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

VOL 3 ISSUE 11 JULY 2021

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Feature Business of the Month

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## On The Cover

Lia Fewkes and Marianne Schlegel of Wilmot Township tell us the many benefits of using their Urban Walking Poles. See page 8 for the full cover story

Cover story written by

Elaine Ballantyne

Cover photo credit:

Elaine Ballantyne



LETTER FROM THE EDITOR

## Welcome Summer ...

I hope you all have been enjoying these sunny, warm summer days. Living in Canada it feels like we wait so long to enjoy these beautiful days and then they seem to go by so quickly. Last summer felt like it came and went way too fast. This summer I am making an extra effort to enjoy more time outdoors exploring some

new hiking trails, and enjoying some relaxing time with my family and friends. If you love walking and hiking be sure to check out the cover story on page 8, and the feature business article on page 5 about the great benefits of using Walking Poles for some extra support. This past year has been a very hard year on all of us, so let's all try to make some extra special memories this summer!

July 24th is International Self-Care Day. Each year they provide a focus and opportunity to promote healthy lifestyle self-care programs around the world. ISD is a device developed by the International Self-Care Foundation to promote self-care as a vital foundation of health.

Whether you spend it on a hike, with your pet, or curled up with a good book, taking time to care for yourself will go a long way towards improving your mental health. It builds confidence, relieves stress, and lays a foundation for wellness.

## Wishing you all a happy and healthy summer!

Tara



# Embracing Change



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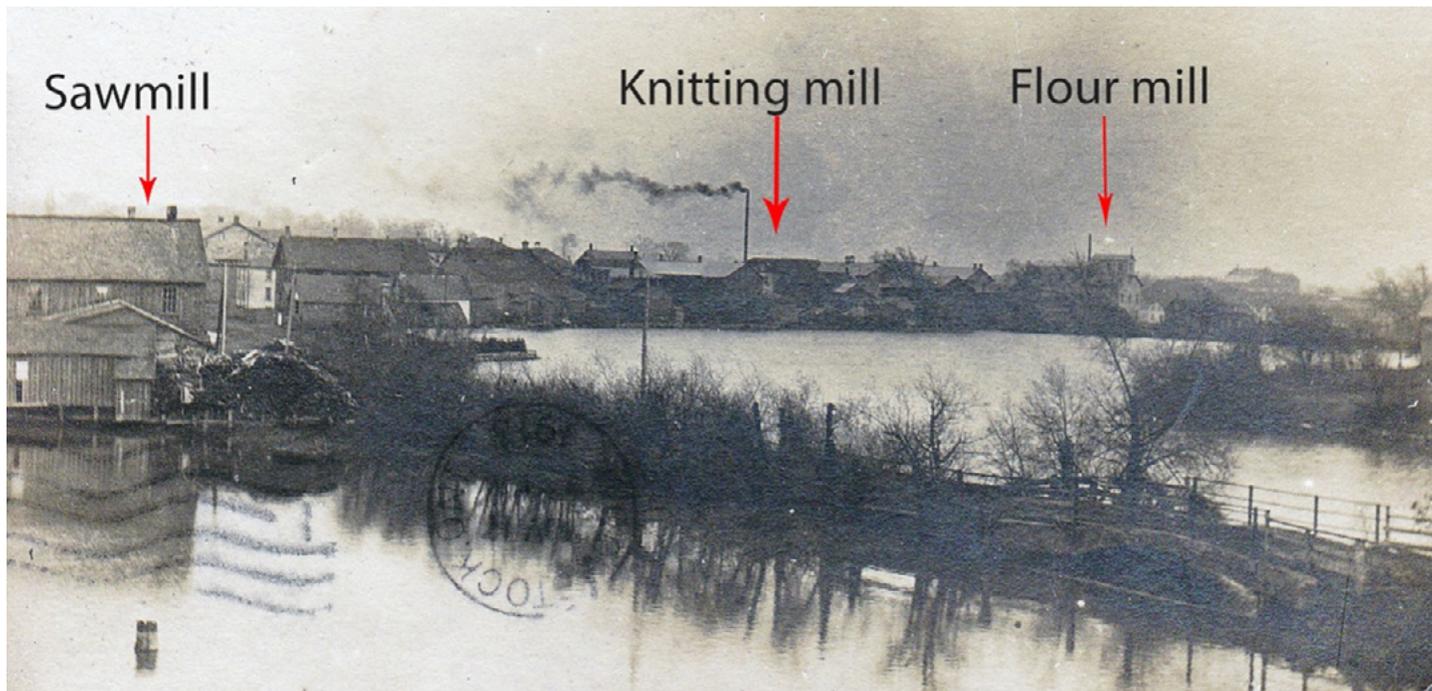
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Embracing Change is proud to be a Community Voice. We hope to foster connections within the community in a positive way. The expressed or implied opinions of authors and advertisers are not necessarily those held by the publication, it's editor or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



## THE MILLS OF WELLESLEY VILLAGE

Nancy Maitland, Wellesley Township Heritage and Historical Society

William Walker surveyed Wellesley Township in 1842-1843. His notes record a “good water privilege” in Wellesley village on the creek near the home of one of the earliest settlers, Christian Berger. Because of that, people and industry were drawn to Wellesley village.

The mill pond was created in 1845 when James Ferris built a dam across a swampy section of Firella Creek to run a sawmill. This mill was said to be able to cut 1,000 board feet in 24 hours.

In 1848, John Schmidt, considered to be the founder of Wellesley, took over the operation of the mill and continued to develop the area. In 1853 he sold his land to Christopher and Henry Doering who built another sawmill in 1855 as well as a grist mill.

