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VOL 6 ISSUE 11 JULY 2024

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People Matter to Florence Roes. Born in the country on a farm near Milbank in 1927, Florence learned first-hand at an early age that having a supportive community in your life can help you get through tough situations. See the full cover story on page 8.

Cover story and photos by:

Elaine Ballantyne

**Embracing Change**

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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.*

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LETTER FROM THE EDITOR

As we approach Self-Care Day on July 24th, it's a timely opportunity to reflect on the profound significance of self-nurturing practices in our lives as seniors. This day serves as a gentle reminder to prioritize our well-being—mentally, physically, and emotionally.

For many of us, the concept of self-care may evoke images of luxurious spa days or elaborate vacations.

While these are undoubtedly rejuvenating, self-care extends far beyond occasional indulgences. It encompasses the daily rituals and

choices that contribute to our overall health and happiness—whether it's practicing mindfulness, staying physically active, nurturing social connections, or simply taking moments to breathe deeply and reflect.

As seniors, we have accumulated wisdom and experience, yet we also face unique challenges such as managing health concerns or adjusting to changing lifestyles. Self-care becomes not just a luxury but a vital component of maintaining our quality of life and resilience. By investing in ourselves, we honor the journey we've traveled and equip ourselves to embrace the future with vigor and grace.

This Self-Care Day, I encourage each of you to embrace practices that replenish your spirit and nourish your soul. Whether it's rediscovering a passion, trying a new hobby, or simply taking time to rest without guilt, prioritize yourself. Remember, by caring for ourselves, we not only enhance our own well-being but also inspire those around us.

Gadget of the Month – Accessory bag for Walkers

Accessory bags and totes are great for carrying small, daily used items like keys, pens, medications, wallet, cheque book and eyeglasses. Take your items with you wherever you go using the functional and versatile bag that easily secures to most walkers.

Wishing you all a rejuvenating and fulfilling July.



Warm regards,

Tara



FLASHBACK PHOTO

A Prime Ministerial Connection: John Diefenbaker

LARA CARLETON | CURATOR, WELLESLEY TOWNSHIP
HERITAGE AND HISTORICAL SOCIETY

John Diefenbaker (1895-1979), Canada's thirteenth Prime Minister from 1957 to 1963, visited Wellesley Township and other neighbouring townships two years later in July of 1965 at the age of seventy.

Based on local newspaper articles at the time of his visit, both of Diefenbaker's parents had ties to Wellesley Township. His mother, Mary Diefenbaker (née Bannerman), and her family were said to have briefly lived in the township from 1855 to 1860. Additionally, Diefenbaker fondly reflected upon spending time decades prior at what was once his paternal grandfather's farm, located in Hawkesville.



A story included in every newspaper article about Diefenbaker's local appearances housed by the Wellesley Township Heritage and Historical Society recounts a young Diefenbaker around the age of seven shaking apples from a tree in his grandfather's orchard. Unsurprisingly, his grandfather was displeased as all the pigs made quick work of the fallen apples. Without learning his lesson, Diefenbaker had done it again, but this time, was said to have had a run-in with an angry boar

instead of his grandfather, George, who was already busy as a buggy, sleigh, and wagon maker in the area.

Diefenbaker visited Elmira, Hawkesville, Kitchener-Waterloo, and even found the time to attend a performance at Stratford Festival. He also stated that "he never ate so much food in [his] life" while visiting Elmira and Hawkesville as he was treated to countless sweet treats by local Mennonites.

Regardless of your political affiliation or opinion of Diefenbaker and his legacy in Canada, it is interesting to learn about his appreciation of home and respect for his family's roots in Wellesley Township.

The Wellesley Township Heritage and Historical Society only has digital copies of the newspaper articles from the Elmira Signet and the Kitchener-Waterloo Record. If you have anything related to Diefenbaker's visit, or have any other items pertaining to the township's history that you are interested in sharing, please email us at info@wellesleyhistory.org.

Your Pharmacist can help, with staying healthy in the summer heat

As the warm days of July arrive, it's important for seniors to take extra care of their health and well-being. With the sun shining brightly and temperatures rising, there are a few key things seniors can do to stay healthy and active during this summer month.

First and foremost, staying hydrated is crucial. With the heat, it's easy to become dehydrated, which can lead to serious health issues. Seniors should make sure to drink plenty of water throughout the day, especially if they are spending time outdoors or engaging in physical activity. Keeping a water bottle handy and sipping on water regularly can help prevent dehydration and keep the body functioning properly.

In addition to staying hydrated, seniors should also be mindful of sun protection. The sun's rays can be strong in July, so it's important to wear sunscreen, a hat, and sunglasses when spending time outside. This can help protect skin from sunburn and reduce the risk of skin damage and skin cancer. Finding shade or staying indoors during the hottest part of the day can also help prevent overheating and sun related-illnesses.

Another important aspect of staying healthy, is staying active. Regular exercise is beneficial for both physical and mental health, so seniors should try to incorporate some sort of physical activity into their daily routine. This could be a leisure walk in the morning or evening, gently stretching exercises, or even swimming at a

local pool. Staying active can help improve balance, strength, and flexibility, as well as boost mood and overall well-being.

Eating a healthy diet is also key to staying healthy. With an abundance of fresh fruits and vegetables in season, seniors can take advantage of the nutritious and delicious produce available during the summer months. Incorporating a variety of colourful fruits and vegetables into meals can provide essential vitamins and minerals, as well as fibre for digestive health. Seniors should also be mindful of portion sizes and avoid excessive amounts of sugary or high-fat foods.

Lastly staying connected with friends and loved ones is important for senior's mental and emotional well-being. July is a great time to be social and participate in activities with others, whether it's a picnic in the park, a visit to a local museum, or a day trip to the beach. Maintaining social connections can help prevent feelings of loneliness and isolation, and it can provide opportunities for fun and enjoyment during the summer months.

In conclusion, seniors can stay healthy in the summer months, by staying hydrated, protecting themselves from the sun, staying active, eating a healthy diet, and staying connected with others. By taking care of their physical, mental, and emotional health, seniors can enjoy all that this summer month has to offer.

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Reduce Your Risk of Vision Loss from Macular Degeneration

WHAT IS MACULAR DEGENERATION?

