

FREE!

# EMBRACING CHANGE

Serving Boomers, Seniors & Caregivers in Wilmot & Wellesley Township

ISSUE 7 MARCH 2019

[www.embracingchange.ca](http://www.embracingchange.ca)



Feature  
Business  
of the  
Month

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



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### On The Cover

Christine Gingerich is a Lifestyle Coach, motivational speaker and the author of her healthy living cookbook, Optimal YOU. She is passionate about helping people become optimally healthy and well...and she has loved living in New Hamburg for 20 years!  
[www.optimalYOU.ca](http://www.optimalYOU.ca)

### About the Photographer

David Charlesworth is a photographer located in Stratford, ON. He specializes in Weddings, Family Portraits and Headshots.  
[www.davidiam.com](http://www.davidiam.com)

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**Editorial Policy & Disclaimer:**

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



LETTER FROM THE EDITOR

### Let's get motivated in March!

Welcome to this health-focused issue. March is nutrition month across our amazing Country, and we're excited to include Canada's new and improved Food Guide which can be found on Page 23.

We also have some wonderful articles on the importance of Healthy Eating & Healthy Lifestyles provided by Christine Gingerich, author of "Optimal

YOU: Great-Tasting Recipes & Powerful Lifestyle Strategies to Achieve Optimal Health." And please remember to mark your calendar for the 12th annual Living Well Festival on Friday, April 26th and Saturday April 27th, 2019 which will take place at the Wilmot Recreation Complex. This event continues to grow in popularity as they have so much to see and do during these two full days, so make sure you check out their website [www.healthywilmot.ca](http://www.healthywilmot.ca) for all of the details.

The frequent blasts of frigid air in February reminded us of a traditional Canadian winter! I am hopeful that by the time you're reading this, the cold and blustery temperatures are behind us, and you can get outside to enjoy some fresh air again. Studies show that being outdoors is a vital ingredient for physical and emotional wellbeing. Fresh, clean air is full of oxygen, which boosts your energy, strengthens your immune system, and stimulates your body to produce serotonin which is known as the "happy chemical" because it lightens and brightens your mood. As we start to see signs of spring, you might want to go for a walk in nature or head out to your back deck (with a copy of Embracing Change), and breathe in some happiness.

Before I go, I want to sincerely thank our advertisers who continue to help us connect our readers to all of the wonderful resources we have within our Community. We could not do this without you! Please join me in showing appreciation to these local businesses when you see them around town. They truly make our community a great place to live!

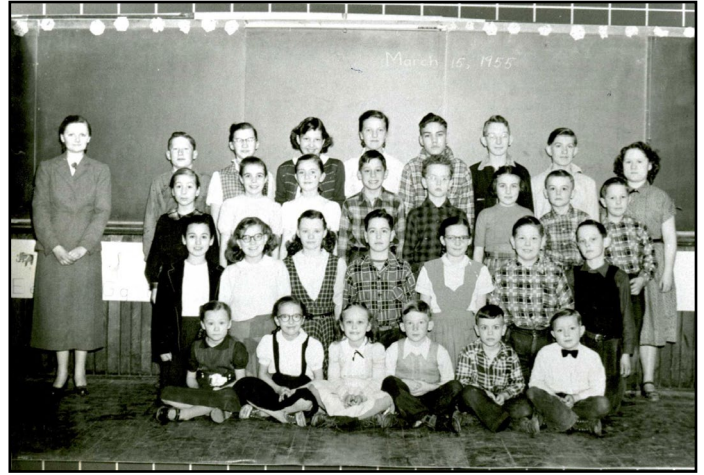
In good health,

*Tara*

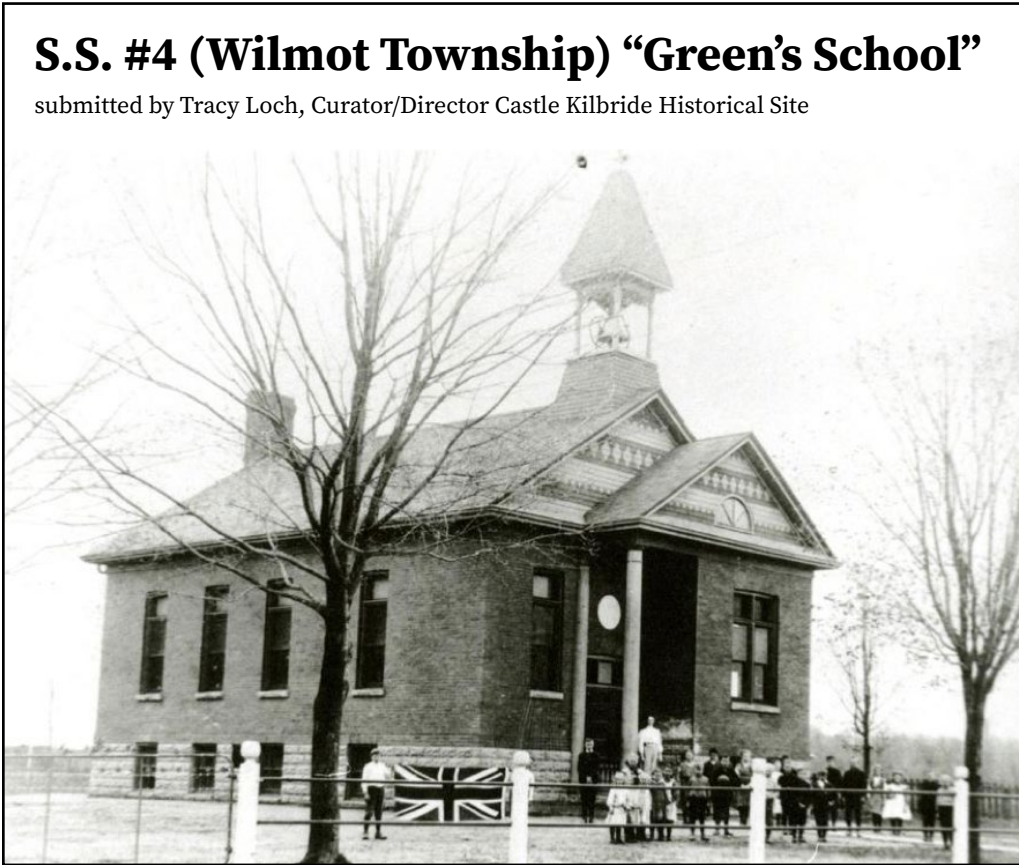
# Flashback Photo

In 1907, William Hallman built a red brick schoolhouse in Haysville. How this schoolhouse evolved has quite an interesting history.

Prior to this building, the first schoolhouse was built on land purchased from Cyrus Green, who was a farmer living in Haysville. The school was suitably named “Green’s School.” It was located on the opposite side of the current schoolhouse. In 1854, land was purchased from Henry & Mary Chrysler and in 1876 a second schoolhouse was built, which would be on the same site of the current building.



