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

VOL 5 ISSUE 10 JUNE 2023

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Feature Business of the Month

**COMMUNITY  
CARE  
CONCEPTS**

Community resource guide to help you and your loved ones age in place!



# JUNE IS SENIORS MONTH!

Celebrating Seniors across our Townships!



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The North Easthope Antique Tractor Club (NEAT) is so much more than just men who like old tractors; it's about respecting agriculture and their fellow man. Pictured from left to right: Murray Gingerich, Wayne Gerber, John Mohr, and John Schyff

See the full cover story on page 8

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LETTER FROM THE EDITOR

**Celebrating Seniors and Fathers:  
A Double Delight in June**

As the warm breeze of June envelops us, it's time to acknowledge the invaluable contributions of two cherished groups in our society: seniors and fathers. This month, we have the privilege of celebrating Seniors Month and honoring fathers and father figures on their special day. These occasions offer us a unique opportunity to express our gratitude and admiration for the elders who have paved the way for us and the fathers and/or father figures who have shaped our lives.

Seniors Month allows us to recognize the wisdom, experience, and resilience of our older generation. They have witnessed significant changes throughout history and overcome countless challenges, leaving an deep-rooted mark on society. Their stories and experiences are priceless treasures that deserve our attention and respect. During Seniors Month, let's take the time to engage with older adults, listen to their stories, and learn from their wisdom. Whether it's volunteering at a senior center or simply spending quality time with our own grandparents, every gesture counts.

Simultaneously, we eagerly anticipate Father's Day, a day to honor the men who have played a pivotal role in our lives. Fathers are often unsung heroes, quietly working to provide for their families and imparting invaluable life lessons. On this day, let us celebrate their dedication, love, and sacrifices. Whether it's a heartfelt conversation, a simple gesture of appreciation, or a thoughtful gift, let's express our gratitude and acknowledge the profound impact fathers have had on shaping our lives. Together, let's make June a time of celebration, gratitude, and intergenerational harmony.

**Life Hack Tip ~ Keep Paint Cans Clean**

To minimize the mess of paint, brush off excess paint before applying it. Most of us use the edge of the can to do this, but this can get messy, causing the paint to drip over the edge little by little. Before we know it, we have a paint-covered paint can and a lid that is hard to re-open.

Before you start painting, wrap a rubber band around the paint can so that it stretches across the opening. Use the rubber band to wipe excess paint from the brush instead of the can's rim, which helps keeps your paint cans clean.



*Tara*



# Flashback Photo

Courtesy of the Grace Schmidt Room, Kitchener Public Library

A photograph of Huron Street in New Hamburg picturing the Primary School (built in 1874), the Fire Hall (built in 1892) and the Carnegie Public Library (built in 1915).

In the background is the Hartman Bridge that has spanned the Nith River in various iron forms since 1882. There is no date to this photograph.



**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.

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# June is Seniors Month

The month of June provides a wonderful opportunity to recognize and celebrate seniors in communities across Ontario. As a local non-profit that supports seniors across our rural townships of Woolwich, Wellesley and Wilmot to live independently in their own homes and in their communities, Community Care Concepts is incredibly grateful for the many seniors who interact with our organization and enrich our lives on a daily basis. We continue to learn, grow and be guided by their experience, their wisdom, their approach to life and their incredible resilience.

In recognizing June as Seniors Month, it is also a great opportunity to encourage seniors to become or remain engaged in their communities and to build solid social connections. We know that for people to age well in the community, there are some key components that must be place – good physical health, good mental health, nutrition and physical exercise. However, the one element which is often overlooked and yet serves as the most important protective factor in helping people to age well, is the ability to maintain social connections. There is no doubt that this concept has been tested over the past couple of years, but we are encouraged by the increasing participation in our group social and recreational programs which have re-launched. The high participation rates suggest that after experiencing a prolonged period with limited connections, many have realized how much they benefit from maintain connections with others.

Maintaining social connections can look very different for each person. Many seniors have built many components of their life and well-being around these social opportunities, whether it be gathering with friends, attending

clubs or activities or volunteering in the community. Others have benefitted from having a smaller circle of contacts that they spend time with or turn to for support. Regardless, the importance of maintaining social connections is a critical component to aging well.

Many seniors benefit from volunteer opportunities as a way to remain engaged and connected. There are many wonderful volunteer opportunities across multiple organizations in our Townships. I would encourage you to explore these opportunities. Beyond the direct impact on supporting individuals in our communities, many would say that volunteering provides many personal rewards.

Across communities during the month of June you will witness increased promotion of opportunities to become active and engaged in your community, as many organizations and businesses acknowledge the significance of the month. I would encourage you to explore the many opportunities which are presented.

It is recognized that while many seniors would like to participate in their community, caregiving responsibilities or health limitations impact their ability to participate. As we celebrate Seniors Month we recognize the important role of caregivers as well as the many seniors who place their trust in us to support them to live independently.

On behalf of Community Care Concepts, we salute seniors across our Townships, not only in June but throughout the year! Our communities are so enriched by your presence and contributions!

With gratitude,  
*Cathy Harrington, Executive Director*



## Meaningful Ways to Honour the Memory of a Loved One



When someone close to us passes away, the grief can be overwhelming. Many people find it helpful and comforting to do something special in memory of their loved one. Here are some creative and meaningful ideas to honour a family member or friend and keep their legacy alive.

### 1. Donate to a charity or non-profit organization.

Was a certain charity close to your loved one's heart? Did your loved one have fond memories of a certain place, such as a college or university they attended? Donating money to a charity or non-profit is a lovely way to honour someone's memory. To increase the impact, you could organize or participate in a fundraiser (such as a charity walk) with family members and friends. Volunteering is also a meaningful tribute, if you're able to donate your time and skills.

### 2. Plant a tree.

Plant a memorial tree in your own garden or backyard, or honour your loved one by planting a tree through Tree Canada or A Living Tribute. These organizations plant seedlings across Canada where reforestation is needed.

### 3. Donate a bench or picnic table.

Memorialize loved ones by donating or raising funds for a bench, a picnic table, a water fountain, a bicycle rack or playground equipment. You can often include a commemorative plaque.

### 4. Preserve precious memories.

Collect cherished photos, letters and other keepsakes that belonged to – or remind you of – your loved one. Keep them in a special box, or create a scrapbook, collage or video. Ask family members and friends to contribute, if you like.

