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LETTER FROM THE EDITOR

“Change is the only constant in life” – Heraclitus

With each New Year we will all go through change. These changes may be emotional, spiritual, physical, mental, or all of the above. Some changes happen without a plan, while others are scheduled into our calendars and organized just as we intended. Without change, we would be stuck, stagnant, bored, and uninspired. I’m not saying that going through change is easy, but change is an important and prevalent part of life. With each change, you have an opportunity to grow and become more YOU!

I hope the following ways of embracing change support you in nurturing love and appreciation for yourself and your journey. You are worth it!

Ways to Embrace Change:

- * Remember that change is inevitable, normal, and necessary.
- * Adopt a Growth Mindset. Facing change becomes so much easier when you think in terms of growth and learning instead of seeing your identity as a rigid, unchangeable set of traits and skills
- * Name and acknowledge the changes you are experiencing.
- * Maintain self-care routines and rituals.
- * Celebrate growth. Through each and every change, you are making progress. Celebrate it!
- * Reflect on your own unique journey. Pause regularly to notice how far you have come.
- * Connect with community. It can help to reach out to other folks who have gone through a similar change.

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.

Five ways you can support Alzheimer’s Awareness Month

1. Connect with your local Society
2. Learn more about stigma against dementia
3. Read the stories of people with who have lived the experience
4. Share your story
5. Support Alzheimer Society initiatives to raise awareness

May the New Year bring you happiness, peace, and prosperity. Wishing you a joyous 2022!

Tara



On The Cover

Raquel Wilkinson, Hemmerich’s Hearing Instrument Specialist examines long-time hearing air wearer Wayne Buck of New Hamburg

See page 8 for the full story

Cover story written by Elaine Ballantyne

Cover photo credits: Elaine Ballantyne



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Women's Institute

Nancy Maitland,
Wellesley Township Heritage
and Historical Society



Photo Caption: "The Pirates." Performed by the members of the Wellesley Branch of the Women's Institute
L-R Esther Faulhauser, Elizabeth Witzel, Addie Ratz, Martha Stahle, Ethel Berscht, Doris Fleischauer, Henrietta Kaufman
(Accession #2016-12-112)

The Women's Institute movement began in response to the tragic death of a 14-month-old child. In the summer of 1889, Adelaide Hunter Hoodless's son died, probably as a result of drinking contaminated milk. Mrs. Hoodless was shocked that she did not have the knowledge needed to keep her family safe. She began a campaign for the education of girls and women in household management.

In 1896, she spoke at an agricultural conference at the Ontario and in 1897 she addressed a meeting for the wives of members of the Farmers' Institute in Stoney Creek. The response to her presentation launched the Women's Institute movement in Canada.

In January 1903, 700 people attended the Farmers' Institute meeting held in the Opera House in Wellesley. The Wellesley Maple Leaf newspaper reported that the attendance was "a record breaker in point of interest and attendance." One of the speakers, Miss Smith, was "a novel and attractive feature." Her session addressed "scientific cooking" and was attended by nearly 100 women. The local branch of the WI was formed at that meeting.

The first meeting was held in the Union church On February 12, 1903. (The Union Church began as the Swedenborgian Church at the corner of Doering and William Streets (now Nafziger Raod). The Swedenborg congregation dispersed after the death of their minister, Rev. F Tuerk who travelled from Berlin once a month to conduct services.) Sixteen new members were added making the total membership almost 50. Mrs. Henry Hostettler was elected president, with Miss Bellinger secretary-treasurer. The meeting was spent in organization

and arrangements for future meetings.

In July 1903 a public meeting was held. One hundred women attended the afternoon session and 200 attended the evening session. One speaker "addressed a culinary subject and gave a demonstration of cooking." Another "gave a lecture on "Emergencies," or household remedies for sudden illness and wounds." The speakers were followed by a program of local talent performing reading and recitations.

Smaller meetings were held in members' homes, often with a local speaker and a tasty snack. The women benefitted from the meetings partly because of the knowledge imparted and partly as a way to have social interaction with each other outside the home. The entertainment aspect of the meetings was always important. In March 1931, the members performed a play called "The Pirates."

The Wellesley Branch of the WI was active from 1903 to 2008. We have their minute books from 1919 to 2008 in our collection, accessible on our website here <https://www.wellesleyhistory.org/wellesley-womens-institute-minutes.html>

Branches were active in Linwood (1907-1988) and Dorking (1906-1977). Information about the Tweedsmuir histories of all three branch is available on our website here <https://www.wellesleyhistory.org/tweedsmuir-histories.html>

If you have any photos or information about the Women's Institute you would like to share, please email us at info@wellesleyhistory.org or call WTHHS member Debbie Krotesch at 519-502-4673.

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Eating Healthy in 2022

Every New Year we resolve to be healthier, this year let's set realistic goals and go easier on ourselves. Let's keep it simple, forget the complicated latest fad diet and just do our best to be as healthy as we can be. Let's nurture our mental and spiritual health by not punishing ourselves to be perfect. Let's find easy ways to meet our goals and be happy. When it comes to healthy eating, it doesn't have to be difficult. Some of the best ways to eat healthy are to eat as close to nature as possible, with minimal processing and short ingredients listings and getting the healthy balance of the protein, carbohydrates and fats we need for optimal health and nutrition. Talk to your health care practitioner and find out if you are getting the proper nutrition that you need and then come see us here at Town Pantry to help you fill in those gaps.

Here is a brief overview of basic nutrition and what we have to offer you:

Protein

Among its many other functions protein is essential for tissue growth, maintenance and repair. Spreading your protein intake out evenly in meals and snacks throughout the day will help keep hunger at bay and keep blood glucose levels stable. Some good examples of healthy protein food choices include both plant and animal sources of protein such as nuts, seeds, beans and lentils, lean meats, fish, eggs and low fat dairy. If it is difficult to get enough protein into your diet a protein powder supplement may be of value to

you. Using a protein powder in your smoothie can make a great meal. Add in some fruit, a handful of leafy greens like spinach, and a source of healthy fat such as a nut butter, flax or chia seeds or even avocado and you have a well balanced meal. You can also add protein powder to your morning bowl of oats or bake with it to help meet your protein needs. We carry a great variety of plant based protein powders as well as whey protein powders. We can even whip up a smoothie for you in our Juice Bar right on the spot. Our staff favourite is the Chocolate Funky Monkey!