This schoolhouse was later replaced with the current red brick schoolhouse that is featured



## **S.S. #4 (Wilmot Township) “Green’s School”**

submitted by Tracy Loch, Curator/Director Castle Kilbride Historical Site

in the photo. This third new schoolhouse was built by William Hallman for \$1,900 and officially opened its doors to many young smiling faces in September of 1907. Miss Jessie Oliver was hired as the teacher. This new schoolhouse had a classroom, teacher’s room, two entrances for boys and girls, and a basement with a furnace.

Like many rural schools, SS#4 closed and was sold in 1967 and was converted into a private residence. Interestingly, the bell that you see in the black and white photo once associated with this

school was given to the New Dundee United Brethren Women’s Missionary Society who shipped it to the Kissy United Brethren Church in Sierra Leone, Africa.

In 2017, Green’s School was recognized as being historically/architecturally significant by the Heritage Wilmot Advisory Committee and was included in the Heritage Register of Non-Designated Properties for Wilmot Township. To see a complete list of properties visit [www.heritagewilmot.ca](http://www.heritagewilmot.ca)



MESSAGE FROM

# Karen Redman

REGIONAL CHAIR, WATERLOO REGION

I am pleased to be part of this month's Embracing Change issue and to share some resources available to you from the Region of Waterloo's Public Health department.

Health Canada recently released its brand new 'Eating Well with Canada's Food Guide'. The Guide provides some useful tips to help us meet our body's nutritional needs and to stave off obesity, diabetes, osteoporosis, heart disease, certain types of cancer. This link to the new Food Guide – and other handy information about healthy eating – is on the Region of Waterloo's Public Health website: <https://www.regionofwaterloo.ca/en/health-and-wellness/healthy-eating.aspx>.

If you are looking for more healthy eating information and some hands-on education about nutrition, the Region of Waterloo operates community-based food skill programs through the 'Community Nutrition Workers and Peer Health Workers' initiative. Our peer program offers cooking groups, workshops and other food-related activities in various community locations – including Wilmot and Wellesley. Usually, there is no charge to participants.

Peer Workers are trained and certified in health knowledge and skills by Region of Waterloo Public Health staff. The Peer workers are more than happy to share their new-found knowledge with their peers and neighbours.

Wilmot Family Resource Centre is one of more than a dozen host organizations for the program in the Region. Located at 175 Waterloo Street in New Hamburg, the Centre has been serving the communities of Wilmot and Wellesley Townships for more than 35 years and has become a true community hub.

**For more information about the Community Nutrition Workers and Peer Health Workers, I encourage you to visit the Region's website or call the Wilmot Family Resource Centre at 519-662-2731**



*Karen Redman*  
Regional Chair

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QI BEAUTY: NO NEEDLES NO DOWNTIME

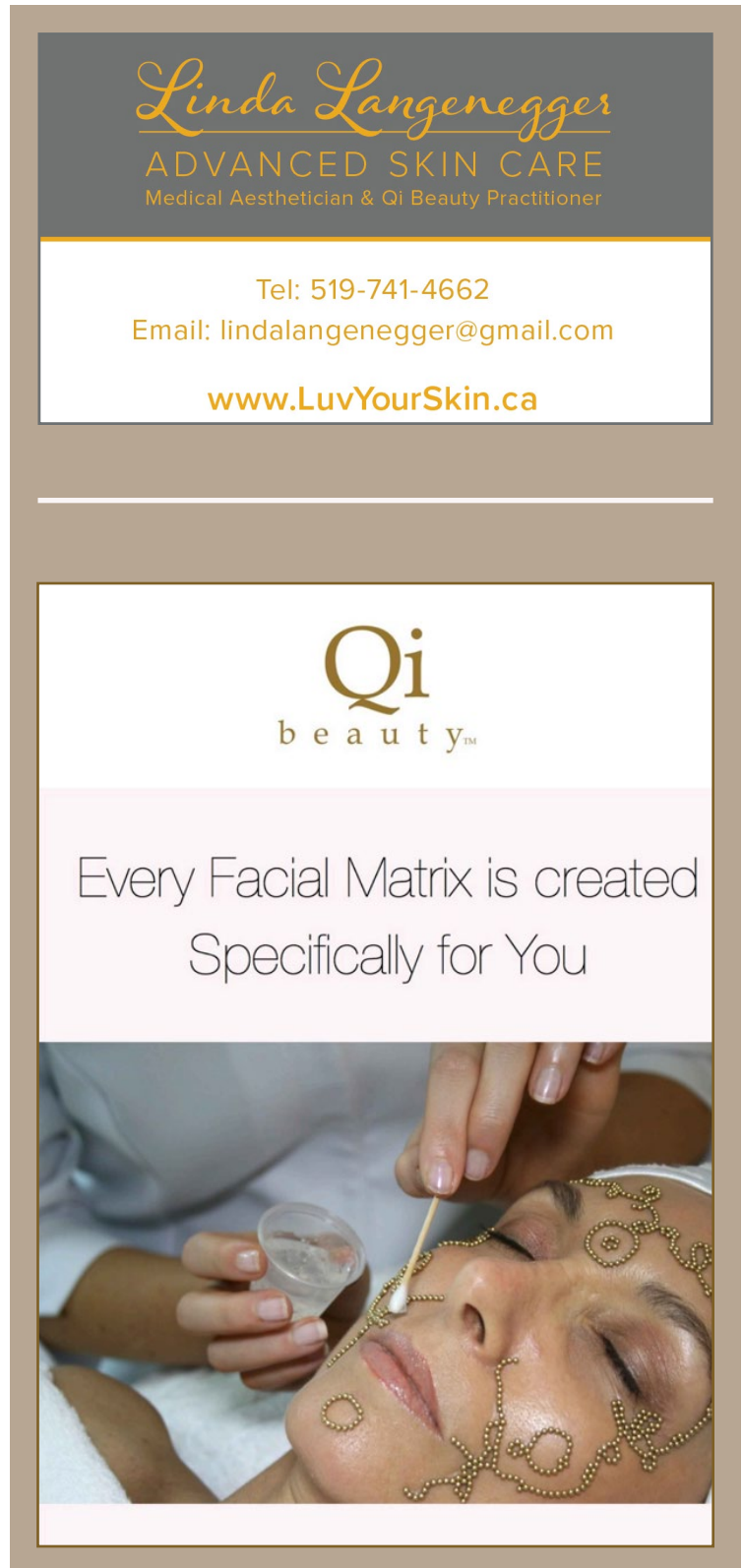
# Natural Age Control Treatments

There is an increased interest in skincare and cosmetic procedures that are holistic alternatives to invasive cosmetic treatments that include damage to the skin, extended recovery time, ongoing injections and maintenance of painful procedures.