Age-related macular degeneration (AMD) is a deterioration of the macula, the key part of the retina responsible for highly detailed central vision. AMD can cause vision changes that can progress from subtle to significant vision loss.

There are two main types of macular degeneration: dry and wet.

Dry AMD occurs when small deposits in the macula called drusen gradually damage the light-sensitive retinal nerve cells.

In wet AMD, fragile new blood vessels grow under the macula. When these blood vessels leak blood or fluid, the macula is damaged.

Although both types of macular degeneration can impact vision, wet AMD is the more serious form of the disease as it results in faster and much more significant vision loss.

WHO IS AT HIGH RISK FOR MACULAR DEGENERATION?

- age 50+
- family history of AMD
- smoking
- a diet high in saturated fat
- high blood pressure
- obesity
- cardiovascular disease

6 WAYS TO REDUCE YOUR RISK OF MACULAR DEGENERATION

Stop smoking

Smokers are 4 times more at risk of developing AMD and typically develop the disease around 10 years earlier than non-smokers!

Wear Quality Sunglasses

Ultraviolet rays from the sun can put your eyes at risk, even on a cloudy day! Make sure that you choose high-quality 100% UVA & UVB filtering sunglasses to reduce the damage from harmful UV exposure. Consider getting polarized lenses, as they filter out reflected light more efficiently. That's especially important if you spend time on the road, on the ski hills, at the beach, or on the water.

Check Your Blood Pressure

High blood pressure not only harms your heart but restricts oxygenated blood from reaching your eyes. Have your blood pressure checked regularly. If you already have hypertension, consider using an at-home monitor to keep tabs on it.

Eat Healthy and Consider Supplements

Cut out saturated fat, which can raise your blood pressure, and reduce animal fats. Replace butter with olive oil, where possible. Look for plant-based, high-protein alternatives to meat, and eat oily fish such as herring, sardines, and salmon.

Dark, leafy greens and certain orange-coloured vegetables are terrific for your eyes. Spinach and kale contain lutein. Orange peppers and sweet potatoes contain zeaxanthin. If you have AMD, ask your optometrist about antioxidant supplements that have been clinically shown to slow the progression.

Know Your Family History

Up to 70% of AMD cases have a genetic component. Those with a parent or sibling with AMD have a greater risk of developing this serious sight-threatening eye disease. If you have a family history, make sure to have your eyes regularly tested for AMD.

Get Your Eyes Checked Regularly

Everyone should have regular comprehensive eye exams, especially if you're over 50, have a family history of AMD, hypertension or other risk factors.

An eye exam that screens for AMD typically includes:

- Visual Acuity – tests your ability to see an eye chart from various distances

- Pupil Dilation – the optometrist applies eye drops to dilate your pupil so they can more thoroughly examine the retina inside your eyes
- Digital Retina Image and/or OCT – full colour pictures and 3D imaging of the macula detect leakage from the blood vessels and measure retinal thickness.
- Amsler Grid – The optometrist asks you how straight lines on a checkerboard grid appear. “Wavy” or “missing” lines could indicate the presence dry or wet AMD.

Vision is your gateway to the world. Good vision lets you live an active and independent life, even in your advanced years. Regardless of your age, have your eyes checked regularly, especially if you have a family history of AMD or other risk factors.

Howard Dolman B.Sc OD

with thanks to EyeCarePro

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COVER STORY



A Full Life From Milbank to Tokyo: People Matter to Florence Roes

WRITTEN BY ELAINE BALLANTYNE

For 97 year-old Florence Roes, community means everything. “Friendships are what makes life worthwhile,” she says.

Florence has lived in the Nithview retirement community for 19 years. She feels strongly that community is vital for Senior Citizens.

“We need people,” she explains. “This is a safe place, it’s a secure type of living.”

Florence’s roots run deep at Nithview. Previous to living there, she happily worked there as a registered nurse in the long term care area for many years. At the top of her game, she became the Director of Nursing.

Again, it was the relationships made here that Florence most treasures.

“I really enjoyed the girls I worked with. We had such a good team,” she reminisces.

Early life

Born in the country on a farm near Milbank in 1927, Florence learned first-hand at an early age that having a supportive community in your life can help you get through tough situations.

Florence had 2 sisters and 1 brother—Mary, Anna-Mae and Lloyd (a.k.a Charlie). Florence was the second oldest.

Tragically, Florence’s father died when she was 13. Her brother was 2. Her father had suffered a minor injury and died within days of tetanus.

Fortunately the family had moved into town off the farm a few years before when Florence’s father lost the farm during the Depression because several people had owed him money but were unable to pay him. “We had a lot of help,” recalls Florence. “The community was really good to us, and the church. They gave us a lot of support.”

Florence’s mother then supported the family financially by raising laying hens. “She had struggles but she had courage,” recalls Florence.

She still considers her childhood as good.

“My grandmother moved in with us as my grandfather had died the year before. My grandmother was a really good influence. I often say I had really good heritage.”

Tragedy struck the family again when Florence was 23. At the age of 19, Florence’s younger sister Anna-Mae died of leukemia. “She fought for 6 months—she got blood transfusions—but there was not much they could do,” tells Florence.

And once again, the family rallied through with the loving support from their community. For Florence in particular, watching the community of nurses in the hospital care for her sister highly influenced her career path.

Goes to nursing school in the USA

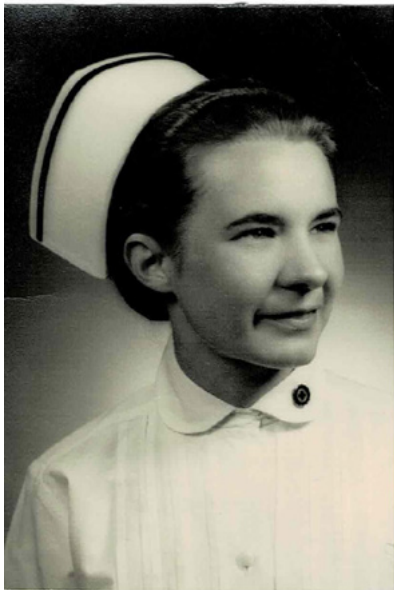
Despite not finishing high school due to needing to help her widowed mother, Florence

persevered and was able to gain admission to Eastern Mennonite College in Harrisonburg, Virginia by passing a general equivalency test in her late twenties.

