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

VOL 6 ISSUE 10 JUNE 2024

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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!

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On The Cover

Four well-dressed men of Wilmot Township stand in front of the newly updated Waterwheel in Scott Park. Left to Right: Ross Eichler, Jim Miller, Dave Connolly and Jim Logan. See the full cover story on page 8.

Cover story and photos by:

Scott Dunstall



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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

As we embrace June, a month of warmth, reflection, and celebration, we are reminded of the profound significance it holds for many. June not only marks the commemoration of Seniors Month but also honors the timeless role of Fathers and Father figures around the world on Father's Day.

In this issue, we pay tribute to the wisdom, experience, and resilience of our seniors. Their journeys are woven with tales of triumph, challenges overcome, and an unwavering spirit that inspires us all. Let us take this moment to celebrate the contributions they have

made to society, the legacies they have built, and the invaluable lessons they continue to impart.

Moreover, Father's Day offers a poignant opportunity to express our gratitude to the paternal figures who have shaped our lives. To my own father, whose unwavering support, love, and guidance have been my guiding light, I extend heartfelt thanks. Your presence has been an inspiration of strength, and your wisdom, a compass in navigating life's complexities.

As we navigate the passage of time, let us cherish each moment spent with our seniors and fathers, honoring their presence, celebrating their stories, and expressing our profound appreciation for all they represent.

You will find a new entertainment feature in this month's Embracing Change magazine called **Talking Pictures**.

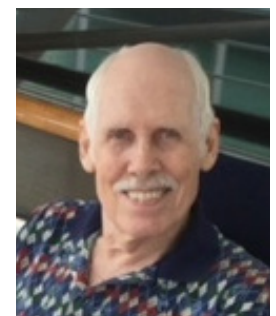
The creator is William Brubacher who is both a senior, and a writer currently working on his book concept of combining carefully selected pictures to match his own interesting and thought-provoking text on a wide range of subjects.

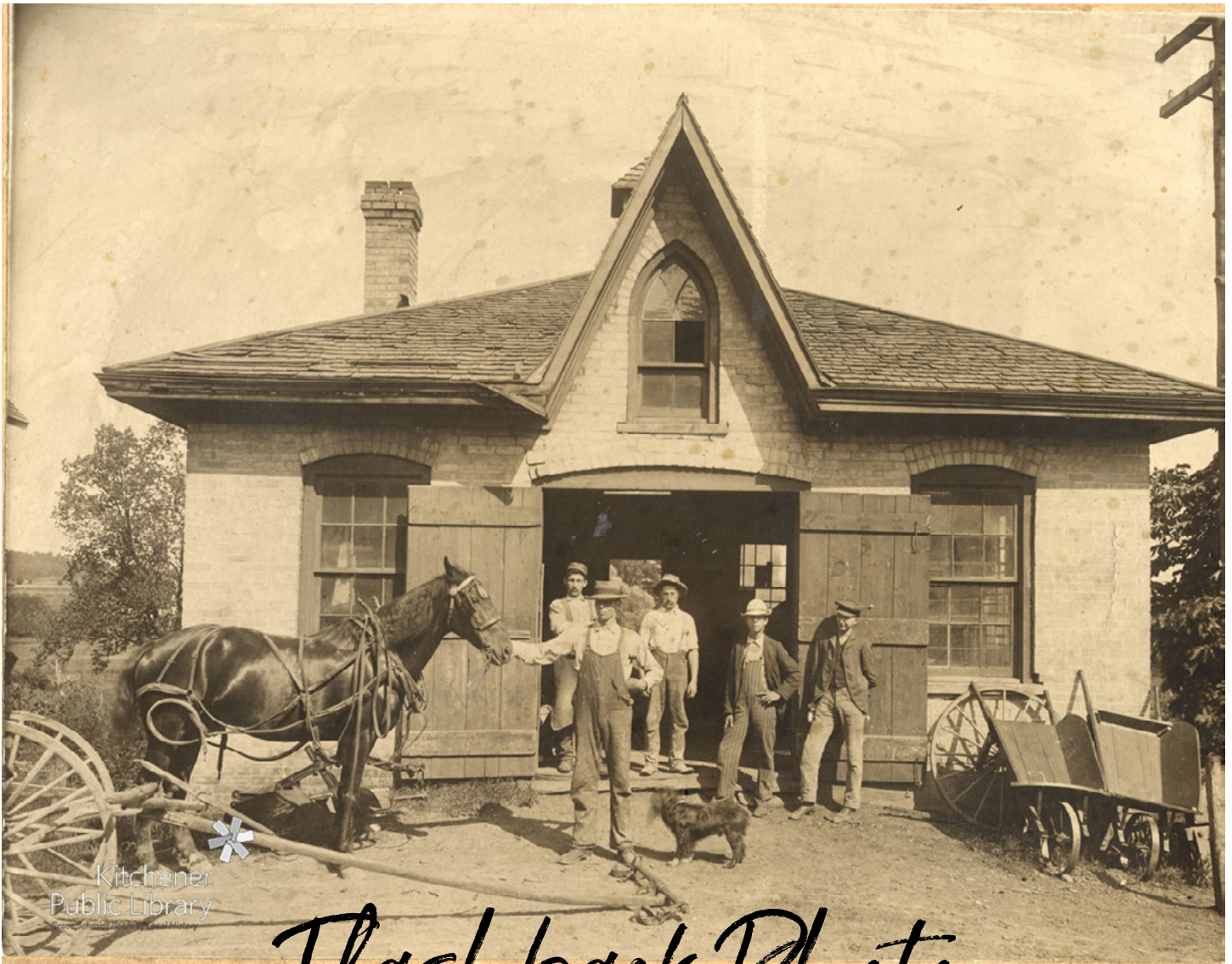
In Will's own words, " 'They say a picture is worth a thousand words'; so I set out to show that a text might also hold a thousand images, rekindled from personal associations or thoughts, steeped in the mystery of your past memory and emotions.

