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

VOL 3 ISSUE 6 FEBRUARY 2021

www.embracingchange.ca

the secret of health for both body
and body is not to
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but to live the
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Feature Business
of the Month

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



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Tara Bott (Held)

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LETTER FROM THE EDITOR

Well here we are almost 1 year into the COVID-19 pandemic. I feel at a loss for words ... That sure doesn't happen to me often! Many of my friends and family refer to me as "Chatty Cathy". I love to talk and connect with people and learn more about their lives and interests. This pandemic sure has placed a damper on that for me, and working out of my home I am struggling with isolation. I sure do miss people and especially hugging those I love. As I sit in my home office writing this message we are under the 'stay at home orders'. I am hoping by

the time many of you read this February issue we will be able to start seeing the light at the end of this long journey. I try my best to stay as positive as possible and keep looking ahead to a brighter, happier and healthy future. One of the ways I am helping to practice positivity is to start practicing more Self-Love. Interfaith Counselling Centre has shared some great tools and steps to begin your journey to self-love and compassion. Their article can be found on page 29.

Self Care Tip ~Practice Self-Love

Life is full of ups and downs. Health can transfer into disease. Successes can be turned into collapses. Love can be transformed into loss. But, no matter what happens on the outside, we can still have a solid foundation built on self-love.

Self-love is not simply a state of feeling good. It is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. When we act in ways that expand self-love in us, we begin to accept our weaknesses as well as our strengths. Let's all start implementing some self-love practices that are shared throughout this month's issue; and most of all, have compassion with yourself when you fall short. Then simply brush yourself off and get back into it again. As they say, practice makes perfect.

"Self-love, self-respect, self-worth: There's a reason they all start with 'self.' You can't find them in anyone else." ~Unknown

February is Heart Month, which is a time we bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease. The Woolwich Community Health Centre has some great tips on ways to help keep your heart healthy. Be sure to check out their article on page 24.

Wishing you a healthy, happy and full heart this month, and always!

Tara

On The Cover

For Phyllis Wood, a resident of Stonecroft Community, receiving regular monthly reflexology treatments are a means of prevention. Phyllis says that it reduces the stress of her everyday life. Christina Flood is a Certified Reflexologist and runs her own business called Soles Journey in New Hamburg. Find the full cover story on page 8.

Cover story written by Elaine Ballantyne

Cover Photo Credit: Charles Okum/@mirror_with_a_voice is a freelance photographer who lives in New Hamburg. His passion is preserving memories.



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

1956-57 Championship Philipsburg Chevs

So popular was a hockey team from Philipsburg that area fans were bussed to away games in the early 1950s.

The Philipsburg Regents, or Philipsburg Chevs as they were later known, won many games and tournaments in their years with the Western Ontario Athletic Association. The team got its start in 1949 as the Philipsburg Regents, who were sponsored by Allan Bast, owner of the Philipsburg general store.

They were later renamed the Philipsburg Chevs, sponsored by GM dealership owner Jerome Steffler of New Hamburg.

In 1952, The Regents lost to Ayton in a championship game. They later won two championships back to back in 1960-61. Baden's Ron Ehrat was a member. The WOOA is still active today.



Reinhardt Heldman and Clare Pfaff



Top row from left: Laverne Schwartzentruber, Burt Christner, George Poetker, Erni Haunn, Bill George, Ron Honderich. **Middle row from left:** Bill Heipel, Curtis Rothe, Walter Scherer, Tom Boehler, Ron Kelterborn, Vern Heldman, Arley Shantz, Alf Knarr, John Ehrat, Elverne Hartung, Reuben Wettlaufer. **Front row from left:** Ron Ehrat, Murray Wagler, Mahlon Shantz, Jerome Steffler, Stewart Cook, Calvin Honderich, Tristano Langenegger and seated in front, Jim Wettlaufer.
Photo submitted by Ron and Helen Ehrat

COMMUNITY MEMBER MESSAGE FROM

Dr. Nicole Didyk

All We Need Is Love and Social Cognition

February is Heart Month, turning our thoughts to love, romance, heart health, and...the brain?

As a Geriatrician, I spend a lot of time thinking about the brain. Other organs are important too, but for me the brain is the most fascinating part of the body. And without it, we wouldn't be able to love.

According to Dr. Christopher Filley, a behavioural neurologist, "Social Cognition" is the set of mental operations including emotion, perception, mentalizing and empathy" which allows us to relate to each other in a co-operative and socially meaningful way. Our brains are wired for social interaction, with the right and left hemispheres, frontal and temporal lobes, and grey and white matter all playing various parts. Researchers believe that early humans were highly social and behaved more co-operatively than competitively. This promoted survival and community building, which progressed towards what we now consider modern society.

During the pandemic, our social interactions have been dramatically altered, and for some, severely restricted. Not everyone who is isolated is lonely, but given that we are social animals, almost all of us are feeling some sense of disconnection and loss.

On the bright side, older adults in the region have been leaders in social connection. Research has demonstrated

that older adults, including those 85+, are instrumental in supporting their peers, and in my experience, this is absolutely true. Many elders provide vital help to siblings, neighbours, friends, and even strangers, such as delivering Meals-on-Wheels or calling to check in on friends from church.

Normal aging can bring about brain changes, but it shouldn't dampen our need to interact with our fellow humans! In this Heart Month, hone your social cognition skills by reaching out to connect with someone in your community. Your brain and heart will thank you.

References

Filley, Christopher M. MD Social Cognition and White Matter: Connectivity and Cooperation. Cognitive and Behavioral Neurology Issue: Volume 33(1), March 2020, p 67-75

Bei Wu Social isolation and loneliness among older adults in the context of COVID-19: a global challenge Glob Health Res Policy. 2020 Jun 5;5:27.

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February is Heart Month

Tim Louis

Member of Parliament, Kitchener-Conestoga

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TimLouisMP.ca

519.578.3777

Winter Safety Tips for Seniors

Cold winter weather can take its toll on our homes, cars, and bodies. Frozen pipes, dead car batteries, and bodily injuries, are common and often require us to seek help from a professional.

As we age, cold weather can be extremely dangerous. Plummeting temperatures can lead to, icy sidewalks, hypothermia and other serious injuries.

If you have elderly neighbors, friends, or relatives, check in with them this winter and share these winter safety tips.

1. Dress in layers. Older adults can lose body heat quickly and be unaware that a change in body temperature is occurring, making them susceptible to hypothermia. Hypothermia occurs when our body temperature gets below 95 degrees Fahrenheit. Consequently, serious health problems can occur, such as a heart attack, kidney problems, or death. Selecting the right number of layers is important. Dressing in multiple layers will help keep them warm and reduce heat loss.

2. Proper foot wear. Consider wearing footwear with good traction and staying inside until the roads are clear, to lower your risk of a fall. Maintaining strength and mobility by having an indoor exercise program are also good for prevention. If possible, enlist help for shoveling and salting driveways, sidewalks and entryways. You can also ask family and friends to accompany you on outings as an extra precaution.

Always ensure gait aids (tips of canes, wheels of walkers, etc.) are dry when transitioning from outdoors, because snow and ice will lead to slippery conditions inside. Installing an ice pick on the tip of a cane can be helpful.