Also added to her educational background was her attendance at the Ontario Mennonite Bible School in Kitchener. Here she also worked as the secretary. With additional babysitting jobs, Florence scrimped and saved enough money to pay for her nursing courses.

“It was a four year program,” explains Florence. “First I did science courses then I went into a hospital school. I had to come home for a year to work for money. Then I went back for my Bachelors of Nursing degree and also got my degree in Bachelors of Science.”

Nursing proves to be fulfilling



Florence worked at St. Mary's Hospital for 10 years in the intensive care unit. She has many memories of patients she cared for.

She recalls one female patient who died quite surprisingly with Florence in the room. “She was such a beautiful person, a thankful

person, she enjoyed life and I spent a lot of time with her,” tells Florence.

One day when Florence had her back to this patient preparing medication, when she turned back around, the patient had died. “It was so quick,” Florence remembers. “It really bothered me that I wasn't there. But she enjoyed life so I figured she will enjoy heaven.”

Another patient that stands out in her memory is a man that was suffering from a crushed chest. This man had a tracheotomy and Florence was required to do chest treatments that involved

draining through the night. Florence could see that this man was absolutely exhausted.

“He needed rest so I let him sleep and it made a big difference,” says Florence. “I could give care when I assessed their needs. Other nurses were close by and we worked as a team. Needing a change from the intensity of intensive care, Florence found herself at Nithview in New Hamburg. She always enjoyed the stories that residents told her. “It was fun!” she enthuses. “I really enjoyed going to work.”

One day while working in the medication room with the door open, a resident in his wheelchair sat and talked to Florence. He told Florence how one day he had gone for a haircut. He said when it came time to pay the barber, he felt the barber should only charge him half the price because his head was bald. The barber disagreed and said that he should almost charge him twice because he first had to hunt for the hair!

“Now nurses don't have time to sit and talk, there is so much paperwork,” Florence says sadly. “In the past we could give more hands-on care. I spent a lot of time talking to people and finding out just how they felt. Having rapport creates confidence and patients need confidence to get better. They need to feel secure and heard.”

Retires and goes into full-time service

After permanently kicking off her nursing shoes, retirement just meant tying up different shoes for Florence. “I wanted to do something worthwhile and I didn't mind travelling,” explains Florence.

For two years in Mantua, Ohio, Florence helped support developmentally handicapped children through Service Opportunities for Older Persons (SOOP) with the Mennonite Missions Network.

“I did a lot of cuddling and relating to the children,” tells Florence.

Next Florence headed to Reedley, California through the Mennonite Central Committee. Here she volunteered by working in a small psychiatric hospital. Florence says it was a very

Continued on pg 10

good experience because of the people she met—both inside of the hospital and out.

Florence also credits her independence with her ability to go to new places and stay there to serve. “I couldn’t have done all these things in my life if I had been married,” she feels. “I never married so I became quite independent and made all my own decisions.”

Also noteworthy is Florence’s life’s illustration that you do not have to be married to be content.

To Japan with love, why not?

At 69 years of age, Florence was given the service opportunity to work under the Tokyo Anabaptist Fellowship at a guesthouse in Tokyo. “At first I thought I can’t do this. I can’t go to Japan and learn a new language. I don’t even like fish!” thought Florence.

But then Florence had another thought: “why not?” Fortunately Florence went with her second thought as her time in Tokyo (1995-1998) was incredibly enjoyable and life-enriching.

With guests from every continent in the world, it was up to Florence to book and reserve guests, to welcome them, to make breakfast, and to



clean and prepare rooms.

Guests varied from University students, to full families, to area pastors having meetings, to business people with business to attend to in Tokyo.

Florence’s Japanese friends were very good to her. “They would come and shoo me into the living room so they could prepare a party for me in the kitchen,” Florence joyfully recalls.

Initially Florence had problems with her papers going to Japan. Someone said to her that maybe because of these problems she was not meant to go. Florence didn’t agree.

“I didn’t give up. I could have, and it was the right thing to do,” explains Florence. This same sentiment helped Florence tackle nursing school at an older age with no high school diploma.

“It was more of a challenge for me but I felt it was the right thing to do so I kept on. Ideas have often come to me and then I maybe realise God has something to do with it.”

Today volunteers twice a week, walks to hairdressers 1 km away

It’s absolutely amazing that at the age of 97 Florence is still able and wanting to do all that she continues to do. Her passion for people continues to motivate her to give to people.

Twice a week Florence heads to the New Hamburg Thrift Centre where she volunteers in the book department. This year marks 30 years of her volunteering in MCC thrift stores.

Florence was instrumental in opening the doors of the MCC Milverton Thrift Store but it closed in 2018.

Every day Florence tries to walk for at least 30 minutes. She still walks 1 km to get her haircut at her hairdressers on Jacob Street from her apartment at Nithview.

Florence has been the church librarian for 19 years at Wilmot Mennonite Church on Bleams Road as well. She is also a faithful and smiling greeter there as well.

Summer Programs at Woolwich Community Health Centre

Healthy Cooking Class

Are you looking to improve your culinary skills and make healthier food choices? Come join our Healthy Cooking Series led by our expert registered dietician! Whether you're a seasoned cook or a beginner in the kitchen, this event is perfect for everyone. Don't miss this opportunity to enhance your health and wellbeing through the power of nutritious cooking! Updates to come soon, register for more information.

Facilitator: Brittany Trueman, Registered Dietitian

Date: Wednesday, July 17, August 14, 2024

Time: 1:00 - 3:00 PM

In-person (10 Parkside Drive, St. Jacobs)

Outdoor Yoga & Mindfulness

Join us for an evening of bliss! Free outdoor yoga and mindfulness with our wonderful yoga instructor Rasha and counsellor Penny! All ages, family friendly event for those with all abilities. We will also be doing a small giveaway! Limited number of yoga mats available for use, feel free to bring your own!