### 5. Hold a celebration of life.

Invite family members and friends to a special lunch or dinner to remember a loved one who has passed away. This could be a one-time event, or you could make it an annual get-together held on a significant day, such as your loved one's birthday or the anniversary of their death.

### 6. Go somewhere special.

If your loved one had a connection to a certain place – say, the country where they were born and raised, a place that held religious or cultural significance for them, or even their favourite vacation spot – you could make a trip in their honour.

### 7. Carry on a tradition.

If your loved one was the keeper of a certain tradition – say, making a special dessert for holiday gatherings – see if you can keep it going in their memory.

### 8. Remember your loved one at special events.

You may feel your loved one's absence most keenly during major family events, such as weddings, new births and holiday gatherings. Find ways to include your loved one, such as mentioning them in a wedding speech, or displaying family photos.

### 9. Share your loved one's favourite things.

Was your loved one an avid reader? Did they have a collection of beautiful objects? Give books or collectibles to family members and friends who will appreciate having something to remember them by.

### 10. Finish something they started.

Honour your loved one's hobbies or interests by trying them yourself, or by completing a project they started.

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COVER STORY



# Good Men Doing Good Things

Written by: Elaine Ballantyne

The North Easthope Antique Tractor Club (NEAT) is so much more than just men who like old tractors; it's about respecting agriculture and their fellow man. In good weather, every Thursday, from May to September, you will see them.

It's a touring line of men proudly driving restored tractors. As they meander down country roads through Wellesley, Milverton, Millbank and Tavistock, it's like travelling back in time, when certain things were just that—certain.

The North Easthope Antique Tractor Club (NEAT) began about 20 years ago by six North Easthope farmers. Today, when they meet for their Thursday breakfasts, there can be 40 to 45 men in attendance. This also means the parking lot is packed with agricultural history!

## Keeping the Romance Alive

For NEAT member John Schyff of New Hamburg, his membership means not only respecting the past, but it is also about the future generation.

“It’s for the next generation so that they can see how small farming started—it was with these tractors. They are small compared to today’s stuff but it keeps the history alive—these tractors were full-time tractors, they did everything with them,” explains Schyff.

John Mohr, president of NEAT and New Hamburg resident remembers using a team of horses to do farming. “I drove the horses,” he says.

Amulree farmer Wayne Gerber explains his NEAT involvement. “For me it’s to keep the memory alive—what once was,” he shares.

Retired Baden dairy farmer Murray Gingerich agrees. “It’s our heritage,” he says succinctly.

## Not Everybody has a Tractor

You might assume that all NEAT members own tractors and were once farmers. This isn’t so.

“Most individuals in the club have a tractor, but not everyone. We’re also not all ex-farmers, though most of us are. There are some who just joined for the fellowship—for the getting out,” explains John Mohr.

“It’s the comradery,” agrees Murray Gingerich. “You socialise and it makes a big difference being with people. We reminisce.”



Having fun together is definitely important to these tractor enthusiasts. Onlookers will see and hear how great it is for men to get together.

### **The Beauty of Restoration: Giving Back**

For 15 years NEAT has been restoring antique tractors and donating them to the New Hamburg Mennonite Relief Sale.

The New Hamburg Mennonite Relief Sale has been raising funds for the relief, development and peace work of the Mennonite Central Committee (MCC) world-wide since 1966.

“Tractors are donated by the owners with the condition that it’s restored to go through the sale,” explains Wayne Gerber.

This year Don Kaster of Stonecroft donated a 1964 model 65 Massey Ferguson tractor to the group. Don had farmed for years just west of New Hamburg.

Fifteen NEAT members volunteered their time and put in 150 hours to fully restore the Massey Ferguson to its original glory.

### **“It’s our way to help somebody else,” states John Mohr.**

Working in two groups, the men alternated Tuesday and Thursday mornings to get the job done. “You can only have 4 to 5 guys working on it at a time or otherwise it gets a little crowded,” explains John Schyff.

As Massey Ferguson’s are known for being robust and reliable, the engine only required a tune up. New seals and gaskets were replaced and a great deal of cleaning, sandblasting and painting was done. This gas-powered model with power-steering also received all new wiring, a new seat cushion and a new steering wheel. Additionally, all her tires were



dismounted and cleaned.

“Guys who can’t physically do the nut and bolt work, contribute financially,” says John Mohr.

In February NEAT held a fundraising breakfast at Steinman Church in Baden where they raised over \$2000.00 that went towards finishing the Massey Ferguson. 140 people were in attendance.

### **Buyers for a Good Cause**

You may wonder who buys old tractors?

Ironically, sometimes it is the person who donated the tractor—they buy it back restored. For others, they may have once had a similar tractor or possibly grown up around a certain model. Also some people buy it for their collection.

What is commendable—besides the tractor donation, all the volunteer hours that go into the restoration and the financial donations—is how much the buyer of the restored tractor is willing to pay.

“Buyers seem to always put a little extra into the purchasing because of where the funds are going, they pay premium prices that they wouldn’t pay otherwise,” explains Wayne Gerber.

“They do it because it’s going for a good cause,” adds Murray Gingerich.



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# Celebrating Seniors

## Across our Townships



Proclaimed by the province as Seniors Month, the month of June provides an 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.

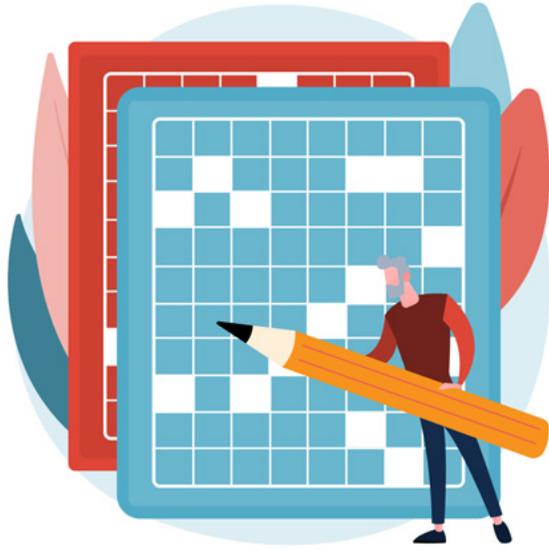
We are forever indebted to the many seniors who volunteer with our organization, opening their hearts and hands to support their friends and neighbours in need. Each year, more than 100 individuals, many whom are seniors, contribute over 8,000 hours to our work. Seniors support our work through driving seniors to medical appointments, delivering Meals on Wheels, preparing and serving meals in our community dining programs, facilitating activities in our adult day programs and active living programs, visiting isolated seniors, helping with community events, serving on our board of directors and in many other capacities. 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 Ontario it is estimated that **there are 3.3 million caregivers**, many whom are seniors, that 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 programs or our many other 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. In addition to the practical support offered, these activities help to keep seniors socially connected and engaged in their communities, key components to aging well in the community. We value our relationship with you and are grateful for the faith that you have placed in us!

