

FREE!

EMBRACING CHANGE

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

VOL 2 ISSUE 10 JUNE 2020

www.embracingchange.ca



Feature Business of the Month

**COMMUNITY
CARE
CONCEPTS**

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

It Takes a Village to Care

It really does take a Village to care, and under the global threat of COVID-19, stories and images of neighbours supporting neighbours is a shining light of hope amid uncertainty.



Whether it's country supporting country, industry partners supporting each other or a friend offering to bring a bag of groceries to a senior who lives alone, this is how a community shines in the face of adversity.

There is no doubt that our organization and our partners in seniors living are facing unprecedented challenges as everyone everywhere focuses on staying healthy and safe; we are there for our residents today and we will be here when COVID-19 is behind us.

The need for the support of a Village community hasn't gone away, and while

we aren't able to welcome guests into our Villages, we are able to answer your calls and questions.

So, please reach out to speak with our Directors of Lifestyle Options at The Village of Winston Park, 519-576-2430 and The Village at University Gates, 519-904-0650.

The power of a Village to care is carrying us through, and our neighbours beyond the walls are an important part of our communities. Thank you all for the support.

Visit us at [schlegelvillages.com](https://www.schlegelvillages.com).



**University Gates
Retirement Suites**
opening fall 2020

**PINEHAVEN
NURSING HOME**
229 Lexington Road, Waterloo

**THE VILLAGE OF
WINSTON PARK**
695 Block Line Road, Kitchener

**THE VILLAGE AT
UNIVERSITY GATES**
250 Laurelwood Drive, Waterloo

Tara Bott (Held)

EDITOR/PUBLISHER

**Rich Held,
Don & Shirley Bott**

DISTRIBUTION

Jessica Uttley

DESIGNER

Rebecca Roessler

SOCIAL MEDIA SPECIALIST



LETTER FROM THE EDITOR

Welcome to the June edition of Embracing Change. June is Senior’s Month, a time to recognize and celebrate older adults in our Community. Seniors are an important part of our communities and we can all benefit from their wisdom and insight. Seniors month is a great opportunity to demonstrate your appreciation for the older adults in your life and your community. So take the time to catch up with a senior friend, parent or grandparent on the phone, send a heartfelt letter or card to a senior or

reach out to help a senior with an errand or chore. Whatever you choose to do to say thank you to the special seniors in your life I promise you won’t regret it!

On June 21st we will celebrate Father’s Day. While most dads seem quite casual about how they want to celebrate their day, the importance of a man’s role as a father, grandfather is paramount in shaping a child’s confidence, values and approach to life and their own future parenting ability. I am very blessed to have an amazing father who has shown endless love and support throughout my childhood and into adulthood. Thank you Dad, for all you have done for me and for our family! I want to wish all of the Father’s and Father figures in our Community a wonderful Father’s day!

Self-Care Tip ~ Spend Time in Nature

Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and wellbeing. The benefits of warm weather are abundant, such as exposure to natural sunlight, increased levels of Vitamin D, and more opportunities to engage in outdoor activities. However, the advantages of spending time outdoors aren’t limited to just physical. Research shows that incorporating brief interactions with nature can also improve our mental wellbeing.

As our lives start to get back to some more ‘normalcy’ and our days get busier, it becomes more and more beneficial to spend time in the beauty of the outdoors. It promotes a sense of peace of mind we can lack in our hectic lives to help to sort through our thoughts and experiences. So set a date, pick a place and spend some time in nature to help mentally reset yourself!



On The Cover

Brian Olson of New Hamburg enjoying a Father’s Day golf outing with his two sons, Eric Olson and Kurt Olson.

Golfing provides him with an opportunity of having fun and quality time with his grown boys. Since moving to the New Hamburg community of Stonecroft, Brian has enjoyed many of the local golf courses with friends and family.

Cover story written by Patricia A. Olson on Page 8.



Embracing Change



**2230 Herrgott Rd,
St Clements ON N0B 2M0**



519-574-6428



embracingchangeinfo@gmail.com



www.embracingchange.ca

*Editorial Policy & Disclaimer:
Embracing Change is proud to be a Community Voice. We hope to foster connections within the community in a positive way. The expressed or implied opinions of authors and advertisers are not necessarily those held by the publication, it’s editor or publisher.*

Tim Louis

Dear Neighbours,

June is Senior's Month and there is no better time to celebrate our seniors and all their amazing contributions to our community. COVID-19 has affected all Canadians, with a major impact on seniors. Feeling isolated, and missing friends and family members, is challenging. I know these last few months have been difficult, I am proud of the way our community in Kitchener-Conestoga has pulled together.

Several local organizations have taken the initiative to make sure that our seniors are getting support. Community Care Concepts continues its Meals on Wheels program, deliveries of groceries and prescriptions, and wellness check-ins by phone. The Golden Triangle Sikh Association in Petersburg has been providing care packages filled with vital food essentials to local isolated seniors. I am filled with pride to hear stories of individuals going out of their way to make sure that our seniors' health and well being is looked after.

Our government recognizes that many seniors

may have lost income or are facing extra costs due to this outbreak. That's why we have announced a one-time payment of \$300 for those already collecting OAS, and an additional \$200 payment for those collecting GIS.

Our community continues to rally together to ensure that our most vulnerable are taken care of. The celebration of Senior's Month may be different this year; but please know that you are cherished by families and friends who can only send you their love from afar for the time being.

My office has been working remotely and we are here to help. If you have any questions about senior's issues or need help with one of the Federal Government's assistance programs, please contact us at 519-578-3777 or email Tim.Louis@parl.gc.ca.

I hope you have an amazing Senior's Month!

All my best,

Tim Louis, MP for Kitchener-Conestoga

June is Seniors Month!

We celebrate the Seniors of Kitchener-Conestoga.
You are cherished and our community
is a better place because of you.



Tim Louis
Member of Parliament
Kitchener-Conestoga



519-578-3777
TimLouisMP.ca
Tim.Louis@parl.gc.ca

Finding Joy

in a Time of Physical Distancing

The world seems to be full of things that we can't do right now due to social distancing. It is a challenging time for the country, but for those over the age of 70 as well as those living alone, it can be extra challenging. It is important to remember, while we stay safe at home, that there are many ways to stay connected and that the measures we are taking are working to slow the spread of COVID-19.

During these times, it is also important to acknowledge the loss of things that seemed so normal just a few months ago including the loss of physical closeness and companionship, hugging our loved ones, being able to volunteer or to move about freely and do many of things we love. Grieving any kind of a loss takes emotional energy and time. It is normal to feel overwhelmed, stressed, anxious or upset about these losses. Others are experiencing these losses too. Thankfully, these losses are only temporary.

Here are some things you can do to help cope and find joy during these times:

- ❁ Allow yourself time to notice and express what you are feeling. This could be by writing in a journal, talking to others, doing something creative or practicing meditation.
- ❁ List the ways that your friends and family touch, influence and/or enrich your life.
- ❁ Keep in touch with family and friends.
- ❁ Do what you can to support family, friends, neighbours and others who may be struggling. The feeling that you get from helping others is good for the soul.
- ❁ Practice self-care which means focusing on the things you can control rather than what

you can't. As much as possible, maintain your usual routine, eating healthy meals and of course, exercising.

- ❁ Try putting on your favourite music to lift your mood and get your toes tapping. Remember the phrase "dance like no one is watching" has never been easier than now.
- ❁ Continue to nurture and draw on your faith and spirituality as a source of hope.
- ❁ Make a list of what matters most in your life; ground yourself and find strength in that.
- ❁ Find a window with a view to take in the 'outside world'. Appreciate nature around you.
- ❁ Take time to get some fresh air by opening your windows, sitting on your front porch or putting in the garden.
- ❁ Try limiting your exposure to news updates to once or twice a day. While listening to the news focus your attention on positive messages such as the number of resolved cases and positive stories of people reaching out to others to help during this time.
- ❁ Begin and end your day with hopeful and positive thoughts.

We are all in this together and we will get through it. What we are doing is working! Rest assured that brighter days lie ahead.

If you are looking for information, services or support, don't hesitate to reach out to Community Care Concepts at 1-855-664-1900, 519-664-1900 or 519-662-9526.

Meeting Real Estate needs with **EXPERIENCE, PROFESSIONALISM & HONESTY!!**



Alison Willsey
BROKER

CELL **519-275-4900**



PEAK
independently owned & operated
REALTY LTD., BROKERAGE
90C Peel St. New Hamburg, ON. N3A 1E3
www.willseyrealestate.com

BUS. **519-662-4900**
willseyalison@gmail.com

Did you know that spring is a popular time to sell a home?

- Weather gets warmer, buyers are more willing to go out and explore
- Families eager to move during the summer will need to find and make offers on their homes several months prior
- Houses show well as everything is starting to green up and flowers and trees start to bloom

CALL ME TODAY! Let's discuss your REAL ESTATE needs!

