

FREE!

# EMBRACING CHANGE

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

VOL 5 ISSUE 5 JANUARY 2023

[www.embracingchange.ca](http://www.embracingchange.ca)



Feature Business of the Month

**PHARMASAVE®**

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



# Hear Again for the holidays!

Call us now to find out more.

New Hamburg: 519-662-6884 | Waterloo: 519-745-5888



**Lynne Hemmerich**  
Owner, Hearing Instrument  
Specialist

**Raquel Wilkinson**  
Hearing Instrument Specialist



Our mission is to provide the best possible solutions to all of your hearing needs with professional, honest and friendly service. We take pride not only in providing you with the best comfort in fit and sound of your hearing product, but also your own comfort with us!

Bernafon Alpha ITE & IIC



10 WATERLOO ST.,  
NEW HAMBURG

**519.662.6884**

128 ERB STREET  
WEST, WATERLOO

**519.745.5888**

## Tara Held

EDITOR/PUBLISHER

## Rich Held

DISTRIBUTION

## Jessica Uttley

DESIGNER

Alzheimer Society Waterloo

Community Care Concepts

Dr. Nicole Didyk

Fred Parry

Kelly Durst - Health First Dental Hygiene

Mary Friesen - Edward Jones

Nancy Maitland - Wellesley Township

Heritage and Historical Society

Woolwich Community Health Centre

CONTRIBUTORS

## On The Cover

The Woolwich Seniors Association is a place with programs to nurture minds and bodies. With a variety of social, recreational and educational programs being offered daily.

Promoting and fostering an active and healthy lifestyle and supporting an aging healthy mind.

It is important to keep our seniors connected and active to help reduce social isolation.

Read the fully story on page 9

### Cover story & photo by:

Woolwich Seniors Association



## Embracing Change



147 Arnold St  
New Hamburg, ON N3A 2C6



519-574-6428



embracingchangeinfo@gmail.com



www.embracingchange.ca

### Editorial Policy & Disclaimer:

Embracing Change is proud to be a Community Voice.

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



LETTER FROM THE EDITOR

As I'm writing my first editor's letter of 2023, I can't help but look back and wonder, where did 2022 go? Is it me, or did the year just fly by?

Even with the world still battling through some tough economic times, I'm very thankful for the continued support we have received from the Community and local businesses this past year. Every year I continue to make many new connections through Embracing Change. Thank you to all of you who have reached out to introduce yourself and offer your areas of expertise to share with our readers. And, a special thank you for all of you who have

shared your stories with all of us. Being vulnerable and sharing your personal stories to others can sometimes be a very scary thought, but it can also help others in ways you can't imagine. I have had many readers reach out to me saying how they have been motivated and inspired to make positive changes in their own life by a story they have read. My wish is that Embracing Change brings you all the motivation to make positive changes in your own life. Now it's time to move forward, look ahead, and jump into 2023 with excitement and optimism over what the future holds.

## Life Hack Tip ~ Sweep Light Snow

Sweeping instead of shoveling, under the right conditions, can be more efficient and much easier on your back. To start, you need a broom with hard bristles, such as a push broom or a corn broom. A soft-bristled broom, like the one you probably use to sweep up your kitchen, might work in a pinch, but they're not as effective on textured surfaces like sidewalks and driveways.

Sweeping up snow works better with dry, powdery snow than the heavy, wet snow. It works best if you get to it before it gets too heavy to efficiently sweep away. A corn broom works especially well on front porches, steps, and walkways, which can all be swept up in mere minutes.



When you're all done, don't forget to store your broom with the bristle end up, to avoid any unwanted bending that shortens the life of your new favorite snow-removal tool.

May this New Year be the beginning of something great!

# Tara

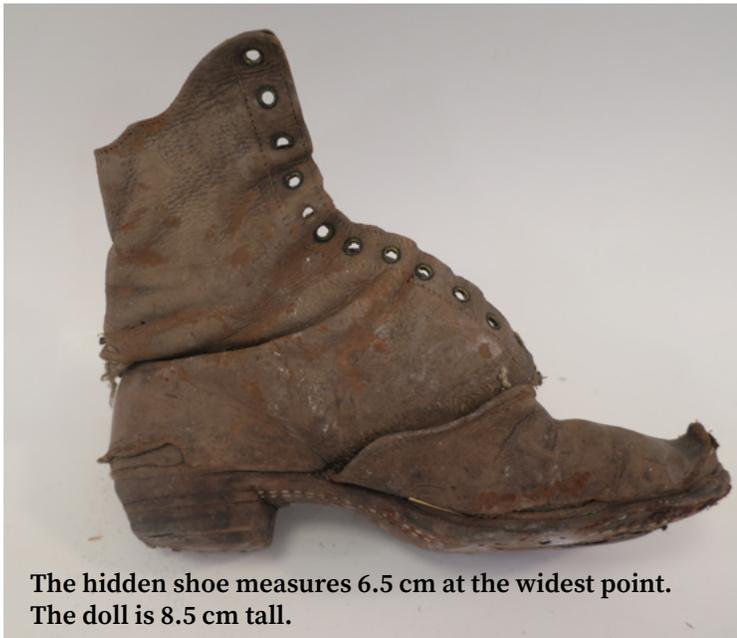
"It's not happiness that brings us gratitude. It's gratitude that brings us happiness"

- Author unknown

## Flashback Photo

# The most unusual addition to our collection ...

Nancy Maitland, Wellesley Township Heritage and Historical Society



The hidden shoe measures 6.5 cm at the widest point. The doll is 8.5 cm tall.

There are several ways that we acquire objects for our collection. Most often donors contact us by email or bring their items to our historical room on our open days (the last Saturday of every month, except December). Sometimes letters offering objects, or the actual object, arrive in the mail. Sometimes they are left at the desk in the library. We have a small acquisition budget in case a postcard from Wellesley Township appears on eBay.

Most recently we have received several objects from a local resident who received the items from a house that was being torn down.

During the past summer, a house in Linwood was being torn down and our donor asked the workers if they had found anything of interest. To her surprise they showed her a well-worn child's shoe that they had found inside the walls. Later a straw doll, the frame for a child's slate, and a wooden spigot were also discovered.

Our donor also donated a copy of an academic article which shows that shoes were often concealed in house walls for ritual purposes. Elements of magic were applied to the shoe to represent the human form. As part of builders' traditions, they were concealed to protect the home from witches and evil spirits. By shoemakers, they were concealed to ensure prosperity and by grieving people to preserve the spirits of loved ones.



Jane Crooks lived in the house from 1878 to 1913. There is some evidence that she took in boarders. Why was the shoe were concealed in the Crooks' house? Jane's sister Ellenor Crooks Welsh was known to be superstitious and perhaps Jane retained some superstitions from Ireland.

Was the shoe deposited by a boarder?

Or, was the shoe hidden by shoemaker Michael Huber, a nearby neighbour?

We will never know. But it is fun to speculate!



# Pharmacists Prescribing for Minor Ailments



**Beginning January 1, 2023 Ontario Pharmacists will be authorized to prescribe medications for 13 minor ailments.**

These ailments include:

- Allergic Rhinitis
- Oral Thrush
- Bacterial, allergic and viral Conjunctivitis
- Dermatitis
- Dysmenorrhea (Menstrual cramps)
- Gastroesophageal Reflux Disease
- Hemorrhoids
- Cold Sores
- Impetigo
- Insect Bites & Hives
- Tick Bites
- Musculoskeletal Sprains and Strains
- Uncomplicated Urinary Tract Infections

Minor ailments are described as health conditions that can be managed with minimal treatment and/or self-care strategies. These ailments are usually a short term condition where lab results aren't usually required. Currently, patients who require prescription medications to treat minor ailments must visit a Physician, walk in clinic or hospital. Allowing Pharmacists to provide support for these ailments will

improve healthcare efficiently and the patient experience. Allowing Pharmacists to prescribe these drugs is intended to lessen the pressure on other healthcare providers and improve patients' access to routine healthcare in their communities. It will also provide access to care for those who do not have a family doctor.

Through their training and formal education process Pharmacists possess in depth knowledge and strong clinical skills that are a critical part of the healthcare system. The minor ailment prescribing service offers other opportunities for Pharmacists to provide streamlined care, making health care more accessible for all patients.

Currently it is uncertain whether patients will have to pay out of pocket for this service or whether this will be covered by the government. The Provincial government is still finalizing the details of the protocol for Minor ailment prescribing.

At Town Square Pharmacy our staff are looking forward to this enhanced scope of practice to better serve our customers, and the local community.