3. Keep the furnace running. Experts recommend keeping the indoor temperature around 68 degrees Fahrenheit at a minimum. While many elderly people live on a budget, it's important to keep their homes warm. Consider helping with some small home projects to keep heating bills down. Such projects may include closing vents, putting plastic on windows, or placing rolled towels or blankets in front of doors to reduce drafts.

4. Ask your pharmacy to deliver your medications. At Cook's Pharmacy we offer free

delivery for medications. Call us to deliver your medications to you so you do not have to go out in cold, icy conditions.

5. Space heaters can be dangerous. During the winter months, home fires increase due to the use of alternative heat sources. People 65 and older are three times more likely to die or be injured in a home fire. In addition, if they're using a fireplace to heat their home, make sure they have a large screen to prevent sparks from landing on their flooring.

Lastly, make sure they have working smoke and carbon monoxide detectors on each floor of their home.

6. Prevent broken hips. Broken hips are a common injury for the elderly, but can lead to other health complications. To prevent injuries, shoes with non-skid soles should be worn.

If they like to venture outside for a little exercise, encourage them to stay inside until snow and ice have been cleared from their property. Lastly, recommend that they stay inside after dark. If they're independent and don't adhere to your advice, consider creating a small safety kit they can take with them when they go outside. A small kit could include: A bottle of water, medications, hand warmers, a whistle, and a flashlight.

7. Keep their pantry and medicine cabinet full. If a winter storm is approaching, make sure they have plenty of food and water to last for five to seven days.

8. Use smart technology. With today's smart technology, we can keep better watch over our homes and loved ones. Technology companies, such as HoneyCo makes it easy to turn an aging parent's home into a smart home. Voice activated personal assistants like Siri, Alexa, and Cortana can help.

9. Visit often.

10. Discuss severe weather. When the deep freeze is about to settle in or a blizzard is going to strike, make sure they understand. Let them know when the weather event will occur and how long it will last.



COVER STORY

Soles Journey

WRITTEN BY
ELAINE BALLANTYNE

When Christina Flood volunteered in a hospice and took a therapeutic touch course, it changed her life.

“I began to see how touch can be therapeutic,” tells Christina. “People crave touch and due to COVID and social distancing, people are missing it.”

Working now as a Certified Reflexologist and running her own business called Soles Journey in New Hamburg, Christina has seen firsthand the power of human touch by means of the feet.

Reflexology is the practice that involves the application of pressure to specific reflex points on the feet. Reflexology is so much more than a foot rub. A Reflexologist who

is trained on foot anatomy and physiology knows how to palpitate vital reflex points on the feet to encourage energy, blood and circulation flow that can promote healing.

Many people do not realize how important feet are.

“Not only are our feet our means of transportation, but they are a map of our body and have the power to aid in bringing our body into our natural rest and relaxation state, which can help lower stress and aid our body’s own natural healing response,” explains Christina.

“People can’t believe how I can pinpoint things. They are just baffled.”

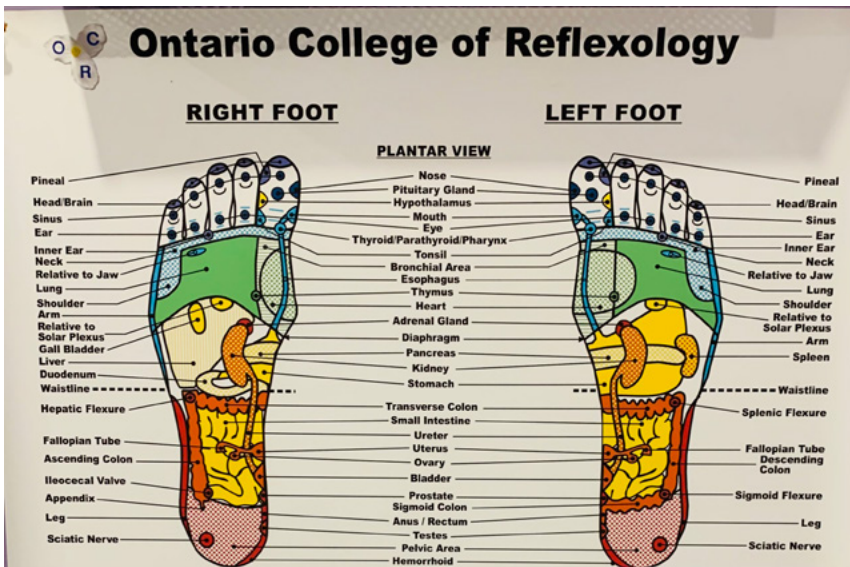
Reflexologists can’t cure, treat or diagnose an ailment, but they can help promote healing.

You would think self-care would be an easy thing to do. Ironically it isn’t. Too many of us feel guilty or self-indulgent when we do acts of self-care on ourselves. This is unfortunate because self-care is not selfish at all, it’s actually the most rewarding thing we can give ourselves and others.

For Phyllis Wood, a “beyond 65” resident of Stonecroft Community, receiving regular monthly reflexology treatments are a means of prevention. **Phyllis says that it reduces the stress of her everyday life.**

“It’s relaxing and helps relieve tension throughout my whole body. Reflexology helps release toxins, helps me to keep mobile, and keeps me healthy by treating my body well. I am proactive with my health. I totally believe in mind, body and spirit,” explains Phyllis.

When Embracing Change asked Phyllis what she would say to a fellow senior who is hesitant to try reflexology, she said: “Go for it. You don’t know till you’ve tried it. All you have to do is take off your socks.



“When people walk out with that smile. . .with peace. . .I am so fulfilled,” tells Christina.

“My big thing is that your reflexology session is a safe place where you don’t feel judged. You’re safe to let go and just be you.”

In times of texting, emails, zooming and being physically apart, reflexology is not only beneficial to your health, but it’s a much needed connection.

It’s non-intrusive. You’re in a warm chair, wearing comfortable clothing and can have a blanket.”

“It’s great for seniors who are alone,” adds Phyllis.

If you are self-conscious about your feet, don’t worry about it.

“Nothing bugs me,” says Christina. “I’ve had four surgeries on my feet. People who are ticklish come and I just apply more pressure.”