Working to serve you in **WATERLOO-OXFORD-PERTH** counties!!
RURAL PROPERTIES * RESIDENTIAL
not intended to solicit those already under contract with another Brokerage

PROUD SUPPORTER AND PRINTER OF

EMBRACING  CHANGE

Ritz
PRINTING

New Hamburg, ON 519-662-2200

MORGAN MILLER
morgan@ritzprinting.com

AT HOME BARBER SERVICES
For Seniors with Mobility Restraints



On the 1st Monday of every month, you can book me to come and take care of your haircut at home for no extra cost. Spots are limited, so it is best to book earlier, rather than later.

Senior Haircut - \$20
Foil Face Shave - \$15

Service Area: Wellesley & Wilmot Townships

TO BOOK, CALL ADAM AT (519) 656 0533
3700 NAFZIGER RD WELLESLEY ONTARIO

**Premium Quality Pet Food,
Made Fresh & Delivered FREE!**



**ORDER ONLINE OR BY PHONE:
TLCPETFOOD.COM | 1-877-328-8400**



PET FOOD
TLCPETFOOD.COM

Mystery Donors

By Nancy Maitland, Wellesley Township Heritage and Historical Society

Our Historical Room in Wellesley was closed on our regular open days in March and April in accordance with Region of Waterloo Covid-19 guidelines. It will likely be closed for the next few months as well. This has had an impact on donations to our collection as very often people with something to donate like to drop by for a visit and chat when our room is open. This allows us to learn about the history of the object and ask the donor to sign a donor form.

Sometimes people drop off donations, either leaving them at the door of the library, or with the librarians. Most often, they include their contact information and we are able to connect that way. However, sometimes items are left with no information.

Can you help us identify these items and /or their donors?

This black and white image is a photograph that also resembles a charcoal sketch. This technique was part of a hand-colouring process in which a photograph was enhanced with ink, charcoal or artists crayons. Known as charcoal portraits, they date from the 1860s into the early 20th century. They were usually oversize and were meant for display. This unframed portrait of a fashionable couple is 16 x 20”.

Another drop-off was this framed series of studio portraits of a young, and obviously very special, girl.

About 6 years ago, someone in St. Clements gave four photo albums to a township employee who gave them to us. The employee is now deceased and I was not able to learn the name of the donor before his death. The images record many events in St. Clements, mainly associated with the arena, such as Oktoberfest, skating carnivals, the “Flair,” a Grecian garden party, a walkathon and more. They date from 1974 to 1989.

A handmade stagecoach appeared on our doorstep with a tantalizing clue. The base of the model is stamped with the name of the maker, Clarence Schaubert, Cambridge, ON, but we still don’t know the name of the donor.

Any help you could give us in identifying these objects and /or their donors would be much appreciated! Please contact us at info@wellesleyhistory.org





The game of golf allures to many. Golfers will say how much they enjoy being outdoors in the fresh air, having fun and getting exercise. They see playing the game as being their well-earned reward. Enjoying the peaceful fairways, the groomed greens and laughing with your friends or family. What could be more relaxing and satisfying?

You soon learn that this sport quickly humbles you by demanding your concentration and respect. Take for example the following few thoughts that crosses each golfer's mind. First, they measure the exact distance to where the ball should ideally land. What strategy should I apply to conquer this hole? You wonder whether the wind will come into

play on this long demanding shot you are about to execute. Then there is the internal debate of whether you have picked the right club. Now you are getting into position. There is the systematic routine of addressing the ball. What about your stance? Is it exactly right? Are your feet in the correct position? Should your swing be a full or three-quarter swing? Is your head down and your hands properly placed? Suddenly the beauty of the peaceful fairways disappears, and your entire focus is on the little white ball and how you can get it to perform perfectly.

All this mindful effort to simply connect a club to a small white ball and encourage it to fly to the right location on the course. Why would one think this is an enjoyable way to spend your time? The concentration. The worry. The hours of practice to perfect such a variety of swings, anguishing over the correct club choices.

Brian and I retired to the Village of New Hamburg. Over the last ten years, he has enjoyed testing his golfing talents on many of the local courses. When drafting this article, I encouraged Brian to share what the game of golf means to him. This is what he had to say:

"In our younger years, the emphasis was on team sports such as baseball, tag football, soccer, or hockey. Especially hockey, whether it was on the ice with full equipment or on the street or neighbor's driveway. The age of your teammates was totally irrelevant. It was all about camaraderie, teamwork, and competitiveness. Why keep score if you are not competing?"

As we age, a sense of self begins to emerge, hence the interest in golf or heaven forbid singles tennis. The appeal of accomplishing something on your own, something that is only dependent upon yourself and your efforts. It is your victory of sorts or your unsuccessful round to justify, only to yourself. No apologies necessary.

In our 20's & 30's a round of golf usually meant a rare afternoon with three friends followed by a couple of beer. Then back home to family and household duties. In our 40's playing in charity tournaments became an integral part of our work careers. It showed others in the business community that your favoured organization had a charitable commitment

In our 40's playing in charity tournaments became an integral part of our work careers. It showed others in the business community that your favoured organization had a charitable commitment

Playing golf with business associates was an excellent opportunity to interact with others away from the confines of the office environment. It was an informal stage to show your integrity (keeping an honest score) and how you can acknowledge another's achievement with sincerity.

A highlight of business golf for me was back in the early 90's being an invited guest of Canadian Airlines at their tournament at the Saint Raphael course in Montreal. The airline brought in guests from across the country for amazing rounds of golf. The sideline purpose of the tournament was to introduce us to others for possible future business ventures. During the tournament, after several rounds with various bankers, they chose to partner with my company's proposed business venture. The game of golf provides the playing field for the business world to close deals and for the individual players to show their personality's "true colours" to prospective partners.

Time marches on and we become "used-to-be's", hopefully content with what we did accomplish in our work careers. Now we golf for the opportunity to reach the brass ring of golf - the elusive hole-in-one, or at least to lower our score next week. The undercurrent pressure to make a good impression on your business associate fellow players is now replaced with good natured ribbing and birdie shots with friends.

Looking back on how this sometimes exhilarating, and often frustrating sport has shaped our personalities, careers and life in general, we often want to share this with our children and grandchildren.

What a sensation being out on a golf course on a sunny day with your family enjoying the day together. What can be better than patting your grandson's back and raving about his amazing drive."

Brian enjoys playing in a few different leagues with his buddies here in New Hamburg. Together we enjoy playing in a fun couples' league at one of the area's courses. We are snowbirds wintering

in Arizona where the road runners, quails and coyotes entertain us on the golf courses. Brian continues playing in the dry warm weather with the community's different men's leagues and friends from New Hamburg who are also escaping the cold to Arizona.

When looking back at the sport, over the years golf has evolved from a male dominant realm to being popular for both woman and children.



Those who love the game naturally want to have their children feel the same joy of the experience. Therefore, the natural right of passage seems to be for the parent to teach the son or daughter. Father's Day has often been enjoyed by fathers' as an opportunity of having quality time with their children hitting the greens for an uninterrupted fun-filled day of camaraderie and good-natured competition. Many a laugh and many memories have been created on the courses on Father's Day between a proud Dad and his kids.

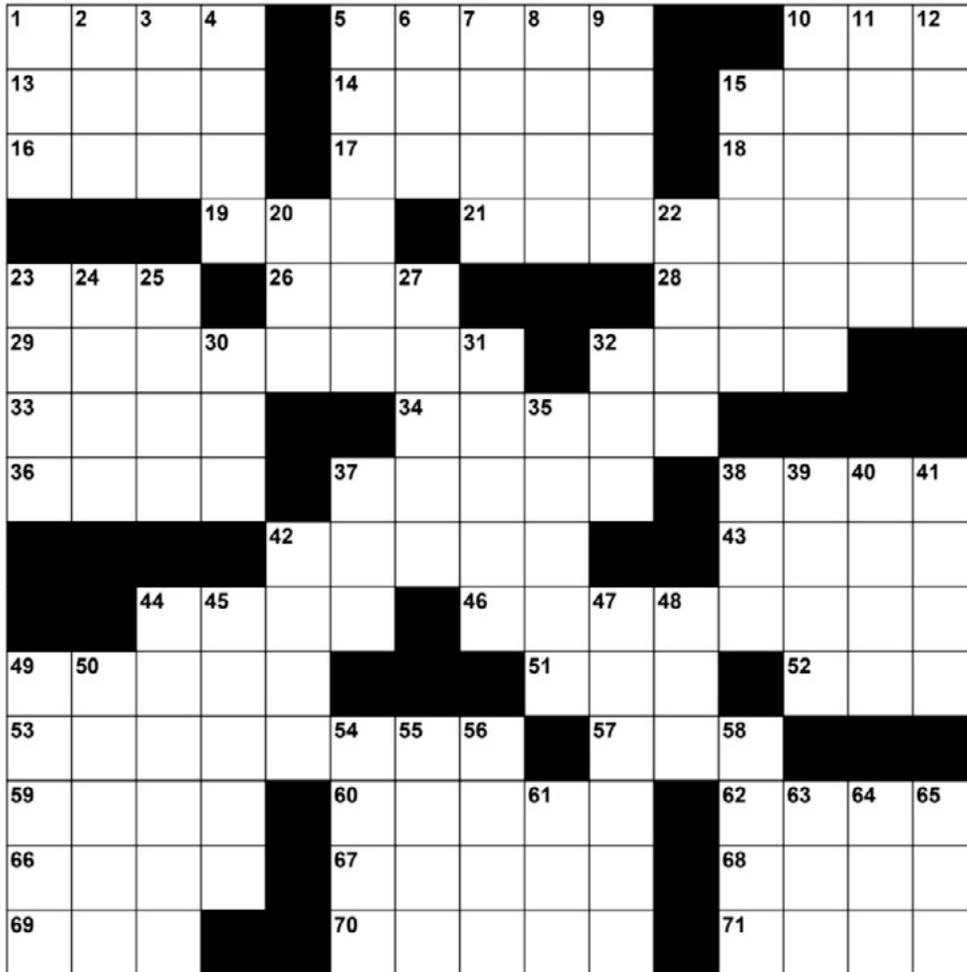
In the spirit of helping parents look forward to family golf outings, the golf courses are there happy oblige. Indeed, golf courses see their actual future existences dependent upon the younger generation. Incentives are therefore often being offered. Club members' younger children are encouraged to take free or price reduced lessons and deep discounts in the customizing of their junior golf clubs. There is much at stake for the sport itself and for the courses being financially sustainable to provide opportunities for these young and up-and-coming enthusiasts.