My wish is that each sample page bring you a fresh new viewing experience every time you look at it, and that you will enjoy seeing this monthly feature."

With warmest regards,

Tara





Kitchener
Public Library

Flashback Photo

This photo shows a blacksmith shop built by Frederick G. Millar in 1847. The shop was located on Main Street in New Dundee and later owned by Joseph Greulich who stopped shoeing horses in 1950. The shop has seen many commercial uses and is now a personal residence.

Courtesy of the Grace Schmidt Room,
Kitchener Public Library
Blacksmith, New Dundee, Ontario
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June is Senior's Month

The month of June provides an opportunity to recognize and to celebrate seniors in our many 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 and the lives of our clients on a daily basis. We continue to learn, grow and be inspired and 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 component 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 maintaining 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 and benefits.

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 also 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

**COMMUNITY
CARE
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of Woolwich, Wellesley and Wilmot

Boomers vs. Ageism: Making Changes to Seniors Care

*Written By: Emily Shannon,
Tri-County Mennonite Homes (TCMH)*

As the youngest Boomers reach retirement age, elder boomers have been retired for over 10 years and they are pushing hard on the Seniors Care system. Boomers have very different expectations for their senior-years. By in large, they do not want the traditional offerings of the retirement lodges their parents flocked to, and many would rather die in their homes than live in long-term care. Boomers are doing everything they can to live their lives to the fullest, right up until they can't.

At Tri-County Mennonite Homes (TCMH), we are already seeing the impact Boomers are having on seniors' care. In the past seniors moved in to care in their early senior years, shortly after retirement. Most were still able to drive, walk with limited supports, and perform many daily tasks without assistance. Now, seniors prefer to age in place in their homes. They only move into care when they are no longer able to meet their needs at home. The result is older and more frail individuals arriving in care and their needs are very complex.

Gone are the days when retirement meant you were going to put your feet up and let someone else take care of you. Now, Boomers choose to take care of themselves. They are purchasing in-home supports for the few things they cannot do. It varies by individual, but personal support care, housekeeping services, and maintenance

are high on the list of boomer-purchased services. These types of purchased services used to be why people moved into retirement homes, knowing full well someone else would take care of the details for them.

But it's more than that. Boomers are choosy and do not like to feel old. Enter Ageism – the antipathy of Boomers. Nothing pushes the ire quite like being treated like “an old person”. Ageing is a privilege that many people never get to experience, and Boomers have this piece figured out. Traditional models of care say, “let me do that for you”. The model assumes the individual is unable to do it for themselves because of their age. More technically defined, the traditional care model reinforces institutional ageism. It is biased against the capacity of elders and believes someone younger should take care of those things for seniors.

The unfortunate truth is that the seniors care system has fallen into the ageism trap – and Boomers want nothing to do with it. Rather than giving agency and purpose to individuals in care, the system wants to make those decisions and has effectively removed elders from making decisions about elder care. Boomers are well known for their relentless pursuit of hard work to achieve their dreams. They want to be seen as individuals with many forms of self-expression. Letting someone else do all the deciding goes against the very nature of Boomer beliefs. Furthermore, the assumption that age defines value in society rubs Boomers wrong.

There are many cartoons and images in popular culture that portray Boomers as free-spirited hippies with gray hair, generationally misplaced and unwilling to know when to step aside. Pop culture increasingly belittles Boomers about their tenacious characteristics. “Ok Boomer” and other catch phrases have gained in popularity, and it perpetuates ageism. The practice of reducing all Boomers into a single limited category called “old” leaves Boomers and their beliefs in a difficult place. In sticking with their nature, Boomers do not accept the thrust

of ageism. Instead, they demand innovative and new ways of thinking about seniors' care.

Around the world, seniors' care is changing. New ways of thinking about how we house the elderly are rising in popularity. Rather than institutions, small homes with generational integration are on the rise. Instead of putting all seniors in one place, which increases isolation and promotes the us-and-them mentality, many countries are building communities where seniors' care and seniors living is integrated right alongside children's care and family care systems. In these models, the aging population is seen, and they are treated with equal value to other citizens. Seniors are not reduced to being less-than.

Here in Canada though, we have a lot of catching up to do. Our system is trying to push Boomers in line with the other aging generations. Thankfully, the staunch truthfulness of Boomers has the strength to push back. Boomers who do need to move into care

are asking for modern thinking and modern practices. Everything from strong personal expressions to technology in their rooms and even the way meals are approached is being impacted. Boomers have their elbows high and are willing to force the system to change. They want something that fits who they are – and the system is being made to deliver.

