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VOL 5 ISSUE 11 JULY 2023

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Tara Held

EDITOR/PUBLISHER

Rich Held

DISTRIBUTION

Jessica Uttley

DESIGNER

Alzheimer Society Waterloo
Community Care Concepts
Dr. Nicole Didyk
Fred Parry
Kelly Durst - Health First Dental Hygiene
Elaine Ballantyne
Woolwich Community Health Centre

CONTRIBUTORS

On The Cover

This month's issue celebrates the Grand Opening of the Mike Schout Wetlands Preserve. Offering a sanctuary to birds and wildlife as well as numerous ecological benefits, Mike Schout talks about this and the human benefits this gem of New Hamburg will provide for now and into the future. L-R Cathy Harrington, Executive Director/Community Care Concepts; Mike Schout and Mance Lefebvre, Wilmot Active Living member.

See the full cover story on page

Cover story and photos by:

Scott Dunstall



Embracing Change



147 Arnold St
New Hamburg, ON N3A 2C6



519-574-6428



embracingchangeinfo@gmail.com



www.embracingchange.ca

Editorial Policy & Disclaimer:

Embracing Change is proud to be a Community Voice.

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



LETTER FROM THE EDITOR

Welcome to the July edition of Embracing Change.

As we delve into the heart of summer, we find ourselves amidst a season of warmth, adventure, and endless possibilities. It's a time to embrace the beauty of nature, engage in meaningful connections, and create lasting memories.

In this issue, we have curated a selection of articles and features to inspire and enrich your lives. We understand that the senior years are an incredible chapter filled with wisdom, experiences, and a desire

for continued growth. Our aim is to provide you with valuable insights, resources, and entertainment that cater to your unique needs and interests.

This month, we delve into the importance of maintaining an active and healthy lifestyle. From tips on staying fit and agile, to exploring new hobbies and adventures, our experts have shared their advice on nurturing your physical and mental well-being. Be sure to get out in nature and explore the NEW Mike Schout Wetlands Preserve in New Hamburg!

Life Hack Tip ~ The Problem: Stubborn Corn Silk!

Eating fresh corn on the cob is one of my favorite summertime traditions. But it's not all fun and games with farm-fresh corn, because before you can cook it up and slather it in butter, someone has to "shuck" it, but finding a way to remove all those sticky corn silks left behind can feel downright impossible!

How To Remove Silk From Corn The Quick & Easy Way

All you need for this simple hack is a small piece of shelf liner. You'll want a shelf liner that has a decent amount of "grip" and feels slightly tacky to the touch.

After removing the husk from an ear of corn, just rub the shelf liner over the surface of the kernels. The liner will grip onto the silks and pull them away from the corn!

Wishing you a delightful July filled with love, laughter, and cherished moments.



Tara

Flashback Photo

Health Care at Home

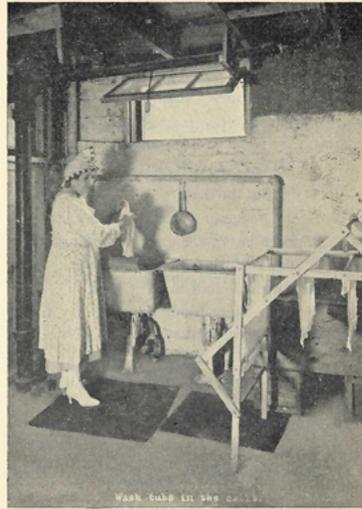
by Nancy Maitland, Wellesley Township Heritage and Historical Society

In May, we celebrated the contribution of nurses and other caregivers to early residents of the township. But what would people do if a nurse or a doctor wasn't available?

The simplest form of personal health care was preventative - cleanliness, nutrition, and personal safety. Several publications in our collection gave children and adults alike some guidelines to follow. While some of the topics covered in health-related publications seem like common sense today, early residents may have needed guidance.

The school-age children had access to publications such as a 1911 publication entitled "Hygiene for Young People ... a health reader for pupils ten or eleven years of age." It included chapters on such topics as fresh air, ventilation, selection and digestion of food, microbes and disease and "the alcohol habit." There were even chapters that are timely today - "tobacco smoke in air" and "impurities in air."

The Canadian Department of Health provided information to residents of all ages in a series of books in the 1920s with instructions for taking care of household waste, how to manage housework, the need for milk in the diet. There was even one called "How to Build the Canadian House." This contained a list of "twelve good things" a house should have, some of which were an icehouse, refrigerator, a cleaning closet, a safe garden



LAUNDRY WORK. Canadian Government Motion Picture Bureau. Ottawa.



where children can play, bins for flour, sugar and other groceries, a baking board, an ironing board and a cold cupboard.

There was information for new parents in a 1930s booklet published by the Ontario Department of Health called "The Baby." It covered everything from pre-natal care to preparation for confinement, registration of birth, care and feeding of the infant. Additional chapters included foods for the older infant, care of the runabout child, habit formation, common ailments of children and immunization.

We have several books dealing more directly with medical issues including an 1886 volume called "Plain Home Talk ... Medical Common Sense" which would

have been helpful to very early residents. A recent addition to our collection is an 1892 book titled "The Practical Home Physician and Encyclopedia of Medicine; A Guide for the Household Management of Diseases." Of course, the contents are instructive, but most interesting is the fact that this was a sales representative's copy of the book. He would have travelled throughout the area, showing the book to householders, asking them to buy it. The last few pages list "subscribers," residents who agreed to buy the book. They were from Wellesley, as well as Linwood, Glen Allan, Lebanon, Moorefield, Drayton and Peel Township (now the municipality or Township of Mapleton). As you can see, there was a lot of support where health and well-being were required.

