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VOL 2 ISSUE 11 JULY 2020

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EDITOR/PUBLISHER

**Rich Held,
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Jessica Uttley
DESIGNER

Rebecca Roessler
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LETTER FROM THE EDITOR

As I sit here on this beautiful sunny day writing my July message I am reminded how grateful I am for the wonderful businesses we have within our Community. While we have all faced many challenging and uncertain times over the last few months I wanted to say a special THANK YOU to all of our advertisers who have stuck by us as we continued to keep an issue going out every month for our readers. We really appreciate all of the local support, and we definitely could not have done it without you! Please remember to continue supporting all

of the wonderful local businesses we have within our Townships as they start to reopen.

Every year on July 1, Canadians celebrate their national holiday, Canada Day. This statutory holiday commemorates the confederation of the British territories in North America into one single entity: Canada. Were you looking forward to heading out to celebrate the true north this summer? It turns out that July 1 festivities are going to be a little different this year. Canada Day 2020 is officially going virtual and you can tune in from home. Be sure to check out page 5 to see how you can celebrate Canada Day in your Township, or surrounding area.

On July 24th, help us celebrate International Self-Care Day and the importance of self-care to the health of Canadians and to the health care system.

Self-care is a lifelong habit and culture. It is the practice of individuals looking after their own health based on the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed. – *Global Self-Care Federation*

Self-Care Tip ~ Maintain a consistent sleeping schedule

When we think of summer, we think long days and late nights. For me, nothing is worse for my mental health than an inconsistent sleep schedule. Though your summer routine may be different than during the Fall/Winter, I still encourage you to try having a consistent sleeping schedule. This may mean planning to be in bed by 11 and up by 8 or it may be committing to not staying up past midnight or sleeping in past 10. Remember, it's all about doing what works for you!

Wishing you a happy and healthy summer!



Tara

On The Cover

While Terry Fox supporters are commemorating the 40th anniversary of the Marathon of Hope this year, Wilmot resident Nancy Brodrecht has another reason to celebrate. In 2020, she's marking 25 years as a cancer survivor. Nancy and her dog, Kyra, will be taking part in their second Wilmot Terry Fox Run in September.

Cover story written by Nigel Gordijk on Page 8.

Cover Photo Credit: Jenny Hallahan

 **Embracing Change**

 2230 Herrgott Rd,
St Clements ON N0B 2M0

 519-574-6428

 embracingchangeinfo@gmail.com

 www.embracingchange.ca

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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.*

Flashback

Photo



On August 12, 1936, the Canadian Pacing Derby held its first run at Fountain Park Racetrack, New Hamburg. In 1950 (see picture below) they renamed the race Canadian Pacing and Trotting Derby. This allowed trotting horses to compete against pacers. Pictured here is one of those stellar days at the park.

Picture provided by Ron and Helen Ehrat

MESSAGE FROM THE TOWNSHIPS

2020 Canada Day Celebrations

While news headlines of the past several months have focused on the global pandemic and the vulnerability of our senior population, we can't help but instead think of their incredible life experience, invaluable volunteer commitments, special skills and gifts that are continually shared with others.

It is encouraging news that the Province of Ontario has given the green light to proceed cautiously with Phase 2 of reopening. Thank you for doing your part to support the health of the Townships and making this possible. It is with collective efforts, best practices and personal responsibility, that we've made a difference

Not only is June Seniors' Month in Ontario but the prelude to annual Canada Day celebrations in July.

While celebrations throughout the townships will operate differently this summer, the enticement and desire to celebrate our nation's birthday is still very real. Together we can celebrate all that Canada is - in a virtually meaningful way.

It is our hope that seniors will continue to be involved, in whatever way they are needed and able to participate. Their energy, creativity and compassion are inspiring for people of all ages. Happy Birthday, Canada!

Township of Wilmot:

Incredible activities are being planned for the upcoming virtual Canada Day in Wilmot celebration! Councillor Hallman, along with the entire Canada Day in Wilmot Committee, are working incredibly hard to make this unique event possible. Despite the restrictions of the pandemic, we will still have great fun on this special day. For event information, visit: www.canadadayinwilmot.com/

Township of Woolwich:

Share your Canadian pride with us - virtually - on Wednesday July 1! The Township of Woolwich is excited to present an online experience filled with wonderful entertainment and family-friendly activities to celebrate Canada Day! A schedule of activities will be posted on: www.woolwich.ca/stayactive

Township of North Dumfries:

North Dumfries will be providing some virtual Canada Day content to their website. For more information, follow: northdumfries.ca

In addition, the churches of Ayr and neighbouring communities in partnership with the Township of North Dumfries invite residents to Decorate Ayr with Fruits of the Spirit. Decorate your front lawn, front door, porch, balcony or patio. Portray one, some, or all of the Fruits of the Spirit characteristics listed above. Participate in the outdoor, physical distancing, driving/walking, community tour on Canada Day. For more info, and to register, visit: www.knoxayr.wordpress.com or email: admin@knoxayr.ca



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FEATURE BUSINESS OF THE MONTH: COMMUNITY CARE CONCEPTS

Sun Safety & Skin Care

If you are like most people you probably love a gorgeous sunny day. We know that sunlight is essential for life on our planet and its warm rays on our skin not only feel great, but they also help our body produce vitamin D which is essential for strong bones. Sunlight is also important for a healthy mood boost, so we'd encourage you to get out there and enjoy it. Of course, in these days you need to make sure to observe the social distancing requirements.

Although sunlight is essential and required it is not without its own concerns. As sunlight penetrates our skin the UVA and UVB rays damage the cells resulting in, dried skin, wrinkles, sun burns and potentially even skin cancer.

While you are out there enjoying the sun there are a few precautions you should consider taking:

- 1. Check the day's UV Index and adjust your plans accordingly.** Most weather sources will also report the UV index for your convenience.
- 2. The sun's rays are strongest between 10am and 4pm.** Try and avoid long term exposure during those times.