In short, the impact Boomers are having on seniors' care is undeniable and transformative. As Boomers redefine what it means to age, their influence challenges traditional models of care, especially those rife with ageism. Boomers want agency, purpose, and innovation in their approach to elder care. They reject stereotypes and advocate for individualized modern solutions. Where Canada still has progress to make, Boomers are already changing seniors' care models and will continue to change the system for years to come. Hopefully, in the end, we are left with a seniors care model that is nimble for the future and reflects the diverse needs and preferences of the aging population.



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COVER STORY



Sartorial Seniors of our Sector

WRITTEN BY SCOTT DUNSTALL

Very rarely will they purchase online (most guys our age don't), they pretty well know their own sizing and preferred colours and to a man they feel that looking your best is not about feeding your conceit but respecting your audience.

Let me introduce you to four sartorial seniors in our sector. Ross Eichler: Retired now President New Hamburg Legion; Dave Connolly: Retired now plays Bass Guitar for the "Cellar Dwellers"; Jim Miller: Real Estate Agent and Jim Logan: Area Manager Star's Mens Shop.

Ross Eichler

Ross can remember giving back to his community as early as his boyhood when he was a Cub and then later as a Scout. In addition to the Legion, a

massive amount of time dedicated to coaching local kids in hockey and curling. Ross played in the Chicago Black Hawks system for two years in St. Louis and Dallas. He was very much influenced by the players and the way they dressed and by his wife's (Jane) father and the way he would meticulously transform from farmer to well dressed gentleman when he stepped out on the town. Quote "If you're going to get dressed you might as well take the time to do it right". And it is not just about dressing sharp. It's about dressing for the occasion or audience. Sometimes those crew neck sweaters take a back seat to full Legion dress. And even if it's to volunteer at the Blood Clinic he feels you are always representing yourself and to show respect for the people you meet everyday. Not so much a preferred colour kind of guy, he looks more for what pleases his eye...or Janes. I asked him if he has a sweet spot for any particular item in his wardrobe and he said "While I don't have 72 pairs of shoes like you" I have a real fondness for the leather boots that rise to just above his ankle. In sync with what I preach to my clients, if you love it, buy two. Well, he bought three pairs.

Dave Connolly

A retired schoolteacher (as is his wife, Sharon) who went to the same High School that I did in Scarborough, West Hill Collegiate. Immensely proud of the relationships he forged with students over his 33-year career many of whom are still connected to him as friends on Facebook, some as long as 40 years ago. A dedicated RW & Co. man, Dave's colour palette he uses and the way he wears his style serves him well. He leans toward darker colours like blacks, grays and blues and prefers to always tuck in his shirts. He says that due to his diminutive stature, the uniform look from head to two adds to the illusion of length. Big fan of turtlenecks in the winter and has a strong inclination to bomber jackets. He has three and one of those was his dads. For summer, he was emphatic to declare that "cargo shorts are out". I said, "above the knee?" and he said "Yep!". He also leans towards those summer pastels like most of us do. One of the things I asked all of the guys was who would you say played an influential role in his style formation and like most of them, their spouses have played a role in shaping

their look and guiding their purchase decisions and Sharon was no exception for Dave. But recalling back to his days in high school he said that he came from a modest home, as I did, and he would admire the way kids who could afford the best of everything would dress. It not only shaped his fashion sense but it gave him the drive to work hard and rock those brands himself.

Jim Miller

I loved Jim's approach to fashion and one that I am glad to have in this mix of interviewees. The reason is because he is a prototypical well-dressed man that relies almost exclusively on a professional menswear consultant. He said to me very frankly "When you need to sell your home, who do you go to? A Real Estate Agent". When I need something fashion wise, I go see my long-time friend Jim Logan at Star's Mens Shop in Conestoga Mall. He knows my size in everything, and he knows what I like. Interesting back story, Jim and Jim have been friends for

47 years. They first met when Jim M was getting married to Tricia (high school sweetheart) and Jim L was looking after his wedding party's needs which included floofy shirts to go with their Tuxedos. He has looked after his style needs ever since. In fact, Jim times 2, and their wives have become friends over the years and even travel together. Oh sure, he will stop in to pick up the occasional thing from places like the Bay, but all the major things go to Jim. And while he relies on his fashion Svengali, he will often take Tricia (a style savvy force herself) with him on those shopping occasions to get her second and final opinion. Like many of us at this stage in life he trends more towards the darker colours to visually smooth out the "rough patches".



Jim Logan

A St. Mary's product, Jim found his business roots as early as his childhood where he was a member of Junior Achievement. He also met his very fashion forward wife Sue at Junior Achievement. She 15 and he 17. Two children and 2 grandchildren, one of which calls him "Jimmy".

Jim told me that his brother played a significant role in not only influencing his fashion sense but also had a strong hand in guiding him into his lifetime career. His brother owned his own menswear store in St. Mary's and Jim worked there

in his last year of graduation. Another interesting backstory when Jim was in Grade 9. His brother called him into the store and gave him two outfits to take home and wear to school, he wanted the word to get out that he stocked the latest youthful trends and he wanted to use his little brother as his model (guinea pig). A little brother that sported a big, beautiful Afro at that time.... which led

to a whole discussion about our dearly departed hair. That was the beginning of this style journey, and he never was afraid to stay on trend and he never looked back. Being the manager of the Star's Mens Shop in Conestoga Mall for the past 16 years has given him all the resources to do so. His colour preference has evolved with his age claiming that as your complexion changes so too should your matching colours. Smart.