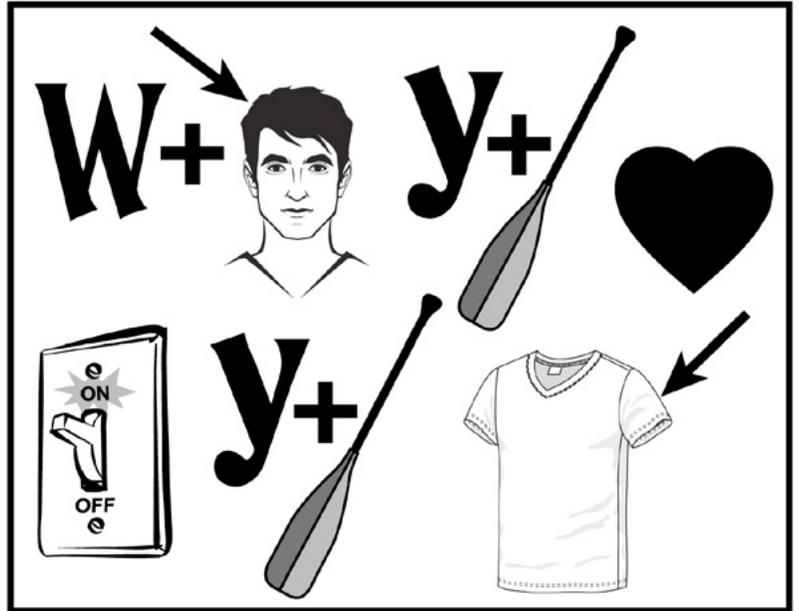
On behalf of the staff, board and volunteers of Community Care Concepts, we salute seniors across our Townships, not only in June but throughout the year! For information or access to services or volunteer opportunities please do not hesitate to contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.

# June Puzzles!



## Concentration Puzzle

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



### Wacky Wordies #8

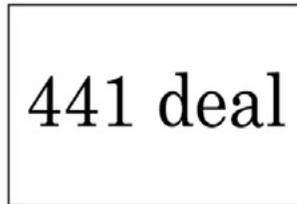
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



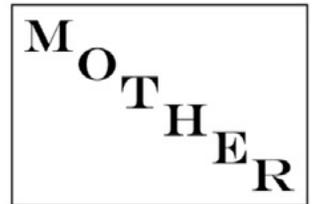
1. \_\_\_\_\_



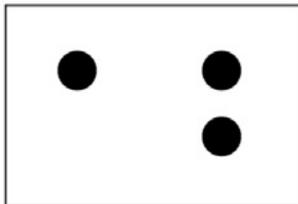
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3. \_\_\_\_\_



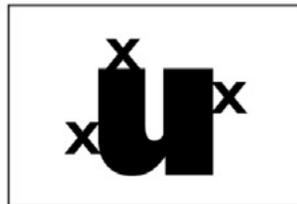
4. \_\_\_\_\_



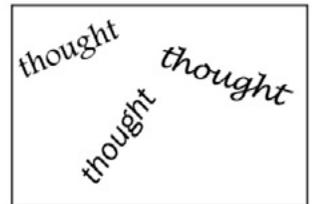
5. \_\_\_\_\_



6. \_\_\_\_\_



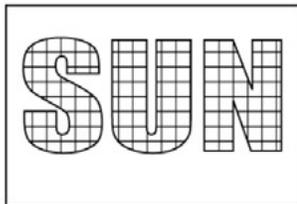
7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_

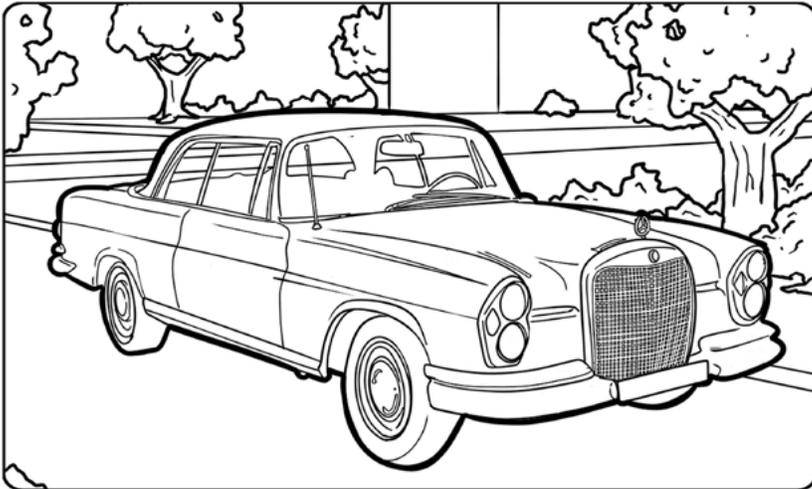


11. \_\_\_\_\_



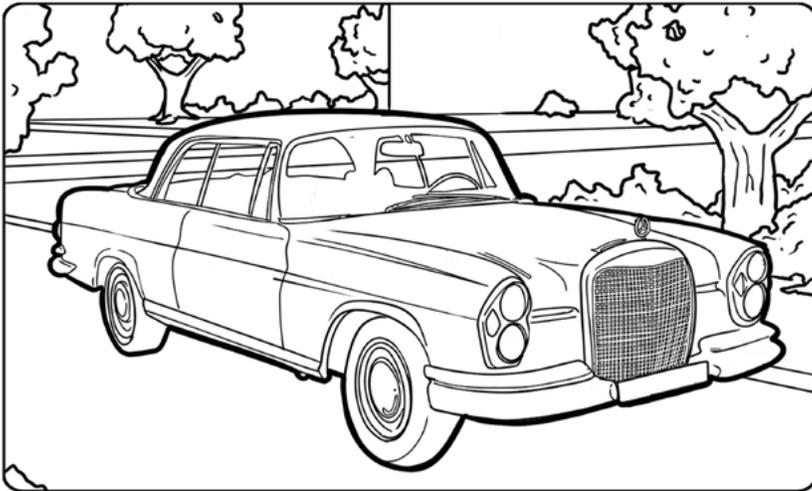
12. \_\_\_\_\_

# Laughing Matters!



## Spot the Difference

Can you find 10 differences?



