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On The Cover

Almost 80% of premature heart disease and strokes can be prevented by living a healthy lifestyle. The Stonecroft Aquafit class which are pictured on the front cover are preparing for a "Heart Healthy" 2023! See the full cover story on page 8 for some great tips for Heart Month.

Cover story & photo by:

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LETTER FROM THE EDITOR

February, the month of love and your heart...

The commercial holiday "Valentine's Day" heavily centers around romantic love between couples, but in reality, love comes in many other forms. Take this holiday of love as a day to show yourself some of that love you pour into everyone and everything else. You don't need a partner or even a firm reason to have a good time; you just need you and whatever makes you feel loved, happy, inspired, and excited – because YOU deserve it!

February is Heart Month. Heart disease is a leading cause of premature death in Canada, but too many people don't know it. It is very important to talk regularly with your healthcare provider about you own heart risks. Take charge of your heart health! Be sure to check out Cook's Pharmacy's "Heart Health" article on page 4 for some great tips to keep your Heart Healthy.

Life Hack Tip ~ Cool Whip Shapes For Hot Cocoa

Instead of Marshmallows, how about some Cool Whip shapes for hot cocoa?

Line your pan with wax paper.

Pour your Cool Whip mixture into the pan. Use a spatula to spread the Cool Whip evenly. You will want to use a pan size that will give you about a 1/2 to 1 inch thick Cool Whip layer.

Now put your pan in a freezer for a couple hours or overnight. The Cool Whip must be frozen hard for best results.

Remove the wax paper from the pan. Cut out your shapes using a cookie cutter. You will want to work quickly because the Cool Whip will start to melt.

If the Cool Whip is too soft, you can put it back in the freezer to firm up



Wishing you all a Happy, Healthy Heart this month and always!

Tara

Heart Health

Most people don't really think about it. In fact, we really do just take it for granted that our heart is there and that it's doing its job. We all know how important it is to being alive, but most of the time it works away in anonymity. Twenty-four hours a day, 365 days a year, your heart pumps blood and oxygen to your muscles and organs.

You would think that such a vital piece of our internal machinery would be protected at all costs.

It should be one of the most important things we think about each day right? Unfortunately, unhealthy habits creep into our lifestyle and over time we damage that muscle until it starts to have issues.

Your heart is very susceptible to several different factors. Heart disease is a big factor, but even the most perfect heart will eventually get old and tired. It takes a lot of effort to pump blood through our bodies, over and over, multiple times a minute, year after year. So why do we make its job so much harder?

You can take control of your heart health! And your pharmacist is a key piece of your heart health team. Working with them, alongside your doctor and maintaining good habits, can help you give your heart a fighting chance, and maybe even improve its health to keep it running longer.

Let's look at some of the causes of heart disease and what we can do to ward off issues while living a heart healthy lifestyle.

What can go wrong?

Heart disease is an umbrella term for several different types of heart conditions. The most common type of heart disease is coronary artery disease (CAD) which is usually what people are thinking of when they say they have heart disease.

There are four main types of heart disease:

- Coronary Artery Disease (CAD) – which restricts blood in and around your heart muscle.
- Stroke – which is a blockage of an artery preventing blood from reaching the brain.
- Peripheral Arterial Disease (PAD) – narrowed arteries restrict blood flow to the arms or legs.
- Aortic Disease – restricts blood flow through your main artery, the aorta.

Ignoring heart disease can lead to arrhythmias (abnormal heartbeats), cardiogenic shock (severe damage to the heart muscle), or even heart failure (when the heart can no longer pump blood).

We're going to go over some lifestyle factors and health tips that can help you prevent heart disease. Your pharmacist is an amazing resource for heart healthy living tips and even over the counter (OTC) medications, vitamins, and other supplements to help slow down or prevent heart disease.

However, if you have already been diagnosed with heart disease, or are experience symptoms you should speak with your doctor right away.

What causes heart disease? Cholesterol

Thanks to some amazing marketing of products through the late 1980s and the 1990s, cholesterol gets a real bad rap. It's important to know that there are two different kinds of cholesterol and that you need some cholesterol in your diet to function.

Good cholesterol, also known as high-density lipoprotein (HDL), is important because it reduces bad cholesterol and is critical in making vitamin D and other hormones in our body like estrogen and testosterone.

The reason cholesterol has such bad reputation

is because bad cholesterol, also known as low-density lipoprotein (LDL) is a real troublemaker. Found in a lot of processed foods, deep-fried foods, and red meat, LDL cholesterol plays a big factor in the creation of plaque on your artery walls.

Overtime, as the plaque builds up, there becomes less and less room for the blood to flow through. The smaller the opening, the harder your heart has to strain to push the blood through. Eventually the artery gets blocked, and you are dealing with a major heart problem.

Speak with your doctor or pharmacist about getting your cholesterol levels checked. Regular testing is important because there are usually no symptoms for high cholesterol until something serious like heart disease or a blockage occurs. You can get tested at your doctor, in your local pharmacy, or even get an at home test. You want to check your cholesterol at least every 4 to 6 years, and more often if you have or are at risk for heart disease.

The good thing is that with some diet changes, proper exercise, and sometimes some medication, you can reverse high cholesterol and take the strain off your heart.

High Blood Pressure

High blood pressure is often known as the silent killer because it has no symptoms until you have heart disease or possibly even a stroke. There are several causes of high blood pressure such as being overweight, diet, stress, or plaque build up.

For example, when your arteries start to build up a lining of plaque, the space available to pump blood gets smaller and smaller. Imagine blowing air through a large straw then blowing air through a very, very, small straw. You must blow a lot harder to push the same amount of air through, and the same principal applies to your heart when it pumps blood.

You can easily get your blood pressure tested, so it makes sense to check it as often as you can. Not only can your doctor check your blood pressure, but you can also have your pharmacist check it, use an automated machine

in a pharmacy or mall, or even order an at-home testing machine.

It's important that you test your blood pressure multiple times and then average out the results. If you're having a particularly stressful day, or had a very salty meal, your blood pressure reading can be artificially inflated. So get it checked, but get it checked a couple of times to be sure.

Your pharmacist can help with healthy eating advice, stress management advice, and testing equipment. Technology advances have brought the price of blood pressure monitors down drastically and a home unit can be purchased for a very affordable amount.

What can I do to lower my risk of heart disease?

Luckily, the steps for reducing your risk of heart disease are straightforward. Here is a quick list of what you can do:

1. Eat healthy as often as you can
2. Get regular exercise and practice self-care
3. Manage your bad habits and other diseases
4. Don't skip any medications

Let's breakdown some of these tasks into a little more detail and talk about how a pharmacist might be able to help. Remember that lowering your blood pressure and/or bad cholesterol levels can help keep heart disease in check. Several of the steps used to lower cholesterol or your blood pressure, also offer additional benefits like reducing the strain on your heart muscle, improving cardio, and strengthening your heart muscle at the same time.