Staying on trend and keeping relevant is not a crime over 65 years young and these fine gentlemen of our community are excellent examples of that.



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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.

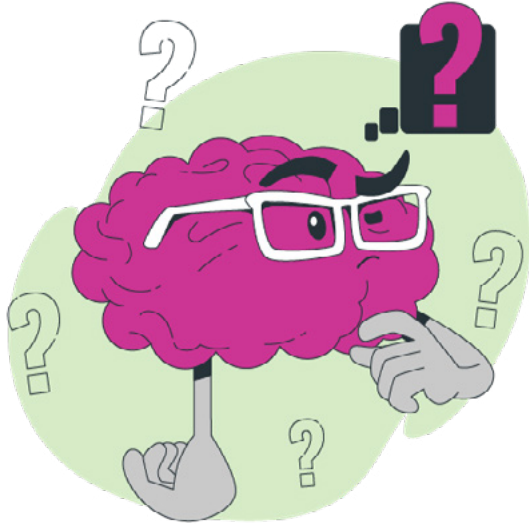
We are also incredibly thankful to the many seniors who are providing caregiving responsibilities to friends and family. Across Ontario it is estimated that there are 3.3 million

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!

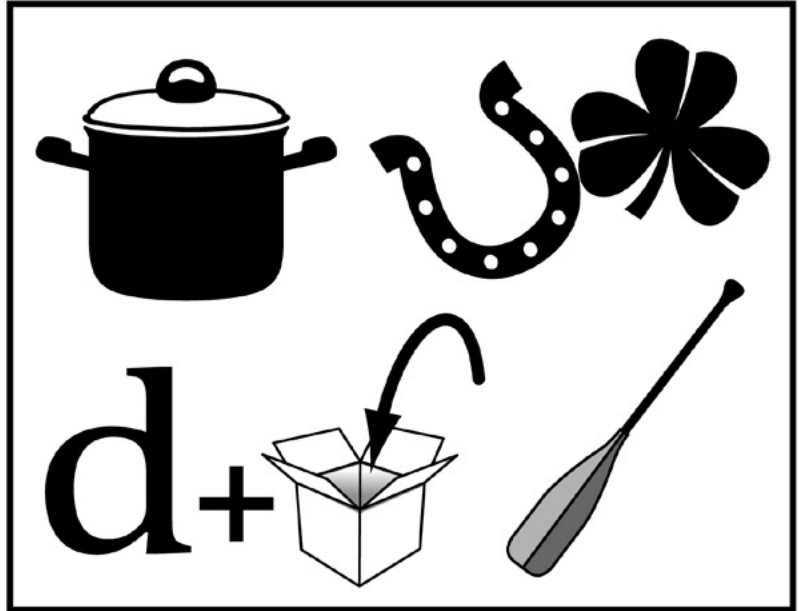
On behalf of the staff, board and volunteers of Community Care Concepts, we salute seniors across our Townships, not only in June but throughout the year! For information or access to services or volunteer opportunities please do not hesitate to contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.

June Puzzles!



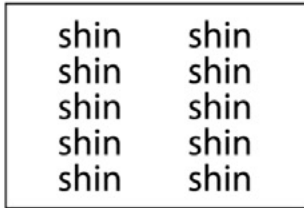
Concentration Puzzle

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



Wacky Wordies #20

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



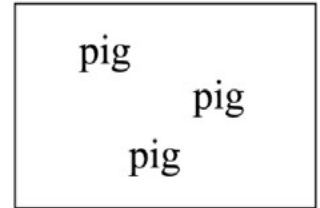
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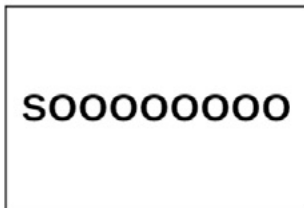
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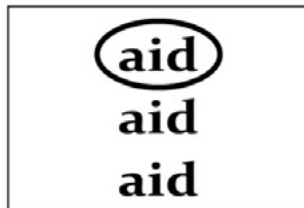
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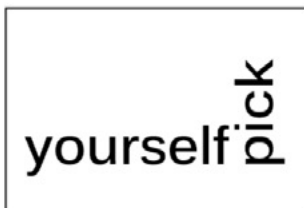
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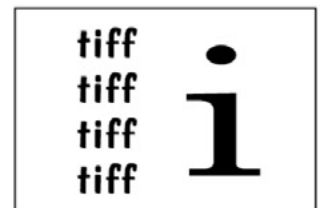
9. _____



10. _____



11. _____



12. _____

Laughing Matters!

Spot the Difference

Can you find 10 differences?



Talking Pictures

from the book, Wisdom in Pictures



Wrinkles mirror the age of our life.
Smiles mirror the age of our soul.