Facilitators: Rasha Salem, Yoga Instructor and Penny Bedford, Counsellor

Date: Wednesday, July 10th, 2024

Time: 6:30 - 8:00 PM

In-person (10 Parkside Drive, St. Jacobs)

Preparing Your Kids for a Resilient Back-to-School: For Parents & Caregivers

How do we help our kids to navigate and "bounce back" from challenges? How do we support them to grow and lay the foundation to become more resilient? In this session we'll explore practical ways to nurture this as parents and caregivers. We'll also consider ways to step into fall and a new school year with greater resilience. This program will be geared towards parents and caregivers of children ages 6-12.

Facilitator: Jannah Tudiver, Registered Psychotherapist

Date: Tuesday, August 13th, 2024

Time: 6:30 - 8:00 PM

Hybrid (in person & Zoom)

In-person (10 Parkside Drive, St. Jacobs)

Registration is required. To register for the sessions, email/call or visit our website www.wchc.on.ca and click on the Register Online tab.

To register please email: Tariq Abdulhadi: tabdulhadi@wchc.on.ca or 519-664-3794 ext. 222

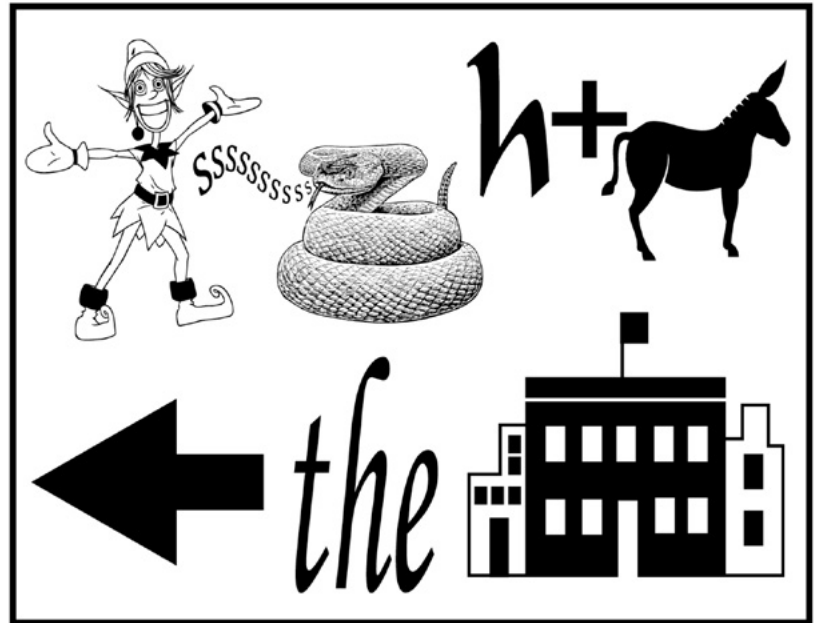


July Puzzles!



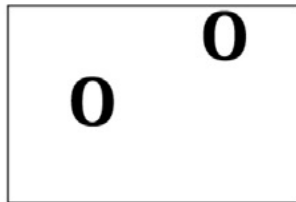
Concentration Puzzle

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

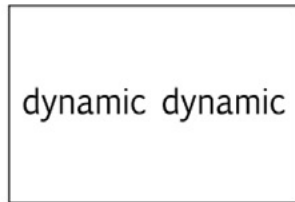


Wacky Wordies #21

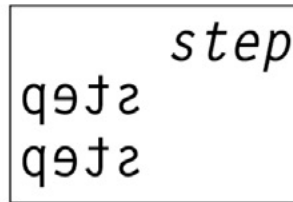
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



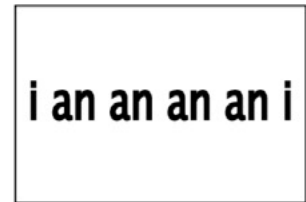
1. _____



2. _____



3. _____



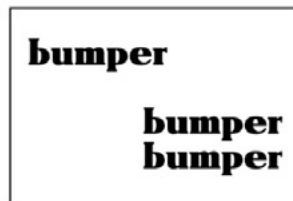
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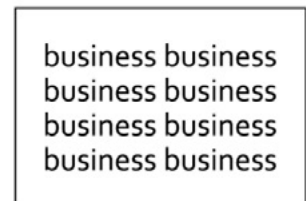
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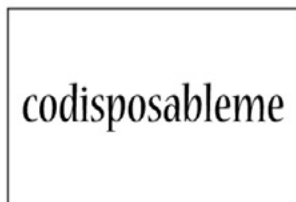
6. _____



7. _____



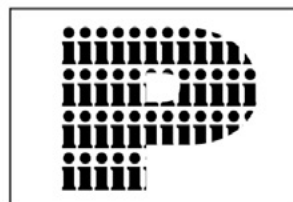
8. _____



9. _____



10. _____



11. _____



12. _____

Laughing Matters!

Spot the Difference

Can you find 10 differences?



Love never tires looking at the person you love.



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)
- HearingLife formerly 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)
- Hasty Market - St. Agatha

WELLESLEY TOWNSHIP:

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

Health Centre

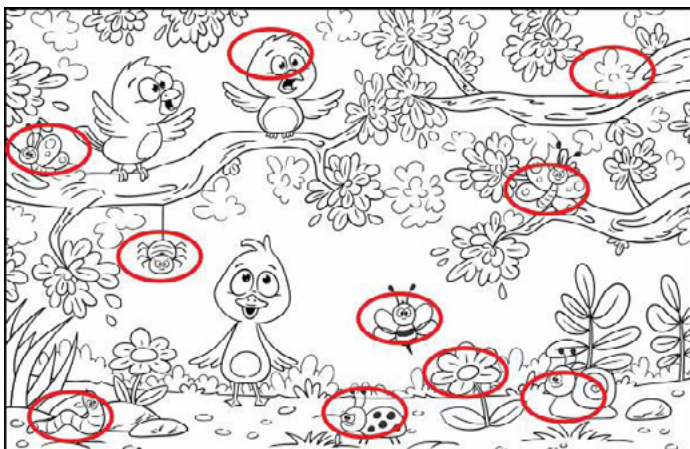
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

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: Elvis has left the building



Wacky Wordies #21

1. Ohio
2. Dynamic duo
3. One step forward, two steps back
4. An eye for an eye
5. Roll Over Beethoven
6. Hang a right
7. Bumper-to-bumper
8. Repeat business
9. Disposable income
10. Foreclose
11. Black-eyed pea
12. Urban sprawl



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Caring for a loved one is a deeply enriching experience, fostering a unique bond and a profound sense of fulfillment. Yet, it's crucial to acknowledge that caregiving can also become overwhelming, leading to stress and exhaustion, which ultimately affects the caregiver's own well-being. Balancing self-care alongside providing unwavering support is essential.