TWELVE MORE GOOD THINGS

1. An Ice-House.
2. A Refrigerator.
3. A Cleaning Closet.
4. A Safe Garden where Children can Play.
5. Bins for sugar, flour and other groceries.
6. A baking-board, securely attached and supported.
7. An ironing-board, securely attached and supported.
8. Small Shelf above main shelf for small articles.
9. A Cold Cupboard: openings from outside and inside.
10. A built-in sideboard, three parts, with high window in centre.
11. A built-in Cupboard with Drawers which "pull both ways", in wall between kitchen and dining room.
12. A Hopper beside kitchen sink. Waste-pipe to go into plumbing above trap.

Mature Women Bra Care

Are you still wearing the same bra style and size you've always worn? It might be time for a change. Our breasts change with age. More than 80% of mature women wear the wrong bra. You won't believe how much better you will look and feel in a bra that is right for the body you have today. Here at Town Square Pharmacy we have expert bra fitters to help you find the perfect bra.

If your favourite bra doesn't fit properly, it can hurt your back, neck and shoulders, it can affect your posture and spinal health and can lead to skin irritations. Many of us are apples and oranges, our left and right breasts are different. As we age, that difference can increase. We have a simple comfortable solution to help you to fill out a bra cup on that one side where you need it. Restore balance and confidence – it matters to your health.



For the past several years we have been fitting women who have undergone partial or radical mastectomies with quality, soft and non-invasive bras. Through this time we've discovered that mature women have found it difficult to find quality bras.

We now carry a wider variety of products such as front closure, sleep, and step in bras that are easy to put on and take off. We also carry cozy comfortable tops with a built in bra that provide support day and night. Call us today for a free private personal fitting. We will measure and help you choose the bra that best suits your size and lifestyle.

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**WE LOOK
FORWARD TO
SEEING YOU!**

Understanding How our Oral Health Affects our Overall Health

Kelly Durst, IRDH

Owner and Hygienist: Health First Dental Hygiene



The term “oral-systemic link” describes the relationship between periodontal (gum) disease and your overall health. We now understand that our mouths are the pathway to the body; and that if we have an unhealthy mouth, it can have an impact on our overall health.

Periodontal disease progresses from gingivitis to periodontitis. It is the state of inflammation in your gums and tooth supporting structures. It has been identified as the body’s most abundant source of low-grade, chronic inflammation. Having a body that is constantly in a state of inflammation puts an overall burden on our immune system, and eventually weakens and causes irreversible damage to our immunity.

Periodontal disease also has the potential to affect your overall health as it has been shown to result in inflammation in parts of the body far distant from the oral cavity. This inflammation, along with periodontal pathogens, have been shown to be a contributing factor in many systemic diseases including:

1. **Diabetes:** Those with diabetes are more likely to have periodontal disease, especially those whose blood sugar is not under control. When you have diabetes, you are more at risk for infection. Keeping a healthy mouth will ensure that chronic gum disease does not lower your immunity.
2. **Cardiovascular (heart) disease:** Several studies have shown the risk between periodontal pathogens and the exacerbation of heart conditions.

3. **Alzheimer’s:** The bacteria that are shown in gum disease have been shown to cause the progression of Alzheimer’s.
4. **Respiratory disease:** Periodontal pathogens may be aspirated into the lungs. This has been shown to aggravate respiratory conditions.
5. **Cancer:** It has been shown that men with gum disease are more likely to develop kidney cancer, pancreatic cancer and blood cancers.

Maintaining both your oral and overall health are important for a healthy lifestyle. Ensure you have a good oral hygiene routine you follow at home. Talk to your oral health professionals if you’re not sure which tools are best for your needs. Regular visits with your dental hygienist and dentist can help identify early signs of inflammation, and help you get your periodontal status to a healthy one.

Gilliam, K (2017). A system for the link? The oral-systemic link is spilling over into multiple health-care settings. RDH <https://www.rdhmag.com/patient-care/article/16409813/a-system-for-the-link-the-oral-systemic-link-is-spilling-over-into-multiple-healthcare-settings>.

American Academy of Periodontology (2023). Gum Disease and Other Diseases. <https://www.perio.org/for-patients/gum-disease-information/gum-disease-and-other-diseases/>

COVER STORY



In Conversation: Mike Schout Discusses The Wetlands Preserve

WRITTEN BY: SCOTT DUNSTALL

A major event taking place in Wilmot this summer is the Grand Opening of the Mike Schout Wetlands Preserve on June 10th. We were honoured to sit down with Mike Schout and ask a few questions about the location to give our readers an idea of what to expect during their visit.

EC: I've read that the Wakodahatchee Wetlands in Delray Florida were part of your consideration in imagining the Wetlands project here in New Hamburg. Were you inspired by this location on a first visit, or did you research it with the intention of launching something similar in New Hamburg?

MS: Neither. I had visited Wakodahatchee numerous times but it was when I was thinking about my trail donation that I thought about doing something like Wakodahatchee.

EC: There are so many positive outcomes the preserve will offer. Ones that the community

will enjoy for generations to come. Better stormwater management, a naturalized habitat for aquatic life and birds, flood management, a sanctuary for visitors to peacefully commune with our natural world. Do any one of these resonate particularly loudly for you?

MS: They're all equally important. It was also a way to help make a difference in the battle for climate change by creating a carbon sink. Trees absorb carbon dioxide and release oxygen. We've planted 9,500. There isn't room to plant any additional trees.

EC: What do you think will resonate the most for the community as a whole?

MS: I think it'll change over time as people become more in touch with nature, the value of nature and the healing benefits of nature.

EC: How involved have you been with the project from an operational point of view? Are you making decisions and answering questions on a daily basis or do you have a team managing that for you?

MS: The vision was mine but we built a team with each step. For example, Greg Schnarr worked with the surveyors to get the elevations which then allowed Phil Holst and myself to lay out the ponds and boardwalk. Phil then supervised the pond construction while Greg and I made the decisions about the boardwalk materials and contractor.

EC: And now that the space has been officially opened, how will it be maintained and kept true to its original design? Will it be the GRCA, township or you and your team? Or a combination?

