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

VOL 2 ISSUE 5 JANUARY 2020

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Feature Business of the Month

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



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On The Cover

Arthur Steinman, Lorene Bean & Audrey Hoffman from Nithview Community in New Hamburg.

Cover Story Written by

Ara Luckhart of New Hamburg

See cover story on page 8.

**About the
Photographer**

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



Embracing Change



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LETTER FROM THE EDITOR

The beginning of a new year is here!

And it's a great time to reflect on all of the special moments experienced over the past twelve months. With all of the heartbreaking events in the world news these days, now, more than ever, we need to take the time to appreciate on all the good in our lives. It's the month for resolutions so I hope you'll join me in a weekly challenge where you write down at least 5 things every 7 days for which you are grateful. It can be something as simple as: "I am thankful for the coffee date I had with my friend yesterday" or "I feel blessed to have a

warm and cozy home on this cold night." It has been shown that people who write in a gratitude journal once a week, for as little as six weeks, notice a boost in feelings of overall happiness. With nothing to lose and only joy to gain, I hope you'll give it a try with me?

In January we want to recognize Alzheimer's Awareness Month. Stigma is one of the biggest barriers for people living with this disease. If you or someone you know needs help navigating the dementia journey, please reach out to the Alzheimer Society of Waterloo Wellington by calling them at 519-836-7672 or visiting online at www.alzheimerww.ca. They help you to manage the challenges and see dementia differently

Self-Care Tip #2**Drink Plenty of Water!**

Water is one of the most important substances on earth. It takes care of your body, your brain, and overall well-being. For some extra nutrition and other health benefits, add a splash of lemon or lime and let's cheers to staying hydrated!

Family caregivers in Ontario now have a new place to turn to for support, respite, or information on issues including tax credits. The Ontario Caregiver Organization is proud to launch their new helpline which was created in response to extensive research surrounding unmet needs and growing concerns. It provides a "one-stop shop" for help and information and is available to all caregivers, regardless of age, diagnosis or where they live in the province – making it the only resource of its kind in Ontario. If you're caring for someone and you need support or have care-related questions, call the 24/7 Ontario Caregiver Helpline: 1-833-416-2273 or use the live chat Mon-Fri from 7am-9 pm at ontariocaregiver.ca.

Be well, stay warm, and have a wonderful start to 2020!

Tara

Correction from last month: Last Months Crossword had the answers from November. We apologize for any inconvenience this has caused. You can find the answers for both the December & January crossword in this edition on Page 16.

Editorial Policy & Disclaimer:

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

Flashback Photo

Wilmot Winter Scenes

provided by

Tracy Loch, Curator/Director Castle
Kilbride Historical Site



Group photo on Alder Creek Pond in New Dundee. Taken Sunday, January 21, 1906
From the Sararus Collection at the Township of Wilmot Archives.

Back row: Ivan Hilborn, Ed Lautenslager, William Main, Elmer Poth, Albert Histand.
Front row: Mable Thamer, the remaining three are unknown.

Dressed in their Sunday best, this photo was perhaps taken after a church function. The group braved the ice to stand on Alder Creek. Ever wonder where the paths of these young people led?

Ivan Hilborn (1887-1973) would take over the Hilborn Mill in New Dundee from his father. The business was in the Hilborn family for 60 years. If it wasn't for Ivan Hilborn more floods would have occurred in New Dundee. Ivan invented an electric high-water warning device. The system

of red and green flashing lights warned Ivan at the mill and at his home across the street

Elmer Poth (1886-1948) – Carried on the furniture and undertaking business his Great-Grandfather started in New Dundee in 1858. It was in the family for 4 generations.

Mabel Thamer (1891-1980) - Daughter of Rev. Ezra Thamer. She married Melanchton D. Hallman

MESSAGE FROM

Tim Louis, MP

MP KITCHENER-CONESTOGA

As we ring in the new year, I always feel that it is an introspective time to reflect on the successes of the past twelve months and to set goals for the year ahead. Last October, I was honoured to be elected to serve as your Member of Parliament for Kitchener-Conestoga. My team and I have spent the last few months setting up our constituency office, meeting with stakeholders, attending events and listening to residents throughout our riding. I am thankful for the confidence you have shown by electing me and I remain committed to working tirelessly to continue to earn your trust.

The Canadian government is investing in our seniors who have contributed significantly to our country. I am proud that we have fulfilled our promise of restoring the age of eligibility for Old Age Security and the Guaranteed Income Supplement to 65. We are committed to increasing OAS and the GIS, which will put up to \$2,000 more in the pockets of the most vulnerable single seniors. We will continue to work to improve the overall quality of life for seniors by investing in affordable housing, home care, accessibility, digital literacy and the new Social Finance Fund.

I have been in touch with the newly appointed Minister of Seniors, the Honourable Deb Schulte, and we are both ready to get to work to continue to ensure we are meeting the needs of seniors throughout Kitchener-Conestoga, including

in the townships of Wilmot, Woolwich and Wellesley.

My office is working hard serving our constituents and we welcome your inquiries about initiatives regarding older adults and caregivers. We are open Monday to Friday from 9:30 am - 4:30 pm and you can reach us at (519) 578-3777, or you can contact me directly by email at tim.louis@parl.gc.ca.

Best wishes as you start the New Year!






TIM LOUIS

Member of Parliament for Kitchener-Conestoga



Please contact my office for assistance with:

- Canada Pension Plan
- Old Age Security
- Guaranteed Income Supplement
- Service Canada
- Citizenship & Immigration
- Canada Revenue Agency

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– **Ron Schlegel**, founder of Schlegel Villages

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What's in Your Medicine Cupboard?

Part 2

Provided by Abhay Patel

This is part 2 of our ongoing series - Part 1 published in the October 2019 issue of Embracing Change

Bowel Troubles - Constipation

The frequency of bowel movements varies greatly between individuals but the regularity of an individual should be relatively consistent. Recent changes in diet, lifestyle or even medication can cause changes to your regular routine but fortunately there are products available to help get you back on schedule.

I usually suggest to patients to start with the simplest solutions first. Increasing your fluid intake and some light exercise can go a long way towards getting the bowels moving again. Adding some fiber to your diet can also help. Vegetables and whole grains are great sources of fiber but you can also purchase fiber supplements which come in both powdered forms or capsules.

Stool softeners can be useful when you are having trouble with passing stool and help reduce straining. Again, increasing your fluid intake is important for these medications to work well.

Products containing Polyethylene Glycol 3350 (PEG 3350) are considered safe for a wide range of individuals and can help with constipation through multiple mechanisms.

PEG acts as a bulking agent, a softening agent and has a mild osmotic laxative effect. Because PEG 3350 is available in a powder form dosing is flexible and can be adjusted as necessary. Use the smallest amount that works.

Sennosides (derived from the senna plant) are considered to be mild stimulant laxative that can combat the constipating effect certain medications. You should review with your pharmacist or doctor to make sure that this medication would be suitable for you. There are more powerful over-the-counter options available but these would require discussion with a healthcare provider prior to use. Also if your constipation hasn't resolved after a week I would highly recommend discussing it with your doctor or pharmacist.