Let's discuss how respite care steps in to offer a much-needed pause.

UNDERSTANDING RESPITE CARE:

Respite care provides short-term relief to caregivers, allowing them to recharge while ensuring their loved ones receive top-notch care. The duration of respite care can be tailored to suit the needs of both the patient and caregiver. Promyse Home Care respite care service empowers caregivers to take a breather, secure in the knowledge that their loved ones are receiving the highest quality of care and compassion.

THE REWARDS OF RESPITE CARE:

Embracing respite care brings numerous benefits to caregivers, offering them the chance to replenish their own well-being.

Rest and Rejuvenation: Caregiving demands tremendous energy. Respite care provides caregivers with the precious gift of rest, allowing them to recharge, enhance their own health, and face their responsibilities with renewed vigor.

Rediscovering Joy: Everyday pleasures and moments of tranquility are sometimes set aside amidst caregiving responsibilities. Respite care carves out time for caregivers to engage in activities that bring joy and a sense of peace, ultimately enhancing mental and physical well-being.

Gaining Perspective: Stepping back from the daily routine provides caregivers with a fresh perspective. This vantage point allows for an assessment of strengths, weaknesses, and potential adjustments, benefiting all parties involved.

Social Connection: Caregiving can be isolating, potentially leading to a sense of withdrawal from social circles. Respite care offers caregivers the opportunity to reconnect with loved ones, fostering a renewed sense of belonging and joy.

Preserving Identity: While caregiving is profoundly meaningful, it's vital for caregivers to remember their own significance. Respite care offers a moment of reflection, reminding caregivers of their unique identity beyond the realm of caregiving.

As much as we may aspire to shoulder every responsibility, it's imperative to acknowledge our limitations. Taking the time to rest and rejuvenate not only benefits caregivers themselves but also equips them to provide the best possible care.

Promyse Home Care in Kitchener-Waterloo-Cambridge offers respite care services, ensuring caregivers return to their roles refreshed and prepared to continue their invaluable support.

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For a Free Nurse Consultation to explore how our Respite Services can support you and your loved one in Kitchener-Waterloo-Cambridge, call us today at 519-208-2000. Let's embark on a journey towards balanced caregiving together!



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Time Has Come Today



Having raised a family, my wife and I moved back to our hometown and found it was just as we remembered: bike rides to coffee shops, friendly people, and walks in the quainter areas of town. The plan was to look for a new home while renting. Then Covid-19 happened and everything changed: people living and dying in the streets; home prices doubling and tripling; having our car broken into six times in six years. This definitely didn't feel like "home."

Walking downtown, I didn't have any loose change for those living on the streets. Normally I have something – not out of guilt or obligation, but because they're there at all. For my part this is done without any preconceived intention. I just go by and let my intuition guide me. Only this day, I was judging myself. I only had 50 cents in my pocket and was too embarrassed to give such a small amount. So, my cold response to his cheery, "Good Morning!" was to frown at him and walked on... seeing as I did, the genuine hurt in his eyes. Why was I so embarrassed?

I tried to justify my negative reaction by acting like others have told me: not looking directly into anyone's eyes less you get caught up in some form of conversation... ending with a request for money.

What's the cost of indecision – the cost of apathy?

By helping the poor, do we enable them to abuse the system? Are we being foolish?

By not giving, are we being cruel? What's the real answer?

We may not know all the answers but, knowing what questions to ask is a start.

The criminal element (within the street community) take advantage of these mentally vulnerable and/or addicted victims. But unless the disadvantaged have a safe, secure shelter – that they can call their own – they're afraid of losing what little they have... that it will be stolen if they leave their particular patch of sidewalk. Similarly, a poet once observed that he wasn't saddened by how little the man had, but how much he had to carry. Are we also carrying too much? I know I am.

That's why permanent housing is so key to any kind of rehabilitation. With the generous donation of \$25M, an anonymous family has provided city hall with the funds to address this problem: betting that our community – the public, the police, the politician – will give it a chance.

On the way back home, I swallowed my pride when I encountered that same street person. I handed him those two 25cent coins saying that I hoped it would be of some help toward a coffee maybe. The man looked up from where he was sitting and with deep appreciation said, "It sure will!"

When the mayor was asked about the homeless situation he said, "Delay is measured by deaths, not by days." Yes, now is the time and place for change.

"The rules have changed today (Hey)
I have no place to stay (Hey)
Oh my Lord, I have to roam (Hey)
I have no home (Hey)
I have no home (Hey)"

Time Has Come Today – Chamber Brothers
Watch on YouTube:

<https://youtu.be/cEKp5smqxHQ>

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



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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. While it is always nice to feel the warmth of the sun on our face, the sun, heat and humidity can create challenges. 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 or a fan 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.

Enhancing Home Security with CPTED Principles

The term “crime prevention” is frequently used by law enforcement, security professionals, policy makers, and academics. It’s a concept often highlighted in the media during rising crime trends and prominently featured in election campaigns. But what does it actually entail?

Crime Prevention refers to strategies and measures aimed at reducing the risk of crimes occurring. It involves proactive approaches to deter criminal behavior and minimize opportunities for crime. The multitude of strategies available under the umbrella of crime prevention can be confusing and overwhelming for individuals. Most people would leave it to law enforcement to implement crime prevention strategies, but we all have a role to play when it comes to our safety and security.

There are strategies that can be implemented, from advanced security systems to neighborhood watch programs. The options are extensive and varied. So, how can we effectively apply crime prevention strategies in our own homes? This is where understanding specific approaches, like Crime Prevention Through Environmental Design (CPTED), becomes beneficial. By focusing on practical, actionable steps, we can enhance our home security in a way that is both manageable and effective.