Step 1: Eat Healthy

To eat health healthy, your meals should be mostly fruits, vegetables, whole grains, low-fat dairy, poultry, fish, and nuts. You should limit red meat, sugary food, and sugary drinks.

As a bonus, eating healthy can help reduce your weight, which reduces strain on your heart, reduces blood pressure, and lowers your cholesterol.

Continued on next page

Continued from previous

- Stay within a reasonable caloric limit each day.
- Eat proper serving sizes or portions.
- Cut back on red meat, sugar, saturated and trans fats, sodium, and processed or canned foods.
- Eat a variety of healthy foods – don't eat the same thing each day.
- Get plenty of fiber – soluble fibre is best for lowering cholesterol.
- Lower your sodium intake. You should limit your sodium to 2300 mg per day (and 1500mg per day if you have high blood pressure, kidney-disease).

Step 2: Move more

In an ideal world, you should be getting 30 to 60 minutes of aerobic heart-pumping activity, at least 3 to 5 times a week. And that doesn't have to be done at once, you can break it into two 15 minute walks per day. To help with heart health, the exercise should get your heart pumping like brisk walking, bicycling, or swimming.

To maintain weight, or lose weight, even a small amount of daily walking at a slow to moderate pace can still help. Make sure you talk to your doctor before starting exercise if you suffer from high blood pressure. It's very important to start slowly and work your way up to taking on a high-intensity aerobic exercise.

Step 3: Quit smoking, lose weight, manage stress, etc.

Let's group any bad habits that affect your heart health into this one section.

Recreational drugs, nicotine, etc. can damage your arteries and increase your odds of developing heart disease. Even if you don't smoke, your risk increases just from being around second-hand smoke. You should also limit your alcohol consumption to one drink per day for women, and for men, it's no more than 2 drinks per day.

Watch your weight. The more physical mass

your body has, the more your heart must work to get blood to your whole body. Even dropping something as small as 5% of your body weight can improve your blood pressure. Your pharmacist may have a weight-management program available, and most pharmacies will carry supplements, vitamins, and other weight-loss aids.

Manage your stress. Stress increases your blood pressure and increases your heartrate. The more your body stays stuck in it's 'fight-or-flight' state, the more stress is placed on your heart. Exercise, meditation, relaxation, and even some OTC supplements can manage and lower stress. Speak with your pharmacist to see what options are available to you.

Step 4: Don't skip any medications

If your doctor or health care provider has prescribed any medication, it is critical that you take those medications as prescribed. Speak with your pharmacist if you are having trouble tolerating a medication, or finding it difficult to maintain your dosage. A compounding pharmacy can help by offering alternatives that may be easier to handle.

Not only is it important to take the medications that directly affect your heart health, like blood pressure medication, its also important to take care of other diseases like diabetes. Ignoring an unrelated disease or issue can still have unintended consequences on your heart health.

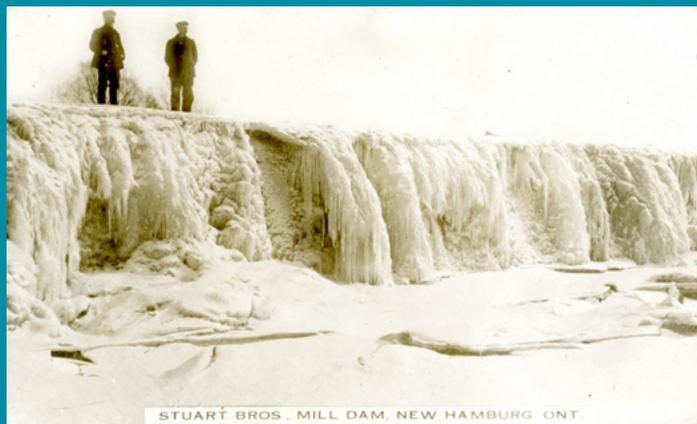
In conclusion

Your heart health is important. Heart disease is a silent killer, and it creeps up without any symptoms until its too late. The only way to catch it in time is to have regular check-ups and testing of your blood pressure and cholesterol.

Speak with your pharmacist or healthcare provider and get a plan in place that helps address the underlying conditions. If you control those areas, you can slow and possibly even completely prevent heart disease.

Flashback

The Stuart Brothers, from Mitchell, Ontario, purchased and rebuilt the New Hamburg mill in 1904. The frame building on the property had been destroyed in a 1902 fire. It was replaced by a three story brick structure, built by the Stuarts. The Stuarts owned the mill until 1922, when they sold it to the New Hamburg Flour Mills.



Photos



A black and white postcard of the Stuart Brothers Mill Dam on the Nith River, in New Hamburg, Ontario. The dam is frozen over and ice can be seen coming over the top of the dam. Two men are standing on top of the dam on the left.

Courtesy of the Grace Schmidt Room, Kitchener Public Library



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COVER STORY



Embark on a Heart Loving February

WRITTEN BY: MERCEDES KAY GOLD

February is synonymous with cupid, chocolate, red roses and loads of love for our partner but also a time to focus on having a top-notch ticker. February is also “Heart Month” and it’s absolutely essential to show self-love. Sprinkling a little extra tender loving care on oneself helps lower the likelihood of cardiovascular disease. Heart disease affects approximately 2.4 million Canadian adults. It is the second leading cause of death in Canada. Nine in ten Canadians have at least one risk factor. Almost 80% of premature heart disease and strokes can be prevented by living a healthy lifestyle. What are you waiting for?

First and foremost, quitting smoking is non-negotiable. There’s no safe number of cigarettes or cigars and forget vaping, a vile alternative.

Are you up at the crack of dawn, dozing off during the day yet wide awake at 3am? **Ageing adults require the same amount of sleep as their younger selves.** Aim for seven to nine hours nightly. It’s not always easy to acquire adequate shuteye due to pain, medications and insomnia but deep restorative sleep helps the body repair. Eliminate blue light and shut off all electronics. This means no television, tablet or laptop in the bed. Crawl under the covers with a book. Stop eating a few hours before bedtime

and cease all liquid intake at least an hour prior to switching off the lights. Try a new sleep position. Swapping right side sleeping for laying on the left side of the body activates the indispensable vagus nerve, counteracting your fight and flight response. Save on heating and set the thermostat somewhere between 65- and 68-degrees Fahrenheit. An eye mask, ear plugs, mouthguard if you grind, a cup of chamomile tea, lavender essential oil on the temples, and melatonin are all holistic options to test drive for a super slumber.

Chronic stress should be minimized. Identify your personal happy place. Knitting, painting, photography, escaping to nature or being a social butterfly can all be relaxing but life is never a straight line. Learning the proper breathing technique is extremely calming in a crisis and unleashes your body’s ability to heal naturally by energizing the all-important vagus nerve. Yoga, meditation and journaling help target the parasympathetic system, responsible for rest-and-digest activities in the body. Being in balance, calmer and clearer helps control cortisol.