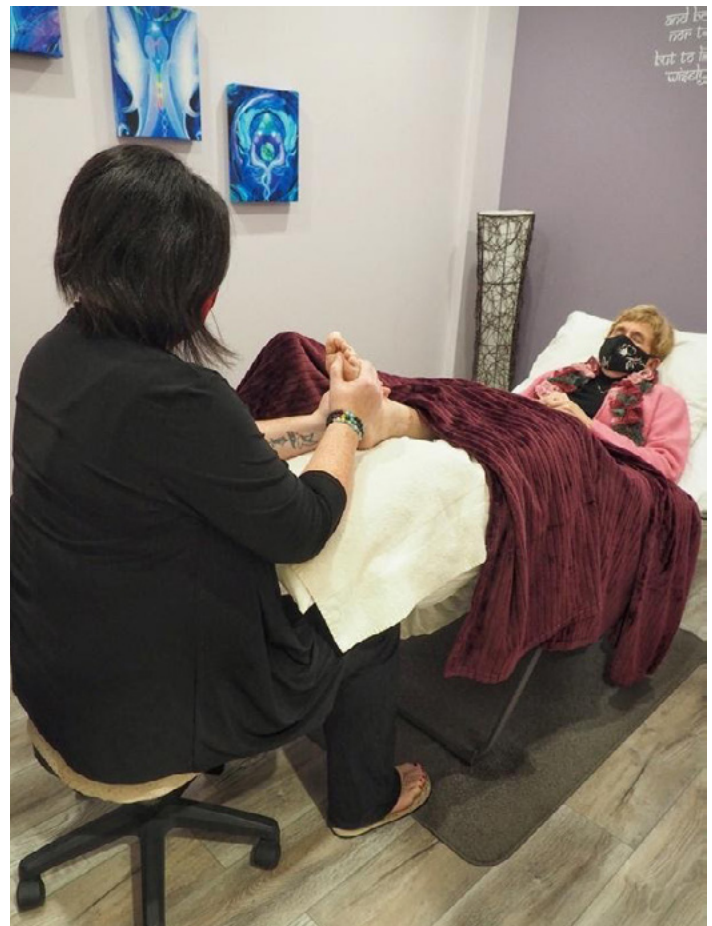
Many people don’t realize that Reflexology has been around for a very long time. In 2330 BC in Egypt, reflexology is depicted in the tomb of Ankmahor. In the late 14th century in Europe, a form of reflexology called Zone Therapy was developed by Dr. William Fitzgerald. Dr. Fitzgerald is credited as being the father of modern reflexology.

Even the bible illustrated the importance of feet when Jesus washed the disciples feet. John 13:14: “Now that I, your Lord and Teacher, have washed your feet, you also, should wash one another’s feet.”

Christina says being a Reflexologist isn’t a job, it’s a passion.

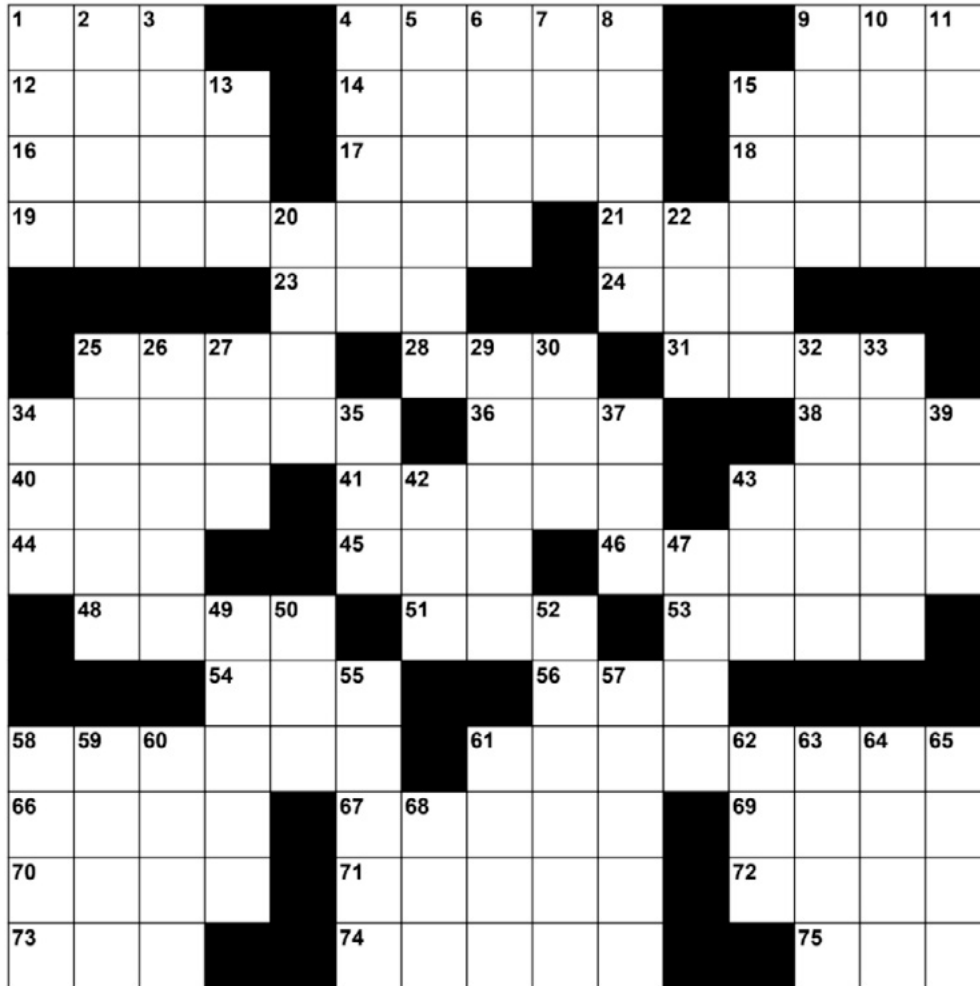
“I don’t think we could find a better Reflexologist. We are so blessed to have Christina in New Hamburg,” says Phyllis.

For more information, check out www.solesjourney.ca



FEBRUARY CROSSWORD

Happy New Year!



By Evelyn Johnson - www.qets.com

Solutions on Page 16

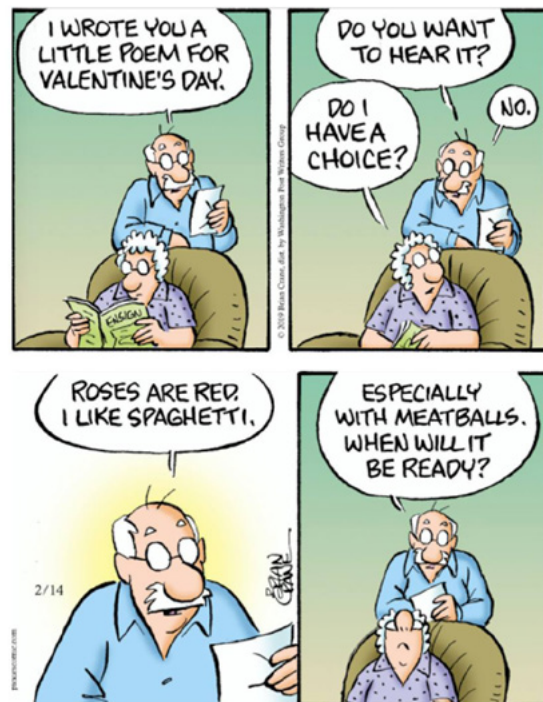
DOWN

- 1 Aborts
- 2 Spree
- 3 Wine bottle
- 4 Regions
- 5 Breath mint
- 6 Go at it alone
- 7 Estimated time of arrival
- 8 Active
- 9 Central points
- 10 A wager (2 wds.)
- 11 Traveled by horse
- 13 New York City
- 15 Large eastern religion
- 20 Attractive
- 22 Ozone
- 25 Overcharge
- 26 Hours of darkness between sunset and dawn
- 27 Lager
- 29 Teach
- 30 Beverage
- 32 Wear away
- 33 Time _____
- 34 Contagious disease
- 35 Perish
- 37 Former president of U.S.
- 39 Had been
- 42 Downwind
- 43 Put into a container
- 47 Possess
- 49 Mechanical or electrical device for measuring time
- 50 Struck
- 52 Romp about
- 55 Quietness
- 57 Natural occurrence
- 58 __ vu
- 59 Extremely long time periods
- 60 Chip
- 61 Northeast by east
- 62 Silent
- 63 Boast
- 64 Sports channel
- 65 File
- 68 Prohibit