There has been much discussion about how the game of golf may need to evolve to accommodate the next generation and to remain financially viable insofar as costs to both the courses and the players. Consider courses that now have both standard greens with the cup awaiting the fall of the little white ball, coupled with large gaping holes to accommodate the deposit of a soccer type ball.

Continued on page 12

MAY CROSSWORD

Father's Day



By Evelyn Johnson - www.qets.com

Solutions on Page 16

DOWN

- 1 Vase
- 2 Perceive
- 3 Food and drug administration (abbr.)
- 4 Male aristocrat
- 5 Male parent
- 6 Unrefined metal
- 7 Guide
- 8 S.A. Indian
- 9 Next to Kauai
- 10 5 group
- 11 Constellation
- 12 "__ Dame"
- 15 Pallid
- 20 Reverence
- 22 Fluent
- 23 Baths
- 24 Retired persons association (abbr.)
- 25 Triad
- 27 Support
- 30 Make lace
- 31 Water retention
- 32 Relation
- 35 Tier
- 37 Less than two
- 38 Fire remains
- 39 Horse fly
- 40 Ballet skirt
- 41 Shade of black
- 42 Rewrite
- 44 Limited
- 45 Fish tank growth
- 47 Muggy
- 48 British drink
- 49 Mollusks
- 50 Lawn waterers
- 54 File
- 55 Belief
- 56 Happy cat sound
- 58 Woman to whom a man is married
- 61 Allow
- 63 Baby bear
- 64 Self-esteem
- 65 Loud noises

ACROSS

- 1 Defunct football league
- 5 Folded sheet of paper
- 10 Pot's pal
- 13 Do it again
- 14 Athletic field
- 15 Air (prefix)
- 16 Not far
- 17 Instruct
- 18 Vexation
- 19 Telegraphic signal
- 21 A person's female child
- 23 Stood opposite
- 26 Net
- 28 Rent
- 29 Patterned flower garden
- 32 Considerate
- 33 Opera solo
- 34 Improvise a speech
- 36 Stain
- 37 Large water body
- 38 Acting (abbr.)
- 42 Foe
- 43 Speak indistinctly
- 44 Vanish
- 46 Person sensitive to art
- 49 Texas stew
- 51 Regret
- 52 Man
- 53 Voyage (2 wds.)
- 57 Rule
- 59 Land mass
- 60 Grown-up
- 62 Chilled
- 66 Allot (with "out")
- 67 Dried up
- 68 Apple type
- 69 South southeast
- 70 Gathering of people to celebrate or have fun
- 71 Black

Laughing Matters!

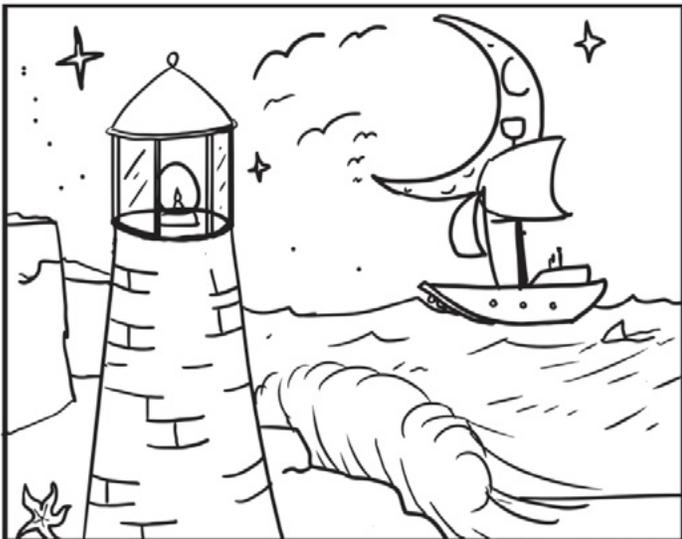
Eight-year-old Sally brought her report card home from school. Her grades were good – mostly A's and a couple of B's. However, her teacher had written across the bottom: "Sally is a smart little girl, but she has one fault. She talks too much in school. I have an idea I am going to try, which I think may break her of the habit."

Sally's dad signed her report card, putting a note on the back: "Sally gets it from her mother. Please let me know if your idea works."



Spot the Differences

They look the same but there are 10 differences. Search for them!



Riddles

1. If you have it, you want to share it. If you share it, you don't have it. What is it?
2. What has to be broken before it can be used?
3. How many bricks does it take to complete a building made of brick?
4. What goes up and never comes down?
5. What has feet and legs, and nothing else?
6. What stays where it is when it goes off?
7. A skin have I, more eyes than one. I can be very nice when I am done. What am I?
8. How much dirt is in a hole 4 feet deep and 2 feet wide?
9. If a rooster laid a brown egg and a white egg, what kind of chicks would hatch?
10. If you were in a dark room with a candle, a woodstove, a match and a gas lamp which do you light first?
11. What can go up and come down without moving?
12. What can you catch but not throw?

Continued from page 9

The hope is that younger generations might utilize the course on off hours to play a kick the ball down the fairways game aiming to deposit the ball in the aforesaid large hole located close to the green. Would this encourage younger players? Would this option see the courses increase the volume of players and therefore revenue?

Then there is the pressure these days to do everything in our lives a little faster. Are the younger generation still willing to dedicate the time to play 18 holes of golf? So, what to do? 9 holes seems not enough – what about 12? Twelve-hole courses are becoming more popular in the hopes of being a better fit for today's younger players. Courses have offered amusing side benefits as well. We have seen such antidotes as having goats carrying the players clubs (seriously). What about players having the option to utilize various choices two-wheeled self-balancing Segways down the fairways? Consider peeking at the web to see some of these new popular rides. It seems like the days of two-person golf carts may fade into the distant past as these vehicles become more varied and popular. Cool rides!

The number one reason we keep returning to golf and falling in love with it again is because, heck, golf is fun. A day out on the course calms your mind, keeps you fit and engaged, and even sparks a bit of friendly competition – with your friends and with yourself. Golf allows you to look inward and work towards improvement, and it reminds us all that we are not perfect... but that does not mean we stop trying! Whether you shoot a 72 or 144, there is nothing like spending a couple hours, or even an afternoon, out on the golf course.

- Allison Doyle

I recently had the opportunity of talking to Jim Martin. Jim owns and operates Nith Valley Upholstery in New Hamburg. He has lived in New Hamburg for over fifty years. After growing up in Kitchener and working in factories in that city, he founded the Nith Valley Upholstery business in a New Hamburg basement in 1965. Aside from his entrepreneur spirit and artistic talent, he is known for his love of the game of golf.

Jim started playing golf as a kid and fell in love with the game immediately. Like most men who

were lucky enough to start the game early, the sport was put on pause as he grew up, purchased his first car and got married to his wife Mary. Once the usual responsibilities of being a husband and parent were well in hand, he returned to the game he loved, and then played for twenty-two years at one of the local courses. He now prefers to try his hand at the game by playing a variety of the local courses with his mates.

When asked what one of the main attractions of the game was to him, Jim's first reply was the companionship of the people you are playing with. The joy of playing with the "guys" who are his close friends is especially important to him. He was excited that his three buddies came to Sarasota this winter. He was proud to say that during their visit, they played a round of golf every day.

I got a chuckle when he shared that one of the main attractions to the game is the competitiveness. "The more you play, the better you get. It is good when you hit the ball and it goes where you're aiming. I like being the winner in the group, and I frequently am".