Bowel Troubles - Diarrhea

Loose stool that persists for more than a couple of days should be discussed with your physician, especially if you notice blood or mucus in the stool, are running a fever or experiencing painful cramps.

Maintaining your fluid balance is important when dealing with diarrhea. Electrolyte supplements and water are your best bet. Products like Loperamide should be reserved for essential use only, for example if you are travelling or if you have a meeting that you just can't reschedule.

COVER ARTICLE



Painting the Town Red

Story written by Ara Luckhart

“Putty and paint makes the devil a saint!” exclaims Lorene Bean of Nithview Community in New Hamburg, when asked about her recent group project sprucing up the back patio furniture.

“It means, you plaster and paint over it, and it makes things beautiful!”

adds Audrey Hoffman, resident of Nithview, and member of the patio painting crew.

Together, Lorene, Audrey, and Arthur, along with help from various friends of Nithview took it upon themselves to paint the patio furniture trim a beautiful bright red.

“The staff got us the paint, and Cheyenne did all the dirty work so we could have all the fun!” explains Lorene, about the new recreational assistant who teamed up with the residents to

help with the creative project. The residents each mention Cheyenne with joy and words of gratitude.

“She really is the rock-star here!” adds Stacey Zehr, Resident Life Coordinator at Nithview.

The bright red trim pops in the sunshine, as Lorene, Arthur, and Audrey sit out under the coordinating crab apple trees in the fresh September breeze. It was quite hot outside during the days of painting the furniture, but that didn’t stop these passionate painters from getting the job done. With plenty of breaks for cold water, and encouragement from friends, half of the chairs were completed. The rest will be painted in the spring.

“When the final day came, and it was time to get cleaned up, I didn’t want to!” Audrey laughs. Even Arthur admitted he had a hard time stepping away from the paintbrushes when his brother David came for a visit.

There is something special about collaborating with like-minded people on a project with a purpose; creating with others something that is important to you.

For these friends, it was about taking pride in their home, adding a little bit of colour to personalize the well used green space. “Painting the furniture was therapy. A worthwhile time commitment. This is our home, and we enjoy meaningful work.” Lorene says. Lorene Bean and her husband Earle both live in Nithview Community. “We are looked after here with love.” she explains, with sincerity. Everyone nods in agreement.

“Life didn’t end for me when I moved here. There are other opportunities.” Audrey says. “People might think we just come in here and then that’s it. But our programs, are the best!” “I enjoy it here.” Arthur adds, “There are plenty of things to do, and I get to choose what I want to do.”

The calendar of events for residents of Nithview is loaded with activities every day of the week. Bingo, puzzles and games, various creative opportunities, 'tea room', live music, church services, the list goes on.

“Community is strong here. This is our family.”

Lorene says lovingly. “Everyone looks out for each other.” Audrey agrees.

With plans in the works for a new long term care facility to be added onto the property, it is clear to see that the warm-hearted people living and working in this community will welcome any future residents with open arms. It is a beautiful example of a thriving, caring community. It really is home.

As for the Nithview painting crew? “After the chairs, let’s paint the doors!” Lorene laughs enthusiastically with Audrey and Arthur.

Perhaps it’s time to paint the town red!

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|---|--|
| Breslau Community Centre Thursday 1 to 4 pm | Hawkesville Community Centre Tuesday & Thursday 9 am to noon |
| Heidelberg Community Centre 2 nd and 4 th Friday (call for times) | Linwood Community Centre Monday & Wednesday 1 to 4 pm |
| St Clements Community Centre Monday & Wednesday 9 am to noon | Wellesley Community Centre Tuesday & Thursday 1 to 4 pm |
| Wilmot Recreation Complex (Active Living Centre) Monday & Wednesday 9 am to 4 pm Tuesday & Thursday 9 am to noon | |

For More Information: 519-664-1900 or 1-855-664-1900

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| <p>Wilmot Township Wilmot Recreation Complex Mon, Wed & Fri 8:45-9:30 & 9:45-10:30 Active Living Centre</p> <p>New Dundee Community Centre Mon & Wed 1:00-2:00 1028 Queen St, New Dundee</p> <p>Woolwich Township The Meadows Tues & Thurs 9:30-10:30 29 Water St. S, St. Jacobs</p> <p>Duke St. Apartments Mon 2:30-3:30 28 Duke St, Elmira</p> <p>St. James Lutheran Church Tues & Thurs 3:30-4:30 60 Arthur St. South, Elmira</p> <p>Valley View Mon & Thurs 4:00-5:00 1070 Printery Road, St. Jacobs</p> | <p>Wellesley Township Wallenstein Bible Chapel Tues & Thurs 9:30-10:30 4522 Herrgott Rd, Wallenstein</p> <p>Pond View Tues & Fri 10:30-11:30 1 Pondview Dr, Wellesley Club Room</p> <p>Hawkesville Community Centre Tues & Thurs 9:00-10:00 3521 Broadway St., Wallenstein</p> <p>Linwood Community Centre Mon & Wed 2:00-3:00 5279 Ament Line, Linwood</p> <p>St Clements Community Centre Mon & Wed 9:00-10:00 1 Green St., St. Clements</p> |
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JANUARY CROSSWORD

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Solutions on Page 16

ACROSS

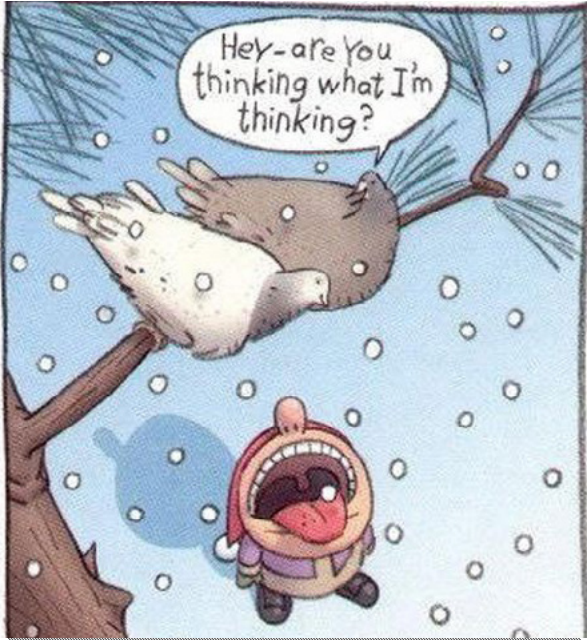
- 1 Resort hotel
- 4 Tempos
- 9 Calorie
- 12 Gust
- 14 Take into one's family
- 15 Wheel
- 16 Singing voice
- 17 Pertaining to the north or south ends of the earth
- 18 Makes hot cereal
- 19 Heavy and widespread snowstorm of lengthy duration
- 21 On the other side
- 23 Bullfight cheer
- 24 Old-fashioned Fathers
- 25 Hairstyle
- 28 Pat lightly
- 31 Ritzy
- 34 Express approval
- 36 Lavatory
- 38 Police officer