In 1856 the Doering brothers built the flour mill. In 1867, John G. Reiner, arrived in Wellesley from Neustadt where he had owned a sawmill. Soon after his arrival he built the woolen mill and carding mill. He later built the knitting mill. In 1873 the Doering brothers sold the flour mill to John Reiner and his business partner Eckhardt Stein.

This early 20th century postcard shows the extent of milling in the village.

The mill has undergone several changes in ownership and design. The Faber Brothers owned the mill in the early 20th century. They added the third storey and front extension in 1910. They sold the mill to Joseph Leis in the 1920s who converted it to a feed mill. The Jantzi Brothers took over the business in 1943 and ran the mill until 1972 when it was sold to George Jones. John Reidt bought the mill in 1991 and ran it until it closed.

Today the mill is a unique example among Ontario mills buildings. Its half-timbered walls rest on a massive stone foundation with brick infilling between the timbers. Some of the original milling equipment is still in place.

If you have any postcards or photos of the mill and pond, please allow us to scan and return them to you. If you have any memories of the pond, we'd love to hear from you. Please call WTHHS member Debbie Kroetsch at 519-502-4673 or email us at [info@wellesleyhistory.org](mailto:info@wellesleyhistory.org).

# Staying Active Throughout the Summer



The beautiful weather has arrived and it's time to get out and enjoy it as best we can. With Covid and the cold weather keeping us home all winter many people are eager to get outside. Current recommendations suggest that everyone can enjoy outdoor activities as long as you can maintain your two meter clearance from those not in your household. If you are quarantining after travel or because of Covid symptoms you should remain on your own property.

Not everyone has to be a runner to stay fit, walking provides many of the same benefits and does not have the same jarring impact on your body. If walking alone feels too easy consider trying our Urban Poles nordic walking sticks which will recruit your arms, shoulders and core and turn your walk into a full body workout.

Those rehabilitating from an injury or surgery should consider the Urban Poles stability walking sticks. These sticks are designed to provide the user with additional support to increase stability but they also help turn a walk into a full body workout. If more support is required rollators are a great option. These devices are designed with 4 wheels and a seat, walk at your own pace and take a breather whenever you need one.

Wilmot township has a great trail systems you can see descriptions and lengths on the township website at <https://www.wilmot.ca/en/things-to-do/Trails.aspx>

There are many other devices to help you stay healthy and active even if you wish to remain indoors for the time being. A pedal exerciser can be used to exercise your legs but if placed on a table it can be used to exercise your arms and shoulders. Stretch bands are useful for helping to build muscle or aid in performing stretches.

After a workout consider refueling your body with high quality protein supplements and electrolytes if you really sweat it out. Massage and stretching also helps aid in recovery. If you really want to treat yourself, consider a post workout snooze in a zero gravity chair. These chairs hold your body in a neutral pose and can elevate your feet above your heart to improve circulation and prevent swelling. Zero gravity chairs are also suitable for people who need to sleep in their chairs overnight.

Whether you are doing a work out, walking to and from work or blowing bubbles with the kids be sure to enjoy your summer to the fullest.

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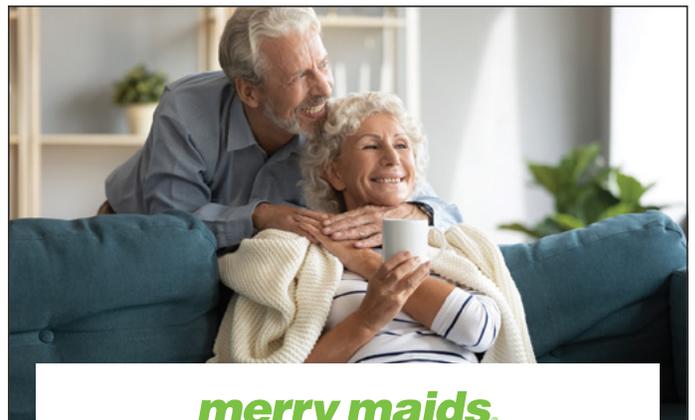
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# Tim Louis

Dear Neighbours,

This past year, Canadians have displayed incredible resilience, compassion, and solidarity. My priority remains focused on supporting you and your loved ones. I look forward to when I can visit some of you, perhaps even play piano and sing for you.

While we miss spending time together in person, this year is a celebration of what lies ahead: our resolve leading us to our reconnection. It is together that we will rise to the challenges and step up as we have always done. As Canadians.

This Canada Day, being Canadian fills us with pride. The men and women who keep us safe, whether those in uniform serving our country or the brave frontline and essential workers here at home are a fitting example of how serving others is woven into the fabric of our great nation.

Each day, more residents of the Waterloo Region are getting vaccinated against COVID-19 thanks to our local healthcare workers, clinic staff and volunteers. With each dose administered, we are one step closer to the finish line of this pandemic.

Our Federal government is focused on helping seniors. It's important that they, and the community organizations that support them, have access to the resources they need. We know that seniors have been greatly affected by COVID-19, which is why we made support for seniors a priority in Budget 2021.

Budget 2021 will increase Old Age Security (OAS) benefits for OAS pensioners who will be 75 or over as of June 2022 by providing a one-time payment of \$500 in August 2021 and permanently increasing regular OAS payments. We also designated \$90 million to assist community organizations provide support through the Age Well at Home initiative to help seniors age in their homes.

After a lifetime of hard work, seniors deserve to live healthy, safe, and independent lives. Through initiatives like the New Horizons for Seniors Program (NHSP), we are helping seniors stay informed, engaged and connected with their communities. This year Elder Abuse Prevention Council, Elmira Lawn Bowling Club and Woolwich Seniors Association will be receiving up to \$25,000 each. The NHSP supports projects offered by organizations that make a difference in the lives of seniors and their communities.

