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Feature Business of the Month
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On The Cover

Despite a two-year Covid mandated break, Foxboro Green wins the Battle of the Adult Communities for the second-time. Pictured on the cover are: Larry Kalyn, Bert Weaver, Donna Kayln, Paul Knowles, Rita Hill, Julie Morris, Jackie Yantz, Wayne Yantz (holding plaque) Lorrie Alexander, Marlene Egan, Debbie Reid

Read the full story on page 8.

Cover story written and photographed by: Elaine Ballantyne



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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

Do you know an older adult that has:

- Made a positive and lasting impact on our community?
- Encouraged and exemplified the virtue of good citizenship?
- Enriched the lives of others, particularly those who are vulnerable or less able to help themselves?
- Shown ongoing initiative, leadership and dedication?
- Devoted themselves to sustained and selfless voluntary service?
- Earned the respect of their peers and became a role model in their field?

June is **Senior's Month**, a time to recognize and celebrate older adults in our Community. Seniors are an important part of our communities and we can all benefit from their wisdom and insight. Be sure to reach out to those older adults in your life and in your community and show your appreciation for all of the wonderful ways they contribute to your community!

Life Hack Tip of the Month ~ Identify Your Keys at a Glance

To make it easy to find the most used keys on your key ring: Color Code Key Head: Paint both sides of the head of the key with brightly colored nail polish. Use a different color for each key, or just mark the most used key.



Happy Senior's Month!

Tara

Healthy Aging

Everyday

How do you stay active daily? How do you connect with others? How do you keep yourself safe?

Studies on longevity show that people who live the longest, healthiest lives have strong social connections and are involved in their community; take care of their bodies and minds; and practice safety in their daily adventures. These elements together ensure healthy aging, because they consider the whole person. The evidence is so clear that healthcare providers are now *prescribing* all sorts of activities along these lines.



This Senior's month we encourage you to lead the way to a healthier, happier life by prioritizing yourself and finding ways to connect and engage!

Active, Connected, Safe

- Join a volunteer group, connecting with others and feeling good about giving to the community
- Sign up for learning opportunities in your community, meeting new friends and keeping your mind sharp
- Engage in group fitness classes, to increase strength, mobility and balance for health and safety
- Practice safety everyday through falls prevention behaviours. seeing your family doctor and dentist, getting your vaccinations, not giving out personal information, etc.
- Call a warm line if you are feeling lonely and get connected to a friendly voice
- Go to your spiritual house (church, mosque, temple, sanctuary) to share in connecting with something bigger than yourself with others in your community
- Take up a new hobby, because learning keeps the mind sharp and is a great opportunity to meet new friends
- Organize regular lunch dates with a friend or family member
- Garden with your children and grandchildren, to teach, connect, eat healthy and be active

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of Woolwich, Wellesley and Wilmot



Waterloo Wellington
Older Adult Strategy
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Saluting Seniors Across our Townships

The month of June provides a wonderful opportunity to recognize and celebrate seniors in communities across Ontario.

As a local non-profit with a mission focused on supporting seniors across our Townships to live independently, Community Care Concepts, is incredibly thankful to the many seniors which interact with our organization and enrich our lives daily. We are forever indebted to the many seniors who volunteer with our organization, opening their hearts and hands to support their friends and neighbours in need.

Each year, more than 120 individuals, many who are seniors, contribute over 8,000 hours to our work. While the pandemic may have temporarily impacted the roles that many volunteers were able to participate in, volunteers support our work through driving seniors to medical appointments, delivering Meals on Wheels, visiting with others or in preparing hot meals to be delivered or served to others. Volunteering not only has a direct impact on supporting seniors in our communities, but many volunteers would say, also provides an opportunity for volunteers to gain a sense of purpose and satisfaction through contributing to service to others. We could not do the work that we do and have the impact that we do without the support of our many senior volunteers in our communities.

We are also incredibly thankful to the many seniors who are providing caregiving responsibilities to friends and family. Across Canada it is estimated that one out of every four, many who are seniors, are providing care for friends and family members. These individuals are often the unsung heroes of our health care system, providing unpaid help with things like personal care and transportation, reducing

demands on other parts of our health care system. While there is no doubt that caring for a friend or family member can be personally rewarding by giving a sense of purpose, pride, self-worth and joy, we also know that caregiving is not without its challenges, causing physical and emotional challenges and sometimes financial and social burden. We salute our senior caregivers across our communities while also encouraging them to reach out to ensure that they are taken care of. Staff at Community Care Concepts are committed to supporting caregivers through respite options such as our Adult Day Programs, our Senior Support Workers, who can step in to help with caregiving responsibilities, our caregiver support group or our many services and supports.

Finally, we would like to salute the many seniors in our communities who place their trust in our staff and our organization through inviting us into their homes to allow us to understand their needs and offer support through programs such as Meals on Wheels, transportation to medical and other appointments, homemaking, home help services, visiting, Adult Day Programs, practical in-home support or support in transitioning from hospital to home. Many others are active participants in our social and recreational programs, both virtual and in person, as well as our community dining programs. We value our relationship with you and are grateful for the faith that you have placed in us!