**PHARMASAVE®**

*Open House*

**MEET OUR EXEC AND FIND OUT WHAT WE DO!**

**LEARN ABOUT OUR:**

**POPPY CAMPAIGN / FOOD EVENTS / ENTERTAINMENT EVENTS / PUBLIC RELATIONS / MEMBERSHIP / BANNER CAMPAIGN / SPORTS / YOUTH PROGRAMS / VETERANS AFFAIRS**

**JANUARY 22, 2023  
2:00 PM-5:00 PM  
65 Bouleee St  
New Hamburg**




**The Big Picture**

**Our team of eye doctors and staff will tend to all of your vision needs.**

We handle everything from adults' and children's eye exams to eye emergencies, and provide treatment for eye diseases, hard-to-fit contact lenses, and co-management of eye surgery such as LASIK.



**Dolman Eyecare Centre**

Progressive care that can enhance your quality of life

**Call (519) 662-3340 to schedule an eye exam**

251 B Huron Street, New Hamburg, ON, N3A 1K2  
www.DolmanEyecare.com

*Hire with Confidence!*

As an experienced Real Estate professional with the **Accredited Senior Agent (ASA™)** designation, I have the training and skills to assist mature and senior clients with safety and confidence in all aspects of the downsizing process of buying and selling homes.

I bring a network of specialists and professionals to assist with:

- de-cluttering • packing • moving
- unpacking • transfer services and more to improve the end result for you.

**No problem is too small and no challenge is too large.**



*Angela Baas*  
Sales Representative

Office: 519-747-2040  
Angela@AngelaBaas.com  
www.AngelaBaas.com





**Jim Miller Broker**  
519-580-5061

**Tricia Miller Sales Rep.**  
519-590-5995  
www.millerhomes4u.com



**For all the things that move you.™**

Twin City Realty Inc., Brokerage  
106 Huron St.  
New Hamburg, ON N3A 1J3  
519-662-4955



**www.millerhomes4u.com**



# Are You Suddenly Seeing Dark Spots?

## Here's What You Should Do!



It isn't a couple of insects following you around. Those black spots, squiggly lines and drifting cobweb shapes in your visual field are called floaters.

Thankfully, the sudden appearance of these moving specks in your vision are usually a sign of a normal, harmless, change within the eye. However, new floaters, especially if there are a great number or if they are large in size, could indicate a more serious problem.

### What Are Floaters?

The dark spots that you are seeing are caused by a shadow cast onto your retina. Over time, proteins in the gel-like fluid that fills the eye, called the vitreous, begin to clump together and move around. These protein lumps block incoming light from reaching the back of your eye, projecting the appearance of a floater in your vision.

### What Causes Floaters?

The primary cause of eye floaters is simply the aging process of the vitreous.

However, other conditions can cause an increase in floaters, including:

- Vitreous detachment
- Eye infections and inflammation
- Bleeding within the eye

- Retinal tears
- Retinal detachment
- Severe myopia (nearsightedness)
- Eye injuries

### Are Floaters Normal?

Seeing the occasional floater is normal and nothing more than an annoyance.

But a sudden increase in floaters can indicate a more serious condition that requires immediate attention such as those listed above. Floaters that are accompanied by flashes of light also warrant an urgent phone call to your eye doctor because they could indicate a torn or detached retina which could lead to permanent vision loss, unless treated quickly.

With dilation of your pupils and a thorough assessment of your retina, your optometrist can evaluate the cause of your floaters and recommend a treatment plan for you if necessary.

### FAQ

#### Can eye floaters cause blindness?

No, eye floaters themselves cannot cause a person to go blind. However, floaters can signal an underlying sight-threatening condition that can lead to partial vision loss or blindness unless treated promptly. Always discuss any changes in your vision with your local optometrist during your comprehensive eye exam to rule out potentially harmful changes within your eyes.

#### Will eye floaters go away on their own?

In most cases of mild to moderate floaters, no treatment is needed at all. If nothing serious is causing your floaters, they will often gradually resolve on their own. If they don't fade and remain in your field of vision, your brain will usually adjust and learn to ignore them. Persistent floaters should be addressed by your optometrist.

*Howard Dolman BSc OD*

Dolman Eyecare Centre  
With thanks to EyeCarePro

# What Are Some Tips for Getting Over My Dental Anxiety?

Kelly Durst,  
Health First  
Dental Hygiene



Dental anxiety can be all too real! In some circumstances, it even keeps us from seeking the treatment that we need. I have seen first hand people that allow their teeth to fall out because their fear of the dental office is that extreme. In my experience, it's often the older generations that are most fearful. As children, they would visit the dentist when they had a toothache and have their tooth pulled, often by a dentist who just wanted to get the job done. This fear instilled in them as a child has remained well into adulthood and they continue to be anxious when even thinking about their next dental appointment.

There are several factors that can elicit fear around the dental experience:

- \* "White Coat Syndrome" is the fear of the actual dentist or hygienist themselves
- \* The thought of pain
- \* The smells and sounds of a dental office
- \* Anxiety around being judged
- \* Worry around how much treatment may cost
- \* Thoughts of previous bad experiences

It's important to learn how to mitigate dental anxiety as we all deserve dental care and don't want to end up with a toothache! Call different offices and chat with the receptionist. Oftentimes, this will give you a general idea if that office seems to be a good fit. It's important to work with a practitioner

who listens and establishes a rapport with you. If you feel judged, it's a good sign you have not found the right practitioner. Speak with the office upfront about what treatment is necessary and how much it will cost. If you're unsure, seek a second opinion. If pain is your concern, ask them if they offer sedation or other pain-free options. You may be able to get through your filling without freezing, as the needle is oftentimes the most problematic part.

I tell anxious clients to bring headphones and tune the sounds out. Smells can be trickier as well as thoughts of previous negative experiences. Bring a fidget toy to distract you and / or work on breathing or other distraction techniques. Schedule something enjoyable after your appointment as a reward. Also, schedule your appointment early in the day, so you don't need to worry as the day goes on.

If all else fails, have a mobile hygienist come to you. This has become popular for anxious clients as they can receive the same dental cleaning in the comfort of their own space. A hygienist will be able to tell you if there is a need to visit a dentist and help you find an office that suits your needs.

Do you have a question or concern about your oral health that you would like answered? Contact Kelly @: [kelly@myhealthymouth.ca](mailto:kelly@myhealthymouth.ca) or 519-897-7341.

**CONNECTING SOLE TO SOUL**  
HELPING YOU WALK AWAY MORE RELAXED THAN WHEN YOU ARRIVED

Reflexology may help with:

Pain	Headaches
Sleep	Relaxation
Circulation	Quality of Life
Stress	And so much more!

**SOLES JOURNEY**  
REFLEXOLOGY BY  
CHRISTINA FLOOD RRPR

519-505-1616  
[WWW.SOLESJOURNEY.CA](http://WWW.SOLESJOURNEY.CA)  
147 ARNOLD ST. NEW HAMBURG

## COVER STORY



## A Place To Make New Friends and Always Know You Belong

WRITTEN BY: WOOLWICH SENIORS ASSOCIATION

They have returned, those welcomed chuckles and smart remarks shared among the men around the snooker table. It is not noticeable at a quick glance, but their bond runs deep. They say men don't communicate, but I am not sure this theory is accurate. From where I stand there is much expressed between them. Perhaps the eloquent words don't flow but the heart felt laughs, the warm pat on the back or the follow up call if you missed a morning, all prove this theory wrong.

The group of lady snooker players isn't far behind. Welcoming novice players and new friends to the game, these ladies enjoy many afternoons of laughs and even get in a few good shots now and then.

Perhaps a little quieter but still very well connected are the quilters. Unaware of their impact on our centre, stitch by stitch, many stories are shared and ingrained in the quilts. Each quilt is truly a unique labour of love.

The interaction of the participants in Shuffleboard

is of a competitive nature, while at the same time very light hearted and fun. This great group welcomes newcomers every week.

Our group of card players enjoy several games of Bridge, Cribbage and Euchre a week. If you want to level up your game and like to bid, Solo and Bid Euchre are for you. Don't let the "poker" faces fool you, these players are teddy bears.

Many of our ladies enjoy mornings of Line Dancing and Zumba. There is no such thing as "two left feet" in either of these classes. A little dancing always warms the soul. It is to be noted, men are always welcome and encouraged.

The Book Club meets once a month, enjoying many novels and in-depth discussions of a good read. Thanks to the generosity of our members, our centre boasts a robust library and puzzle swap. You can also stop by on Friday afternoon for board games or darts. Appointments can be booked for Genealogy Research to track your family tree, if that is of interest to you. These laid-back activities are the perfect way to end the week.