MS: It was 'wasteland' which is now a Township asset so I assume the Township Parks Department will take control. Perhaps a group will form such as 'Friends of Wetlands' because there's a lot of interest from the public who have asked how they can get involved.

EC: Looking at the map on the township website, I'm curious about the creation of the water bodies in the preserve. How were they created? And will any be stocked with fish?

MS: They're man-made according to a specific plan in size, shape and inconsistent depth. Nature will provide and NO fishing is allowed. Nor is it allowed to gift fish such as goldfish which will destroy the native habitat.



EC: Bird boxes will be located throughout. Birds are an essential part of maintaining the health of the pollinator meadows at the preserve. Boxes will also be installed to attract Bats as they are an important check against dangerous insect species that can damage pollinator plants. What other things have been done to attract other wildlife species?

MS: Our scope is much broader than your question allows. We've done a few things to attract wildlife such as what you've mentioned as well as the osprey pole for nesting, the heron rookery, the snake hibernaculum, the turtle nesting areas, the Kildeer nesting area, planting 9,500 TREES of various species, several hundred berry bushes for food and seeded 35 acres of pollinator plants; but the focus

has been on giving nature the opportunity to expand naturally. The boardwalk is elevated intentionally as the least invasive way for visitors to learn about nature.

EC: I visited the site and noticed there are parking spaces that will accommodate vehicles designed to augment mobile assistance. As this magazine's audience is mostly seniors and those with limited mobility, can you tell us if there were any special considerations embedded in the design of the site? For example, are there smooth surfaces and transitions on the trails and boardwalk? Are there benches and ramps throughout? Restroom facilities? Is there a location for service buses to drop off and pick up their passengers?

MS: The entire project is wheelchair / mobility scooter accessible. Benches will be installed before the grand opening and there will be a location for buses. I don't know what the Township has planned for or GRCA will allow for washrooms.

EC: Along similar lines, studies have shown that for older adults, exposure to nature helps improve sleep patterns and reduces anxiety and improves cognitive functioning. Simply put, spending time in nature helps people to feel healthier and happier. Will there be any features or aspects of the preserve that will enhance that experience for seniors? For example, information signs about the different tree, plant and wildlife species being observed. Special observation platforms?

MS: Everyone will have to visit to see!!

If you haven't been to the site it is truly remarkable especially when you consider that this was a "wasteland" before Mike's vision came into reality. The community thanks him and all that have worked towards this ambitious and much valued natural oasis for all the enjoy.

OTN Care Partner Support Group: A Lifeline for Rural Care Partners in the Waterloo Wellington Region



Colleen Martin, MSW, RSW shares her experiences with the OTN Care Partner Support Group

Rural communities face unique challenges when accessing health care services and support. For those caring for a person living with dementia, the need for resources and support is incredibly crucial and often, unfortunately, lacking. To bridge this gap, the Alzheimer Society Waterloo Wellington has partnered with the Ontario Telemedicine Network (OTN) to provide valuable access to informative and emotional support through hybrid support group sessions that unite people in rural communities.

Colleen Martin, a Social Worker with the Alzheimer Society Waterloo Wellington, reflects on the unique characteristics of rural care partners. “Care Partners who live in rural areas are resourceful; they grew up solving problems and finding solutions independently. However, when supporting a person living with dementia, care partners often face difficulties in accessing resources and struggle with caring for their person. The OTN Care Partner Support Group provides a space for Care Partners to gain support and guides them to find resources.”

The OTN Care Partner Support Group’s hybrid support group model is designed to maximize accessibility and allow rural care partners to participate, especially those in less populated regions. While these sessions are held virtually, they are hosted at a local community centre under the supervision of trained staff, providing the benefits of both virtual and in-person support. This hybrid model ensures that those with limited access to technology or connectivity can still participate. Connecting with others who understand what they are going through can give rural caregivers the comfort they need to find coping strategies and feel a part of a strong community.

Aside from offering a haven for emotional support, these hybrid sessions also serve as an educational platform. With Alzheimer Society-trained staff members leading each session, participants can access accurate, up-to-date information on dementia care. The opportunity to ask questions and seek guidance from these knowledgeable professionals helps care partners gain confidence in their caregiving roles.

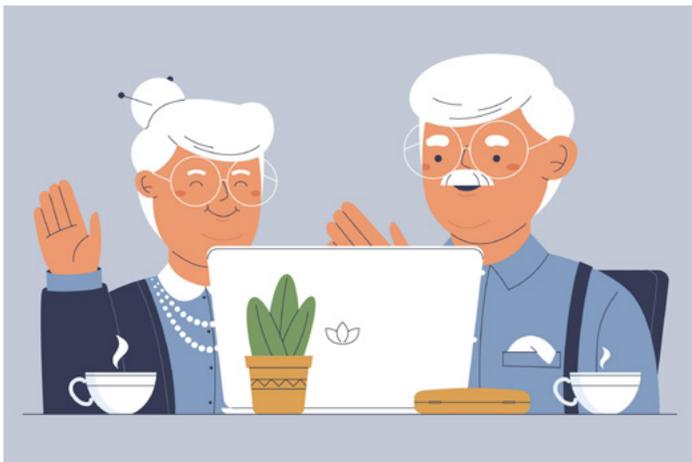
Rural care partners who join the support group often express relief in finding a community that understands the unique issues they face. A few of the many challenges that rural caregivers must navigate are isolation, lack of resources nearby, and limited access to specialized health care services. For them, the OTN Care Partner Support Group is much more than a support group – it is a lifeline.

By uniting rural care partners across the region, the OTN Care Partner Support Group is building an invaluable support network and resource centre to assist those in rural areas. Participants feel reassured that they are not alone on their journeys but are also empowered with the knowledge they need to provide quality care and support for their person living with dementia.