On behalf of the staff, board and volunteers of Community Care Concepts, we salute seniors across our Townships, not only in June but throughout the year! For information or access to services or volunteer opportunities please do not hesitate to contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.

Flashback Photo

This fun photo from the Castle Kilbride Collection features Livingston Presbyterian Camp. The camp was located on Brewery Street in Baden in the 1930s. It even had a swimming pool!



Ontario has a new quicker option for smaller estates

After someone dies, the possessions and accounts they leave behind are known as their “estate”. Until recently, the process for family members and executors named in a Will was the same, regardless of whether someone died with an estate worth ten thousand dollars, or ten million dollars.

When someone dies with a bank account, or other assets that are controlled by someone else, the person holding that asset wants proof that they can hand the assets which belong to the estate, to the proper executor. That process is informally known as “probate”

Ontario has recently instituted a new procedure to

probate estates worth \$150,000 or less, mostly to make it simpler and quicker. After sending copies of these forms to all of the proper beneficiaries, and filing them with the court, the probate certificate can be issued in as little as 35 days. This tends to be quicker than the process for larger estates, and requires less formal paperwork.

A lawyer can help you through the probate process for both large estates and small estates, but this new process for small estates is intended to be more accessible to people who want to try it themselves. Even those who do wish to use a lawyer will find it quicker, and less costly, than the prior procedures. Overall, this makes it more likely that families are willing and able to administer and complete the process, even if the amount left behind was fairly small.

If you need advice or assistance about acting as the executor of someone’s will or estate, the area has many lawyers happy to assist.

Robert Lanteigne is a lawyer with 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.

COMMUNITY MEMBER MESSAGE FROM

Tim Louis MP, Kitchener-Conestoga

Dear neighbours,

June is Seniors Month, and there is no better time to celebrate the seniors who have helped build the Canada we all know and love. It is also an opportunity to raise awareness about the programs and services available to meet seniors' needs.

Over the past two years, Canadians have displayed incredible resilience, compassion, and solidarity. We know that seniors have been greatly affected by COVID-19; our government has continued to make supporting seniors a priority.

In budget 2022, our government announced that \$20 million would be allocated over the next two years to expand the New Horizons for Seniors Program. We are helping seniors stay informed, engaged, and connected with their communities. Funding has already helped local projects like the Elmira Lawn Bowling Club, the Woolwich Seniors Association, and the Elder Abuse Prevention Council.

We are implementing a 10 per cent increase to the OAS pension for seniors 75 and older beginning this July -- this will provide additional benefits of over \$766 to full pensioners in the first year. These savings will help seniors with everyday expenses like groceries, hydro and deliveries.

I will continue to advocate to keep seniors safe and supported. Whether I am working for you and casting votes in Ottawa or here in Kitchener-Conestoga, please know that your voice will continue to be represented. I look forward to continuing our dialogue; it motivates me to work hard for everyone.

If you have any questions about seniors' issues or need help with one of the Federal Government's assistance programs, please contact us at 519-578-3777 or email Tim.Louis@parl.gc.ca.

I hope you have a fantastic Seniors Month!

All my best,

Tim Louis, MP for Kitchener-Conestoga



TIM LOUIS

Member of Parliament
Kitchener-Conestoga



JUNE is Seniors Month

Let's support seniors to continue to live actively,
keep connected, and stay healthy and safe.

📞 519-578-3777

✉️ Tim.Louis@parl.gc.ca

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Despite a two-year Covid mandated break, Foxboro Green wins the Battle of the Adult Communities for the second-time

WRITTEN BY: ELAINE BALLANTYNE

Foxboro wins battle of the adult communities at New Hamburg lanes for second time

Back row: Larry Kalyn, Bert Weaver, Donna Kayln, Paul Knowles, Rita Hill

Front row: Julie Morris, Jackie Yantz, Wayne Yantz (holding plaque) Lorrie Alexander, Marlene Egan, Debbie Reid

You could hear the cheering and all the hoot-and-hollering from outside in the parking lot.

“No one has fun like seniors!” explains Karen Berg of Morningside’s retirement community in New Hamburg.

On April the 6th, 2022, New Hamburg Lanes hosted the second annual Battle of the Adult Communities. 30 local bowlers from Foxboro Green, Morningside and Stonecroft communities participated.

With two teams of five from each community, New Hamburg Lanes owner James Aoki had each community play against each other. Bowlers played three games while listening to some great classics like Wild Thing by the Troggs and Happy Together by the Turtles.

“There have been a lot of new, first time bowlers this year,” tells James.

For several months prior to the 5-pin battle, each adult community had been busy practising their bowling skills in their communities’ individual leagues. Foxboro met every Monday afternoon, Morningside every Tuesday morning, and Stonecroft met every Tuesday afternoon.