The knitters and crocheting group of ladies enjoy relaxing mornings and a good chin wag. It is always interesting to see what they are working on and how far they have progressed. The ladies are always willing to teach anyone interested in learning.

Stop by to for a morning of crokinole, or an afternoon of Mahjongg. Although very serious business, quiet chuckles or even loud laughs have been known to be heard.

The Pickleball players, AKA the "Picklers" are a very active group who partake in daily matches. Weather it be outdoors or indoors they are always on the court, raring to go and always on the lookout to recruit new players.

As social beings we crave and need connections. Meeting this need becomes more difficult as we age for many different reasons. The Woolwich Seniors Association strives to meet this need. Located within the Woolwich Memorial Arena, the WSA is a welcoming centre for older adults 55+. Members can participate in a variety of activities based on interest and activity level. The Woolwich Seniors Association is a place to make new friends and always know you belong.



## How to avoid a cold related injury: Frostbite Hypothermia

### Exposure to extreme cold can be divided into two Categories

1. Frostbite: Cold injury affecting only a part of the body such as arms or legs.
2. Hypothermia: Cold injury cooling the entire body

### Who is At Risk?

- Elderly
- Infants and young children
- Those with chronic poor circulation or diabetes
- Those with chronic physical or mental disabilities
- Outdoor workers (depending upon length of time and protective clothing)
- Those who are wet from any cause
- Underlying infection

### Symptoms of extreme cold exposure

#### Frostbite:

- This is when the skin and sometimes the fat and muscle underneath the skin freeze.
- Most common parts of the body affected are the nose, ears, cheeks, chin, fingers or toes.
- It can cause permanent damage and in severe cases lead to amputation

- Any of the following signs may indicate frostbite: a white or grayish-yellow skin area
- skin that feels unusually firm or waxy numbness
- A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

#### Hypothermia:

- This is a medical emergency
- The body temperature is less than 35°C.
- Mild symptoms include shivering, exhaustion, slurred speech, drowsiness, fumbling hands or unsteady gait and confusion
- Severe symptoms include slowing of heart rate and breathing leading to coma and eventually death

### How to avoid a cold related injury

- Listen to the weather forecast
- Check the Environment Canada weather forecast before going out in the cold
- If conditions are hazardous, a wind chill warning will be issued
- If the wind chill is very cold, exposed skin can freeze in minutes

### Plan Ahead

- Groups and organizations should develop a plan in advance, to ensure that safety concerns are addressed when the wind chill is high.
- For example, schools could hold recess indoors, outside workers could schedule warm-up breaks, and those involved in winter recreation could reduce the amount of time they spend outdoors.

### Dress warmly

- Wear layers of warm clothing, with an outer jacket that is wind-resistant. Mittens, boots and a hat are also important.

- When the wind chill is high, try to cover as much exposed skin as possible.
- Wear a scarf, neck tube or face mask.
- Check frequently for signs of frostbite

## Stay dry

- Wet clothing chills the body rapidly. Remove wet clothing if possible.
- Remove outer layers of clothing or open your coat if you are sweating

## Stay active/Know the limits

- Stay out of the wind.
- Limit time spent outside during extreme cold
- The elderly and children lose heat faster. They should not spend as long outside as younger adults in cold temperatures.
- Alcohol, tobacco and certain medications will increase your susceptibility to cold

## Caregivers of children:

- Infants are at high risk from extreme cold and can develop hypothermia very quickly as their body size is so small
- Children have less muscle mass and can become colder quicker than adults at the same temperature
- If the clothing or footwear of a child becomes wet they are at risk of a cold injury. Bring the child into a warm environment and remove wet items.
- Observe the above advice being extra careful to check children frequently and limit exposure to extreme cold weather

## How to help someone with a cold injury: Frostbite

- Get medical attention as soon as possible
- At the first sign of redness or pain in any skin area, get out of the cold or protect the exposed skin.
- Get into a warm room as soon as possible.
- Remove any wet clothing

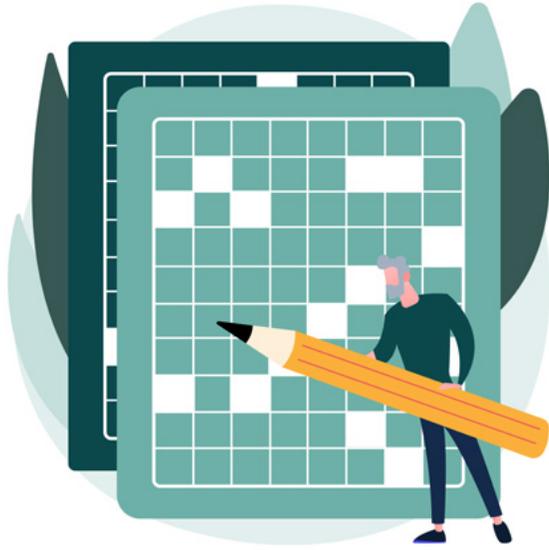
- Do not rub or massage the area as it causes more damage
- Warm the area gradually -- use body heat such as an armpit, or warm water (40 to 42oC)
- Do not use direct heat (heating pad, heat lamp, radiator) which can burn the skin Unless absolutely necessary, do not walk on frostbitten feet or toes



## How to help someone with a cold injury: Hypothermia

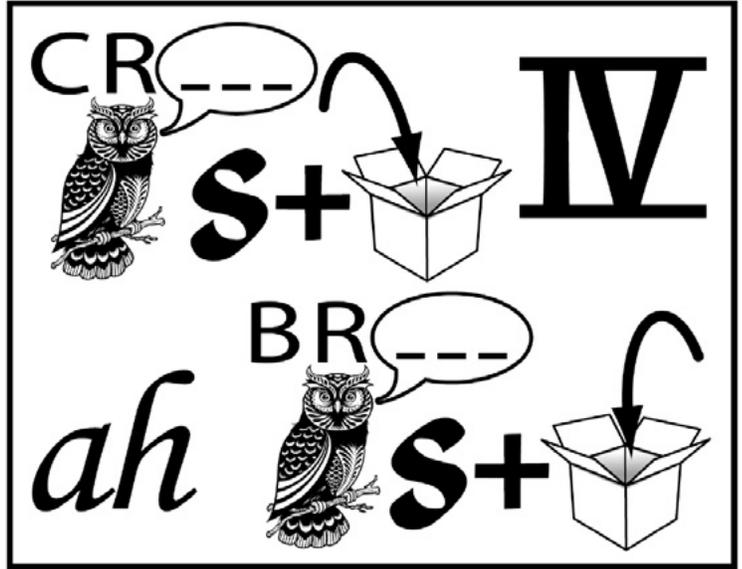
- Get medical attention as soon as possible
- Get into a warm room as soon as possible
- Remove any wet clothing
- Warm the center of the body first—chest, neck, head, and groin
- Use warm blankets, towels, wrapped hot water bottles or heating pads, or skin to skin contact to warm a person while waiting for medical help
- If a person is awake warm drinks can help
- Do not give alcoholic beverages

# January Puzzles!



## Concentration Puzzle

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



### Wacky Wordies #3

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



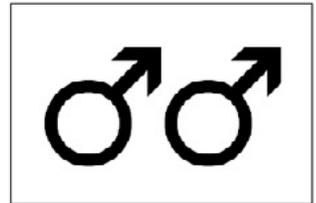
1. \_\_\_\_\_



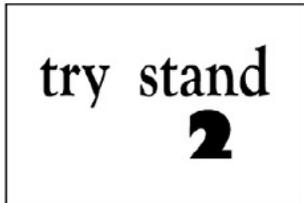
2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



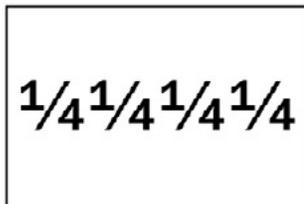
7. \_\_\_\_\_



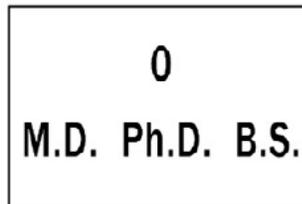
8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_

# Laughing Matters!



**Spot the Difference**  
Find 10 differences







# Ask the Doctor

with Dr. Nicole Didyk

## Am I Sleeping Too Much?

### Sleep - Is this Normal?

Many older adults think that it's normal to have daytime naps after they retire, and that sleep is a great way to get stronger and fitter. But, is it normal to sleep more as we age? You might be surprised at the answer.