Qi Beauty is a non-invasive approach to combat the signs of aging and other skin issues. Based on traditional Chinese Medicine, gold-plated magnets are placed on meridians to create a matrix. Clinical results have shown a Qi Beauty facial will assist the ability of the skin to plump and tone dehydrated skin, lift and define facial features, decrease the size of pores, reduce pigmentation, the depth of wrinkles, repair/reduce broken capillaries and maintain healthy skin.

There is a visible improvement in just one treatment. Not only is the skin repaired but volume is restored to lift and define the face, much like a cosmetic facelift. Individual response time varies from person to person. No complications have ever been reported. Over time, Qi Beauty will sustain the health and vitality of your skin for long-term age control.

**For more information contact Linda Langenegger at 519-741-4662 or [lindalangenegger@gmail.com](mailto:lindalangenegger@gmail.com)**



The image shows a business card for Linda Langenegger, a Medical Aesthetician & Qi Beauty Practitioner. The card features her name in a gold script font, followed by 'ADVANCED SKIN CARE' in a gold sans-serif font. Below this, her contact information is listed: 'Tel: 519-741-4662', 'Email: [lindalangenegger@gmail.com](mailto:lindalangenegger@gmail.com)', and the website 'www.LuvYourSkin.ca'. Below the card is a promotional graphic for Qi Beauty. It features the 'Qi beauty' logo in a gold serif font. Below the logo, the text reads 'Every Facial Matrix is created Specifically for You'. At the bottom of the graphic is a photograph of a woman lying down with her eyes closed, having gold-plated magnets applied to her face by a practitioner using a wooden applicator.



## BUSINESS OF THE MONTH

# Heritage Pet & Garden



This photo is of Jenn & Todd's daughter Kayla and their dog Tucker.

Heritage Pet & Garden takes great pleasure in announcing Jenn and Todd Sutherland and family as the new owners.

As an avid gardener and pet lover, Jenn is excited to take on this new adventure. "Growing up in a small town has made owning a local business really special. I love downtown New Hamburg and I think Heritage Pet & Garden is so charming". Dave Heyer and Marilyn Battler, former owners and business partners, are continuing to be involved with the business. Be sure to come by, and say hi! Working together through this transition has been a pleasure, and will ensure that everything from small animals, dog and cat food and wild bird seed are well taken care of.

With spring around the corner, garden seeds are on display, and ready for you to come and choose from our wide selection! it's not too early to place your order of potato, sweet potato, and onion starters, planting season is fast approaching! We are also bringing back the praying mantis eggs. Give us a call to get your name on the list.

The heart of the business will remain the same; including, grooming by Christine who has now made Tuesdays available for appointment. Christine is also now featuring deep coat grooms, for an additional \$15, this service reduces undergrowth and springtime shedding. Call the store at 519-662-3684 to book an appointment from Tuesday through Friday, and every other Saturday.

**Heritage Pet & Garden would like to thank their loyal customers for their ongoing passion for all things pet and garden. We look forward to serving you for years to come!**

**88 Huron St.  
New Hamburg, ON  
519-662-3684**



MARCH CROSSWORD

1	2	3		4	5	6	7	8		9	10	11	12	13
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66						67						68		
69						70						71		

By Evelyn Johnson - www.qets.com

Solutions on Page 16

ACROSS

- 1 Public transportation
- 4 Special case only (2 wds.)
- 9 Major division in a long poem
- 14 Colony insect
- 15 Swimming stroke
- 16 Egg-shaped
- 17 Lose moisture
- 18 Greeting
- 19 Layered
- 20 Become moldy
- 22 U.S. Department of Agriculture
- 24 Fencing sword
- 25 Ceases
- 27 Write down quickly
- 31 Bird's home
- 32 "\_\_\_ porridge hot..."
- 33 Pester
- 34 \_\_\_ bird
- 36 Folded sheet of paper
- 38 Operatic basses
- 40 Baseball's Strawberry
- 42 Beginning
- 43 Tax payer's fear
- 44 Bullfight cheer
- 47 Dines
- 51 Happy
- 53 Gawk
- 54 Cultivate
- 55 Western state
- 57 Pet name
- 59 Hippopotamus' nickname
- 62 Bye
- 65 Wing
- 66 Land measurements
- 67 Serious
- 68 Fisherman's tool
- 69 Plant starters
- 70 Musical time
- 71 Attempt

DOWN

- 1 Evil guys (2 wds.)
- 2 Green
- 3 Fashions
- 4 Throb
- 5 Sketched
- 6 Movie 2001's talking computer
- 7 Night bird
- 8 Rain bringers
- 9 Arctic
- 10 Relating to birds
- 11 Not (refix)
- 12 Fasten
- 13 Peculiar
- 21 Dislike intensely
- 23 Compass point
- 25 Snaky fish
- 26 Congressional vote
- 28 Merely
- 29 Animal's hind part
- 30 Self-esteem
- 32 Not against
- 35 Fire remains
- 36 Friday (abbr.)
- 37 Mexican food brand
- 38 Duck "beak"
- 39 Location
- 40 Nobleman
- 41 Advertisements
- 42 Marsh
- 43 American sign language
- 45 Constrictor snake
- 46 Appalled
- 48 Brazen
- 49 Hard worker
- 50 Hot, after exercising
- 52 Fooled
- 56 Throw in the air
- 57 Bottomless
- 58 European monetary unit
- 59 Owns
- 60 Winter hazard
- 61 Before (prefix)
- 63 Deer
- 64 Large computer co.



# Laughing Matters!

An Irishman goes to the doctor, who after examining him says "You have some problems with your heart, but if you take these tablets, I think it will be okay."  
So the doctor gives the man the tablets and the patient asks, "Do I have to take them every day?"  
"No," replies the doctor, "take one on the Monday, skip the Tuesday, take one on the Wednesday, skip the Thursday and go on like that."



Two weeks later the doctor is walking down the street, and he sees the patient's wife. "Hello Mrs Murphy," he says, "how's your husband?"  
"Oh he died of a heart attack," says Mrs Murphy.  
"I'm very sorry to hear that," says the doctor, "I thought if he took those tablets he would be all right."  
"Oh the tablets were fine," says Mrs Murphy, "It was all the bloody skipping that killed him!"