ACROSS

- 1 Recede
- 4 Afloat (2 wds.)
- 9 Distant
- 12 Middy
- 14 Public disorder
- 15 Homeless person
- 16 Shift
- 17 Acclaim
- 18 Chilled
- 19 Disconnected sounds
- 21 Kindle
- 23 Adopted time zones and began using DST in 1918
- 24 Radiation dose
- 25 Tiny insect
- 28 Central daylight time
- 31 Canal name
- 34 Thwarted
- 36 Arbitrator
- 38 Move a boat
- 40 Sled
- 41 Book by Homer
- 43 __ fide
- 44 Good grief!
- 45 Snake like fish
- 46 Oxford University scholarship
- 48 Engrave
- 51 Santa's helper
- 53 Chopping tools
- 54 Brim
- 56 Reverend (abbr.)
- 58 Mark clearly
- 61 Eleventh month of the year
- 66 _____ the Red
- 67 White poplar
- 69 __ Major (Big Dipper)
- 70 Card in deck
- 71 Log house
- 72 Charts
- 73 Request
- 74 Put up
- 75 Gross national product (abbr.)

Laughing Matters!

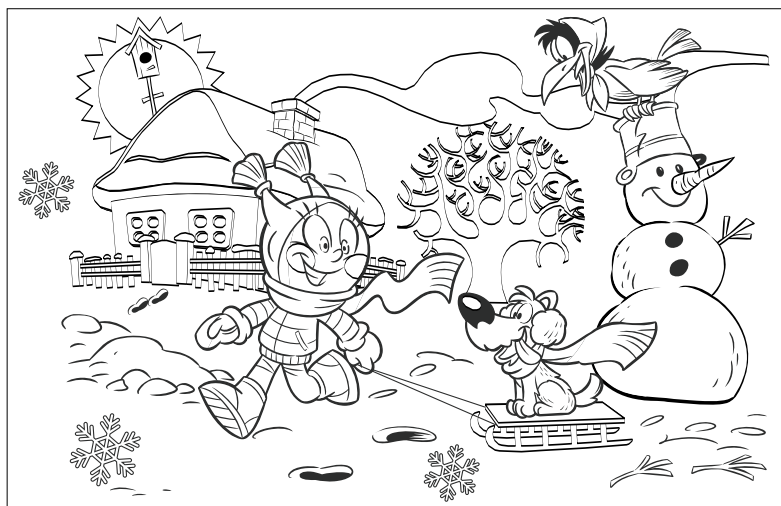
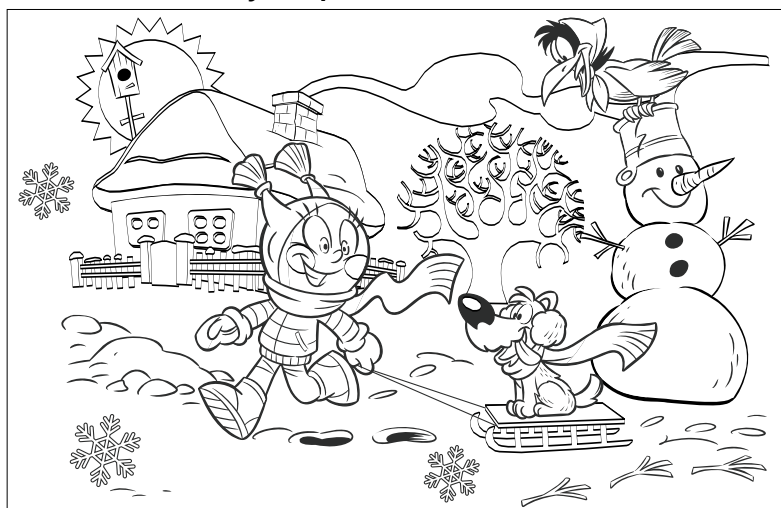


February FUN FACTS

- FEB 3 1690** • The first paper money in America is issued in the colony of Massachusetts
- FEB 6 1865** • Robert E. Lee is appointed commander in chief of all Confederate Armies
- FEB 8 1916** • Chas. Kettering gets patent for elec. self-starting auto engine - no more cranking to start car
- FEB 10 1998** • Can. National Railway merges with Illinois Central Railroad
- FEB 23 1954** • First mass inoculation of Salk polio vaccine begins in Pittsburgh, Pennsylvania
- FEB 28 2010** • Canada wins its 14th gold medal in Winter Olympics, most gold ever won by one country.

SPOT DIFFERENCE

Can you spot the 10 differences?



VALENTINE'S DAY WORD SEARCH



Valentine's Day



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W I G E C H O C O L A T E O C
O M A P R A O E R E N L O V A
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S T A R W A T U H E A R T E H



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|-----------|---------|------------|
| ARROW | FLOWERS | MAILBOX |
| CANDY | GIFT | PINK |
| CARD | HEART | POEM |
| CHOCOLATE | HOLIDAY | RED |
| CUPID | HUGS | SWEETHEART |
| FEBRUARY | LOVE | VALENTINE |





February is Heart Health Month!



Know the signs and try to stick to a healthy lifestyle!

As you grow older, your chances of developing heart disease increase. Coronary heart disease accounts for the greatest percentage of cardiovascular deaths in seniors, half of which are attributable to heart attacks. A heart attack occurs when the blood supply to a part of the heart muscle itself is severely reduced or stopped due to blockage, resulting in damage to that part of the heart.

The main symptoms and warning signs of heart attack are: chest pain, tightness, discomfort or crushing, heaviness, pressure or squeezing, fullness or burning, pain from the centre of the chest spreading down one or both arms up to neck, jaw, shoulder or back. Other signs: shortness of breath, paleness, sweating or weakness, nausea, vomiting and/or indigestion, anxiety or fear, denial, refusing to admit that anything is wrong. Women are more likely to have less obvious symptoms such as indigestion-like discomfort, vague chest pressure or discomfort, nausea or back pain. It is crucial for women and their doctors not to ignore those easy-to-miss symptoms.

If you notice any of these signs, don't delay! Consult your doctor immediately. The longer an artery remains blocked the more damage it may cause. Delay in the early phases can significantly reduce the chances of survival. Yet Canadians wait an average of almost 5 hours before getting help. It is extremely important to recognize the signals and to respond immediately.

Even at a later age, you can reduce your risk of heart disease by adopting healthy habits such as: being smoke-free, eating a healthy diet, controlling your blood pressure, being physically active and taking time to relax. Even during COVID restrictions try to include movement and relaxation in your life.

The foods you choose have a direct impact on your health. Healthy ingredients and cooking techniques will help you lose weight, keep "bad"

cholesterol levels to a minimum, prevent illness and improve your general well-being. Look at diet changes as an exciting adventure toward renewed health. Discover new vegetables, spices and recipes. Enjoy preparing, eating and sharing your healthy meals!