Today we're going to talk about sleep, and a lot of people want to know if it's normal to sleep as much as they do in their senior years. Now, I'm a specialist who looks after seniors. And usually when people are coming to see me, it's because of some challenge or some issue that they want advice on. But I always take a sleep history because I want to find out how much time somebody is spending, sleeping or if not sleeping, then in a sleeping position.

A lot of us think that we need more sleep as we get older. We're just more tired. I mean, we're however many years old after all, and we've kind of earned a rest. Right. But that's not true. It's not normal to sleep more than about seven or eight hours per night for a senior. Sleeping more than that has actually been associated with increased mortality and an increased risk of cardiovascular events in some of the studies I've read.

Just because we're older doesn't mean that we have a license to snooze. I know we think about sleep as being healing, and if we're tired or recovering from an illness, sleep can be restorative. However, we really can't rest our way well or we can't really sleep our way. Strong sleeping and lying down is actually what can contribute to muscle weakness and can make us feel more tired.

You know how you feel if you've had the flu for a couple of days and you've kind of been in bed and then when you get up and at it again, you feel just so tired and fatigued and lightheaded and your muscles might even feel tired.

And that's from that deconditioning process that can happen. So, you know, is it normal to sleep more than 12 hours a night? No, it's not. Unless you're a newborn before twelve months of age, we probably need about 14 to 17 hours per sleep. I don't know if any of my kids got that memo, but apparently it's true. After we reach one year of age, our sleep requirements actually kind of go down. So by the time we reach our senior years, we're probably best functioning or the healthiest time to sleep per day is probably between six and eight hours.

So I can't really give you a license to nap. Of course, everybody is different. Some medical conditions will make people feel more sleepy. But as a part of normal aging, you've just got to get up and get moving. I hope you've learned something, even if it wasn't what you wanted to hear.

For more information about aging and health, go to [www.TheWrinkle.ca](http://www.TheWrinkle.ca)

**If you have questions for Dr. Didyk, please email them to [embracingchangeinfo@gmail.com](mailto: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.

# Aging Well

## Information & Active Living Fairs



### Wilmot Township

Thursday January 26, 2023  
9 am - 2 pm  
Wilmot Recreation Complex  
(1291 Nafziger Rd, Baden)

**FREE EVENT!**

**Guest Speakers  
Displays  
Lunch Included  
Door Prizes**

### Woolwich Township

Wednesday February 1, 2023  
9 am - 2 pm  
Calvary United Church  
( 48 Hawkesville Rd, St. Jacobs)

**You must register for this event**  
Please contact 519-664-1900  
1-855-664-1900 to RVSP

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



**“Here I come screaming out of childhood’s burning barn on a leash too short to reach the person I was meant to be”**

Written by Canadian poet **Phil Hall**, these words come from the book ‘White Porcupine’. In my mind’s eye, as I re-scan these words, I can see many images.

Initially, as a warning to schoolteachers: they have – together with parents and society – such a large part to play in seeing that our children reach their full potential. What an awesome responsibility!

The author told me his words were written because of an old lady – with her writings in hand – asking him if she might have been successful if she’d started earlier in life?

Like someone running a race and coming up short of their expectations ... panting from exhaustion ... you can almost sense the released energy propelling itself across the finish line, yet without them. So sad is the futility of “success” when we do something, first and foremost, for external recognition – forgetting our fundamental obligation to the common good. These wins will ring hollow.

Paraphrasing Phil Hall, he said that his outstanding books, Killdeer (2011 Governor General’s Award, 2012 Trillium Book Award, and shortlisted 2012 Griffin Poetry Prize), were written to give hope to aspiring authors: that it was okay to be imperfect ... be themselves.

I can also see how important it is to have a positive atmosphere in which to live – young or old.

I remember how, as an accomplished young athlete, being “crucified” – in front of my peers – by the excessively negative comments from a coach to demean. I’ll never forget it and how it affected my confidence years afterwards: declining

performance in sports and school... with no one back home to know or care.

Is it just because they can, that some people misuse their authority over children? Do they not realize the long-term potential their words have over young minds, for good or for ill? Although most coaching volunteers provide outstanding service to their community, it only takes one... whose careless use of power can undo the fine example set by others.

# I Was Meant to Be



**“In my little town, I never meant nothing I was just my father’s son”**

– My Little Town by Paul Simon

[https://youtu.be/\\_OrGwbRovqg](https://youtu.be/_OrGwbRovqg)

To some parents, their kids can’t do anything wrong, but all parents should be involved in their children’s pursuits – to aid in positive development and protect them from any form of abuse. Paying for the activity – music, sports, drama, etc. – is not good enough.

Parents can’t afford to stand on the sidelines of their kid’s lives. Once kids feel they can’t excel, they won’t.

Of course, at any stage in life, we must be careful not to push our own agenda onto them and mistakes will be made – but there will be no mistaking our love for them, now or forever.

May we always be able to affirm: “... I was meant to be.”

**That’s the way I figure It – FP**



**‘Music in Me’ writer Fred Parry is a lover of people and a collector of stories, music, wisdom and grandchildren.**

Find him at [www.fredparry.ca](http://www.fredparry.ca)

Retirement Apartments • Full Service Retirement Suites • Assisted Care • Memory Care • Long-term Care

# STAYING *active* in the VILLAGE



**Let's chat!**  
Call 519-576-2430,  
Katie x 8008 or  
Gillian x 8002

  
The Village of  
**WINSTON PARK**  
695 Block Line Road, Kitchener

Come see why you'll love our *Village*

[schlegelvillages.com](http://schlegelvillages.com)



## Memorable Moments

**Dementia Specific Social Program**  
**New Hamburg, Ontario**  
**Every Tuesday @ St. George's Church**  
**No Referral Needed**  
[memorableseiniorca.ca](http://memorableseiniorca.ca)  
**519-275-4902**  
[memorableseiniorca@outlook.com](mailto:memorableseiniorca@outlook.com)



# Living with Dying

## When Forgiveness Happens

Debbie Yantzi End of Life Doula

Throughout the cultural, religious and spiritual traditions, forgiveness is one of the most important values. Forgiving someone or asking their forgiveness is not easy.

Forgiveness is made up of many layers that we begin to uncover when we decide to free ourselves of the hurt and anger, the need for revenge and bitterness we've been holding on to. Surprisingly there are many health benefits of letting go of grudges or anger :

- ▶ Lowering anxiety and high blood pressure
- ▶ Decreasing anger and depression
- ▶ Increasing self-esteem, hope and harmony.
- ▶ Restoring relationships with family or others.

Forgiveness is a choice, a decision and a gift to ourselves and others. It is a conscious deliberate decision to release feelings of resentment or vengeance toward a person or group who have harmed you.

Forgiveness is an essential part of EOL care for both the dying and those who are left behind. When unresolved issues are still present many at EOL linger and have difficulty feeling safe and letting go. It is important to remember that forgiveness is for YOU and only YOU regardless of which end of the wrongdoing you belong. It is a process we cannot rush as we need to allow understanding to each person on this journey. To truly understand forgiveness, it is helpful to first recognize what forgiveness is NOT: it is not forgetting or condoning offenses. When the pain is raw, we may feel the other party does not deserve forgiveness. Instead it is a time to release all the negative thoughts and energy. Forgiveness often seems more monumental when done face to face but often these acts happen solely at the bedside.

End of life caregivers bear witness to the pain of unresolved conflict on an almost daily basis. They watch as agitation recedes when an estranged family member reaches out to hold the hand of their frail loved one. They also see the heartbreak when a loved one refuses to take their dying relative's phone call. Time is a factor as the person approaches the end of their journey. When we seek healthy personal

relationships that can reduce anxiety and depression. Finding forgiveness can lead to one of the most beautiful ends of life experiences. Do it NOW to find these benefits for yourself and you may be free from possible future guilt over leaving things unsaid. It is a way of letting go of a need to punish someone else and our desire to stop carrying around the hurt and anger someone caused us. This can only be done when we are READY. There are things that can be helpful during this time:

- ▶ name what happened and write it down
- ▶ become ready and willing to forgive and recognize that we must commit to letting go of the hurt and anger. This may require the help of a trusted friend, relative or caregiver.
- ▶ try to see the person who hurt you in a different light to be able to move forward.
- ▶ find peace in this process for yourself and for those you love.

The significance of forgiveness at EOL is it can bring healing to the person who is doing the forgiving and to the person who is being forgiven. It can impact the family and the greater community of relationships.

As a caregiver I have witnessed forgiveness where words were never spoken. I encourage those who have difficulty offering forgiveness at end of life to simply sit with their loved one and think healing thoughts. I find forgiveness conversations essential at EOL journey. They should be approached as early in this journey as possible so the dying person has every chance to have their wishes fulfilled and can release themselves when their body fails but their heart is full.