For Brian and Nancy Buckley, moving from Burlington to Stonecroft last April, joining their communities bowling league was a way to meet people. “We signed up because we wanted to get to know some people in our community. We’re having a great time,” says Nancy.

Martyn Chambers of Morningside had never bowled 5-pin before joining his communities league for the first time this year. Unfortunately

Martyn wasn't happy with his performance on battle day.

"You have to laugh or otherwise you'd have to cry," he says jokingly. "It's not going that well for me today."

Paul Knowles, past publisher of the New Hamburg Independent newspaper, along with his partner Julie Morris, joining the fun of being part of their communities bowling league has been just another great avenue of exercise and positive social interaction that living in Foxboro has offered them. For Paul and Julie, being part of the winning team is icing on a cake for their first year involvement in the tournament.

Fellow Foxboro resident, Lorrie Alexander, was all smiles as she began the tournament with 3 strikes in a row. This certainly brought on much cheering but what James really values in his senior bowlers is their comradery.

"The best part is that everyone cheers for everyone," he says.

This year each member of the winning community received an engraved medal.

Final scores:
Foxboro 20446
Stonecroft 18735
Morningside 18126

Did you know that you burn more than 200 calories an hour bowling? Bowling involves all the major muscle groups in your body. It improves your balance, increases your hand-to-eye coordination and stretches your tendons, joints and ligaments.

Bowling is the ultimate all-inclusive sport as it allows all skill levels, all ages, and groups of all sizes.

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Well done Lambert Group!*

- Chris

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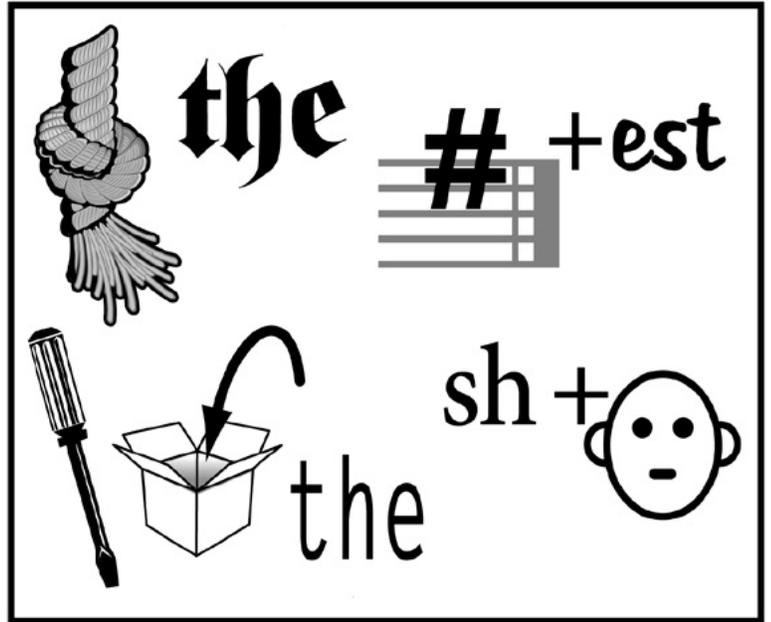
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June Puzzles!



Concentration Puzzle

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



Word Pyramid #8

Answer the clues to fill in the pyramid.