- 3. Cover-up.** Wide brim hats, UV blocking sunglasses and light long sleeve clothing are your best protection from the sun's rays
- 4. Wear sunscreen or sunblock.** The current recommendation is a minimum of 30SPF, apply 20 minutes prior to exposure and reapply at least every 2 hours and more frequently if are swimming or sweating. Those with very sensitive skin or certain immune disorders may want to choose a higher SPF

Note regarding Sun Protection Factor (SPF):

Please remember sunscreen and sunblock are only one component of your sun safety plan. In an ideal world a 100SPF will protect you better than a 30SPF but don't let that give you a false sense of security. Seek shade, reapply and cover up regardless of your product's SPF.

Abhay Patel

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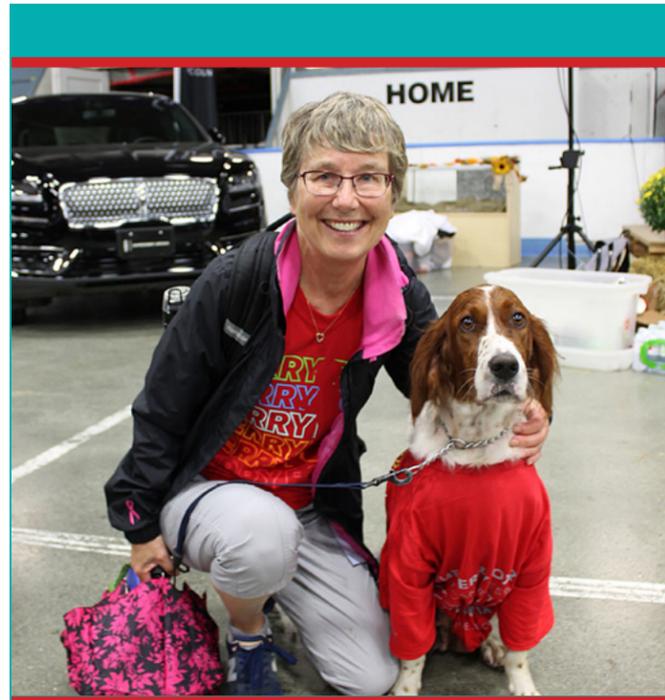
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Local Terry Foxers Celebrate Surviving Cancer

WRITTEN BY NIGEL GORDIJK

While Terry Fox supporters are commemorating the 40th anniversary of the Marathon of Hope this year, Wilmot resident Nancy Brodrecht has another reason to celebrate. In 2020, she's marking 25 years as a cancer survivor.

Brodrecht, who lives near Punkeydoodles Corners, was diagnosed with Stage 3 breast cancer in 1995, at the age of 39. She had surgery, followed by months of chemotherapy.

"Recovery from surgery was quick," she said. "Two days in and out. My lymph nodes were tested, and a bone scan confirmed the cancer

had not spread. I was very grateful and relieved, but I knew the chemo would be the next challenge to face."

"Chemo treatments began shortly after my recovery from surgery. For six months, I went every two weeks for a blood test, two quick injections, and a small white pill to take daily at home. The injections left a metallic taste in my mouth. I was nauseated, and to this day I have a hard time with tiny white pills."

"I relied on family, friends and my spiritual faith that God would take care of me,"

she added. "My husband was an excellent nurse and looked after me, as well as the daily household chores that needed to be done. My son was too young to understand why his Mom was not her usual energetic self. Family and friends pitched in to drive me back and forth to the hospital for treatments. I was very grateful for their support and encouragement."

"Chemo took its toll on my body, especially my white blood cell counts. I couldn't return to work until I was ready physically, emotionally, and mentally. It took quite a few years to feel somewhat normal again."

Brodrecht and her Irish Red and White Setter, Kyra, took part in the Wilmot Terry Fox Run for the first time in 2019. She wore a special red t-shirt, given by the Terry Fox Foundation to cancer survivors who take part in the Run. This exclusive club is known as Terry's Team, and the shirt is a symbol that cancer research saves lives.

"I was proud to wear my red survivor t-shirt and walk the long route. This year, Kyra and I will walk the country roads to celebrate the 40th anniversary."

According to a 2019 Canadian Cancer Statistics Advisory Committee report, age is the most important risk factor for cancer. Cancer rates peak in males aged 85 years and older and females aged 80 to 84 years, with nine in 10 of all cancers expected to be diagnosed in Canadians aged 50 years and older. Almost all lung and prostate cancers are expected to occur in people 50 years of age or older, and the survival rate for prostate cancer is over 95% among males diagnosed before 75 years of age.

"I had prostate cancer at age 55," said Morningside resident, Ross Eichler. "My treatment was to have the cancer removed by surgery, as I did not want to have any part of it left in me. I was lucky that it was found early and they were able to remove my prostate and get it out. I have been free and clear since. I had an excellent nurse - my wife, Jane - and together we have carried on with our lives, hopefully for years to come."

Like Brodrecht, Eichler wears a red Terry's Team survivor's t-shirt. He's the captain of The Morningside Walkers team, who are planning on joining the Wilmot Terry Fox Run in the fall. The retirement community in New Hamburg has been part of the local event since 2016, raising over \$8,700 for cancer research so far.

"After 19 years, I still look around and see people that have really suffered from that ugly disease, and they are true heroes."

Yes, I am a survivor, and am very proud to be. I feel very fortunate to be able to assemble our Morningside team to participate in the Wilmot Terry Fox Run and be a symbol of hope for everyone affected. When I mentioned the Terry Fox Run and getting a team together, I was

pleasantly - not surprised, because I know we have a lot of caring people in our Village - but maybe humbled by their responses."

COVID-19 has forced the Terry Fox Foundation to rethink how it could hold its flagship fundraiser. In May, it announced that this year's run on September 20 would avoid public gatherings by going "virtual". Rather than meeting at the New Hamburg Arena for the opening ceremonies and unified start, participants are being asked to fundraise online, and then do their own personalised version of the run in the fall.

Dubbed "One day, your way," people can sign up online, start collecting pledges, and then take part by running, walking, cycling or wheeling wherever they are, whether it's in their own backyard, around the block, or up the street. As always, participants can do as little or as much as they want in the non-competitive event. There are no minimum pledges or entry fees, and it will be a way for people to celebrate 40 years of hope.