If you chose to look internally at the root cause of all the emotions, take charge and look at the truth of it and still chose to release it...this is Forgiveness.

**“Forgiveness is the final form of love”** - Reinhold Niebuhr

IRENIC

**Debbie Yantzi**  
**End of Life Doula**

debbieyantzi@hotmail.com  
519-580-4312



# Compare Our GIC Rates

Rates as of: Annual interest rate effective Dec. 5, 2022

90-day	<b>3.75 %</b>	APY*	Minimum deposit \$5000
180-day	<b>4.00%</b>	APY*	Minimum deposit \$5000
1-year	<b>5.10 %</b>	APY*	Minimum deposit \$5000
3-year	<b>5.05%</b>	APY*	Minimum deposit \$5000
5-year	<b>5.00%</b>	APY*	Minimum deposit \$5000

**Bank-issued, CDIC-insured to \$100,000**

**Call or visit your local Edward Jones financial advisor today.**

Rates are subject to change without notice.

**Mary Friesen**  
Financial Advisor  
85 Willis Way  
Suite 114  
Waterloo, ON N2J 0B9  
519-578-4141

# Prepare yourself for a long retirement

We all want to live long lives. We all expect to live long lives. But are we financially prepared for this longevity?

Before we get to the issue of preparation, let's look at a couple of interesting findings from a 2022 survey by Age Wave and Edward Jones:

1. 50 percent of the Canadian retirees surveyed said they would like to live to 100 years old.
2. They indicated that the ideal length of retirement is nearly three decades, 27 years.

Of course, none of us can see into the future and know how long we'll be around. But with advances in medical care and a greater awareness of healthy lifestyles, these aspirations have a real basis in reality.

However, if you're going to enjoy a longer lifespan, and the extra years with your loved ones, you need to ensure your finances are also in good shape. How can you make this happen?

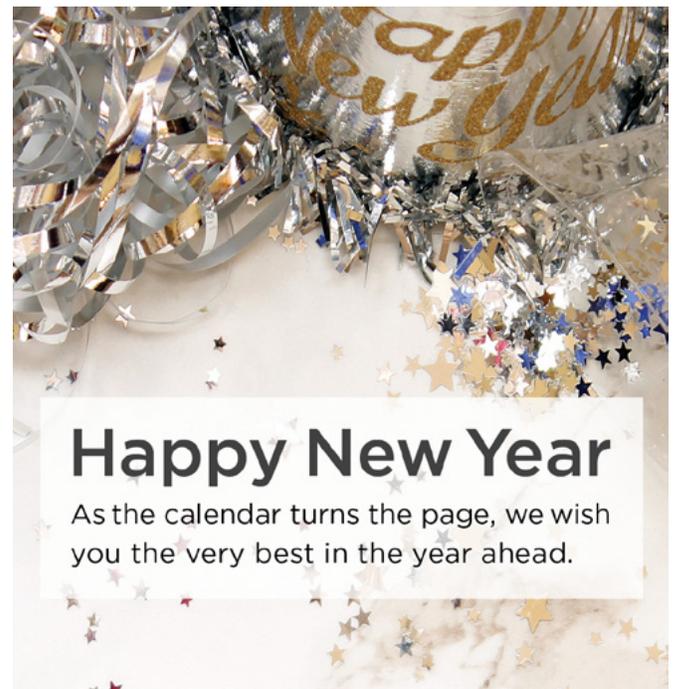
## Here are some basic steps to follow:

- Save and invest early and often. This may be the oldest piece of financial advice, but it's still valid. The earlier you start saving and investing for your retirement, the greater your potential accumulation. Consider this: If you began saving just \$5,000 per year at age 25, and earned a hypothetical 6.5% annual rate of return, and didn't take any early withdrawals, you'd end up with \$935,000 by the time you reached 65. But if you waited until 35 to start saving and investing, and you earned the same hypothetical 6.5% return – again with no early withdrawals – you'd only end up with \$460,000. And if you didn't start saving until 45, you'd end up with just over \$200,000, again given the same hypothetical 6.5% return.
- Be mindful of debt. You may not want to be burdened with certain debts when you enter retirement. So, while you're still working, try to reduce unwanted debts, particularly those that don't offer the financial benefits of tax-deductible interest payments. The lower your debt load, the more you can save and invest for the future.

- Keep reviewing your progress. It's important to monitor the progress you need to make toward achieving your goal of a comfortable retirement. Over the short term, your investment balances may fluctuate, especially in volatile financial markets such as we've seen in the early part of 2022. But you'll get a clearer picture of your situation if you look at long-term results. For example, have your accounts grown over the past 10 years as much as you had planned? And going forward, do you think you're in good shape, or will you need to make some changes to your investment strategy? Keep in mind that, unused contribution room in your Registered Retirement Savings Plan (RRSP) and Tax-Free Savings Account (TFSA) from previous years can be carried forward to future years. You may also want to adjust your investment mix as you near retirement to potentially lower your risk exposure.

Hopefully, you will enjoy many years of a healthy, happy retirement. And you can help support this vision by carefully considering your financial moves and making the ones that are right for you.

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



**Mary Friesen**  
Financial Advisor  
85 Willis Way, Unit 114  
Waterloo, ON  
N2J 0B9  
519-578-4141

mary.friesen@edwardjones.com

edwardjones.ca

**Edward Jones**

# The Wilmot-Tavistock Gazette

Your Weekly Newspaper Serving New Hamburg, Tavistock, Baden, Wellesley, New Dundee, St. Agatha, Shakespeare, Petersburg, Hickson, Punkeydoodle's Corner and area

## LOCAL NEWS LOCAL REPORTERS

### Regular Features include

- Ernie Ritz column
- Community events from Foxborough, Morningside & Stonecroft
- Local "people" features
- Community Calendar
- Local wordsearch & crossword
- And so much more!

Pick-Up your FREE copy at many local stores OR have your Gazette in your mailbox every week with a subscription. \$49 per year (includes tax).

Read online anytime at [www.wilmotpost.ca](http://www.wilmotpost.ca)  
Call 519-655-2341 or email [info@wilmotpost.ca](mailto:info@wilmotpost.ca)

# ALZHEIMER SOCIETY

Provides a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

- Information and Education
- Individual & Family Support
  - Group Work
  - System Navigation
- Social/Recreation Programs

## CONTACT

519-742-8518 ext 2090 for more info or to receive the Program Guide

[www.alzheimerww.ca](http://www.alzheimerww.ca)



## We Care For You Like Family

[martinspharmacy.ca](http://martinspharmacy.ca)

**martin's**  
Guardian Pharmacy+

(519) 664-3785

10 Parkside Dr, St. Jacobs  
Woolwich Community Health Centre



# CAR & TRUCK ACCESSORIES

TIRES AND WHEELS, CAR CARE PRODUCTS, RAIN GUARDS, HOOD SHIELDS, FLOOR LINERS, PROGRAMMERS & MORE!

[WWW.RUDYHELD.COM](http://WWW.RUDYHELD.COM) | 519-662-2821 | 147 ARNOLD ST. NEW HAMBURG

# Reading Suggestions for Care Partners of People Living with Dementia

2023 is upon us! Now is the perfect time to stay warm with some reading during these cold months! Your new year's resolution might be to take some time for yourself, learn something new about caregiving, or enjoy a book. If you're looking for a book about caring for someone living with dementia - we have suggestions!

Below is a list of books about effective care and communication. In these books, you will find techniques and tips for caring that might be helpful for both new and experienced caregivers.

## ***Thoughtful Dementia Care: Understanding the Dementia Experience* by Jennifer Ghent-Fuller**

This book is an easy-to-read and sensitive portrayal of the changing world of people with dementia and those who care for them. Jennifer Ghent-Fuller, a Canadian nurse and dementia educator wrote this book to share practical suggestions on how people with dementia view everyday situations. In this book, Ghent-Fuller explains the loss of different types of memory and other thinking processes and describes how that might affect activities of daily living. She also addresses grief and emotions in the context of caring for people living with dementia.

This book is grounded in real-life experiences, and the multitude of examples helps to solidify the lessons taught. This book is intentionally written in plain language to be understood by all.

## ***Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease* by Joanne Koenig Coste**

This book offers practical tips for coping with and caring for a loved one living with dementia. This book grew out of her own experiences while watching for her husband. The focus point of this book is teaching care partners to view the world from the point of view of a person living with dementia.

This book is geared toward those in the early to middle stages of the disease.