1. Sometimes a vowel _____

2. _____, myself, and I _____

3. Purchase _____

4. Billiards _____

5. Citrus fruit _____

6. A group of fish _____

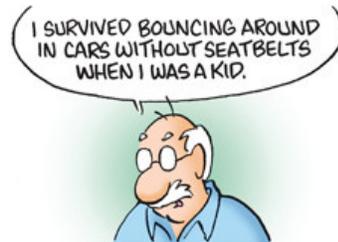
7. A colorful arch _____

8. Page saver _____

9. Saint associated with love _____

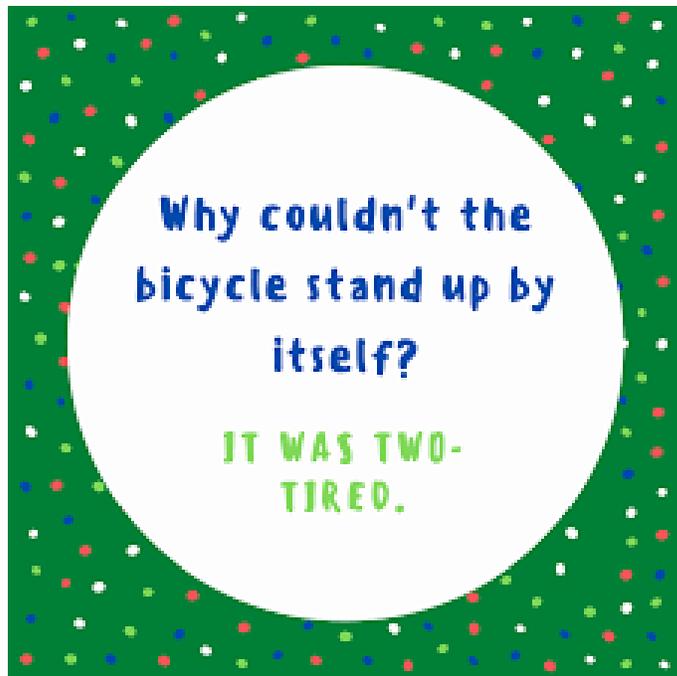
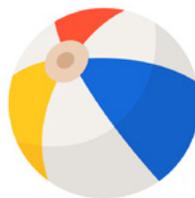
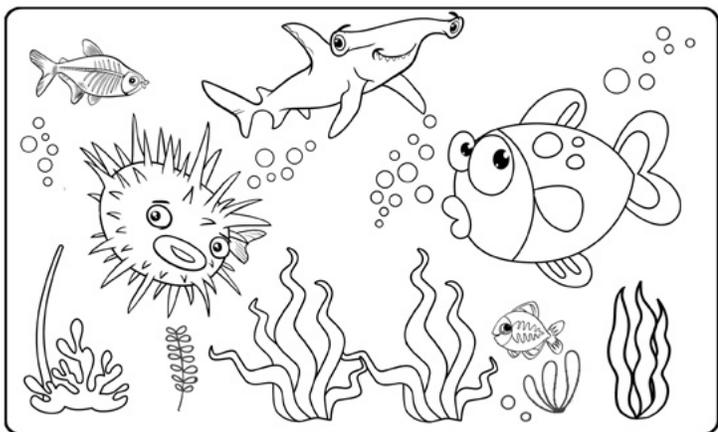
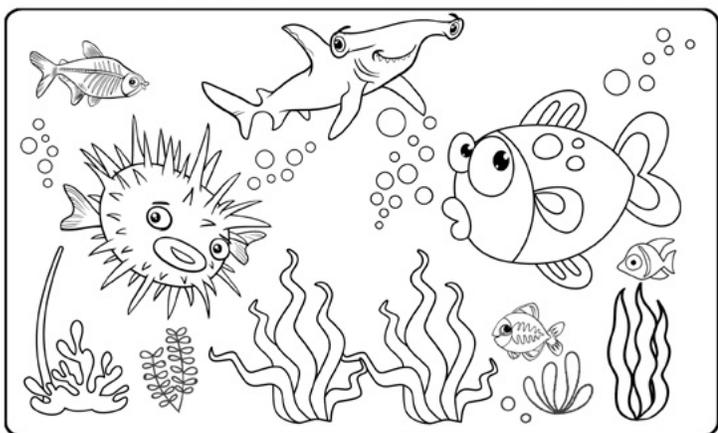


Laughing Matters!



Spot the Difference

Find 9 differences



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- 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
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- 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:

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- Linwood Nurse Practitioner Office
- Pond View Retirement Village
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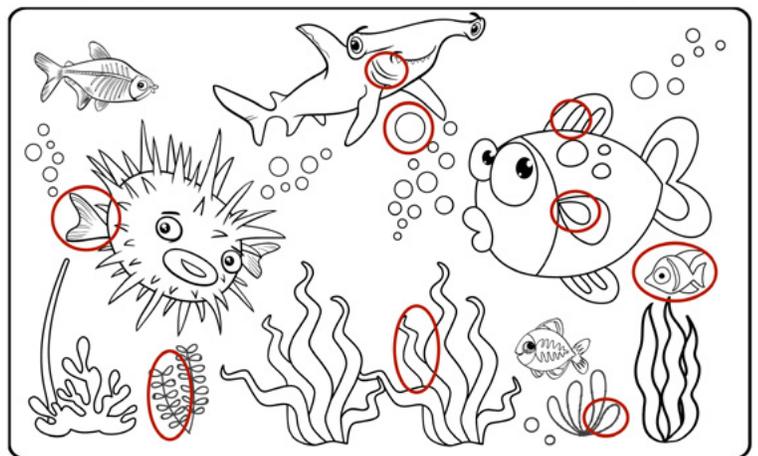
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- Bonnie Lou’s Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)
- Harvest Moon St. Jacob’s

Concentration Puzzle: Not the sharpest tool in the shed

Solutions

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Ask the Doctor

with Dr. Nicole Didyk

Can a urinary tract infection (UTI) cause mental confusion?

Yes, in older adults, a UTI can cause or worsen confusion, but only under certain circumstances.

Urinary tract infection is the most common type of infection in those over age 65, and the diagnosis of a UTI can be complicated by the fact that many older adults have asymptomatic bacteriuria. In this condition, there's bacteria in the urine all the time, but it isn't causing an infection. So, your doctor may only test your urine for infection if there are symptoms like:

- Uncontrollable urge to pee
- New or worsening urinary incontinence
- Pain on urination
- Blood in the urine
- New or worsening confusion (in certain cases)

In some older adults, especially those living with dementia due to Alzheimer's disease, or those in long-term care, the only new symptom of a UTI may be a change in mental acuity and alertness.