The Alzheimer Society Waterloo Wellington is committed to reaching out to these communities and fostering an environment where rural caregivers can find the help they need, regardless of geography. The OTN Care Partner Support Group is instrumental in making this network accessible to rural care partners in the Waterloo-Wellington region, ensuring they feel connected, informed, and supported throughout their caregiving journey.

To learn more about this support group, and to find other supports available, please call our office at 519-742-1422. We are here to help you live your best day.





Preparing for Your Digital Legacy

As the digital world evolves, so does the type of assets that a person can leave behind after they pass. A modern Will should now contemplate what happens to a person’s digital assets, and digital presence.

Most people expect that their Will should cover physical assets, like real estate, vehicles, furniture and jewelry. But digital items are owned too. The most tech-savvy might have digital investments like bitcoin and NFTs. But many, many more people have a YouTube channel, an Etsy store, or a website, all of which could continue to earn some income after your death. And just about everyone has an

e-mail address, a Facebook or Instagram account, and digital loyalty points like Air Miles, PC Optimum Points, Canadian Tire money, or Scene+ points. These count as assets, and someone will have to make decisions. Do you want your Facebook account continued, or shut down? Who should decide whether your YouTube channel is capable of being sold or monetized? If you’re an artist or an author and have some unfinished work saved on your computer, should it be published and released, or not? Who gets all those travel reward points, and does your executor even know where to find them?

As technology changes over time, consider whether your Will needs to identify anything specific about how your internet digital footprint is to be kept open or shut down; or whether you need someone with a specific skill-set to help get cash value out of your digital assets. It’s recommended that a list of accounts, and maybe even passwords, be kept somewhere safe for your Executor. Ultimately, if you have questions about how to include digital assets in your estate plan, speak to a lawyer to make sure you are making an informed decision.

Robert Lanteigne is a partner at GGFI Law LLP, with offices in New Hamburg (519-662-2000) and Kitchener (519-579-4300). This is an occasional column where lawyers offer tips about frequently asked questions. This advice is offered for information purposes only, and may not cover all circumstances, please consult any qualified lawyer for advice specific to your needs.



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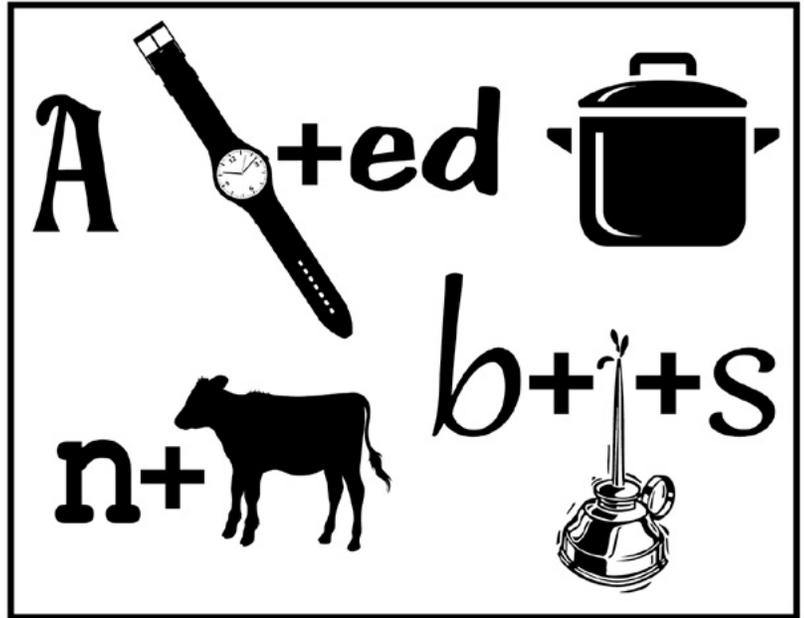
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July Puzzles!



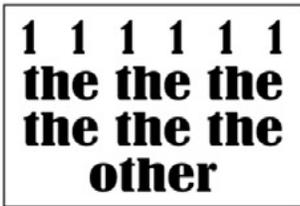
Concentration Puzzle

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



Wacky Wordies #9

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



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



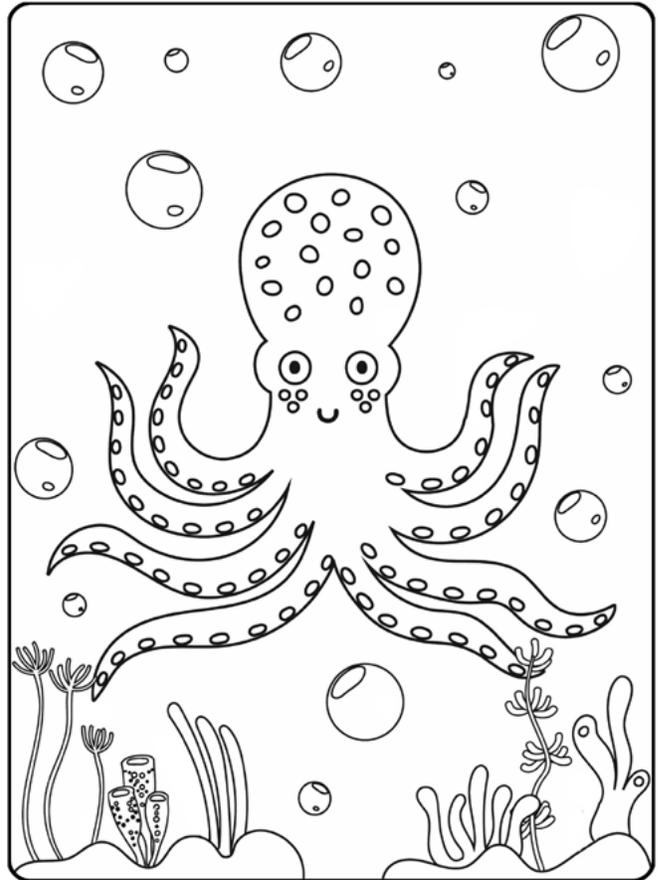
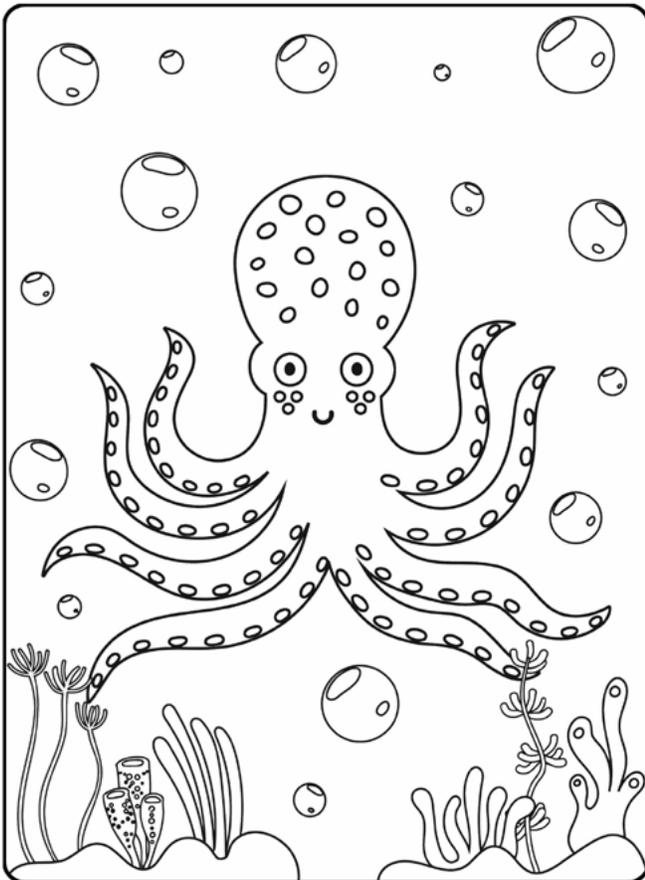
12. _____