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WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



- McDonalds (outside magazine stand)
- Hasty Market - St. Agatha

WELLESLEY TOWNSHIP:

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

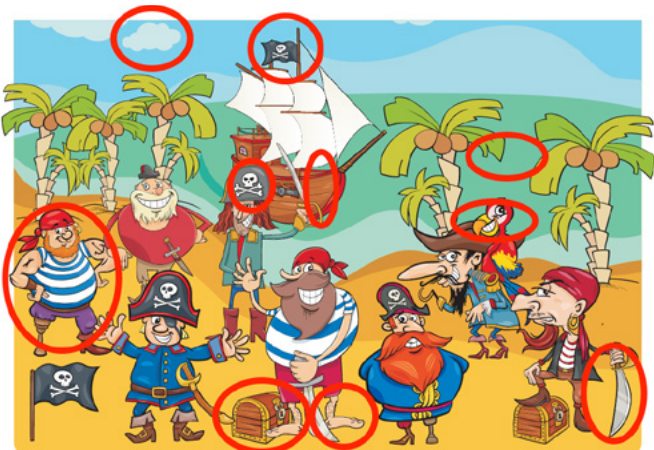
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

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

Solutions

Concentration Puzzle: Potluck Dinner



Wacky Wordies #20

1. Tension
2. Skinny dipping
3. Heat wave
4. Three little pigs
5. So long
6. First aid
7. Looking high and low
8. One on one
9. Pick up after yourself
10. Apply within
11. Chicken Little
12. Fortify



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Ask the Doctor

with Dr. Nicole Didyk

I have been told my cholesterol is a bit higher than normal. What are some things I can do to try to lower it naturally before taking medication?

We always recommend lifestyle changes to lower cholesterol, whether a medication is being started or not.

Cholesterol is a type of lipid, or fat found naturally in our bodies. High cholesterol is a risk factor for heart disease and stroke. Usually, your doctor will order a “lipid profile” looking at: low density lipoprotein cholesterol (LDL), high density lipoprotein (LDL), and triglycerides. Our goal is a low overall cholesterol, low LDL and high HDL, and low triglycerides.

To promote a healthier lipid profile:

1. Quit smoking.
2. Maintain a healthy weight for you.
3. Exercise more.
4. Follow a heart healthy diet (more on that below)
5. Look at your other risk factors for heart disease: Check your blood pressure and blood sugar.
6. Manage your stress.

There’s been a lot of research about the best diet for a healthy lipid profile. If you have an unhealthy diet to begin with, making changes can have a big impact, and can lower your cholesterol by up to 29 percent! We recommend:

- ✦ Mediterranean diet (vegetables, olive oil, whole grains, lean protein)
- ✦ “DASH” diet (Dietary Approaches to Stop Hypertension, a plan low in salt, sugar and some fats)
- ✦ Vegetarian or meat-restricted
- ✦ Low carbohydrate
- ✦ Low trans fats (margarine, shortening, butter and many pastries and deep-fried foods)

If these eating plans seem too difficult, don’t give up! Some small changes can get you started in the right direction and may encourage you to strive harder.

- ✦ Use soy (tofu, tempeh) instead of meat.
- ✦ Use lean meat (poultry, fish) instead of red meat.
- ✦ Use high-fibre whole grains instead of refined grains (i.e. white bread)
- ✦ Drink tea or water instead of soda or juice.
- ✦ Use nut butter instead of butter or margarine.

These diet changes can make a difference to your cholesterol and might make you feel better as well. Be sure to check your lipids again after 3-6 months of significant lifestyle change.

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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Learning the Hard Way: Like Father, Like Son

When my son was in public school, it was determined he had Attention-deficit/hyperactivity disorder (ADHD). Otherwise a normal kid, he had a mild problem concentrating. He understood most of his teachers, but on his bad days, he just smiles and says he was “slow to learn and fast to forget.”

The U.S. Center for Disease Control and Prevention (CDC) states it affects 11% of school-age children – including 19 percent of high school age boys – struggling with low self-esteem, troubled relationships and poor performance in school. So, naturally, as parents, we were concerned not only with his marks, but with how he viewed his own potential.

However, the psychiatrist and ‘special needs’ staff – who had identified our son’s ADHD – had a conflict dealing with his grade seven home room teacher. He refused to change his teaching ways... saying the classroom for “dumdums” was down the hall. I guess that includes me.

“How can you just leave me standing?/Alone in a world so cold?” – When Doves Cry by Prince

In my experience, all great teaching is built on acceptance. A teacher can be respected for their knowledge, but a great teacher is loved because they care.

Then things changed for the better.

His secondary school guidance teacher – who didn’t let the confines of a wheelchair disable her from thinking of possibilities – was an educator our son trusted. It took some time to convince him that he could handle

university work, but she taught him to develop a disciplined approach, along with some study strategies and time management skills; his confidence doubled. Who can put a price on that?

It’s probably, why he became the emphatic, encouraging teacher (and parent) he is today: demonstrating any willing professional can easily adapt ADHD teaching skills – and better understanding of all students.

I wasn’t diagnosed with it until adulthood, but related signs were there, including: anxiousness, wanting everything done yesterday, and trying to do too much. ‘All or nothing’ became my motto, but at what costs? Now, I see this way of living is no way to die.

My best learning experience didn’t involve a “teacher”... it was at the reigns of an older horse named, Johnny. He was the pride of Pat – a champion western horse rider, trainer and breeder.

The two were a natural training tandem, and when I, as a rookie rider, started by putting Johnny’s saddle blanket upside down, Pat said, “Well, you really are a beginner aren’t you?” Johnny sighed.