**Irish Joke**



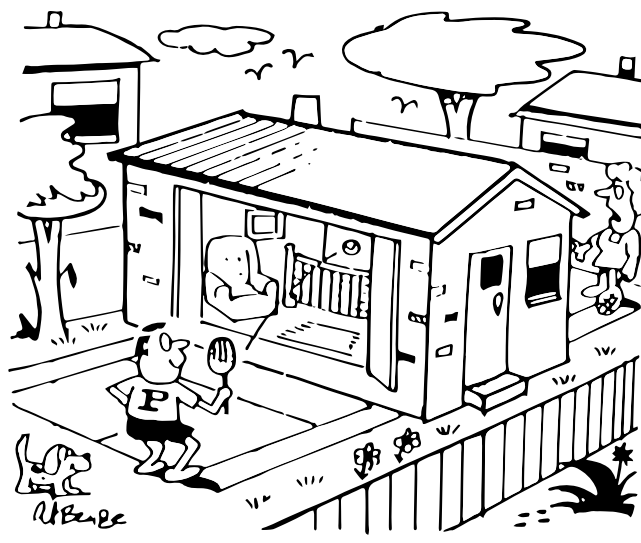
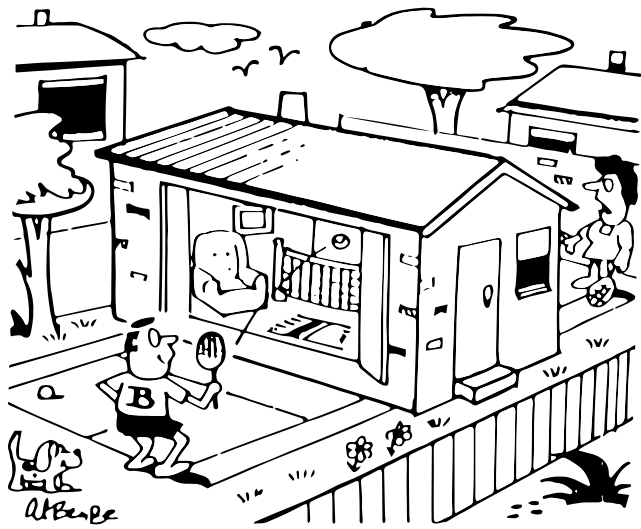
An Irishman not able to find a parking spot starts to pray. "Lord," he prayed, "if you open a space for me I swear I'll give up me whiskey & I promise to go to church every week!"

Suddenly, the clouds parted and the sun shone on an empty parking space. "Never mind," he says, I found one."

Two Irishmen were sitting in a four-engined plane flying back from a shopping trip to Paris when the captain's voice came over the loudspeaker.  
"Ladies and Gentlemen, one of the engines appear to have failed. There's nothing to worry about but we will be 15 minutes late in landing at Gatwick."  
Five minutes later he said, "Nothing to worry about, ladies and Gentlemen, but one of the other engines has failed, and we will now be an hour late."  
A moment later, "Er...sorry about this ladies and gentlemen, but the third engine has also given up and we will now be two hours later than expected."  
One of the Irishmen tapped his friend on the shoulder. "Good heavens, Patrick, do you realise that if the other engine fails, we'll be here all night"

## Spot The Differences

They look the same but there are 10 flaws to be found! See how many can you spot.



# Common Reasons for Travel Insurance Claim Denials

## The three most common reasons for travel insurance claims being denied are:

- ▶ The customer not being eligible for the coverage (at the price paid) due to inaccurate or incomplete information on the application or medical questionnaire.
- ▶ The customer had an unstable pre-existing medical condition.
- ▶ The customer claimed for expenses excluded in the policy.

Unfortunately, most people never read their travel insurance policy or any other insurance policy for that matter. That being said let me unpack one area of your travel policy that you definitely need to be aware of.

## Stable Pre-Existing Conditions

Travel Insurance companies will have different stability periods. They generally range from 90 days to 365 days depending on the health rating of the insured. Stable describes any medical condition or related condition, including and heart or lung/ respiratory condition, for which:

- ▶ There has been no new treatment; and
- ▶ There has been no change in treatment or change in treatment frequency or type; and
- ▶ There have been no signs or symptoms or new diagnosis; and
- ▶ There have been no test results showing deterioration; and
- ▶ There has been no hospitalization; and
- ▶ There has been no referral to a specialist (made or recommended) and you are not awaiting the results of further investigations performed by any medical professional.

## With most companies the following are considered stable:

- ▶ Routine (not prescribed by a physician) adjustment of insulin to control diabetes provided the insulin was not first prescribed during the time period specified in the Pre-Existing Conditions Exclusion shown on your confirmation of coverage.
- ▶ Change from a brand name medication to a

generic medication provided the medication was not first prescribed during the time period specified in the Pre-Existing Conditions Exclusion shown on your confirmation of coverage and there is no increase or decrease in dosage.

- ▶ The routine adjustment of Coumadin or Warfarin provided they were not first prescribed during the time period specified in the Pre-Existing Conditions Exclusion shown on your confirmation of coverage.
- ▶ A minor ailment.

One travel insurance company that we use quite frequently tries to insulate consumers from mistakes made when completing the medical questionnaire – whether the mistake is made due to the way they purchased (online, in a travel agency, or in an insurance brokers office) or not. This travel company will not void coverage, but rather consider the claim by instituting a deductible on the claim. This is helpful since a financially crippling large claim would be considered and the insured protected as opposed to being left to deal with the hospital bills on their own.

**If, after reading this, you think you might have an Unstable Pre-Existing Condition don't despair. There are policies that will provide a lower but adequate limit of coverage for that Pre-Ex condition for a slightly higher premium.**

In a future article we will provide some examples of denied claims that will make your head shake.




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SENIOR SAFETY

# Grandparent Scams

A scammer contacts an elderly person and pretends to be a grandchild or a family member in some kind of trouble and in need of immediate financial assistance.

In this typical scenario the scammer will tell the victim that they have been arrested and requires bail money, have been in a car accident, need money to cover hospital costs or are having trouble returning from a foreign country. For verification, the elderly person is given a phone number to call, which will be answered by someone pretending to be a lawyer or a police officer.

The scammer will ask questions during the call, getting the victim to volunteer personal information. The “grandchild/family member” will insist that the victim not contact their parents or relatives as they don’t want to get into more trouble. The victim is then asked to use a money service business to send several thousands of dollars for bail.



## PREVENTION TIPS

- ▶ Police, judges or legal entities will never request that money be sent through money service businesses.
- ▶ Don’t give out personal information to the caller.
- ▶ Confirm with other relatives the whereabouts of the family member or friend in question before even considering sending money.
- ▶ Never send money through money wire services to persons you don’t know personally. Verify the person’s identity before you take any steps to help. The money can be picked up anywhere in the world once it is given a transaction number.

This information has been provided by the RCMP. For more information please see the Seniors Guidebook to Safety & Security at [www.rcmp.gc.ca](http://www.rcmp.gc.ca)

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Pure & Simple Holistic Health

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519. 748. 8122



## Hello Readers!

I would like to introduce myself as a Holistic Nutritionist, and that just means that I coach people in all areas of life...the body as well as the mind and the spirit because each is intricately connected with the other.

I am passionate about teaching others that, given good foods and support, the body has the ability to heal itself. Isn't that wonderful? My story began when I was struggling with fatigue, eczema, and constipation in my late twenties. Yup! I said it...constipation. After being sick often with bronchitis, bladder and yeast infections and, just being sick and tired of being sick and tired, I decided to begin making changes. First, I stopped eating sugar and focused on a more wholesome, live and natural diet to give my body what it needed to heal. Then, I focused on healing emotionally. My health has improved immensely.

