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# EMBRACING CHANGE

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

ISSUE 11 JULY 2019

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Feature Business of the Month

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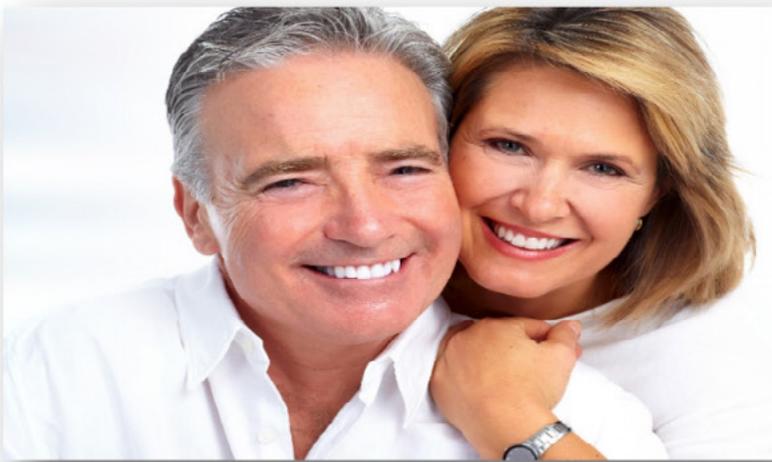
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**Jessica Uttley**  
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### On The Cover

Ernie Ritz: mayor, veteran, author, historian; known for his active involvement with the Waterloo Historical Society and his expansive book, New Hamburg as it Really Was. See Page 24 for full story

### About the Photographer

Kristen Hahn, formerly of Upper Case Books, is a research assistant, writer and editor. She is also the writer of the Ernie Ritz feature story in this months issue. She can be reached at allcapsediting@gmail.com

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



LETTER FROM THE EDITOR

### Oh Canada, thank you!

During the month of July, let's collectively join hands and show some heartfelt appreciation for how fortunate we are to live in such a wonderful country. As Canadian's we are typically humble, but on Canada Day our national pride is loud and clear. You may celebrate Canada Day at a festival, sporting event, picnic, or by attending fireworks while wearing your favourite red and white clothes.

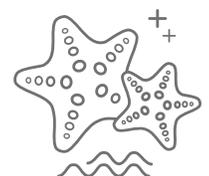
Regardless of how or where, we hope you take some time to reflect on all of the beauty that surrounds you in this incredible part of the world we are privileged enough to call "home".

In this issue we'd like to thank Kristen Hahn for lending us her talent. She recently sat down to interview Ernie Ritz; mayor, veteran, author, and historian - known for his active involvement with the Waterloo Historical Society and his expansive book: New Hamburg as it Really Was. Kristen was able to beautifully capture some interesting and memorable moments Ernie was kind enough to share with us. Be sure to check out the full story on page 24.

We are also excited to welcome Dr. Nicole Didyk and her monthly column. Dr. Didyk is a medical doctor, specializing in internal medicine and geriatrics. Simply said, she is a valuable expert on the complex health needs surrounding aging. In her practice she provides individualized, comprehensive assessments and specialized care for this important yet sometimes vulnerable stage of life. We encourage you to get to know Dr. Didyk a little bit more by reading her introduction article on page 17. And watch for our first monthly "Ask the Doctor" column in the August issue, where Dr. Didyk will answer your questions. Whether you're wondering or worried - concern or confused - send your health question to: [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com). For those wondering about anonymity, please know confidentiality is valued and we will never publish your name. Our only goal is to help and educate so we can all learn and grow wiser about the aging process, together.

**Thanks again for spending time with us.  
Wishing you a happy and healthy summer!**

*Tara*



## FLASHBACK PHOTO

# What to do with family heirlooms?

By Dave Holzschuh

Wellesley Township Heritage and Historical Society member, volunteer and donor



The August Holzschuh family

August Holzschuh, Frieda Holzschuh, Elwood Holzschuh, Verna Holzschuh, Lawrence Holzschuh, Wilhelmina (Axt) Holzschuh aka Minnie.

Accession Number 2016-01-087

We all end up with family heirlooms such as photographs, mementos, glass, ceramics, books and furniture. At some point, we need to ask ourselves - What should we do with it? Do we pass it on to our children? Do they want it? Who has room to store it? What about future generations?

When I found myself in this situation, I knew that no one in our family wanted to keep and store all those boxes but we didn't want to lose or discard them either. Finding a repository to donate them to was the next step. As the majority of my ancestors are from the Wellesley Township, I felt it was important that our items be passed on to the Wellesley Township Heritage and Historical Society (WTHHS). They accepted our donation eagerly. I was asked to sign a donor form gifting the collection to WTHHS permanently.

Each item was examined, documented and assigned an accession number which was written in pencil on the back of the item. Photographs were scanned and the digital images were given the same accession number. The entire collection is safely stored in acid-free envelopes and file folders and accessible to all in the WTHHS Historical Room.

Family history research can seem like a frustrating puzzle of incomplete information. Here are a few hints for making sense of your family photos and documents:

- Get help to identify people and dates – record who is who, locations, dates, maiden names
- Don't identify people as "Dad's uncle," - whose Dad?; or "Mother at home" – Whose mother? Whose home? Where is the home?
- Try to add dates to newspaper clippings. The name of the newspaper helps too.

As life marches on, usually faster than we expect, we come to a point where something needs to be done with our family heirlooms, photographs and stories. Please consider talking to the WTHHS about donating and preserving your family history for future generations. It worked for me!

## Wellesley Roots

We are hoping to get together a group of people interested in family history. We would meet for casual discussions on research results, resources you have found useful, how to overcome "dead ends" in your research. Please let us know if you would be interested to joining this group!

**Contact:** [info@wellesleyhistory.org](mailto:info@wellesleyhistory.org)

**Visit:** Historical Room, open from 10 a.m. to 3 p.m. on the last Saturday of every month except December, or by appointment.

[www.wellesleyhistory.org](http://www.wellesleyhistory.org)

MESSAGE FROM

# Mike Harris

MPP KITCHENER-CONESTOGA

It is a real honour to be invited to contribute to this issue of Embracing Change, especially as last month was Seniors' Month in the Province of Ontario. As the Member of Provincial Parliament for Kitchener-Conestoga, I would like to illustrate some resources available for seniors from the Ontario Government and my local constituency office.

Seniors are the fastest growing demographic across the province. At the current rate of growth, by 2023, this population will grow by 700,000 to 3 million seniors. This fundamental change in Ontario's demographics means new challenges and new opportunities for the province.

The Ontario Government has recently announced a program to provide dental care for low-income seniors starting in the Fall, and last month it launched a \$3 million dollar Seniors Community Grant. The latter initiative helps thousands of seniors stay active, connected, and healthy by providing grants to non-profit community organizations to deliver local programs.

And because we know that active aging results in positive health benefits, like reduced risk for dementia, anxiety and depression – our government provides services to seniors through more than 300 Seniors Active Living Centres across the province.

A great ongoing resource is A Guide to programs and services for seniors in Ontario available at [Ontario.ca/seniors](http://Ontario.ca/seniors) or in hardcopy from my constituency office. This is an incredible catch-all booklet that provides contact information on resources such as Active Living, Caregiving, Health and Wellness, Finances, Transportation, Housing, and Ontario Government I.D.