But remember, as with anything, you can overdo it with protein. While it is important for growth and repair, once protein needs are met the excess will be used as energy or stored as fat, just like any other macronutrient. Protein requirements vary depending on several factors such as age and activity level to name a few. Talk to your health care practitioner to see if you are getting the right amount of protein in your diet.

Carbohydrates and Fibre

Carbohydrates are our body's preferred source of energy. They have at times gotten a bad reputation in recent years but knowing how to choose healthy, minimally processed, complex carbs with good amounts of fibre is an important part of healthy eating. Fibre is an important component of carbohydrates and can be found in foods such as vegetables, fruits, whole grains, beans and legumes. It is important for



preventing constipation, helping us feel fuller and for controlling hunger pangs. The soluble fibre found in foods such as oats, beans, peas, apples and carrots (to name a few) is helpful in controlling cholesterol levels and balancing blood glucose levels. While we don't carry fresh produce in store we do carry healthy staples rich in healthy carbs and fibre such rolled oats, quinoa, beans, nuts and seeds. Our fresh bread delivery every Tuesday offers a great variety of whole grain options such as kamut and spelt breads and low gluten and gluten free options. We happily take special orders for bread. To ensure that your favourite is available and set aside for you please have your order placed with us by 3pm on Thursday afternoon for the following Tuesday delivery.

We also carry a great selection of fibre powders that mix easily with water or your favourite beverage if supplementation is needed.



of vegetables to soups, snack on veggies with hummus or turn your veggies into noodles or oven-baked chips. You can find all sorts of great recipes online or visit us in store, we're happy to share our ideas with you!

Fats

Fats are another important part of your diet. Aim to get the majority of your fats from plant based sources of unsaturated fats. Visit our bulk department for a great selection of nuts and seeds and browse our store shelves for packaged options of flax, chia and hemp seeds.

Omega 3 essential fatty acids are another important part of a healthy diet that may require supplementation. They have many potential health benefits and may help support cognitive function, cardiovascular health and immune health. If your health care practitioner has recommended omega 3 supplementation, we have several options from reputable brands from soft gels to liquids depending on your preference.

Get your Veggies

This can be a challenge for many of us, however, there are many ways to get creative and increase your intake of vegetables. Add lots

While it is very important to eat a variety of whole vegetables and fruits, there are some helpful ways to supplement when you are struggling to get enough. While they cannot replace whole foods, juices and greens powders can help to supply the diet with important vitamins and anti oxidants. Our Juice Bar offers many delicious pre-made options made fresh in our juicer. You can find them in our Juice Bar fridge.

Greens powders can be a quick and convenient way to meet nutritional needs. The nutrient combinations in greens powders may also help support your immune system and energy levels. They make a great addition to your morning smoothie or can be added to a beverage of your choice. A favourite of mine is the Botanica Perfect Greens, I love a good cup of Celestial Madagascar Vanilla Roobios tea with a scoop of Botanica Perfect Greens Chocolate flavour!

I hope this article has given you the hope that healthy eating does not have to be difficult or time consuming but most of all, that it can be enjoyable as well!



COVER STORY

Blindness separates us from things, but deafness separates us from people - Helen Keller

Helping People Be Connected

WRITTEN BY ELAINE BALLANTYNE

It wasn't a hearing professional that first told Wayne Buck he needed hearing aids. It was his family. **"My family got so tired of me saying pardon," explains the 77 year old.** "Sometimes my family would say something to me and I would repeat it back and of course they hadn't just said that."

Wayne turned to the Hemmerich Hearing Center on Waterloo Street in New Hamburg for help.

"Cheri is just great," says Wayne of Hemmerich's office coordinator, Cheri Stumpf. "She bends over backwards to help--she's very accommodating."

To become familiar with a new client and to best help them, first Cheri records their pertinent information.

The next step is acoustic immittance testing. This evaluates the eardrum and middle ear space behind the eardrum. A small probe (it looks like an earphone) is put into each ear and air is lightly pushed into each ear. It is not uncomfortable or painful. This test helps to localize what part of the ear may be involved in hearing loss.

Next a pure tone test is done. Clients sit on their own in the sound booth with earphones inserted. A large window allows the client and the hearing instrument specialist to see each other. An audiogram is created recording these results. Also recorded is the client's ability to correctly repeat back words at a comfortable loudness level and also at the softest speech awareness level.



Raquel Wilkinson, Hemmerich's Hearing Instrument Specialist examines long-time hearing air wearer Wayne Buck of New Hamburg

"Then we go over the audiogram and summarize the results," explains Raquel Wilkinson, a hearing instrument specialist at Hemmerich.

"If there is a hearing loss, we go over the recommendations for follow-up. It may include a recommendation for hearing aids or possibly a follow-up with a family physician."

For Lynne Hemmerich, owner of Hemmerich Hearing Center in both New Hamburg and on Erb Street West in Waterloo, being a hearing aid wearer herself, she personally understands

and appreciates that lifestyle requirements and budgetary considerations all go into the decision making process in selecting amplified products.

Today hearing aid styles and choices are plentiful and bluetooth technology makes them suitable for every lifestyle.

Hemmerich prides itself in offering free hearing tests and a 90-day money back no questions asked guarantee if you wish to return a hearing aid product or try another. Often for clients it's just being shown the difference of what it is like with hearing aids, and then what it is like without, that has them easily making the decision to improve their life.

“My hearing aids are so comfortable,” tells Wayne. “Sometimes I jump in the shower and start to wash my hair and I go opps! I forget they are even there. Cosmetically people can barely tell now if you're wearing hearing aids. They improve your life so much. The effect on your appearance is so minimal.”

Working hard to hear is tiring for your brain.

“My advice to others is don't delay,” says Wayne. “According to scientists, if you don't use it, you lose it. Those brain cells that are dedicated to hearing will be reassigned.”

Studies have shown that cognitive abilities (including memory and concentration) decline faster in older adults with hearing loss than in older adults with normal hearing. Consequently treating hearing problems is very important.

“Hearing loss affects overall quality of life,” explains Raquel. “If you're not engaged in certain conversations--whether it be work, family, or hobbies--this will play into negatively affecting your quality of life. A lot of clients say not being able to be engaged really draws them back emotionally and mentally.”

With the help of hearing aids, being fully involved in group situations like family functions can be life-changing. Being able to talk with friends and share some laughs while playing cards makes life happier. Going



Cheri Stumph, Hemmerich Hearing Centre's very friendly and helpful office assistant

for a walk and being able to hear the birds is invigorating and helps one feel connected to nature.

Being able to help people individually is very rewarding and satisfying for hearing instrument specialist Raquel. Just as every person is unique and different, Lynne and her associates tailor their help and services according to the individual.