My office is here to help you. Please reach out to me about the Federal Government's assistance programs by calling 519-578-3777 or emailing Tim.Louis@parl.gc.ca. I will continue to listen to your ideas and work tirelessly to support you and keep our community safe.

Have a safe and Happy Canada Day, and a wonderful summer!

All my best,

Tim Louis, Member of Parliament for  
Kitchener-Conestoga



Photo from February 2020

  
*Happy Canada  
Day!*

**TIM LOUIS**

Member of Parliament, Kitchener-Conestoga

COVER STORY

# Urban Walking Poles

WRITTEN BY  
ELAINE BALLANTYNE



For Lia Fewkes of Baden, her set of Urban Walking Poles are a god-send. Since a teenager, Lia has had a problem with her ankles giving out unexpectedly. She says that as she has grown older the frequency of this occurring has increased.

“I was beginning to feel trapped in my home. The fear of falling was keeping me from going out,” tells Lia.

While attending the Wilmot Wellness Fair in 2019, Lia came across Pharmasave’s booth and was demonstrated how the Urban Walking Poles worked.

“I noted that the poles were recommended by the medical profession,” shares Lia.

Lia finds that there are several design benefits of her poles. First she points out that her poles are not your normal walking pole. “These are for balance,” Lia explains.

Pointing out the handles, Lia tells that the handle shape is specifically designed for your right and left hands. “I find it does not bother my arthritis,” says Lia.

With special bell shaped tips on the bottom of her poles, Lia says this helps her stability. The poles are adjustable and have been set in place to suit Lia’s height. The anti-vibration feature reduces stress on Lia’s joints.

One of the handiest features of the poles for Lia has been that they easily collapse and become compact for travel. On a bus trip to Newfoundland, Lia took her poles. “They really supported me on that trip,” tells Lia.

In one incidence where the group had to hike into a vargarios place, aided with her poles, Lia did it--and she did it well. Lia says they certainly helped make visiting Newfoundland a great experience. Lia says armed with her poles, she walks more.

“I am now walking more. My weight is coming down. Mentally I feel good as I’m not fearful of falling,” she explains.

With improved balance and stability, Lia is a more confidant walker. She can now walk greater distances and reports that the poles have also helped her posture when she walks.

“I recommend these poles to others,” Lia tells Embracing Change.

Lia says she has had many people stop to look at her poles and ask about them. As her poles have made a significant and positive difference in her life, Lia is always happy to talk to inquiring people.

“They have improved my balance and stability when walking and just standing,” says Lia. “I recommend them to others.”



Marianne Schlegel only has one speed when she is using her Urban Walking Poles. . .fast!

Happily living in the Morningside Community, Marianne faithfully walks every day. She is steadfast in her morning ritual. Her neighbours will attest that “Speedy Marianne” kindly picks up their newspapers off their driveways and puts them on their porches when she’s out walking.

“I’m so thankful for my poles,” says Marianne. “They keep me from falling in the winter.”

In 2008, Marianne had hip surgery. It was following this that she got her first set of Urban Walking Poles. “Now I walk straight,” she says. “The poles have made all the difference.”

Marianne points out that by using the poles when walking, users burn more calories. “You’re using your whole body,” she explains.

Studies show that Urban Poling allows for a total body workout because it engages 90% of a user’s muscles. 30 minutes of pole walking is equivalent to 50 minutes of regular walking.

Marianne tries to focus on her breathing when she pole walks. Marianne

recommends that pole walkers keep their mouths closed when they walk. “It helps you with your breathing,” she explains. “You need to fill your lungs.”

Studies done show that pole walking generates higher oxygen uptake than standard walking at an equal rate of perceived exertion. It is said that the “rhythm” created by walking with poles leads to more relaxed and regulated breathing. Increased stamina is the positive result.

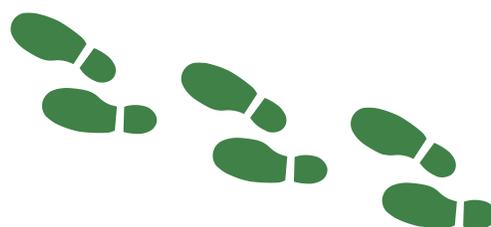
But for Marianne, walking with poles is so much more than just exercise and enhanced breathing. “It’s my meditation time,” she shares sincerely. “It’s my time to say thank you.”

In May 2019, Marianne’s beloved husband Ray died. As someone who has always had an “attitude of gratitude”, Marianne kept up her pole walking routine. “I’ve lived that way my whole life,” she says. “I am a thankful person.”