- 40 Water film
- 41 Heroism
- 43 Out of bounds
- 44 Decade
- 45 Stretch to make do
- 46 Slovenly
- 48 Sprint
- 51 Central nervous system
- 53 Stare at
- 54 Net
- 56 Greedy person
- 58 Short open jacket
- 61 Runnerless sled that is curved upwards
- 66 Waterless
- 67 Fatty vegetable
- 69 World organization
- 70 Strong wind
- 71 Sounds with reference to pitch, strength, or duration
- 72 Experts
- 73 Wily
- 74 Inscribed stone
- 75 Observe secretly

DOWN

- 1 Wash with a mop
- 2 Tablet
- 3 Opposed
- 4 From the pope
- 5 Worshiped
- 6 Frigid
- 7 Government agency
- 8 Tie down
- 9 See ya!
- 10 Branch of learning
- 11 Fewer
- 13 Dozen (abbr.)
- 15 Upper body
- 20 Where animals are kept
- 22 Head cover
- 25 Curved
- 26 Animals in a region
- 27 Boundary
- 29 Type of wrench
- 30 Ghost's greeting
- 32 Frown angrily
- 33 Provide housing for
- 34 Pacific Time
- 35 Evening
- 37 Sphere
- 39 Wooden sheet
- 42 American Kennel Club (abbr.)
- 43 Cloudlike mass made up of tiny water droplets suspended in the air near the ground
- 47 Company symbol
- 49 Swedish citizen
- 50 Possessive pronoun
- 52 Large, long-handled scoop for digging or scooping heavy material
- 55 Coverings for the feet worn for protection
- 57 Overly fat
- 58 Containers
- 59 Spoken
- 60 Spring flower
- 61 Prong
- 62 Gross national product (abbr.)
- 63 Long fish
- 64 A spinning toy (2 wds.)
- 65 Prying
- 68 Large number

Laughing Matters!

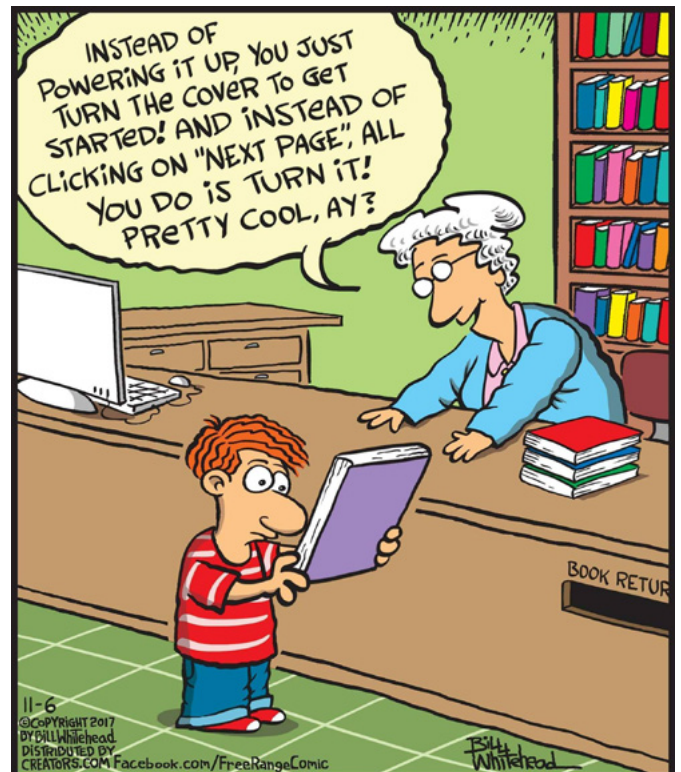


A distraught senior citizen dialed her doctor's office.

"Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," said the doctor.

There was a moment of silence before the woman replied, "I'm wondering, then, just how serious my condition is, because this prescription is marked 'No Refills.'"

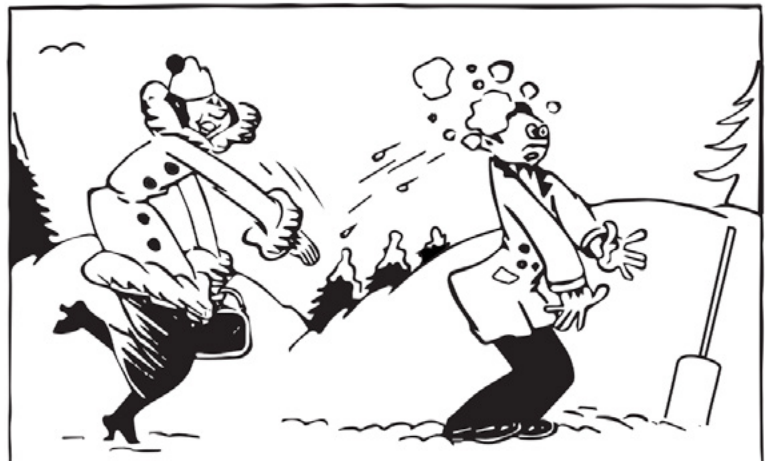
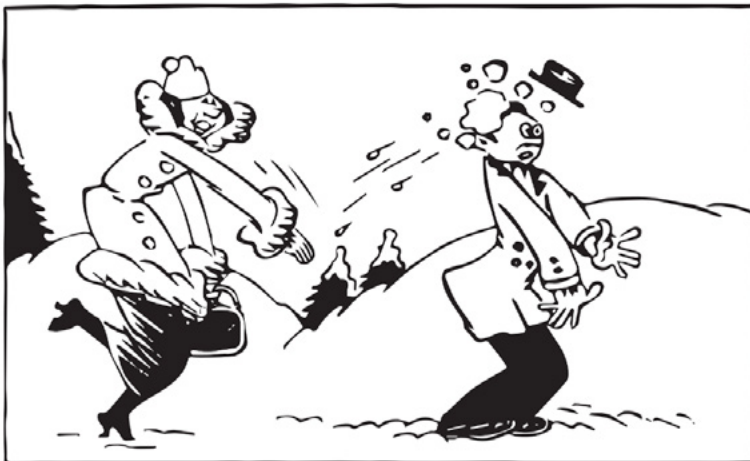


One night, while we were out for supper at a Mediterranean restaurant, my sister-in-law had a question about one of the appetizers.

When the server showed up to take our order, she asked, "Where do you get your mussels?"

The young waitress blushed, looked sheepishly at her biceps and quietly answered, "Cross-training?"

Spot the Difference - Can you find all 10?



Medical Tourism: The Inside Story

By Gary White

This is a story that's worth passing on. It comes out of the research work of Green Shield Canada, a company that I support as an insurance broker. Let's start with a working definition. Medical tourism is not emergency out-of-country medical care, rather it is the intentional pursuit of elective treatments across borders. So just how prevalent is medical tourism?

Only a few countries produce reliable data on the incidence of medical tourism. However, from the limited data available, the Conference Board of Canada has been able to pull together some estimates. In 2012, approximately 80,000 Canadians travelled to other countries for procedures that cost more than \$1,000. Also, Statistics Canada estimates that in 2017, Canadians spent \$1.9 million per day on health care trips to other countries—up from \$1.2 million per day in 2013.

Although the incidence of Canadian medical tourism estimated for 2012 is relatively small—at just 0.2% of the total population—the Conference Board reports in 2015, that during recent years, medical tourism is one of the fastest growing industries in the world. And, growth is estimated to continue at a rate of 15%-25% annually.