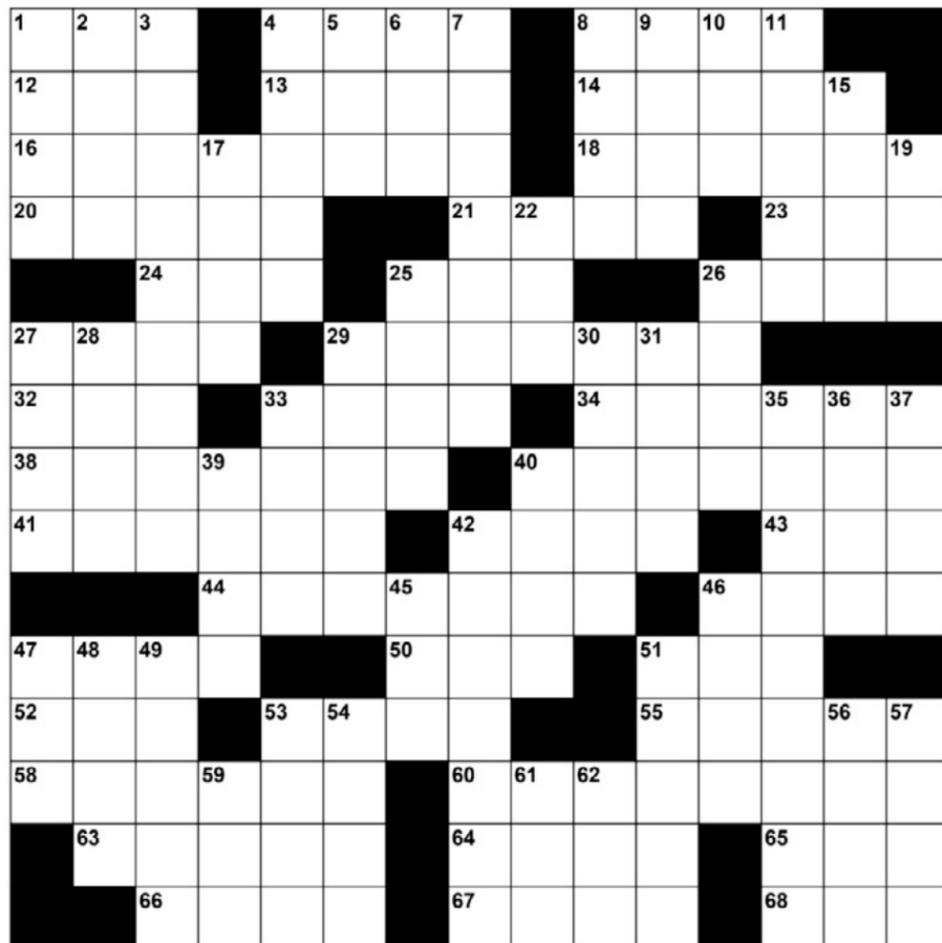
Eichler observed,

"I think Terry's determination to finish what he started was, and should be, an inspiration to all of us."

The Wilmot Terry Fox Run can be found on Facebook, and people can register at www.wilmotterryfox.ca. Nigel Gordijk and his wife, Cheryl, have organized the local run since 2013.



MAY CROSSWORD Summer



By Evelyn Johnson - www.qets.com

Solutions on Page 16

ACROSS

- 1 Entrance rug
- 4 Package label
- 8 Obstacle
- 12 Make a mistake
- 13 Sixth month of the Gregorian calendar
- 14 Enlarge
- 16 Uses seasonings
- 18 Open up
- 20 Not as insane
- 21 Female parent
- 23 Compass point
- 24 Unhappy
- 25 Battle of nations
- 26 Degree of warmth
- 27 What legs are attached to Michigan
- 29 Big Illinois city on Lake Michigan
- 32 Hoopla
- 33 Hotel room cleaner
- 34 Measure of how long
- 38 Viper
- 40 Canadian Olympic site
- 41 Body art
- 42 Sheet of matted cotton
- 43 Liquor
- 44 Amazing
- 46 Paradise
- 47 Stabs
- 50 Type of music
- 51 Before, poetically
- 52 Unrefined metal
- 53 Make a sweater
- 55 Capital of Byelorussia
- 58 Pacific Ocean discoverer
- 60 Moron
- 63 Flower
- 64 Midday
- 65 Snooze
- 66 Harness
- 67 Urge on prod

DOWN

- 1 What children make
- 2 Region
- 3 Ship
- 4 Water between cliffs
- 5 Move quickly
- 6 Less than two
- 7 Sea princess
- 8 Moved through the water
- 9 One of Columbus' ships
- 10 Advertisements
- 11 Birds that make a gaggle
- 15 Space administration
- 17 Salty water masses
- 19 Permit
- 22 Electric spark
- 25 Bit
- 26 __ Kong (island)
- 27 Poetic "has"
- 28 Belief
- 29 Open boat with pointed ends that is paddled
- 30 Having wings
- 31 Money (German)
- 33 Cry like a cat
- 35 Cultivation of flowers and plants
- 36 Factual
- 37 Religious song
- 39 Parent teacher groups
- 40 Outdoor space with temporary shelters
- 42 Activity of using a water craft for pleasure
- 45 __ Lanka
- 46 Little Mermaid's love
- 47 Work
- 48 Middle East dweller
- 49 Stomach
- 51 Make corrections to
- 53 Odd fellow
- 54 Your title
- 56 Close the door hard
- 57 Stored
- 59 Hiss
- 61 Cow speak
- 62 Constrictor snake

Laughing Matters!



Sherlock Holmes and Dr. Watson went camping. They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night Holmes woke Watson up and said: "Watson, look up at the stars, and tell me what you see."

Watson replied: "I see millions and millions of stars."

Holmes said: "And what do you deduce from that?"

Watson replied: "Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like Earth out there. And if there are a few planets like Earth out there, there might also be life."

And Holmes said: "Watson, you idiot, it means that somebody stole our tent."

FIND THE HIDDEN OBJECTS

Can you find all 10?



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What Do Optometry Practices Look Like in a World with COVID-19?

COVID-19's rapid sweep across the country in March forced eye care practices to make rapid clinical management decisions. As directed by the Province, many optometrists temporarily closed their businesses, while others began to offer emergency appointment services with the appropriate Personal Protective Equipment (PPE), along with a virtual Telehealth alternative.