For more information about any Ontario Government initiative affecting seniors, boomers, and caregivers in Wilmot, Wellesley, or Woolwich please feel free to contact my office in Elmira, which is open from 9am to 4:30pm Monday through Friday. We always welcome walk-ins and communications via phone at 519-669-2090 or email at [mike.harrisco@pc.ola.org](mailto:mike.harrisco@pc.ola.org)

- Thank You





Ontario

Mike  
**HARRIS**  
MPP KITCHENER-CONESTOGA

63 Arthur St S -Unit 3  
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519-669-2090  
[mike.harrisco@pc.ola.org](mailto:mike.harrisco@pc.ola.org)  
Mikeharrismpp.ca

**Happy Canada Day  
from my family to yours.**

# Urban Poling



Walking is a great form of exercise for any age.

Getting out in the sunshine solo or with friends and family, engaging with nature and working up a sweat is great for both your physical and mental health.

Walking poles support and enhance all the benefits of a walk. Depending on the type of pole you use you can get stability support and offload weight off of sore joints. Often used before and after knee or hip surgery and for rehabilitation.

Alternately you can use your poles to turn your daily walk into a full body, super charged calorie burner, engaging not only your legs but your core, back and arms.

Technique is important. Pick up your poles from a dealer that has training on how to use the various versions. Make sure to understand how to use the poles in different seasons and make sure they carry replacement parts.

Summer is just beginning, so get out and enjoy a walk promoting good health good posture and a sense of well being.

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Home Health Center

# Woolwich Seniors Association

A membership based organization for older adults age 55+.

## Building Relationships In Woolwich Township

Finding ways for seniors associations to connect with their community is vital to the energy and sustainability of every organization. Connecting with youth in Elmira and Woolwich Township has proved to be rewarding for the Woolwich Seniors Association.

At each monthly dinner, a dedicated group of youth volunteers help serve the meal. Originally starting as a partnership with the Woolwich Youth Centre, a core group of teenagers aged thirteen and fourteen have consistently attended the dinners for the last two years. Depending on the event, responsibilities range from showing guests to their table, serving drinks, clearing tables, and assisting people to get their meal at the buffet. On average, fifty members attend the monthly dinners, however, in October, for the 90<sup>th</sup> Birthday Celebration and in December, at the Christmas Dinner, there could be up to one hundred and twenty.



Volunteers: Evan Gruhl, Evan Lucier & Cassidy Mullen

Not only are the youth fulfilling a needed role with the seniors, at a time volunteer numbers are dwindling, but they are also building relationships with the people they are serving. Building relationships between generations is part of what drives the social fabric of a community. The Seniors have fun with the kids and there is a lot of enjoyment between their exchanges. A couple of the youth volunteers have grandparents that attend the dinners. One of the first things senior members want to know when attending a dinner, is which kids are coming out. They know them all by name. Pat Robbins, a longtime member of the Woolwich Seniors Association, said that she loves having the kids come out to the dinners. “They are polite, well mannered, and do their job well. They listen and will help in any way they can.”

Parents of the volunteers are also eager have their kids attend the dinners. Cindy Gruhl, whose son is a regular volunteer, said, “The relationship between the kids and seniors is so important and has benefits for both. It gives kids the opportunity to interact and gain knowledge from this older generation that has lived life experiences and it provides seniors an opportunity to watch kids grow and learn from them too.” At a time when technology is creeping into everyone’s lives and as it has become increasingly harder to draw attention away from screen time, these volunteer experiences are invaluable.

Woolwich Senior Members praise the work of the teenagers and know the importance of encouraging them to continue. “They are doing a super job and are giving up their own time to be here. We want them to know how much we appreciate it,” said Woolwich Seniors Association President, Stuart Weber.

Benefits reach beyond the walls of the Seniors Centre. Often, we hear a member commenting that they saw one of the youth volunteers in town. They recognize and greet each other and it builds a sense of friendship. The seniors are genuinely interested in the kids and care about them. If you ask the parents of the youth volunteers, you will hear that the feelings are mutual. The kids enjoy coming. It has become a social night out for everyone!

(Nancy Lucier, Coordinator, Woolwich Seniors Association)



**\$20 per year Membership Fee.**  
**To become a member, contact**  
**Woolwich Seniors Association**

Located in the Woolwich Memorial Centre  
 24 Snyder Ave South, Elmira  
**519-669-5044**

or email at: [contact@woolwichseniors.com](mailto:contact@woolwichseniors.com)

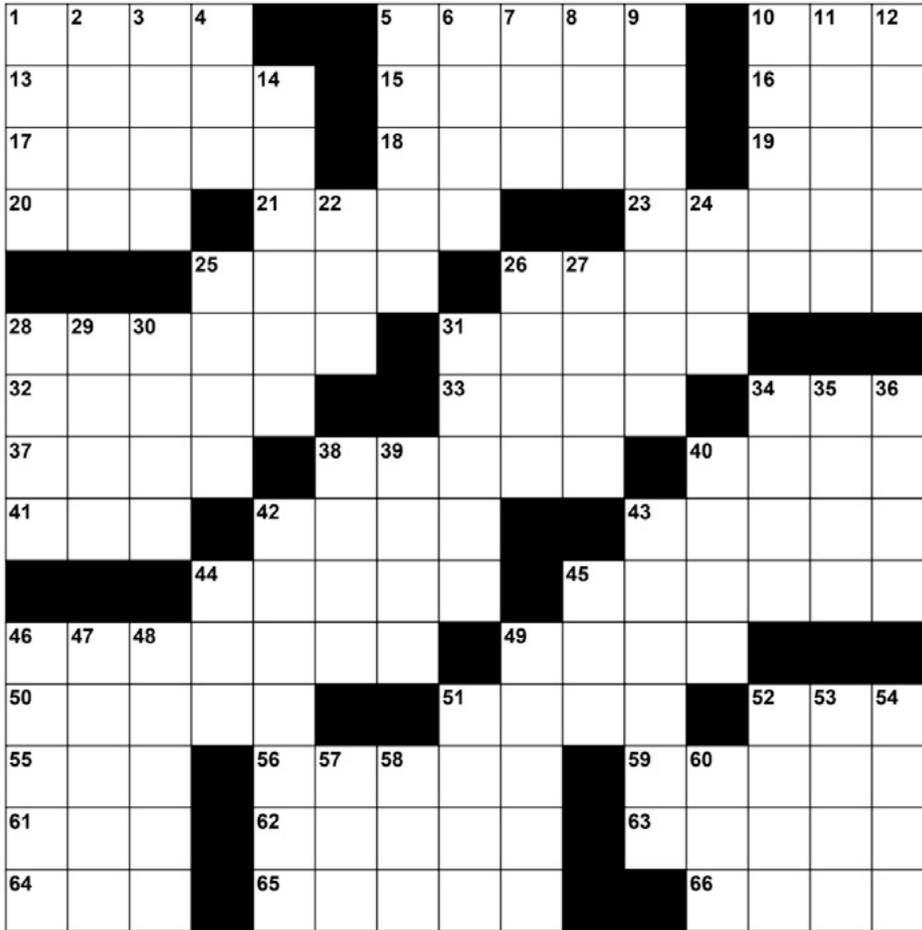
*Dinners are hosted the third Wednesday of the month from  
 September to June. To find out more information on the dinners  
 call 519-669-5044 or check the calendar on-line at:*