Yet, by the end of the practice, she asked me to take Johnny back to the barn; and along the way, I had to lean over, unlatch the gate, ride through and turn Johnny again and close the gate. I didn’t learn until afterwards that this was an advanced skill – not normally taught to beginners. Pat said, “I figured you could handle it... Johnny likes you!”

“And feelin’ good was good enough for me...”

– Me and Bobby McGee, by Kris Kristofferson

Pat and Johnny proved what having a little faith in someone can do.

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.

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Considerations for Fireworks and Dementia

With Canada Day approaching, it's essential to thoughtfully plan ahead if you or someone you care for is living with dementia and wish to partake in Canada Day festivities. As we gear up for summer and the celebrations that come with it, understanding the potential impact of fireworks on individuals living with dementia is crucial.

For some people living with dementia, the loud sounds caused by fireworks can evoke feelings of discomfort, confusion, or fear, heightening anxiety and agitation. Large crowds, which are common during such events, can also cause distress for those living with dementia, especially those who may experience sundowning — a state of confusion that occurs in the late afternoon and evenings.

Fortunately, there are ways to support a person living with dementia on Canada Day to ensure everyone has a safe and happy celebration.

1. Keep It Comfortable:

If you are going to be somewhere with fireworks, prioritize comfort and safety for all attendees at firework displays. Have an exit plan in place should anyone feel overwhelmed or need to leave early.

2. Plan Wisely:

If planning to attend a local park festival that features fireworks, you can inquire about the schedule ahead of time. This allows for strategic planning to leave before fireworks begin, if desired.

3. Explore Alternative Plans:

If you are unsure of what to do, consider alternative holiday events that are guaranteed to be fireworks-free.

Here are some fun activity ideas to consider:

- **Sharing Memories:** Gather photos and keepsakes to build scrapbooks or memory books as a group and enjoy reminiscing together!
- **Experience Nature:** Dress in cool layers and embrace the outdoors for a nature walk during the day.
- **Movie Night:** Pick a nostalgic movie to watch, prepare snacks and create a theatre experience from the comfort of your home!
- **Magic of Music:** Create a nostalgic playlist and sing together! Music can be powerful and bring feelings of joy for people living with dementia.

Your local events guide would be a great resource for fireworks-free events and activities for the entire family to enjoy.

By planning ahead and considering the unique needs of individuals with dementia, you can ensure a memorable and inclusive Canada Day celebration!

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I have never done any formal exercise; Why should I bother starting now?

As you get older, exercise can help you live a longer, healthier life and maximize your independence. Exercise has many benefits for older adults including:

- ✓ Improving your strength. This helps you stay independent. The stronger you are, the easier it is to do your day to day activities from the mundane (climbing stairs, housework) to the enjoyable (playing sports, maintaining hobbies).
- ✓ Strength and balance training reduces your risk of falls.
- ✓ Giving you more energy and helping you sleep better.
- ✓ Preventing or delaying diseases, such as heart disease, diabetes, or osteoporosis.
- ✓ Improving your mood and reducing anxiety and depression.

Why type of exercise should I be doing?

There are 4 main types of exercise you should be doing.

Aerobic Exercise — This is physical activity that focuses on strengthening your heart, lungs and circulatory system. Examples of aerobic exercise includes walking, jogging, swimming, cycling and dancing.

You should aim to build up to 150 minute of moderate to vigorous intensity exercise a week. This translates to 30 minutes of aerobic exercise, 5 days a week.

Strength Training — This is exercise that makes your muscles stronger. This includes doing body-weight exercises, using resistance bands or lifting weights. Strength training should be done at least 2 non-consecutive days per week. Your routine should include exercises to strengthen your major muscles groups.

Balance Training — This is exercise that helps to improve your balance and keep you staying upright. Balance training improves your stability and reduces your risk of falling. Balance training can be done every day.

Flexibility — This is exercise that involve gently stretching your muscles to improve the range of motion in your joints. Improved flexibility helps you to move more easily. Flexibility training can be done every day.

All of this exercise sounds overwhelming and I am really out of shape, where should I start? Is exercising even safe for me?

It is a good idea to consult with your doctor before starting into any new exercise program especially if you are inactive or have a chronic illness. That being said, it is safe for most adults over 65 years old to exercise. Most people with chronic illnesses like heart disease, high blood pressure, diabetes and arthritis can exercise safely and can even improve their condition.

Start slowly. Sit less, move more! Set realistic goals for yourself. If you are currently inactive, it is not realistic to start walking 150 minutes per week. Begin with 5-10 minutes of walking most days of the week and build from there. Find movement you enjoy! Having a friend to exercise with can help you stay motivated.

If you are unsure of what do when it comes to exercise, hire a personal trainer. Hiring a personal trainer can provide many benefits such as personalized workout plans tailored to your specific goals and needs, and guidance for proper form to prevent injuries. A personal trainer can offer support and encouragement to help you reach your fitness goals faster and more effectively than going it alone.

Start moving today! All of the little changes you make can add up to one big difference!

Digging Deeper into Destinations

by Paul Knowles

There are a lot of ways to enjoy travel. One very popular approach is what I call the “Grand Tour” – the United Kingdom in 14 days, for example, or Europe in ten days. This concept was turned into comedy in 1969 in the movie, “If It’s Tuesday, This Must Be Belgium.”