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- Nithview Community
- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg
- Heart & Home Creations NH



- McDonalds (outside magazine stand)

## WELLESLEY TOWNSHIP:

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

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

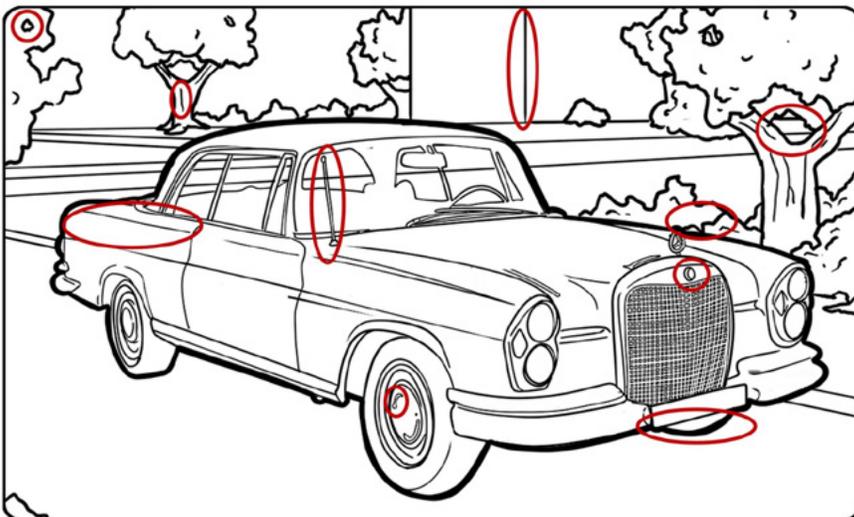
## WOOLWICH TOWNSHIP:

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

# Solutions

**Concentration Puzzle:  
Wear Your Heart on Your Sleeve**

## Wacky Wordies #8



1. Check’s in the mail
2. Stand by me
3. Two for one deal
4. Stepmother
5. Dot-to-dot
6. Disorderly conduct
7. Three strikes against you
8. Random thoughts
9. Partial payment
10. Sunscreen
11. Crooked smile
12. Blacksmith



# Ask the Doctor

with Dr. Nicole Didyk

In your opinion are up to 3 insulin injections per day a healthy way to control weight and blood sugars in a person with Type 2 Diabetes?

Type 2 Diabetes causes higher blood sugar levels, because of less insulin production and/or a lower response to insulin by the body tissues. It's more common in older adults and those with an elevated body weight.

Not only can high blood sugar levels make a person feel lousy, but prolonged elevated glucose can lead to damage to the eyes, kidneys and nerves, and increase the risk of stroke and heart attack.

Insulin is a hormone produced in the pancreas which helps glucose enter the cells of the body for use as energy. Insulin has to be given as an injection under the skin (subcutaneously) and there are different types of insulin depending on the timing of their activity (you might hear them called long-acting or short-acting/regular). Many people living with Type 2 Diabetes inject insulin several times a day, sometimes at mealtimes, or depending on their blood glucose readings.

Insulin doesn't promote weight loss for most people, and in fact can be associated with gain. For weight management in people with Type 2 Diabetes, we recommend:

- Physical exercise – 30 minutes of vigorous activity 5 or more times per week
- Nutrition – keeping track of calories and carbohydrates are a cornerstone.
- Oral medications such as Metformin, SGLT2 inhibitors (also called “gliflozins”), DPP4 inhibitors (also called “gliptins”) or alpha glucosidase inhibitors (for example acarbose) can promote weight loss, or at least not contribute to gaining weight. These medications

can be taken along with insulin, and each has a different side effect profile.

- GLP-1 receptor agonists such as semaglutide (aka Ozempic) are given as daily or weekly subcutaneous injections and can promote weight loss.

Treatment of Type 2 Diabetes is complex and has to be tailored to the individual. Close follow up with your primary care provider or specialist, or a diabetic clinic, can help you troubleshoot and find a plan that fits your goals and lifestyle.

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

**If you have questions for Dr. Didyk, please email them to [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com).**

**You don't need to give any identifying information.**

**Disclaimer:**

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

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I remember talking to a lady who laughingly told me she had four kids – if you counted her husband. I can relate to that.

Growing up, I remember being surrounded by strong women, especially my various aunts, who made us kids toe the line. Back in the 1950's, they were short on patience with any lack of respect like backtalk. Maybe they embraced the belief that 'it takes a village to raise a child.' They certainly didn't shy away from dispensing immediate justice to anyone's kid.

A good example was when I made the cardinal sin of calling in on a friend. I mean, back in those days, you were left to your own devices all day, except for meal times – which were etched into stone.

As I recalled it years later, I never saw it coming... only a blur, really... when at age twelve, I felt the sting of a wet tea towel snapping across my face by my friend's mad mom. My crime? – interrupting their lunch! It made my skin welt up like it had just been lacerated. The sudden shock of this left me standing stunned and staring at the front door... slammed-shut in my face.

As for any support at home? – nope! However, even if our neighbourhood acted like a 'global village' – my mom drew the line at abusive behaviour. She'd vehemently defended her family with a fierce temper towards other adults. But, most families set the example with a 'spare the rod, spoil the child' type of discipline. So, best not to complain at home less you get punished twice!

So, what about women dealing with other strong women?

Take for example the quarrel between Tammy Wynette and Hillary Clinton – over Tammy's song, 'Stand By Your Man.'

**“Sometimes it's hard to be a woman,  
Giving all your love to just one man...  
But if you love him, you'll forgive him...  
'Cause after all he's just a man”**  
<https://youtu.be/AM-b8P1yj9w>



## **Strong Women? Thank Goodness!**

During a 1992 “60 Minutes” TV interview, when Hillary Clinton defended her support of husband and future President of the United States, Bill Clinton (despite his alleged affair with Gennifer Flowers) she trashed Tammy Wynette by saying: “I’m not sitting here some little woman standing by my man like Tammy Wynette.”

The backlash was swift and unforgiving – including from Tammy Wynette – who reiterated that “Nowhere does it say be a doormat and let this man walk on you.” So, unlike most ego-driven men, Mrs. Clinton apologized... fast! Maybe, she could sense a cosmic tea towel zinging her way. Sometimes, you

just know... how much you've learned that your heart knew was true.