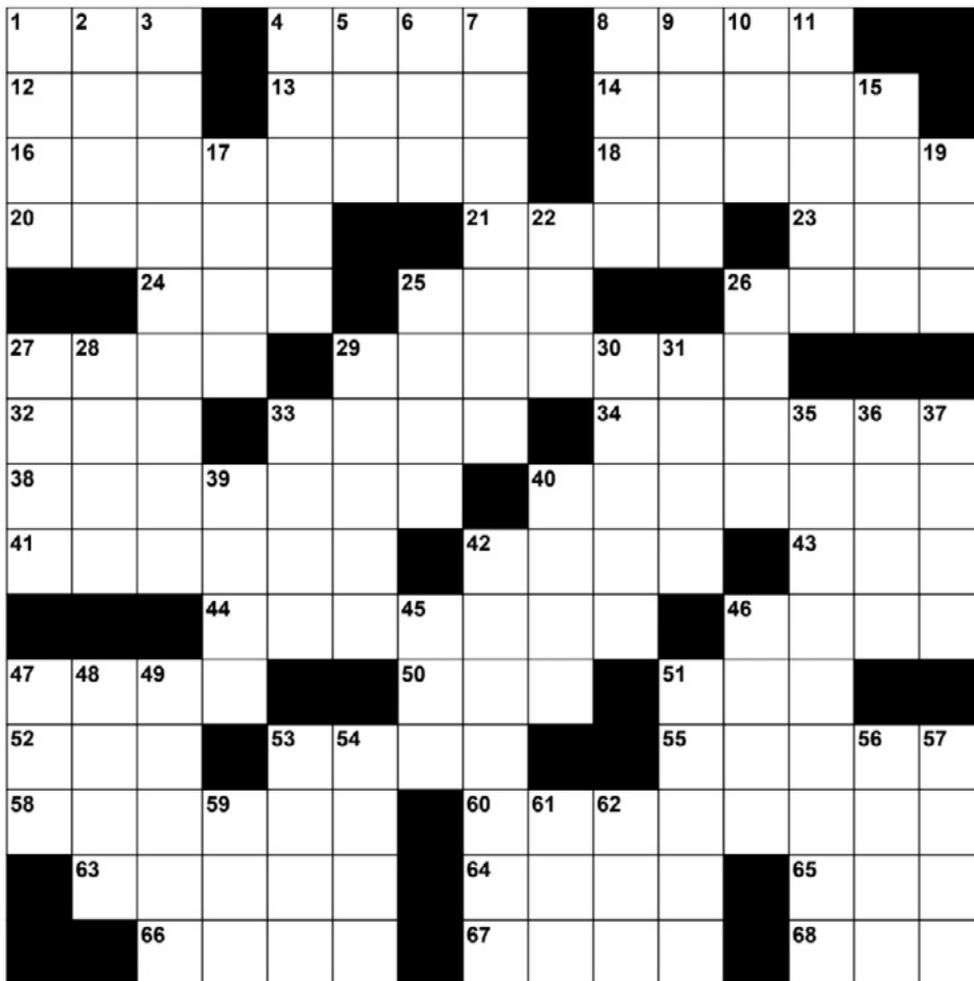
While in motion, and being supported by her poles, Marianne is not only having an exercising experience, but she is also having a worship experience.

“I believe the Spirit lives in us. We are too blessed to be stressed and too anointed to be disappointed,” she retells.

For Marianne, pole walking is a whole body experience. By using this very effective and safe method of exercise as an opportunity to grow spiritually, it is evident that Marianne increases her happiness and her peaceful state of well-being. Marianne tells Embracing Change that she shares her story because she hopes she can help others.



# JULY CROSSWORD SUMMER



Solutions on Page 14

## 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

## 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
- 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
- 68 Time zone

# Laughing Matters!

## July Fun Facts

### July 3 2001:

First artificial heart to operate solely within human body successfully implanted.

### July 5 1988:

The phrase "What's Up, Doc? Used by Bugs Bunny is trademark registered.

### July 10 1812:

The United States invades Canada at the Detroit Frontier.

### July 21 1660:

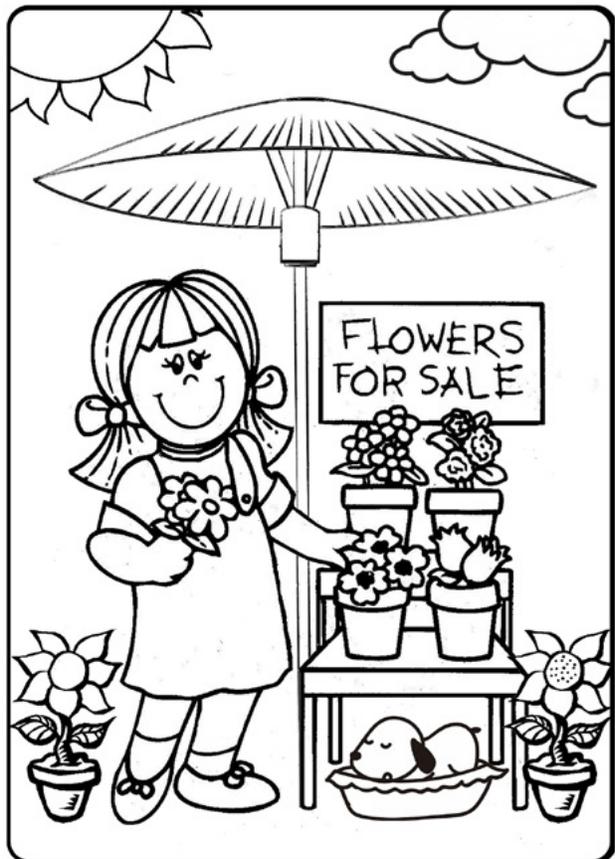
Canada's first recorded census puts the population at 3,418

### July 30 1933:

Monopoly board game copyrighted; inventor Chas. Darrow sells patent to Parker Bros.



## Can you spot the 11 differences?



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WEEKLY INSPIRATION during COVID times:

*But I know, somehow, that only when it is dark enough can you see the stars.*

- Martin Luther King, Jr

*Hope is the last thing ever lost.*

- Italian proverb



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# WCHC Reminds You to Practice Self-Care Each and Every Day!

International Self-Care Day (ISD), on 24 July each year, provides a focus and opportunity to raise the profile of healthy lifestyle self-care programs around the world. The date, 24 July, symbolizes that the benefits of self-care are experienced 24 hours a day, 7 days a week. In other words, the benefits of self-care are life-long and do not just relate to a single day. The International Self-Care Foundation has developed a framework for self-care:



## Knowledge & Health Literacy:

the capacity to obtain and understand basic health information and services needed to make appropriate health decisions.

## Mental Wellbeing, Self-Awareness & Agency:

knowing your body mass index (BMI), cholesterol level, blood pressure; and engaging in health screening.

## Physical activity:

practicing moderate intensity physical activity such as walking, cycling, or participating in sports at a desirable frequency.