Don’t wait for checkups, self-monitor medical factors such as blood pressure, cholesterol levels and diabetes. Knowing your numbers helps put you in the driver seat and take control of the majority of risks. Anything that can be measured, can be changed.

As a certified holistic nutritionist and certified personal trainer, my two favorite daily defenders against disease are nutrition and exercise. **Nutrition is the cornerstone of not just living but thriving.** The foods you favor impact the body positively or negatively. Are you living your best life or reminding the world you are getting old? Eating a plant-based diet entails a plethora of produce but zero in on gorgeous green vegetables. Raw nuts and seeds, beans and whole grain goodness should prioritize the plate. Fiber filled freshness supports a healthy weight, speeds up transit time and removes the LDL or lousy cholesterol in a bulkier stool. Inflammation is the root cause of disease. Take a pass on processed foods, skip sugar and opt for more than just “Meatless Monday”. Go green, lean and clean at all meals. This Valentine’s Day choose health and try a new trio. Berries come through with flying colors. Health experts show love to berries on loads of

lists. They are low in sugar and carbohydrates, yet high in fiber, vitamin C, and all-star anthocyanins. Blueberries and strawberries protect the heart with just three or more servings of a half a cup per week, according to Dr. Eric Rimm, associate professor at the Harvard School of Public Health and Harvard Medical School. Brew beauty. Hibiscus petals lower blood pressure and support overall heart health. Whether you celebrate with the simplicity of a single piece of high-quality chocolate or favor a fondue, chocolate is a must. Cocoa is full of fabulous flavanols, reducing the risk of cardiovascular disease with regular consumption but choose products containing 85% and stick to a 30 to 60 gram serving or between one and two ounces.

Moving your body daily helps maintain overall muscle strength, flexibility and support weight-loss and maintenance. The Heart and Stroke Foundation of Canada recommends adults should accumulate 150 minutes of moderate to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Increasing physical activity is easier than you think. Small incremental steps start the ball rolling. Choose the stairs over the elevator, park further from the door and simply stand for a few minutes every hour. Consistency is the name of the game. The average number of days to form a habit is 66 days according to a senior researcher at the University College in London, England.

Feeling secure with your balance is important. The fear of falling is very real and prevents many seniors from becoming more physically active. Embracing Change featured an article in November highlighting exercises to improve balance. It can be found on their Facebook page and Instagram account. Balance improves the quality of daily life. Moving is monumental. Jump-start the heart in a social setting with fitness fun favorites; yoga, Pilates, dance classes, bowling, curling, and playing pool. All involve walking, standing, stretching, bending, and in-turn working the heart plus various muscle groups.

Now that you are moving and grooving, walking is next. Whether you use a treadmill, indoor track or venture to the great outdoors wear appropriate footwear, drink water and add light hand or ankle weights to increase intensity. **Swimming and aquafit classes are both low impact and ideal for any level.**

Adding water specific dumbbells or just picking up the pace will help you work within your target heart rate.

Fall in love with February's designated heart month and choose winter wonderland activities other than snow shoveling. Skating, curling, snowshoeing, and cross-country skiing is cardiovascular heart pumping perfection. If rosy cheeks and freezing toes aren't your thing, try pickle ball, a super summertime activity that has indoor leagues all winter long. Pickleball is a cross between tennis and badminton, super easy to learn and can be played both singles and double. It's slower and less hard on the body thanks to a smaller court but heaps of heart health just the same.

Last but not least, let's not forget this personal trainer's home away from home. I love seeing a busy gym, fitness class or an equipped in-home space. Whether you follow YouTube, DVD or hire a trainer to design a protocol or be there one-on-one, weight-training is a vital at any age. It's never too late to begin using dumbbells.

As you embark on a heart loving February do you know your resting heart rate? **The optimal heartrate in a healthy senior should be between 60-100 beats per minute.** Unlike school or a bank account, the lower the number the better. When exercising, it's a huge heart helper to know your numbers. Your maximum heart rate is 220 minus your age and your target heart rate exercising is approximately 50-70% of your maximum heart rate. Aim for 50% if you are new to exercise and as activities feels easy breezy, work harder and longer. The goal is to have a low resting heart rate and healthy blood pressure. Exercise helps ensure oxygen and nutrient rich blood is pumped throughout the entire body 100,000 times a day. Invest in a personal heart rate monitor, wear red this February and love yourself enough to stay healthy for those who love you!

Mercedes Kay Gold is a Certified Holistic Nutritionist, Certified Personal Trainer and a published writer who loves helping others live their best life when not spending time with her children and grandson Theodore.

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Taking Care of Our Seniors' Mental Health



One in four seniors' may experience depression, anxiety, or dementia. The number of seniors with mental illnesses may double by 2030.

Depression is the most common mental health concerns in older people. Unfortunately, two-thirds of seniors with mental health problems do not get the treatment they need. The transition from independent living to a long-term care facility can be a challenge for our seniors.

More than two in five Canadian seniors living in LTC are diagnosed with or have symptoms of depression. Seniors can suffer from mental health issues for a variety of reasons.

Age-related changes: As we age, our bodies and minds go through changes that can affect our mental health. For example, the brain naturally begins to shrink, and the production of certain chemicals that affect mood may decline.

Life transitions: Seniors may experience significant life transitions such as retirement, the loss of a spouse or close friends, or a decline in physical health, which can all impact their mental health.

Chronic medical conditions: Seniors may suffer from chronic medical conditions that can affect their mental health. Conditions such as heart disease or diabetes can cause depression and anxiety.

Medications: Some medications used to treat chronic medical conditions can have side effects that impact mental health, such as causing depression or anxiety.

Isolation: As seniors age, they may become isolated due to a decline in mobility or losing friends and family. This isolation can affect mental health.

It's essential to recognize the potential impact of these factors and take steps to support seniors' mental health.

Research suggests seniors benefit from supportive social connections and close personal relationships but suffer from disrupted emotional ties and loneliness.

Here are some ways to help Canadian seniors improve their mental health:

Stay active and engaged: Physical activity and social interaction can help seniors maintain good mental health.

Eat a healthy diet: A healthy diet can help seniors maintain good mental health by providing the nutrients their bodies need to function correctly.

Get enough sleep: Adequate sleep is vital for maintaining good mental health.

Manage stress: Chronic stress can have a negative impact on mental health. Encourage seniors to find healthy ways to manage stress, such as meditation, yoga, or exercise.