Nonetheless, for some reason, I remember women's forgiveness much more than any punishment. I've seen the genuine hurt and deep disappointment in their eyes. And, it may have been a slow – two steps forward, one step back – journey; yet, I'm a better person, today...

a better man – which began with my wife and two daughters. That’s my story: as salty tears fill my eyes, I’ve been saved by love.

As a wise man once told me, “Keep ‘tilting’ windmills’ especially your own!” I can be myself, but I’m... just a man.

As a special note: Some say, regarding the long reign of Queen Elizabeth II, that she had an unparalleled sense of duty... others say to a fault. But, during her June 1997 Royal Tour to Canada, her visiting motorcade passed right through our small town. She looked right at us, but struggled to lower the locked limo window... to more personally wave back. To us, this small gesture showed she cared.

A strong woman, she never asked for the thankless job as monarch, but dedicated her life to it... her leadership becoming intertwined with the role, itself. Plus, she was a global force for peace and stability – highlighted by her reassuring voice and message of hope to millions at Christmas – anxiously received by people of faith, or not.

### That’s the way I figure it. – FP



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

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

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

**OUR CONTACT:**

☎ WFRC: 519-662-2731      ✉ info@wilmotfamilyresourcecentre.ca

✉ coffeehousetalks2020@gmail.com      🌐 <https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/>

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# Woolwich Community Health Centre Upcoming Events In June 2023

## Healthy Cooking Series with Mandy

The Healthy Cooking Series continues! Join us on Zoom with Mandy as she provides us with delicious healthy recipes each month and shows us step-by-step how to prepare the dish on Zoom.

So far, we have cooked amazing dishes together, from Pizza Bowls, Tofu Stir Fry, and Cajun style chicken salad and we are all looking forward to what Mandy has in store for us in June.

If you are interested in joining us for the next cooking class, feel free to send me an email at [tabdulhadi@wchc.on.ca](mailto:tabdulhadi@wchc.on.ca) and I will be sending you the recipe and Zoom link for the next class. These classes happen once a month this year until June.

## Young at Heart – Adult Game Night

When was the last time you sat down with some friends to play some games? Join us for a fun night with music, snacks, and friendly folks who come to play some card games, board games, and many others!

We have chess and checkers, we have card games like Euchre, and a wide assortment of board games. You can also bring your own unique games if you would like!

The location for this monthly event changes every month and we hang out 5:30 – 7:00 PM. If you would like to join us, feel free to send an email to Lauren at [lkells@wchc.on.ca](mailto:lkells@wchc.on.ca)



For more information on the programs available please contact Tariq at: [tabdulhadi@wchc.on.ca](mailto:tabdulhadi@wchc.on.ca) or 519-664-3794 ext. 222



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In practice, I see a lot of older adults on many medications. These medications are needed for a variety of reasons, and are necessary to prevent and treat disease. My role as a naturopathic doctor is to ensure we aren't missing any major nutrient depletions from these medications, help reduce side effects, and ensure that any supplements taken are safe. Let's take a closer look at some of the most commonly prescribed medications and nutrient depletions that can happen with them.

### **Statins & CoQ10:**

Statins (Lipitor, Crestor) are fantastic to lower cholesterol levels, and this helps to reduce the risk of cardiovascular disease in the future. They work very well to reduce cholesterol, but by doing this, statins also reduce coenzyme Q10 (CoQ10).

CoQ10 is used in the body to create energy, and it is an antioxidant to protect against damage to cells. Deficiency in CoQ10 shows up as muscle weakness, and fatigue. Statin related muscle pain is a common side effect that people experience, and CoQ10 supplementation can help to relieve this muscle pain.

### **Metformin & Vitamin B12:**

Metformin is great to help reduce blood sugar levels, especially in diabetes. Vitamin B12 is a very common nutrient depletion with metformin, and this gets worse with long term use.

Aging naturally reduces vitamin B12 levels, and metformin blocks vitamin B12 absorption. Low vitamin B12 levels may look like muscle weakness, fatigue, headaches, and shortness of breath.

Vitamin B12 can be tested on blood work to see what your level is, and if you may need to supplement. Sublingual tablets (under the tongue) of vitamin B12, or injections, are usually the best to help these levels increase in the body.

### **Proton Pump Inhibitors & Magnesium + Vitamin B12:**

Proton pump inhibitors (Losec, Nexium, Prevacid) work to reduce stomach acid, and are commonly used in people who have heartburn, or stomach ulcers. By reducing stomach acid, these medications also reduce magnesium and vitamin B12 levels.

Low magnesium levels may show up as headaches, muscle cramping and spasm, weakness, low energy, sleep disturbances, mood changes, and more.

Magnesium supplements are usually best taken far away from this medication (i.e. medication in the morning, magnesium in the evening) to give your body the best chance to absorb it. Vitamin B12 supplements in sublingual tablets and/or injections bypass the stomach so levels can increase.

Always make sure to speak to someone on your healthcare team before taking any supplements to ensure they are safe for you. Have any questions about your health? Reach out at [wecare@affinityhealthclinic.ca](mailto:wecare@affinityhealthclinic.ca), 519-662-2123, or book online at [www.affinityhealthclinic.ca](http://www.affinityhealthclinic.ca)

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*Dr. Laura Hoffmann,*  
Naturopathic Doctor at  
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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 84. This average person would have been born before WWII in 1939. In 1954, everyone was required to attend Ontario school until age 16. *Rock Around the Clock* by Bill Haley and His Comets was the number-one song when you could graduate. 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, in 1995, Ontario became the first province to allow same-sex couples to adopt - you were 55. In 2005, your 65th year, Bill C-63 became federal law, and finally, same-sex couples could legally marry in Canada. Only six years ago, in June 2017, were the terms gender identity and gender expression included in the Canadian Human Rights Act and Criminal Code.

The road to equality has been unbearably slow, often too few changes too late. This story is not unfamiliar to many Canadians - lesbian, gay and bisexual people make up 6.4% (200,000) of the Ontario senior population (65+), and transgender people 0.3% (9,350). Gender and/or sexual identity and a diagnosis of dementia can create a barrier to care and inclusion.