Eating healthy... Eat high-fibre foods everyday... such as fruit and vegetables, peas, beans and lentils, barley, brown rice, whole grain bread and whole grain cereals.

Use as little salt as you can... replace it with herbs and spices (tarragon, basil, dill, curry) or tasty ingredients (garlic, lemon juice, hot peppers, flavoured vinegars).

Cook with little or no fat... if you must use fat, use vegetable oils (olive, canola, corn, sunflower).

Always use as little as you can. Eat less meat, especially red meat... limit your portion to the size of a deck of cards. Choose leaner cuts of meat and cut off the fat or remove the skin before cooking.

Try low-fat cooking methods (steaming, broiling, barbecue, roasting, stir-frying, poaching) or meatless meals. Choose low-fat dairy products... such as skim or 1% milk, low fat yogurt and cottage cheese (containing 2% and less fat) and cheese containing less than 15% M.F.

Avoid high-fat desserts and snacks... but treat yourself with your favorite delight once in a while... in moderation!

For more information on healthy eating, consult Canada's Food Guide: www.hc-sc.gc.ca/fn-an/food-guide/aliment/index_e.html or call 1-866-225-0709 to order a copy of the guide.

This article is an extracted from the Public Health of Canada "Heart Disease Info-Sheet for Seniors" ©Minister



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Taking Control of the February Blahs

During the month of February, and particularly during this year, it is hard not to stay focused on the shortcomings of this time of year - shorter days, longer nights, lack of sunshine and cold - as we anxiously wait for spring. Rather than staying focused on the limitations that both the time of year and restrictions that have placed upon us bring, there are many things that we can do to take control and prepare for brighter and warmer times ahead.

While some level of anxiety is understandable and normal, there are many things that we can do to keep track of how stress and anxiety is negatively impacting us and develop ways to manage it. It's important to watch for signs including being more irritable, changes in appetite or sleeping, relying more than normal on medications, alcohol or recreational drugs or unusual physical signs such as pain, dizziness or indigestion. If you are witnessing these signs speak to your doctor as well as adopt strategies to help you manage including:

Adopt a healthy diet. Eat meals at regular times each day, including breakfast. Choose nutritional options including healthy snacks. Fruits, vegetables, legumes, nuts and whole grains are a good source of essential vitamins and nutrients. Canada's Food Guide offers

additional recommendations. Buying locally produced and in-season foods is also a great option. Finding it difficult to shop or to prepare meals? Consider having one of our staff help with grocery shopping or try our nutritious hot and frozen Meals on Wheels. Local food programs can also offer healthy options.

Keep up with regular exercise. Take advantage of the nice winter days to get out for a walk around the block or on one of our many trails. While access to many of our community spaces or group programs is currently not available, online exercise programs and activities are available allowing you to stay fit in the comfort of your home. Feel free to reach out to our staff for exercise ideas or to borrow equipment such as poles for pole walking.

Find ways to connect with others. Maintaining social connections is one of the most important factors in staying healthy. While it is currently difficult to connect with others in person, consider joining one of the many free social activities that are offered by phone or online. We also have staff and volunteers who reach out regularly by phone, online or through a visit to help you stay connected. Our in-home and group adult day programs also offer a great source of connection with others as well as a well-deserved break for caregivers.

Pay attention to yourself. Many find meditation or mindfulness exercises helpful in relaxing the mind and body and in reducing stress. Others choose activities that they enjoy whether it be reading, colouring, crafts or hobbies.

Reach out to others. While experiencing some level of the winter blahs is common, if you find yourself being negatively affected, reach out to your doctor or another professional for support. Here 24/7 (1-844-437-3247) is a free confidential line providing support, information and referral.

For more information on these and other ideas contact Community Care Concepts at 1-855-664-1900, 519-664-1900 or 519-662-9526. We are here to help!

WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



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

WELLESLEY TOWNSHIP:

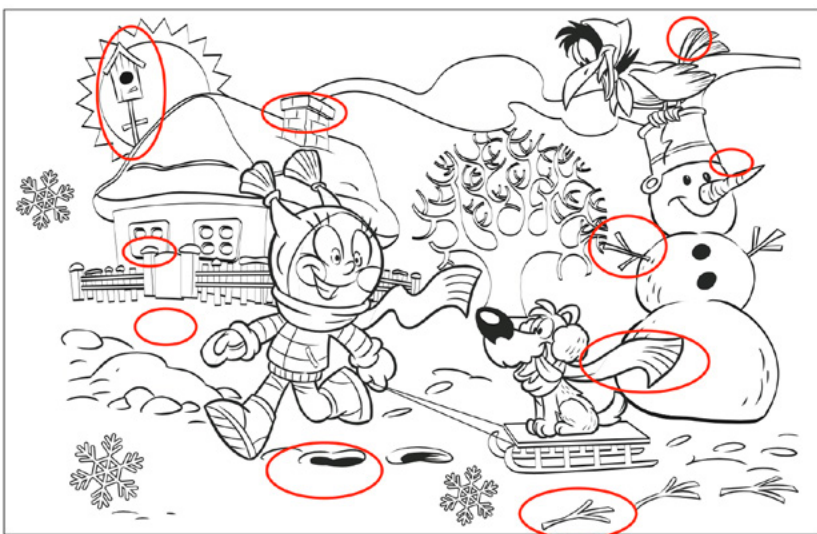
- Schmidtsville Restaurant (outside magazine stand)

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin’s Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou’s Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)

Solutions



1	E	B	B		A	T	S	E	A		F	A	R							
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16	D	U	T	Y	17	E	C	L	A	T	18	I	C	E	D					
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Ask the Doctor

with Dr. Nicole Didyk

Question: I am a senior over 70, over the past few years as the cold weather sets in I seem to get more and more stiff and aching muscles and joints. Is it actually the cold to blame, or are these symptoms a fact of the natural aging process?

As the weather changes to snow and ice, or even when there's a rainy, gloomy day, I hear many complaints about a flare of arthritis or other pain. I've even had a patient tell me they can predict the weather by the appearance of a sore back! Is there some truth to this phenomenon, or is it just coincidence?

In theory, changes in humidity, temperature, barometric pressure and even wind speed can cause temporary expansion or shrinkage of joint tendons and tissues, or the atmospheric pressure changes could affect nerve sensitivity. A colder temperature may promote increased thickness, or viscosity of joint fluid and cause more stiffness.

However, from a scientific point of view, the research is not clear. There have been numerous studies, with sometimes conflicting findings. One study I read tried to find a connection between weather conditions and joint pain in 810 older adults with arthritis in 6 European countries (including Sweden where cold weather can be frequent). These researchers found that higher humidity seemed to correlate with more pain, and that this effect was more pronounced on cold days. Another study in the Netherlands supported this association as well. In both of these studies, the effects

were small, but statistically significant.

We can't control the weather but knowing that our joints might give us more aggravation during the colder months might be a good motivator to look after our joint health throughout the year. This includes exercising to maintain strength and flexibility, managing our body weight and eating a diet rich in vegetables and fruits, and healthy proteins and fats (and whole grains too!).