In addition, within medical tourism, dental procedures—or dental tourism—continues to be on the rise globally. Although, as with medical tourism, the incidence of dental tourism isn't well-defined, estimates include that it is the dominant form of medical tourism, accounting for 60% of some countries' medical tourism revenue. Accordingly, if medical tourism isn't already on your horizon, it may be in your future. And more medical tourism can equal more risk to an individual's health. More on this later.

Could you become a medical tourist?

In 2009, the top destinations for Canadian medical tourists were countries with investments in medical infrastructure like large hospitals in China, India, and Thailand. Their motivation to treat medical tourists? To use excess capacity while generating revenue. However, over the last five or six years, more Canadian medical tourists report travelling to places like the Caribbean and Central America to access smaller facilities purposefully built for medical

tourists. Conditions that Canadians travel for include orthopaedic surgeries, dentistry, cardiac procedures, weight loss surgery, and cosmetic surgery—to name a few. So just who becomes a medical tourist? The motivation to seek medical care elsewhere is as varied as the services they seek and the destinations they travel to. For example, many are motivated by the desire to overcome perceived barriers to accessing care in their home country like high costs, long wait times, unavailability of care. Canada has the longest wait times to see a specialist and longer than average wait times for all elective surgeries.

With all this buzz, if you haven't already heard about medical tourism, you're bound to as the buzz gets louder.

In my next article I am going to expand on these perceived barriers that were just mentioned and tell you why Medical Tourism may be a losing proposition. Stay tuned.



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Transitioning How to Navigate a Successful Retirement Relationship as a Couple

Provided by the Woolwich Community Health Centre



For better and for worse, retirement imposes major changes on a relationship, and change is always stressful. Ending a career, especially one that has been rewarding, is a major life transition. On top of all the lifestyle shifts that come with it, it's ultimately a loss, so people need time to mourn.

Men tend to negotiate this life transition less easily than women they often haven't invested in social connectedness. The end of women's working lives is often less traumatic because work is just one of many fulfilling things in their lives. "Husband in the house" syndrome can leave many women with feelings of frustration event to depression, and related chronic illnesses.

A "dirty little secret" that so many retirees are reluctant to express is that 24 hours a day together is too much. To not drive each other crazy, couples need a mutually acceptable game plan for the future. They need to think about and discuss how they want to spend their time, including how much time they want to spend together. These talks should begin long before retirement. Don't let frustration linger, talk together or with your trusted healthcare provider – couples therapy can be helpful at every age and stage in life if communication isn't improving.

Tips to Survive Retirement as a Couple

Whether you and your partner's plans for the future are 100 percent on the same page or totally out of sync, these suggestions will help you create a balancing act and happier future.

1. **Take time to adjust to being retired.** You don't have to do everything you've been planning the first month. And be patient with each other, especially if you have naturally different schedules or the end of working life means goodbye alarm clock.
2. **Be assertive and say what you want to do** especially if your partners wants to do something that you don't. If you are used to accommodating just to keep the peace, it is not too late to change.
3. **Stay connected to the outside world** by taking classes, joining clubs, volunteering or being involved in your community.
4. **Negotiate sharing more household responsibility.** If your partner didn't help with these duties before, suggest he start with the things you dislike the most and take it from there.
5. **Stay active.** Exercise, play sports, go to the gym and consider beginning each day with a walk – together. It's good for your health and can be a nice ritual for discussing your plans for the day.
6. **Make sure you each have time alone** and respect each other's schedules.
7. **Plan, but don't over plan** or overschedule. Leave time to be spontaneous or to just hang out.

Other resources:

www.nextavenue.org/how-avoid-living-unhappily-ever-after-retirement/

"The Retirement Maze: What You Should Know Before and After You Retire" (Rowman & Littlefield, 2012). By Rob Pascale and Dr. Louis H. Primavera

WHAT'S HAPPENING

55+ ACTIVE ADULTS & SENIORS IN WILMOT TOWNSHIP

KNOTTING & QUILTING COMFORTERS

Everyone Welcome. Come for an hour or as long as you wish.

WHEN: 1st Wed of every month; Sept-June

TIME: 10:00 am to 3:00 pm.

WHERE: Steinmann Church

CONTACT: 519-634-8311

ST. AGATHA SENIORS

Our group of friendly folk meet once a week to play solo. We celebrate birthdays and have a Christmas Party in mid-December concludes the years activities. You'll be warmly welcomed!

COST: .50¢

WHEN: Every Thursday 1:00 to 4:00 p.m.

WHERE: St. Agatha Community Centre

CONTACT: Bert Lichti at 519-634-8411

NEW DUNDEE SENIORS

Come out and enjoy cards, games & shuffleboard

WHEN: Every other Tues, 1:00-4:00pm

*Please contact Alice for exact dates

WHERE: New Dundee Community Center

CONTACT: Alice Bowman 518-696-2665

WILMOT SENIOR SHUFFLEBOARD

WHEN: Tues and Wed from 9:30-11:30AM and Tues 1:00-4:00pm

WHERE: Wilmot Recreation Complex

CONTACT: Guy & Phylis Sisco 519-662-2077

WILMOT SENIORS WOODWORKING & CRAFT CLUB

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills

WHEN: Weekly, Mon to Fri: 9AM - 5PM

WHERE: 27 Beck St., Baden

COST: Initial Membership \$90, yearly \$70

CONTACT: Diana Gruhl at 519-634-5357

PICKLEBALL DROP-IN

Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.

WHEN: Mondays 1:00PM - 3:00PM

Wednesday, 6:30PM - 8:30PM

WHERE: St. Agatha Community Centre

CONTACT: The Wilmot Recreation Centre for more information at 519-634-9225

NEW HAMBURG LANES BOWLING

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.

WHERE: 182 Union Street, New Hamburg

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EMAIL: james@newhamburglanes.ca

WHEN:

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

RESTLESS SENIORS

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.

WHEN: Wednesdays from 1:30 - 3:30PM
WHERE: New Hamburg Legion, Branch #532,
 65 Bouleee Street, New Hamburg
CONTACT: George Schmitt 519-696-3037;
 Joan Fulton, Secretary 519-662-4821

TECHKNOW PROGRAM

Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in for help with the basics and functioning.

WHEN: Every Thursday from 9:00-11:30 am
 from September - June
WHERE: Wilmot Recreation Complex
 Active Living Centre
COST: No Charge
CONTACT: 519-634-9225 ext: 340 for more info

NEW HAMBURG LEGION SENIORS GROUP

WHEN: Every Wednesday from 1:00-3:30 pm
WHERE: New Hamburg Legion
COST: \$5.00 per year to join this group
CONTACT: Murray Snyder at 519-662-2959

WILMOT SENIORS

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.

SPECIAL EVENTS INCLUDE: - soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, Christmas banquet.