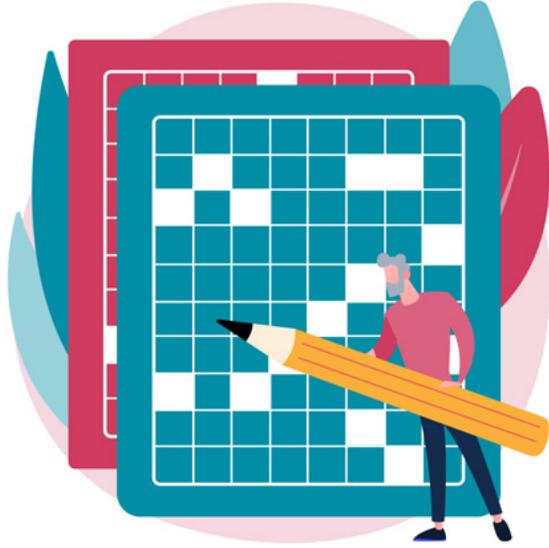
Encourage them to seek support: If a senior is struggling with mental health issues, encourage them to seek help from a healthcare professional or a mental health support group.

Stay connected: Isolation challenges mental health. Encourage seniors to stay connected with friends and family and to participate in activities that interest them.

A Promyse Home Care caregiver can offer companionship and, at the same time, unwavering support. Companion caregivers can engage in stimulating games, fun activities, and exciting conversations for as long as needed, on an ongoing basis.

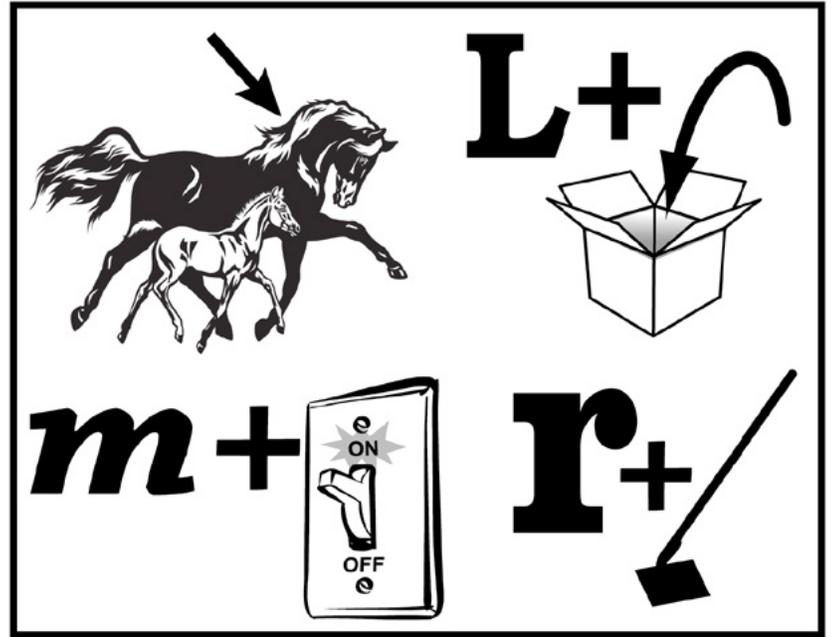
With over 20 years of experience, Promyse Home Care is a perfect example of an established home care agency that specializes in providing nurse case-managed home care services for all ages in Kitchener, Waterloo, and Cambridge.

February Puzzles!



Concentration Puzzle

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



Wacky Wordies #4

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



1. _____



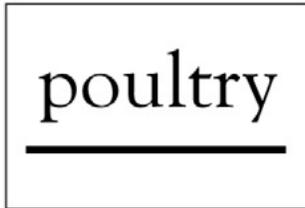
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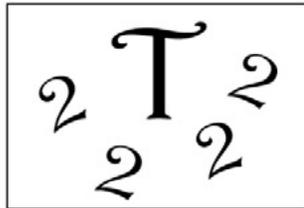
3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____

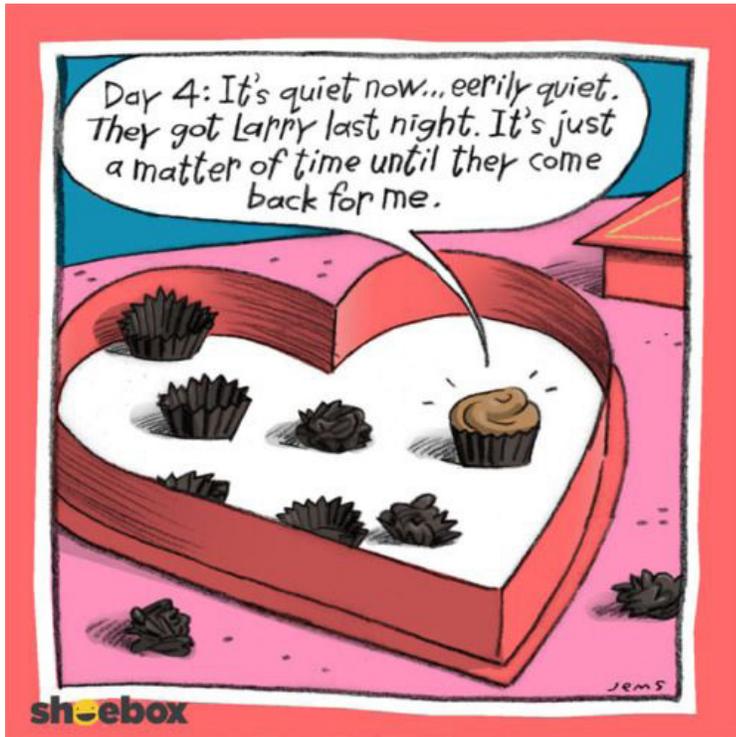


11. _____



12. _____

Laughing Matters!



SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



Solutions on Page 14

WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

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

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

WOOLWICH TOWNSHIP:

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- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- MCC Thrift & Gift Elmira
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- Bonnie Lou’s Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)
- Harvest Moon St. Jacob’s

Solutions



Concentration Puzzle: Marilyn Monroe

Wacky Wordies #4

1. Big fuss over nothing
2. Out on a limb
3. Elevator out of order
4. Staff meeting
5. Foul line
6. Tea for two
7. Top of the morning
8. Growing old
9. Son of a gun
10. Freeway
11. Cornerstone
12. He’s beside himself



Ask the Doctor

with Dr. Nicole Didyk

What do you do when Someone with Dementia starts wandering?

Wandering is one of the most frightening symptoms of Alzheimer's or another type of dementia. 60% of people with dementia get lost at some point during their illness. And more concerning is that about half of people who go missing for more than 24 hours end up seriously injured or dead.

In this article I'll explain why wandering can happen in a person with dementia, present some of the warning signs that a person with dementia may be at risk of getting lost as well as tips to try to prevent the person from becoming disoriented and going missing.

WHY DOES SOMEONE WITH DEMENTIA GET LOST?

Most types of dementia affect multiple areas of brain function and thinking, not just memory. Looking at how dementia can affect these cognitive domains it's not hard to see why getting lost could happen.

Memory Loss : A person could forget that their home is their home and think that they need to be at a previous residence. They could also forget that they've already run an errand and try to go out and do it again. A person with severe memory loss could forget that they were retired and try to go to work.