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

References:

Erik J Timmermans, et al., EPOSA Research Group. The Influence of Weather Conditions on Joint Pain in Older People with Osteoarthritis: Results from the European Project on Osteoarthritis. *J Rheumatol.* 2015 Oct;42(10):1885-92.

Desirée M J Dorleijn, Pim A J Luijsterburg, Alex Burdorf, Rianne M Rozendaal, Jan A N Verhaar, Pieter K Bos, Sita M A Bierma-Zeinstra. Associations between weather conditions and clinical symptoms in patients with hip osteoarthritis: a 2-year cohort study. *Pain.* 2014 Apr;155(4):808-13.

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

Disclaimer:

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



Rightsizing:

Your time to transition to a peaceful clutter free life!



It is important to put a positive spin on what can be an emotional time of life. Downsizing gives the idea that we are losing something. Instead of referring to this process as downsizing consider it instead as rightsizing.

It may be difficult to come to terms with the fact that, in many cases, your kids/family members don't want your stuff. How are you going to react to this? You can't make your kids want things. Is it worth making strained family relationships?

How many of you want your kids to want your stuff and they don't?

It can be devastating to learn that your children don't want the things that you had hoped they would. It is difficult to accept, but often the things we want to pass along are "our" memories, not our children's.

Before you get to the physical disposal of items, have a little heart to heart talk with yourself.

As much as you may want the younger generation to care about the things that represent the past, you can't MAKE them care. If you try (beyond a little gentle persuasion) it will lead to tension in your relationship.

The memory is not in the item...but rather in your heart and life experiences.

Here are a few practical tips to spur your

creative thinking on what you could do to navigate this emotional journey.

Why don't you consider taking some photos of special mementos? Write a few details and memories on the back of the photo, or on a corresponding journal page and then create a memory album. You may find that your family has a soft spot for the stories... that they don't have for the actual stuff.

Simplify now and save your children from having to do it some day.

Give things away now to family members and friends so you can enjoy the results. Have a tea party and invite your grandchildren or nieces and nephews. At the end of the party give away tea cups and special dishes that you used at the event. They will now have a very special memory attached to them and they will be a treasured keepsake.

Use your good dishes all the time at family gatherings. If family members aren't used to using them and seeing them they won't attach memories to them and won't ever care about having them for themselves some day.

Think about ways to keep a sampling of sentimental items such as furniture, photos, books, dishes and other collections. You don't have to get rid of everything, but you do need to think of creative ways to keep just a sampling to take to your new home.

Are you the keeper of the generations? Do you have boxes of things that belonged to your parents, grandparents or your in-laws? This is difficult, but the same principles apply. Think about how you can keep just a sampling. A client of ours kept just one dinner plate from her mother's china, her mother-in-law's china and her 2 grandmothers' sets. She mounted each one in her dining area and it was a beautiful tribute (that she saw everyday) to these significant women in her life. She didn't keep the entire sets boxed and collecting dust. She initially had tough decisions to make, but she made them and had no regrets.

The Senior's Move Pretty Box Plan

Buy pretty boxes for each child, grandchild, niece, nephew or friend that you would like to give a sampling of mementos to. Home decor shops are a great option. There are lots of choices such as florals for the ladies and leather for the men.

Label them with each person's name and lay them out in a spare bedroom or storage area. As you come across things that you feel may be special to each person add them to the box.

You might include such things as books, photos, jewelry, dishes, newspaper clippings or anything significant that you come across in your sorting process. A very significant addition to this **Pretty Box** would be a journal where you have chronicled special memories or family stories. If you present a box this size to a family member, it is manageable and the type of thing they will cherish and gladly find a spot for on their shelf. While they may not appreciate

(or be willing to take) box after dusty box of memorabilia or your dining room suite, the **Pretty Box Plan** is workable for most families.

While we are on the topic of dining room suites and antique furniture, remember that having a grandchild who would take it and paint it (much to your horror) is a better option than it going to the landfill site. At least it has a new life and continues to live on. Chalk paint allows previously unwanted family furniture to have a new lease on life.

Our website offers some further thoughts on Senior's Moves by Heart of the Matter.

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
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Feeling lonely? A pet may help

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Loneliness is now considered a health risk as serious as smoking and obesity, and it's affecting the health of many Canadians — everyone from university students to seniors. If you're experiencing pangs of social isolation, consider adopting a pet.

“There is nothing more rewarding than being greeted when you return home by a delighted dog or sitting and watching TV at night with a purring cat on your lap,” says Kayla Orleck, franchise owner, Pet Valu New Hamburg. “If a cat and dog aren't appropriate for your lifestyle, pet birds, rabbits and other small animals can also help reduce social isolation.”

Pets do more than provide company in the house. A 2015 study revealed that people who own a pet are much more likely to get to know people in their community than those who don't have a pet. That's because it's easy to sit at home alone but if you have a dog you're forced to go out for regular walks.

Dogs also serve as great icebreakers and make striking up a conversation with a stranger that much easier. Walking your dog doesn't just result in short social reactions — the same study reveals that dogs can lead to long-term friendships and social support.

Dogs aren't the only pets that provide companionship and help owners foster friendships. Whether it's arranging for a neighbour to care for your cat while you are away or bumping into an acquaintance at the local pet store and realizing you both own birds, all pets can help build social connections.

Pets do more than help alleviate loneliness.

“Studies show that pets bring a range of health benefits to the people they live with. They can improve heart health, boost immunity, lessen anxiety, reduce the risk of obesity and more,” says Orleck.

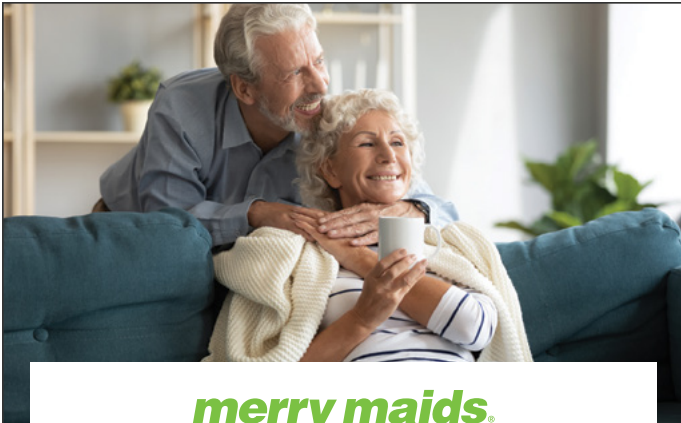
The regular exercise dogs require helps dog owners meet their daily requirements for physical activity. This in turn leads to overall better cardiovascular health, including weight management and lower cholesterol. People who own dogs have also been shown to have better survival rates following a heart attack.

Research shows that pets reduce stress and anxiety. In difficult, demanding situations, dog and cat owners had lower blood pressure than those who didn't have a pet.

Whenever you have a difficult day, even if the problems were caused by you, your pet will still be excited to see you when you return home and will remain at your side.

“Adopting a pet from a local animal shelter is a great option if you are looking for a companion to reduce loneliness,” says Orleck. “You can choose a cat or dog that is the right fit for your personality and lifestyle, and you can feel good knowing that you're giving a loving home to a lonely pet.”

Orleck also recommended considering adopting an older pet as they're less work and are equally in need of a loving forever home.