## Healthy eating:

having a nutritious and balanced diet

## Risk Avoidance or Mitigation:

quitting tobacco, limiting alcohol use, getting vaccinated, practicing safe sex, using sunscreens.

## Good Hygiene:

knowing your body mass index (BMI), cholesterol level, blood pressure; and engaging in health screening.

## Physical activity:

washing hands regularly, brushing teeth, washing food.

## Healthy eating:

having a nutritious and balanced diet

To learn more go to: <https://isfglobal.org/practise-self-care/the-seven-pillars-of-self-care/>

Don't forget to check out our Wellness Blog or virtual health education at [www.wchc.on.ca](http://www.wchc.on.ca)

# WHERE TO GET YOUR FREE COPY

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

## WILMOT TOWNSHIP:

- MeMe’s Café New Hamburg (outside magazine stand)
- Sobey’s New Hamburg (outside magazine stand)
- Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg
- Heart & Home Creations NH



- McDonalds (outside magazine stand)

## WELLESLEY TOWNSHIP:

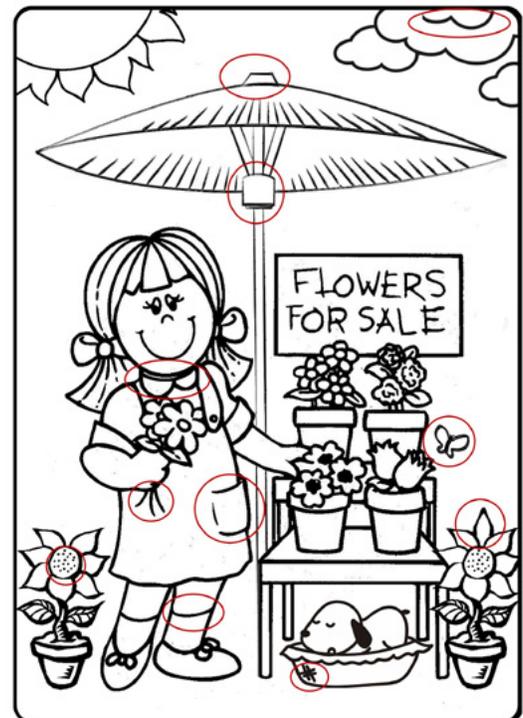
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

## WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin’s Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou’s Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)

# Solutions





# Ask the Doctor

with Dr. Nicole Didyk

I am in my 70s and enjoy the outdoors, especially walking along the river and wooded areas. Lately I have been hearing more and more about the dangers of insect bites, namely mosquitoes and ticks. I have had many bites which have caused welts but experienced no ill effects. Is this something I should be more concerned about?

The most common biting insects in Ontario are mosquitos, ticks, black flies, horse flies, bees, wasps, and hornets. If that list makes you want to stay indoors, take heart! Serious insect related illness is rare in Ontario, and with a few sensible precautions, bug bites won't get in the way of an enjoyable ramble by the water.

Most insect bites cause little more than an itching red bump, due to the irritants from the insect saliva. Local treatments can reduce the temptation to scratch and prevent bleeding and infection. Use ice, cold packs, calamine lor other anti-itch lotions. Taking a non-sedating antihistamine helps too. Hives might need a non-prescription topical steroid cream to settle.

Ticks can carry the bacteria that causes Lyme disease, but unless the tick is attached to the person for at least 72 hours, it's very unlikely. To avoid tick problems:

- ▶ Check for and remove ticks after outdoor activities
- ▶ Bathe well after being outside
- ▶ Put clothes in the dryer on a short, hot cycle to kill any stowaways

West Nile virus can be transmitted by mosquitoes but causes no symptoms in up to 99% of cases. The best way to avoid West Nile is to prevent a mosquito bite:

- ▶ Use an insect repellent with DEET, oil of lemon eucalyptus or its synthetic version PMD Picaridin, or BioUD (be careful not to get it in your eyes and reapply frequently).

- ▶ There's no evidence that taking vitamins, eating garlic, or burning a citronella candle helps to repel mosquitoes
- ▶ Wear protective clothing at peak mosquito times (dawn and dusk), and clothing treated with permethrin is available and safe for use in older adults.
- ▶ Get rid of standing water and other habitats for mosquito larva

Get outside but make sure you're prepared to avoid insect bites.

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

**If you have questions for Dr. Didyk, please email them to [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com). You don't need to give any identifying information.**

**Disclaimer:**

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

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**Dear Members of the Community,**

Recently, you may have seen news about optometrists in Ontario and wondered how this impacts you and your family. At Dolman Eyecare Centre, your eye care is our number one priority. We want you to know we have a plan to protect access to quality eye care and we are committed to ensuring you get the quality eye care you deserve.

**What’s the problem?**

For more than 30 years, the Ontario government has failed to adequately fund eye care and has refused to formally negotiate with optometrists.

In 1989, the Ontario government paid \$39.15 for an eye exam. Thirty-two years later the Ontario government pays on average \$44.65 for an eye exam.

That fee does not come close to covering the office expenses such as staff, rent, utilities, equipment, and supplies.

**How will this affect you?**

Unfortunately, those who will be impacted the most are the groups OHIP is supposed to protect; our children, seniors and those with existing eye diseases. If the government continues to ignore this issue, Ontario optometrists will be left with no choice but to stop providing OHIP services starting September 1st, 2021.

After more than 30 years of neglect, the Ontario government can still fix this before September 1st. They only need to commit to a formal negotiation that will lead to a solution. We are pleading with the Ontario government to act responsibly and avoid any impact to our patients.

**How You Can Help**

If you want to help us ensure access to your eye doctor is not at risk, please visit [SaveEyeCare.ca](http://SaveEyeCare.ca) to sign an electronic letter to tell our elected government officials that eye care matters to you!