Raquel tells Embracing Change that it never gets old when a client puts on their hearing aids for the first time and they immediately notice a difference.

“Just seeing the shock factor on their faces--it's very rewarding. It's a great moment for us, to know we're helping them and to see how much of a difference hearing aids can make,” enthused Raquel.

Relief

“My wife used to worry that maybe she'd say something that is important and I wouldn't hear it,” says Wayne. “We take our hearing for granted but it's so important.”

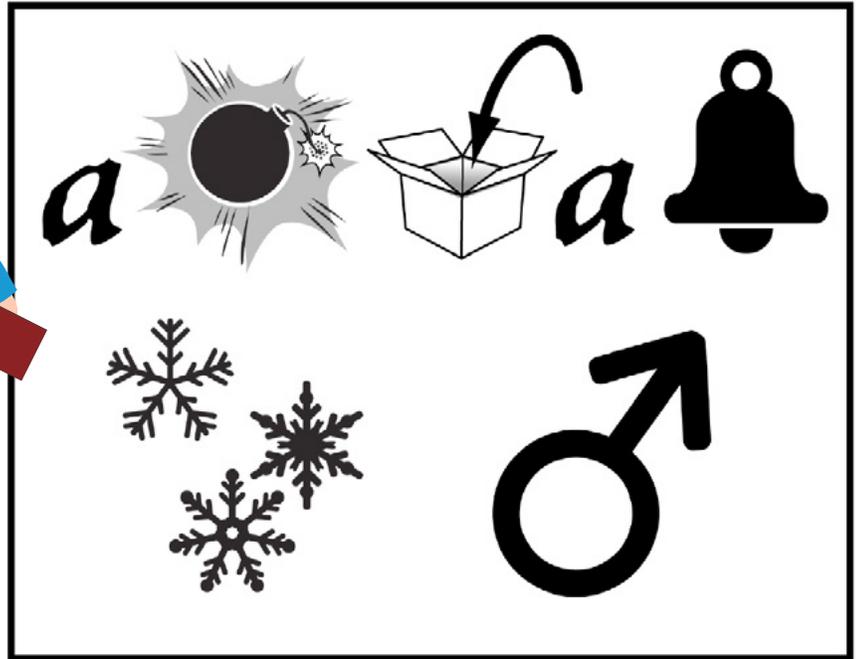
Today Wayne's family is not only happy that Wayne can hear them and respond back engagingly, but now Wayne doesn't miss those vital bits of information.

January Puzzles!



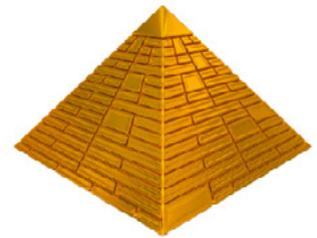
Concentration Puzzle

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



Word Pyramid #2

Answer the clues to fill in the pyramid.



1. First letter in the alphabet _____

2. "To ___, or not to ___" _____

3. Give money that is due _____

4. Not light _____

5. Sofa _____

6. Lead writing instrument _____

7. Garments _____

8. Person living next door _____

9. Avocado dip _____

Laughing Matters!



Find the 10 differences between these two pictures



A customer walked into the post office wanting to mail a package. "Two-day shipping will cost \$12.95 to get it there by Friday," my coworker Billy told her.

The customer, clearly looking to save a few bucks, said, "The package doesn't have to get there till Saturday. Is there any way to make that happen?"

Billy nodded. "Sure, you can bring it back tomorrow".

The teacher asked little Johnny if he knew his numbers.

"Yes," he said. "My father taught me."

"Good. What comes after three?"

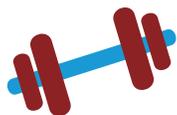
"Four," answered the boy.

"What comes after six?"

"Seven."

"Very good," said the teacher. "Your dad did a good job. And what comes after 10?"

"Jack."



Benefits of Physical Activity



Physical activity has a long list of benefits including weight management, mobility, mental health and much more. In fact, exercise has been touted as the single best thing you can do for your health.

Study after study, show reduce health risk factors, including heart disease, cancers, as well as diabetes and high blood pressure. The information is clear that we should be moving more – but just because we know this it doesn't mean we are implementing it. In fact 1 in 4 adults are not meeting the minimum required exercise standards.

What is stopping us? Us being the baby boomers. Why aren't we lacing up shoes and getting out to classes or gyms? Many are but for those that haven't started it's more complex than just motivation.

As a Fitness professional with over 30 years of experience in gyms I know that they are intimidating to say the least. Walking into a room full of young fit people can be overwhelming and unwelcoming. That is just one of the hurdles, finances, injuries, or physical limitations can also be tough to overcome as an older adult entering the exercise world.

January is the traditional month that heralds in new goals, resolutions, intentions, or whatever word you might like to use – maybe this January you look at ways around some of the obstacles that may have kept you in the group of adults not getting an adequate amount of exercise.

There are more programs popping up for active seniors now – social activities are great

for both physical and mental health. Sign up for a walking group or even an aquafit class. Wilmot has a fantastic Recreation Complex with an indoor walking track, grab a friend and go. Winter weather is never an issue – once Spring arrives take that same friend outdoors on one of the many walking trails in the area.

Even better for adherence is finding an instructor or leader that is a peer. Having a person who is closer to your age leading a class may be more motivating or validating, thus increasing attendance. Now that I am no longer a 20-year-old bee bop instructor I can see how my age would have been a deterrent for those that were several decades ahead of me. Even living a fit life, I can attest to the fact that age



changes mobility and goals.

Having a “gym” buddy works – even if you aren't in a gym! I recently heard of someone in their 80's that has been walking daily for 40 some years with her buddy! Now that's commitment! Having someone on your side to make sure you show up is key. When you pick your person make sure they can't sway you to just have coffee and skip the healthy part.

Two important considerations while ticking the physical activity box are your Cardiovascular health and your muscle strength including balance.

Cardiovascular – that can be a walk, or an age-appropriate group class. Dancing is great – it not

only keeps you moving but is fun and social.

Strength or weight training is imperative – this type of training strengthens muscles that support you through all activities – not just workouts. Building and maintaining strength helps you avoid falls and reduces the risk of losing mobility and independence. Solid case there for building up those muscles!

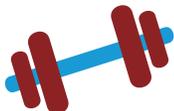
You don't have to be a body builder or a marathon runner to reap the rewards of successful aging – just showing up regularly will do. Daily if you can, 30 minutes a day is the recommended dose, don't worry if that doesn't fit at first any extra amount helps.