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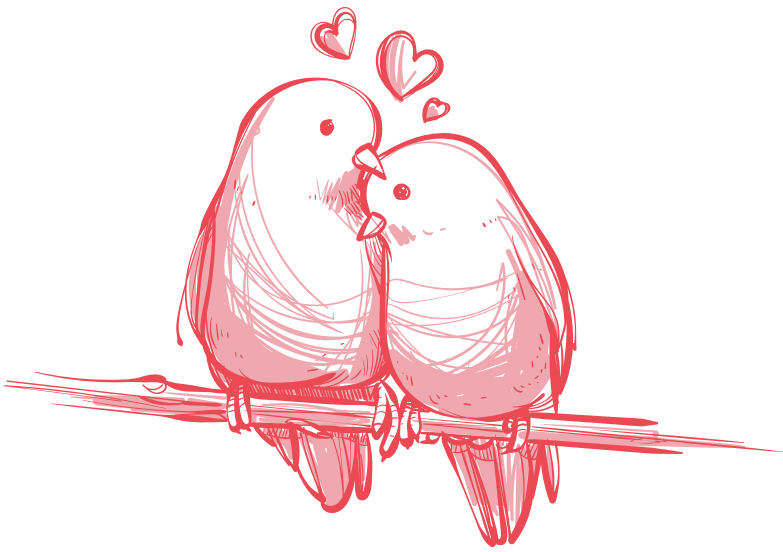
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Grow Old with Me

by Fred Parry

“Congratulations! You look like a very happy couple.”

That’s what a man called out to us before driving away from a stop sign as we walked arm in arm together one evening. We were both surprised and appreciative of his comments – expressed as they were with genuine sincerity. It made our day!

A friend – who attended our wedding many years ago – recently said, he always felt like we were meant for each other. Yet, if our love is so obvious to others, why is it I don’t think of it that way? I mean, I must be the luckiest guy ever, right? I hope I’m not taking it for granted.

When I think of it, there are three reasons why our marriage has lasted so well.

1. I’ve married a saint. Who else would forgive my petulance for neediness and complaints? My lack of listening is unfair to her. And, my excitement for new ideas can often make myself the centre of my own attention. And, her? She has dreams in her coffee, but when do I ever take the time to ask her about them? So, she quietly ponders them to herself. Is that real love?

2. Luck. Canadian Folk legend, Valdy, sang it best: **“When it comes to matters of**

the heart, I’d rather be lucky than smart.”

Despite all my faults, even I, know a good thing when I see one. It’s true, a blind man knows when he’s walking in the sun.

3. Faith. I don’t know when I started feeling that there was more to life than just me. The world was more than what I saw, and I wasn’t seeing much. Yet people like my wife, who truly loved me, cared. They revealed another world: one that honours you as special.

Maybe, being raised as an only child, I had more time on my own to think about life. Also, seeing my parent’s divorce unfold before me, I saw the worst of how humans can act when they inflict hurt onto one another – all in the name of love. I learned to trust the spiritual power emanating through us all... gratefully accepting it.

I prayed that, if it was within my power, I would never force my family to face a similar fate. Today, our three adult children seem to agree with me: whatever I do (or, don’t do) in this life, our marriage will always be our crowning achievement. As my wife waits for me to realize it.

Singer / song writer John Lennon who, inspired by poet, Robert Browning, beautifully articulated my feelings in his song ‘Grow Old with Me.’

“Grow old along with me, the best is yet to be. When our time has come, we will be as one. God bless our love.”

<https://youtu.be/BzsoxBjjU0g>



That’s the way I figure it.



‘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

FROM THE HEART

Chris Spotswood is a Fitness Professional & Certified Personal Trainer. Chris owned Absolute Fitness & Personal Training in New Hamburg from 1999-2017. Her mission is to make fitness fun and inspire “boomers” to fund sustainable solutions for lasting health, independence and most importantly happiness.

Chris can be reached on Facebook at Chris Spotswood Coaching Success, or email chrisspotswoodcs@gmail.com

Here we are in February the month on love, according to Hallmark and Valentine’s day of course!

Chocolate and love! What a great month. February is also a month to remind ourselves to take care of our own tickers! While a lot of the month is spent planning on how you might surprise your sweetheart it is essential to also consider how you can be around longer for those that you love and that love you.

Did you know that Heart disease kills 2.4 million Canadians and is the second leading cause of death in Canada? That is a sobering statistic. It is time to look at some risk factors that are in your control, by Making some changes maybe we can lower that number!

Quick and to the point – If you smoke Quit! Easier said than done I know. It is one of the major risk factors for heart disease, along with high blood pressure, high cholesterol, and obesity.

Now that we have the smoking thing behind us, research continually proves that, as with many chronic diseases, diet and exercise play a huge part in lowering risks.

Are you overweight, sedentary, or have a family history of heart disease? Even with a genetic pre-disposition you can take steps, literally, to help lower your chance of heart related issues.

Start walking! That checks off a few boxes, with extra movement you burn more calories, by burning more calories you can lose weight AND you are no longer sedentary. Check and check! Walk fast get your heart muscle working! When your heart speeds up because of exercise remember that is exactly what it is supposed to do. Eventually it will take more effort and time to increase your heart rate. This

means you and your heart are getting stronger!

The Heart & Stroke Foundation recommends at least 150 minutes of moderate to vigorous exercise per week. This could be done in five 30-minute sessions – walking /hiking/biking outside, walking or jogging on the treadmill, using any type of indoor cardio equipment, bike, elliptical or aerobic classes. However, if time constraints mean 30 minutes at one time isn't manageable, it is perfectly acceptable to do 3 or more 10-minute bouts daily, these could be walking at lunch, playing with kids, dancing around to a couple of your favourite songs, whatever gets you moving is what will work best. While cardiovascular movement is important it is also good to add strength, flexibility, and balance exercises to your routine. The more active you are the more energy you will have! While many think this is the opposite of what should happen, it is the truth! You may feel fatigued for a short time after exercise, but as you continue you will see improvement in overall energy and fitness.

For more information on exercise guidelines, you can check out The Heart & Stroke Foundation online at <https://www.heartandstroke.ca/healthy-living/stay-active/how-much-physical-activity-do-you-need>

Movement isn't the only factor that is in our power to combat Heart Disease. What are you eating? Are you enjoying too many of the foods that can negatively affect your health? While no food should be totally off limits as it may have the exact opposite effect, in that you obsess or crave that food, you need to make sure that your food intake overall consists of heart healthy choices.

Limit portions sizes, unhealthy fats, sugars, and sodium. Increase your intake of fruit and vegetables, choose whole grains and low-fat

protein sources. These six quick, basic “rules” will help you prevent heart disease.

A healthier diet lowers blood pressure and weight another check and check!

Plan ahead, experiment with heart healthy foods there are lots of delicious choices out there! Do allow yourself a little treat from time to time as mentioned above, this helps you continue to enjoy life without feeling too restricted. It is what you ingest regularly that has the most benefit, a bit of chocolate or bacon from time to time won't erase all of the good.

While these steps seem quite simple as I write them and you read them, changing habits isn't easy. Even with a health scare it can be difficult to add these tips to your daily routine.