Sadly, Mary passed away five years ago. Whereas Jim was eager to share how much he missed the times he and Mary enjoyed golfing together, he wanted non-golfers to know that this is one game you can enjoy playing solo. Jim offered that by registering solo online, the courses helped by pairing individual players together. As a solo player he has enjoyed meeting a wide variety of other interesting people. He thanks the game of golf for introducing him to many new friends.

When asked about family and Father's Day, Jim was quick to respond that the kids usually "throw-in" lots of golf stuff on his special day. So, on Father's Day he is assured to be well stocked with extra golf balls and the requisite golf tools to continue enjoying the game he loves.

Jim is enjoying his home in Wilmot and the call of the local golf courses. Then he enjoys his winter life in Sarasota where the dry hard fairways make his balls go even further! What a pleasant person to visit with!

Because golf offers the opportunity of being an all-inclusive sport, it gives us all a great activity for family and friends to enjoy. A day out on course gives us exercise. It gets us outside to take in the fresh air and encourages us to pause and enjoy the scenery offered all around us. We take the time to smell the roses!

Add to this the spirit of some fun competition and laughs. What more could a sport present to us for our taking?

- ▶ May this Father's Day find families of every blend and make-up out enjoying the many beautiful golf courses in our wonderful region of Wilmot.
- ▶ I would encourage you to embrace change by playing a variety of the golf courses offered to you in our area. Each course has its own unique challenges.
- ▶ Seize the day as they say. Embrace the changing opportunities put before us while we enjoy senior living in Wilmot.
- ▶ And lastly, enjoy quality time with your family on or off the golf course.

My hope is that you choose a "course" or path (be it of any kind to your liking) which leads you to celebrate this Father's Day with your family. Wishing a Happy Father's Day to all the Dads out there.

Have a happy and safe summer everyone!

Patricia A. Olson

Hoping to one day be called a decent golfer!





9 Angus Glen Lane
New Hamburg, ON N3A 0E9
Bus: 800-433-5307 Cell: 416-768-4279
E: gary@garywhiteinsurance.com





We've been designing, distributing and selling insurance products since 1965. We've built our practice on old-world values of trust, transparency and regular communication, because we know well-informed customers make the best clients.

- Health and Dental - no medical questionnaire
- Catastrophic Drug Coverage
- Critical Illness Insurance - guaranteed issue
- Life Insurance - guaranteed issue
- Health Spending Accounts for incorporated businesses
- Employee Benefits for businesses of all sizes





Less time cleaning.
More time for everything else.

Call today and enjoy your free time

Merry Maids of Kitchener,
Waterloo and Cambridge
519-894-4709

Merry Maids of Guelph
519-836-3330

BY PHONE, E-MAIL OR IN PERSON, LET ME SHOP AND COMPARE INSURANCE QUOTES FOR YOU!



- Quick turn around time
- Quotes from a variety of insurers
- Services in English, French and Vietnamese
- Proud resident of Waterloo Region

Here at Axion-Walker Insurance Services, we have access to a variety of highly reputable insurance companies to help you. Contact us today and we will find the right coverage at an affordable price.

Nathaniel Ngo, RIBO

Independent Insurance Broker
(647) 621-6283 | email: axion.nathaniel@gmail.com

Visit us today: WWW.AXIONWALKER.COM

small enough to care
BIG ENOUGH TO OFFER YOU REAL CHOICE



AXION-WALKER INSURANCE SERVICES
A Division of Axion Insurance Services Inc.
HOME • AUTOMOBILE • COMMERCIAL

RESIDENTIAL MORTGAGE RATE SPECIALS ON NOW!



We put the *personal* in *personal lending*.

Our lending solutions are created just for you, with **values at the core!** With no hidden fees, and knowing that we never work on commission, you can trust that we have your **best interests at heart!**

Speak with Charlene at our New Hamburg branch today.



519.662.3550
www.kindredcu.com

Send us your jokes!

Do you have a joke, riddle or something just too funny not to share? Feel free to spread the laughs with us here at embracingchangeinfo@gmail.com

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



Exceptional In-Home Support

Personal Care

Specialized Dementia Care

In-Hospital Support

Nursing

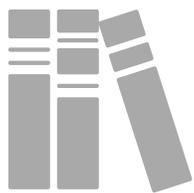
and more



519-279-0888

www.rightathomecanada.com/kitchenerwaterloo

Serving the Kitchener, Waterloo, Guelph, New Hamburg, St. George, Ayr areas



Stay Connected

with the Region of Waterloo Library

During these times when we may feel isolated, it's important to connect with friends, family and our communities. Although we can usually pick up the phone to talk to family and friends, it's not the same as seeing them and socializing in person. Services such as Google Hangouts, Skype, and Zoom help us connect online to each other by offering online video and audio chat features. Use one of these platforms, or your phone, to chat with friends while playing card games online (<http://playingcards.io>) or working together on a jigsaw (<https://jigsawpuzzles.io>).

Connect with your community by keeping on top of the latest local and world news. Available through the Region of Waterloo Library, PressReader offers hundreds of newspapers and magazines from across the world. PressReader can be used on a computer or an app can be downloaded on your tablet or smartphone. Read local titles such as the Woolwich Observer or the Waterloo Region Record, Canadian titles including the Toronto Star and the

National post, or international titles including The Guardian, the New York Post and The Independent (UK). For assistance logging onto PressReader for the first time, visit our Online Resources web page under eLibrary to find complete instructions.

Your library is here to connect with you too! Coming this month, our "Ask A Librarian" service will let you chat with one of our librarians. Ask about reading recommendations, general reference questions or help with our online resources by calling 226-748-8030 during weekdays 10 a.m. to 3 p.m. or by visiting the RWL website and clicking on "Ask A Librarian". We look forward to hearing from you!

Remember, you can always renew or get a library card on our website at <https://rwlibrary.ca> for 24/7 access to all of our online resources!



CONNECTING SOLE TO SOUL

HELPING YOU WALK AWAY MORE RELAXED THAN WHEN YOU ARRIVED

Reflexology may help with:

Pain	Headaches
Sleep	Relaxation
Circulation	Quality of Life
Stress	And so much more!

SOLES JOURNEY

REFLEXOLOGY BY
CHRISTINA FLOOD RRP

519-505-1616

WWW.SOLESJOURNEY.CA

147 ARNOLD ST. NEW HAMBURG



Interested in advertising with us?

Over 1,500 issues each month, distributed throughout Wilmot, Wellesley & Woolwich Townships and available in full colour online!

embracingchangeinfo@gmail.com
www.embracingchange.ca
519-574-6428

Ad submissions are due the 10th of every month

Solutions



ALZHEIMER SOCIETY

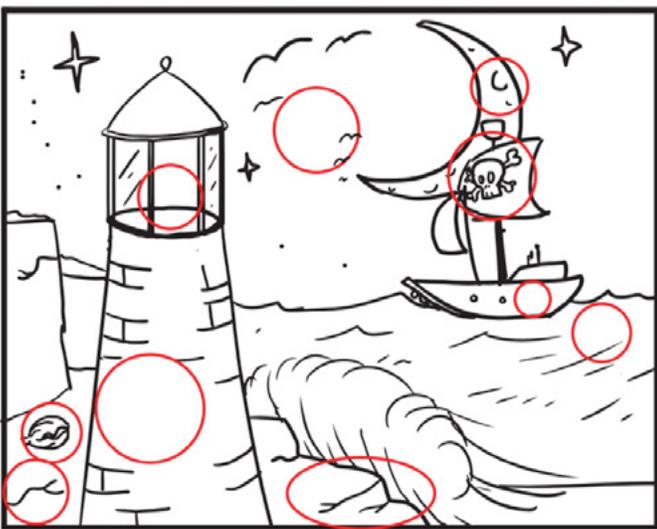
Provides a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

- Information and Education
- Individual & Family Support
 - Group Work
 - System Navigation
- Social/Recreation Programs

CONTACT

519-742-8518 ext 2090 for more info or to receive the Program Guide

www.alzheimerww.ca



Riddle Answers

- | | |
|---------------------------|------------------------------|
| 1. A secret | 8. There's no dirt in a hole |
| 2. An egg | 9. Roosters don't lay eggs |
| 3. Only one, the last one | 10. The match |
| 4. Your age | 11. The temperature |
| 5. Stockings | 12. A cold |
| 6. An alarm clock | 13. A fishing line |
| 7. A potato | |

NEW HAMBURG **Pro**
OFFICE MA
Good People, Who Know

251A Huron Street
www.nhofficepro.ca

✓ Office Supplies	✓ Fax Service
✓ Ink & Toner Supplies	✓ Custom Made Stamps
✓ Colour & B/W Photocopying	✓ Business/Personal Cheques
✓ Confidential Shredding	✓ Furniture

519-662-3710



Polish

Aesthetics by Robin

SERVICES AVAILABLE:

MANICURES

PEDICURES

FACIALS

WAXING

LASH LIFT/TINT

72 Reiner Crescent, Wellesley
 519-502-3691



Ask the Doctor

with
Dr. Nicole Didyk

I am in my 60's and I am struggling to get a good solid night of sleep. I try to sleep from 11 pm - 7am but wake up every couple of hours and then toss and turn for about 15 minutes and then fall back asleep.