This is due to delirium, which is a sudden change in alertness or concentration, associated with being easily distracted or inattentive. Delirium tends to fluctuate, that is it waxes and wanes over periods of days or even hours. Many people experiencing delirium hallucinate (seeing bugs or animals for example) or have delusions, like they may think there's a party going on in the hallway, or they need to go outside and catch a train. Delirium can be caused by almost any medical issue like a new medication or dose increase, any type of infection, severe constipation, and can also be provoked by a change in environment, like being admitted to

hospital or moving to a new home.

When an older adult living with dementia or in long-term care becomes more confused or shows signs of delirium, we often take a urine sample to check for infection, and that's a good suggestion to make to your doctor if you're in that situation. The good news is that when a UTI is treated, the confusion often improves quickly, but it can take a little longer in someone with a particularly vulnerable brain.

For more information about aging and health, go to www.TheWrinkle.ca

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

Disclaimer:

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

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Guns & Roses

I just wasn't into a guns-type approach, but original and creative ideas fascinated me.

So, as you opt to the middle ground, you learn to listen, asking intelligent questions to, hopefully, get informed answers. You're trying to appreciate the other side, better understanding where they're coming from and encouraging them to do the same, in return.

“The highest form of ignorance is when you reject something you don't know anything about.”

– Wayne Dyer

My dad used to say that many a hot argument was cooled by cold facts. Otherwise, you might just be missing something that is valid, and potentially useful.

Seeing the political gridlock in Washington, we realize the real need for moderates; they have real power because everyone is courting their vote. They are the true leaders of reason.

“I feel someone must remain in the position of non-alignment, so that he can look objectively at both parties and be the conscience of both—not the servant or master of either.”

– Martin Luther King Jr.

In fact, many of the world's strongest advocates, like Mahatma Gandhi, Martin Luther King Jr. and Nelson Mandela developed strong beliefs and fought hard to make changes through peaceful means. I also see them ultimately acting as peacemakers between their cause and the extremists among their own supporters, to allow for compromise – the highest degree of democratic values.

“Mother Mary comes to me/ Speaking words of wisdom, let it be”

– Let It Be by The Beatles

<https://youtu.be/QDYfEBY9NM4>

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

I think my interest in writing started with me looking in the mirror ... no, not figuratively, but literally.

Beginning in secondary school, I suffered with severe facial acne. Socially, it was a non-starter. As a result, you learned to become withdrawn ... invisible ... shunning any kind of attention, which was usually negative. Like the time someone threw my schoolbooks on the floor because they wanted my desk, but mostly they did it because they could.

Fast forward to when you're an adult and it explains how you see things. Initially, you are sensitive to life's underdogs. Secondly, you remembered those rare individuals who looked you straight in the eye to see you ... the real you ... not some caricature of someone's imagination. The silver lining, later in life, was that you were less likely to prejudge situations or people. Being an observer of life, you try to appreciate both sides of an issue.

This wasn't always easy growing up in a family that tended to take extreme positions on everything.

“But all I've ever learned from love/ was how to shoot someone who outdrew you”

– Halleluiah by Leonard Cohen

I learned quickly that when you express your own deeply held beliefs and values you better be knowledgeable and be prepared, and to expect an equally strong and passionate pushback from the other side. Like the gun fights you heard about in the “wild west”, you had to shoot down the other person before they shot you.

‘Argy-bargy’ doesn't quite cover it. My problem was



Better with Age: Plan the Post-Retirement Life You Want



Do you have a plan for the future? It's never too early to think about how you want your post-retirement years to look. We all have practical, social, physical and emotional needs, as unique to each of us as our fingerprints. Maybe you have a clear vision of your golden years – or maybe it's more like a fuzzy notion of where you might live and how you'll pay for it. Instead of leaving your plans to chance, you can actively shape them. Here are some things to consider, along with steps you can take to set yourself up for a healthy future.

Plan to age in place: Most Canadians want to keep living independently, rather than move to a seniors' facility or live with family members, but many don't take the steps to make this feasible. Aging in place could mean staying in the family home, or it could mean downsizing to a smaller apartment, moving to a retirement community, or co-housing with other older adults. All of these options require planning – the earlier, the better.

Get a financial check-up: One in four Canadians aged 60 and older is concerned about running out of money before they die, according to a survey commissioned by FP Canada and Credit Canada. The survey also found that one in four respondents is worried about paying for long-term care. If you need money advice or you don't have a clear picture of your finances, talk to a certified financial planner.

Maintain your social connections: Consider your social network when making plans for the future, including where to live. As we get older, our social circles tend to shrink, for various reasons including retirement, bereavement, reduced mobility, health problems and financial issues. However, we should strive to stay socially active and interact regularly with family, friends and people in our communities. It's good for our physical and mental well-being, and staying socially engaged helps to prevent loneliness and isolation – both major problems among Canadian seniors.