CPTED, pronounced SEP-TED, is a proactive design philosophy built around a core set of principles that is based on the belief that; The proper design and effective use of the built environment can lead to a reduction in the incidence and fear of crime and to an improvement in the quality of life.

Crime Prevention Through Environmental Design (CPTED) is built on three core principles: natural surveillance, natural access control, and territorial reinforcement. Many practitioners, including myself include a fourth principle, maintenance (figure 1). The intent of CPTED is not to create a fortress effect but to create a welcoming environment for you and your guests, while deterring criminal opportunities.

Natural surveillance involves designing spaces to maximize visibility, making it easier to see and be seen. A person considering committing a crime will be less likely to proceed when they believe they will be seen. This doesn’t mean adding extra security cameras around your property. You want to make sure sightlines to and from your property are clear, allowing observation of suspicious activity either on your property or from your property onto the street.

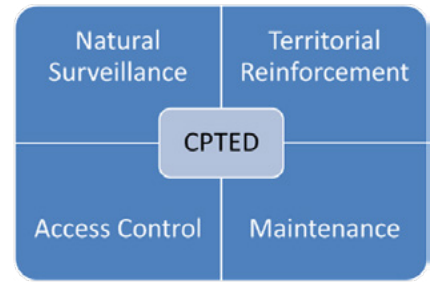


Figure 1 CPTED Core Principles

This can be accomplished through the use of lighting. A well-placed motion light can draw attention to your home when it is activated. Assess if there are any dark spots created by a lack of lighting. You don’t have to light your home up like a baseball diamond, but you don’t want to have dark spots where someone can conceal themselves. Be sure to replace any burnt out bulbs immediately.

Landscaping is an area that can create the most impact. In the CPTED world we recommend following the 2-ft and 6-ft rule. Bushes and decorative plants should not exceed 2 ft in height and trees should be trimmed up to a minimum canopy height of 6 ft.

Figure 2 Clear sightlines

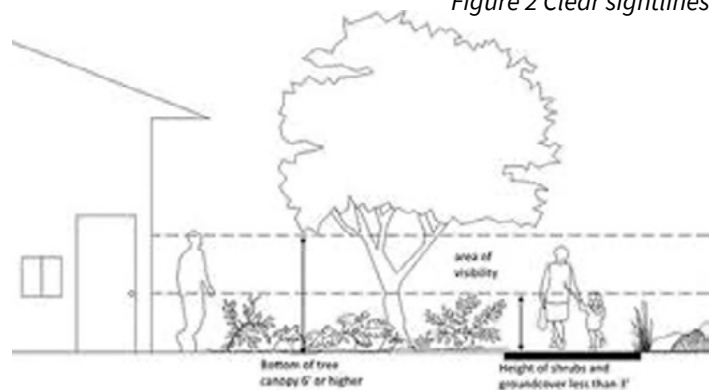


Figure 3 Overgrown vs well maintained landscaping

This allows for clear sight lines, and well-maintained landscaping gives the impression the home is cared for.

An easy way to draw someone's eye to your home is by the use of colour. Consider the use of strategically placed colour on your porch, front door or in your garden. (Figure 4)



Figure 4 Colour draws the eye in

Natural access control focuses on guiding people as they enter and exit an area, using physical barriers like fences, gates, shrubs and other elements to

reduce opportunities for unauthorized access. A well-defined walkway from the driveway or street to the homes front door will direct visitors to a designated door. In contrast a hedge or fence will keep people from accessing private areas around the home.

Territorial reinforcement encourages a homeowner to take ownership of their space, using signage, landscaping, and maintenance to clearly define public, semi-public and private areas. This alone is a deterrent to potential offenders. In figure 8, the sidewalk is public space, the walkway leading to the gate is semi-private and beyond the gate and fence line is private space. Anyone entering beyond the gate are guided to the front door of the home. The use of landscaping and fencing creates a clear boundary between the public, semi-private and private space and exhibits signs of ownership that sends a hands-off message to would-be offenders.

In conclusion, the principles of Crime Prevention Through Environmental Design (CPTED) offer a practical and effective framework for enhancing the security of your home. By emphasizing on natural surveillance, natural access control, and territorial reinforcement, you can create a welcoming environment that deters crime and increases your sense of safety. This article provides a high-level overview of CPTED as it applies to residential settings



Figure 5. A wrought iron fence without cross rungs is more difficult to climb.

and is not a comprehensive review of the entire theory.

Maintenance plays a crucial role in this process. Keeping your property well-maintained and tidy not only sends a strong message of ownership but also discourages potential offenders. Regular upkeep of your home and surroundings ensures that your security measures remain effective, and your property looks cared for and occupied.

It's important to acknowledge that while these strategies significantly reduce the opportunity of crime, they do not guarantee to eliminate it completely. No security measure can offer absolute protection, but by applying CPTED principles thoughtfully and consistently, you can enhance security of your home.

Incorporating other crime prevention strategies alongside CPTED can further increase your security. Advanced security systems, locks, security window film, neighbourhood watch programs, and community engagement initiatives can work together to create a comprehensive approach to crime prevention.

Remember, crime prevention is a shared responsibility. By taking proactive steps to secure your home and incorporating various strategies, you can contribute to a safer and more secure community for everyone.



Kelly Prebble is retired from the Waterloo Regional Police Service since the end of 2022. In retirement she remains committed to safety and community well-being. She is a consulting in the field of crime prevention, specializing in CPTED, Crime Prevention Through Environmental Design. Kelly is a Board member for CPTED Canada, and a designated International Crime Prevention Practitioner, through the ISCPP.

Resources:

Timothy D. Crowe, Revised by Lawrence J. Fennelly (2013). Crime Prevention Through Environmental Design, third edition. Butterworth-Heinemann.

CPTED Canada: <https://cptedcanada.com/>

Local Police Service for Officers trained in CPTED.