Consistency is key, thus the workout buddy or a scheduled class time. These are things that keep you on track for the long term.

I know the social aspect of my old gym was the best thing about it – the group of “old men” their term and maybe mine too were amazing. Even if you think a gym isn't for you – might be worth it to check it out and join in some of the fun.

Knowing what is good for you and doing it are sadly two different things – perhaps this year decide on a few strategies so you can close that knowing and doing gap.

Find something or someone that motivates you to show up – to do yourself some good – it might take time, but all good things do.



written by
Chris Spotswood



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Ask the Doctor

with Dr. Nicole Didyk

My entire adult life I have never taken any medication for pain relief. I have never suffered from headaches or any major pain and have put up with any minor discomforts rather than taking any medications.

In my senior years there are more things causing discomfort such as arthritis, muscle, and joint pains, etc. In your opinion what is the most non-invasive, other than over-the-counter medication to deal with the pain of these ailments?

I'm glad to hear that you've been spared aches and pains until your older adulthood. If you have osteoarthritis (OA), you're not alone. Almost 4 million Canadians are living with OA, and it's more common as we age, with over 50% of those aged 80 plus affected.

OA is caused by loss of cartilage between joints, usually in the knees, hips, and hands, but can affect any joint. As the cartilage is lost, there may be new bone growth that can cause pain and make the joint unstable.

Treatment of OA can range from exercise and physical therapy to surgery. There are many over-the-counter remedies, including lotions, ointments, pills, and supplements.

One compound that's been used for OA is chondroitin, often taken in combination with glucosamine. Chondroitin is a molecule made up of a chain of sugars and is a component of human cartilage and has a safe side effect profile. A systematic analysis of 43 studies using chondroitin or placebo showed those taking chondroitin, either by itself or in combination with glucosamine, had modestly lower pain score.

Other supplements that have been studied

for OA include curcumin (turmeric) and Borswellia serrata (frankincense) but we lack good scientific data about effective they are.

Remember that exercise and weight management can help with symptoms as well and keep moving. After all, "motion is lotion".

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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EYE HEALTH HABITS & TIPS

Follow these 7 tips to give your eyes and vision the boost they need to stay healthy!

1. Eat a Well-Balanced Diet

Consuming a healthy and balanced diet filled with various vitamins and nutrients can help keep your eyes healthy and strong. Vitamins A, E and C, along with zinc, lutein, and omega-3 fatty acids have all been shown through research to support eye health and function and reduce the risk of sight-threatening eye diseases.

2. Exercise

Exercising for at least 20 minutes each day not only gets your body moving, but also improves blood circulation to the eyes. A regular exercise routine can also help you maintain a healthy weight and lower your risk of obesity, a contributing factor for several diseases that cause vision loss in adults.

3. Control Your Blood Pressure

Keeping your blood pressure within normal limits is not only important for your overall health, but for your eye health as well. High blood pressure can damage the tiny and fragile blood vessels that nourish the retina and result in blurred vision and potential vision loss.

4. Wear Sunglasses

Wearing 100% UV protective sunglasses can protect your eyes from the sun's harmful UV rays and reduce your risk of cataracts, age-related macular degeneration and other sight-threatening eye conditions.

5. Rest Your Eyes

Spending hours each day in front of a computer screen or other digital device can lead to eye strain, fatigue and dry eye symptoms. Practice the 20-20-20 rule to give your eyes their much-needed break; every 20 minutes, look away from the screen and toward something at least 20 feet away, for 20 seconds.

6. Quit Smoking

Smoking is hazardous to your health and affects

nearly every organ in your body, including your eyes. Cigarette smoke contains toxins that have been shown to cause cerebral lesions in the visual processing area of the brain.

Smoking tobacco has also been linked to higher risks of sight-threatening eye diseases including age-related macular degeneration, cataracts, and diabetic retinopathy.

7. Schedule Regular Eye Exams

Regular eye exams are a crucial part of maintaining eye health and vision. Comprehensive eye care with the latest technology can detect early signs of eye disease, even before symptoms appear — facilitating earlier treatment and lowering your risk of permanent vision loss.

If you're due for a routine checkup, you've noticed any changes in your vision, or you'd like to learn more about protecting your ocular health, contact your optometrist to schedule an eye exam today!

Are Eye Exams for Seniors Still OHIP Covered?

For nearly 50 years, eye care in Ontario from an optometrist for those 65 and older has been covered by OHIP. This has not changed. Sadly, what also hasn't changed is the remuneration paid to optometrists for providing this service. In fact, the fee paid by the Ontario government for a comprehensive eye health and vision assessment has increased by approximately 14% over the past 30+ years, despite inflation of over 80% during the same time period.

This explains why Ontario optometrists engaged in a form of OHIP withdrawal of services from September through November to urge the government to properly address the funding crisis. Job action has been temporarily suspended while the government is in talks with the Ontario Association of Optometrists.

Please call your MPP to ask for their support in restoring proper funding to eye care! Your eyes deserve an optometrist. The optometry clinic deserves to be paid a fee that at the very least covers the cost of the service.

Dr. Howard Dolman optometrist
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Our Right, Our Choice

← Written by Fred Parry

Canadian novelist, Margaret Atwood, once remarked that in Canada, you can say whatever you want, because no one will listen. And, it's a standard operating truism – particularly in America and increasingly in Canada – that politics is becoming extreme and polarized, no matter where people are on the political spectrum. Not only that, but the intensity has been ramped up by the demonizing of the other side if they disagree.

“Paranoia strikes deep / Into your life it will creep.” – For What It's Worth by Buffalo Springfield

These are the research findings of his book called, *The Righteous Mind: Why Good People are Divided by Politics and Religion* by social psychologist Jonathan Haidt. He suggests that it's not only possible to get along with people of diametrically opposing views, but both win by doing so.

I can remember times when large family gatherings would be alive with political discussions, yet no one seemed to think the other person was evil ... it was just family ... everybody made an effort to understand where the other was coming from.

Today discussing politics is definitely not fun; and let's not even talk about religion, because the cultural divide is so wide. So how can we move forward, together, in the face of pressing global issues like the rise in world-wide temperatures, single parent families, income inequality, etc.?

***“What a field-day for the heat,
A thousand people in the street,
Singing songs and a-carrying signs,
Mostly say hooray for our side.”***

Haidt, and his team, have observed that different groups of people have different moral principles. The six key areas are: Sanctity, Authority, Loyalty, Fairness, Liberty, and Care. When these views are polarized true understanding is paralyzed.