According to *The Intersection of LGBTQ Identity and Dementia* by Jo Bechtold, MSW, LGBTQ+ individuals may hesitate to seek health care and receive less comprehensive care. They are also more likely to experience social isolation because of their identity and strained relationships with their parents and siblings. LGBTQ+ 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 pressured to re-enter the closet or hide their gender identity. Finally, mainstream culture has historically depicted LGBTQ+ 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 underserved in the medical system.

If you or someone you know is living with dementia, the Alzheimer Society Waterloo Wellington is an excellent resource. We are here to help you live your best day - we strive to create a welcoming environment where everyone feels safe and at ease. We aim to help you make the most of your day by providing comprehensive resources, support, and information. Whether you prefer one-on-one conversations with our social workers or participating in intergenerational programs to meet others, we are always available to assist you. To become part of our community, call 519-742-1422 today

## 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 LGBTQ 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.



# Bite-Sized Nutrition Tips for Older Adults



Vanessa Trinca, Safura Syed & Heather Keller

Eating well and staying hydrated are key to being healthy. We may not feel as hungry as we get older. It is important to eat foods with enough calories, protein, vitamins, and minerals our bodies need to be healthy and to participate in activities we enjoy. To help meet your nutrition goals, you should aim to eat at least three meals each day with fruit and vegetable, protein, and whole grain foods.

Some people may skip breakfast because they feel they do not have time to eat, are not as hungry in the morning, or believe that a cup of coffee is all they need. When we skip meals, it can be hard to meet our daily nutrition needs. If you feel less hungry, you can try to replace a meal with two or three snacks with two of the three food groups (fruit and vegetable, protein, and whole grain foods). Meals and snacks that are tasty and easy to prepare and store can help us meet our nutrition goals.

Protein helps maintain strong bones and muscles and can be found in animal and plant foods. Poultry, meat, eggs, fish, cheese, milk, and yogurt are sources of animal protein. Plant protein foods include beans, lentils, nuts, seeds, and whole grains. Eating a variety of animal and plant protein foods can increase your protein intake and can also help ensure you eat key nutrients like calcium, iron, and vitamins B6, D, and E.

Being well-hydrated is also important. We may drink less as we get older due to decreased feelings of thirst, forgetfulness, and fear of not making it to the bathroom on time. We also lose fluids during the day when we sweat and after using the bathroom. It is recommended to drink 8 cups of fluids each day. Water is the best choice for staying hydrated, but other fluids that you can drink are milk, coffee, tea, and other non-alcoholic beverages you enjoy. Some foods can also be great sources for hydration such as fruits, vegetables, soup, and yogurt. Make drinking fluids a daily habit to stay well-hydrated. Drinking fluids during meals and snacks, or after you wake up or visit the bathroom. As we enter the summer months, drinking more fluids in the hot weather and when you are active can help prevent dehydration. Make drinking fluids fun! Flavour your water with berries, lemon or cucumber or try some new beverages to keep drinking fluids exciting.

Information for this article was prepared using the Healthy Eating Factsheets by the Nutrition & Aging Lab at the University of Waterloo.

For more information and resources to guide you on nutrition for healthy aging, the Healthy Eating Fact Sheets are available from <https://olderadultnutritionscreening.com/resources-for-older-adults/>

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- [screen.study@uwaterloo.ca](mailto:screen.study@uwaterloo.ca)

This study has been reviewed and received ethics clearance through a University of Waterloo (ORE#42827) and University of Guelph Research Ethics Board (REB#22-07-23)



## A GOOD DEATH: Making the Most of Your Final Choices

Death is a normal part of life; it is not medical and it has become a difficult topic to discuss. Yet to be open and honest about death can have profound effects on our outlook towards our own demise. The Death Positive Movement seeks to create an environment where we can learn to cope with the inevitable truths of death and accept it as both natural and beautiful. Letting go of some of our anxieties around death allows us to live each day with greater intention and purpose.

During the last century, death has been medicalized and outsourced to the point that it has practically been removed from our lives. Removal of this has created much unnecessary fear and avoidance around the topic of End of Life for most people.

The Death Positive Movement encourages us to think more deeply about mortality and come to terms with the fact that we all must die one day. Here is a good time to remind all that End of Life does not apply only to elderly and those who have been given a terminal diagnosis. Death happens at any age and for many reasons. The Movement is made up of End of Life Doulas, funeral directors, health care professionals, academics, writers and educators. These people are all committed to helping us feel less afraid of death and make peace with it; to embrace death as part of life instead of ignoring it altogether.

To further demonstrate the importance of comfort with death I have chosen to speak about a case I was involved with and how by being present with this family to hold space around their loved one drew on much of the benefits of an End of Life Doula. This brave and loving

family has given permission for me to include their case and of course names and places have been changed.

After a distraught phone call and the sharing of a small bit of information I agreed to meet this family early that same evening. Upon arrival I was introduced to the mother and father as well as Brian the 8-year-old brother of Danny.

Danny had been born prematurely and had been a high needs little boy since. At birth doctors advised his family that Danny would not likely see his first birthday. At this time the parents made a brave decision to learn to care for Danny and to take him home. I was given a lot of information regarding all the trials and dilemmas Danny had been through in his early life. His care was done completely by mom, dad, Brian, and his grandparents who visited as often as able. Mom had quit her job as an insurance agent. I requested Brian show me Danny's room so I could meet him. Danny's room was filled with medical equipment, supplies and medications but was still bright and cheerful. Brian did his best to advise me what all the tubes coming from this little boy were utilized for. Unable to swallow he had a feeding tube. A catheter drained his bladder. His many contractors were severe and neither surgery or aggressive physiotherapy were of any benefit. He had not been out of bed in over a month and was visited by a Pain and Symptom Management nurse weekly and a community doctor as able.

Recently the doctor indicated that this family should prepare for Danny's demise. The family had been utilizing occasional private care for respite. This was now causing financial issues. Danny had just turned 4 and Brian advised me that he did everything possible to ensure Danny was happy and felt safe. I advised him it was obvious he had done a good job. Danny and I quickly found a way to communicate even though he was deaf and almost blind. Dad indicated that even though they were always aware "this time would come" they somehow felt unprepared. Quickly I meshed into this family and took shifts to be with Danny at night while his parents slept. Approximately 3 weeks later Danny's condition deteriorated,

and I woke his parents to advise them to wake Brian together and meet in Danny’s room. What followed was one of the most beautiful end-of-life experiences I have seen. This entire family in bed with Danny singing hymns, telling stories, rubbing Danny’s feet and all holding space around this little boy. On a Thursday morning at 7:49 a.m. Danny drew his last breath. There was no rushing and they all said heartfelt goodbyes. Danny had a natural burial at which I was in attendance. A small, quaint memorial to the short life of the little boy who touched the lives of many.