Laughing Matters!



SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



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:

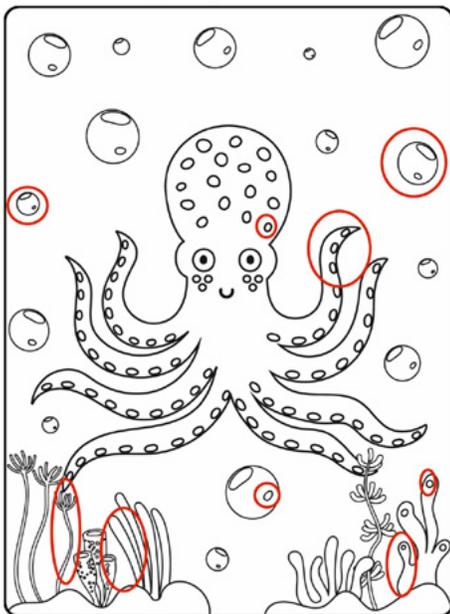
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

- 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)
- Harvest Moon St. Jacob’s

Solutions



Concentration Puzzle: A Watched Pot Never Boils

Wacky Wordies #9

1. Six of one, half a dozen of the other
2. Ten-car pileup
3. Shortage (short age)
4. Pretty please
5. Half sister
6. To swear black is white
7. Mixed metaphor
8. Leftovers
9. Starry night
10. Uphill putt
11. Back to square one
12. Cash flow



As an experienced Real Estate professional with the **Lifestyle Fifty Five+ Affiliate** designation, I have the training and skills to assist mature & senior clients with safety and confidence in all aspects of the downsizing process of buying and selling homes.

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Ask the Expert: Mercedes Kay Gold

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In the summertime, I am outside gardening, walking and enjoy playing golf and tennis. I often feel weak and lightheaded. Could I be dehydrated?

- Sent via Instagram

Dehydration occurs in the body when you use more fluid than you take in. It's imperative to stay hydrated. Water is essential to carry out a slew of functions in the body from regulating body temperature to protecting organs and lubricating joints along with supporting digestion and transporting nutrients and oxygen.

Do you drink enough? We lose water through sweat, medication, stress, low carb diets, vomiting, diarrhea, diuretics, high sodium intake, and even electronics. We must replenish stores. The average person needs 8-12 cups a day but 30ml per kilogram of body weight before other factors is more accurate.

There are countless clues highlighting dehydration. The most obvious sign is dark and foul-smelling urine but please keep asparagus on the menu. Clear straw-colored urine is the forever goal. That being said, certain medications plus vitamin C, many of the B's, carrot juice, and beets do alter the color.

Confusion, dizziness, nausea, muscle cramps, headaches, dry mouth, sunken eyes, and increased heart rate can be indicators the body needs more water. Prevention is key to offset the scary side effects associated with dehydration.

Drinking one cup of water for every 15 minutes spent outside on warmer days

and aiming for even more while exercising is a good rule of thumb. Fun fact: Air conditioning may feel fabulous on steamy summer days, but it also dehydrates the body.

Feeling thirsty means you are already in a deficit. Don't wait to be parched, sip throughout the day. Instead of drinking plain water, choose sugar-free coconut water. This remarkable replenisher is an electrolyte extraordinaire thanks to the power of potassium, magnesium and a small amount of sodium. For summertime fun times, don't forget to pack fresh raw vegetables and fruit, nature's for on-the-go wondrous water packed snacks. When in doubt, take a sneak peek at the color of your urine. Straw colored is the goal!

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Trouble Seeing the Fine Print? Here are Your Options...



Every good pair of eyes eventually develops a condition called presbyopia. Presbyopia, which usually begins to set in some time after the age of 40, occurs when the lens of the eye begins to stiffen, making near vision (such as reading books, menus, and seeing your phone) blurry. These days there are a number of good options to restore clear vision. But first, let's take a look at the symptoms of presbyopia.