I have lived in Wilmot for over 25 years, raised a family of 4 children and now have two beautiful grandchildren! I have energy to play with them while keeping up with eating good healthy food that is mostly plants, with plenty of water, fresh air and movement. Pure and Simple.



# WHAT'S HAPPENING

## 55+ Active Adults & Seniors

### **KNOTTING AND QUILTING COMFORTERS**

Everyone Welcome. Come for an hour or as long as you wish.

**WHEN:** 1st Wed of every month; Sept-June

**TIME:** 10:00 am to 3:00 pm.

**WHERE:** Steinmann Church

**CONTACT:** 519-634-8311

### **ST. AGATHA SENIORS**

Our group of friendly folk meet once a week to play solo. We celebrate birthdays and have a Christmas Party in mid-December concludes the years activities. You'll be warmly welcomed!

**COST:** .50¢

**WHEN:** Every Thursday 1:00 to 4:00 p.m.

**WHERE:** St. Agatha Community Centre

**CONTACT:** Bert Lichti at 519-634-8411

### **THE ROOK PLAYERS**

We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us

**WHEN:** Monday evenings 6:00-9:30 p.m.  
(Sept. 10, 2018 - April 29, 2019)

**WHERE:** Wilmot Recreation Complex

**COST:** No charge

**CONTACT:** Cecil Wagler 519-662-2758

### **WILMOT SENIOR SHUFFLEBOARD**

**WHEN:** Tues and Wed from 9:30-11:30AM  
and Tues 1:00-4:00pm

**WHERE:** Wilmot Recreation Complex

**CONTACT:** Guy & Phylis Sisco 519-662-2077

### **WILMOT SENIORS WOODWORKING & CRAFT CLUB**

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills

**WHEN:** Weekly, Mon to Fri: 9AM - 5PM

**WHERE:** 27 Beck St., Baden

**COST:** Initial Membership \$90, yearly \$70

**CONTACT:** Diana Gruhl at 519-634-5357

### **PICKLEBALL DROP-IN**

Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.

**WHEN:** Mondays 1:00PM - 3:00PM

Wednesday, 6:30PM - 8:30PM

**WHERE:** St. Agatha Community Centre

**CONTACT:** The Wilmot Recreation Centre for more information at 519-634-9225

### **WILMOT TOWNSHIP SENIORS DROPIN Community Care Concepts**

Come and enjoy exercise, guest speakers, cards, games, crafts, activities, music and much more. No registration is required.

**WHEN:** Mon & Wed 10:30 am-4:00 pm,  
Thursdays from 9:00 am to 4:00 pm

**WHERE:** Wilmot Recreation Complex Active Living Centre

**CONTACT:** 519-664-1900 OR 1-855-664-1900

### NEW HAMBURG LANES BOWLING

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.

**WHERE:** 182 Union Street, New Hamburg

**CONTACT:** James Aoki 519-662-1938

**EMAIL:** james@newhamburglanes.ca

**WHEN:**

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

### TECHKNOW PROGRAM

Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in for help with the basics and functioning.

**WHEN:** Every Thursday from 9:00-11:30 am from September - June

**WHERE:** Wilmot Recreation Complex Active Living Centre

**COST:** No Charge

**CONTACT:** 519-634-9225 ext: 340 for more info

### RESTLESS SENIORS

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.

**WHEN:** Wednesdays from 1:30 - 3:30PM

**WHERE:** New Hamburg Legion, Branch #532, 65 Boullee Street, New Hamburg

**CONTACT:** George Schmitt 519-696-3037;

Joan Fulton, Secretary 519-662-4821

### WILMOT SENIORS

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.

**SPECIAL EVENTS INCLUDE:** - soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, Christmas banquet.

**WHEN:** Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)

**WHERE:** Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg

**COST:** An offering is taken each meeting

**CONTACT:** Church 519-634-8687

### FREE ADULT & SENIOR SKATE

Come out and enjoy a FREE skate at the Wilmot Recreation Complex.

**WHEN:** Wednesdays & Fridays; 12:00-12:50pm until the end of March

**CONTACT:** 519-634-9225

\*Please check the website for the most up to date cancellations

### NEW HAMBURG LEGION SENIORS GROUP

**WHEN:** Every Wednesday from 1:00-3:30 pm

**WHERE:** New Hamburg Legion

**COST:** \$5.00 per year to join this group

**CONTACT:** Murray Snyder at 519-662-2959

## WHERE TO GET YOUR FREE COPY:

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

### Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobeys New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library
- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg

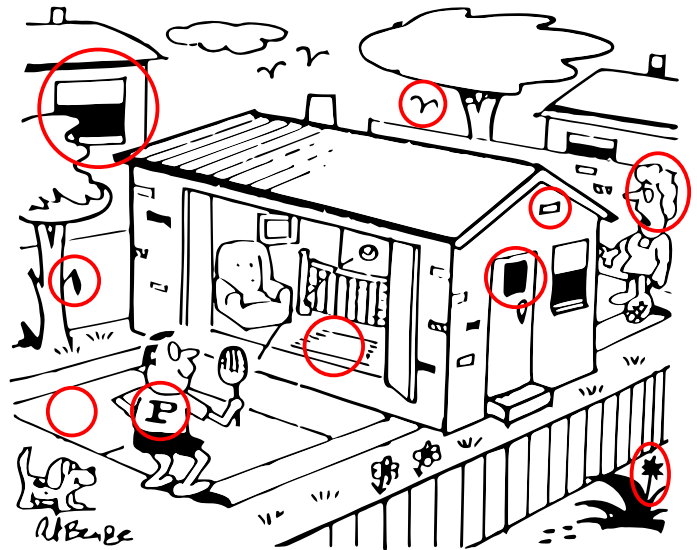
### Wellesley Township:

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

# Solutions

Solution:

1	B	U	S		4	A	D	H	O	C		9	C	A	N	T	O			
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44	O	L	E				45	B	A	S	K	S		47	E	A	T	S		
51	G	L	A	D			53	O	G	L	E			54	G	R	O	W		
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59	60	61	H	I	P	P	O			62	A	D	I	E	U		65	A	L	A
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69	S	E	E	D	S					70	T	E	M	P	O		71	T	R	Y



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It had been 30 minutes since I left the veterinarian's office – our old black Lab of 13 years had to be put down.

All around me now, the patrons of Tim's coffee shop are going about their early morning ritual; I stare vacantly out the window waiting for my wife to meet up with me on this bleak winter's day.

Earlier we were loading our old dog into the van which, almost certainly, would be the last time we would see him. Before leaving, my wife looked into his unresponsive eyes and wept.

