. Nicole Didyk

What annual screenings do you recommend for adults over the age of 65?

Screening, in medicine, is something we do for asymptomatic, healthy people, to look for health conditions before they become advanced. An example might be a mammogram every 2 years for women ages 50-74, to screen for breast cancer.

In the case of older adults, most of the annual screening involves asking questions about lifestyle and offering advice, for things like exercise (do more!), smoking (do none!) and alcohol use (do as little as possible!). Other screening questions that may come up at an annual “checkup” include:

- Any urinary incontinence?
- What medications are you taking?
- Are you affected by elder abuse or neglect?
- Vaccines up to date? This includes a Tetanus booster every 10 years, Flu shot annually, Pneumococcal vaccine (once after age 65) and Herpes zoster vaccine (once after age 50).
- Any falls this year?
- Have you lost weight without trying?

Routine annual blood tests or x-rays aren't recommended for most healthy older adults. We also do not recommend a “memory test” like the MoCA or MMSE for older adults unless there's a patient or family concern about a memory change.

Tests that we *do* recommend are:

1. Blood pressure measurement every year
2. Cholesterol screening (blood test) once every 5 years
3. Assessment of risk of bone fracture in both men and women ages 65 and over. This may include a bone mineral density test (BMD) or a questionnaire. BMD is not required every year and may not ever need to be repeated.
4. Having hearing and vision tested (most of the time this is done with an optometrist or audiologist rather than a family doctor).

Most of us don't like to visit the doctor unless we have an issue, and most of the time, that's a good approach! However, an annual visit to check in around the screening tests described above can help to detect and treat conditions that could get worse if ignored.

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

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



Our federal government continued to **support seniors** this Spring session with:

- Affordable dental care
- Access to diabetes medications
- Affordable housing



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519-578-3777

Taking Advantage of the Summer Weather

Summer provides an ideal time to enjoy the sunshine, and to get out of the house! There are many free, or low-cost activities for seniors to enjoy:

- Get out of the house and get moving! Depending on your abilities, go for a walk, run or roll around the block. For those that are more adventurous, there are many great walking trails to enjoy. Not only does this get us out of the house but it keeps our mind and body moving. Need support? There are volunteers who can take a walk with you.
- Enjoy the warmth of the sun but please use caution! – Whether it be sitting on a porch or patio, taking a walk, enjoying the beach or participating in activities, summer provides a great opportunity to get out and enjoy the warmth of the sunshine. Vitamin D provided by the sun often makes us feel better. It has also been proven to be good for our bones and muscles to function while reducing the risk of fractures. Please wear sunscreen and a hat and try and adjust your hours in the direct sun to avoid the hottest period of the day, from noon to 3 pm.
- Cool down with a swim! Whether it be swimming outdoors or enjoying one of our community pools, swimming relaxes the body and is easier on joints than other forms of exercise. Check out public swim sessions or classes offered through our Townships.
- Create or tend a garden. Whether it be planting a few flowers in a pot or tending a flower bed, working with soil and watching plants and gardens grow can be very therapeutic. Need help with your gardening? There are people who can help!
- Attend a community event, festival or the farmer's market. There are many activities

across our Townships that provide an opportunity to get out amongst others.

- Participate in free drop-in gentle exercise programs for seniors across our Townships.
 - Attend social and recreational programs for seniors across the Townships. There are many free or low-cost activities for seniors to enjoy. Whether it be playing a game of cards or games, enjoying common interests with others, coffee hours, music or guest speakers, these programs offer a great way to get out and meet others.
1. Breslau Community Centre
 2. Hawkesville Community Centre
 3. Linwood Community Centre
 4. New Dundee Community Centre
 5. St. Clements Community Centre
 6. Wellesley Recreation Complex
 7. Wilmot Recreation Complex (Active Living Centre)
 8. Woolwich Memorial Centre (Woolwich Seniors Association or gentle exercise classes)

Summer provides an ideal opportunity to get out of your house and stay active, improving our physical health, keeping sharp and mentally engaged and connecting with others. For information on these and other activities, contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.