I chose Danny’s family to show how they used the services provided by me as an End of Life Doula.

They sought the help of a support person before things became too difficult.

They allowed me to do my work, collect information and quickly blend into their family.

They allowed me to help with respite care and accepted the importance of self-care.

They allowed me to hold vigil and save the space for Danny as he transitioned. They allowed me to be a significant part of Danny’s beautiful service upon disposition of his body.

I followed up with grief management with their son Brian and still do to this day.

So much more I could tell you about this experience. What I do know is that the rewards of accepting support for yourself as well as those you receive as a caregiver are unsurmountable.

**“By replacing fear of the unknown with curiosity we open ourselves up to an infinite stream of possibilities”.**

- Alan Watts

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# A Guide to Mortgages for Seniors

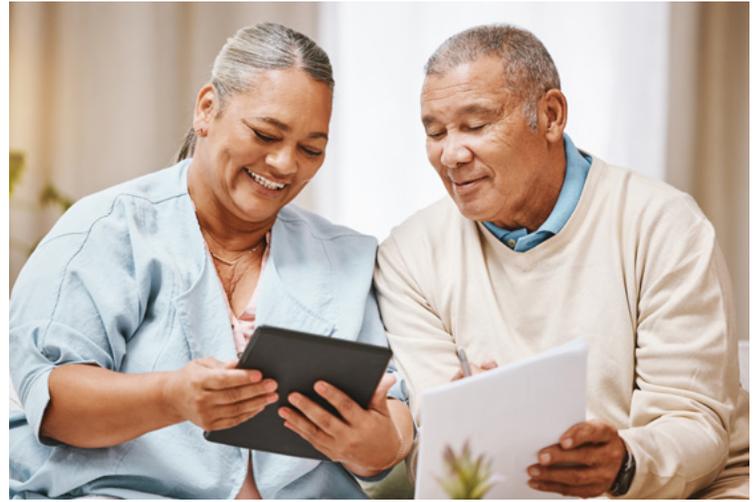
*Written by Abbi Stevenson, Mortgage Broker*

Studies show that roughly 20% of seniors are carrying mortgages into their retirement and this number is growing each year. For many, the plan is to continue to pay the existing mortgage, renew with their existing lender and never need to re-qualify. However, there are a multitude of different reasons why seniors may seek out a new mortgage. Many seniors are interested in downsizing and must re-qualify for their mortgage in order to move it to the new property. Some want to access the equity in their home for renovations to make their home more comfortable and accessible. Still more are accessing equity to gift to adult children to assist them with purchasing a home in an environment where affordability is increasingly at issue. For others, it's as simple as wanting to shop rates to find the most competitive offer because their existing mortgage is coming up for renewal and interest rates and payments have increased considerably since the last time they renewed.

Mortgage lenders consider many different factors when evaluating an application, but age is not one of them. It is illegal for a mortgage lender to decline your application based on age. So long as you meet the financial requirements, even borrowers in their 80s and 90s can qualify for 25 – and 30 – year mortgages.

## What do lenders look for?

One of the main factors that lenders look for when assessing a mortgage application is affordability. For most, this comes in the form of a steady income. This can be trickier for retirees as fewer and fewer receive pensions from employers. However, Canadian Pension



Plan and Old Age Security are both acceptable forms of income. In addition, if you are regularly drawing funds from an RRSP or LIRA, it is possible for this to be considered as regular income if you can provide statements of your investment account to demonstrate that the balance is sufficient to sustain the withdrawals for the duration of the mortgage. No matter what your income source, you will need to supply your lender or broker with documentation to prove your income. This can come in the form of T4s, Pension Statements, RRSP statements, bank statements or some combination of those.

For those with considerable savings but who are lacking regular income or lacking sufficient regular income to meet the standard criteria – a gross income that is roughly 3 times the cost of housing – there are lenders who offer what brokers and lenders refer to as “high-net worth programs”. These programs are in place to service the needs of clients whose monthly income is not able to meet the standard requirements but who have sufficient savings to draw on to assist in making monthly payments.

If neither of these routes to qualifying for a traditional mortgage are available to you, borrowers over 55 are able to consider a specialized type of mortgage, generally referred to as a reverse mortgage, wherein the borrower is not required to make payment but instead the mortgage balance grows over time as the interest is added. Because there is no requirement to make monthly payments,

reverse mortgages do not require borrowers to qualify under the traditional criteria. However, borrowers do need to demonstrate that they are able to satisfy the other financial obligations that come with home ownership, namely heating costs, property taxes and maintenance and are required to maintain these obligations.

Lenders will also assess your credit history. As seniors, you usually have the advantage of having a long and detailed credit history, or something lenders refer to as “thick” credit history. Lenders will look to see that that history demonstrates you have used credit wisely and made payments according to your agreements. Occasionally, however, in my years as a broker, I have come across senior clients that have no credit history. Often, there has been one partner in a relationship who has obtained all of the necessary credit for the couple, leaving the other not needing to do so and therefore with a lack of credit history. Lenders will consider applications from clients with no credit history so long as they are accompanied

on the application by a co-borrower with a demonstrated credit history.

For those that lack credit history and who are not currently considering a new mortgage application, it may be advantageous to begin to build credit history now so that they can be in an optimal position down the road to deal with any unanticipated need to obtain financing. The easiest way to begin to do so is to apply for a credit card. If you use the credit card once a month and pay the balance in full, your credit will build while not costing you a penny in interest.

Entering retirement with a mortgage can complicate retirement planning. But, with a little bit of preparation and the help of a mortgage professional, there are options available for seniors that can help to minimize the impact that still having a mortgage can have.

For more information contact Abbi Stevenson. Contact info for Abbi can be found in the business directory listing.