For example: conservatives value loyalty, authority and sanctity as core moral principles, but also value care, liberty and fairness. On the other side, liberals are primarily concerned about care, liberty and fairness. Both sides, however, are resistant to evidence about their shared and sacred values ... it seems what binds them, also blinds them to objective reality.

***“It starts when you're always afraid.
You step out of line; the man come and take you away.”***

The solution – according to the research – includes starting with the admission that other side may be right about certain points; and rather than find common ground, which so hard to do, we should look for common threats.

If your organization is on the 'left', and your main concern is about income inequality, you might want work with a group on the 'right' whose core issue is about strengthening the family ... because without adequate income, family stability is threatened. This type of working together also has the added bonus of addressing the declining level of civil discourse.

Personally, nothing good has ever come from being too quick to judge others.

So I decided to give people time with which to better understand them – just like others have undoubtedly done for me. Just a little something to carry into the new year.

<https://youtu.be/8bl-vbBnJ3I>



‘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

Real Estate Industry and Market Changes

& What to Expect in 2022

Written by: Alison Willsey, Broker, Peak Realty Ltd.

Real Estate is the major business activity among the province of Ontario and a major factor that drives the economy. This year marks my 17th year as a licensed REALTOR and member of the Kitchener-Waterloo Association of Realtors. When I reflect on the past 17 years, the changes that have occurred within the industry and the market are remarkable.

When I first started in the profession, we had computerized systems in place, however; we were still referencing MLS catalogues also to view monthly listings. Those were the days when we paper advertised our listings, used word-of-mouth within the community to spread the word about our listings and services and where it sometimes could take a month or two to sell a home. We weren't using social media platforms to advertise our listings or sell our services. We connected with our clients on telephone or visited with them in person. We

discussed offers and had them signed in person and presented to Sellers at their homes or at our offices.

Now, it has become a very fast passed industry and market. Technology has made it easier for Buyers to shop for homes because of online advertising and the various social media platforms on which real estate is advertised. Realtors can show homes virtually and sell homes electronically.

When COVID-19 restrictions came into play, this became even more commonplace as Open Houses and in-person viewings were in some areas prohibited and limited. Oh, the changes that have occurred in many parts of Ontario because of all-time low interest rates, inflation, technology improvements; making it easier for people to work from home, COVID-19 restrictions; forcing people to re-evaluate their careers and their life

direction as well as the ability to save more as the COVID-19 caused lockdowns which in turn prevented many from spending on entertainment and travel. There was an increase in demand for homes due to rising immigration levels prior to COVID-19 and a rise in population and this has contributed also to the south westerly and northern spread that that has occurred as people look for affordable housing outside of the GTA into bedroom communities, smaller cities, and northern towns throughout the Golden Horseshoe areas and beyond. (According to the Ministry of Municipal Affairs and Housing Projection, the Greater Golden Horseshoe by 2041 is forecasted to have a population of 13.5 million.)

These and many other factors have led to a very fast paced real estate industry where we have seen prices almost double in some marketplaces in Ontario over the last 15-20 years which has made many Ontario Homeowners and Investors who made sound real estate investments throughout those years wealthier and in turn has made home ownership less achievable for many first-time buyers as prices continue to climb and climb. Prices nationally rose by more than 20% in 2021 compared to 2020 according to the Canadian Real Estate Association.

What will 2022 have in store? Forecasters predict increase in the level of international immigration depending on the evolution of the pandemic of course...this will continue to increase demand for already low inventory levels. If the level of demand continues to outpace the level of inventory, then prices are predicted to continue to rise but not at quite the same rate they have been over the last 2 years or so. Many different sources predict a 10-11% increase in average home prices over the course of 2022. The Canadian Real Estate Association says with supply continuing to hit fresh lows every day, the national average

home price is forecast to rise by a further 7.6% on an annual basis to around \$739,500 in 2022; although, for context, it should be noted that as of November 2021, the national average price was almost \$721,000. The slow rise of interest rates and the stress test rates for mortgage qualifying could keep some first time Buyers out of the market. There doesn't seem to be the fever for looking for a place like there was in 2020/2021, to ride out the Pandemic.

Another point to ponder is the effect some of the promises made around housing in the recent federal election will have on the Canadian Housing Market. We need the provincial government to work with the municipalities to create greater diversity of housing...we need to see more supply created. How can this long-term supply issue be resolved to create a more balanced market? With Canada hoping to welcome 411,000 new immigrants in 2022, our government needs to work fast to come up with strategies and programs that address long time supply growth. This needs to include a mix of housing for both young and old as affordable housing for the Senior population is harder to come by too and very competitive. Years ago, people were dependent on their home sales to fund their retirement years, but more and more people are finding that they are forced to make lateral moves financially because they are selling their matrimonial homes and need all the funds to have the ability to downsize.

We need to become advocates and work together and create a voice so that our children and our parents have equal opportunity into the future. We need to work with our municipalities and voice our concerns and ideas to our elected officials so plans can be made and home ownership can continue to be a reality for the majority of Canadians.



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Setting Yourself Up for Success

with New Year's Resolutions

The new year is often a time for making resolutions. Common new year's resolutions tend to focus on:

- ✦ Getting more exercise
- ✦ Losing weight
- ✦ Changing eating habits - eating more healthy foods or cutting out sweets
- ✦ Taking care of our health
- ✦ Self care, or personal wellbeing
- ✦ Getting organized
- ✦ Learning something new – perhaps a new skills or hobby
- ✦ Spending more time with family and friends

One of the challenges with new year's resolutions is that we often set such a high standard for a goal, or set too many goals, that it is next to impossible to achieve them. Here are a few tips that can help you to achieve success:

- ✦ Start with small steps. Set goals that are within reach and that you can achieve. This will give you encouragement to keep going with them.
- ✦ Start with one main thing that you want to change. We can't change all of our habits in a short timeframe. If we try and achieve everything at once, it can be overwhelming with little success.
- ✦ Surround yourself with others that you can share your goals with. Moral support is a great encouragement to remain focused on our goals.
- ✦ Don't get frustrated with yourself or give up if you slip up. No one is perfect. Minor setbacks are a normal part of the process.