Stay physically active: Aging brings with it many. We can't prevent all of them, but we can optimize our health by doing regular exercise – including strength training to slow down age-related muscle and bone loss – and practising self-care. Yoga is also excellent for older adults. As you plan for the future, think about how you'll stay active and what facilities (community centres, swimming pools, gyms, tennis courts, etc.) are important to you.

Eat a nutritious diet: As we age, our dietary needs change. To maintain optimal health, we should update our eating habits accordingly. Our bodies require more of certain nutrients, and some older adults have trouble eating due to decreased appetite, oral health problems, difficulty with chewing or swallowing, or medication side effects. If you need nutrition advice, don't wait – talk to your physician or a registered dietitian.

Keep your brain healthy: The brain undergoes physical changes as we get older. We can help slow down age-related cognitive changes by adopting healthy lifestyle habits, including exercising regularly, eating a nutritious diet, getting adequate sleep and being socially active. Lifelong learning – such as playing mentally stimulating games or learning a new language – also helps us stay sharp.

Pursue your goals: More than half of Canadians have a bucket list of things they want to see and do. Goals and dreams can be part of your post-retirement plans. Putting your desires in writing can help inspire and motivate you to make things happen, whether it's learning to paint, moving closer to your grandkids or taking a trip to Europe (when it's safe to go, of course).

Prepare for disasters: Due to the effects of climate change, we're likely to see more extreme weather, including heat waves, floods, hurricanes and ice storms, and related problems such as power outages. These events are very hazardous for seniors, so it's important to prepare for emergencies.

Plan your estate: Estate planning helps you ensure that when you die, your assets and property will be distributed according to your wishes, while minimizing the amount of tax your estate will pay. Having a properly structured estate plan with a valid will avoids uncertainty and family conflicts, and it minimizes delays in transferring your assets to your heirs and beneficiaries. If you haven't planned your estate, or if you've been meaning to update your will, make an appointment with your financial advisor or lawyer.

Make your wishes known: Discussing illness, disability and death is uncomfortable for many people, but it's a good idea to do so while you're still healthy and capable of making decisions. Imagine if you suddenly lost the ability to communicate or take care of yourself – would your loved ones know what you want? In Canada, we have legal documents that state a person's wishes concerning medical care and property.

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The Challenges of Downsizing

When Moving into a Condo or Senior's Residence

by Jane Pinzhoffer

The stress of selling your home is enough to overwhelm just about anyone. Moving means going through everything you own and deciding whether to box it up, give it away, or throw it out. It means saying goodbye to your neighbours and your favourite local spots. The logistics of relocating from everything you're familiar with to brand new surroundings, combined with a lack of control over the home selling process, can lead to feelings of extreme anxiety.

For seniors, downsizing a lifetime of memories and possessions to a new and more compact environment can be nothing short of traumatic at a time of life when your focus is often on the health and wellbeing of your spouse and yourself.

"In 2011, my aunt and uncle were moving into a retirement home, and it opened my eyes to all that's involved when seniors move to a smaller space," says Angela Baas, Sales Representative at Royal LePage Wolle Realty. "When the house was ready to sell, my uncle called and said my aunt was crying and doesn't want to move. It was too overwhelming for her, and it was what made me decide to take the Accredited Seniors' Agent course."

Working with seniors over the last decade has given Angela a unique perspective on the



challenges facing seniors who've decided that their house, for whatever reason, has become more than they can handle.

At the end of November 2021, Angela met with Dave and Beth, who had made the difficult decision to move into long-term care. Beth had always taken care of everything but was diagnosed with dementia, and Dave, at the age of 93, was faced with taking care of his wife and all of the things she used to look after.

"Dave and Beth's home has wonderful curb appeal and is located in a great location on a court with a lovely treed backyard. But when it came time to move, they had a lot to do to get the house ready for selling that required making decisions, getting quotes, and a lot of coordination," says Angela.

"I was skeptical, unenthusiastic, even unwilling to accept the new approach to selling a home,"

says Dave. “Sell as-is, get it over with, the sooner, the better. I cannot do this! Those were my attitudes. Enter Angela. At every point in the process, we were able to control our own destiny, always with the option of calling Angela for her opinion and advice. Without exception, every question was answered.”

Some of the updates and renovations that were done to Dave and Beth’s home include: painting the house from top to bottom, including the kitchen cabinets, installing new carpeting in some areas, new hardware for doors and cabinets, new floor vents, stove vent, and light fixtures, replacing the dishwasher, washing window screens, and bringing in plumbers and electricians to address various updates throughout the home.

Complete staging of the home was also done. Although many older people don’t see the benefits of staging, statistics show it can increase pricing up to 20%. If you’re unfamiliar with the term, think of it as giving your home a makeover so that it’s more aesthetically pleasing.

If you’ve been in the same house for 30, 40, or more years, you’ve probably accumulated an enormous amount of stuff. The staging process typically involves removing and replacing furniture with other pieces to open up the space and eliminate clutter to show your property in its best possible light and make a great first impression on potential buyers.