Sincerely,

*Howard Dolman BSc OD*

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# Common Causes of Vision Loss



Vision loss is more common than you may think! Knowing what puts you at risk of developing vision loss is important and can help you to be proactive about caring for your eyes.

## Common Causes of Vision Loss

### Cataracts

Cataracts occur when the crystalline lens within the eye becomes cloudy.

Common cataract symptoms include cloudy or blurred vision, difficulty seeing at night, light sensitivity, double vision in the affected eye, and seeing colours as faded or yellowish.

Risk factors for developing cataracts include:

- Aging
- Diabetes
- Hypertension
- Smoking
- Previous eye surgery, injury, or inflammation
- Alcoholism
- Extended use of corticosteroids

### Age-Related Macular Degeneration (AMD)

AMD is the leading cause of severe vision loss in adults over the age of 60. It occurs when the macula (the small central portion of the retina, which is responsible for sharp, colourful, central vision) gradually becomes damaged.

Early stages of AMD usually go unnoticed, but later stages of the disease can produce symptoms like blurred vision, dark or blurry areas in your central vision, and problems with colour perception.

There's not yet a cure for AMD, but certain treatments can help to slow down vision loss.

Risk factors for developing AMD include:

- Smoking
- Obesity
- Aging
- Long-term sun exposure
- Hypertension
- Heart disease
- Family history of AMD
- Light-coloured eyes
- Farsightedness



### Diabetic Retinopathy (DR)

Diabetic retinopathy is a complication of Type 1 or Type 2 Diabetes that affects the light-sensitive tissue at the back of the eye called the retina.

Initially, diabetic retinopathy shows no symptoms but can eventually lead to blindness, if untreated. It can cause increased floaters, impaired colour vision, dark spots in your visual field, and blurred vision.

Risk factors for developing diabetic retinopathy include:

- Length of time from diabetes diagnosis – the longer you've had it, the higher your chances of developing visual complications
- Uncontrolled blood sugar
- Obesity
- High cholesterol or blood pressure
- Smoking
- African American, Hispanic, and Native American ethnicities
- Family history of Diabetic Retinopathy

### So, what's the bottom line?

Multiple factors contribute to eye disease and vision loss, and some may be relevant to you. If you think you may be at risk for vision loss or experience any of the symptoms listed above, speak with your eye doctor as soon as possible. We also recommend you have your eyes thoroughly examined every 1-2 years, or as often as your eye doctor recommends.

**Howard Dolman BSc**

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## Some Call It Grace

Everyone knows of Sesame Street – with Big Bird and the smaller “Muppets” – but, ‘Mr. Rogers’ Neighbourhood’ was a children’s TV first: kids talking about their feelings and dealing with them.

Not your typical ‘pie-in-the-face’, Bozo-the-clown-type kid’s show... Mr. Rogers respected his young viewers too much, saying, “You made it a special day for me. You know how? By just being yourself. There’s only one person in the whole world like you and I like you just the way you are.” It was always, a beautiful day in the ‘neighbourhood.’

Whereas, other kid’s shows primarily taught the ABC’s and numbers, he discussed emotional coping skills and the development of a positive self-image. For over 30 years, he was like a life coach for kids (and parents) dispelling their fears by having them look beyond themselves to consider others’ feelings.

Fred’s show won major awards; however, I admired his personal discipline – his life being extraordinarily regulated. Early to bed, up pre-5am for prayers (an ordained minister), responding to scores of letters and swimming laps before most folks were even awake. Later, at the TV studio, he wrote the script, created the music, and was the voice behind his puppets.

He renewed his faith daily. If his work couldn’t directly help, he’d “help the helpers” – those healing a hurting world.

**“He earned his love through discipline, a thundering velvet hand.**

**His gentle means of sculpting souls took me years to understand.”**

– Leader of the Band by Dan Fogelberg

<https://youtu.be/NzpiwKNecHc>

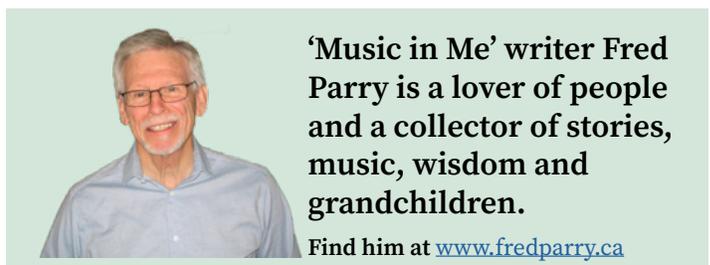
What makes helpers like him tick? I believe his faith emulated the world’s greatest humanitarians – like Nelson Mandela observing, “Education is the most powerful weapon which you can use to change the world.” And, Mother Teresa of Calcutta saying, “... people of today do not think that the poor are like them... they look down on them. But... they too, are children of God.”

Fred’s legacy includes encouraging children to proudly recognize their uniqueness; because, there’re many – directly or indirectly – who would tell them otherwise. With Mr. Rogers, they had loving permission to believe in themselves and others... to leave room for dreams. We’ve known leaders like him, but how can we measure up? Anytime! His eternal invitation is to ride the “Neighbourhood Trolley” in your own way. Poet, Maya Angelou, suggested, “If you can’t change it, change the way you think about it.”

There were also visitors including “Officer Clemmons” – played by Francois Clemmons – portraying a friendly neighbourhood cop, who in 1969 shared Fred’s kiddie foot-bath and towel. Innocent enough now, but back then it was considered radical – Clemmons was black... standing against a background of segregated public pools. But, Rogers fearlessly challenged actions that hurt children: like racism, anger, bullying, divorce, death and gun violence. One boy asked, “How do I get the mad out?” Mr. Rogers’ advice? “As you grow... showing and telling people that you love them... these are the most important things you’ll ever learn to do.”