Agnosia (trouble recognizing familiar objects or people): A person with dementia might not recognize their home or a familiar route despite being down at thousands of times.

Visual-spatial impairment: this might lead to problems with figuring out how to plan a route or how to navigate when trying to find a way home.

Language issues: The impairments in communication skills that can happen with dementia could make it harder to ask for directions

or understand those directions even if they are provided.

WARNING SIGNS OF GETTING LOST

One of the most frightening things about wandering is that it can become an issue very suddenly. A family member might think that there is no risk of getting lost until it happens and that can be a very unpleasant shock.

Warning signs can include the following behaviour changes:

- wanting to go "home"
- appearing restless or busy
- a person going out and coming back much later than you would have expected
- trying to go to work when they're retired
- asking for family even when they are present, or asking for family members who have died
- just appearing more disoriented even in a familiar environment

REDUCING THE RISK OF WANDERING

If you're noticing some of these changes in behaviour, it's a good idea to take some steps and try to reduce the risk of a person with dementia actually getting lost. It's also a good idea to talk about some of these strategies before the issue comes up or before the dementia gets more advanced. Some of these strategies are a little bit controversial and could involve some ethical dilemmas, such as whether or not a person should be tracked with a GPS system when they go out. If you have a chance to talk about this with the person with dementia ahead of time it could ease your conscience when you put some of these measures in place later on.

Continued on next page

Continued from previous

Here are some suggestions for how to reduce the risks associated with getting lost:

- Make sure that neighbours know the person is at risk of getting lost
- Get on a wandering registry (the Alzheimer Society can give you advice about this)
- Consider a GPS tracker
- Get a door alarm
- Consider a new door access system
- Try to have a recent photo of the person with dementia that you could share in the event that they get lost

- Find out why the person is trying to leave and consider modifying the environment or daily activities to reduce those triggering events.

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

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

Disclaimer:

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



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www.alzheimerww.ca

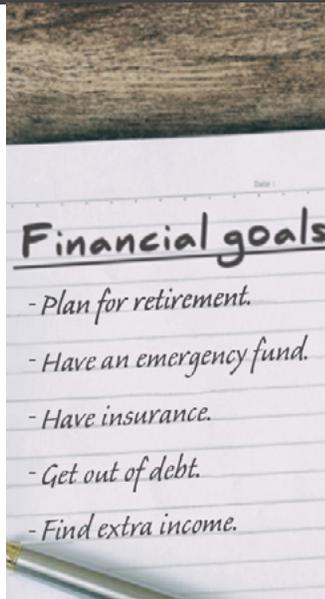
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Financial goals

- Plan for retirement.
- Have an emergency fund.
- Have insurance.
- Get out of debt.
- Find extra income.

MKT-14371-C-AD

Jan & Pete

A Love Story

**“I met a girl who sang the blues
And I asked her for some happy news
But she just smiled and turned away”**

– American Pie by Don McLean

This song rang through society’s collective consciousness when it was released as a number-one US hit, lasting four straight months in 1972. The refrain, “Bye-bye, Miss American Pie” became a tribute to the unexpected loss of early rock and roll stars. Looking back, this song – in a very personal way – became a seminal moment in the lives of many people around the world.

I mention this because of the sad news – reported on local media – about the closing of the London Music Club (LMC) run by Pete and Janice Denomme. I came to know them personally through mutual friends; and later, played at Open Mic nights. We also debuted our original ‘60s rock group called Reunion at their club.

Pete was always the most encouraging of people... especially when you hadn’t played on stage for a while! For years, he left space in LMC’s weekly schedule of successful artists for the sole use of unheralded entertainers – many of which proved to be exceptional. The point is you felt like family... no matter what your proficiency... it didn’t matter... you were always treated with respect. Oftentimes Pete personally ran the sound and lighting system; if it was important to you, it was doubly important to him. And with that type of supportive atmosphere, you inevitably became better and better. They both seem to feel that this type of giving back to the community was

important to running a meaningful, as well as a profitable enterprise. They lived it. And it worked for most of LMC’s 17-year, non-pandemic, run.

How many music venues provide for this type of contribution to musicians and fans alike?

Plus, Jan was not only “a pretty face”; she ran the operation behind the scenes, as well as, welcoming everyone with a warm and friendly smile. Together, along with a supportive cast of family and friends – although it was hard to distinguish between the two groups – they were the ultimate ambassadors for the local music scene.

I feel sorry for those who missed out on their outpouring of love, generally, and see the many fundraising activities they made to specific charitable causes. Business-wise, we may not see their kind of caring in the local music biz again. But the mark they left on the community is well-defined in our hearts.

Thanks again, Pete and Jan, for the memories!

**“And I knew if I had my chance
That I could make those people dance
And maybe they’d be happy for a while”**

– American Pie by Don McLean

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



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The Importance of Self-Care in Caring for Others

With the excitement of the holiday season in the rear-view mirror, it seems like such a long stretch as we wait anxiously for the arrival of spring. We have just come through a period of focusing on those around us and the busy tasks of the holiday season. It is not uncommon for people to be exhausted. The cold, snowy and dreary days of February, with little sign of the spring, do not help. You are certainly not alone if around the month of February, you find yourself in a bit of a funk. This can be especially difficult if you are also in a position of caring for others.

It seems to be engrained in us that we need to focus on others ahead of ourselves. Too often we think that taking care of ourselves first is somehow selfish or shows our lack of commitment, concern or empathy towards others. However, research shows exactly the opposite. Self-care means we take an active role in focusing on our physical and mental wellness, ideally proactively, but especially during times of stress or crisis. By focusing on what is good for us – enhancing our emotional or physical stamina, enhancing our self-esteem, building resilience to tackle what we are facing – anxiety is reduced, stress levels drop, the ability to concentrate increases, patience with others increases, frustration or anger can be reduced, happiness increases, energy levels climb and individuals experience so many other positive benefits. Equally as important, focusing on self-care allows us to be more compassionate, empathetic and engaged with others, giving us the energy, positive attitude and ability to tackle what comes our way, including focusing on the needs of others. In fact, taking care of ourselves enhances our ability to care for others.

Recognizing this, Community Care Concepts offers a variety of supports, offered at no or low cost:

Practical Support for Caregivers – Finding time to care for yourself can be hard when you have responsibility for caring for others. Trained staff and volunteers offer assistance with practical tasks including meals, rides to medical and other appointments, grocery shopping, visiting with your loved one, referrals to service, information and support and assistance with so many other tasks.

Caregiver Support – A variety of opportunities are offered for those caring for others to come together with others sharing similar experiences for connection, information, support and assistance. Complimentary programs/supports are offered for your loved one so that you can focus on you.

Adult Day Programs – We offer a full day of activities including discussion groups, games, crafts, music, exercises and guest speakers for older adults in the community, while offering a much-needed break for caregivers. Transportation, a hot lunch and snacks is included.