Full disclosure – I have done some of those grand tours, myself. I have travelled through England, Scotland and Wales in a couple of weeks. I took an eastern Mediterranean cruise that hit about 10 ports in half a dozen countries in 10 days or so. I have circled the coasts of Ireland on a two-week coach trip.

So I am not going to knock Grand Tours. In most cases, they have taken me to places I might never see otherwise – Ephesus in Turkey, the Giant’s Causeway in Ireland, and Valletta, the capital city of Malta.

But this is a rather “bucket list” approach to travelling. We get to visit places we have heard about, but stay only very briefly. We come home with pictures and a certain, surface level of experience. And in many cases, that’s all we really are looking for.

But let me suggest an alternative. I have found there is great delight in taking the opportunity to dig deeper. Make your way to one place, and stay there. Use it as your base camp as you explore a relatively small part of the world – but explore it well.

I have even tried to build this idea into group tours I have arranged. We almost always stay at least three days in each hotel, giving everyone a chance better experience the local area.

In the past few weeks, some friends have returned from a month in Spain. They went through an plan that provided a place for a month, all their meals, and one or two fairly local tours each week. Other than that, they were on their own to explore the region. They returned raving about the experience.

I have enjoyed this “local travel” approach many times. The United Kingdom is one of my favourite destinations, and

over the years, my itineraries in the U.K. have shrunk to smaller and smaller geographical areas. Last fall, I spent almost a week in Wales, exclusively in the area including Cardiff and Abergavenny – less than 50 kilometers apart. It

A costumed tour guide at Glastonbury Abbey, beside the purported burial site of King Arthur.



Wild ponies in Wales’ Brecon Beacons

was a wonderful trip.

A Grand Tour approach tends to see a lot of driving, riding on a bus, or sailing on a cruise ship. Digging deeper gives you time to sit in cafes and observe the local scene; to pop into pubs and get into conversations with folks; to discover some of the “secondary” destinations that are not obvious bucket list items, like local wineries or eclectic museums.

I am always amazed at the number of people who have visited Caribbean islands but only on day stops during a cruise. I can tell you, from very recent multi-day visits to Grenada and Dominica, these cruisers are missing almost everything. Mostly, they are seeing the shops and stalls along the pier that are identical, port to port.

Not long ago, as we stayed in Key West; the view from our balcony included the cruise ship pier. We watched thousands of passengers disembark in the morning, and return to the ship for late afternoon sailing. When cruise ship passengers leave before sundown, they are missing almost all the good stuff that happens in Key West. But stay there for a few days – four is ideal – and you will get the chance to discover almost everything that

A relaxed river cruise in Dominica.



Key West has to offer, chief among this, the music scene.

Some of the highlights of my travelling life have come from digging deeper. A week in Germany, following in the footsteps of Martin Luther. A time when my kids were young, as we stayed in a self-catering cottage in the south of England, and explored the local Arthurian sites, including Glastonbury Abbey. A week, just last summer, in the western part of New Brunswick, where our relaxed schedule allowed time to meet and hang out with some amazing local characters, including the curator of the Bootlegger Museum, a man who argues he is a descendent of French royalty.



Chefs at Dodgy Dock, a popular dining and music spot in Grenada.

There is nothing wrong with taking Grand Tours. But there is something very, very right about digging deeper, putting down some temporary roots and exploring a small portion of our world.



Joe Gee, originator of the Freedom Trail project in New Brunswick.

Paul Knowles is a travel writer, and President of the Travel Media Association of Canada. He writes a weekly travel feature for the publications of the Granthaven Newspaper Group, and contributes to several other publications and websites. He also leads an annual group tour (in 2024, in Wales and the Cotswolds) in partnership with Stonetown Travel.




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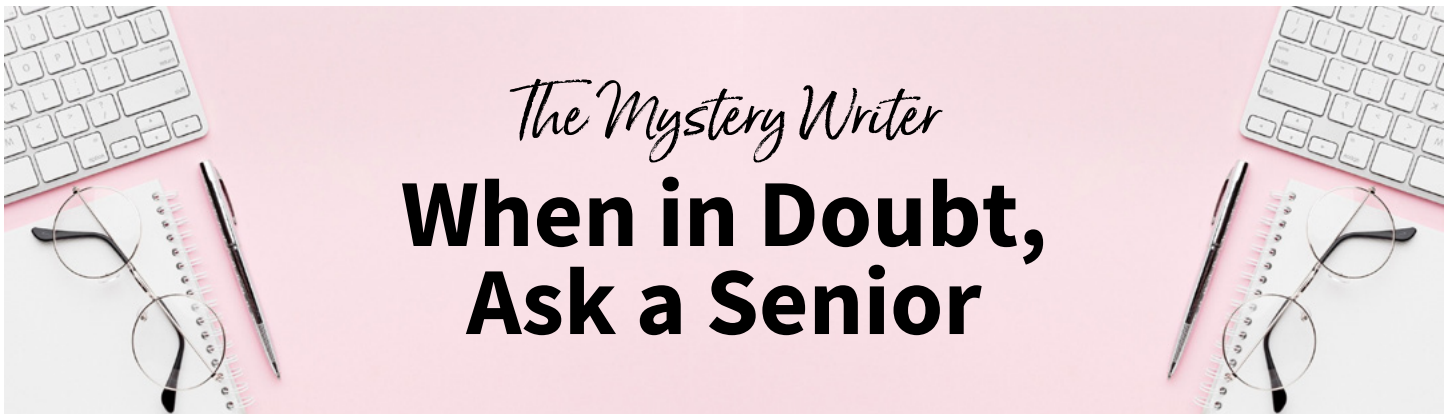
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The Mystery Writer

When in Doubt, Ask a Senior

Here I am at an age I never dreamed I'd reach, mainly because as young people we can't possibly see over the steep and intimidating mountains of having to get an education, finding a job, getting married, raising a family, balancing car payments with mortgage payments, planning vacations, and just getting by the challenges of living from day-to-day.