Figure 8. Defining Public, Semi-Private and Private Space

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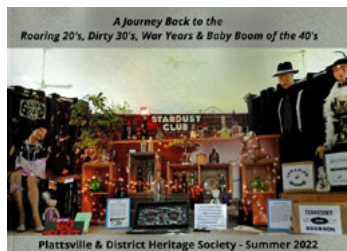


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Safeguarding Seniors:

Protections Against Age Discrimination in the Workplace

In Ontario, the Ontario Human Rights Code acts as a shield against all types of discrimination, including age-based discrimination within the workplace. As our population ages, making sure older adults are treated fairly in employment settings becomes increasingly important. Age discrimination occurs when someone is treated unfairly or disadvantaged in employment matters due to age, either because someone is seen to be too young or too old. You might see this in hiring, promotions, layoffs, training opportunities, and even in the terms and conditions of employment. For instance, using age as the only reason to give a younger employee a promotion could be discrimination.

Recognizing age discrimination can sometimes be hard, which is why it is important to be aware of the signs. It may involve being excluded from meetings or important decisions. It might be less desirable work tasks or shifts, or having unfair performance evaluations. Any instance where age becomes a factor in employment-related decisions should raise caution.

Thankfully, the Ontario Human Rights Code offers protections against age discrimination. Section 5(1) of the Code prohibits discrimination based on age in employment matters. This means that employers cannot discriminate against employees or job applicants based on age, except in limited cases. For example, some jobs may have valid age-based requirements due to safety concerns.

If someone believes they have experienced age discrimination in the workplace, they may file a complaint with the Ontario Human Rights Tribunal. The process involves submitting a complaint outlining the details of the treatment



experienced. The Tribunal will then investigate, which may include gathering evidence, interviewing witnesses, and holding hearings.

After investigating, the Tribunal has the power to make orders that require changes in the workplace and/or financial payments to the affected person. Becoming aware and speaking up in the workplace can help make positive changes for everyone. If you have a specific concern, please speak to one of the Region's many qualified lawyers.

Catherine Hubbard is a law student working at GGF Law, 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.

Building a New Nithview:

Expanding Long-Term Care in New Hamburg

Written By: Emily Shannon

Back in November 2020, Tri-County Mennonite Homes (TCMH) received support from the Government of Ontario to expand and redevelop long-term care at Nithview Community in New Hamburg. Shortly after being awarded new long-term care beds, TCMH staff met for visioning sessions, to dream of the possibilities and to discuss what was to come. It was the beginning of many months and years of design meetings and planning.

Though it may seem like little has happened since, rest assured – lots has been going on! Numerous design consultations were held. Location options were discussed. Financial cost estimates were obtained. Four separate designs were considered, evaluated, and costed. In the end, TCMH arrived at a design that is modern, built for providing quality care, and financially affordable.

In recent months, the design process has been accelerated. Government programs and funding for long-term care expansion projects was made available in the 2024 Ontario Budget, but the funding came with a timeline and mandatory milestones. TCMH committed to the fast-paced timeline and continued in earnest to obtain approvals for the building design and to obtain funding support for the project. At the end of April, TCMH achieved a significant milestone when it received a financial term sheet for the new build.



This term sheet, along with the current design, was submitted to the government for further approvals. Next steps will be to send the project for tender. At roughly the same time, the Ministry of Long-Term Care will host local town-hall meetings to allow the

public a chance to hear about the project from the Ministry's perspective. It will also provide an opportunity for community feedback. These town-hall meetings are organized by the Ministry based on their prescribed agenda and should be advertised in advance for anyone wishing to attend.

If you've driven by Nithview Community in recent months, you may have noticed a few things are already starting to change. TCMH purchased the lot directly across the street from Nithview Community, and this lot has since been graded and gravelled. The end goal for this lot will be parking for staff and visitors; however, before then, it will also be used as a construction staging yard. Once the construction is completed, the lot will be paved over for formal parking.

Other changes can be seen along the Nith River flats behind Nithview Community. TCMH was awarded an ecological restoration grant by Earthscape (of Wallenstein) to revitalize and re-naturalize the river flats. The first step is to till the soil, spray for noxious weeds, and plant native grasses and sedges. Trees are also being planted, courtesy of Let's Tree Wilmot.

Once the ecological project is completed, the river flats will include barrier free pathways that connect to Nithview Community.

The new building will be situated on the West end of the current long-term care home, between the existing building and the edge of the river valley. It will stand 6 storeys high and will have 160 beds in total. Of those 160 beds, 97 will replace the existing beds and the remaining 63 beds will be new. The ground floor of the new building will have community space, a small café, a chapel, and functional operational space like kitchen, laundry, and receiving. It will also have offices and staff breakrooms.

The other 5 floors will be resident home areas, with 32 residents per floor. These floors will have amenities like nursing stations, dining rooms, serveries, bathing facilities, and program space. There will also be a harvest room for smaller group use or private family dining. The rooms are being fitted with all the necessities for Seniors' Care and are designed with current best practices for infection prevention and control (IPAC). Each floor will have two wings, either of which can be closed off during an outbreak without affecting the functionality of the remainder of the floor. Also, elevators will arrive at each floor outside the resident home area which means there is less chance for an outbreak to accidentally spread to other floors via the elevator.

If everything continues with the current trajectory, TCMH will break ground in early 2025. Construction will take approximately 3 years to complete. Between then and now, if you are interested in supporting this project financially, TCMH has started a fundraising campaign to help meet our development goals. Donations can be made on our website, www.tcmhomes.com.

It's an exciting time at Tri-County Mennonite Homes! There is much change on the horizon. TCMH is eager for the next steps in this project so we can grow to meet the needs of seniors in our community for years to come.

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Top 10 Reasons to Make a Will

1. Without a will, friends, charities, or other beneficiaries can't inherit from your estate. Only family can inherit. Having a will ensures your wishes will be carried out and your loved ones are provided for.
2. A Will ensures that you decide how your assets are divided and not the courts.
3. You can control how your assets are spent.
4. You decide who would take care of your minor children.
5. Without a Will, the courts take control and can choose among a family member or court appointed guardian they see fit.
6. A Will can significantly speed up the process, thus reducing legal fees and potential executor fees for the estate.
7. Having a Will allows your estate to give a charitable donation to a charity or charities of your choice. This can provide a tax credit to the estate while providing you with an opportunity to leave a lasting legacy.
8. Having a Will allows you to decide who Will handle your financial affairs, not the courts. An executor is responsible for, among other items: securing and appraising the value of assets, applying for probate when necessary and paying estate taxes and debts. Given the vital role an executor plays, having a Will ensures you choose a person you trust.
9. Having a Will significantly reduces the likelihood that an unintended claimant is successful. Having a Will allows the courts to get a much clearer picture of the intended recipient(s).
10. Protecting your common law partner – In Ontario, common law partners are not provided the same benefit as spouses under the Succession Law Reform Act. In short, a common law partner is not entitled to inherit from a deceased partner's estate and is furthermore not protected under the Family Law Act as it relates to equalization of property. By creating a Will you can secure your partner from hardships in the event of your death.