It had come on suddenly. Just a day earlier our dog had been his tail-wagging, bright-eyed, and what we called his "yuppie-the-puppy" self – a bit slowed down with age, but still, robust.

Yet during these past 24 hours, he refused to eat, went into the dry (and not so dry) heaves; when he could hardly get up to do his morning constitutional – in fact, laid down in the cold snow motionless – it

seemed he knew, even if we didn't want to believe it, his time had come.

I tried lifting him, but with almost 85 pounds of dead weight, it was too much for me. However, as if in one final

effort to please, he miraculously raised his head and wobbled to his feet. And, with a last great painful effort, he slowly stumbled his way back to the porch some 30 feet away. What more could the poor old guy do for me? I was humbled by this final act of bravery.

Dr. Rick arrived early at his vet clinic and verified officially our collective consensus: euthanasia. With the big dog's head in my hands, I said goodbye and felt his response by the exhaust of breath

from his nostrils across my face – the last of his once mighty strength faded away.

So, what's the big deal about pets? Plenty! The shining eyes so happy to see you: as warm and reassuring as a sunny day in spring. I ask... who else would put up

## Final Goodbyes are Never Easy

by Fred Parry

**"Little darling, it's been a  
long, cold, lonely winter"**

Here comes the Sun by The Beatles



with our mood swings and inflated egos? Not many. Pets are as constant in their love as the North Star.

And who really is the master? I suggest it's our pets that set the best human example, to which we can only aspire. When I look out my window at four-legged foot tracks in the snow I'm reminded of their lasting impact on our lives. The rain may wash away any obvious trace, but never the imprints they make on our hearts.

Looking down at my now empty paper coffee cup, the message on it tells me to "Roll up the rim to win!" – which I do – and smile at the message: "Please play again".

## “Here comes the sun and I say, ‘It’s all right’”

Here comes the Sun by The Beatles  
<https://youtu.be/bgiQD56eWDk>



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

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



HEALTHY  
WILMOT  
PRESENTS

THE 12<sup>TH</sup> ANNUAL

LIVING  
WELL  
FESTIVAL

This year's theme is  
**Mental Health:**  
**Taking care of your mind**

FREE rollerskating,  
Community Corner & Market &  
FREE Community BBQ Lunch  
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Wilmot Township Council

Friday, April 26 &  
Saturday, April 27 at the  
Wilmot Recreation Complex





# HEART OF THE MATTER: PROFESSIONAL ORGANIZING

## Quick Tip

Paper overload?  
Paper will bury us if we don't have a system . . .  
The goal should be to handle paper only once! Think **RAFT** and pick one of four options when dealing with your paper:

- R** **Read** it right way or put it in a "to read" file folder
- A** **Act on** it immediately. For example if you receive an invitation or memo in regard to a meeting – mark it in your calendar, rsvp right away and recycle the paper.
- F** **File** it in your filing cabinet or in your "temporary paper" system. File it, don't pile it!
- T** **Toss** - Please open your mail near a recycling bin and dispose of the envelope or junk mail immediately

So remember, handle paper once! The statistic is that on average, we handle paper 9 times before we deal with it! Keep up or it will heap up!

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*Donna Schmidt and Rhonda Erb joined together to start Heart of the Matter Professional Organizing & Senior's Move in 2004.*



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## FREE Community Care Concepts EXERCISE CLASSES FOR SENIORS

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### Wilmot Township

Wilmot Recreation Complex  
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8:45-9:30 & 9:45-10:30  
Active Living Centre

### New Dundee Community Centre

Mon & Wed 1:00-2:00  
1028 Queen St, New Dundee

### Woolwich Township

The Meadows  
Tues & Thurs 9:30-10:30  
29 Water St. S, St. Jacobs

### Duke St. Apartments

Mon 2:30-3:30  
28 Duke St, Elmira  
St. James Lutheran Church  
Tues & Thurs 3:30-4:30  
60 Arthur St. South, Elmira

### Valley View

Mon & Thurs 4:00-5:00  
1070 Printery Road, St. Jacobs

### Wellesley Township

Wallenstein Bible Chapel  
Tues & Thurs 9:30-10:30  
4522 Herrgott Rd, Wallenstein

### Pond View

Tues & Fri 10:30-11:30  
1 Pondview Dr, Wellesley Club Room

### Hawkesville Community Centre

Tues & Thurs 9:00-10:00  
3521 Broadway St., Wallenstein

### Linwood Community Centre

Mon & Wed 2:00-3:00  
5279 Ament Line, Linwood

### St Clements Community Centre

Mon & Wed 9:00-10:00  
1 Green St., St. Clements



COMMUNITY CARE CONCEPTS

*of Woolwich, Wellesley and Wilmot*

For more information please call: 519-664-1900 or 1-855-664-1900

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## Community Dining For Seniors

Community dining combines food, fellowship, information and entertainment.  
Lunches are held monthly from September through June.

### WILMOT TOWNSHIP

Zion United Church, 215 Peel St., New Hamburg  
1st Wednesday of each month. Cost: \$12.00

Wilmot Recreation Centre, 1291 Nafziger Rd., New Hamburg  
4th Thursday of each month. Cost: \$7.00

### WELLESLEY TOWNSHIP

Linwood Community Centre, 5279 Ament Line, Linwood  
4th Wednesday of each month. Cost: \$12.00

Wellesley Community Centre, 1000 Maple Leaf St., Wellesley  
3rd Wednesday of each month. Cost: \$7.00

**Doors open at 11:30**

**Lunch is served at 12:00**

**Registration Required 2 Days Prior To Event**

**Regular schedule may change due to holidays or weather**



of Woolwich, Wellesley and Wilmot

**For Information or to Register Please Call**  
519-664-1900 or Toll Free 1-855-664-1900

NEW & IMPROVED

# Big Changes to the 2019 Food Guide

In January, Health Canada released a new Canada's Food Guide. It's the first update since 2007, and there were some major changes! Let's review.

- 1. It's more practical to follow.** Servings and portion sizes are a thing of the past. The focus of the new food guide is on the balance (or proportions) of food on your plate (See: Fig. 1). Let's face it, most of us were not weighing, measuring or counting our foods anyways!
- 2. It's web-based.** The new food guide is online. This allows it to be constantly updated as new recommendations emerge.
- 3. It emphasizes protein instead of meat and dairy.** The categories of "Meats & Alternatives" and "Milk & Alternatives" are gone! Instead, they have been merged into a single category of foods called "Protein". This group includes everything from tofu, beans, lentils, nuts and seeds to meat, chicken, eggs, yogurt and milk.
- 4. It's more direct in recommendations for what to drink.** For example, the guide discusses replacing sugary drinks (including hot chocolate, chocolate milk, juice and sweetened tea/coffee) with water.
- 5. It brings attention to other factors that impact eating.** Mindful eating is highlighted as a strategy for eating well. Practicing mindful eating includes taking the time to notice when you're hungry or full. In addition, the guide cautions readers to be aware of how advertisements can influence our food choices. Lastly, the guide discusses the benefits of cooking at home and eating with others.
- 6. It's evidence-based and not guided by industry.** Health Canada took steps to ensure the food guide was developed using only accurate and up-to-date information. They actively avoided meeting with representatives from the food and beverage industry. By taking this step, the food guide was developed in a way that was ethical, transparent and evidence-based.