With the recent removal of urgent care only restrictions, optometrists have opened their doors for routine care. The Ministry of Health and the regulatory College of Optometrists of Ontario have mandated an extensive series of unprecedented precautions to limit the spread of infection. These changes are very important and we need your help to ensure that we are all kept safe.

Changes You Should Expect to See - We Need Your Help!

- ◆ The front door will be locked and visits to the office for any reason (eye exams, choosing new glasses, glasses adjustment or repair) will be made by appointment only. Checking into the clinic will be made by cell phone from your car.
- ◆ Answering the Ministry of Health COVID-19 Screening Questionnaire will be required before entry is allowed. Patients who aren't feeling well or who have been in contact with someone who is ill will be asked to reschedule their appointment two to three weeks in the future.
- ◆ Hand sanitizing will be required upon entry and a mask must be worn at all times while in the office
- ◆ Physical distancing is the new norm. Busy waiting rooms is a thing of the past. Clinics have spaced out seating to reduce capacity and appointment scheduling will be made in longer intervals to ensure minimal patient interaction.
- ◆ Signage is located throughout the office to spell out the new steps and protocols to ensure maximum safety for staff and patients alike.
- ◆ Methods have been introduced to decrease the number of surfaces and objects that a patient touches.
- ◆ There will be more time between appointments, to allow staff to thoroughly clean and disinfect the pre-testing areas, exam rooms, and surfaces in the optical before and after each patient's visit.
- ◆ In the optical, frames will be cleaned before and after adjustments and all frames that are part of selecting new glasses will be promptly disinfected.
- ◆ Eye Doctors and staff will be wearing face masks and shields, particularly during any close contact with patients.

If you have a new vision or eye health issue or would like more information on how we've adapted our practice during this COVID-19 pandemic, please don't hesitate to contact us (519-662-3340). We will be happy to assist you!

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CHATTING TO WELLNESS

Combating Isolation through Companionship

Are you feeling the effects of social distancing & isolation? The lack of connection has been difficult as we are home most of the time. For some seniors it is a challenge to deal with self-isolation while keeping engaged and it is common to feel lost, lonely and sad.

Mahad Shahzad, a graduating student from the Schulich School of business at York University, understands the increasing problem of social isolation among seniors.



In 2017 and visiting family overseas he noticed his grandparents' social isolation. Even though they lived with extended family they ate and watched TV alone. It was this moment that got him thinking about the prevalence and effects of loneliness. He wondered if this is happening to his grandparents halfway around the world,

what it is like for older adults in Canada.

Research has shown that seniors have greater isolation and abandonment rates as well as increased suicide rates when compared to youth. Unfortunately at the time there were no dedicated call lines for seniors so he wanted to solve this problem. Having dealt with his own mental health, Shahzad knew that talking was a form of therapy and began volunteering to chat with those in retirement homes.



He also founded Chatting to Wellness, a non-profit organization that combats social isolation among seniors in southwestern Ontario.

Shahzad funded the organization out of his own pocket with student run volunteers. Volunteers would visit residents every Saturday at local retirement home and have 1:1 conversations. The best part there was no fee associated for these chats!

In over two years it has shown to be very therapeutic for residents. Volunteers have visited with over 3500 older adults and after 3 consecutive in person chatting

sessions, 90% of those were having increased social engagement. Shahzad states, "It's a 0-1 factor and we are breaking barriers to isolation, beyond the impact of just being there".

There is value in communication.

What sets Chatting to Wellness apart is the primary focus on connection between volunteer and senior. It involves the act of listening, being non-judgmental and building a relationship. There is no objective that needs to be achieved during these chats, as Shahzad states, "it's like we are friend experts. We are there to listen and let them speak about what they want."

From the seniors' perspective, it is truly wonderful. Some feel like mentors as conversations have turned to those giving advice to youth volunteers. "This is what makes the service so adaptable says Shahzad, there is an undiscussed script and if a senior converses to offer advice, many of his volunteers find it helpful."

During these times of COVID-19, Chatting to Wellness has become increasingly prominent. As families are forced to socially distance from loved ones that reside in care homes, the model of service has changed and they are now offering free over the phone sessions. Shahzad has had over 240 volunteers sign up and is trying to keep up with demand. Volunteers will call seniors from Monday-Friday between 6-9pm. Yet, the biggest challenge is reaching vulnerable seniors who have limited access to internet and social media as



they need the service the most. To sign-up or for those wanting to refer someone, they can go to the website, www.chattingtowellness.ca or call 437-702-2025. And to sign-up as a volunteer one can go to the website and register.

Shahzad's goals for the future is to develop a 24/7 number dedicated for older adults to immediately access service. For an aging population that is inevitably growing, he is looking globally to see how other countries have adapted. Observing how other countries have struggled with an increased population and overburdened system, he continues conversations about senior wellbeing in order to influence future decision making.

Rebecca Roessler
BA Honours Psychology, WLU
Social Media Specialist for
Embracing Change

Solutions

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Can you find all 10?



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Ask the Doctor

with Dr. Nicole Didyk

Beyond COVID

Looking After Your Health in a Pandemic

A few weeks ago I heard the phrase “NO-VID” used to refer to people who don’t have COVID but have other illnesses or chronic conditions that need attention. During the pandemic we’ve all had to modify our behaviors, which might include putting off visits to the doctor, not exercising or even going outside, and having less contact with our family and friends.

These practices are designed to keep us from getting or spreading a virus, but they can put our health at risk in other ways. Here’s some advice for how to stay well:

- ✓ If you are very sick, for example if you think you are having a heart attack or a stroke or if your chronic condition has flared up then please seek help! You may even need to go to an emergency department. I’m hearing that people are afraid of getting an infection if they go to hospital, and there are risks, but while you’re there, staff will do everything they can to keep you safe.
- ✓ Take the time to find out how to reach your doctor or other health care professional in case you need them. Some providers are having in person appointments, and most are doing virtual care. Call your doctor’s office and listening to their answering machine message or go on their website if they have one.