Signs of presbyopia include:

- Difficulty focusing on small print on close objects
- Eyestrain, headaches or fatigue, especially when reading or doing close work
- Holding reading material at a distance to see properly
- Needing brighter light to see close objects clearly

Presbyopia can be diagnosed through a comprehensive eye exam.

Treatments for Presbyopia

There are a number of options for presbyopia which include glasses or contact lenses.

Glasses

The most common form of presbyopia correction is eyeglasses. For some, reading glasses are sufficient to improve close vision. Others, especially those with another refractive error, require more complex spectacle lenses.

Bifocal and multifocal lenses, including progressive addition lenses (PALs), offer another functional solution for those with nearsightedness, farsightedness, and / or astigmatism. These lenses have two or more prescriptions within the same lens, in different zones. Progressive Add Lenses provide a progressive transition of lens power creating a smooth, gradual change in focus from distance to near.

Contact Lenses

Contact lenses offer a very convenient option to clear the near vision blur of presbyopia. When

successful, contact lenses can provide the freedom of vision at all distances without the limitation of head position. Although multifocal contact lenses have come a long way, it's not uncommon to try several lenses before finding the combination that provides the best level of vision and comfort for your needs.

Medication - On the Horizon

Currently, there are clinical trials with promising early results that are testing eye drops which restore the flexibility of the human lens. It could be possible that in the future eye drop prescriptions will be used to reduce the dependence on reading glasses or multifocal contact lenses.

Presbyopia is affecting a greater percentage of the population and more research is being done into treatments for the condition. If your arm is getting tired from holding books further away or you are taking pictures of labels in the grocery store to read the fine print, see your eye doctor to discuss the best option for you.

Howard Dolman BSc OD

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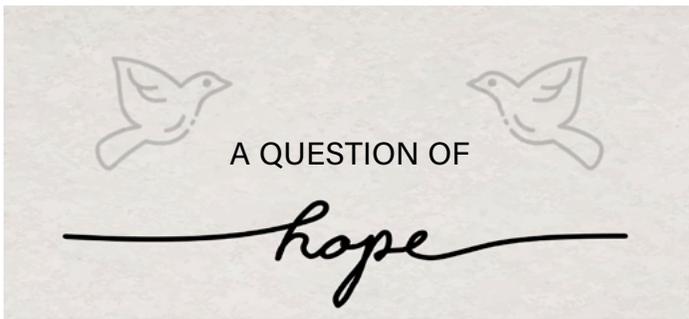
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Learning our return flight had been delayed again – “delayed” being an euphemism for “don’t hold your breath” – I started hearing the strands of a Sinatra tune, “Come fly with me! Let’s fly, let’s fly away!” Ah, the 1950’s... and now? Too much pent up demand due to COVID-19, too many people trying to go to too many places, and too few pilots and staff to take you there... and back again.

Fortunately, we’ve been away visiting family in early summer where the living is easy – grateful for not being stuck in a hotel or airport somewhere.

But now, according to the popular blog, Vlogbrothers, there’s a new reality to despair about: “the Sad Gap.”

This is where “our outrage meets up with our hopefulness.” The brothers maintain that social media content is deliberately unrelenting in its volume – providing oversimplified solutions in a superficial manner. These sites are often run by unscrupulous actors for their own hidden profit or political agenda – leaving us lost to any meaningful dialogue.

That’s because it would take too much work, on our part, to go deeper on every complex subject: for example rising autocracies, homelessness, etc. But, they warn, unless we dig beneath the surface, we’re always going to be on the edge of hope. The Vlog brothers say the key out of the Sad Gap’s depressing state is to: prioritize your energies, become well read and informed, and personally engage with others.

**“Don’t know much about history
Don’t know much biology
Don’t know much about a science book
Don’t know much about the French I took”**

– Wonderful World by Sam Cooke

From my experience, that includes considering both the macro and micro views for both context and understanding.

Canada: a 2022 macro view:

As a current example, a British poll of 10,000 Canadians found most citizens including young people (18-24) and those over 65 felt that Canada is a better place to live today than 30 years ago. We’re more hopeful, agreeable, empathic, proud and trusting of our own democracy and national identity... less fractured than the U.S. (National Post)

Canada: a 2022 micro view:

Canada has had many medical discoveries and innovations, including: Insulin, open heart surgery, the pacemaker, transplant-able stem cells, and much more.

Now, a grade 12 student, who plans to study Bio-Medical Engineering at Canada’s Western university, has come up with a cardio marker test that can reduce the wait times from one hour to five minutes – giving doctors more diagnostic time to save more lives. The cost? \$1.

But, what’s truly remarkable about this young man is his passion for service. He wants to bring about positive change in the world; humbly saying it’s his generation that will come up with future solutions to the world’s problems. For him, it’s about helping others.

**“But I do know one and one is two
And if this one could be with you
What a wonderful world this would be”**

– Wonderful World by Sam Cooke
<https://youtu.be/R4GLAKEjU4w>

What kind of measured passion do we want to emulate? Maybe we can look to our world leaders – past and present.

In the 1960s, President John F Kennedy encouraged youth to contribute in some way to the public good saying, “Ask not what your country can do for you, but what you can do for your country. If it’s not about what you take out, isn’t it about what you put in? More urgent now than ever... it’s a question of hope.

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

Edward Jones Study: Canadian Retirees Provide Valuable Lessons to Future Generations

MISSISSAUGA, ONTARIO – May 24, 2023 – Edward Jones Canada, in partnership with Age Wave, a thought leader on population aging, has released its third study on retirement that builds on previous findings further exploring how Canadians can improve retirement across the four pillars: health, family, purpose, and finances. The new study – “Resilient Choices: Trade-Offs, Adjustments, and Course Corrections to Thrive in Retirement” uncovers that today’s thriving retirees are redefining success in retirement by making resilient choices – providing a valuable model for Canadian Millennials.