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Understanding late-life depression

Hilary Dunn-Ridgeway, Senior Director, Community Relations, Schlegel-UW Research Institute for Aging



Depression is not a natural part of aging, yet it affects up to 40 per cent of older adults. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, aims to create meaningful change to improve the mental well-being of older adults. Below, she shares how you can recognize and get help for depression.

What is depression?

Clinical depression, or major depression, is not just about feeling sad. It's a serious condition where one may feel sad all the time and lack interest in activities that used to bring joy. Changes in sleep patterns or appetite, low energy, difficulty focusing, not maintaining personal hygiene, and feelings of guilt or worthlessness are other signs of depression. The severity of these symptoms can vary from mild to severe, and the signs and symptoms can vary from person to person.

Risk factors for developing depression

There are some risk factors that increase the risk of developing depression as one ages:

- The loss of a friend or loved one
- Loneliness
- Ongoing medical problems
- Struggles with thinking, focusing and memory
- Long-term hospital stays or being diagnosed with conditions such as strokes or Parkinson's disease

Common myths

Common misconceptions about depression can prevent older adults from seeking help. Some of them include:

- "It is not a normal part of aging." Depression is not an inevitable part of aging and should be treated with the same concern as any health problem.
- "There are no effective treatments." There are many effective treatments for depression, including medications, therapy, and lifestyle changes like adding mindful activities or more exercise to a daily routine.
- "It's just grief" or "I'm just tired." While grief and fatigue are common, ongoing symptoms shouldn't be ignored.

Seeking help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and develop a treatment plan specific to your needs. This may include therapy, medication, and/or changes in lifestyle such as exercising more. Understanding depression in late life is the first step toward managing it. With the right support and treatment, a fulfilling life is not out of reach. To learn more watch *Demystifying Depression in Older Adults* featuring Sophiya Benjamin

Additional Resources:

- [Supporting Your Neighbours: A Community Conversation Guide](#)
- [A By Us For Us Guide: Enhancing Wellness](#)

If you are interested in learning more about the RIA, please subscribe to their newsletter at: the-ria.ca/subscribe-to-our-newsletter/



Nature and Mental Health for Older Adults

As the weather warms up spending time outdoors starts to feel more appealing. Many of us find it easier to get outside and be in nature at this time of year. Nature can be incredibly helpful for one's mental health by reducing stress and promoting relaxation, restoration, and recovery. As we enter the summer months, I invite everyone to think about spending time outdoors in whatever way feels right for you. Here are some suggestions:

1. Gardening: Gardening has been shown to have many benefits when it comes to improving a person's mental health. Perhaps this is the year to plant some fruits or vegetables or find seeds for your favorite flowers. Visiting a nursery or plant store can be a fun part of the process as well. If you are feeling unsure of where to begin your gardening journey, consider joining a local gardening club. These clubs can be a place of education and community. Additionally, public botanical gardens can be another great option for those who might not have the energy or space to do their own gardening. These community garden spaces can provide lots of beauty and serenity!



2. Sitting in the Sun: Sitting in the sun can be beneficial. Exposure to sunlight can increase levels of vitamin D and have other health benefits. Apply some sunscreen, grab a hat, and get outside. You could read a book, enjoy some music, listen to a podcast, or pack a picnic to occupy your time. Additionally, think about just allowing yourself to take a nap. Making time for rest is a great way to take care of yourself!

3. Going for a walk or hike: Depending on your mobility, going for a walk or hike can be an enjoyable activity. Consider reaching out to a friend or family member to accompany you. Check the weather and ask around for recommendations. There are many trails around the region to experience.



4. Going on a car or boat ride: Find a scenic driving route or a lake to explore. Driving can be a great option for those with mobility issues who want to get out but cannot go on a walk or hike. Make sure to pack some snacks and music for the ride. Perhaps find a restaurant, cafe, or ice cream shop along the route to stop at and eat some delicious treats.