How important is it to get a good night sleep as we get older? And is there anything I can do without taking medication to help me sleep through the night?

The hard truth is that as we age, many of our core beliefs about sleep and rest are simply not true and can be harmful.

Perception: Rest is healing.

Fact: Sleep can be restorative, and adequate rest is a part of a healthy lifestyle. But for older adults, when recovering from an acute illness, movement and activity can be the key to getting better. Prolonged bed rest can promote complications, like skin ulcers, delirium, depression, muscle weakness, incontinence, pneumonia, and deep vein thrombosis.

Perception: We need more sleep as we get older.

Fact: Recommended optimal sleep duration goes down with age, not up. We need 14-17 hours of sleep a day – when we are under the age of 12 months! After that, sleep requirements go down, such that in those aged 65 years and over, 7- 8 hours is recommended, and those who sleep longer than 9 or 10 hours per night can have an increased risk of diabetes, hypertension, and cardiovascular mortality.

Perception: Sleeping pills work and are safe.

Fact: No sleeping pill is completely effective and safe. Prescription sleeping pills like benzodiazepines have been implicated in increased risk of dementia, falls, delirium, car accidents, withdrawal and

dependence, and can increase insomnia. Other sleep aids like zopiclone can impair driving performance and can be addictive. Even “natural” sleep aids like valerian root and melatonin can have residual sedating effects. Over the counter sleeping pills are no safer than prescriptions in terms of side effects on mental alertness, and can contribute to constipation, dry mouth and urinary retention.

Where to start

In general, if you have no difficulty falling asleep, wake feeling rested, and enjoy a lifestyle that involves being active and getting out of the house, then you can do what you like with your sleep habits. But many seniors come to me complaining of sleep problems and looking for help. Often, the first step in sleeping better includes re-examining some of our beliefs and perceptions about sleep.

If you have questions for Dr. Didyk, please email them to embracingchangeinfo@gmail.com.

You don't need to give your name or 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.



Signing Your Wills During COVID-19

The COVID-19 coronavirus pandemic has affected all types of businesses. Law firms are still open, but many are having employees working from home, and reducing in-person meetings.

There is a new emergency law relating to the signing of Wills and Powers of Attorney. This law allows your Wills and Powers of Attorney to be signed during a videoconference. For now, the new law applies only during the current health emergency; and only if one of the witnesses is either a lawyer or a paralegal. However, it is available to everyone, not just those who must stay at home.

Each will requires two witnesses. Until

now, those witnesses had to be in the same room as you when signing. Now, the witnesses can be present on a videoconference, such as a Skype or a Zoom video call.

After your witnesses have watched you sign, then your documents need to be sent back to the lawyer's office, and a second video call takes place. On that second call, you need to watch as the witnesses sign in your presence.

This process can take a little longer than the usual method. We have to figure out who is dropping off and delivering each document. The lawyer still needs to see copies of your identification documents. And of course, you will need a device with both audio and video capability, secure internet access, and a private location.

Even if you are not sick or required to self-isolate, consider whether completing your Will by videoconference is a convenient option for you. Feel free to contact a law firm to discuss the other options available.

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

Activities to do together while social and physical distancing

With the current pandemic, many of us have had to make significant changes to our daily routines and schedules. With less social time, we may be feeling more isolated, frustrated, and/or bored. We do encourage individuals with dementia, care partners, and family members to reach out to us for extra support at 519-742-1422, but here are some activities you can do together at home while continuing to practice social and physical distancing.

1. Travel the world from your couch

Even though we can't physically travel right now, there are tons of livestreams available online that allow you to travel right from your couch. Do a Google search for "travel livestreams" and visit places like Italy, Amsterdam, or Yosemite.

2. Practice gentle exercise

We're offering weekly gentle exercise sessions! Join us on Wednesdays for a short movement break; participate seated or standing while exercising at your own pace! Call us to register: 519-742-1422

3. Listen to your favourite songs

Listening to music can be a powerful activity for those with dementia: music has the potential to increase activity; reignite older memories; and improve sleep, mood, cognition, communication, and overall quality of life. Visit www.musicproject.ca to learn more.

4. Start a vegetable garden

If you're up for a longer-term project, consider starting a vegetable garden! You can even begin using scraps from your kitchen, like lettuce or celery bases, or an avocado pit.

5. Head to the symphony, the art gallery, or watch a play online

Many organizations have kindly shared performances and artwork online for us to enjoy while at home. Watch Shakespeare plays via the Stratford Festival, or check out online art classes through the Museum of Modern Art. You may even find some live performances from your favourite venues on Facebook!



**Summer 2020 Program Guide
now available! Visit us online to
view and register:
www.alzheimerww.ca**

It's Not Easy, but Look Past the Market Selloff

These are challenging times. Like everyone, you are concerned about keeping your family safe and healthy, and you're doing your part to help protect your community from the effects of the coronavirus. And if you're an investor, you must also address your financial situation. How should you respond to the current market volatility and recent declines in investment prices?

For one thing, try to avoid what many others seem to be doing: panicking. The market selloff may feel unsettling, but it appears to partly be driven, by fear and panic than by economic or financial reality.

Uncertainty is high, but there are reasons that provide more confidence in the longer-term outlook, suggesting that conditions still warrant an eventual rebound. Canadian unemployment entered this situation near a 40-year low, with solid wage growth. We will see a temporary, but material, disruption to the labour market, of course, along with a decline in economic activity, but households entered this period in generally good shape. Interest rates remain near historic lows supporting the housing market, and policymakers have acted swiftly to stabilize the economy in the near-term and support a recovery once the virus is brought under control.

In addition, while further volatility and the potential for further weakness will likely continue, the steep drops we've already seen indicate that the financial markets have "priced in" the likelihood of a short-term recession, which may mean that the worst of the stock market pain has already been endured, though, of course, there are no guarantees.

First, though, it seems likely that the investment world will finally calm down only when the health situation shows signs of containment – and this will inevitably happen, despite the grim reports we are seeing these days. As a country, we have the motivation, the will, the solidarity and the resources to defeat the coronavirus and its effects, despite the pain and trauma it is now undoubtedly causing.

So, back to our original question: What should you do? Here are a few suggestions:

- Remember why you're investing. Given the market decline, you may be tempted to change your

investment strategy. But keep in mind that your financial goals, such as a comfortable retirement, are longer-term than the shelf life of the coronavirus. These goals, not today's headlines, should guide your decisions.

- Re-evaluate your risk tolerance. The recent volatility provides a good test of your ability to weather short-term swings in your portfolio. If you're having a hard time coping with these losses, your portfolio may be positioned too aggressively for your risk tolerance. If so, you might want to adjust your portfolio mix to include more fixed-income securities, which can help provide more "downside" protection. However, this would also affect your long-term growth potential.
- Look for buying opportunities. Stocks are now at their most compelling values in recent years – in other words, there are plenty of compelling investments out there. You can find many high-quality investments at lower prices, so you may want to consider taking advantage of the opportunity.

These are trying times for all of us. But as an investor, you'll help yourself greatly if you keep the situation in perspective, take a long-term view, evaluate your own risk tolerance and be receptive to new possibilities.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



We're Here for You. Ready to listen.

And ready to help you find opportunity.

If you want to talk about your investment portfolio, we're ready to help and can provide you with a second opinion.

Let's talk.

For J.D. Power 2020 award information, visit jdpower.com/awards.

Mary Friesen
Financial Advisor

1187 Fischer-Hallman Road
Suite 626
Kitchener, ON N2E 4H9
519-578-4141

edwardjones.ca
Member - Canadian Investor Protection Fund

Edward Jones

HKT-10241-C-A02 EXP 31 MAR 2021 © 2020 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED.

Recognizing a Father's Love in His Dying Words

Friends were talking about how our parent's generation (born in the '20's and '30's) was not one to show signs of affection – keeping their feelings to themselves.

Some blamed this on the era in which our parents lived: austere times of the great depression and world wars. Although, my generation was raised on TV, our parents had all the drama they needed in life: survival taking a back seat to demonstrative displays of love... especially from men.

So, how do we take care of our elderly parents while still feeling the after-effects of a less than loving relationship?

In addition to physical problems, some have parents suffering from dementia: sometimes lucid; sometimes delusional.

**“Some days are diamonds/
Some days are stone
Sometimes the hard times/
Won't leave me alone”**

– *Some Days are Diamonds* by John Denver

It's common-place to see men much more involved in their children's lives – playing soccer, at the rink – it's easily a 180 degree turnabout on how things were: mainly cheerless, often abusive.

**“In my little town, I never meant nothin'
I was just my father's son”**

– *My Little Town* by Paul Simon

Do you know your parents love you?

Most would give their parents a passing grade. Yet not all. Love is as love does, but a divorce changes everything... everybody.