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

**Stay Active. Be Involved. Feel Connected. Join today!**

**[www.woolwichseniors.ca](http://www.woolwichseniors.ca)**

JULY CROSSWORD



By Evelyn Johnson - www.qets.com

Solutions on Page 16

ACROSS

- 1 Among
- 5 Clean thoroughly
- 10 Discs
- 13 Coffee shop order
- 15 "Remember the \_\_\_"
- 16 Large number
- 17 One-celled water animal
- 18 West Coast Fl. city
- 19 Hoopla
- 20 Modern
- 21 Bearing
- 23 Ballroom dance
- 25 Encircle
- 26 Searched for weapons
- 28 Badger
- 31 Moved stealthily
- 32 Excessive interest
- 33 Zest
- 34 Little bit
- 37 Roof covering
- 38 Medicines
- 40 Wander
- 41 Tell
- 42 Burden
- 43 Donned (2 wds.)
- 44 Bluish white metals
- 45 Jostles
- 46 Drone (2 wds.)
- 49 Wear out
- 50 Witless
- 51 Deviate
- 52 Weep
- 55 Limited (abbr.)
- 56 Bleacher
- 59 Swelling
- 61 Snake like fish
- 62 Leg bone
- 63 Ancient dwellers of Italy
- 64 Compass point
- 65 Succumb
- 66 Gale

DOWN

- 1 Eden dweller
- 2 Business note
- 3 Type of tea
- 4 Small amount
- 5 Filled
- 6 Tribe
- 7 Male sheep
- 8 Ref
- 9 Using a boat for pleasure
- 10 Metallic sound
- 11 Evade
- 12 Got up
- 14 Group consisting of parents and their children
- 22 Wrath
- 24 Inquire
- 25 Clinton's Vice President
- 26 Piece of cloth used as the symbol of a country
- 27 Dashes
- 28 Carves
- 29 Continent
- 30 Seventh month of the Gregorian calendar
- 31 Wall supports
- 34 In \_\_\_\_; completely
- 35 Swear
- 36 Fox holes
- 38 Finished
- 39 Competition of speed
- 40 July birthstone
- 42 Freedom from bondage
- 43 Contestant
- 44 Type of Buddhism
- 45 Be incorrect
- 46 \_\_\_ per hour
- 47 What you raise in poker
- 48 Soup scoop
- 49 Unit of electric capacitance
- 51 Bride's headdress
- 52 Very large truck
- 53 Asian country
- 54 Group of people with musical instruments playing together
- 57 Roman three
- 58 Compass point
- 60 \_\_\_ Jones Industrial average

# Laughing Matters!

A mother visits her son for dinner. He lives with a female friend. During the meal, she can't help but notice how pretty his roommate is. She has long been suspicious of a relationship between the two and this has only made her more curious.

Over the course of the evening she watches the two interact and wonders if there is more between them. Reading his mother's thought, her son volunteers, "I know what you must be thinking, but I assure you, we are just roommates."

A week later, his roommate comes to him saying, "Ever since your mother came to dinner, I've been unable to find the silver plate. You don't suppose your mother took it, do you?" He replies: "I doubt it, but I'll email her just to be sure!"

He sits down and writes to his mother:

Dear mother,  
Since your visit last week, the silver plate has been missing. I am not saying that you took the silver plate from my house, and I'm not saying that you didn't take it, but the fact remains that it has been missing ever since you were here for dinner." - Your loving son.

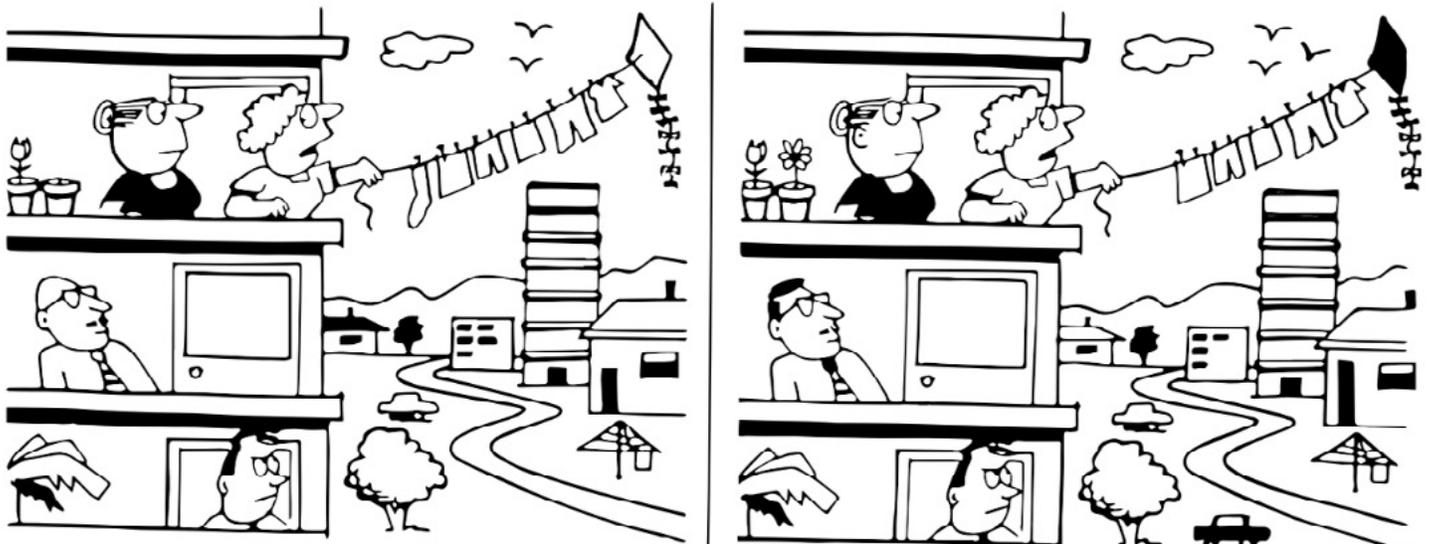
Several days later, he receives an response from his mother:

Dear son,  
I'm not saying that you do sleep with your roommate, and I'm not saying that you don't sleep with her but the fact remains that if she was sleeping in her OWN bed, she would have found the silver plate by now, under her pillow.  
- Your loving mother.



## Spot the Differences

Can you find all 10?



Solutions on Page 16

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Throughout the month of July, and especially on Canada Day we have the opportunity to celebrate the amazing country we live in. I believe that Canada is the best nation in the world.

Strong, united communities build strong nations, and I want to thank Tara and Embracing Change for being an excellent resource to bring us together and enable boomers and seniors to age well within Wilmot, Woolwich and Wellesley townships. Many of you have invested so much into your communities through hard work, volunteerism, and being engaged citizens.