While retirees overwhelmingly agree (92%) that “preparation, flexibility, and willingness to adapt are key to success in retirement,” this new breed of retirees knows they will face challenges and are increasingly willing to make a wide variety of adjustments, trade-offs, and course corrections – something other generations can learn from.

“Making resilient choices is becoming more essential to pre-retirees and generations of future retirees who are not yet financially prepared to retire. In the face of new challenges faced by retirees, pre-retirees and even younger generations like Millennials, resilient retirement planning has never been more important,” says David Gunn, President of Edward Jones Canada. “Insight across generations can equip people planning to retire with the knowledge they need to enjoy their later years.”

Amid recent economic volatility, many Canadians are nervous with the large majority (76%) believing their generation will need to work longer than their parents’ generations to gain financial security in retirement, particularly Millennials (85%) and Gen Xers (84%). Millennials (aged 27-42 years old) specifically are anxious about their—and their families’—financial future. This includes concerns around adjustments they need to make now in order to achieve a financially secure retirement. According to the research, 82% of Canadians agree their generation can learn a lot from older generations including 85% of Millennials who agree, implying that their generation could learn a lot from the experience of those retiring right now.

Women Retirees

The study also reveals the resilience of retired women, despite their greater likelihood of being on their own and less financially secure. Retired women are more likely than retired men to be widowed (17% vs. 4%). They are also slightly less likely to have experienced significant personal illness or health issues compared to their male counterparts (28% vs 31% of retired men). In fact, Canadian women live an average of four years longer than Canadian men.¹ Faced with this, retired women are more likely to make the smarter everyday economic choices such as reducing everyday expenses (51% vs. 43% of men) and/or adopting a more frugal lifestyle (42% vs. 31% of men). It is important to note that

while women often face greater challenges in retirement than their male counterparts, they are also more likely to make certain changes across the four pillars, a testament to their resilience and adaptability in the face of retirement challenges.

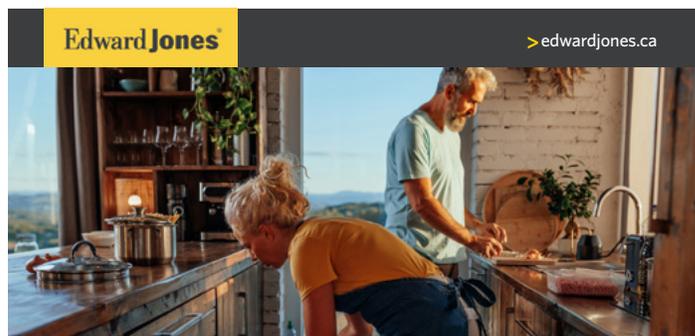
Sage Advice for Younger Generations

Retirees have sage advice for younger people looking ahead to their futures: planning matters. When asked what they wish they would have done differently when preparing for retirement, retirees indicated they would have started saving earlier and more (40%), reduced debt or paid off a mortgage (23%) and/or educated themselves on how to manage and spend down money in retirement (16%).

While these course corrections have the potential to make a positive impact, the type of finance-related course corrections that will have the most significant impact depends on individual circumstances. It could include reducing or eliminating debt, saving as much as possible during working years, developing and following a financial plan and budget, or getting financial advice from a professional. In addition to learning from

other generations, Edward Jones financial advisors are an important part of the equation by providing comprehensive planning and advice to develop a unique retirement plan so Canadians can thrive across all four pillars of the new retirement: health, family, purpose, and finances.

The summary of the insights can be found by visiting: www.edwardjones.ca/newretirement



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Do You Move Me?



There are a lot of different moving services out there, and of course they're not all providing the same level of quality or offering the same prices. When you are booking a moving service, here are some things to look for:

1. Can this company do everything I need?

Be sure to ask the moving company if they offer a particular service you require. Here are some services to consider and ask about:

- ☑ Packing
- ☑ Furniture disassembly/assembly
- ☑ Familiarity with where you're going (e.g., protocols in new building, booking elevators)
- ☑ Placement of furniture in desired locations
- ☑ Unpacking, including clothing in closets, linens, placing kitchenware into cupboards
- ☑ Removing all packing materials
- ☑ Cleaning services

2. Do they charge extra for things? For example, some companies charge extra for stairs or extra floors, some charge more to bring things out of garages or sheds, and some have extra charges for heavy or awkward items. Make sure you find out up front about any extra charges, and then get it in writing.

3. Do they have moving trucks and equipment that are up to the job? Most will use a special moving van or truck that has a powered lift or a proper ramp. If they don't, they will need to lift your items onto a high deck, increasing the chance of damaging them. They should also have and use proper moving dollies carry things down hallways.

4. Do they have both workers compensation insurance AND content insurance? If a worker is hurt on your property and not covered by the company's insurance, you don't want to be liable. Make sure you also ask about the amount of coverage and the deductible in case anything is broken or damaged.

You can find more information and tips about moving at the Canadian Association of Movers website.

If you are a senior, or hiring a moving service for a senior, another consideration is whether the mover is a part of the National Association of Senior Move Managers (NASMM). All NASMM companies are required to abide by NASMM Code of Ethics and to take courses in Ethics, Safety, Liability & Risk, and Understanding the Moving Industry. They are also required to carry general business liability insurance, and they receive oversight from an outside, impartial body. NASMM companies also have a network that can provide a high level of service across cities or provinces. If you are planning a long-distance move, companies who are a part of NASMM have the opportunity to enlist the support of another NASMM company in another jurisdiction to complete the move.

Senior Move Manager companies can reduce the stress of moving. They are experienced and efficient in packing things in an organized and safe way. They know how to work with and supervise movers, and when they unpack, they also put everything away and remove all of the packing materials. When you hire Senior Move Managers, such as Senior's Move, you can leave all of the details to us so you can get settled in at your new place quickly and stress-free. We can even help you declutter beforehand to make your move more efficient. We also help with floor planning so you can plan to take the right amount of things to your new home. We've been around since 2005 and would be delighted to support your next move.