WHEN: Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)
WHERE: Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg
COST: An offering is taken each meeting
CONTACT: Church 519-634-8687

THE ROOK PLAYERS

We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us

WHEN: Monday evenings 6:00-9:30 p.m.
 (Sept. 2019 - April 2020)
WHERE: Wilmot Recreation Complex
COST: No charge
CONTACT: Cecil Wagler 519-662-2758

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WHERE TO GET YOUR FREE COPY

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

Wellesley Township:

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg

- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobeys New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library

- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg

Woolwich Township:

- Community Care Concepts
- Kiwanis Transit
- Woolwich Health Care Centre
- Woolwich Community Services
- Breslau Community Center
- Pharmasave Breslau
- McDonalds - Elmira
- Woolwich Seniors Association
- Living Waters Book & Toy
- Elmira Library
- St Jacobs Library
- Crossroads Restaurant
- Harvest Moon
- Bloomingdale Library
- MCC Thrift & Gift
- Bonnie Lou's Cafe
- MCC rePurpose Centre

Solutions

January Solution

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| 16 | A | L | T | O | | 17 | P | O | L | A | R | | 18 | O | A | T | S | | | |
| 19 | B | L | I | Z | 20 | Z | A | R | D | | 21 | A | C | R | O | S | S | | | |
| | | | | | 23 | O | L | E | | 24 | P | A | S | | | | | | | |
| | | | | | 25 | A | F | R | O | | 28 | D | A | B | | 31 | P | O | S | H |
| 34 | P | R | A | I | S | 35 | E | | 36 | L | O | | 37 | | 38 | C | O | P | | 39 |
| 40 | S | C | U | M | | 41 | V | A | L | O | R | | 43 | F | O | U | L | | | |
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| | | | | | 48 | D | A | S | H | | 51 | C | N | S | | 53 | O | G | L | E |
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| 58 | B | O | L | E | R | O | | 61 | T | O | B | O | G | G | A | N | | | | |
| 66 | A | R | I | D | | 67 | O | L | I | V | E | | 69 | N | A | T | O | | | |
| 70 | G | A | L | E | | 71 | T | O | N | E | S | | 72 | P | R | O | S | | | |
| 73 | S | L | Y | | | 74 | S | T | E | L | E | | 75 | S | P | Y | | | | |

December Solution

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Ask the Doctor

with
Dr. Nicole Didyk

“I used to really enjoy walking for exercise but over the last year my legs get tired so quickly. I am always worried and nervous to walk too far now as I don’t know if I my legs will be too tired to get me back home. Is this normal? Is there something I can do to help this?”

I’m glad you enjoy exercise – it’s a very healthy habit - but getting tired while walking isn’t a normal part of aging. The most common causes of leg tiredness involve one or more of three things:

1. Blood vessels

Arteries take blood from the heart to the body and veins return blood to the heart. If the valves in leg veins are loosening, there can be swelling, varicose veins, heaviness and fatigue. This can affect up to 30% of older adults and compression stockings and elevating the legs can help. Arteries can become blocked, called “claudication”, related to things like smoking, diabetes, high blood pressure and high cholesterol. This causes pain and fatigue in the legs with activity that gets better quickly with rest. Your doctor may want to check your blood pressure in your arm and your leg (a procedure called the ankle-brachial

index) and may advise you to adjust your medications or see a surgeon.

2. Muscles

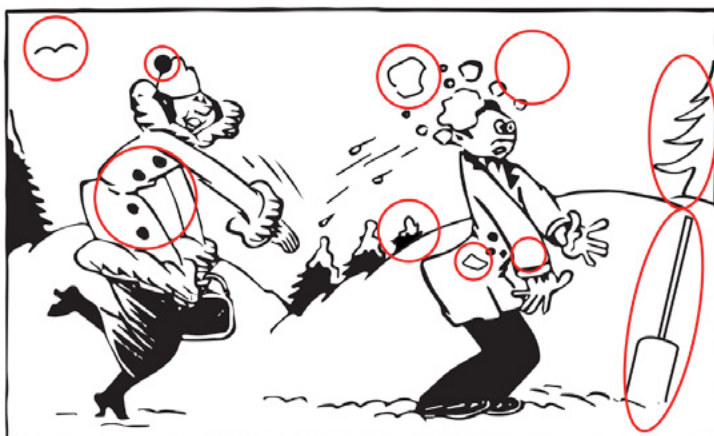
plain old muscle fatigue can be deconditioning, which is the medical term for being “out of shape”. If a person spends a lot of time sitting or reclining, muscles can weaken and reduce endurance and strength.

3. Nerves

Damaged nerves in the legs and feet (due to diabetes, reduced blood flow or another cause) can cause weakness which is often accompanied by pain or numbness.

Whatever the cause, exercise is an important part of the treatment plan, so keep moving and check with your doctor to find out more about the cause and management of your leg fatigue.

Spot the Difference Solution



If you have questions for Dr. Didyk, please email them to embracingchangeinfo@gmail.com.

You don’t need to give your name or 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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New Year's Day

By Fred G. Parry

“That’s why I’m easy... easy like a Sunday morning”

-- Easy by Lionel Richie

Looking back, I spent most of my adult life working with one organization. And I was fortunate: both for being part of a ‘can do’ work culture, and by being surrounded by very talented people.

That was one reality. Now that I’m on my own, I realize that it was also like living inside a bubble – both of my making and of others. Like being part of a big family, the expectations of yourself and others were pretty well defined over time – your potential and your talent. Things you can do, the things you can’t ... the whole known world, as it were, was known about you. Intuitively, of course, you knew there was more.

“Why in the world would anybody want to put chains on me? I paid my dues to make it”

-- Easy by Lionel Richie

<https://youtu.be/xuiaL9HD2hw>

No matter if you react against or accept this reality; you still have to deal with the consequences.

“Everybody wants me to be what they want me to be, I’m not happy when I try to fake it”

-- Easy by Lionel Richie

But now anything is possible. I feel I can survive just being me. I’ve hopefully matured over the years, and I’ve had time to reflect and better appreciate the feelings of others. It’s like a rebirth. Being free is a gift I give thanks for every day. Free to be yourself...free to help others along the way.

More importantly though, I realize that we can’t make it by ourselves. And that’s the real freedom – the realization of how much we are really loved.

Looking ahead, my New Years’ resolution is to spend more quality time being together with my wife. It’s something that I’m not willing to take for granted any longer. I know there’s an old African proverb that says, “If you want to go quickly, go alone; if you want to go far, go together.” I don’t want to be alone when I get there... or along the way, either.

In many ways, I’m just following the script for living that I inherited from another time. And, it just doesn’t work any longer... if it ever did. Time for a change. I could do worse than being around someone that loves me. I mean, why should I care if I “make” it. I’ve made it already! What I should be worrying about is losing what I have; there’s no guarantees in life.

I know people aren’t perfect: the grass always seems greener on the other side of the fence. And, for some, it may work out better for all concerned. But, what about those who would drop everything – their commitments, and responsibilities – especially toward children? Are they not paying attention? Regardless, even a blind man knows when he’s walking in the sun!

It’s a new year for renewed opportunities. May our lives reflect that to others.



‘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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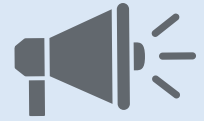
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If you're an older adult, it is difficult to predict if you will require long-term care and when that might occur. Still, it's a good idea to think about what you'll do if the day comes when you need it. For most people, staying at home as long as possible is one of their top goals. There are many benefits to living at home including maintaining your independence as long as possible.