5. Visiting a cottage: Visiting a cottage can be a wonderful opportunity to be in nature. Are there family members or friends that you might have fun planning a cottage trip with? Sitting near water, listening to birds, and enjoying Ontario nature can be a relaxing and revitalizing experience.

Hopefully, this list provides some ideas to experiment with so that you can connect with nature in a way that works for you this summer!

Written by,
Danielle Lancaster, Registered Psychotherapist
(qualifying)
Interfaith Counselling Centre



An advertisement for Rudy Held's Performance Centre. At the top left is the logo for "RUDY HELD'S PERFORMANCE CENTRE" with "ONTARIO'S SPEED SHOP" below it. To the right are logos for "NASCAR" and "NHRA DIECAST". The main text in large, bold, yellow letters reads "CAR & TRUCK ACCESSORIES". Below this, in smaller yellow text, it says "TIRES AND WHEELS, CAR CARE PRODUCTS, RAIN GUARDS, HOOD SHIELDS, FLOOR LINERS, PROGRAMMERS & MORE!". At the bottom, in red text, it provides the website "WWW.RUDYHELD.COM", the phone number "519-662-2821", and the address "147 ARNOLD ST. NEW HAMBURG". The background is black with a white dotted pattern.



PREVENTING ELDER ABUSE

THROUGH AWARENESS
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OUR VISION

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WHAT IS ELDER ABUSE?

The mistreatment of an elderly person by someone they should be able to trust or rely upon. It can happen to anyone and tends to occur most often to those who are socially isolated and dependent.

EDUCATION MATTERS

- Raises awareness of elder abuse and risk factors.
- Empowers seniors to prevent and get out of abusive situations.
- An educated community is able to recognize signs of abuse, respond and refer seniors for help.

PREVENTION

Social support, community connections and awareness of available services and resources are our best defense against elder abuse.

WHAT YOU CAN DO

- Establish rapport and trust with the seniors in your life. Maintain regular connection.
- Know the signs of elder abuse.
- Feel free to ask "is everything okay?" Initiate tough conversations.
- Inform seniors of their rights.
- Promote secure financial practices. Put safeguards in place.
- Ask for help.



WE BELIEVE

- Older adults are respected members of society who deserve to be treated fairly in all aspects of life and community.
- Social connections are critically important to empower older people and reduce risk factors associated with elder abuse.
- Together, we can create inclusive communities that reduce the social and economic cost of elder abuse.
- Through education and dialogue, we can make significant strides in preventing elder abuse and creating communities that value equality and self-worth.

NEED HELP NOW?

Seniors Safety Line: **1-866-299-1011**

Concerned about an older adult who is at immediate risk of harm? **Call 911**

NON-EMERGENCY

Waterloo Regional Police: 519-570-9777

Guelph Police Service: 519-824-1212

OPP—Center Wellington: 1-888-310-1122

To find other services available in your community, call 211



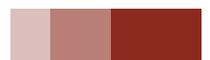
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- Dermatitis (Atopic, eczema, allergic and contact)
- Diaper dermatitis
- Dysmenorrhea
- Gastroesophageal reflux disease (GERD)
- Hemorrhoids



75 Huron St,
New Hamburg
519-662-2640

Monday - Thursday:
9:00am - 8:00pm
Friday: 9:00am - 7:00pm
Saturday:
9:00am - 4:00pm

- Herpes labialis (Oral Herpes)
- Impetigo
- Insect bites and urticaria (Hives)
- Tick bites, post-exposure prophylaxis to prevent Lyme disease
- Musculoskeletal sprains and strains
- Nausea and vomiting of pregnancy
- Pinworms and threadworms
- Urinary tract infections (Uncomplicated)
- Vulvovaginal candidiasis (Yeast infection)



1201 Queens Bush Rd,
Wellesley
519-656-2240

Monday - Friday:
9:00am - 6:00pm
Saturday:
9:00am - 2:00pm
Sunday: Closed

Call to book an appointment!

*Conditions may apply. Ask us for details.

Guardian