## ***The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Other Dementias and Memory Loss* by Nancy L. Mace and Peter V. Rabins**

Now in its 6th edition, this book is often referred to as the "gold standard" book for families caring for someone living with dementia. This book covers all aspects of care, including emotional

issues, financial details, and day-to-day coping with responsive behaviours. There is also information about long-term care in this book.

Written by experts with decades of experience caring for individuals with memory loss, Alzheimer's and other dementia, this book features everything from the causes of dementia to managing its early stages to advice on caring for those in later stages of the disease.

## ***Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers* by Jolene Brackey**

Jolene Brackey hopes that care partners might focus on creating moments of joy with their loved ones. Even if they possibly might not remember what was said, the positive feelings will stay with them. This book contains practical advice, hope, encouragement, stories and, most importantly, humour.

## ***Activities to do with Your Parent who has Alzheimer's Dementia* by Judith A. Levy EdM OTR**

This book is rooted in family activities, self-care skills, mobility and socialization. The tasks from the book encourage success, boost self-esteem and offer opportunities for positive interactions.

Judith A. Levy worked for more than forty years as an occupational therapist specializing in adult rehabilitation. This book includes over fifty activities ideas with implementation suggestions, assessment forms to evaluate the success of the activities, care partner self-care ideas and many more helpful practical tips.

These books are an excellent resource for you, but others are available. You can find these books at your local library branch or most online retailers! The Region of Waterloo Library can help you find hard copies and electronic versions of these books.

At the Alzheimer Society Waterloo Wellington, we have a community bookshelf stocked with care partner resources. If you are interested or want more personalized recommendations, please call our First Link Care Navigator at 519-742-8518 ext. 2090. They are a breath of knowledge and can recommend books off our shelves or education seminars to help you along the dementia journey.

**Alzheimer Society**  
WATERLOO WELLINGTON



# COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

Helping Seniors and Adults with Disabilities  
to Live Independently in their own Home

- Meals on Wheels • Transportation
- Day Programs • Homemakers
- Maintenance • Friendly Visitors • Community Meals
- Transportation from Hospital to Home
- FREE Community Exercise and Falls Prevention Classes
- FREE Short Term Home Support

**COMMUNITY  
CARE  
CONCEPTS**

*of Woolwich, Wellesley and Wilmot*

**929 Arthur St. S.  
Elmira  
519-664-1900**

**1-855-664-1900**

**info@communitycareconcepts.ca  
www.communitycareconcepts.ca**

**23 Church St.  
New Hamburg  
519-662-9526**

# Setting Yourself Up for Success with New Year's Resolutions



The new year is often a time for making resolutions. However, often we set our goals at such a high standard that it is almost impossible to live up to them and then are not always kind to ourselves when we don't achieve them.

## **When you are setting goals, set yourself up for success:**

- Start with small steps. Setting and achieving goals that are within reach gives you encouragement to keep going with your goals.
- Start with one thing that you want to change. Your habits didn't develop overnight. Don't feel that you must change everything all at once.
- Surround yourself with others that you can share your goals with and who can help you to celebrate success.
- Don't sweat the slipups! No one is perfect. Minor setbacks that you may experience as you are work on achieving a goal is a normal part of the process.

## **Common new year's resolutions include:**

- Exercise more
- Lose weight
- Eat more healthily
- Take a more active approach to health
- Learn a new skill or hobby

- Spend more time on personal wellbeing
- Spend more time with family and friends

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. With no preregistration required and no long-term commitment, these classes, offered 2 to 3 times a week at a variety of community locations, help you build strength and balance, minimize the risk of falls and meet others.
- 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. Nutritious frozen entrees provide a great alternative for evenings or weekend.
- 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 collaboration with the Townships of Wilmot and Wellesley, 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. Call us for the current schedule and drop by a local community centre to get started on moving forward with your new year's resolutions:
  - Hawkesville Community Centre
  - Linwood Community Centre
  - St. Clements Community Centre
  - Wellesley Community Centre
  - Wilmot Recreation Complex

**For more information or to get started on achieving your new year's resolutions, contact Community Care Concepts at 1-855-664-1900, 519-664-1900 or 519-662-9526.**

**S  
T  
R  
O  
N  
G  
E  
R**



**T  
O  
G  
E  
T  
H  
E  
R**



**ICC Services Offered:**

- Individual/Couple/Family Counselling
- Group Counselling
- Mental Health Workshops
- Wellness Wednesday Videos
- Online Covid Resources

**WFRC Services Offered:**

- Food Support
- Family Violence Prevention
- Parenting and Family Support
- Youth Programming
- EarlyON
- Indigenous Supports

**CCC Services Offered:**

- Meals On Wheels / Community Dining
- Transportation
- Exercise & Social Programs
- Adult Day Programs
- Grocery Shopping and Home Help
- Hospital Discharge Support

23B Church St., New Hamburg  
PH: 519-662-3092  
admin@interfaithcounselling.ca

1-175 Waterloo St., New Hamburg  
PH: 519-662-2731  
info@wilmotfamilyresourcecentre.ca

23 Church St., New Hamburg  
PH: 519-662-9526  
info@communitycareconcepts.ca

# Ask the Expert: Mercedes Kay Gold

Certified Nutritional  
Practitioner and Certified  
Mobile Personal Trainer



I'm going away on  
vacation this winter.  
Buffets are so tempting!  
How do I stay on track?

-C.S. in New Hamburg

Vacationing is not a free pass to “all-you-can-eat and sit”. Start the day moving your body. Gyms in resorts and on cruise ships are open by sunrise. There are free fitness classes, tons of state-of-the-art equipment and of course nature offers its own treadmill. Hydrate please!

Good morning meals should focus on fresh fruit, whole grain bread options paired with nut butters. Choose oatmeal, granola, high-fiber cereals and low-fat yogurt. To address the dietary needs of all guests, the alternative milk selection is super. Be adventurous. Select sausages and bacon in chicken or turkey

over pork, and keep an eye out for hard- or soft-boiled eggs. Skip scrambled and stick to poached without the bougie béarnaise sauce!

Lunch and dinner, go for grilled vegetables and raw salads. Say no to a ladle of high fat, salt and sugar stocked salad dressing. Bring on the balsamic vinegar. Focus on fish, chicken breast or lean steak resting upon a bed of brightly steamed produce. Share a decadent dessert and limit alcohol, especially crazy colored sugary syrupy slushy specialty drinks.

Healthy is a lifestyle for life. Come home blessed not stressed to shed extra unwanted pounds!

## QUALITY, AFFORDABLE, INDEPENDENT LIVING



Retirement /  
Adult Lifestyle Community

- ⇒ Excellent reputation within the community.
- ⇒ Dedicated and long-standing staff.
- ⇒ Warm, home-like atmosphere.

**Free Month**  
\*ask for details



### Conestoga Lodge Retirement Residence



#### ARE YOU RECOVERING FROM A RECENT ILLNESS OR SURGERY?

Recuperate With Our Dedicated Nursing Staff In A Safe Setting With Services To Help Regain Your Strength And Obtain Well-Being.

Call us today to make arrangements.

**519-576-2140**

admin@conestogalodge.com  
conestogalodge.com



Inquire about our Discount for  
New Permanent Resident Move-ins.





# Tips for Rightsizing: Extra Furniture

When you're planning a move, especially one that involves rightsizing, it's challenging to know what to do with the furniture that's not coming along with you to your new home.

Thankfully, there are many options - let's explore them.

## Donate it

This is by far our favourite option! Here's why:

- ✦ You can have it removed quickly
- ✦ Someone else will be able to purchase your furniture at a low cost - this can be a huge benefit to someone just starting out or someone starting over
- ✦ The organization that takes the donation benefits by selling your furniture, and that often means the proceeds go back into the community

## Consign it

This is a good option if you have something unique and valuable. Furniture consignors can normally tell you upfront whether they think your items will sell.

Some considerations for consigning:

- ✦ You will likely need to arrange for transporting the furniture to the store - this could mean arranging and paying for movers or paying the consignor if they offer to move it
- ✦ Trust the consignor to set the right price - they are the experts in pricing their inventory
- ✦ Consignment arrangements are typically split between the consignor and the seller once the item sells, often a 50:50 split. For example, if your end table sells for \$100, the consignor will get \$50 and you will get \$50.
- ✦ Often consignors use pre-arranged reductions in prices over time. For example, that end table might be priced at \$100 for the first 30 days, then reduced to \$80 for the next 30 days, then \$60 for the last 30 days.
- ✦ Most furniture is taken for only a period of time, and if your furniture doesn't sell by the 'expiry' date, it is either donated or you have the option to take it back

- ✦ If you take the furniture back at the end, what will you do with it? Who will pay to transport it?