Free Community Exercise, Social and Recreational Programs – A variety of free gentle exercise, social and recreational opportunities are offered throughout the community, providing an opportunity to focus on self-care while connecting with others.

Self-care is one of the best things that you can do for both yourself and those that you care for.

For more information on these and other services contact Community Care Concepts at 1-855-664-1900, 519-664-1900 or 519-662-9526.

TAX TIPS

for Retirement

Jeff Foster, Financial Planner
Kindred Credit Union - New Hamburg Branch

If you're like most Canadians, taxes take a big bite out of your wallet every year. For many of us they're our single largest expense. And once you have retired, taxes can have an even bigger impact on your financial picture. Fortunately, there are a few ways to save on taxes and keep more of your hard-earned money.

Here are a few strategies to lighten your tax bill:

- ✓ **Optimize your pension tax credit.**
The pension credit can save you up to \$350 each year; however, it doesn't carry over – use it or lose it! If you are over 65 but not yet 71 years old, you will need to convert some or your RRSP investments to a RRIF in order to take advantage of this tax credit.
- ✓ **Consider spousal RRSP contributions.**
If you are 71 years of age or older and your spouse is under the age of 71, you may want to contribute to a spousal RRSP, which offers the same tax savings as a regular RRSP.
- ✓ **Give to charity.**
Charitable donations made by December 31 are eligible for this tax year. Instead of cash, you may be able to donate certain securities you own “in-



kind”, to avoid paying capital gains tax. Your charitable receipt will be based on the current market value on the donated securities.

- ✓ **Take advantage of a tax-free savings account.**
TFSA's allow you to grow your investments tax-free. You can contribute up to \$6,500 in 2023 and up to \$81,500 in total. One of the bonuses of TFSA's is that if you withdraw some of your savings during the year, you are entitled to re-contribute those funds back to the TFSA the following year.
- ✓ **Split your pension income.**
Transfer up to 50% of qualifying pension earnings to a lower income earning spouse or common-law partner. The transferred money will be taxed at their lower income tax rate.
- ✓ **Give your spouse the gift of a TFSA contribution.**
If you need an alternative to a spousal RRSP contribution, either due to age

or other factors, the gift of a TFSA contribution will allow you to take full advantage of available TFSA room. And the rules for tax-free growth still apply. Your spouse will need to have their own TFSA and use this as their own TFSA contribution.

✓ **Consider tax-loss selling.**

By selling non-registered assets that have dropped below their purchase value you can generate a capital loss and use it to offset any capitalized gains you've realized in either the three previous years, this year, or in the future. To claim the loss, your trade must be settled before the annual government-imposed deadline.

✓ **Pay your tax-deductible expenses.**

To claim them for this tax year pay tax deductible expenses like alimony, eligible accounting/legal fees, and medical bills by December 31. The medical expense tax credit can be very helpful if you have significant medical expenses.

✓ **Consider the multigenerational home renovation tax credit.**

Starting in 2023, a refundable tax credit of up to \$7,500 is available for families who construct a secondary suite for seniors in their home. Rather than benefiting the retiree directly, this would benefit the homeowner, likely an adult child.

Every life stage comes with new questions. Kindred's Wealth and Investment Team is here to answer all your questions and offer personalized advice that helps you make the most of your retirement. We're committed to sharing our expertise,

simplifying your options, and offering you choices that align with your values. Honest conversations will help us understand your financial position and your priorities, so we can develop a plan using your money in a way that fits your values. For detailed advice on how to take advantage of these tax savings strategies, and a few others, drop by your local Kindred branch and talk with one of our Wealth and Investment Advisors.



Mutual funds are offered through Qtrade Asset Management (a tradename of Credential Asset Management Inc). Mutual funds and other securities are offered through Qtrade Advisor, a division of Credential Qtrade Securities Inc. The information contained in this report was obtained from sources believed to be reliable; however, we cannot guarantee that it is accurate or complete. This report is provided as a general source of information and should not be considered personal investment advice or a solicitation to buy or sell any mutual funds and other securities.



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Check us out at: embracingchange.ca

Aging Well In Woolwich

Information & Active Living Fair



Special Guest Speaker



The Honourable
Sylvia Jones MPP,
Ontario Minister of Health/
Deputy Premier of
Ontario

Wednesday February 1, 2023

9 am - 1:30 pm

Calvary United Church
(48 Hawkesville Rd, St. Jacobs)

You must register for this event

Please contact 519-664-1900
1-855-664-1900 to RVSP

Agenda

9– 9:15am	Opening Remarks
9:15– 9:30am	Speaker: The Honorable Sylvia Jones
9:30-10:15am	SMART Exercises
10:15-11am	Stretch Break/ Coffee/ Vendors
11am-12pm	Speaker: Community Health Panel
12– 12:30pm	Vendors/ Door Prizes
12:30-1:15pm	Complementary Lunch
1:15-1:25pm	Door Prize Draws
1:25-1:30pm	Closing Remarks

This event is hosted by The Township of Woolwich in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.





Finding Your Way: Living safely in the community

Did you know that 60% of people with dementia-related memory problems become lost at some point?

The Finding Your Way® program helps people living with dementia, their families, caregivers and communities to recognize the risk of going missing, be prepared for incidents of going missing, and ensure that people with dementia can live safely in the community.

Know what to do

- Approach the person from the front
- Identify yourself and explain why you've approached the person
- Maintain a calm environment
- Move slowly; maintain eye contact
- Avoid confrontation
- Avoid correcting or "reality checks"
- Call police (911) for help returning the person home safely
- Wait with the person until the police arrive

Know what to say

- Speak slowly and calmly
- Loudness can convey anger; avoid the assumption that the person is hearing impaired
- Use short, simple words
- Ask "yes" and "no" questions
- Ask one question at a time, allowing plenty of time for response. If necessary, repeat the same question using the exact wording
- People with dementia may only understand a part of the question at a time

Programs used by police forces to locate missing persons with dementia:

- MedicAlert Connect Protect
- Project Lifesaver
- Vulnerable Persons Registry

Visit findingyourwayontario.ca to learn how to sign up.

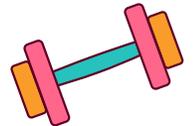
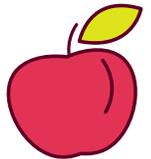
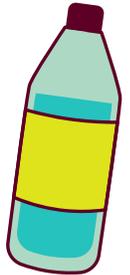
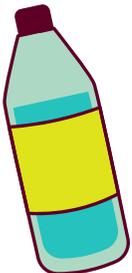
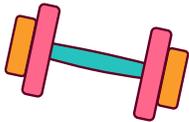
Alzheimer Society

WATERLOO WELLINGTON

Virtual Fitness Classes at Woolwich Community Health Centre

As we continue to take physical distancing measures, Woolwich Community Health Centre is excited to offer fitness classes at a distance using the virtual communication platform, Zoom.