Throughout the summer, I want to encourage you to get out and enjoy the beautiful trails and scenery that we enjoy in the townships and participate in some of the many events taking place in our Region, even volunteering if you are able. You can choose from many festivals, fairs, concerts, and shows, such as the Baden Corn Festival in July, Ribfest in July, August and September, or the New Hamburg Fall Fair and Wellesley Apple Butter Festival in September, to name a few. You can also enjoy concerts at Castle Kilbride throughout the summer or visit the St. Jacobs Market. I'm planning to attend as many of these events as I can and it would be great to see you there as well.

This month Embracing Change is also doing a special feature on Ernie Ritz from New Hamburg. This man is a tremendous example of an engaged citizen who has contributed so much to our community. I'm glad to see him being honoured in this way.

As we celebrate Canada Day this year and appreciate the wonderful life we enjoy in this country, let's also remember and show our appreciation to the many people and organizations who contribute to making Canada and this community a wonderful place to live.

# Tips for Getting Through Eye Allergy Season

The warm weather may finally be in the air, but for allergy sufferers, so is pollen, pet dander, mold, and dust. These airborne allergens can trigger uncomfortable reactions such as watery eyes, coughing, sneezing, congestion, and sinus pain.

There are some things you can do to minimize the discomfort throughout allergy season.

1. Pollen tends to have a higher count in the mornings and early evenings. During these times, stay inside and keep your windows closed.
2. Take a shower before going to sleep. This can rinse away any lingering allergens and leave you with a clearer eye and nasal area, as well as a more restful night's sleep.
3. Keep artificial tears close by. They can temporarily alleviate ocular allergy symptoms by lubricating your eyes when they feel dry and itchy, and they're usually small enough to fit inside a purse or pocket. A cold compress can also provide temporary relief.
4. If your allergies are caused by dust or pet dander, vacuum. A lot. Dust collects quickly and can be difficult to spot until there's a high amount of it.
5. Wash your hands thoroughly with soap and water and change your linens more often during the spring season. Remnants of airborne allergens can stay on your hands, towels, and bed sheets.
6. Though it may be tempting, don't rub your eyes! This can actually aggravate the allergy response. If you find yourself using artificial tears more than 4 times a day, or other short-term solutions aren't enough, speak with your eye doctor. You may be able to receive antihistamine eye drops or other prescription medications to ease your discomfort.

## When It's More Than Allergies

Certain eye allergy symptoms can also be signs of eye conditions or diseases, so pay close attention to any reactions that get worse or don't resolve after allergy season ends.

### These Eye Symptoms can include:

- Dryness
- Excessive tearing
- Itchiness
- Persistent eye pain
- Redness
- Swelling

## Eye Allergies and Contact Lenses

If you wear contact lenses, speak to your eye doctor about daily disposable contacts. Since dailies are thrown away at the end of the day, there's no heavy allergen buildup on the lenses to worry about.

Consider switching to eyeglasses for a while. Even the most comfortable soft lenses can feel irritable during allergy season. Use the springtime to get yourself a new look. With a wide range of incredible styles to choose from, including exclusive eyewear collections from today's hottest designers, there's something for everyone. Not sure what to choose? Talk to your eye care provider to help you find a style that's right for you.

## An Ocular Allergy Optometrist Near You

We're here for you, and we want to help. Contact our office for any specific questions or concerns about your eye allergies.



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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.

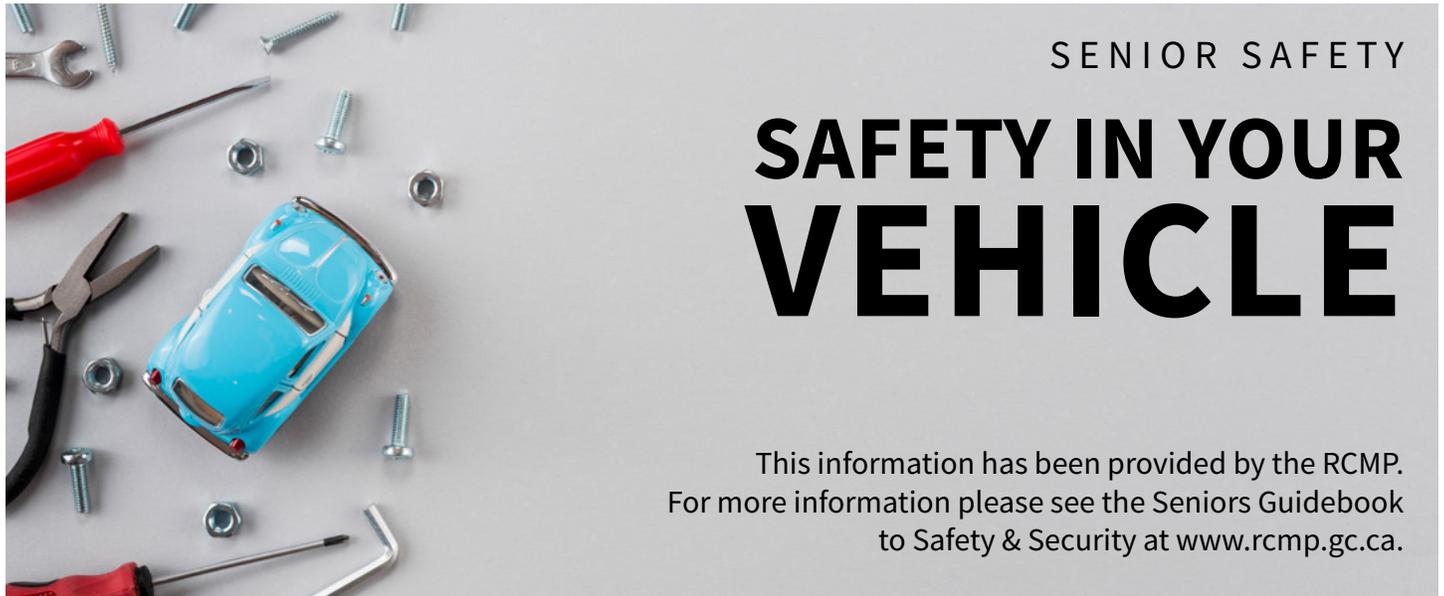
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## SENIOR SAFETY

# SAFETY IN YOUR VEHICLE

This information has been provided by the RCMP. For more information please see the Seniors Guidebook to Safety & Security at [www.rcmp.gc.ca](http://www.rcmp.gc.ca).

## PREVENTION TIPS

- Keep your vehicle locked at all times, whether moving or parked.
- If you are driving at night, use well-lit streets and parking lots that are open for easy observation.
- Be cautious of any stranger approaching your vehicle. If you feel you are in danger, press the horn repeatedly in short blasts; this will attract attention.
- If you think you are being followed, pull in to the nearest gas station or safe place. Don't drive home.
- Plan and know your route before you leave, whether it is for a short drive in the city or a long trip in the country. Consider using a Global Positioning System (GPS) if you travel frequently to help avoid getting lost.
- Don't pick up hitchhikers.
- View the interior of your car before getting in to make sure no one is hiding inside, even if the doors are locked.
- Have keys in hand so you don't have to linger before entering your car.

## What if . . . Your vehicle breaks down?

### In case of emergency (ICE)

The "In case of emergency (ICE)" campaign promotes that you store the word "ICE" in your cell phone address book, and link it to the number of the "ICE" contact person in case of emergency. For more than one contact name use ICE1, ICE2, ICE3 etc.