## Sell it

The online options for selling direct to a buyer abound: Kijiji, Craigslist, Facebook Marketplace, EBay and more. This might be a good option for you if you have a lot of time, and you are very familiar with these online buy and sell options. Some things to consider:

- ✦ You'll need to take good photos of your items, and write a compelling post
- ✦ You'll need to spend time looking at similar items online to be able to price your item appropriately
- ✦ You'll need to respond to (sometimes endless) questions from potential buyers (e.g., "Is that colour more cherry red or burgundy red?")
- ✦ You'll need to be around for people to come and look at it
- ✦ You likely won't get the price you set for the item - online customers are looking for a deal
- ✦ You'll need to arrange a time for pick up
- ✦ There may be safety concerns with having people come directly to your home, and with furniture, there typically isn't an option to use a mutual drop off spot

## Auction it

This is a good option when you have a significant volume of furniture and perhaps other things that would sell well at an auction. For example, if you are moving from a 4-bedroom house to a 1-bedroom or studio, you likely have a lot to get rid of.

Things to consider:

- ✦ Most auction organizations now have an online component to their business, which expands their clientele and auctions are no longer restricted to one geographic location.
- ✦ The auction organization will often come out to your home to assess your things

and give you a good idea of what will be auctionable.

- ✦ They will take photos and catalogue everything.
- ✦ Sometimes they take the things away and use their own warehouse space; sometimes they complete the auction from your home.
- ✦ Once items have sold, they pass the money on to you after they have deducted their portion.

## Host a garage sale

This is a good option when you have a lot to get rid of in the early spring, if you have a lot of energy, you love talking with people, you have spare time, and you're not interested in making a lot of money.

One of the main issues we see time and again is that people believe their furniture is worth a lot of money, and that they can make some money by selling it.

That could be the case, but more often than not, the amount of money you can recoup from your furniture is not much, if anything. Furniture styles and materials change, and buyers are looking for what they value, not what you value or have valued in the past.

Time for some hard truth: the money you spent on the item is gone. The money is not coming back just because you think it's worth something today. You got value from it. It served you well. And now it's time to let it go and bless someone else.

**Bethany Mazereeuw is the Co-Owner of Senior's Move, which helps seniors to rightsize and relocate.**



# SENIORS' DAY

 Your Rewards™ Members

# SAVE 10%\*

On the last Thursday of every month.



## Not a member yet?

Visit your local Pet Valu today to see how Seniors 60+ can **save big** for the new year!

\*Must be at least 60 years of age and be a valid Your Rewards™ member to qualify for the discount. Regular priced merchandise only.

# COMMUNITY BUSINESS DIRECTORY

## AUTOMOTIVE

### Rudy Held Performance Centre

Car Parts & Accessories  
519-662-2821

## DENTAL

### Elmira Denture Clinic

15 Memorial Ave., Elmira  
519-669-1535

### Kelly Durst, Health First Dental Hygiene

In-Office and Mobile Services for Personalized Dental Hygiene Care  
91 Peel Street, New Hamburg (with New Hamburg Denture Clinic) | 519-897-7341

### St. Jacob's Dental Care

10 Parkside Dr., St. Jacobs  
519-664-2434

### Waterloo Denture Clinic

132 Weber St. N., Waterloo  
519-744-9770



## FINANCIAL

### Abbi Stevenson, Mortgage Agent

license #M20001061  
DLC Valko Financial Ltd. FSCO#13047  
226-868-0063 | www.abbistevensonmortgages.ca

### Kindred Credit Union

100 Mill St. | New Hamburg  
1-888-672-6728

## A SMILE YOU CAN AFFORD!



Full Denture



Partial with Invisible Clasp



Overdenture

- New Dentures
- New Metal Partials
- New Acrylic Partials
- Implants
- Soft Liners & Repairs
- Relines
- Anti-snoring Appliance

All Dental Plans Accepted. Laboratory on Premises. Clean & Friendly Environment!

### FREE CONSULTATIONS

### WATERLOO DENTURE CLINIC

(519) 744-9770

132 Weber St N, Waterloo (LOTS OF FREE PARKING)

ELMIRA DENTURE CLINIC (519) 669-1535  
15 Memorial Ave, Elmira

waterloodentureclinic.com



# EMERGENCY CONTACT NUMBERS

### Emergency (Fire/Medical/Police)

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:

### TOWN SQUARE PHARMACY

**PHARMASAVE** 100 Mill St. Unit K, New Hamburg  
P: 519-662-9995 F: 519-662-9984



# COMMUNITY BUSINESS DIRECTORY

## FINANCIAL CON'T

### Mary Friesen - Edward Jones

Financial Advisor | 519-578-4141

### Royal Bank of Canada

29 Huron St. | New Hamburg  
519-662-1470

## HEALTH & WELLNESS

### Affinity Health Clinic

A Hub of Healthcare options with Disease Prevention at the Core  
3 Waterloo St. | New Hamburg  
519-662-2123

### Healthier Living 4 You

Chemical Free Pool purification systems & Detox products for a healthier life.  
John Jacobs | Wellesley, ON | 519-656-3369

### Hemmerich Hearing Center

10 Waterloo St., NH  
519-662-6884

### Hemmerich Hearing Center

10 Waterloo St., NH  
519-662-6884

### Martin's Guardian Pharmacy

10 Parkside Drive  
St. Jacobs ON  
19-664-3785

### Pharmasave

Town Square Pharmacy | 519-662-9995  
Baden Village Pharmacy | 519-214-4000  
Breslau Commons Pharmacy | 226-243-5200

### Soles Journey Reflexology

147 Arnold St. | New Hamburg  
519-505-1616

### Wellesley Township Community Health Centre

1180 Queens Bush Rd  
519-656-9025

### Woolwich Community Health Centre

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

## HOME & GARDEN

### St. Clements Heart & Home

1011 Industrial Cres., St. Clements  
LetUsFloorYou.com | 519-699-5411

## HOME SUPPORT SERVICES

### Bayshore Home Health

Personalized Home Care Services  
226-215-3152

### Community Care Concepts

Meals, Rides & Home Help  
519-664-1900 or 519-662-9526

### Promyse Home Care

Nurse Managed In-Home Care  
519-208-2000 | www.promyse.ca

## LAWYERS

### GGFI Law LLP

82 Huron St. Unit B | New Hamburg  
519-662-2000

515 Riverbend Drive, Suite 200, Kitchener  
519-579-4300

## MOVING SERVICES

### Senior's Move

Rightsizing and Relocation  
NASMM Diamond Members  
Waterloo Region | 519-841-4914

## Interested in advertising with us?

Over 1,500 issues each month, distributed throughout Wilmot, Wellesley & Woolwich Townships and available in full colour online!

Ad submissions are due the 10th of every month  
embracingchangeinfo@gmail.com  
www.embracingchange.ca 519-574-6428

# COMMUNITY BUSINESS DIRECTORY

## PET CARE

### **Pet Valu New Hamburg**

100 Mill St., NH | 519-390-0265

## PROFESSIONAL SERVICES

### **Futher-Franklin Funeral Home**

1172 Henry St., Wellesley  
519-656-2880

## REAL ESTATE

### **Alison Wilsey | Peak Realty**

New Hamburg | 519-275-4900

### **Angela Baas, Royal LePage Wolle Realty**

Resident of Wilmot Township  
519-747-2040

### **Jim & Tricia Miller**

Remax Twin City Realty  
New Hamburg | 519-590-5995

## RETAIL

### **Focus Computers**

73 Peel St., New Hamburg  
519-662-6720

### **New Hamburg Office Pro**

251A Huron St., NH | 519-662-3710

### **Sobeys New Hamburg**

100 Mill St, New Hamburg  
519-662-1374

## RESTAURANTS

### **MeMe's Cafe**

Delivery & Curbside Pickup  
102 Peel St., NH | 519-662-2828

### **Pizza Arca**

98 Peel St, NH | 519-662-2583

### **Schmidtsville Restaurant & Gift Shop**

3685 Nafziger Rd, Wellesley  
519-656-2430

## SENIOR CARE FACILITIES

### **Conestoga Lodge Retirement Residence**

55 Hugo Crescent, Kitchener  
519-576-2140

### **The Village at University Gates**

250 Laurelwood Dr., Waterloo  
519-904-0650 ext. 8248

### **The Village of Winston Park**

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

### **Woolwich Seniors Association**

24 Snyder Ave. Elmira  
519-669-5044

## TRANSIT

### **Kiwanis Transit**

Serving Wilmot, Wellesley & Woolwich Townships  
(519) 669-4533 or 1-800-461-1355