Angela provides full service for all the things you haven’t thought about doing to get your property ready to reach the buyer who will pay the best price. Real estate agents can recommend two or three contractors for each job and help sellers decide on the best option for overseeing the work being done in the home to prepare it for sale. Angela has established relationships with local contractors, organizers, staggers, cleaners, storage companies, and disposal companies that specialize in the needs of seniors. All you

have to do is take what you need. Angela and her team will figure out the rest.

Dave and Beth’s home sold at a price they were not expecting. They were thrilled. Angela had a booklet made of their home as a keepsake, which they loved. Dave says one of their granddaughters summed it up best. “I know what a special place this has been for my grandparents over the past 20 years, so seeing the care and expertise you have put into this transformation, and your guidance as they embark on the closing of this chapter is so appreciated.”

As an experienced Real Estate professional with the Accredited Senior Agent (ASA™) designation, Angela Baas, ABR, ASA, CNE, REMS, Sales Representative, Royal LePage Wolle Realty, can assist you in all aspects of the downsizing process of buying and selling homes. You can contact Angela at 519-747-2040.

Hire with Confidence!

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Living Proudly With Dementia

Alzheimer Society Waterloo Wellington

The average age of someone living with dementia in North America is around 83. This average person would have been born before WWII in 1939. In 1954, you needed to go to school in Ontario until you were 16. In your last year of school, Rock Around the Clock by Bill Haley and His Comets was the number one song. 1957 was the first year you were allowed to vote: John Diefenbaker won the election. When you turned 29, Canada decriminalized homosexual acts with the Criminal Law Amendment Act. 26 years later, Ontario became the first province to allow same-sex couples to adopt - you were 55. Ten years later, in 2005, your 65th year, Bill C-63 became federal law, and finally, same-sex couples could legally marry in Canada. Only five years ago, in June 2017, were the terms gender identity and gender expression included in the Canadian Human Rights Act and Criminal Code.

You've made it this far, fighting against a system of oppression, and you are not alone. Lesbian, gay and bisexual people make up 6.4% (200,000) of the Ontario Senior Population (65+), and transgender people 0.3% (9,350). The intersectionality between your gender and/or sexuality identity, your diagnosis of dementia and anything else that you identify with can create a barrier to care and inclusion.

According to *The Intersection of LGBTQ Identity and Dementia* by Jo Bechtold, MSW, LGBT+ individuals may be hesitant to seek out health care and receive less comprehensive care. They are also more likely to experience social isolation because of their identity and strained relationships with parents and siblings. LGBT+ folks are more likely to experience poverty due to discrimination in the formal workplace, hindering their ability to receive or hold a job. This discrimination also leads to hesitance regarding moving into long-term care homes, worried that they may be treated differently based on their sexuality. They may even feel pressure to re-enter 'the closet' or hide their gender identity. Finally, mainstream culture has historically depicted

LGBT+ folk as young, white, affluent gay men. Older folks who do not fit into this casting have lived and continue to live at risk of being made invisible and undeserved in the medical system.

The Alzheimer Society Waterloo Wellington is a safe and welcome space for people living with dementia. We are here to help you live your best day. This includes dismantling stigmas we find in ourselves and the community at large. We are committed to fostering a safe space for LGBT+ individuals. You can meet confidentially one-on-one with our social workers; join intergenerational programming to share your lived experiences, and find resources about dementia and sexuality through our dementia-based education. Please reach out to our offices by phone at 519-742-1422 to join our community.

Further Reading and Resources

Conversations About Dementia, Intimacy and Sexuality, from Alzheimer Society of Canada.

Still Here, Still Queer; A Handbook for Affirming LGBTQ Older Adults from The 519.

Inclusive Services for LGBT Older Adults: A Practical Guide to Creating Welcoming Agencies from the National Resource Center on LGBT Aging.

A Note on Language

Queer is a term with a complex history. It is a term that has been used in hurtful ways against people for their perceived difference. It is also an umbrella term that has been reclaimed by some people who proudly defy gender or sexual restrictions, and a way that some lesbian, gay, bi, and/or trans people identify themselves with particular communities, cultures, and values. In this article, respecting the historical weight of the term and being mindful is the priority, as it could still be considered an offensive term for lesbian, gay, bisexual and/or transgender seniors. Throughout the article, 'LGBT+' will be used as an umbrella term for anyone who self-identifies as part of this particular community.

RETHINKING AGING

To Thrive Together Sustainable Living is a not-for-profit organization whose mandate is to change the way we care for people and the Earth. Last year the organization created a series of workshops to challenge the negative stereotypes of seniors in our society and has just received funding from the Government of Canada New Horizons for Seniors Program to offer its virtual Rethinking Aging Workshop Series FREE to community centres, seniors' associations and faith-based organizations across Ontario.