If you have not yet gone to the website for the new food guide, it's worth a peek!

You can find more information here: <https://food-guide.canada.ca/en/> including recipe ideas!

[Note: each plate section is a link to information about the types of foods included in that category.]

Bon appétit to your healthy eating adventures!



**Community Diabetes Program,  
Woolwich Community Health Centre**



- We support clients and their caregiver/family member by helping them make healthy lifestyle choices to control blood sugar and reduce the risk of problems associated with diabetes.
- We offer adult diabetes education classes and individual appointments for those with type 2 diabetes and prediabetes.
- You can be referred by your primary health provider or you can self refer at [www.waterloowellingtondiabetes.ca](http://www.waterloowellingtondiabetes.ca)



Canada's  
food guide

# Eat well. Live well.

## Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

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Print Cat.: H164-257/1-2019E PDF Cat.: H164-257/1-2019E-PDF ISBN: 978-0-660-28753-7 Pub.: 180594

Discover your food guide at

# Canada.ca/FoodGuide

# Canada's New Food Guide & YOU

## **What a wonderful way to honour “Nutrition Month” by celebrating the new – and greatly improved – Canada’s Food Guide.**

The updated version was just announced in January and there’s no doubt it’s much closer to an optimally healthy, disease-fighting approach to living. I say “living” due to the fact that it goes beyond “just food,” encouraging other lifestyle choices that facilitate wellness, such as:

- ▶ Eating a variety of healthy foods each day
- ▶ Being mindful of eating habits; noticing when you’re hungry and full
- ▶ Cooking more often
- ▶ Eating meals with others
- ▶ Reading food labels
- ▶ Being aware of food marketing

## **The Food Guide now separates food into three groupings:**

- ▶ Vegetables and fruits (“Eat the Rainbow”)
- ▶ Protein foods (lots of plant-based options)
- ▶ Whole grains (brown rice, quinoa and kamut)

**Christine Gingerich is a Lifestyle Coach, motivational speaker and the author of OptimalYOU, her healthy living cookbook.**

One of my more popular recipes “Happy Hallelujah Hummus” in my book Optimal YOU can be found on page 25. – it is plant-based, high in digestible proteins and fibre – and it’s wonderful as a dip or spread. Enjoy!

[www.optimalYOU.ca](http://www.optimalYOU.ca)

## **Many of the new changes are also great for supporting healthier eating for the more mature adult:**

- ▶ Make water your drink of choice – This is much healthier for blood sugar levels, the skin, brain and bowels too – and water is practically free! Sugar-laden fruit juices that are expensive and fibre-lacking are now to be avoided.
- ▶ Make plant-based foods at least half of all you consume – This encourages the consumption of more nutrient-dense, high-fibre fruits and vegetables, as well as plant-based proteins like nuts, seeds, lentils and legumes. Pound for pound this is less-expensive eating, while also increasing fibre; and it potentially results in less waste, as animal products have a shorter refrigeration life.
- ▶ Avoid highly processed foods – Although this might result in more food preparation, studies show we eat far healthier when making our own food. Creating simple but beautifully colourful meals is truly therapeutic – and it gives you an empowering sense of ownership (I can significantly influence my personal health!) With Canadians spending 30% of their food budget on eating out, it’s time we get back into the kitchen and invest in our health!

With the incredible variety advised in the new food guide, there’s no need to settle with a meal of boxed cereal or a boring sandwich. And “left-over fatigue” can be replaced with delicious plant-based options that support an optimally nourishing, cost-effective, time-saving meal. Commit to making healthier food choices; prioritize food-prep time; have fun brainstorming with some friends; and don’t be afraid to try something new... That means Embracing Change!



# HAPPY HALLELUJAH HUMMUS

*Although I'd never made hummus before, a Sunday-night craving led to my daughter, Sarah, and I dumping all of these ingredients into the blender. A new, tasty dish was born. We indulged in a satisfying treat of fresh whole-grain sourdough bread and hummus until we were stuffed. The next day, Sarah spread it on a wrap with veggies and lettuce and had a healthy school snack. Now we get regular requests for "that awesome hummus recipe" — with several friends describing it as "the best hummus ever tasted." You can also use it as a dip for pita bread, crackers or raw vegetables.*

- 2 cups cooked (or 19-oz can) chickpeas, drained
- ¼ cup extra-virgin, cold-pressed olive oil
- ¼ cup water
- 3 Tbsp fresh lemon juice
- 3-5 Tbsp pickled hot banana peppers (less makes it lightly seasoned; more gives it heat)
- 1-2 Tbsp pickled banana pepper juice
- 1 Tbsp dried parsley
- 2 large garlic cloves, minced
- 1 tsp ground cumin (optional, but so yummy and healthy)
- 1 tsp sea salt
- Freshly ground black pepper to taste

Coarsely chop chickpeas in a food processor. Add oil and water, and blend again. Add remaining ingredients, and process until smooth and creamy. Refrigerate up to 7 days.