- Pull your vehicle off the road so you will be out of the traffic;
- Turn on the emergency (four-way) flasher;
- When it is safe to step out of your vehicle, raise the hood;
- Stay in your vehicle with all doors locked and windows rolled up;
- If possible, call family or emergency road assistance and wait for help to come to you;
- Should a passing motorist stop, stay in your car and ask him/her to send help back to you.



# WHAT'S HAPPENING

## 55+ Active Adults & Seniors in Wilmot Township

### **KNOTTING AND QUILTING COMFORTERS**

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

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

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

**WHERE:** Steinmann Church

**CONTACT:** 519-634-8311

### **ST. AGATHA SENIORS**

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

**COST:** .50¢

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

**WHERE:** St. Agatha Community Centre

**CONTACT:** Bert Lichti at 519-634-8411

### **NEW DUNDEE SENIORS**

Come out and enjoy cards, games & shuffleboard

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

\*Please contact Alice for exact dates

**WHERE:** New Dundee Community Center

**CONTACT:** Alice Bowman 519-696-2665

### **WILMOT SENIOR SHUFFLEBOARD**

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

**WHERE:** Wilmot Recreation Complex

**CONTACT:** Guy & Phylis Sisco 519-662-2077

### **WILMOT SENIORS WOODWORKING & CRAFT CLUB**

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

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

**WHERE:** 27 Beck St., Baden

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

**CONTACT:** Diana Gruhl at 519-634-5357

### **PICKLEBALL DROP-IN**

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

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

Wednesday, 6:30PM - 8:30PM

**WHERE:** St. Agatha Community Centre

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

### **RESTLESS SENIORS**

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

**WHEN:** Wednesdays from 1:30 - 3:30PM

**WHERE:** New Hamburg Legion, Branch #532, 65 Boullee Street, New Hamburg

**CONTACT:** George Schmitt 519-696-3037; Joan Fulton, Secretary 519-662-4821

### NEW HAMBURG LANES BOWLING

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

**WHERE:** 182 Union Street, New Hamburg

**CONTACT:** James Aoki 519-662-1938

**EMAIL:** james@newhamburglanes.ca

#### WHEN:

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

### TECHKNOW PROGRAM

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

**WHEN:** Every Thursday from 9:00-11:30 am from September - June

**WHERE:** Wilmot Recreation Complex Active Living Centre

**COST:** No Charge

**CONTACT:** 519-634-9225 ext: 340 for more info

### NEW HAMBURG LEGION SENIORS GROUP

**WHEN:** Every Wednesday from 1:00-3:30 pm

**WHERE:** New Hamburg Legion

**COST:** \$5.00 per year to join this group

**CONTACT:** Murray Snyder at 519-662-2959

### WILMOT SENIORS

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

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

**WHEN:** Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)

**WHERE:** Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg

**COST:** An offering is taken each meeting

**CONTACT:** Church 519-634-8687

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## INTRODUCING **Ask the Doctor**

### **What is a Geriatrician?**

I am a specialist medical doctor with certification in Internal Medicine and Geriatrics, who provides specialized, comprehensive assessment and care of seniors. Usually consulted by a family doctor, I provide opinions about brain health, mobility, mood and medications. Much of my job as a Geriatrician is busting some of the myths about normal aging.



**A 98-year-old man visits his doctor to complain about a pain in his left knee. The doctor says: “What do you expect? That left knee has been carrying you for 98 years!” The older gentleman replies: “So has my right knee, but it’s not sore!”**

Many assume that it’s part of the normal aging process to become frail and dependent, but that is not so. Most nonagenarians in Canada are living at home with a partner. Of all those over 65, less than 5% are in a special care home for seniors. Yet, I meet many people who think that it’s normal for seniors to stop banking, cooking and shovelling, and start napping, falling and forgetting. As a result, many family members will assume that the changes they observe in a senior are typical, even normal, and not a cause for further investigation or intervention. The Geriatrician’s role can be to clarify how a senior’s trajectory may have deviated from that of usual aging, and what to expect for the future.

I think publications like Embracing Change are a wonderful way to promote healthy aging, and to support those who are struggling with some of the challenges that are more common, if not normal, as the birthdays add up. I’m happy to answer your questions about aging every month, so please fire away!

**If you have questions for Dr. Didyk, please submit them by email to: [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com). You don’t need to give your name or 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.*

# Always

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## The ABCs of (My) Life

Always, is a word that you don't hear much in our materialistic world – unless it's in fairy tales. Is that because there are no absolute truths, or is it that we just don't yet understand them as real?

In the movie *A Beautiful Mind*, Russell Crowe's character - the real-life mathematics professor John Nash - wonders if he'd reached some kind of honesty bordering on stupidity, after learning he had won the 1994 Nobel Prize in Economics.

Such are our feelings of humility - even among those of overwhelming genius – who, having ploughed new ground before us, beckon us to follow in their wake and forge new ground of our own. We can follow in their “footprints on the sands of time,” as the poet Longfellow stated in *A Psalm of Life*.

I guess that's why English physicist Sir Isaac Newton reminded us that he stood on the “shoulders of giants”—meaning, all those who went before him. It is the same for us, too. For example, now that Einstein's theories have been proven to be true, our real task is to deal with the various complexities of those profound facts.

The tools are there; we just have to use them rather than feeling we're having to paint the Sistine Chapel with a crayon.

Professor Nash's theory of Governing

Dynamics, for example, could prove to be an antidote to these polarizing times. It has challenged 150 years of international economic theory. Whereas Adam Smith said that the best result comes from everyone in the group doing what's best for themselves, Nash said that that was incomplete... that the best result comes from doing what's best for oneself and the group. This ground-breaking resolution concept has influenced everything from global trade negotiations to labour relations.

Imagine that: countries and competitive global institutions actually working together – rather than competing with each other – for the benefit of all.

Similar to a 'win-win' situation, it's a matter of trust among everyone ... trust that leads from the heart ... of which Professor Nash concludes,

**“It is only in the mysterious equations of the heart, that any logic or reasons can be found.”**

And, T.S. Eliot advised that, “The end of all our exploring will be to arrive where we started and know the place for the first time.”

Does this mean that I should believe in the God-given characteristics that flow from the heart? Characteristics like respect, honesty, caring, generosity, courage, justice, mercy, self-worth, humility, responsibility, acceptance, peace; and most importantly eternal love?

**Yes ... now and for always.**



**“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)**

# Marlena Books Reading Club

Karen Thompson, Research Lead at Marlena Books

At Marlena Books, we want to continue to empower persons living with dementia to remain socially integrated in their communities and read beyond dementia. It is our pleasure to announce that we have received funding from the Government of Canada's New Horizons for Seniors Program to offer a dementia-friendly book club in the Kitchener region. The book club will be offered every Thursday from 11:00a.m.-12:00p.m. at the Kitchener Public Library - Central Branch. Within the book club, readers will have the opportunity to read from the Marlena Books collection, create their own stories, engage in discussion and fun activities, and choose their own books to read at the library. The specialized curriculum incorporates our recreational tools, relational caring, and social engagement to build meaningful relationships through the use of our stories. We want the book club to reflect the preferences of readers involved. We are so excited for this opportunity and for readers at any stage of their dementia journey to continue reading with us.