There’re many ways to show you care. Mr. Roger’s way was through kindness, trust, love and empathy: some call it grace.

*That’s the way I figure it. – FP*



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

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

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# Child Support for an Adult Child

Do parents have an obligation to support their adult child(ren)? This question often arises in the case of separated spouses. The answer is: yes, if the adult child is considered a 'dependent'.

An adult child (aged 18+ years) is dependent if they are unable to support themselves because of illness, disability, or other reason. Whether or not an adult child can support themselves is not always clear cut. A court will consider factors such as whether the child can live alone, and whether the child is financially or emotionally independent.

Generally speaking, an adult child is also likely considered a dependent if they attend post-secondary education, provided their participation in the program is 'meaningful'.

Parents may also be on the hook for paying a portion of the tuition expenses, in addition to continued support, depending on their financial positions, and any financial assistance the child receives.

How much support is an adult child entitled to? Generally speaking, support is calculated having regard to the *Child Support Guidelines*, based on the income of the payer parent. Courts can depart from this amount, however, having regard to the conditions, means, and needs of the child, and the financial ability of the parents.

When does child support for an adult child end? There is no clear cut off age, and the court will look at this question on a case-to-case basis. Ultimately, support ends when the adult child is no longer considered dependent on his/her parents.

If you have questions about your obligations or entitlements to support, GGFI Law would be happy to assist you.

**Carly J. Bauman, B.A. (Hons.), J.D.**

Associate at Giesbrecht, Griffin, Funk & Irvine LLP



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# Staying Safe in the Summer Heat

The summer provides a great opportunity to get out of the house to enjoy the weather, relax and enjoy the outdoors, particularly after the long fall, winter and spring that we have just experienced. While we need to continue to stay vigilant and follow public health guidelines to minimize exposure and spread of COVID-19, it is always nice to feel the warmth of the sun on our face. At the same time, the sun, heat and humidity can create challenges for us. To help prevent a heat-related emergency, here are a few safety tips that you can follow:

## Stay Hydrated

Staying hydrated is essential in the summer heat. Drinking 6 to 8 glasses of water each day is important. Rather than drinking when you are thirsty, which means that signs of dehydration are already kicking in, it is important to consume water throughout the day. This is especially important as you age, when the feeling of becoming thirsty can sometimes be less noticeable and your body has trouble adjusting to changes in temperature. Get in the habit of taking a water bottle with you wherever you go. Try and avoid, pop, alcohol and caffeinated drinks which can dehydrate you.

## Wear Sunscreen

While we enjoy the sun, spending 15 minutes in the sun on a hot summer day can cause damage to our skin, especially with the impact of UV rays. In addition to being painful, sunburns prevent the body from naturally cooling. Apply and reapply sunscreen throughout the day to minimize the impact of the sun on your skin.

## Protect Your Eyes

Too much exposure to the sun can irritate your eyes, especially if you are already experiencing issues with your vision. Wearing sunglasses is recommended to help protect your eyes from harmful UV rays.

## Wear the Right Type of Clothing

Light, loose clothing, made of natural (such as cotton), rather than synthetic material, can help heat to escape and to make you feel cooler. Wearing lighter colours such as white or yellow can help to reflect the rays of the sun. Wearing a light, long sleeve shirt is also a great way to protect your skin from the sun. Wearing a hat with a wide brim to protect your neck and face is also helpful.

## Exercise Wisely

If you enjoy getting out of the house for activities, walking or gardening, be sure to wear protective clothing, keep track of time to avoid long periods of exposure to the sun and drink more water than usual, especially if you are exercising.

## Avoid the Hottest Part of the Day

If at all possible, it is best to organize outside activities in the morning or evening, when it tends to be cooler. Limiting outside activities between noon and 3 pm, when it tends to be the hottest part of the day, is a good way to reduce the impact of the heat.

## Know Your Medications

It is important read labels and to talk to your doctor or pharmacist to understand if your medications cause any side effects or sensitivities as a result of the sun. Some medications are also less effective if exposed to heat.

## Stay Cool

During the heat of the summer, finding opportunities to stay cool is important. Having access to air conditioning at home is always helpful. However, there are many public places in our communities that you can access to stay cool.

On behalf of Community Care Concepts, we want you to enjoy the many benefits of the summer weather while staying safe and in good health. If you have questions, concerns or need help in getting out of the heat and into a cooler environment, please don't hesitate to contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.



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# PRE-RETIREES:

## Plan now for health care and long-term care costs

If you're close to retirement, you'll have several financial issues to consider. But you'll want to pay attention to one of the most important of these issues: health care and long-term care costs. How can you prepare yourself for these expenses?

The best way to begin is to get an early start on estimating these care costs. According to the Edward Jones/Age Wave Four Pillars of the New Retirement study, retirees' greatest financial worry, however, is not economic uncertainties like recessions, inflation or taxes—even during the extreme uncertainty caused by the COVID-19 pandemic. Their greatest financial worries are encountering unexpected expenses and the cost of health care, including long-term care. Among those age 75 and older, healthcare and long-term care costs (47%) outrank unexpected expenses (43%) as the biggest financial worry. And women retirees are noticeably more worried than men about healthcare costs (54% vs. 40%).

The annual out-of-pocket costs for traditional medical expenses may not be insignificant, but it's certainly a number that can be addressed by careful planning. The national averages for public long-term care homes range between basic rooms and private rooms is \$22,696 to \$34,236 per year (\$22,696 and \$32,419 per year based on Ontario Ministry of Health & Long-term Care 2019.) The preference for most people is to be able to continue to live in their own home as long as possible, the cost for private home care can be significantly higher than the cost of moving into a long-term care facility

Clearly, between regular medical costs covered by your provincial medical plan or those not covered by it, and costs resulting from the possible need for long-term care, your health care and long-term care bills can mount. To meet these costs, you need to plan ahead – and take action.