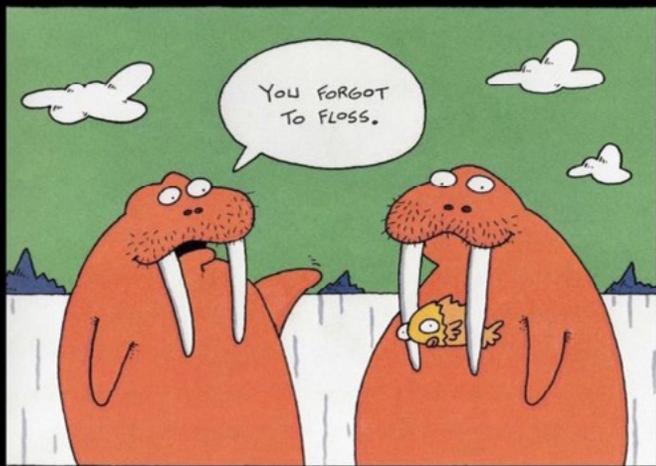
To register, please visit our website www.wchc.on.ca If you are unable to register online or have any questions please email Tariq at tabdulhadi@wchc.on.ca or call 519-656-9025 ext. 227. If you would like to pay via cheque, please address it to Tariq and include your full name and specifically which class you'd like to register for (e.g., John Doe, \$50.00 enclosed for Monday Body Fit for April – June, 2023).



Body Fit: Cardiovascular, muscular strength & endurance, plus flexibility and core work.			
Mondays 9:00 am	February 27– April 3, 2023 April 17 – June 26, 2023	6 classes for \$30.00 classes for \$50.00	10
Wednesdays 9:00 am	March 1– April 12, 2023 April 19 – June 28, 2023	7 classes for \$35.00 11classes for \$35.00	
Fridays 9:00 am	March 3– April 14, 2023 April 19 – June 28, 2023	6 classes for \$30.00 11 classes for \$55.00	
FUNDamental Fitness: All-around fitness for active adults. Suggested equipment: hand weights or alternative, exercise mat, small ball.			
Tuesdays 9:00 am	February 28– April 11, 2023 April 18 – June 27, 2023	7 classes for \$35.00 classes for \$55.00	11
Thursdays 9:00 – 10:00 AM	March 2 – April 13, 2023 April 20 – June 29, 2023	7 classes for \$35.00 classes for \$55.00	11
Yogalates: Combining Yoga and Pilates, we'll aim to lengthen muscles, increase strength, relax and connect to the inner self.			
Tuesdays 5:45 pm	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$56 11 classes for \$88	
Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. Suggested equipment, weights or alternative, exercise band, small ball.			
Mondays 10:15 – 11:15 AM	February 27– April 3, 2023 April 17 – June 26, 2023	6 classes for \$24.00 10 classes for \$40.00	
Wednesdays 10:15 – 11:15 AM	March 1 – April 12, 2023 April 19 – June 28, 2023	7 classes for \$35.00 11 classes for \$55.00	
Fridays 9am	March 3 – April 14, 2023 April 21 – June 30, 2023	6 classes for \$30.00 11 classes for \$55.00	
Mobility Activation Core: In this class we'll work to improve range of motion and stabilize the core to add more power to daily activities. The goal is to prevent injuries and correct imbalances. Suitable for beginner to advanced participants and for anyone looking to improve vitality.			
Mondays 12:45 pm-130 pm	February 27– April 3, 2023 April 17 – June 26, 2023	6 classes for \$42 10 classes for \$70.00	
Core Class: We'll mix standing and floor exercises to work on strengthening and supporting the core. This class is great for supporting the pelvic floor and will use therabands, balls and foam rollers.			
Tuesdays 11:30am-12:15pm	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$35 11 classes for \$55	

Building Strength & Balance		
For those with neurological conditions or those wanting to improve balance and strength. Suggested equipment: sturdy chair without wheels, weights or alternative, exercise band, and a small ball.		
Tuesdays (Intermediate level) 10:15 – 11:15 AM	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$28 11 classes for \$44
Thursdays (Beginner level, no lying down) 10:30 – 11:30 AM	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$35 11 classes for \$44
Phone-based Building Strength & Balance		
Participate using your telephone. You'll need a hands-free speaker option. Information will be mailed to you to help guide you through the exercises. Social time to follow. Suggested equipment: sturdy chair without wheels & exercise band.		
Tuesdays 9:00 AM – 10:00 AM	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$28 11 classes for \$44
Mindfulness Yoga		
Practice of being with whatever arises moment to moment, coordinating breath, movement and concentration.		
Tuesdays 7:00 – 8:00 PM	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$56 11 classes for \$88

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Cavity causing bacteria grows between your teeth as well as on the surface of your teeth.

If you find flossing difficult there are many other products available to clean those spaces that your toothbrush can't reach. Ask your dentist or dental hygienist what alternative might work best for you. Everyone's teeth are different but they all collect bacteria and they all need to be cleaned properly every day. And remember, a healthy smile is a happy smile.

You may be eligible to receive free dental care through the OSDCP. If you are a resident of Ontario aged 65 years or older, have an annual net income of \$22,200 or less (single) or \$33,100 or less (couple) and have no other form of dental insurance, you can apply for the Ontario Senior Dental Care Program.

Applications are available online at ontario.ca/SeniorsDental or give us a call and we will gladly mail you an application form and answer any questions you may have.

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Relationships in Later Years



Chances are you or someone you know has lost a spouse through death or divorce. Widowhood has always been a potential reality for married couples as rarely do both spouses die at the same time. For a variety of reasons, singlehood is also being caused by divorce at increasing rates. First, since divorce is a common occurrence older adults will continue to be more accepting of it as either they or people around them experience divorce. Second, rising female labour force participation offer women the economic autonomy (e.g., employment, retirement benefits) to support themselves outside of marriage. Finally, lengthening life expectancies increase the length of exposure to the risk of divorce.

When one finds oneself single again the question is whether one seeks out another relationship or not. My grandmother who lived for close to 50 years after my grandfather died, chose not to remarry, partly because, 80 years ago, when she was widowed, getting into another relationship was not nearly as common as it is today and partly because she was too busy rearing many young children to even have time to consider such an option. These days, seeking out a new relationship after a death of or divorce from a spouse seems like a much more viable option.

If you find yourself single, or single again it is important to consider many different aspects of

life before getting into a relationship. The most important thing to consider, in my opinion, is to determine your own comfortability with the prospect of being alone. Many people can be content without a significant other, especially if they nurture other relationships with family or friends. If you feel you cannot be complete without a mate, perhaps it is better to hold off searching for a significant other. Instead, take some time to work on yourself because if you are not comfortable in your own skin any relationship you get into will be more challenging. Being single is a great opportunity to discover your full identity apart from your previous partner. Spend some time getting to know and appreciate yourself. Take some time with a therapist to work through any issues and baggage you do not want to carry into a new relationship.