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





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Stay Active and Connected This Summer!



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

- ⚙️ Get out of the house and get moving! Depending on your abilities, go for a walk, run or roll around the block. For those that are more adventurous, there are many great walking trails to enjoy, many of them shaded from the hot sun. Not only does this get you out of the house but it keeps your mind and body moving. Need support? There are volunteers who can take a walk with you. Want someone to walk with? There are several walking groups that meet regularly to enjoy the trails.
- ⚙️ Enjoy the warmth of the sun but please use caution! – Whether it be sitting on a porch or patio, taking a walk, enjoying the beach or participating in activities, summer provides a great opportunity to get out and enjoy the warmth of the sunshine. Vitamin D provided by the sun often makes you feel better. It has also been proven to be good for your bones and muscles to function while reducing the risk of fractures. Please wear sunscreen and a hat and try and adjust your hours in the direct sun to avoid the hottest period of the day, from noon to 3 pm.

- ⚙️ Cool down with a swim! Whether it be swimming outdoors or enjoying one of the many community pools, swimming relaxes the body and is easier on joints than other forms of exercise. Check out public swim sessions or classes offered through the Townships.
- ⚙️ Create or tend a garden. Whether it be planting a few flowers in a pot or tending a flower bed, working with soil and watching plants and gardens grow can be very therapeutic. Need help with gardening? There are people who can help! Need access to a garden? There are several community gardens across our communities where you can access a plot. Interested in gardening with others? There are several gardening groups that meet to share their love of plants.
- ⚙️ Attend a community event, festival or the farmer's market. There are many activities across our Townships that provide an opportunity to get out amongst others.
- ⚙️ Participate in free drop-in gentle exercise programs for seniors across our Townships. Participating in three forty-five minute gentle exercise classes per week has been proven to significantly reduce the risk of falls, one of the leading causes of health decline in older adults.
- ⚙️ Attend social and recreational programs for seniors across the Townships. There are many free or low-cost activities for seniors to enjoy. Whether it be playing a game of cards or games, enjoying common interests with others, coffee hours, music or guest speakers, these programs offer a great way to get out and meet others.

Summer provides an ideal opportunity to get out of your house and stay active, improving your physical health, keeping you mentally sharp and engaged and connecting you with others – all key components of aging well in the community. For information on these and other activities, contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.

SUN SAFETY

We all like to work, play and relax outside on a sunny day. The warm rays of the sun feel good on our skin. Too much sun can be harmful, so be careful! The sun's burning rays are also called UV rays. UV stands for ultraviolet. UV rays can cause: sunburn, skin cancer, eye damage, & premature skin aging.

Do You Know?

- ▶ Sun rays are strongest from 10am- 4pm especially during late spring to summer.
- ▶ Heat stress occurs when a combination of hot, humid conditions and physical activity (e.g. running, walking, working outdoors) strains and overcomes the body's natural cooling system. It can cause symptoms ranging from cramps and fainting to serious heat exhaustion or even heat stroke.
- ▶ Heat stroke is a form of heat stress that can kill quickly.
- ▶ Too much UV radiation can damage the cornea and lead to cataracts, a clouding of the eye that can cause blindness.

What are the Symptoms of Heat Stress?

- ▶ Excessive sweating
- ▶ Headache
- ▶ Rashes
- ▶ Cramping
- ▶ Dizziness and fainting

What can we do to protect ourselves from heat stress?

- ▶ Drink lots of fluids to replace perspiration. Try to drink a cup of water about every 20 minutes.
- ▶ Avoid working in direct sunlight (to reduce heat gain and risk of sunburn)
- ▶ Reduce the pace of work.
- ▶ Increase the number of breaks and take breaks in cool or shaded areas.
- ▶ Schedule heavy work for cooler periods
- ▶ Wear light-coloured and/or light-weight clothing
- ▶ Reduce the physical demands of work by using aides, e.g. hoists, etc.

What can we do to protect ourselves from sunburn?

Use Sunscreen

- ▶ UVA and UVB protective sunscreen with an SPF of 15 or higher should be applied to clean dry skin 30-60 min before exposure to UV rays and should be reapplied every 1-3 hours and after swimming.
- ▶ SPF is the scale rating the level of sunburn protection in sunscreen products. The higher the SPF the more protection it gives.
- ▶ Look for an SPF of 30 +





Use Sunglasses

Protect your eyes from the sun. Check the label when you are choosing sunglasses to ensure they give adequate UV protection. Look for sunglasses that cover the skin around the eyes, and block no less than 99% of UVA and UVB rays.

Clothing and hats

- ▷ A hat with a 3” brim can help block sunlight that comes from overhead. Protect your face and head by wearing a wide brimmed hat.
- ▷ Protect your body by wearing loose-fitting clothing in the sun.

Drugs and Sun

Some medications can make you more sensitive to UV rays. Be sure to check your prescription. It will say so on the label if

this is true. Some people who take over the counter or prescription drugs find their skin becomes oversensitive to the sun. This may result in a bad sunburn, blisters, rash or swelling of the lips. Make sure you ask the pharmacist or your doctor about any possible side effects to medication.



Stay Hydrated this Summer!

One of the best ways to keep cool and prevent a heat-related illness, such as heat cramps, heat exhaustion or heat stroke, is to keep hydrated. Drinking water is the best way to replenish the fluid that you lose on hot days. When drinking be sure to avoid alcohol and caffeinated drinks; they act as a diuretic and will dehydrate you further.



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- Past events included healthy living, craft activities, gardening and financial safety
- Join us at our next event! Visit our website for upcoming events or contact us for more information



OUR CONTACT:

WFRC: 519-662-2731

info@wilmotfamilyresourcecentre.ca

https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/

coffeehousetalks2020@gmail.com



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ALZHEIMER SOCIETY

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

- Information and Education
- Individual & Family Support
 - Group Work
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CONTACT

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www.alzheimerww.ca



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