- ✓ Keep your prescriptions up-to-date. Pharmacies may be dispensing smaller quantities, but they are still providing medications and most have delivery services. Use these safe ways to get your medications.
- ✓ Keep up your healthy habits. Find ways to exercise that don’t involve contact with others. It’s safe to go outside and enjoy the nice weather in most cases. Stay in contact with friends and family as best you can. Pick up the phone or the iPad. There are also community services that are running social activities online if you have the Internet.

All of the healthcare workers I’ve spoken to would rather you go to hospital when you’re sick than avoid a visit and get sicker. Taking care of ourselves in a timely way will save health resources in the end. Stay well, and visit www.thewrinkle.com for more information.

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

Disclaimer:

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

Happy Canada Day

“This Canada Day brings on new meaning and a different way of celebrating. It offers a chance to pause and reflect on the way we treat each other, and the benefits of working together as a nation, for everyone.”



Tim Louis
Member of Parliament



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Preparing for the Reopening of Our Community

As restrictions begin to be loosened and business and services begin to reopen, we must continue to act in ways that are known to help stop the spread of COVID-19. Protecting people who are most vulnerable must remain a top priority as our neighbours get back to work and we enjoy a return to some everyday recreational activities. One thing is for sure, this does not mark a return to normal as we once knew it.

Over the course of the next while, we will still need to be mindful of our reality – using common sense, good judgement and resisting the temptation to let our guards down. Here are five questions you might ask yourself when thinking about accessing services and venturing out to small local events:

1. Am I at risk for severe infection? If so, how will I be extra cautious?
2. Will I be around others that are at risk for severe infection? If so, how will I be extra cautious?
3. How comfortable am I being around other people at this time?
4. How likely am I to come in contact with more people than I would feel comfortable being around?
5. What options are available for me to get out and about? If you can do something outdoors instead of indoors, you should do it outdoors.

Remember, those considered at highest risk are those over the age of 65 years or having serious underlying medical conditions. Being disciplined about everyday actions can help prevent the spread of germs and viruses like COVID-19. Wearing a non-medical mask is

not a replacement for other measures like physical distancing, self-isolating when sick, and frequent hand washing. In fact, wearing a mask or gloves can sometimes give us a false sense of security, so be sure to follow all of the recommendations below:

- ✓ Practice physical distancing by keeping 2 metres between yourself and others as well as limiting the number of people you come into close contact with.
- ✓ Wash your hands often with warm water and soap for at least 20 seconds; use an alcohol-based sanitizer if soap and water are not available.
- ✓ Avoid touching your eyes, nose, and mouth – this includes while wearing gloves and putting on or removing a face covering (mask).
- ✓ Avoid contact with people who are sick.
- ✓ Stay at home and away from others if you are feeling unwell.
- ✓ Sneeze and cough into your sleeve
- ✓ Wear a non-medical mask to help prevent giving the infection to others in the event that you are unknowingly infected but pre-symptomatic.
- ✓ Avoid touching surfaces such as handrails.

As always, remember that your individual actions and behaviours affect not only your own health, but that of others in our community. Stay safe. Lead the way.

If you are looking for information, services or support, don't hesitate to reach out to Community Care Concepts at 1-855-664-1900, 519-664-1900 or 519-662-9526.



**“In the town where I was born,
Lived a man who sailed to sea.
And he told us of his life,
In the land of submarines.”**

-- *Yellow Submarine* by The Beatles

I used to listen to tales of the high seas – actually Canada’s own Great Lakes – from sailors in my own family. These vast bodies of waters are more than capable of turning “the minuets into hours,” as Gordon Lightfoot’s song, *The Wreck of the Edmund Fitzgerald*, so aptly puts it.

I was first acquainted with this vastness as a small boy when some uncles and cousins took me out on their commercial fishing tug. As it was still early, (for me at least), I was still asleep and didn’t wake up until daylight – only to discover that there was no land in sight! I couldn’t believe that there was this other side of life – up to then unbeknownst to myself – that was now all around me. At first I was frightened, but as I began to rub my eyes and wake up, I was re-assured to see my relatives all around me, industriously working their fishing nets.

They had a good laugh at me stumbling all around the swaying deck!

I managed to get to my uncle Norm, who was busy separating unwanted fish from the netting as the boat’s machinery slowly wound in the trawling nets. Suddenly, I jumped back. It was coming right for me! -- A massive snake-like lamprey eel, writhing with twists and turns, its sucker-shaped mouth full of razor-sharp teeth! Just then, my Uncle hooked it free and slit it apart with a razor-sharp knife ... all before I could catch my next breath!

He then looked at my shocked expression and teasingly said, “I guess that’s one delicacy you won’t want for supper tonight, eh Freddie?”

Such was the beginning of my pre-school education. To me this world was fascinating, and I was only on page one of the first chapter of my life! As I looked around the deck, I realized that these men held the keys to learning so much more.

The best of times was when they used to regale others with their tales of life on the open waters. From this I learned that, as hard as life can be at times, it always had its lighter side.

Like the time, just after a storm, they were out trawling their nets and came across a guy in a life jacket, bobbing up and down, miles from shore. As they gingerly maneuvered the tug alongside, my uncle Earl hollered down to him, “Where’d you come from?”

“Toledo” spluttered the man. “... boat capsized and sank!”

“Oh, where you headed?” Earl asked.

“Erieau!” was the exasperated reply.

“Erieau?” replied my uncle as he looked up to scan the far away northwest horizon

and the thin smoky blue outline of land. Stroking his chin and nodding in agreement, he finally glanced down to the hapless man, still floating around in the rolling waters. “Well, keep going”, he yelled out cheerfully, “you’re heading in the right direction!”

I still smile as I recount that story ... wondering if the poor man thought they would ever pull him out (which they did, of course), but not before they had a good yarn to spin.

So, this is how I learned my many life lessons which, in later life, enabled me to appreciate the art of really living. These men faced a hard physical and unpredictable existence; yet they wouldn’t have changed it for anything. They took pride in the work they did, and their life became a metaphor for free-will and independence. While my Grandfather was in his late 80s, he passed an Engineering exam. A newspaper reporter interviewed him and asked, “When are you going to retire?”