With a Will, the government doesn't 'get it all.' Although each province has a plan in place for what will happen to your assets when you pass away, why risk allowing the government to decide how to distribute your estate? Do you know what that plan is? Does it reflect your values? It might not...

By having an up to date Will (and reviewing it regularly!) you will ensure that your estate distribution plan reflects your personal stewardship goals, adequately provides for any dependants, and leaves a testimony of the things that are important to you for those you leave behind.

Through your Will you can, name an executor to make sure your instructions are followed, nominate a guardian to look after any minor children, and ensure that assets are distributed in a way that is efficient and responsible. In some situations, a Will can provide reassurances that beneficiaries will receive their inheritance over time and in a way that does not overwhelm them, or in some cases encroach on government funded disability benefits.

A well-planned Will is the foundational document in your estate plan. It's worth making sure you have one in place.

For more information,
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Larry Lutgendorff at
519-742-8518 ext.
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The Mystery Writer

“How did you ever get to your age knowing so little??”

When I was early retired, I happily moved into a house in an established ‘back-water’ neighbourhood of mostly older retirees, who often by nature take pride in expressing their minds, openly and honestly.

So, with all of the usual formalities of settling in looked after, it was easy to run into some of the ‘herd’ that occupied that particular area of land.

Before long, there I was facing off with one of my neighbours discussing the ‘trade-offs’ of our different ‘talents’. Read: how useful I would be to have around, rather than how nice a person I was to have in the neighbourhood.

When I found out he loved wood-working, and getting up at sunrise with the birds, in order to get out to his garage to begin his day-long various odd jobs, I commented it must be wonderful to be so handy around the house.

He asked what kind of handiwork I did, and I muttered something like, “Not much”... And it was then when I knew where I stood, because he said “Young man how’d you ever get to your age knowing so little...?”

Neither of us was amused in that rather awkward moment.

You see, the two of us had spent our working lives in two different worlds, he at a factory before retiring, and I, as president of my own small company.

Opportunity can be a strong influence when we’re young. And as a boy growing up, I never had the opportunity nor occasion, to develop an interest in, or learn, shall we say, some of the more practical aspects of life experience, like

gardening, washing a car, fixing things that get broken etc.

So, when I grew up and became a business owner, well, my work responsibilities and busy travel schedule kept me focused on the practicalities of increasing sales and meeting budgets and growing my business.

It was from such contrasting backgrounds that my neighbour and I found ourselves living at the same time, in the same small cul-de-sac.

I believe there is something strangely symbolic about living on a circle, because it really does feel like a fish bowl, and it’s near impossible disguising not knowing what you’re doing...from those who do!

But “to each his own” and I wasn’t without a few handy capabilities that could be put into practice.

My business experience helped me at getting to know people, and my steady persistence with him, started to slowly pay off like the steady flow of water, smoothing the coarseness of rough stone. It also helped that I was soft-spoken with an unassuming manner, quick to show amazement at how he was able to fix chairs, build bird-houses and show kids how to use a hammer without hurting themselves.

I took mental notes. Before too long, there I was also bringing small projects to him. And I always stayed to ‘assist’ him, which seemed to please him, and my education started to take off.

As you can imagine, by then he had mellowed somewhat, though always maintained a superficial veneer of toughness which I gradually adjusted to.

One thing then simply lead to another, and next we were painting rooms in my house, and putting up pictures without having to cover the dotted ‘shooting range’ pattern of my previous well-intended tries at picture – hanging.

As the months passed, its became customary to hear his attention-getting whistle- tune coming closer and closer, as he purposefully strode to my house, first thing in the morning , always slowing down out front, like throwing bait to a fish he knew was there, ready to ‘bite’.

He seemed to know just when the time was right.

Thus our friendship of opposites grew close, based on the forging of a special relationship between a grumpy old ‘master’, and his spunky junior novice. What an odd pair we made.

As time passed, I learned to protect my sensitivity from his caustic remarks, and we took to sparring with the attitude and abandonment of an old couple knowing each other’s deepest strengths and weaknesses.

When neighbours overheard us talking it would sometimes sound like a cat fight, and they would walk pass quickly, not wanting to get involved, in spite of, or because of the ‘dagger-like’ smiles on our faces.

Of course, to a handiman like my neighbour, our meeting place was his small and well organized garage... neatly fitted with lots of shelves, and peg boards holding whatever was needed to handle any task, his own or otherwise, with a convenient stock of spare lumber standing by for building bird houses or replacing a broken fence board.

And when his wife wasn’t volunteering at the church which was most days, we were served tea or coffee, and whatever warm and sweet treat she had made earlier that day. Of course, cold beer got its turn as well, especially on weekends.

On his 80th birthday, there was a celebration, and naturally I was asked to speak. Before long I had intentionally dragged him up on stage, because he was really a very shy man which he cleverly disguised behind his shield of daring, bold brusqueness, which didn’t fool too many people (especially the kids, who adored him).

And slipping into our usual groove, we were soon reliving some of our memorable stories that we took turn telling with great enthusiasm.

All in all, it was good fun, and a special day.

And later that same night, a couple neighbours called to tell me how much they appreciated getting to know their kind and serious neighbour, in a way they could never have imagined, and what an enjoyable time everyone had.

Well, that’s friendship isn’t it, and I’m sure you, too, can relate to your own precious experiences with friends; so for me, it’s a good lesson, of the treasure one can find in difference, if only we give it a chance to flourish. (By the way, he’s gone now, but will never be forgotten.)

In closing, here’s a gentle reminder to tell your friends how much you love them from time to time. You won’t regret it, and they might even return the compliment.

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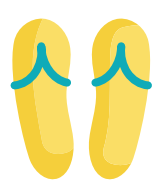
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