Once you have determined you are interested and ready to get into a new relationship there are still other considerations. For instance, is the purpose of this relationship to have a companion to hang out with on occasion or is it for a full partner with whom to share a household and daily life or somewhere in-between? Are you interested in a

Platonic relationship or do you desire a sexual relationship? Although it is good to have an idea of how you would answer all these questions, they need not inhibit you from beginning to make new connections or to increase existing connections. In the process of developing relationships, you may discover people with whom you enjoy being companionable and other relationships may naturally evolve into something more.

One last word of advice: Be yourself and enjoy the adventure.

Written by,
Chip Bender,
Registered Psychotherapist (qualifying)





New Year, New Habits: How to Make Changes That Stick



Have you made New Year's resolutions? Many Canadians do, setting optimistic goals to exercise more, eat a healthier diet, save money, and so on. Unfortunately, research has shown that 80% of people fail at their resolutions before the end of February. The reasons vary, but many of them boil down to this: changing habits is hard.

Why do resolutions fail?

Wanting to make a change is just the first step. Without a plan for how to change, we may become discouraged and quickly revert to old habits and routines. Here are common reasons why resolutions are abandoned, and how you can improve your chances of success.

- 1. The goal is unclear, unrealistic or too large.** Every January, people declare they will be happier, be healthier, etc. But what does that look like? Think about what you want to change and why. "Be healthier" could mean eating a nutritious diet or exercising more, so you can reduce your risk of disease or reach a healthy weight. Be specific about how you'll accomplish this. Will you cook healthy dishes more often? Will you exercise three times a week? Write down your goals in detail.
- 2. Trying to change too much at once.** Too often, people give up on resolutions because they feel overwhelmed. Start with small, achievable changes and build on them week after week. The other key is to focus on changing just one habit at a time. Don't try to overhaul your entire life.
- 3. Not identifying triggers.** Habits have four stages: cue, craving, response and reward. Our brains are constantly on the lookout for cues, which can take many forms: locations, people, actions, moods, etc. When we encounter a cue, it triggers our craving for a reward. How we respond is the habit – it's what we do to get the reward and satisfy the craving. To break habits, we need to recognize and avoid cues and provide alternative rewards. Easier said than done! That's why preparation and planning are so important.
- 4. Not tracking progress.** If you don't keep a record of your actions, you won't know for sure what's helping (and what isn't). Over time, you may lose track of your efforts altogether. Make notes daily or weekly in a notebook or journal, or use a note-taking app. Review your progress regularly. Re-commit to your goal often, and tweak your plan as needed. When you reach a milestone goal, reward yourself.
- 5. Not planning for setbacks.** Think about possible barriers and obstacles and how you'll handle them if they arise. If things aren't going as well as you'd like, that's okay. Changing habits takes time, and sometimes life gets in the way of our intentions. Be patient, learn from the experience and get back on track as soon as you can. Revisit your plan and make adjustments, if that's helpful. Rally support from friends and family.

Set yourself up for success

Here are a few more ways to stick with your goals:

Find an accountability partner. Ask a friend or relative for support and update them on your progress. If your friend also wants to change a habit, you can motivate each other.

Use visual reminders. Write yourself notes and post them where you'll see them – on the fridge, on the bathroom mirror, at your desk, etc.

Take advantage of technology. Set notifications on your computer or smartphone. Wearable fitness trackers are also helpful, with their reminders to stand up, take breaks or go for a walk. You can also try habit tracking apps such as Momentum, StickK and Habitshare.

Practise mindfulness. Mindfulness means being present in the moment and becoming more aware of your thoughts, emotions and behaviours – including those that contribute to unhealthy cravings and habits.

Get more support. If it's suitable for your goals, consider joining a support group or an online forum, or seeking a professional (for example, a counsellor, registered dietitian, fitness trainer, etc.).

Alternatives to making resolutions

If you don't like making New Year's resolutions, try one of these other approaches to self-improvement:

- **Start journalling:** Writing down your thoughts daily or weekly can help you reflect on experiences, process emotions, cultivate gratitude and work towards goals.
- **Learn a skill:** This year, challenge yourself or pursue a personal interest. Lifelong learning is good for the brain.
- **Choose a theme or word:** Identify a priority that you'd like to focus on this year. For example, you might choose health, fitness, family, finances or fun.

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As well as:

- Investigating Funding Options
- Serious Injury Care

To find out more,
contact Bayshore at

226.215.3152

kwprivate@bayshore.ca

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

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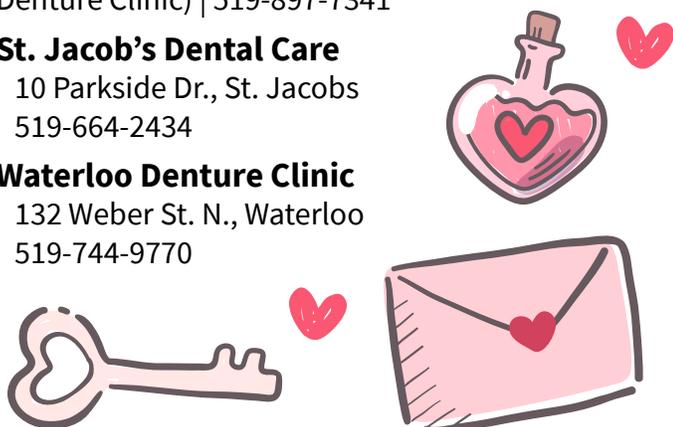
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1-800-268-9017

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TTY: 1-866-797-0007

Waterloo Wellington LHIN

519-310-2222

Community Care Concepts

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Retirement Homes Regulatory Authority

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

Go Green Smoothie

NUMBER OF SERVINGS: 2

Ingredients

- Vanilla soy beverage 1 ½ cups (375 mL)
- Ripe pear, cored and chopped 1
- Baby spinach, packed 2 cups (500 mL)

Directions

1. Blend all ingredients in blender until smooth. Serve immediately.



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Soy consumption has been related to reduced risk of many age-related diseases such as heart disease, diabetes and cancer.



For extra fibre, try adding cooked lentils to your smoothie.

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

Beverages



NUTRITION PER SERVING

Calories 150 | Protein 5g | Fat 3g | Carbohydrates 26g | Fibre 4g | Sodium 110mg

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Do you have a joke, riddle or something just too funny not to share?

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

On the occasion of New Year, we extend our **WARM GREETINGS** to our **FAMILY, FRIENDS, COLLEAGUES** and **CLIENTS**.

We would like to thank you for giving us the opportunity to provide you with our services. We promise to make every experience worthy in 2023.

HAPPY NEW YEAR 2023 to you all!

May you have a blessed, cheerful, high-spirited and prosperous year ahead!

2023
HAPPY NEW YEAR



Katie Murray
SALES REPRESENTATIVE
CELL 519-570-5038



Alison Willsey
*BROKER
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Sunday: Closed