For example, it's essential that you incorporate health care expenses into your overall financial strategy. You can also work with your Edward Jones financial advisor to run some “what-if” analyses to see if your strategy would be derailed by a potential long-term care stay. And your financial advisor you work with may be able to suggest specific protection vehicles that can help you meet the costs of long-term care.

The best time to prepare for your health care and long-term care costs during retirement is well before you retire. So, if you haven't already started, now is the time to do so. When it comes to paying for health care, the fewer surprises, the better.

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

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**Is your retirement strategy missing health & long-term care costs planning?**



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# HOW TO CARE FOR YOURSELF

## WHILE YOU ARE CARING FOR SOMEONE LIVING WITH DEMENTIA

### ASK FOR HELP FROM OTHERS

If you are hesitant about the quality of care someone else may provide, it may help to remind yourself that even if they may do things differently, your loved one will be safe and well-cared for. When you have a chance to rest and recharge, you'll be able to provide excellent care going forward.

### TAKE CARE OF YOUR HEALTH

Regular exercise has numerous mental and physical benefits. It may seem like an impossible task to find time to exercise in your day - try to do this activity with your loved one. Our Minds in Motion® program would be a great way to help keep you and your loved ones fit and healthy.

### START A JOURNAL

Each day try to write 3-5 things that you are grateful for that day. These do not have to be big things - by doing this each day you will be able to recognize all of the blessings that come in disguise. This can also be a safe space to get things off your chest.

### ACCEPT YOUR FEELINGS

When caring for a person living with dementia, you will have many mixed feelings. You may feel contented, angry, guilty, happy, sad, embarrassed, afraid and helpless. These feelings may be confusing. But they are **normal**. **Recognize that you are doing the best you can.**

### WE ARE HERE TO HELP

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



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

**Reflexology may help with:**

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Circulation	Quality of Life
Stress	And so much more!

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# EMERGENCY CONTACT NUMBERS

### Emergency (Fire/Medical/Police)

911

### Waterloo Regional Police Non Emergency

519-570-9777

### Crime Stoppers

1-800-222-8477

### Ontario Poison Centre

1-800-268-9017

### Ontario Problem Gambling Helpline

1-888-230-3505

### TeleHealth

1-866-797-0000

TTY: 1-866-797-0007

### Waterloo Wellington LHIN

519-310-2222

### Community Care Concepts

519-664-1900

### Retirement Homes Regulatory Authority

1-855-275-7472

### Elder Abuse Response Team

519-579-4607

### Interfaith Community Counselling

519-662-3092

### Hospice of Waterloo Region

519-743-4114

### Alzheimer Society of Waterloo Wellington

519-742-1422

### Township of Wilmot

519-634-8444

### Township of Wellesley

519-699-4611

### Township of Woolwich

519-699-1647

### Region of Waterloo Public Health

519-575-4400

### \*NEW\* Ontario Caregiver Hotline

1-833-416-2273

This space is generously  
donated by:

### TOWN SQUARE PHARMACY

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





# GARDENING



Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.



F L O W E G E R M I N A T E  
 R S S E L B A T E G E V T A  
 R E R Y W O R G E S S R T L  
 F F U A L N S B U S O T I O  
 L H R D O S I N E W E O O T  
 S O K U A A S A E E S E H T  
 H E A R I H S L R T S G D H  
 R E G Y I T H A N V I H E S  
 U N R N E I T H E N E A R R  
 B E E E M O T I D O N R S E  
 S N O R T C O N R F L V I M  
 C A N N U A L S A T S E R M  
 R G R B M R W T G T R S Z U  
 B F L O W E R S T N B T V S



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Annuals  
 Bees  
 Day  
 Flowers  
 Fruit  
 Garden  
 Germinate

Grass  
 Grow  
 Harvest  
 Hoe  
 Night  
 Rain  
 Seeds

Shrubs  
 Soil  
 Summer  
 Sunshine  
 Trowel  
 Vegetables  
 Water



# Are You Sick of Being Tired? Tired of Being Sick?

If you've got 30 minutes a week, I guarantee a more energized, healthier you! Science proves the toxins and chemicals already inside all of us are causing cell mutations, weakening our immune system, disrupting brain functions, draining our energy, and even stealing precious years of our life. Now there's a way to **gently FORCE these toxins and poisons out of your body once and for all**, and you can do this all while relaxing in your favourite chair!

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John Jacobs and his wife Bev, of Wellesley, launched Healthier Living 4 You in 2004 with a mission to bring quality alternative healthcare products to individuals, businesses, and healthcare providers.



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### 80% Less Harsh Chemicals In Your Pool

Chlorine is bleach, and it's dangerous! What's in your pool that you want to bleach? Your hair, your swimsuit, your kids? The **Caribbean Clear Automatic Pool Purifier** prevents red, stinging eyes, stiff hair and bleached swimsuits.

#### The Advantages of Using Our Caribbean Clear System Are:

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**PHARMASAVE**

Home Health Care

## Town Square Pharmacy

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

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

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

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

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

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**PHARMASAVE**

Specialty Compounding

## Baden Village Pharmacy

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

### Pharmacy Services

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

### Front Store

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



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

## Town Pantry Health Food Store

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

### Juice Bar

- Green and Vegetable Juices
- Protein Smoothies
- Fruit Smoothies

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

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

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

**PHARMASAVE**

Medical Pharmacy

## Breslau Commons Pharmacy

10 Townsend Drive, Unit 10, Breslau, Ontario

P. 226.243.5200 F. 226.646.7847

### Pharmacy Services

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

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



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