‘Pip’, as he was affectionately called, had been a farmer, a fisherman, a railroad engineer and a coal stoker. He said, “Why should I retire? My health is good and I enjoy what I’m doing. The only thing that would kill me is a forty-hour week!”

So maybe, ‘life is but a dream’, like the popular children’s song, when you “row, row your boat gently down the stream,” – whereby troubles are seen, not for what they seem, but for what they truly are: Life.



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

Find him at www.fredparry.ca

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Working Together to Make a Difference in Dementia Through Education and Research

by Alie Teetzel-Edmonstone

When Ken Murray's wife Helen was diagnosed with Alzheimer's Disease, his first question was "What can we do?" He wanted to know how to support his partner through this diagnosis and this time in their lives. And, he wanted to learn how to change the way people living with dementia are viewed in our communities. These questions guided him to create the Murray Alzheimer Research and Education Program (MAREP) and these questions continue to guide MAREP as the program grows at the Schlegel-UW Research Institute for Aging (RIA).

MAREP is a pioneer in supporting people with dementia in knowledge generation and translation. All MAREP research and education initiatives involve collaboration between researchers, people living with dementia, families, health care professionals and community members. This authentic partnership approach encourages communities to engage in research and to work collaboratively and equally to promote social change, equality, and empowerment. Since 1993, MAREP has been improving dementia care practices in Canada and around the world.

In 2018, MAREP joined the RIA as one of its signature programs. Since then, the RIA has been expanding and growing the MAREP program while continuing its original mission of research and education.

MAREP has developed a suite of educational pieces for a variety of audiences to help end the stigma of dementia. The By Us For Us Guides© (BUFU guides) are a series of books created by a group of talented and passionate people living with dementia and care partners. The first of the guides was created more than 15 years ago, at a time when people living with dementia were not often participants in developing educational materials. Since then, the developers of these guides have been fighting stigma by creating not one resource, but a series of BUFU guides, and living well with dementia.

The guides are designed to equip people living with dementia with the necessary tools to enhance their well-being and manage daily challenges. These guides were developed out of the desire and necessity to access information that would help enhance well-being and manage activities of daily living. The content of the guides is created BY people living with dementia FOR people living with dementia. There are guides on a variety of topics from communication tips, to safety when out and about to early diagnosis.

Brenda Hounam, BUFU working group member who is living well with dementia, knows that an important impact of the guides isn't only the educational impacts for people in the community, but also the impact they

have on those who developed them. "This project has given us all a purpose and sense of accomplishment that not everyone thought we could do. It is amazing what can be attained when people come together with the same purpose in mind," she says.

Recently, a group of people living with dementia and their care partners identified the topic of social isolation as an information gap that needs to be addressed. Over the next year, the BUFU working group (made up of people living with dementia, care partners and professionals) will create a new guide that will provide an overview of social isolation, its affects, and tips and strategies for how people affected by dementia can reduce their risk of social isolation. The group will analyze information collected from surveys, interviews and focus groups with people living with dementia and care partners held across Canada. The goal of the project is to distribute the guide online and through healthcare organizations such as memory clinics, family physician offices, Alzheimer Societies etc. where people living with dementia can gain valuable information about reducing their risk of social isolation.

MAREP is making a difference in dementia education and research, but it can't be done without the input of individuals with lived experience. By connecting and learning together as researchers, health care professionals, care partners and people living with dementia, we can all make a difference in the lives of our loved ones, neighbours and communities.

How you can help:

MAREP invites people living with dementia and their care partners to participate in the development of this new guide about social isolation and dementia.

If you are interested in taking part in this project by either completing a survey, attending a focus group or interview please contact:

Sian Lockwood - Project Officer, Schlegel-University of Waterloo Research Institute for Aging (RIA)

519-904-0660 Extension 4112
sian.lockwood@uwaterloo.ca

Learn more about the By Us for Us© Guides:
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Healthy Eating During COVID-19

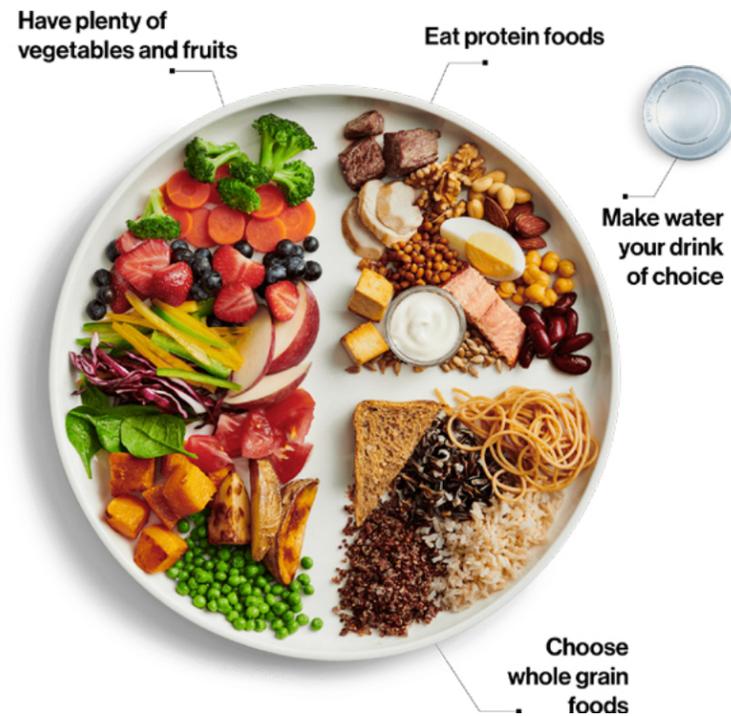
PROVIDED BY LARISSA ADATIA,
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The past few months have led to an increased concern over how to keep yourselves and your families healthy. A healthy diet is important for the maintenance of a strong immune system. While there is no single food, supplement or natural health product that will prevent you from contracting COVID-19, a healthy diet pattern can help keep your immune system strong.

Remember that your overall nutrition is based on the foods that you are eating most of the time. One cookie does not make your diet unhealthy the same way that one salad does not make your diet healthy. There are many nutrients that support the immune system, so it is important to regularly eat a variety of nutrient-rich foods.