When you reach the point where you need help with day-to-day tasks, there are still many options you can explore to be supported at home.

You can get assistance from a care coordinator at the Waterloo Wellington Local Health Integration Network (LHIN) who can talk to you and your family about a wide range of home care services that are covered by the Ontario Health Insurance Plan.

If the day arrives when it becomes too difficult to live at home independently, you can get information from the Waterloo Wellington LHIN about long-term care options, as well as support with the decision-making process. In order to apply for long-term care in Ontario, you must meet the eligibility criteria outlined in Ontario Regulation 79/10 under the Long-Term Care Homes Act, 2007. In addition to 24-hour nursing care and assistance with daily living, you must require onsite supervision for your safety and wellbeing. It also will be established that your family or caregivers cannot provide care and the support you need exceeds what can be provided by other services in the community.

In addition to meeting the eligibility criteria, to get on the 'wait list' for long-term care, you must be ready to move into the home within five days after receiving the bed offer. You must make a decision to accept or refuse the bed within 24 hours of receiving the offer. This is the requirement for everyone whether it's become too difficult to live at home independently or you've been admitted to the hospital because of a medical crisis. In either case, to be on the wait list you must need ongoing nursing and a high level of personal support.

You, or someone on your behalf, can start the application process by calling the Waterloo Wellington LHIN. Following a phone assessment, a care coordinator will visit you in your home to do an in-person assessment and help you with the application process. Within a week or two, your name will be added to the wait list and you will be able to choose up to five long-term care

homes, unless you have been prioritized as crisis by the placement coordinator (in which case, you can choose an unlimited number of long-term care homes).

The greatest demand for long-term care beds is in larger urban areas like Kitchener-Waterloo where people can wait months and years for the accommodation of their choice. Generally, the wait lists are shorter in rural areas. The number of days you are on a wait list depends on the long-term care home you choose and the type of accommodation you are seeking (e.g., private, semi-private, basic). Another factor is the level of security required, as in the case of person with dementia who may be prone to wandering.

Kellie Morrison, Placement Coordinator at the Waterloo Wellington LHIN can't stress enough that when choosing potential long-term care homes, you should take the time to tour each one. She equates it to purchasing a car or house which you probably wouldn't do sight unseen. When you visit a long-term care home you may want to ask for an information package on the home, for copies of recent inspection reports and to speak to a member of the home's Resident's and/or Family Council, if possible. It's also important to find out how much it will cost you per month to live in the long-term care home. If you don't have enough income to pay for long-term care, you may be eligible for a subsidy through the Long-Term Care Home Rate Reduction Program.

If you have questions about long-term care planning or to apply for long-term care, please contact the Waterloo Wellington LHIN at 1-888-883-3313.

How and When to Plan for Long-Term Care

provided Waterloo Wellington LHIN



The Gift that Alzheimer's Disease Gave Me

written by Maureen Argon

The recent news of the death of Spirit of the West lead singer, John Mann, after a fierce battle with early onset Alzheimer's (he was only 54) brought the memory of my mother's battle with Alzheimer's disease to the forefront.

Unlike John Mann, my mother didn't have early onset Alzheimer's disease, but a long descent into dementia lasting possibly 20 years until her death at 91 years of age six years ago. Alzheimer's is a terrible disease. Terrible and terrifying. It's not just the loss of memory, history, connections, speech and so much more, it's knowing it's happening and that there's nothing you can do. It terrified my mother to know she was losing everything she knew and it was terrible to stand by.

And yet, Alzheimer's Disease gave me a gift.

My mother immigrated from Germany after the war and by 1955 was settled in a little house in Greenfield Park on Montreal's South Shore. She was a member of the same church for over 40 years where she served in the Session and sang in the choir. She had deep and long friendships and regularly wrote letters to friends she had made as a young girl and family still in Germany.

And I am grateful for the support and kindness of her friends who looked out for her when I lived far away. My mother was the kind of person people remember for her positive, bubbly nature, her generosity, the angels she crocheted gave away and her zest for life.

We began noticing my mother's forgetfulness

when she was in her 70's. By that time I had moved across the country and was living in Vancouver. We think of forgetfulness as a normal sign of aging and so weren't overly concerned. Several years later though, it was clear there was something wrong.

In 2003, I was living in Stratford Ontario, and 7 months pregnant with my second child when my mother came to visit for a couple of weeks. My intention was to talk about her health and her memory, as it was something she would bring up from time to time in our phone conversations. I began to notice she had strategies for covering up her forgetfulness. I was looking for the right moment but that very first evening as we sat together over a cup of tea she turned to me and said:

“If someone where to ask me where I am, I'd say I'm with my daughter. But I don't know where that is.”

Over that two week period she had good days and bad. On the bad days she was angry and argumentative, accusing me of not letting me go home. She became less aware of her surroundings and simple obvious things like my pregnant belly did not register in her mind.

Years later a taxi driver who was driving me home, asked me if I had an elderly mother. He told me how he had found my mother wandering in the town. He stopped and asked if he could help her and she told him she was staying with her daughter but couldn't find the house. The cab driver drove her around Stratford until she recognized the street and the house.

Shortly after this time, my mother went into care. I visited her as often as I could. On one visit she was very chatty and asked me if I was married. I responded that I was and she got a strange look on her face and I could tell she was thinking hard. “I was married once,” she said. “And I had two children, Maureen and George.” But she had no idea she was speaking to her daughter.

Her memory began to fail quickly, which seemed to be a blessing, and give her a kind of peace. She eventually lost her ability to speak English and reverted back to German until that too left her. By the end, I would just sing to her or tell her stories, or massage her hands.

The last time I saw her I was with my 8 year old daughter. My daughter loved to see her grandmother and understood she was ill. Truthfully she never knew her any other way. We spent the afternoon in the garden courtyard of her residence. When my daughter said “Mama” to me, my mother responded with “ya?” - the German for “yes”. I like to think it was her granddaughter's childish voice that touched something deep inside.

Many people have said to me that it must have been so hard to know that my mother didn't know who I was. But I knew who she was.

I knew the ravages of Alzheimer's Disease and that this was inevitable. And honestly I just accepted it for what it was. I had not forgotten her nor, all the years of love, protection and tenderness, the encouragement and push to bravery and the examples of service and generosity I received from her. What was difficult was not being able to care for her and leaving that to others.

Alzheimer's Disease gave me a gift. It gave me faith that I was loved by my mother even though she could no longer recognize me. It allowed me to care for her, however briefly, the way she had cared for me when I was little.

It was a privilege to feed her, sing her to sleep, watch over her while she rested as I know she did countless times for me.

I also learned to trust people more. The support workers in the residence in whose care she was placed. They walked with her, fed her and laughed with her when I could not. And the taxi driver who helped my mother find her way home. Alzheimer's disease taught me to love and give without expectation.

Maureen is a former CBC Radio producer and the Founder of Healthier + Happier For Life where she helps people level up their health and wellness so they can live a long, healthy and vibrant life. To find out more about how it works send a note to maureen.argon@gmail.com

Three generations – one vision grounded in family values

Ron Schlegel's success began with following his passion for improving senior living.