I know that, for me, growing up in a divorced family, with narcissistic parents, it wasn't easy. Yes, I felt love, but it was conditional on me showing allegiance to one side or the other: “Love” could be revoked, at any time.

So, I missed many signs of love – especially from my dad – except the time, on his deathbed and unable to talk, he gave me a last note he had scrawled out.

Looking back, it was one of those ‘father-and-son’ moments I'll never forget – to his only child... a son he had kept at arm's length all his life.

You can barely make out the question he poses: “Are you late Fred?” (He knew I was en route to a job interview in another city.) And, “...hope the Will is okay.” His final legacy: a man with barely hours left to live (which he kept secret) worrying about me!

Was I worthy of such a love as this ... these few pitiful written words ... all that separated us from eternity? I realize, now, he was saying goodbye.

They say it takes a village to raise a child. And, when I think back on all the people who cared for me – some more than others – all fit together to form a mosaic of my life: spelling out, **‘Forever Loved!’** Something I never appreciated for years.

My dad was a piece of that puzzle... one that wasn't filled in, for my eyes to see, until it was almost too late.

Still, some say it's not manly to show emotion. Well...

**“Gather round all you clowns /
Let me hear you say
Hey, you've got to hide your love away”**

<https://youtu.be/1I5hVWgPuO8>
The Beatles, You Got to Hide Your Love Away



‘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

Body, Mind, & Spirit Toolkit

However old you are, you made it this far so you have strengths and habits that have resulted in you being here today. You ARE resilient - celebrate! Nonetheless, in this strange time, most of us would benefit from taking stock of what we do well to keep our body, mind and spirit running, and what additional tools we can use to manage the new challenges we are facing. Here are some ideas for your tool kit:

Body

When the body needs food or water or movement, our thoughts and spirits go down – everything is connected.

Even if you aren't hungry, eat a little protein every few hours to fuel the body and mind: keep a bowl of nuts near your chair, cut a sandwich in quarters and eat a quarter every time you open the fridge, cut cheese into little cubes and eat one every so often.

Water is your friend: most of us don't drink enough and dehydration can cause headache, confusion, and low mood. Remind yourself to drink throughout the day, and, if you feel your mood going down, have a glass of tea or juice or whatever you like (you probably know I don't mean alcohol!).

Movement increases the energy in our body, mind, and spirit. If you can, exercise at least 10 minutes at a time, but you will also get benefit from getting up and walking around your space for a few minutes, standing up and stretching, or sitting down and flexing your ankles, wrists, fingers and toes. Set a time for how long you will exercise and keep to it.

Mind

This is certainly a time when our mind is very active and not always in the best way. It is helpful to notice that our thoughts and mood are not the same all day, even if we think they are.

Identify your best time in the day: when, in the day, do you feel most settled, least anxious, a bit less sad? What are you doing at that time? Reading the paper over coffee? Watching the birds? Walking?

Now extend this good time a little longer:

- ◆ Acknowledge it by saying some words of gratitude to yourself: "I am grateful for this time when I [feel calm, enjoy the birds, have the sun on my face...]."
- ◆ Keep yourself in the present by using all of your senses - smell the coffee, look closely at the trees, listen for the sounds of life...
- ◆ Manage your thoughts by noticing when you leave the current scene and start thinking of the future or past, and say to yourself: "I will remain in the present for a little longer."

And your lowest time: When do you feel more tired, less interested in doing anything, more anxious, sad about what is happening, lonely? What are you doing? Watching the news on TV? Thinking of your family you can't visit?

Be gentle and help yourself understand:

- ◆ Try to identify your feelings -what is really going on? I am feeling [sad, worried, lonely, scared, exhausted, in pain].
- ◆ Validate yourself. You are allowed to feel these things so sit and notice yourself feeling them. And be kind to yourself, and say

something your closest person would say to you like “What a hard time you are having, this is so frightening for you.”

- ◆ And now use the strength you have gained over your lifetime to help reduce the strength of your upsetting feelings. Say an affirmation to yourself something like this: “I do not like these feelings but I know that I can survive them.” You can make up your own affirmation using the structure: I don’t like (the negative feeling or event) but I know that I (positive strength).
- ◆ And check in with your body. It is often helpful to change your location, get up, go have a snack, drink some water, and start some other activity.

Spirit

We all have an inner life force that guides and enhances our life. It is the best of us, where we find joy, empathy, love, a reason for living. We all know how to nurture others, to be gentle with

their hurts, to perform little acts of kindness, to encourage those struggling, to comfort the grieving. Now is the time to turn that knowledge on ourselves:

- ◆ What act of kindness will you do for yourself today that will make you smile?
- ◆ What note of encouragement will you put up on your mirror?
- ◆ What scripture will you read this morning to guide your day?
- ◆ What would your best friend say about you to brighten your day?

And that is truly the key to your body, mind, spirit tool kit: be your own best friend and treat yourself with attention, care, and kindness.

Provided by



Q&A

with Lynne Hemmerich from Hemmerich Hearing Center

Question:

I develop a lot of ear wax that causes me hearing loss. I do get the wax removed by my doctor on a yearly basis but it does prevent me from hearing well. Is there something I can do to help prevent the wax build up so I don't experience the hearing loss?

Answer:

In response to your question, this is not an actual hearing loss. What you are experiencing is a reduction in hearing due to the obstruction of the ear canal by cerumen (ear wax). The following is a procedure that is physician recommended for ear wax cleaning.

Solution:

Equal parts of warm water (not hot) and white vinegar.

Equipment:

Hand syringe (can be purchased at a pharmacy)

Procedure:

Follow these instructions while in the shower

1. grasp the ear and pull it back
2. fill syringe with diluted vinegar solution
3. spray the contents into the ear canal
4. massage the ear and allow the solution to flow out

Repeat this procedure twice a month

NOTE: Avoid inserting cotton tipped swabs or anything smaller than your elbow into the ears.

Bringing different generations together for health, well-being and understanding

Written by Alie Teetzel-Edmondstone

The COVID-19 pandemic has brought many issues to light as we all work hard to stay connected while practicing physical distancing. It's become clear that many older adults in our communities are socially isolated, and have felt that way since long before the pandemic started.

At the Schlegel-UW Research Institute for Aging (RIA), researchers and project teams have been working on projects and research studies that explore the benefits of connecting older adults with their communities, and particularly, to children and youth. Intergenerational relationships have multiple benefits for everyone involved. Older adults can provide valuable learning opportunities for youth and children, sharing wisdom and possibly guiding youth into careers with a focus on aging. Connections with young people have been found to support health and well-being in older adults. Bringing generations together breaks down barriers and reduces stigmas on both sides of the age gap, leading to more understanding and compassionate communities.

The Curiosity Fair is one of the RIA's signature events, connecting older adults and young people in a fun environment where learning has no age limit. Held in partnership with The Village at University Gates long-term care home in Waterloo, the annual Curiosity Fair brings together Village residents and students from local elementary schools to showcase science, art and research projects. Participants both young and old are encouraged to ask questions, compare projects and offer each other ideas to build connections and create relationships. COVID-19 caused cancellation of this event for 2020, but we are looking at ways to bring curiosity and connections to everyone in physically distanced ways.

RIA researchers are also finding ways to connect the generations. Professor Kate Dupuis, Schlegel

Innovation Leader in Arts and Aging, has been studying the effects of intergenerational connections in long-term care made through music. Intergenerational Jamboree is a weekly music therapy program at The Village of Riverside Glen long-term care home in Guelph. The organizers invite children from the community under the age of four and their caregivers to join residents in making and learning about music. Initial response to the program has been extremely positive. Residents, Village team members and the children's caregivers all report that they enjoy the program and see positive outcomes including increased good mood after each session. This research has paused during the pandemic but will be restarted once it is safe to do so.



A young participant at the 2019 Curiosity Fair discusses their project "How do you make slime" with fellow participants and residents of The Village at University Gates.

It's not just young children that benefit from engaging with older adults. High-school students are learning about career opportunities working with older adults in long-term care through partnerships at the RIA. In 2019 and early 2020,

high-school students from the Specialist High-Skills Major programs took part in innovation, creativity, and entrepreneurship training days coordinated in partnership with the Ontario Centres for Learning, Research and Innovation in Long-Term Care at the RIA and Schlegel Villages. Students had the chance to see how long-term care homes operate, took part in experiential learning activities and learned about career opportunities in long-term care. COVID-19 has brought to the forefront that there is a shortage of qualified workers in Ontario's long-term care sector. By engaging young adults early in their career planning journey, many will find that they can put their skills and abilities into meaningful work with older adults.

To reach older adults living in the Waterloo Region community, the RIA has launched the Supporting Inclusion through Intergenerational Partnerships project (SIIP). SIIP is a community initiative that brings different groups together to find ways to connect secondary and post-secondary aged youth with older adults living with dementia and

their care partners to reduce social isolation and highlight career opportunities in healthcare and aging. SIIP will work with and fund community programs that connect older adults living with dementia and young adults to foster a sense of community. The SIIP team is currently working with various community agencies who advise on the planning and execution of the project. These agencies include school boards, dementia advocacy groups, universities and agencies that support older adults.