The first step is to look at your usual intake. Eating a wide range of colourful fruits and vegetables (think of a rainbow of colours) will provide you with a variety of antioxidants such as vitamin C, selenium and carotenoids, which are important for immune system function. Summer is a great time to include more seasonal fruits and vegetables like cabbage and eggplant (purple), tomatoes and strawberries (red) and kale and zucchini (green).

Include whole grain foods like whole grain pasta, brown or wild rice, oats, whole grain bread, whole grain tortillas, quinoa and barley for fibre. These foods also provide nutrients like iron and zinc as well as B vitamins like folic acid. Most grains are inexpensive and easy to keep in the pantry. Try adding quinoa or brown rice with mixed beans or chickpeas, chopped vegetables and an oil-based dressing for a quick nutrient-dense salad.



Choose a variety of lean proteins like legumes (dried beans, peas and lentils), nuts and seeds, eggs, lower fat dairy products, fish, chicken and lean meats. Proteins provide a variety of nutrients including iron, zinc, calcium, vitamin D and B vitamins. If you are grocery shopping less often, try keeping low salt versions of pantry staples such as tuna, salmon and lentils for easy-to-prepare meals.

Staying hydrated with water and lower fat dairy or fortified dairy alternatives will also help keep you healthy. Dairy and fortified dairy alternatives have vitamin D added, which is one of the only sources in the diet.

When planning meals, aim to cover half of your plate with fruits and vegetables, ¼ of your plate with lean proteins and ¼ of your plate with whole grains.

To keep your whole body healthy, don't forget to wash your hands for 20 seconds with soap and water before and after eating, try to get enough sleep (7-8 hours per night), stay physically active, and manage your stress levels. If you are interested in healthy recipes or more suggestions, check out www.unlockfood.ca.



4 Lessons Seniors Have Learned from Black Lives Matter

Had the world not been sheltering from the coronavirus, I doubt the long-overdue Black Lives Matter movement would have sparked international outrage or gained such incredible worldwide momentum. The situation of people of colour made it abundantly clear that despite inflicting pain on others, those at the top with power, privilege and financial influence wish to stay there at the cost of anyone but themselves. A challenge to the status quo rarely comes from the top down. Black Lives Matter showed us that nothing happens till those who are hovering at the bottom of the pecking order rise up and say,

“Enough is enough!”

The pandemic also pointed the camera on our culture's view of seniors as a burden to be offloaded and warehoused. Passing onto paid caregivers what once was familial responsibility, modern society has designed a convenient system for storing the elderly until the inconvenience of caring for them passes.

Our greatest fears have been played out before our eyes. Long-term care facilities have failed to protect those whose care was entrusted to them. We have all been complicit in allowing the designed-for-profit institutionalization of our older citizens. The crisis in long-term care is but a symptom of a far greater systemic problem,

and something has to change!

Solitary confinement is a cruel punishment reserved for the most intractable prisoners. In this case, the prisoners were seniors whose greatest crime was to be old and frail. Victims of not just facility management neglect, but of a system of caring for aging citizens that is implicitly flawed. Gut-wrenching and heartbreaking stories of life in (some) long-term care facilities touched the nation deeply. In the final stages of life (the average long-term care stay is 18 months), seniors were isolated in tiny unairconditioned rooms, no longer touched or held by family, calling out for help with no reply. Their sense of fear, abandonment and despair is hard to imagine. Collectively we must all accept blame for allowing this to happen and collectively we must fix the problem.

What are the lessons seniors have learned from Black Lives Matter?

1. We've learned that the collective is made up of individuals, like you and me and that we all must actively play our part in enacting change. We must be diligent because change cannot be left in the hands of others.
2. We've learned that we cannot presume others will stand up for us or act in our best interest. If we do not want to end up in a long-term care facility, then we must fight to our last breath to prevent it; otherwise, that breath might be taken alone in a tiny room without a hand to hold.
3. We've learned that our society's concept of institutionalizing and warehousing people when they get old and inconvenient is ill-conceived at best, not just during a pandemic. Healthy societies live multigenerationally, and elders remain valued contributors to society. They are not removed because their getting old creates challenges for younger generations.
4. Most importantly, we've learned that no matter what the colour of someone's skin, their choice of religion, sexual orientation, education, occupation or age all lives matter and all lives matter equally. Indeed, lives are at stake! Yours and mine.

This summer, the author is hosting a series of free virtual coffee shops for older adults to promote open discussion on how we overcome our culture's negative stereotypes of aging and how we map out a plan for positive change.

We all deserve to maintain purpose, dignity and respect right to our final breath.

You owe it to yourself and all seniors to add your voice to the discussion. Collectively seniors need to stand up and say, “Enough is enough!”

To join in the discussion email:
thegreatbrainworkout@gmail.com

Jill Simpson is a senior's fitness and positive-aging specialist. Developer of The Great Brain Workout-Fitness for Your Aging Brain, her classes run at the Woolwich Seniors Association and throughout Kitchener & Waterloo. During the summer, she is hosting a series of free virtual coffee shops for older adults to promote open discussion on how we change the negative stereotypes of aging which result in the marginalization of older adults.

How Will COVID-19 Fit into the Future of Travel Insurance?

This question has come up a lot lately and I suppose it has to do with the fact that so many people travel during the winter months and are wondering if their travel insurance provider will cover them should they have a medical emergency as a result of COVID-19? In actual fact, the answer to this question depends on the type of insurance you purchase. Now, I know this may be the first time you've heard the word "type" come up in a travel insurance conversation but let me explain.

Most people have been in the habit of purchasing their out of country medical emergency insurance through an individual travel insurance company the likes of Manulife, Allianz, TuGo and a few others. At this point in time the companies just mentioned will not provide medical emergency coverage as a result of COVID-19. Their reason for not covering it lies squarely on the Canadian government's issuance of a global travel advisory warning to avoid all non-essential travel outside of Canada.

That being the case, now the question becomes once the "travel advisory" is lifted will these travel insurance companies provide coverage for COVID-19 just as they did prior to March 14, 2020. None of the insurance companies are giving a "yes" answer to that question. In fact, most are saying "no" at this point. To them, there are just too many unknowns about the virus.

SO, IS THERE A POLICY THAT WILL COVER COVID-19?