## TRAVEL

### **Stonetown Travel Ltd.**

210 Mill St. New Hamburg  
226-333-9939  
www.stonetowntravel.com

St. Clements



HEART & HOME

- Carpet
- Tile
- Vinyl
- Hardwood
- Custom Window Blinds
- Kitchen Cabinets
- Bathroom Vanities

[www.LetUsFloorYou.ca](http://www.LetUsFloorYou.ca)

1011 Industrial Cres. Unit #2 • 519-699-5411

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

PROUD SUPPORTER AND PRINTER OF



Embracing Change

ritzprinting

EXCEPTIONAL SERVICE  
ADVANCED TECHNOLOGY  
PREMIUM QUALITY

MORGAN MILLER [www.ritzprinting.com](http://www.ritzprinting.com)  
New Hamburg • 519.662.2200 • [info@ritzprinting.com](mailto:info@ritzprinting.com)

**FOCUS** computers inc. 73 Peel St, New Hamburg, 519-662-6720

- ONSITE AND IN-STORE SERVICE
- COMPETITIVE PRICING ON NEW & USED COMPUTERS
- AFTER SALE SERVICE THAT CAN'T BE BEAT!
- VIRUS REMOVAL, UPGRADES & MORE!

519-662-3710  
[orders@nhofficepro.ca](mailto:orders@nhofficepro.ca)

**NEW HAMBURG OFFICE PRO**  
Good People, Who Know

An Approved Purolator Agent

**Purolator**

**HOURS OF OPERATION**

Mon - Wed	9:00 am - 5:00 pm
Thu - Fri * <b>NEW!</b>	9:00 am - 6:00 pm
Saturdays	10:00 am - 1:00 pm

**Qi beauty.**

**LINDA LANGENEGGER**  
ADVANCED SKIN CARE

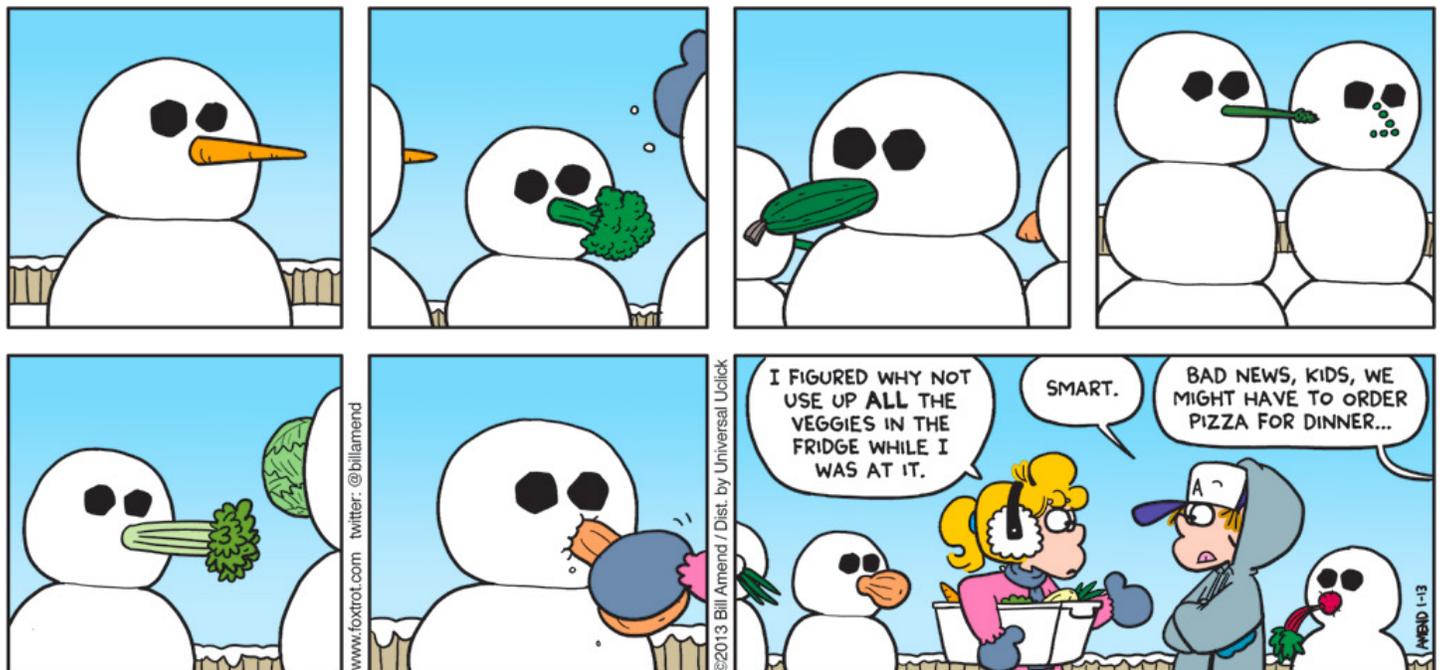
Medical Aesthetician & Qi Beauty Practitioner

519-741-4662  
[lindalangenegger@gmail.com](mailto:lindalangenegger@gmail.com)  
[www.LuvYourSkin.ca](http://www.LuvYourSkin.ca)

**Send us your jokes!**

Do you have a joke, riddle or something just too funny not to share?  
Feel free to spread the laughs with us here at [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com)

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



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

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

**HAPPY NEW YEAR 2023 to you all!**

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

2023  
HAPPY NEW YEAR



**Katie Murray**  
SALES REPRESENTATIVE  
CELL 519-570-5038



**Alison Willsey**  
\*BROKER  
CELL 519-275-4900



90C Peel St. New Hamburg, ON. N3A 1E3



katiemurray.peak@gmail.com

BUS. **519-662-4900**

willseyalison@gmail.com



**\*(ASA) ACCREDITED SENIOR AGENT and**

**\*(RENE) REAL ESTATE NEGOTIATION EXPERT**

Working to serve you in WATERLOO-OXFORD-PERTH counties!!  
RURAL PROPERTIES • RESIDENTIAL

*\*\*not intended to solicit those already under contract with another Brokerage\*\**

**PHARMASAVE**

Home  
Health Care

## Town Square Pharmacy

100 Mill St, New Hamburg P. 519.662.9995 F. 519.662.9984

**Front Store** • Cosmetics • Cards & Gifts • Vitamins & Supplements • Special Orders • Mail & Receiving Parcels • Processing Postal Transactions

**Pharmacy Services** • Phone, Online & Mobile • Medication Sync • Compliance Packaging • Injection Administration • Specialty Compounding

**Post Mastectomy Products** • Certified Fitters for Compression, Lymphedema & Post Mastectomy

**Home Health Care** • Assisted Device Vendor (ADP) • Personal Aids to Daily Living • Lift Chairs • Ostomy

Bath Safety • Mobility Aids • Hospital Beds  
**RENTAL OR PURCHASE**



*It's easy to transfer your prescriptions here!*

**PHARMASAVE**

Specialty  
Compounding

## Baden Village Pharmacy

18 Snyder's Rd, Baden, ON P. 519.214.4000 F. 519.214.4001

### Pharmacy Services

- Phone, Online and Mobile
- Medication Sync
- Compliance Packaging
- Injection Administration
- Specialty Compounding

### Front Store

- Cosmetics
- Cards and Gifts
- Vitamins and Supplements
- Special Orders



*It's easy to transfer your prescriptions here!*

## Town Pantry Health Food Store

- Weekly Fresh Bread
- Bulk and Natural Food Items
- Natural Personal Care and Household Cleaners
- Natural Supplements and Vitamins
- Keto and Specialty Snacks
- Sports Nutrition

### Juice Bar

- Green and Vegetable Juices
- Protein Smoothies
- Fruit Smoothies

Buy 9 smoothies or juices get the 10th FREE\*

\*Any juice on menu free, additions subject to charge.

100 Mill Street, Unit D, New Hamburg, Ontario  
519-662-9995 | townpantryhealthfoodstore.ca

**PHARMASAVE**

Medical  
Pharmacy

## Breslau Commons Pharmacy

10 Townsend Drive, Unit 10, Breslau, Ontario  
P. 226.243.5200 F. 226.646.7847

### Pharmacy Services

- Specialty Compounding
- Online Prescription Refills
- Natural Health & Wellness Products
- Free Transfers, Medication Alignment, Reviews, and Disposal
- Wednesdays Seniors Save 15%

**Hours: Mon-Fri 9-6 Sat 9-3**



*It's easy to transfer your prescriptions here!*