As we spend more time apart during the COVID-19 pandemic, we can all truly understand the need for connection. Creating intergenerational connections can build stronger communities that support older adults and young people alike. What we are learning is that it's more difficult, but still possible, to build these important connections in a physically distanced way.

For more information about any of the RIA projects and programs in this story, visit www.the-ria.ca or contact us at info@the-ria.ca.



RBC Dominion Securities Inc.

Investment Advisor Mark Dickens

Your wealth management specialist

As an Investment Advisor, Mark takes a team approach to helping Ontario families simplify their financial affairs. Specializing in investment planning, he works closely with financial specialists at RBC Wealth Management to coordinate services in tax planning, retirement planning, farm succession and estate distribution.

For more information, to book an appointment, or to receive a complimentary copy of the Farmer's Guide to Wealth Management, please contact us today.

Mark Dickens
Investment Advisor, RBC Dominion Securities
519-747-9454 | 95 King St. S., Suite 300, Waterloo, ON N2J 5A2



**Wealth Management
Dominion Securities**

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. © / ™ Trademark(s) of Royal Bank of Canada. Used under licence. © 2020 RBC Dominion Securities Inc. All rights reserved. 20_90561_HH5_001

Fitness, exercise, workouts – whatever the name, it is challenging in the best of times to fit this health care into our schedule. We know all the benefits, read them regularly, yet somehow it seems daunting to fit this extra “work” into our day.

The changes in the past few months have had many on edge with more free time, concerns about health and feeling a little isolated.

Everyone is talking about taking this “downtime” to take up something new and big, but what if big isn’t what you want? What if you just want movement to be a little easier, to make opening a jar less challenging? What if you just want to regain some of the flexibility and ease that you remember from a previous decade of life, a different chapter when you didn’t groan when you stood up. When your joints were not always talking back and a 25lb bag of flour didn’t feel like 50lbs.

I notice that changing years, decades and bodies require a change in mindset, no longer should our fitness be related only to weight, unless of course obesity is an issue. Fitness needs to be about health. Feeling good, feeling fluid, strong and in control. I want to feel like I did when bending down to tie my shoes was no big deal! When I am out on a trail walk that a hop over a rock doesn’t require a ridiculous amount of brain and will power to know that I will land that like a pro, ok maybe not a pro, but that I won’t end up in traction.

This can be done, in small increments, at home

even. Maybe still at home only! Lucky for us the weather is on our side at this time of year. Walk! It’s basic, easy, and you get fresh air, we have great places to walk, quiet streets a new trail. On rainy days if you have stairs go up and down them several times in a row, this is great exercise. Put on a favourite song or 4 and dance like no one is watching, or just like someone is watching, because after a certain decade who

cares if they are! So, get down and boogie a little and let them look! Maybe you will even get a rousing round of applause.

Make it fun, take the work out of it. Sneak 30 minutes of moderate to vigorous movement in every day. It can be done in 10-minute increments through out the day as well, 15 minutes if you can’t get 30, some is better than none! The golden number for cardiovascular fitness is 150 minutes weekly

according to Heart & Stroke Foundation.

This month focus on mobility as well as cardiovascular improvement as discussed above. It is important in any “routine” and more so as well age, to remember our joints as well. Add range of motion exercises such as high knee “walks” – get those knees up as high as you can, like an exaggerated march, alternate legs for about 30 seconds or maybe 10 high knees each side to start. Grab a wall for balance and swing your leg back and forth, then do large circles bringing knee up and out, reverse direction then switch legs, again time it or 10 times each movement, each side. These simple movements loosen up hip joints an added bonus is any exercise done while on one leg also helps with balance and ankle strength.



Big arm circles and swings forward and backward help to keep the shoulders moving fluidly, a joint that causes some amount of trouble but can often be overlooked when thinking about mobility. Our upper body needs the love too!

We also need to take special care of our back and spine. Sit in a chair and twist your whole body to the right, like you are wringing out a towel, hold for several seconds then twist left, repeat a few times and you may be greeted with some lovely little pops as you reward your spine with this movement.

Lean forward and touch or aim for your toes, this will give you a beautiful stretch all along the back of your body! Hold that bend for a bit until you feel a nice release, visualise the muscles on the back of your legs and around your spine lengthening, then roll up slowly, thinking about each vertebrae stacking back up as you go.

There are a multitude of exercises that can be done at home, you can look online for ideas that fit your needs, not all will. You do not need a lot of equipment, especially when it comes to mobility. What you do need is the knowledge and the understanding that taking the time to stay strong and flexible is one of the keys to the proverbial fountain of youth. Stay strong, stay healthy.

Chris Spotswood is a Fitness Professional and Certified Personal Trainer. Chris owned Absolute Fitness & Personal Training in New Hamburg from 1999-2017.

Her mission is to cut through the bunk in the health and fitness industry, to make fitness fun and inspire "boomers" to find sustainable solutions for lasting health, independence and happiness.

*You can reach her at
chrisspotswoodcs@gmail.com or 519-590-9066*

Hand Care Tips

Provided by Linda Langenegger



Qi
beauty

LINDA LANGENEGGER
ADVANCED SKIN CARE

Medical Aesthetician &
Qi Beauty Practitioner

519-741-4662
lindalangenegger@gmail.com
www.LuvYourSkin.ca

Washing with soap and water and the use of hand sanitizer has become more important than ever during this time. A draw back is it can leave your skin dry, irritated even cracked and sore. It is equally important to moisturize each time you wash or sanitize. Not doing so can put you at risk for infection. Irritated dry skin is vulnerable to infection. This is even worse for people who have fragile damaged skin such as eczema. Irritants in soap and sanitizer do damage to our natural skin barrier that protects our skin. Damaged skin has trouble retaining moisture.

To reduce your vulnerability keep your hands:

- ✓ Well moisturized.
- ✓ Wash your hands with soap and water.
- ✓ Only use sanitizer when you can't use soap and water
- ✓ Look for a sanitizer with a moisturizer in it
- ✓ Avoid abrasive cleansers and moisturize frequently

COMMUNITY BUSINESS DIRECTORY

AUTOMOTIVE

Rudy Held
Performance Centre
Car Parts & Accessories
519-662-2821

HEALTH & WELLNESS

Greenwood Wellness
Naturopathic Clinic
Wellesley, ON
519-656-2358

Hemmerich Hearing Center
10 Waterloo St., NH
519-662-6884

Martin's Guardian Pharmacy
10 Parkside Drive
St. Jacobs ON N0B 2N0
519-664-3785

Pharmasave
Town Square Pharmacy
519-662-9995
Baden Village Pharmacy
519-214-4000
Breslau Commons Pharmacy
226-243-5200

Soles Journey Reflexology
147 Arnold St, NH | 519-505-1616

Wellesley Township
Community Health Centre
1180 Queens Bush Rd
519-656-9025

Woolwich Community
Health Centre
10 Parkside Dr., St. Jacobs
519-664-3794

HOME SUPPORT SERVICES

Community Care Concepts
Meals, Rides & Home Help
519-664-1900 or 519-662-9526

Home Care Assistance
Waterloo
homecareassistancewaterloo.ca
519-954-2111

Merry Maids - KW/Cambridge
House Cleaning Services
519-894-4709

Promyse Home Care
"A better life together"
Waterloo, ON | 519-208-2000

Right at Home Canada
Medical & Non-Medical Support
519-279-0888

PET & GARDEN

Heritage Pet & Garden
88 Huron St, NH | 519-662-3684

TLC Pet Food
Free Delivery | 1-877-328-8400

PROFESSIONAL SERVICES

Futher-Franklin Funeral Home
1172 Henry Street, Wellesley
519-656-2880

Gary White Insurance
9 Angus Glen Lane, NH
(800) 433-5307

Imagine Travel
Karen Weber | 519-662-3150

KR Abbott Tax & Accounting Solutions
205 Peel St. NH | 519-662-1857

Leave it to Kliever
Christine Kliever | 519-502-0863
Helping Connect Seniors to Services

Mark Dickens
Investment Advisor, RBC Wealth
Management | 519-747-9454

Mary Friesen - Edward Jones
Financial Advisor | 519-578-4141

Nathaniel Ngo
Axion-Walker Insurance Broker
Kitchener | 647-621-6283

New Hamburg Office Pro
251A Huron St., New Hamburg
519-662-3710

REAL ESTATE

Alison Wilsey | Peak Realty
New Hamburg | 519-275-4900

Jim & Tricia Miller
Remax Twin City Realty
New Hamburg | 519-590-5995

RETAIL

MCC Thrift Centre
41 Heritage Dr, New Hamburg
519-662-2867

Tracy Brenner | Tupperware
Independent Tupperware Consultant
St Clements, ON | 519-699-9340

SENIOR CARE FACILITIES & ORGANIZATIONS

St. Jacobs Place
Retirement Residence
10 Water St., St Jacobs
519-664-6637

The Village at University Gates
250 Laurelwood Dr, Waterloo
519-904-0650 ext 8044