Community Care Concepts offers a variety of activities at community-based locations, at no or very limited cost, that can help you achieve your new year's resolutions:

- ✦ Free **gentle exercise programs**. These classes help you build strength and balance, minimize the risk of falls and meet others. Classes are available in both an in-person and online format.
- ✦ **Community dining programs** offer an opportunity to come together for food, fellowship and entertainment or information.
- ✦ **Meals on Wheels** provides hot, nutritious meals delivered to your door at noon on weekdays.
- ✦ Free **active living programs** at several community centres. Programs range from gentle exercise, cards, games, crafts, guest speakers, art programs to coffee and social hours. Based on the interests of those attending and offered in partnership with our Townships, these centres offer a variety of programs and activities to support you in taking a more active approach to your health, learn a new skill or hobby, focus on personal wellbeing or spend time with others in your community.

For more information or to get started on achieving your new year's resolutions, contact Community Care Concepts at 1-855-664-1900 or 519-664-1900.



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What are your financial resolutions for 2022?

As you know, 2021 was full of challenges. We were still feeling the effects of the COVID-19 pandemic when supply chains shut down and inflation heated up. So, if you're like many people, you might not be sorry to see the year come to a close. But now it's time to look ahead to a brighter 2022. And on a personal level, you may want to set some New Year's resolutions. You might resolve to improve your health and diet, and possibly learn some new skills, but why not make some financial resolutions too?

Here are a few ideas to consider:

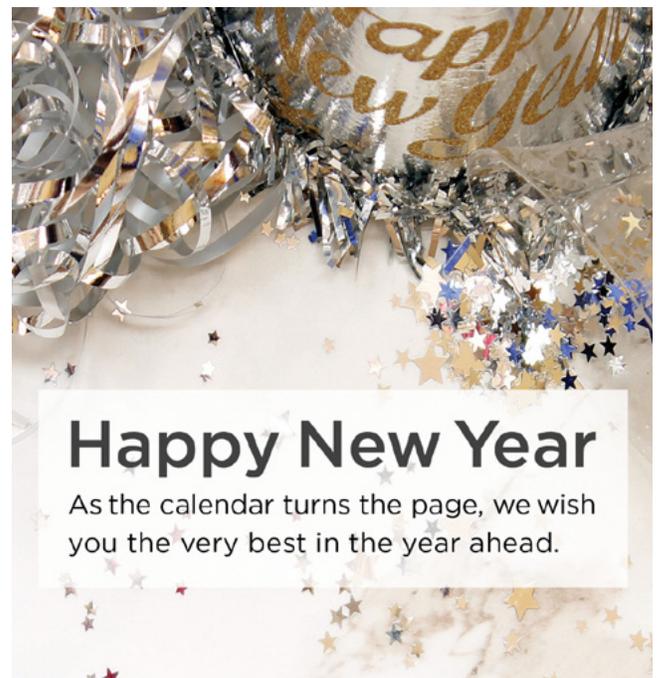
- **Prepare for the unexpected.** If you haven't already created an emergency fund, now may be a good time to start. Ideally, you'd like to have three to six months' worth of living expenses in this fund, with the money kept in a low-risk, liquid account (if you're retired, you may want your emergency fund to contain up to a year's worth of living expenses). Once you've got this fund established, you may be able to avoid dipping into long-term investments to pay for short-term needs, such as costly home or auto repairs or large medical bills.
- **Boost your retirement savings.** The pandemic caused many of us to reevaluate our ability to eventually enjoy the retirement lifestyles we've envisioned. In fact, according to a study from Age Wave and Edward Jones - 60% of pre-retirees and 53% of Canadian retirees indicated they were interested in receiving retirement related guidance from a financial professional to determine the best way to optimize their retirement savings. This year, if you can afford it, increase your contributions to your Tax-Free Savings Account (TFSA) and your Registered Retirement Savings Plan (RRSP), or other employer-sponsored retirement plan.
- **Reduce your debt load.** The less debt you carry, the more money you'll have available to support your lifestyle today and save and invest for tomorrow. So, this year, resolve to cut down on your existing debts and avoid taking on new ones whenever possible. You can motivate yourself by measuring your progress - at the beginning of 2022, record your total debts and then compare this figure to your debt load

at the start of 2023. If the numbers have dropped, you'll know you were making the right moves.

● **Don't overreact to the headlines.** A lot can happen during a year. Consider inflation - it shot up in 2021, but it may well subside in 2022. If you changed your investment strategy to accommodate the rise in inflation, will you then have to modify it again when prices fall? And inflation is just one event. What about changes in interest rates? And don't forget extreme weather events, such as wildfires and floods. Any, or all, of these occurrences can affect the financial markets in the short term, but it doesn't make sense for you to keep changing the way you invest in response to the news of the day. Instead, stick with a strategy that's appropriate for your goals, risk tolerance and time horizon. You may need to adjust this strategy over time, in response to changes in your own life, but don't let your decisions be dictated by external events.

These aren't the only financial resolutions you can make - but following them may help you develop positive habits that can help you face the future with confidence.

This article was written by Edward Jones for use by your local Edward Jones Advisor.



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Edward Jones



Would you know what to do if you thought a senior was socially isolated?

We are looking for frontline workers and community members (age 18+) in the Township of Woolwich to join a discussion about social isolation among seniors and caregivers.

As part of the Supporting Inclusion through Intergenerational Programs project, the Schlegel-UW Research Institute for Aging is developing a community conversation guide to give community members and frontline workers in the Township of Woolwich a better understanding of how to identify socially isolated caregiver seniors. This will allow them to learn about the signs of social isolation and support older adults to take part in community programs that bring these groups together.

Community members and frontline workers are invited to participate in a 90-minute online community consultation session to build awareness of social isolation among caregivers and older adults, to advocate for a collaborative effort to enable referrals to community programs and services, and to consider who would be interested in using the conversation guide. The information gathered will be used to develop the community conversation guide.

About the Sessions	
Who: Older Adults When: January 18th at 1pm or January 19th at 7pm	Who: Community Members and Service Workers When: January 25th at 11am or January 26th at 7pm
Where: Online using the Zoom Platform (link to be provided). Other accommodations may be arranged, if needed.	
The session will focus on: <ul style="list-style-type: none"> ● Awareness of social isolation among caregivers ● Participant involvement in the development process ● Relevance and usefulness of a community guide ● Potential content for the guide and training opportunities. 	

This project has been reviewed by, and received ethics clearance through a University of Waterloo Research Ethics Committee.

For more information or to register for a session, contact Michaela Miller at m29mille@uwaterloo.ca or call **519-580-6769**.





What is Radon?



Uranium is everywhere in the ground and in all kinds of soil, and when it starts to break down it creates a radioactive gas that is odourless, colourless and tasteless. This gas is radon. It is the leading cause of lung cancer for non-smokers.