Marlena Books is a company that empowers individuals living with Alzheimer's and dementia to continue reading with our dementia-friendly books. Marlena Books was founded by Rachel Thompson, when she noticed her grandmother, who lives with dementia, was still able to read, but what was provided to her did not meet her new needs. Her grandmother, Marilyn, was not the only one experiencing this, as many individuals living with dementia are often left with limited recreational tools to engage with.

After receiving a dementia diagnosis, many individuals limit their community involvement and no longer participate in activities they always enjoyed. This is due to stigma in society, lack of opportunities, and embarrassment. In terms of reading for leisure, persons with dementia are often given children's books, as they have large print and illustrations throughout. While the layout of the books might seem helpful, the plot and content in these materials are not suited for adults and can be stigmatizing and infantilizing. Marlena Books offer persons with dementia the opportunity to engage with mature and age-appropriate plot lines and illustrations, thicker pages, page turning prompts, and short stories that are easy to follow and interesting.

Engaging in leisure offers a variety of benefits for persons living with dementia. This includes forming new relationships, feeling accomplished, creating new memories, having a purpose and contributing to their community, and recognizing their abilities in leisure activities. Specific to reading, persons with dementia gain benefits such as reminiscing on past memories, connecting with others, expressing themselves, and maintaining their identity. While these findings have been reflected in research, few dementia-friendly book clubs currently exist, and fewer still in our region. We want to continue to offer community opportunities for persons living with dementia and encourage individuals to maintain socially integrated in their communities.

We're extremely happy to be partnering with the Kitchener Public Library with the Marlena Books reading club. The Kitchener Public Library is a leader in the community for providing inclusive programming and materials. Their staff are trained on how to interact with persons living with Alzheimer's and dementia and they offer a variety of accessible books, activities, and programming for library patrons. Part of the Marlena Books reading club will also acquaint people with the library, making them familiar with the space and how to use the library. To learn more about the Kitchener Public Library, visit [kpl.org](http://kpl.org).

**Looking to participate or volunteer in the book club?** Contact [karen@marlenabooks.com](mailto:karen@marlenabooks.com) or call (226)499-4338 for more information. We look forward to hearing from you! For more information about Marlena Books, visit our website at [www.marlenabooks.com](http://www.marlenabooks.com) or follow us on social media!



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**Send us your jokes!**

Do you have a joke, riddle or something just too funny not to share?  
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We thank all participants for their submissions, due to space restrictions only selected entries can be featured in each issue.

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## Travel Insurance News & Views

by: Gary White

In the late spring and early summer travelers are usually booking their fall cruises.

Unfortunately, the cruise season dovetails with hurricane and typhoon season (from June to November), so informed travelers will want to cover their trips with Trip Cancellation & Trip Interruption insurance. Travelers should know that coverage may be impacted if the Government of Canada issues an official travel advisory at the two highest risk levels: “avoid non-essential travel” and “avoid all travel”.

The best time to buy travel insurance is as soon as you finalize your trip. Most people know that Florida is a hotspot for hurricanes and so, if your cruise is out of that state, it’s always a good idea to check <https://travel.gc.ca/travelling/advisories> for updates. If there’s an official travel advisory to “avoid non-essential travel” or “avoid all travel” due to a hurricane on the day your cruise leaves for your vacation you may be covered should you decide to cancel your trip. Here’s another example. Let’s suppose you are in port on a cruise stopover in Japan when a typhoon hits. You still have a week left on your cruise, but the Canadian government issues an official travel advisory to “avoid non-essential travel” to the area. You decide to come home early. Since you bought Trip Interruption coverage before your trip, and there was no travel advisory in place when you left Canada, you can return home early while the travel advisory’s still in place and your travel insurance will cover the cost of your trip home.

Your travel insurance broker should be asking where you’re headed on your cruise and to make sure you are up-to-date on travel advisories by monitoring the Government of Canada’s website.



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# Taking Advantage of the Summer Weather

Article provided by Cathy Harrington, Community Care Concepts

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The arrival of summer brings longer days, sunshine, and an ideal opportunity to get out of the house! There are many free, or low-cost activities for seniors to enjoy:



## **Get out of the house and get moving!**

Depending on your abilities, go for a walk, run or roll around the block. For those that are more adventurous, there are many great walking trails to enjoy. Not only does this get us out of the house but it keeps our mind and body moving. Need support? There are volunteers who can take a walk with you.



## **Enjoy the warmth of the sun**

But please use caution! – Whether it be sitting on a porch or patio, taking a walk, enjoying the beach or participating in activities, summer provides a great opportunity to get out and enjoy the warmth of the sunshine. Vitamin D provided by the sun often makes us feel better. It has also been proven to be good for our bones and muscles to function while reducing the risk of fractures. Please wear sunscreen and a hat and try to adjust your hours in the sun to avoid the hottest period of the day, from noon to 3 pm.



## **Cool down with a swim!**

Whether it be swimming outdoors or enjoying one of our community pools, swimming relaxes the body and is easier on joints than other forms of exercise. Check out public swim sessions or classes offered through our Townships.



## **Create or tend a garden**

Whether it be planting a few flowers in a pot or tending a flower bed, working with soil and watching gardens grow can be very therapeutic. Need help with gardening? There are people who can help!



## **Attend a community event, festival or the farmer's market**

There are many activities across our Townships that provide an opportunity to get out amongst others.

## **Participate in free drop-in gentle exercise programs for seniors in our Townships**



## **Attend social and recreational programs for seniors across the Townships**

There are many free or low-cost activities for seniors to enjoy. Whether it be playing a game of cards or games, enjoying common interests with others, coffee hours, music or guest speakers, these programs offer a great way to get out and meet others.

- ▶ Breslau Community Centre – Thursday 1 - 4 pm
- ▶ Hawkesville Community Centre – Tuesday & Thursday 9 am – noon
- ▶ Heidelberg Community Centre – 2nd and 4th Friday (contact us for times)
- ▶ Linwood Community Centre – Monday & Wednesday 1 – 4 pm
- ▶ St. Clements Community Centre – Monday & Wednesday 9 am – noon
- ▶ Wellesley Community Centre – Tuesday & Thursday 1 – 4 pm
- ▶ Wilmot Recreation Complex (Active Living Centre) – Monday & Wednesday 9 am – 4 pm and Tuesday & Thursday from 9 am – noon
- ▶ Woolwich Memorial Centre - Woolwich Seniors Association

Summer provides an ideal opportunity to get out of your house and stay active, improving our physical health, keeping us sharp and mentally engaged and connecting with others. For information on these and other activities, contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.



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# “I failed history in Grade 7”

Article written by Kristen Hahn



Ernie Ritz: mayor, veteran, author, historian; known for his active involvement with the Waterloo Historical Society and his expansive book, *New Hamburg as it Really Was* — that Ernie Ritz failed history in Grade 7. “I was called up on the carpet by Principal Ruthig — an imposing figure with steel grey hair and black piercing eyes. He had been a veteran of the First World War, so he knew discipline. ‘Why don’t you like history?’ he demanded. I said it seemed to me to be nothing but names and dates. ‘Well, if you don’t like history, why don’t you write history the way you think it should be written? Make it come alive!’ He dismissed me with the warning, ‘I’ll be keeping an eye on you.’ That left a real impact on me. So I started asking questions, and I started thinking about who these historical figures were as people, and that opened a floodgate.” Ironically, Ernie has a tremendous capacity for remembering names and dates, as anyone who has asked him a question

about the town’s heritage quickly learns. His uncle Dan had a true photographic memory, and whatever natural gifts Ernie had were strengthened during his precarious childhood and the turbulence of youth during wartime.