As you know, COVID-19 has disproportionately affected seniors. In response, To Thrive Together developed this series of educational workshops to bring older adults together in a safe and encouraging online environment. The workshops offer a much-needed opportunity for seniors to engage in conversations about

many of the issues surrounding aging which we all tend to avoid giving voice to. The workshops were piloted by the Woolwich Seniors Association in 2021, and the response was overwhelmingly positive.

The six-part educational series is a learning and sharing experience that is engaging, enlightening, and sometimes a bit gritty as participants examine the validity of their beliefs and fears about growing old in light of the latest scientific evidence. The virtual Zoom platform allows older adults from rural and urban settings to meet new people from across the province, encounter new ideas and explore some fresh perspectives on growing older.

To register for our next session:

Email: RethinkingAgingNow@gmail.com

CHANGE THE WAY YOU THINK ABOUT AGING; CHANGE THE WAY YOU AGE!

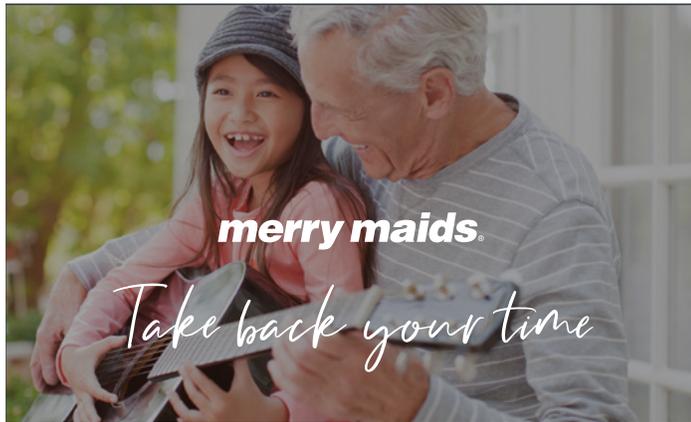
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We thank all participants for their submissions, due to space restrictions only selected entries can be featured in each issue.



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Oral Health & Seniors



Oral health is “a state of the oral and related tissues and structures that contributes positively to physical, mental and social well-being.”

A healthy mouth is an important part of a healthy body. The facts are that our mouth talks to our body, and our body talks to our mouth. It is also important to our enjoyment of life’s possibilities, by allowing us to speak, eat, and socialize unhindered by pain, discomfort and embarrassment.

Research has shown there is an association between oral disease and other health problems such as cardiovascular disease, diabetes, heart disease, stroke and respiratory infection.

Oral changes associated with aging, such changes include: darkening of the teeth, worn teeth, gum recession, bone resorption and changes in the tongue. Seniors are more prone to dental decay, gum disease and oral cancer than any other age group. So it is important to maintain good oral health. The question is what we can do to maintain good oral health. Here are a few tips:

- ✓ **Start with a healthy food.** You can improve your oral health and reduce the risk of periodontal (gum) disease by eating balanced foods from the five major food groups – grains, fruits, vegetables, dairy and meats.
- ✓ **Drink water** - Water helps flush away some food debris and dilutes the acids that linger on your teeth and cause decay. Drinking plenty of water each day is also essential in maintaining your general health.

- ✓ **Brush 2X/day for 2 minutes.** Never go to sleep without brushing your teeth. Your saliva slows down at night when you sleep and food remaining in your mouth for such a long period of time is a major cause of cavities.
- ✓ **Floss daily,** toothbrushes can not reach into the small spaces between your teeth and gums where bacteria builds up if it is left undisturbed. If you have trouble flossing, ask your hygienist or dentist for alternatives. There are many useful products available that can help make flossing easier.
- ✓ **Have regular dental checkups.** Visit your dental professionals to have a complete oral health exam and don’t be afraid to ask questions. Take the time to understand what is happening in your mouth and how you can prevent or correct any dental problems before they become a serious health threat.

If you are 65 or older and unable to afford dental care you may be eligible for free dental care through the Ontario Seniors Dental Care Program. You can find more information at ontario.ca/SeniorsDental or contact

Woolwich Community Health Centre at 519-664-3794, extension # 223 and we will be happy to help you.

Stay healthy and keep smiling!



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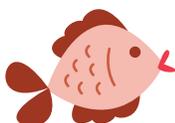
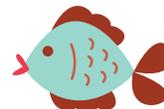
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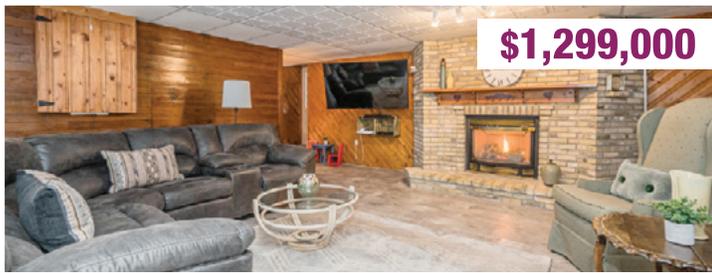
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