He was exposed to the field at an early age when his father, Wilfred, ran a nursing home in London, Ontario. His father was an inspiration and leader, with a reputation for honesty and compassion for people in the community. That commitment to community was organically infused within Ron, and his

three grandsons, Rob, Jamie and Brad, and it guides all they do in their dedication to Schlegel Villages.

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L: Brad, Rob, Ron and Jamie Schlegel

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6 Tips for Good Eye Health

Eye problems and the risks associated with vision loss grow as we age. By neglecting eye care, you place yourself at a higher risk of suffering from eye disease and loss of vision. Make sure you maintain great eye health by following these 6 tips:

1. Beware of UV rays

By exposing yourself to sunlight and UV rays, you increase the risk of developing cataracts and macular degeneration. Beyond just adding some style and zest to your look, sunglasses should protect your eyes from dangerous UV rays. Keep your eyes safe in the sun!

2. Don't smoke cigarettes

Need some extra motivation to quit smoking? Smokers are significantly more prone to developing macular degeneration, cataracts, and other eye conditions that cause vision loss. Think twice before you light up, and speak to your physician about getting help to quit.

3. Eat a healthy diet

Eat plenty of fruits and vegetables to ensure that your diet is rich in vitamins and antioxidants. These can be found in leafy greens (your mom was right about spinach!), orange vegetables (think, carrots, orange peppers, and sweet potato) and citrus fruit. Furthermore, fatty fish like salmon contain essential omega-3 fatty acids which also promote excellent eye health.

4. Remember the 20-20-20 rule

When using digital devices, rest your eyes every 20 minutes by looking at least 20 feet away for 20 continuous seconds.

Once you're at it, blink 20 times in succession to reduce the risk of dry eye symptoms, and make it a habit to rise from your seat and take 20 steps to promote good posture and blood circulation, which helps your vision too.

5. Wear protective eyewear

Whatever you do, make sure your eyes are well-protected. If you're swimming, wear goggles to prevent chlorine exposure. If you're gardening or engaged in a DIY project at home, wear safety glasses to keep dust particles at bay and prevent eye injuries. Ask your local eye doctor about protective eyewear for sports and other activities.

6. Regularly visit your eye doctor

Don't underestimate the importance of getting a routine eye exam, whether you wear glasses or not. Even if you can see well today, a comprehensive eye exam can pick up early signs of eye diseases and conditions before symptoms become noticeable. Early detection and management can reduce the risk of further complications and serious vision loss down the line.

Only an eye doctor has the required knowledge, experience, tools and techniques to determine whether you have these or other eye conditions.

It's also important to be on the look-out for any changes in your vision. If you experience hazy, blurry or double vision, red eyes, eye pain, or distortions in your vision, contact your eye doctor.

Incorporate these tips and habits into your lifestyle to maintain healthy eyes and a high quality of life. An optometrist offers comprehensive eye care and will be happy to answer any questions you may have about ways to maintain healthy vision.

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Aging Well in the New Year

written by Cathy Harrington, CCC



As we put the holiday season behind us, welcome the new year, settle in for the winter that is ahead of us and wait anxiously for spring, we often find ourselves discouraged as the new year resolutions that we have made disappear a couple of weeks into the new year. It's human nature to want to set lofty goals that are often impossible to achieve. Rather than face disappointment, it is often easier to set small, achievable goals for the months ahead that give us encouragement. It is also helpful to surround ourselves with others interested in similar goals. Here are few ideas for goals that can promote a lifestyle of healthy aging:

Exercise regularly

Research tells us that three forty-five-minute sessions of exercise each week can help reduce the risk of falls, the leading cause of health decline in older adults. Did you know that Community Care Concepts offers 13 different sites for free, gentle exercise sessions across the Townships each week? Offered on a drop-in basis with no preregistration or long-term commitment to attend, the classes help to build strength and balance while also supporting connections with others. Also consider walking on the indoor tracks at the Woolwich and Wilmot Recreation Complexes, taking a walk on one of our many community trails or attending one of the many recreational activities offered.

Eat regular, nutritious meals

Eating well is associated with aging well. If you find it difficult to eat nutritiously alone, consider receiving Meals on Wheels a couple of times a week or attending one the many

community dining events that are offered across the Townships. These events are a great opportunity to enjoy food and fellowship.

Take care of your physical health

Unless you are prone to adverse reactions to a flu shot, it is important to obtain a free flu shot to reduce your risk of contracting the flu. It is also important that you maintain regular health checkups with your physician to monitor your health condition and follow their recommendations to prevent health decline wherever possible.

Take care of your mental health

It is not uncommon to experience winter blahs during this time of year. However, if you find yourself facing depression, sleeping excessively, experiencing low energy or irritable, talk to a health professional about your mental health. The Canadian Mental Health Association offers a free 24-hour hotline for information or assistance, called Here 24/7, which can be reached at 1-844-437-3247.

Maintain social connections

Maintaining social connections is one of the most important protective factors that supports older adults to age well, preventing isolation that can lead to issues with physical or mental health. Consider attending one of the many drop-in social and recreational programs offered at community centres throughout the Townships.

For information on these and other services, don't hesitate to reach out to Community Care Concepts at 1-855-664-1900 or 519-664-1900.

Fitness for Your Aging Brain Column #3 Gaining Your Marbles

Jill Simpson

Developer of The Great Brain Workout



It's January 2nd, and gym parking lots everywhere are jammed. By January 20th, they'll be half-empty; so why by mid-February have 80% of us abandoned our 'get-fit' New Year's resolution? We don't know how to use our brains.

Brains come equipped with a chemical reward system. It's extremely complex; however, a simplified understanding is enough to manipulate the system and use it to our advantage. Dopamine is a neurotransmitter. With every positive stimulus, be it a hug, new shoes, a call from a friend, or a bite of chocolate, our brain produces a tiny hit of dopamine. A chemical pat-on-the-back, dopamine gives us a pick-me-up reinforcing the behaviour which just triggered its release.

Three years ago, my husband decided to get more exercise. He purchased a rowing machine, and like most home gym equipment for the first few weeks, it was well-used, then gradually less and less, until it became idle... so we did a little experiment. I purchased a bag of marbles and poured them all into one of two matching clear glass vases. I placed both vases side by side on a table directly at the top of the stairs where he automatically turned towards the kitchen which was associated with snacks that triggered a dopamine hit.

For every 5 minutes he rowed, he got to transfer

one marble from the full jar to the reward jar. After a 15-minute row, he would take three marbles and drop them all into the jar creating a fulfilling 'DING' sound. Very soon though, he started dropping the marbles in one at a time 'ding, ding, ding.' Already he had trained his brain to triple his dopamine reward. It did not take long before he unconsciously paused when passing the jar to admire the rising level of marbles, enough to trigger yet another chemical pat-on-the-back and further cement his good intention.

Now here is the really important part! Eventually the association of feeling strong, clear-headed and invigorated after rowing triggered yet another dopamine hit, and at that pivotal moment, the stimulus became the reward. His finishing touch was listening to a favourite podcast while exercising, and "ding, ding, ding, ding, ding..." he had created a self-sustaining reward cycle where the sheer joy of rowing was a sufficient reward for doing it.