When this gas is released into the atmosphere, it gets diluted. But if it finds its way into your home it can accumulate, which is when it can become dangerous. This is why we make sure all of our projects have been tested for radon.

Being exposed to high doses of radon over a long period of time is a major health risk. According to Health Canada, radon is linked to about 16 percent of all lung cancer deaths in Canada. That makes it the second leading cause of lung cancer; first for non-smokers. Being a smoker significantly increases a person's risk of developing lung cancer if they are also exposed to elevated levels of radon. For example, people who are only exposed to radon have a 1 in 20 chance of developing lung cancer whereas those who are also smokers have a 1 in 3 chance.

Radon & Your Home

Radon can seep into a home through pipes, windows, sumps, unfinished floors, cracks in foundation walls and floors-even through foundation walls. Remember, concrete is porous and radon is a gas. That means it can penetrate through the tiny holes in a home's foundation walls.

Testing for Radon

Regardless of location, the only way to know if a home contains dangerous levels of radon is to test for it. One house can have radon levels next to zero while the house next door can have levels that are off the charts. Radon levels also fluctuate depending on the weather, humidity, the home's construction and the time of year. For example, winter is the best time to test for radon because windows and doors tend to be kept shut during most of the season, which allows any toxins in the home to build up. This provides a good reading on indoor air quality and a home's exposure to radon.

We spend most of our time indoors, so it is very important that we think about our indoor air quality. I recommend that every homeowner test their air quality, whether they are buying, renovating or simply living in a home.

Homeowners are encouraged to hire a professional to test for radon, such as a qualified home inspector in order to ensure accurate test results.

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New Year's Resolutions for Care Partners

With a new year upon us again, many see this as an opportunity for fresh beginnings, and a time to set lofty goals. As a caregiver, you may know all too well the feeling of starting a goal, then having life catch up with you; by mid-February you've forgotten entirely what your goal was. Below is a guide created to help with more effective and attainable goal settings.

Make a Game Plan

Ambiguous goal are not only overwhelming - everyone knows how tough it is to 'lose weight' or 'get in shape' - but also lead to failure more often than not. Instead focus on something more concrete.

For example you might commit to 'furthering your dementia education.' Converting this to a specific goal, you end up with a resolution of "Attend 1 Dementia Education Seminar from the Alzheimer Society Waterloo Wellington a Month."

Limit Your Resolutions

Making too many changes all at once - no matter how small they are - can be aggravating for the person living with dementia. You will need to adapt your goal setting - by changing one behaviour or routine aspect at a time, you as a caregiver can more easily manage reactions - you will also be more successful.

Keep at it until it becomes a habit. If making changes causes issues, circle back to it later. Resolutions made in January do not have to be completed in January.

Make this the year to start practicing Self-Care as a Caregiver

These are General Suggestions for Resolutions. Make Them Your Own by selecting one theme as a jumping off point.

Remember to make them specific!

Sleep Well	Ask for help
Eat Wisely	Check up on your
Laugh - and pass	health
the joy along	Recharge
Forgive Yourself	Exercise

Revise Your Goals

Having the ability to pivot is a skill most care partners have plenty of experience with. The journey through dementia can better be described as a journey through rolling hills than a linear experience. Attack your goals in the same manner. Set revision dates - if your goal is to walk every morning, by mid-February revise! Maybe mornings are not free anymore, maybe you do not have time to walk everyday. Change your goal to walking during lunch on Wednesdays and going for a longer 'hike' on the weekend.

Goals are set by you, so make them attainable at all points throughout the year. Remember, January 1st is a great day to start resolutions but there is no rules against making March 13th (or whenever you would like) the 'new' start to your New Year's Resolution.

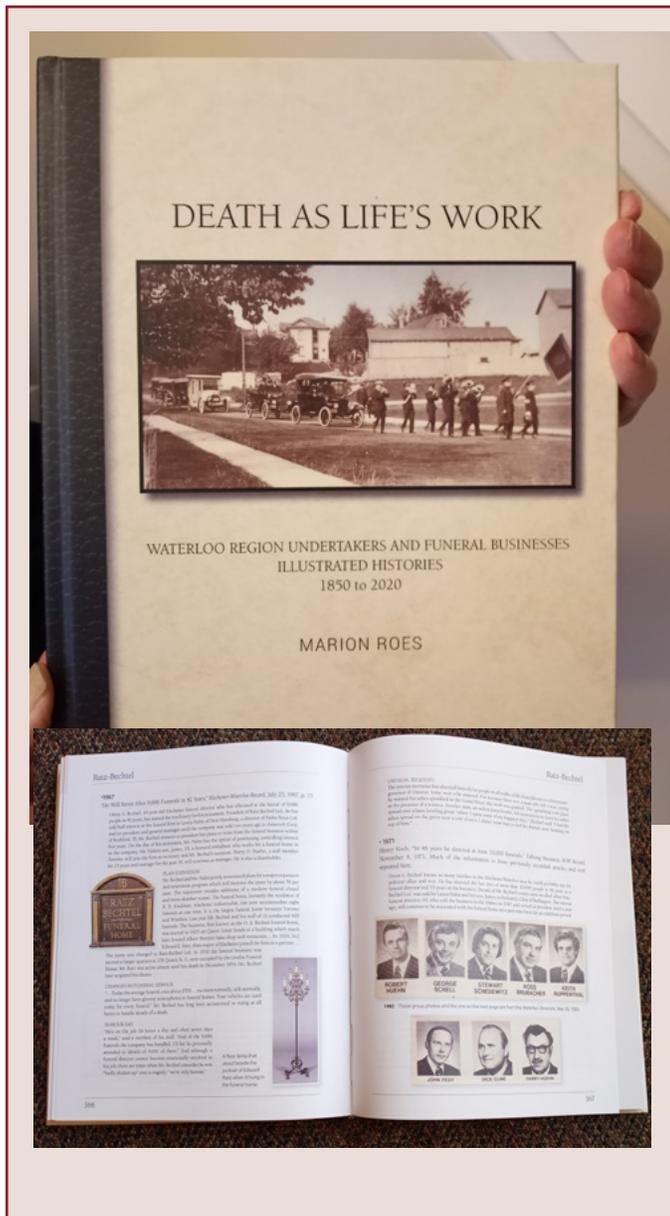
Celebrate Your Success

The biggest disservice any of us do to ourselves with regards to New Year's resolutions is giving up. This can often happen after missing a day, or two, or more - and then it just seems like too much work to start again. Instead of viewing resolutions as a plan set in stone, think about it more like a journey that you are taking. There will be days when you skip your afternoon walk or eat too many cookies after dinner.