Yes there is! I mentioned earlier it depends on the type of insurance you purchase. For example, individual health insurance plans are another type of insurance that includes a travel insurance benefit for out of country medical emergencies including COVID-19. The only caveat to this being a viable solution is the "travel advisory" warning that's in place right now. Once this warning is lifted the coverage is in place and you are good to travel with coverage for COVID-19.

An individual health policy has many travel insurance features worth noting, such as,

- \$5,000,000 limit per person
- Multiple trips throughout the year
- Choose between 15 and 30 days per trip
- 90 day pre-existing conditions clause
- Premiums are paid monthly
- No health questions asked for the travel

Although this type of policy answers the question, "is there a policy that will cover COVID-19?" it may not be for everyone. Based on our experience, I can tell you it has shown to be a good solution for most travelers. To continue the conversation, please feel free to give me a call at (800) 433-5307.



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Why older adults should embrace technology

During this pandemic, we have seen a huge rise in the use of technology for social connection. Unable to see our family and friends in person, using programs like Zoom, Skype, and FaceTime have been the next best option. While we may not be able to visit libraries, we can search for literally anything online, and access books and movies for free through online library services. Here are some reasons why older adults should embrace technology during the pandemic and beyond:

1. The stimulation is good for your brain health

There are tons of activities available online that keep your brain active and stimulated. Watch videos, read articles and e-books, or play games like sudoku, chess, and scrabble.

2. Feel connected to society and stay up-to-date with current events

Because social media updates in real time with millions of users, social media sites like Twitter are often well ahead of

the news cycle. They also offer a great way to connect with like-minded folks and communities around the world, which may help if you're feeling isolated.

3. Take part in workout classes

On sites like YouTube and Instagram, you'll find thousands of workout videos for all ages and abilities. No matter your fitness experience, there are videos available for you!

4. Learn something new

Websites like Coursera (and dozens like it) offer a plethora of free and low-cost courses for people of all ages. There are also millions of tutorials available on YouTube, for anything from how to sew on a button, to how to take nice photos, to how to build a wooden bench, and everything in between.

5. Join ASWW's online programs

While we haven't been able to see our amazing clients in person this spring and summer, we have moved most of our programs online!



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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

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Region of Waterloo Public Health

519-575-4400

***NEW* Ontario Caregiver Hotline**

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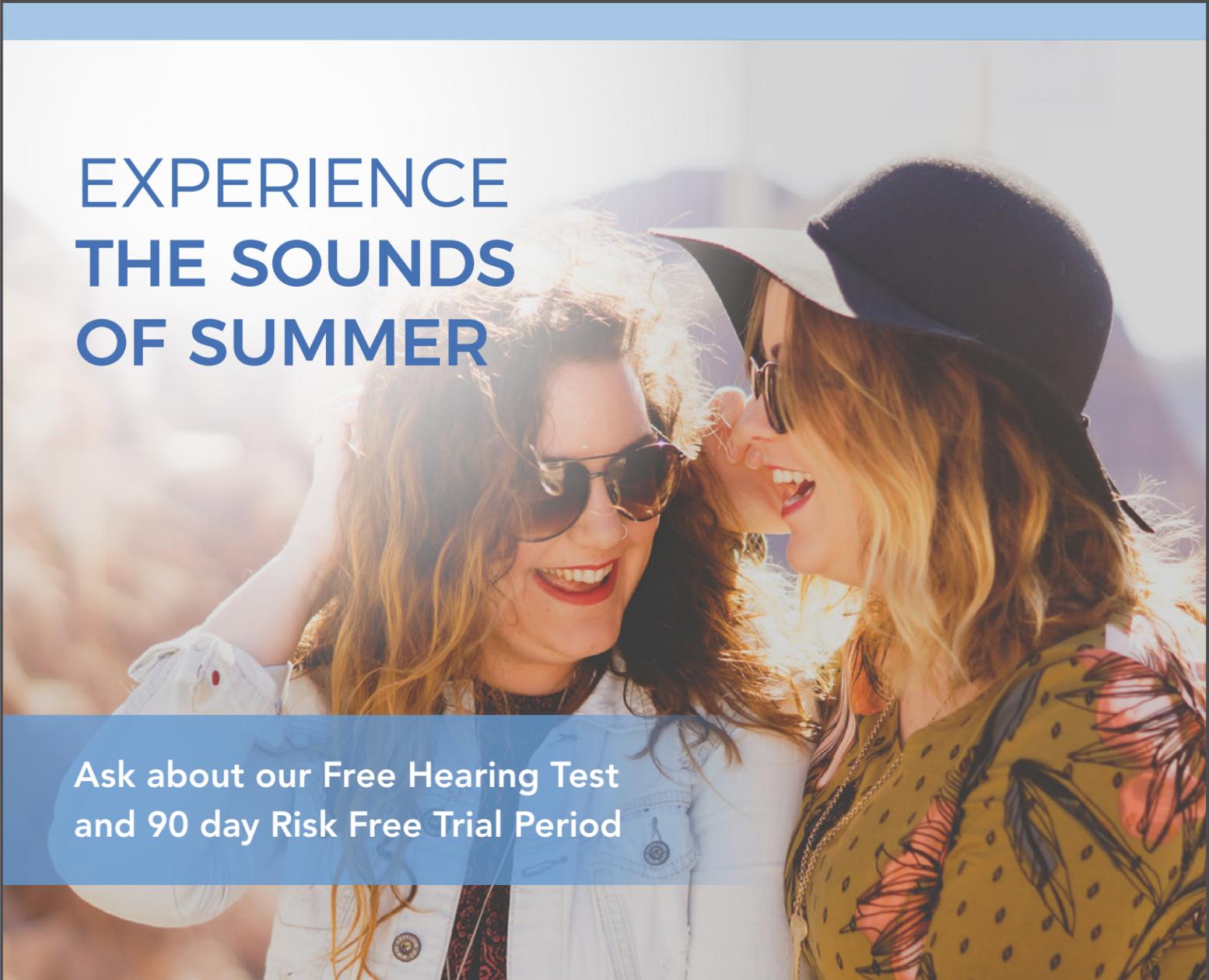


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