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

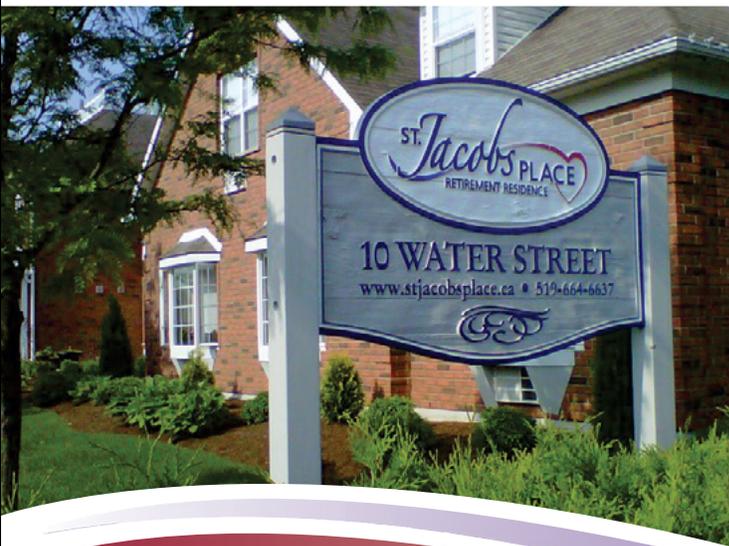
If you would like to be added to our growing list of valued local businesses, please contact us at embracingchangeinfo@gmail.com so our readers can be reminded of your services and support local.

Enriching Lives



St. Jacobs Place offers luxury independent and assisted living suites in the quaint village of St. Jacobs, Ontario. Surrounded by the tranquility of rural farmland, and situated in a peaceful and old-fashioned village, we offer modern luxury accommodations to our residents, all within the homey warmth and comfort of a country lifestyle. Wholesome and delicious home-cooking and baking is just the beginning of life at St. Jacobs Place.

Call us for a tour to experience a truly charming retirement community!



ST. *Jacobs* PLACE
RETIREMENT RESIDENCE

519-664-6637 Ext 404

www.stjacobsplace.ca
10 Water Street, St. Jacobs

EMERGENCY CONTACT NUMBERS

**Emergency
(Fire/Medical/Police)**

911

**Waterloo Regional Police
Non Emergency**

519-570-9777

Crime Stoppers

1-800-222-8477

Ontario Poison Centre

1-800-268-9017

**Ontario Problem
Gambling Helpline**

1-888-230-3505

TeleHealth

1-866-797-0000

TTY: 1-866-797-0007

Waterloo Wellington LHIN

519-310-2222

Community Care Concepts

519-664-1900

**Retirement Homes
Regulatory Authority**

1-855-275-7472

Elder Abuse Response Team

519-579-4607

Interfaith Community Counselling

519-662-3092

Hospice of Waterloo Region

519-743-4114

**Alzheimer Society of
Waterloo Wellington**

519-742-1422

Township of Wilmot

519-634-8444

Township of Wellesley

519-699-4611

Township of Woolwich

519-699-1647

Region of Waterloo Public Health

519-575-4400

***NEW* Ontario Caregiver Hotline**

1-833-416-2273

This space is generously
donated by:

**Town Square &
Baden Village Pharmacy**

LIVE WELL WITH
PHARMASAVE®

martin's
Guardian Pharmacy +



Same Care. New Hours.

Monday - Friday, 9am-5pm

martinspharmacy.ca

Woolwich Community Health Centre
10 Parkside Dr, St Jacobs, Ontario, NOB 2N0
(519) 664-3785

Owner, Alan Martin

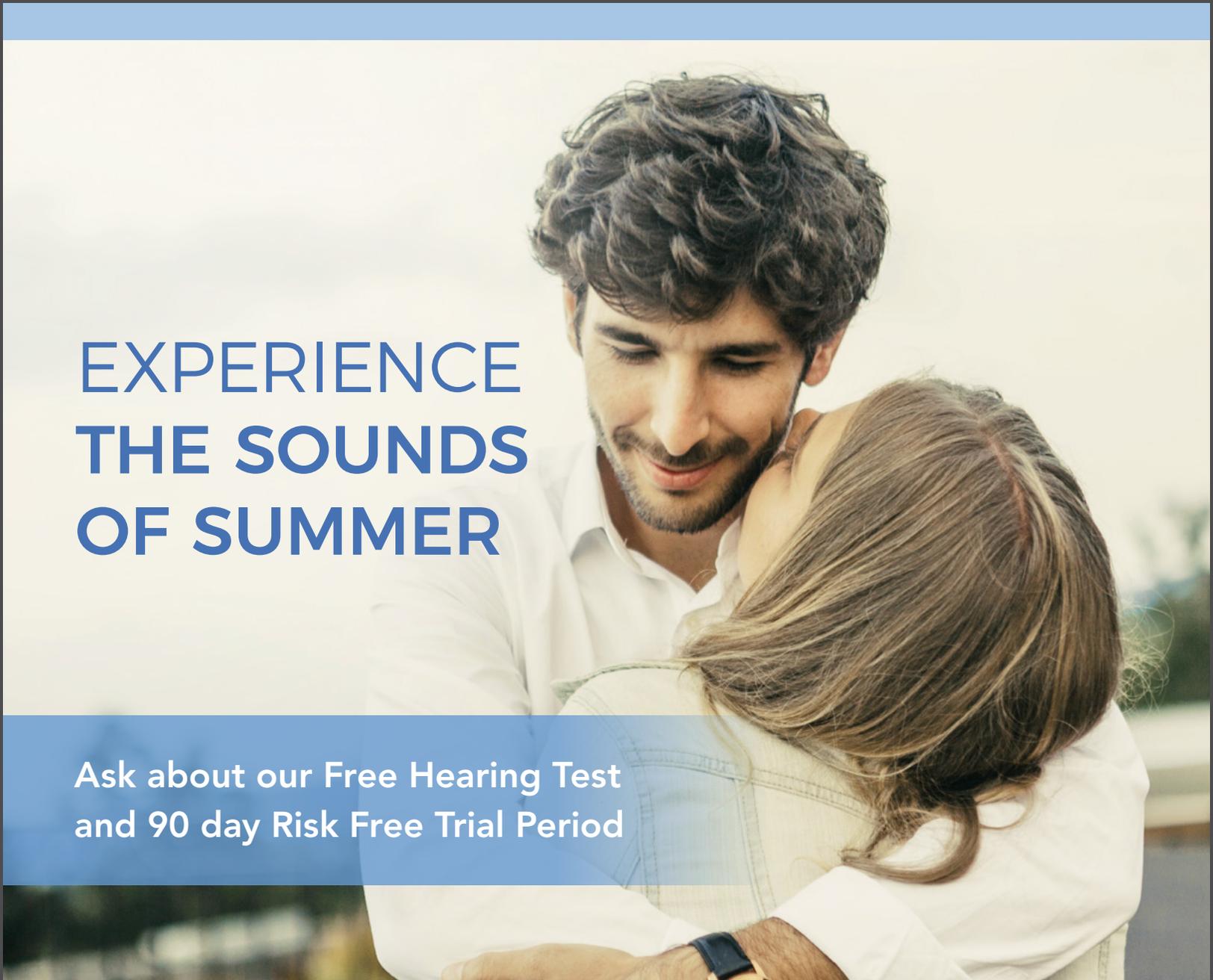


CAR & TRUCK ACCESSORIES

TIRES AND WHEELS, CAR CARE PRODUCTS, RAIN GUARDS,
HOOD SHIELDS, FLOOR LINERS, PROGRAMMERS & MORE!

WWW.RUDYHELD.COM | 519-662-2821 | 147 ARNOLD ST. NEW HAMBURG

Open for Phone Orders

A man with dark, curly hair and a beard, wearing a white shirt, is embracing a woman with long brown hair from behind. They are outdoors, and the background is a soft-focus landscape. The man is looking down at the woman with a gentle smile.

EXPERIENCE THE SOUNDS OF SUMMER

Ask about our Free Hearing Test
and 90 day Risk Free Trial Period

Hemmerich Hearing Center can help you with all your hearing needs. We provide great service at competitive prices. Bring in your quotes and compare for yourself! **Call us today** to book your appointment!



128 ERB STREET WEST, WATERLOO
519.745.5888

10 WATERLOO ST., NEW HAMBURG
519.662.6884



COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

Helping Seniors and Adults with Disabilities
to Live Independently in their own Home

- Meals on Wheels • Transportation
- Day Programs • Homemakers
- Maintenance • Friendly Visitors • Community Meals
- Transportation from Hospital to Home
- FREE Community Exercise and Falls Prevention Classes
- FREE Short Term Home Support

**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot

**929 Arthur St. S.
Elmira
519-664-1900**

1-855-664-1900
info@communitycareconcepts.ca
www.communitycareconcepts.ca

**23 Church St.
New Hamburg
519-662-9526**