Don't view these blips as a failure, and keep in mind Scarlett O'Hara's famous phrase: "Tomorrow is another day."

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Death as Life's Work: Waterloo Region Undertakers and Funeral Businesses by Marion Roes is now available for sale at the Futher-Franklin Funeral Home, Wellesley (call before going) and Living Waters Books, Elmira.

For other locations or information about the book, please contact Marion at mlroes@sympatico.ca or 519 883-1448.

Walter McCall, editor of The Professional Car, wrote: "What an incredible job you have done, Marion -- an astounding amount of invaluable information and photos covering the evolution of funeral service in Southwestern Ontario. As a longtime "hearse-torian", I was especially interested in the many vintage vehicles in your book-- especially the former O. H. Becker 1929 Studebaker from New Hamburg."





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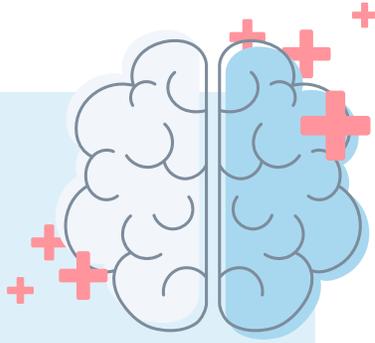
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Living with Alzheimer



Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing. Research shows that almost 40% of people over the age of 65 experience some form of memory loss.

Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

Living with Alzheimer is challenging for both those who have the disease and their caregivers. Research shows that there are many things you can do live a quality life when living with Alzheimer.

Tips to live a quality life with Alzheimer disease:

- * **Make healthy food choices:** while there are no special food requirements for people with Alzheimer's disease, eating a well-balanced nutritious diet (e.g. use Canada's food guide) is beneficial.

- * **Be active:** choose activities you enjoy and make some type of physical activity part of your daily routine
- * **Stay connected:** people living with Alzheimer disease can become isolated and lonely. Finding opportunities to interact with the people around you will help you, stay engaged.
- * **Keep your brain active:** mental activity (e.g. playing games, such as puzzles, jigsaws, memory games, reading books, or keep up your hobbies) is good for our brain.

Tips for Caregivers:

- * Remember that each person experiences Alzheimer's disease or other dementias in their own way.
- * While the person is still able, help plan their future care options including legal and financial issues.
- * Make up a schedule of appointments and activities to help as a reminder.
- * Promote as much daily routine as possible.
- * Encourage social connections including physical activities, as they are able.
- * Encourage independence as long as safety is maintained.
- * If required, provide specific instructions for tasks, one at a time as well as verbal cues and prompts when appropriate.
- * Be flexible. What works well one day may not work at all the next day. Provide positive encouragement and support to the person.
- * Learn about Alzheimer and the services that will be available in your area.
- * Know your boundaries: you are most effective as a caregiver when you know where your boundaries are and you protect them.

For more information, visit

www.alzheimerww.ca

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Highview Residences K-W

Alzheimer & Elder Care
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The Village of Winston Park

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ext 8008

Woolwich Seniors Association

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911

Waterloo Regional Police Non Emergency

519-570-9777

Crime Stoppers

1-800-222-8477

Ontario Poison Centre

1-800-268-9017

Ontario Problem Gambling Helpline

1-888-230-3505

TeleHealth

1-866-797-0000

TTY: 1-866-797-0007

Waterloo Wellington LHIN

519-310-2222

Community Care Concepts

519-664-1900

Retirement Homes Regulatory Authority

1-855-275-7472

Elder Abuse Response Team

519-579-4607

Interfaith Community Counselling

519-662-3092

Hospice of Waterloo Region

519-743-4114

Alzheimer Society of Waterloo Wellington

519-742-1422

Township of Wilmot

519-634-8444

Township of Wellesley

519-699-4611

Township of Woolwich

519-699-1647

Region of Waterloo Public Health

519-575-4400

NEW Ontario Caregiver Hotline

1-833-416-2273

This space is generously donated by:

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Fish and Corn Salsa Tacos

NUMBER OF SERVINGS: 8

Ingredients

- Cooked Ontario Sweet Corn Kernels 1 ½ cups (375 mL)
- Ontario Garlic, minced 2 cloves
- Ontario Tomato, chopped 1
- Fresh lime juice 2 Tbsp (30 mL)
- Ground cumin ¼ tsp (3.75 mL)
- Salt ¼ tsp (1.25 mL)
- Ontario rainbow trout fillet(s) 1 lb (450 g)
- Vegetable oil 1 tsp (5 mL)
- Chili powder 1 tsp (5 mL)
- Small whole wheat or corn tortillas, warmed 8
- Ontario lettuce, shredded 2 cups (500 mL)
- Ontario Monterey Jack or cheddar cheese, shredded ¾ cup (150 mL)

Directions

1. In medium bowl, combine corn, 1 clove of the garlic, tomato, 1 Tbsp (15 mL) of the lime juice, ¼ tsp (1.25 mL) of the cumin and salt; set aside.
2. Place fillet(s), skin side down, on foil that has been poked with fork in several places.
3. In small bowl, combine oil, chili powder, and remaining garlic, lime juice and cumin; brush over fillet(s).
4. Place foil on grill over medium-high heat; close cover and grill for 5 minutes or until fish is opaque and flakes easily when tested with fork.
5. Remove fillet(s) by sliding large spatula between skin and flesh, and carefully lift trout, leaving skin on foil. Divide into 8 portions.
6. Top tortillas with lettuce and trout; sprinkle with cheese and spoon corn salsa on top.

NUTRITION PER SERVING

Calories 275 | Protein 19g | Fat 11g | Carbohydrates 24g | Fibre 3g | Sodium 357mg



Ontario produces the largest amount of rainbow trout in Canada.



Fatty fish, including trout, contain the most omega-3 fatty acids. Research suggests that omega-3 fatty acids may help with the management of rheumatoid arthritis.



No access to a grill? Wrap fillets in foil and bake in the oven at 375 F for 15-20 minutes. Eat leftover corn salsa with a pita or tortilla for dipping.



Mains

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



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Happy New Year!!

Wishing you *BEAUTIFUL MOMENTS, TREASURED MEMORIES,*
and all the *BLESSINGS* a heart can know in *2022.*

A huge *HEARTFELT THANK YOU* to all of those who made *2021*
a *SUCCESS!*

It has been such a pleasure helping you meet our real estate needs!

Best Regards,

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