And to apologize now for not having better prepared myself for life as a senior, only makes me feel guilty - which to be honest, I think is both unfair and unrealistic. So, I won't go there over something that happened in the innocent past of my youthful naivety, and certainly can't change now. Whew, glad that's settled. Instead, I'll see what's on another channel on my new 50-inch, TV screen.

Anyway, regardless of the past, have you noticed that as a senior, you can't avoid certain questions, such as, "What is the purpose of life?" and "What is the meaning of life" which most younger people expect us 'older' people to be able to answer, either as a token nod to our age, or to save them the time and trouble of finding out for themselves. Of course, the irony is that in spite of their good intention, they won't likely listen anyway, and even more importantly, will have to discover the answer themselves, as we did.

No doubt, you've been asked those questions at some point by someone younger.

And since you've asked me about my answer to the "Purpose of life?", it seems to me that I've fulfilled my "purpose" many times, by having had many purposes in life (almost too many, in my opinion), and did the best I could with each,

at the time. Frankly, I do have some regrets though, but who hasn't? That's life and can't be changed now. Right now, it's hoping the Leafs do better ... Tomorrow will take care of itself, won't it?

Next, the "Meaning of Life?" well, that's a big one, isn't it? And it isn't as though I've never thought about it. And have usually been at a loss for words. To be honest, the question always seemed to me a bit too religious to grapple with since I really don't know a lot about religion, in spite of going to church when I was young, and agreeing to attend church with my wife, whenever it's raining, and the golfing would be bad...

Hm.. the meaning of life? When I think a bit more about it, I believe that love would be prominent, since that's a pretty meaningful thing the world really needs more of, don't you think?

In fact, isn't it one of the good ol' Ten Commandments? I'm sure it is! There - you see. I always remembered that one, even though it hasn't always been so easy to act on. But even that remembrance means something, don't you think? Glad I thought of it!

Anyway, since tomorrow will likely be another very busy day doing the usual, I should probably watch the finish of the hockey game.

Oh, and surprise my wife by telling her I was just thinking of her, lovingly...

I think that'll make her feel good, don't you? And she deserves to know...

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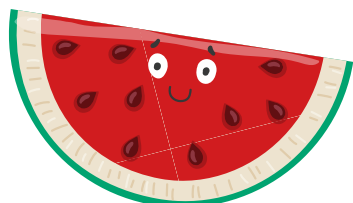
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Mini Frittatas

NUMBER OF SERVINGS: 12 muffins

Ingredients

- Olive oil 2 tsp (10 mL)
- Zucchini, finely diced 2 cups (500 mL)
- Red onion, finely diced 1 cup (250 mL)
- Sweet red pepper, finely diced 1 cup (250 mL)
- Basil, dried 2 ¼ tsp (11 mL)
- Oregano, dried ½ tsp (2.5 mL)
- Onion powder 1 ½ tsp (7.5 mL)
- Garlic powder ¼ tsp (0.5 mL)
- Cayenne pepper, pinch
- Sliced prosciutto or thinly sliced ham 4 oz (100 g)
- Low-fat mozzarella cheese, shredded ¾ cup (175 mL)
- Eggs 8

Directions

1. Heat oil in a large non-stick skillet over medium heat. Add zucchini, red onion and red pepper. Cook, stirring often, until vegetables are slightly softened, about 7 to 8 minutes. Remove from heat, stir in dried basil, dried oregano, onion powder, garlic powder and cayenne pepper.
2. Generously oil a muffin pan with twelve 2 ¼ inch (7 cm) diameter cups. Line bottom and sides of muffin cups with prosciutto or ham. Divide vegetable mixture between muffin cups. Sprinkle 1 Tbsp (15 mL) mozzarella cheese over vegetables.
3. Whisk eggs thoroughly in a 4 cup (1 L) liquid measuring cup or large bowl. Carefully pour eggs into muffin cups.
4. Bake in a preheated 350°F (180°C) oven until frittatas are puffed and set in centre, about 20 to 25 minutes. Remove pan from oven and let stand for a few minutes. Run knife around edge of frittatas to release.

NUTRITION PER SERVING

Calories 115 | Protein 10 g | Fat 7 g | Carbohydrates 5 | Fibre 1 g | Sodium 448 mg



There are two main types of hens: Rhode Island Red, which is a brown bird that lays brown eggs and the White Leg Horn, which is a white bird that lays white eggs.



Eggs with omega-3 fatty acids are available at the grocery store. Omega-3 fatty acids are being studied for their role in brain and heart health.



Wrap and refrigerate or freeze leftovers and re-heat in the microwave on high for about 30 seconds when thawed or 60 seconds from frozen.



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