All you need is a bag of marbles and two matching jars. The powerful 'ding' of the marble dropping into the jar is a simple and effective way to manipulate your brain's chemistry to help you turn a New Year's resolution into a positive lifestyle change.

The Great Brain Workout classes are sponsored by the Woolwich Senior Association and run at the Woolwich Memorial Centre Fridays at 9:45 am and again at 11:00 am starting January 17th, 2020. The classes are drop-in only, no registration required.

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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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www.alzheimerww.ca

January is Alzheimer's Awareness Month

Alzheimer Society

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While some changes in memory are a normal part of aging, Alzheimer's disease and other forms of dementia are different. Dementia, an overall term for a set of symptoms, is caused by physical changes in the brain and is not necessarily age-related. Symptoms may include memory loss and difficulties with thinking, problem-solving or language, severe enough to reduce a person's ability to perform everyday activities.

It's possible to live well with dementia for a good period of time. Even as the disease progresses, many people still lead active lives as they continue their hobbies and enjoy friendships. Dementia will make these things more difficult as time goes on, but with the right support, people with dementia can still enjoy a good quality of life. Everyone's experience with dementia is unique. If you meet one person with dementia, you've met one person with dementia.

There are over 13,000 dementia cases in the Waterloo Wellington region. If you live with dementia, or support someone with dementia, you are not alone. ASWW is here to help.

We offer education sessions, counselling, support groups, services in French, and more, from three local offices (Kitchener, Cambridge, and Guelph) and other community partner locations, and low-cost recreational programs.

We provide support to people impacted by Alzheimer's disease, and all other dementias, or cognitive issues, such as Mild Cognitive Impairment. No special referral is needed, and you can seek support during any stage of the dementia journey.

Did you know that 60% of people with dementia-related memory problems become lost at some point? The Alzheimer Society's program, Finding Your Way®, helps people living with dementia, their families, care partners, 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.

If you are ready for help navigating your own dementia journey, please reach out to us by calling 519-836-7672, or visit us online at www.alzheimerww.ca. We are ready to help you live your best day.



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“I can’t tell you who I am. My whole concept for living in this world is flowing from one experience to another; wherever that takes me.”

Meet Jean Wright. She is a diverse and multi-talented senior in Wilmot township who spends her days expressing her many creative talents, including actively performing on stage with The Community Players; and she is proudly 90 years old.

Growing up in London England during the war, Jean fell into performing at a very young age. She travelled with a Rumba band by train with her Father, as a singer and percussionist. She performed on radio for a year with the band after the 11 o’clock news, a highly sought after spot. Toward the end of the 40’s, still as a teenager, Jean performed at “The Cabaret Club”, a members only club in England that hosted local beautifully dressed theatre goers, for high-end entertainment at the end of their night. How incredible it would be to sit in on such an experience today!

By the time Jean was married, and moved to Canada in 1952, she had lived an entire lifetime of experiences that most might only have seen in a movie. In fact, Jean found out only a short while ago that most of her friends had not really believed her wild and adventurous stories!

So, where does Jean get her drive? “I grew up fast.” Jean explains of her early years. Her Grandmother, who she was raised with until

the age of seven, was her role model, and greatest inspiration. She was an incredible example of how to be self assured, and showed Jean how to be true to herself. These lessons helped Jean through some very difficult transformative years later on, that she attributes to her strength and resilience today. “Performing, for me, has turned out to be a sort of catharsis. I especially enjoy playing in a comedy, because otherwise I really am not a funny person!”

Meet Our Neighbour, Jean Wright

Written by Ara Luckhart



Aside from any recognition for her performances, gardening, writing or poetry, Jean truly is just living from her heart. She draws life from creative expression. It keeps her young. You might see her still actively participating in various social community events, craft sales, knitting, baking, and creating new projects that spark her interest. She’s always got something on the go.

“You have to have a passion, an interest outside of yourself. You need self-confidence, and a killer instinct.” Jean says of her active lifestyle, and ability to perform on stage. “Being active is not a pursuit, it is a way of being. The more energy you use, the more you get.” And who could argue?

Thank you for sharing a small piece of your story with us, Jean! You are a living example of what it means to live authentically, honouring your heart’s desire for self expression, and following that calling wherever it takes you. Thank you for inspiring creative minds of all ages to keep going.

Encore! Encore!

The Importance of Foot Care

by Adaora Moneme, RPN

Nursing Foot care is a crucial part of healthcare for seniors. Regular foot care is recommended and can help alert you to health problems at an early stage. Conditions such as osteoarthritis, corns, callouses, bunions, hammertoes, and diabetic complications can make it difficult for seniors to maintain their balance/coordination when walking and standing.

Being able to walk is extremely important. Walking is one of the best ways to exercise and keep fit. The inability to walk reduces independence, causes isolation, limits exercise, increases the risk of development deep-vein thrombosis (blood clots), reduces balance thereby increasing risk of falls. Falls have become the leading cause of injury and death among Canadians age 65 and older. Be sure to take good care of your feet!



Woolwich Seniors Association

A membership-based organization for older adults age 55+.

The Woolwich Seniors Association offers social, recreational and educational opportunities for seniors in Woolwich Township and surrounding area. Located in the Woolwich Memorial Centre, seniors enjoy a bright, spacious room with pool tables, a quilting area, computers, coffee nook, and a Library and Puzzle Swap. Over 30 weekly drop-in activities are offered to senior members. Come in and try one of our drop-in activities in the new year!

TECH CLINIC

Free, one-on-one, half hour sessions offered at the Woolwich Seniors Association room in partnership with the Region of Waterloo Library.
Thursday, January 23th, 2020
9:30 am – 11:30 am
Bring your own phone, laptop, e-reader, or tablet. Ipad, chrome book and computers are available in the senior's room.

MONTHLY DINNER

Wednesday, January 15th, 2020
5:00 pm \$20 per ticket, Woolwich Seniors Room



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To become a member, contact
Woolwich Seniors Association

Located in the Woolwich Memorial Centre
24 Snyder Ave South, Elmira 519-669-5044
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AN ORGANIZATION TO SUPPORT CAREGIVERS

The Ontario Caregiver Organization (OCO) exists to support caregivers. Our 24/7 helpline provides a single point of access to information, support and services so caregivers are empowered with the information they need to be successful.

The Ontario Caregiver Organization works with caregivers, healthcare and service providers, as well as other organizations to amplify existing caregiver programs. Where gaps exist, we find new and innovative ways to bridge those gaps so all caregivers, regardless of age, diagnosis or where they live have access to the support they need.

Established in 2018, OCO is a non-profit entity funded by the Government of Ontario.

THE ONTARIO CAREGIVER HELPLINE 1-833-416-2273

The Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support. The Ontario Caregiver Helpline is answered by Community Resource Specialists in English and French, 24 hours a day, seven days a week.

You can also access help through our live chat or on our website at www.ontariocaregiver.ca

VOLUNTEER WITH US

Are you passionate about caregiving? Do you want to share your experience or insight to improve the supports and services available to caregivers? If so, consider a volunteer role with The Ontario Caregiver Organization. There are a number of opportunities available.

For more information visit www.ontariocaregiver.ca



The Ontario Caregiver Organization

180 Dundas Street West, Suite 1425
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Line, Linwood
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