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# COMMUNITY BUSINESS DIRECTORY

## PROFESSIONAL SERVICES

### Futher-Franklin Funeral Home

1172 Henry St., Wellesley  
519-656-2880

## REAL ESTATE

### Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

### Angela Baas, Royal LePage Wolle Realty

Resident of Wilmot Township  
519-747-2040

### Jim & Tricia Miller

Remax Twin City Realty  
New Hamburg | 519-590-5995

## RETAIL

### Focus Computers

73 Peel St., New Hamburg  
519-662-6720

### New Hamburg Office Pro

251A Huron St., NH | 519-662-3710

### Sobeys New Hamburg

100 Mill St, New Hamburg  
519-662-1374

## RESTAURANTS

### MeMe's Cafe

Delivery & Curbside Pickup  
102 Peel St., NH | 519-662-2828

### Pizza Arca

98 Peel St, NH | 519-662-2583

### Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley  
519-656-2430

## SENIOR CARE FACILITIES

### Conestoga Lodge Retirement Residence

55 Hugo Crescent, Kitchener  
519-576-2140

### The Village at University Gates

250 Laurelwood Dr., Waterloo  
519-904-0650 ext. 8248

### The Village of Winston Park

695 Block Line Rd, Kitchener  
519-576-2430 ext 8008

### Woolwich Seniors Association

24 Snyder Ave. Elmira  
519-669-5044

## TRANSIT

### Kiwanis Transit

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

## TRAVEL

### Stonetown Travel Ltd.

210 Mill St. New Hamburg  
226-333-9939  
www.stonetowntravel.com

### Northstar Travel | Getaway with Ann and Pat

Group Designers & Tour Hosts  
519-721-3730 - Pat; 519-622-6945 - Ann  
www.northstartravel.ca



### Home Care Services

Bathing / Showering, Assistance with ADL's,  
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### Dementia Specific Social Program

Every Tuesday afternoon @ St. George's Church  
Snack or Lunch Option  
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**519-275-4902**

**memorableseniorcare@outlook.com**

**www.memorableseniorcare.ca**

If you would like to be added to our growing list of valued local businesses, please contact us at [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com) so our readers can be reminded of your services and support local.

# The Wilmot-Tavistock Gazette

Your Weekly Newspaper Serving New Hamburg, Tavistock, Baden, Wellesley, New Dundee, St. Agatha, Shakespeare, Petersburg, Hickson, Punkeydoodle's Corner and area

## LOCAL NEWS LOCAL REPORTERS

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519-580-5418 or email  
sharonbleis@gmail.com

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## BADEN



### Wednesday Nights

(weather permitting)

Starting June 7th, 2023  
through August

4 - dusk

Corner of Mill St. & Foundry St. Baden

Great food by Petersburg Optimist

Music, door prizes, 50-50 draw

Classic & unique vehicles

Most of all . . . great people

~ ~ ~ ~ ~

Take a walk down memory lane  
Spend your Wednesday evening with us



Contact Helen for more info

519-616-4089

Follow us on Facebook  
Cruzin' on the Pond Baden



## We Care For You Like Family

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Guardian Pharmacy+

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10 Parkside Dr. St. Jacobs  
Woolwich Community Health Centre



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**Angela Baas**  
Sales Representative

OFFICE  
519-747-2040

[Angela@AngelaBaas.com](mailto:Angela@AngelaBaas.com)



[www.AngelaBaas.com](http://www.AngelaBaas.com)



Edward Jones

[edwardjones.ca](http://edwardjones.ca)

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**Mary Friesen**  
Financial Advisor

85 Willis Way  
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Waterloo, ON N2J 0B9  
519-578-4141  
[maryfriesen@edwardjones.com](mailto:maryfriesen@edwardjones.com)  
[edwardjones.ca/mary-friesen](http://edwardjones.ca/mary-friesen)

MKT-14371-C-AD





MLS# 40406625 735 ANZIO RD. WOODSTOCK 4 bedrooms, 4 bathrooms, fully finished with pool, spacious principle rooms, many upgraded features throughout \$1,197,500

NEW

Listings

WWW.WILLSEYREALESTATE.COM



BUYING OR SELLING A HOME CAN BE A STRESSFUL PROCESS IF YOU DON'T HAVE THE RIGHT REAL ESTATE AGENT. WITH 18 YEARS OF EXPERIENCE, YOU CAN RELY ON ALISON WILLSEY AND HER TEAM OF TRUSTED PROFESSIONALS TO GET YOU THE BEST POSSIBLE RESULT. CALL HER ANYTIME FOR A FREE MARKET EVALUATION OF YOUR HOME AND/OR PROPERTY.

WHEN WORKING WITH BUYERS:

- GUIDE YOU IN YOUR SEARCH AND SET UP AUTOMATIC NOTIFICATIONS SO YOU CAN SEE NEW LISTINGS AS THEY COME ON THE MARKET.
- IDENTIFY POTENTIAL PROBLEM AREAS IN A HOME AND PROVIDE GUIDANCE
- SET UP APPOINTMENTS FOR PRIVATE SHOWINGS OF HOMES OF INTEREST.
- RESEARCH PROPERTY VALUES TO ENSURE THAT YOU ARE MAKING THE RIGHT OFFER.
- NEGOTIATE ON YOUR BEHALF WITH YOUR BEST INTERESTS IN MIND.
- ASSIST YOU IN SECURING FINANCING AND ADVISE YOU OF LEGAL OPTIONS.
- RECOMMEND HOME INSPECTION AND CONTRACTING SERVICES, AS APPROPRIATE.



MLS# 40415776 5 THEODORE SCHULER BLVD. NEW HAMBURG 3 bedrooms, 4 baths, double garage, fully finished basement, fenced yard with pavestone patio \$817,777



MLS# 40404466 3357 HURON RD. NEW HAMBURG (HAYSVILLE) 4 plus bedrooms, 3 bathrooms, backing onto greenspace, many updates throughout \$907,900

WHEN WORKING WITH SELLERS:

- PROVIDE A COMPARATIVE MARKET ANALYSIS TO HELP SELLERS DETERMINE THE LISTING PRICE AND WHAT TO EXPECT.
- PROVIDE DETAILED ACTION PLANS THROUGH EVERY STEP OF THE PROCESS.
- CREATE A CUSTOMIZED MARKETING PLAN FOR EACH SPECIFIC PROPERTY
- EXPERT NEGOTIATION SERVICES TO ENSURE THAT THE SELLERS' INTERESTS ARE PROTECTED.
- GUIDANCE TO THE SELLERS THROUGH EVERY STEP OF THE TRANSACTION.
- PROFESSIONAL PHOTOGRAPHY AND PROFESSIONAL HOME STAGING INCLUDED

ALISON WILLSEY

REAL ESTATE  
BROKER



DIRECT: 519-275-4900

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# Celebrating Seniors Month!



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CARE  
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*of Woolwich, Wellesley and Wilmot*

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