How then do you change your habits so that you can enjoy a healthy lifestyle? First focus on one change, say walking daily, the easiest most accessible activity that can be incorporated. Habit changing is scheduling, committing and for some announcing it to the world. Telling everyone that you are planning to walk daily will give you some level of accountability. If you need a bit more, find a walking partner. When I started working out over 3 decades ago, I had a friend that I met regularly at our local YMCA. I would let me down but never her! Even now I use accountability tricks to keep me on track when I stray from my regular routine.

Look at how far you have come with any of the changes not the little “slips” that you have may have made along the way. Once you have added one of the healthy habits, you will start to feel the momentum of success, which makes it easier to add another and another. Take it one step at a time and before you know it your heart is high fiving you!

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

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How Will You Be Remembered?

By Gary White

Not long ago I received a phone call from an old friend. We hadn't connected in quite a while, so it was great to catch up. As we were finishing our conversation, my friend suddenly asked, "Gary, how will you be remembered?"

Wow! I didn't expect that kind of question from him. It went well beyond the every-day questions you get when you speak with someone. This was a deeper question that warranted deeper thought.

"That's a good question", I gingerly replied. "I really don't know."

My friend's name is Stephen Lay and this is what he went on to tell me.

"Everyone has an important life story to pass on to loved ones. Just as everybody has a unique fingerprint, we all have a personal history that is waiting to be teased out and presented in a way that can be cherished by posterity. Stories are a way to share our history. That history can become our most enduring legacy that we pass along to our loved ones.

"So, why is your legacy that important?" Stephen had both the right question and the right answer. "It is not simply about leaving something for people, rather it's leaving something that resides in the hearts of loved ones," he explained.

By now Stephen had all my attention. He went on to say, "your life is worth recounting. Everyone has a unique story to tell! Those warm details, triumphs, tribulations, unique insights, words of wisdom, funny anecdotes and almost forgotten incidents are what make us interesting, and our lives worth recording."

Stephen said my story is the greatest legacy I can leave for my friends and family. He added, "You know, it's the longest lasting legacy you will bestow on the people you love."

I simply responded, "Stephen, I think you're so right."

Stephen went on to tell me he had been working for quite some years on something he called The Memory Legacy Program™. It is designed to help people capture their unique story with all its fine nuances and delicate details through a professionally conducted interview process. He explained that once the person's interview is captured, it is professionally edited and formatted into an audio story for generations to come.

What Stephen told me that day deeply resonated with me. So much so, a phone call or two later, we set up my own interview. My memory going back seven decades is not all that great, but the kind of questions Stephen asked, and the way he asked them, thoroughly eased me into it. And then, long-forgotten memories – a lot of them actually – came cascading back to me. Now, I have my very own legacy, steeped in sweet memories, to pass on to friends, grandchildren and my two great grandchildren.

If my story has piqued your interest and you think you'd like more information on The Memory Legacy Program™, feel free to give me a call at (519) 780-2298 or (800) 433-5307. I've got a lot more I could share with you. I could even suggest a good place for you to start.



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The Journey to Self Love

As we approach Valentine's Day, known as the holiday of Love, it is a time to reflect on our hearts, how we give and receive Love. Love comes in so many forms and often it is Self Love which receives the least of our attention. In essence Self Love is the most important journey we will take; the journey of loving ourselves. We focus so much time and attention on caring for our parents, children, spouses, friends, partners and colleagues that often our own needs are left out. Without loving ourselves we neglect the most important Love – Self love.

It is Self Love I would like to explore with you here. What are the ways in which we begin the journey of loving ourselves? Perhaps it is in the small acts of self compassion we begin offering ourselves; kindness instead of criticism when we make a mistake.

I offer some tools and steps you can take to begin your journey to self love and compassion.

1. Write yourself a love letter, in your journal or a notebook write down a few of the things you appreciate most about yourself perhaps your resilience in the face of struggle, your kindness, your intelligence. We rarely notice, or let alone honour these aspects of ourselves and the qualities we cherish.

2. Take yourself on a date, treat yourself to your favourite dessert, go for a massage or a movie, a walk-in nature, treat yourself to something that you love and enjoy.
3. Be kind to yourself, forgive yourself when you make a mistake or say something unkind to someone you care about. Remind yourself that we are all human and it is okay to make mistakes. you can try again tomorrow.
4. Try to not compare yourself to others. There will always be those who have more than you do and those who have less. The more we focus on what we already have... and love about ourselves and our own life, the greater our capacity for True joy and contentment will be.

Remember you spend a lifetime in your own skin, and no one can know or love you better than you ever could. You owe it to yourself to offer yourself the same kindness, compassion and care you give those you love. If you do not, then who will.

A favourite childhood quote that captures the heart of this beautifully is

“Today you are you! That is truer than true!
There is no one alive who is you-er than you!
Shout loud, ‘I am lucky to be what I am!’”

Dr. Seuss

Go and show yourself some love today!

Amy Krug, MSW RSW
Clinical Counsellor, ICC



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Healthy hearts lead to healthier brains!

Did you know that physical exercise has been proven to improve heart health, and people who exercise regularly are less likely to develop heart disease, stroke and diabetes, which are all associated with an increased risk of dementia?

Not only does regular exercise help to reduce stress and improve your mood, but physical activity also pumps blood to the brain, which nourishes the cells with nutrients and oxygen, and may even encourage new cells.

Get active with these helpful tips:

- Start small. Add a bit of physical activity into your daily routine. Try doing some gentle yoga in the morning, or walk instead of driving for curbside pickup orders.
- Focus on aerobic activities to help maintain general fitness. Many experts recommend walking as one of the safest, effective forms of aerobic exercise.

- Stay motivated by choosing activities and sports that you enjoy.
- Find a buddy who can hold you accountable! Call someone on speakerphone or video chat with them and exercise together. Bonus: you also gain the brain-healthy benefits of social interaction!
- Join us online for Minds in Motion! This community-based social program incorporates physical activity and mental stimulation for people with dementia and care partners.

Always check with your doctor about the kinds of physical activity that might be right for you, or if you have specific health concerns.

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

Alzheimer *Society*

WATERLOO WELLINGTON



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519-656-2240

Elmira Denture Clinic

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519-669-1535

Hemmerich Hearing Center

10 Waterloo St., NH
519-662-6884

Martin's Guardian Pharmacy

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St. Jacobs ON N0B 2N0
519-664-3785

Pharmasave

Town Square Pharmacy
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519-214-4000
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Wellesley Township Community Health Centre

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Woolwich Community Health Centre

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

HOME SUPPORT SERVICES

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Community Care Concepts

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SENIOR CARE FACILITIES & ORGANIZATIONS

The Village of Winston Park

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

Woolwich Seniors Association

24 Snyder Ave. Elmira
519-669-5044

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Wishing health, happiness and prosperity in 2021 to all.
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Alison Willsey
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(519) 664-3785

Owner, Alan Martin



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**Emergency
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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

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519-699-1647

Region of Waterloo Public Health

519-575-4400

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Guardian

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N3A 1K1

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Saturday:
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Sunday: Closed



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N0B 2T0

519-656-2240

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Saturday:
9:00am - 2:00pm
Sunday: Closed