Ernie doesn’t just write history, he has lived history. Born in 1925, his father died when he was just three years old and his mother was left to raise two boys on her own. During the Depression, she was afforded a meagre social welfare allowance of \$25 per month with another \$5 for each child under sixteen. Government representatives even tried to persuade her to put her children in a home so that she could go out and work. These early hardships left a deep impression on Ernie. “I have always felt empathy and concern for the underdog; the people who are disadvantaged, in many cases not of their own volition — just circumstance.”

Principal Ruthig was aware that the moment Ernie turned sixteen there would be no further education for him; he would have to go to work. The school skipped him ahead two grades, he was just fourteen when he entered commercial studies in Kitchener. It was an intense year of instruction in typing, bookkeeping, business correspondence, business practice, law and economics. As he closed in on his birthday he returned to the academic stream and took Latin, science and geography, and even when government support ceased, he was able to finish his year.

By 1941 war was raging across Europe. Ernie was working in the shipping department of the Felt Boot Factory when his brother Richard got called for service. This left a vacancy at the New Hamburg Independent. Practically overnight Ernie became a linotype operator. The composition and layout appealed to his creative side, and the complicated genius of the machine appealed to his mechanical side. It was hot, noisy work, but it was interesting. Ernie and his uncles, Lorne and Dan Ritz Jr., distributed 800 to 900 copies of the Independent each week. Dick suffered from poor eyesight and returned to the print shop, and by 1943 it was Ernie's turn to answer the call.

He had a cousin in the Air Force whom he idolized, and he loved the thought of flying, so there was little question as to where he'd enlist. He trained on a Cornell Fairchild PT-19. "They got me to the point that I could take off and fly and land and do tailspins — I absolutely loved tailspins! I felt a sense of independence and power I had never felt as a child." He went on to study navigation and earned his wings, but before he got sent to the front, the war ended. "I had to go back to civilian life and get a job."

He was steered towards a commercial printer in Toronto who was desperate for help. "The moment I stepped off the streetcar, bombers flew overhead dropping streamers and confetti and everything went wild. It was V.E. Day. Next to the print shop was a Catholic school, and just as I came within a few steps of the door there was a burst of activity and the students came streaming out. I heard one girl yell, 'There's one!' pointing at me. I was in uniform at the time. I froze and all these girls ran over to hug me! I barely got free."

He managed to get through the door of the print shop, and without so much as an introduction he was asked, "Can you start today?" Work was challenging and the bosses were strict, but they were on the leading edge of new frontiers in commercial printing and ink development, and Ernie seized this opportunity to advance in the trade. In time he would even come to recognize ink colours by their smell. "I learned that you don't do things because they've always been done a certain way. If you're worth your salt you've got to be looking for the next thing. Get ahead of the crowd if you can."

A small-town boy at heart, Ernie hated living in Toronto. It was busy, the commuting was horrible, and it was nearly impossible to find housing. Construction had come to a halt during the war and now there was a sudden influx of people who were scrambling to get established.

**"If you're worth your salt you've got to be looking for the next thing. Get ahead of the crowd if you can."**

What's more, he had a young bride to consider.

It felt like Betty had always been there. They were the same age and attended Sunday school together. Her parents ran a small restaurant in town. As a teenager, Ernie would often go in for some pie or a soda after a show, and Betty would be waiting on tables. "There was this one beautiful evening when her father said to her, 'Bets — there's nothing much doing now so why don't you take off.' She looked at me and said, 'How'd you like to take a walk?'" Their walks occurred more frequently leading up to their first date on Monday, December 8, 1941 — the day the world was reeling from news of the bombing of Pearl Harbor. When Ernie was in training they wrote to each other every single day, and married in the summer of 1946.

Ernie returned to New Hamburg where he found work at The Record until 1950 when his uncle died and the family-run Independent needed his help. They relied on him for his hard-earned printing expertise, and in time he learned business management skills, writing and journalism. “As I wrote for the paper I became more interested in local affairs, and through that I was accidentally propelled into council.” It was while he was covering a nomination meeting for the newspaper that he wound up himself getting nominated, then elected by acclamation. This would start his long involvement in municipal affairs, both elected and appointed. He served several times as a councillor and was elected mayor of New Hamburg in 1970. Ernie was to be the last mayor of New Hamburg because in 1972 the town was amalgamated into Wilmot. He threw his hat in the ring again and won, this time to serve three back-to-back two-year terms. “I derive a lot of satisfaction from being involved in the building of the Community Centre and the current Legion Hall. It was rewarding just to be a part of that.”

His time in public service has shaped his philosophy today. “If you want to be an effective person you have to first find your concern and address it.” And for Ernie, his concern continues to be political. “Politics really are the art of compromise. To be a really successful politician you must be able to reach out across the line and draw in your opponent to diffuse situations rather than

**“An individual by himself is almost powerless. It’s only by cooperation, and operating as a collegial group, that things can be accomplished.”**

exacerbate them by polarization. Any time you are a success in politics you must always — without fail — extend an understanding to your opponent, if for nothing than for common courtesy.” Regarding the current state of affairs, Ernie says, “An individual by himself is almost powerless. It’s only by cooperation, and operating as a

collegial group, that things can be accomplished.” He believes that electoral reform is critical to help resolve partisan conflict: “I’ve become a fan of Proportional Representation. I feel that is one way a person can vote and feel that it counts for something.”

Despite having a somewhat “jaundiced eye” he describes himself as a consummate idealist. “I like to see things turn out for the best, and many times they don’t, and that’s life. I have a lot of optimism in my makeup. I need it to give me the impetus to carry on.” Several times he’s been asked to run for higher political office and has flat-out refused citing that he didn’t want to be tied to party discipline, and forced to toe the line. “I’ve had mixed thoughts on many things over the years and have come to realize what one thinks today may not be valid tomorrow. You have to be flexible enough to accept that, so that it doesn’t create conflict within yourself.”



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## Social and Recreational Activities for Seniors



**Drop-in & enjoy exercise, guest speakers, cards, games, crafts, music & much more.  
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<b>Breslau Community Centre</b> Thursday 1 to 4 pm	<b>Hawkesville Community Centre</b> Tuesday & Thursday 9 am to noon
<b>Heidelberg Community Centre</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Friday (call for times)	<b>Linwood Community Centre</b> Monday & Wednesday 1 to 4 pm
<b>St Clements Community Centre</b> Monday & Wednesday 9 am to noon	<b>Wellesley Community Centre</b> Tuesday & Thursday 1 to 4 pm
<b>Wilmot Recreation Complex (Active Living Centre)</b> Monday & Wednesday 9 am to 4 pm Tuesday & Thursday 9 am to noon	

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







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## Community Care Concepts

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Active Living Centre

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1028 Queen St, New Dundee

**Woolwich Township**  
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28 Duke St, Elmira  
St. James Lutheran Church  
Tues & Thurs 3:30-4:30  
60 Arthur St. South, Elmira  
Valley View  
Mon & Thurs 4:00-5:00  
1070 Printery Road, St. Jacobs

**Wellesley Township**  
Wallenstein Bible Chapel  
Tues & Thurs 9:30-10:30  
4522 Herrgott Rd, Wallenstein

**Pond View**  
Tues & Fri 10:30-11:30  
1 Pondview Dr, Wellesley  
Club Room

**Hawkesville Community Centre**  
Tues & Thurs 9:00-10:00  
3521 Broadway St., Wallenstein

**Linwood Community Centre**  
Mon & Wed 2:00-3:00  
5279 Ament Line, Linwood

**St Clements Community Centre**  
Mon & Wed 9:00-10:00  
1 Green St., St. Clements





of Woolwich, Wellesley and Wilmot

For more information please call: 519-664-1900 or 1-855-664-1900

## Community Dining For Seniors

Community dining combines food, fellowship, information and entertainment. Lunches are held monthly from September through June.

**WILMOT TOWNSHIP**  
Zion United Church, 215 Peel St., New Hamburg - 1st Wed. of each month  
Wilmot Rec Centre, 1291 Nafziger Rd., New Hamburg - 4th Thurs. of each month

**WELLESLEY TOWNSHIP**  
Linwood Community Centre, 5279 Ament Line, Linwood  
4th Wednesday of each month  
Wellesley Community Centre, 1000 Maple Leaf St., Wellesley  
3rd Wednesday of each month.



**WOOLWICH TOWNSHIP**  
Calvary United Church, 48 Hawkesville Rd St. Jacobs - 2nd Wed. of each month  
Woolwich Memorial Centre, 24 Snyder Ave S Elmira - 4th Mon. of each month  
Breslau Community Centre, 100 Andover Dr Breslau - 2nd Thurs. of each month

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# Intergenerational Loans

**Madchen V.J. Funk, associate**

In a recent family law case of the Ontario Superior Court of Justice, the Court contended with an intergenerational loan. In *Testani v Haughton* (2019 ONSC 174), the wife's mother had transferred a piece of property to the husband and wife; in exchange, the husband and wife paid the costs associated with the transfer and took on the outstanding mortgage. After the transfer of the property, the wife executed a note which indicated that she would pay her mother \$125,000.00 upon the mother's request. The registered land transfer documents made no mention of the loan or note.

At trial, the wife claimed the loan to her mother as a debt which would be taken into account for equalization (i.e. the ordinary post-separation process by which assets and liabilities accumulated during a marriage are divided equally between the spouses). The husband challenged the validity of this debt, claiming that it was concocted after separation to provide a financial benefit to the wife during the family law proceeding.

The Court determined that the \$125,000.00 debt would be discounted to \$12,500.00 for the purposes of the equalization process, as it was unlikely that the wife would ever be required to repay the loan. The discount was applied, in part, because no demand for repayment was ever made until after the parties separated and because the wife did not tell anyone (including her bank, the real estate lawyer, or her husband!) about the note until after they separated.

This issue of the characterization of money advanced from parents to their children arises frequently in family law disputes at the time of the separation. The parents and their own child characterize the advances as loans to be repaid, while the son-in-law or daughter-in-law characterize the advances as gifts. Courts are often suspicious of transactions such as loans between family members which would credit one spouse during equalization, and will require proof of the nature of the dealing to allow such a credit.

The case outlined here suggests that such proof might include ensuring the loan is properly documented; disclosed consistently (to banks, real estate lawyers, family members, etc.); and likely to be called upon for repayment by the parent. These are important considerations to have in mind when gifting or loaning funds to your children.

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The lawyers at Giesbrecht, Griffin, Funk & Irvine LLP would be pleased to discuss intergenerational loans with you, and encourage you to contact their office in New Hamburg (519-662-2000) or Kitchener (519-579-4300). This article is an occasional column where lawyers offer tips about frequently asked questions. This advice is offered for information purposes only and may not cover all circumstances; please consult a qualified lawyer for advice tailored to your needs.

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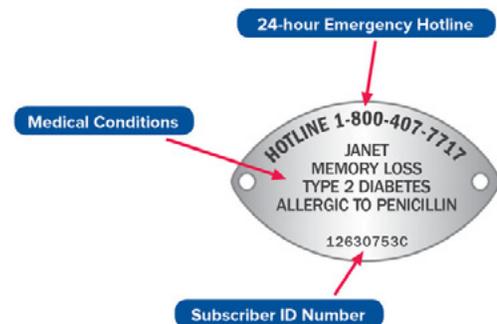
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# International Self-Care Day (ISD) July 24th

Article provided by the Woolwich Community Health Centre

International Self-Care Day (ISD) July 24th, serves to remind everyone that the benefits of self-care are experienced life-long and do not just relate to a single day. ISD on 24 July simply provides a good focus and opportunity to publicize or report on self-care. The theme selected locally for 2019 is Self-Care is for Life. There are a number of definitions of self-care. The World Health Organization 1998 definition is:

**‘Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.’**

Self-care can conveniently be visualized and organized around seven ‘pillars’ or ‘domains’:

1. **Health literacy** – includes: the capacity of individuals to obtain, process and understand basic health information and services needed to make appropriate health decisions
2. **Self-awareness of physical and mental condition** – includes: knowing your body mass index (BMI), cholesterol level, blood pressure, stress levels; engaging in health screening.
3. **Physical activity** – practicing moderate intensity physical activity such as walking, cycling, or participating in sports at a desirable frequency.
4. **Healthy eating** – includes: having a nutritious, balanced diet with appropriate levels of calorie intake.
5. **Risk avoidance or mitigation** – includes: quitting tobacco, limiting alcohol use or gambling, getting vaccinated, practicing safe sex, using sunscreens.
6. **Good hygiene** – includes: washing hands regularly, brushing teeth, washing food.
7. **Rational and responsible use of products, services, diagnostics and medicines** – includes: being aware of dangers, using responsibly when necessary.

So take some time on July 24th to look at your own self-care activities and see how you are doing. Need some help or advice? There is lots of great advice on-line – just take care the source is reputable, local recreation centres and libraries, consult with your own trusted health care professional or check out the community programs at the Woolwich Community Health Centre.

WCHC offers a range of fitness activities for all levels of ability as well as Health Education programs or wellness events covering a range of topics that are open to all residents of WCHC’s catchment area. In particular for older adults is the 6 week course “Practical Skills to Live Well as We Age”. Facilitated by a Physiotherapist and Health Promoter the course explores:

- How can we move through the day in ways which build bone and muscle strength?
- Learn ways to prevent and / or manage: aches, pains and muscle stiffness.
- Share tips to enhance posture, breath and body awareness, nutrition, sleep and memory.
- Build / harness resilience in the face of life’s changes.
- Learn about community supports and resources.

Watch your mail box near the end of August for our latest community newsletter “Update” to see the new programs we are offering for the Fall season to all residents in Woolwich and Wellesley townships or visit our website [www.wchc.on.ca](http://www.wchc.on.ca) or follow us on Facebook. If there are health related topics that you would like to see offered please let us know. We hope you will attend our programs and look forward to hearing from you!

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