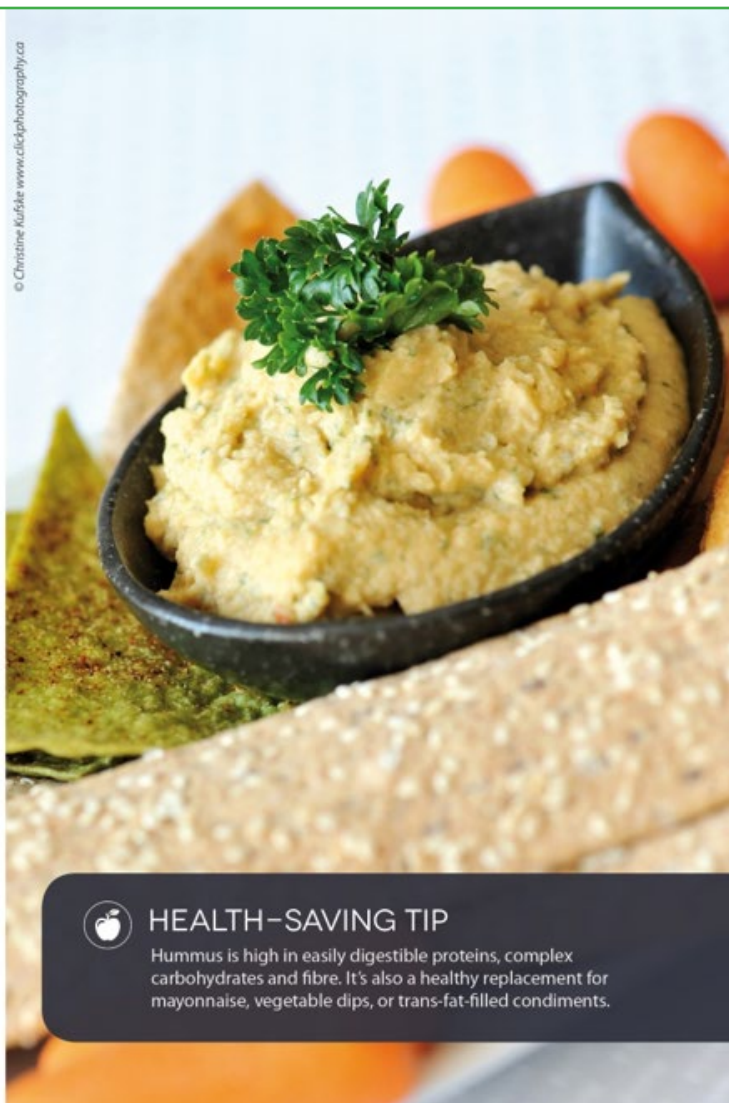
Yield: 2½ cups

Prep Time: 15 minutes



**Note:** One day my husband remarked, "This hummus is even better than before. What have you done differently?" The only change was I soaked and cooked the chickpeas — they didn't come from a can. It was worth the effort: the hummus seemed incredibly fresh and was tastier than ever.

© Christine Kufste www.cicphotography.ca



### HEALTH-SAVING TIP

Hummus is high in easily digestible proteins, complex carbohydrates and fibre. It's also a healthy replacement for mayonnaise, vegetable dips, or trans-fat-filled condiments.



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# Maintaining a Healthy Diet

Written by Cathy Harrington, Executive Director Community Care Concepts of Woolwich, Wellesley & Wilmot

During the month of March, as dieticians across Canada celebrate Nutrition Month, we hear a lot about the importance of maintaining a healthy diet, especially as we age. Eating well not only helps to keep our bodies functioning well, it also helps to repair our bodies and provides us with the necessary energy and nutrients that we need and helps us to lower our risk, as well as manage, chronic health conditions.

While we recognize the importance of eating well, many seniors struggle with maintaining a healthy diet. For some, limited access to grocery shopping, particularly during the winter months, makes it difficult to access ingredients to prepare a healthy meal. For others, some medications may reduce their appetite. We also know that it can take a lot of energy and work to prepare a meal for 1 or 2. For many living on their own, eating alone is not enjoyable. Eating is a very social event that is best when it is shared.

While we cannot control all of these factors, there are options in your local community to support you in maintaining a healthy diet as well as to reduce some of the loneliness associated with eating alone. Community Care Concepts of Woolwich, Wellesley and Wilmot offers the Meals On Wheels program. Volunteers deliver a hot, nutritious meal at noon on weekdays throughout the Townships. A meal consists of a soup, salad, entrée and dessert. Special diets can be accommodated. Meals in Wellesley Township are prepared by Schmidtsville Restaurant. In Wilmot Township, Nithview Community prepares the meals.

Registering is a simple process. Individuals can call into our main office, provide a minimal amount of information and be set up to receive meals within 48 hours. Individuals can select the number of meals each week and can start or stop based on their schedules. Beyond the nutritional value, the visit by the volunteer provides an important safety check and also a friendly source of social contact in a long day.

For those not wanting to commit to a noon delivery or those requiring meals for evenings or weekends, Community Care Concepts offers a wide assortment of frozen entrees, soups and desserts – all fresh food that has been frozen and can be heated in an oven or microwave. Frozen meals can be ordered through the main office and picked up or delivered.

While these options can ensure that seniors across the Townships are eating well, we recognize the importance of eating as a social event. Community Care Concepts offers a series of community dining events across Wellesley and Wilmot Township. This is a great opportunity to get out of the house, connect with others and enjoy a hot, healthy meal. Interested individuals must call the office at least 48 hours prior to the meal to register. Doors open at 11:30 am, with lunch served at noon. Sign up for one of our meal programs today:

- **Zion United Church, New Hamburg**  
1st Wednesday of each month
- **Wellesley Community Centre**  
3rd Wednesday of each month
- **Linwood Community Centre**  
4th Wednesday of each month
- **Wilmot Recreation Complex**  
4th Thursday of each month

Maintaining a health diet is a key component of aging well. Contact Community Care Concept today at 519-664-1900 or 1-855-664-1900 for more information or to register



*Let us take you away...*

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**SUBSCRIBE TO US!**

Sign up to receive the online version of Embracing Change Community Resource Guide!

**Check us out at: [www.embracingchange.ca](http://www.embracingchange.ca)**

**Wellesley Township Seniors Drop-In Sites**

Come and enjoy exercise, guest speakers, cards, games, crafts, activities, music and much more!  
**No registration required.**

**Hawkesville Community Center**

Tues 9:00 am - 12:00 pm  
Thurs 9:00 pm - 12:00 pm

**Lindwood Community Centre**

Mon 1:00 pm - 4:00 pm  
Wed 1:00 pm - 4:00 pm

**St Clements Community Centre**

Mon 9:00 am - 12:00 pm  
Wed 9:00 am - 12:00 pm

**Wellesley Community Centre**

Tues 1:00 pm - 4:00 pm  
Thurs 1:00 pm - 4:00 pm



For more information call  
519-664-1900 or 1-855-664-1900





## *Eating Healthy and Alzheimer's disease*

Taking care of your brain begins with taking care of your heart. High blood pressure, diabetes and high cholesterol can increase the risk of developing Alzheimer's disease.

### **Tips and Tricks to a healthier diet**

- Cooking with ground beef? Try ground turkey instead.
- Switch out your iceberg lettuce for romaine and spinach.
- Buttering your bread? Instead, dip it in olive oil (extra virgin is the best).
- Skip the orange juice with breakfast and replace with some berries on the side.
- Avoid the frying pan. Keep your vegetables raw for more brain-boosting vitamins.
- Spare the salt. For extra flavour, add herbs and spices instead.
- Switch to almond or soy milk for less saturated fat and more nutrients.
- Avoid processed grains and stick to whole-wheat.
- Keep alcohol consumption in check.

### *Eat more:*

- Fruits like blueberries and raspberries
- Dark leafy vegetables
- Olive oil
- Whole grains
- Fish and seafood
- Herbs and spices
- Beans and legumes
- Unsalted nuts



### *Eat less:*

- Sugar
- Dairy
- Processed grains
- Red meat
- Salt
- Cooked vegetables
- Saturated fatty acids

**Alzheimer Society**

WATERLOO WELLINGTON



# Can I Gift My Estate to My Pet?

Many of us have heard a story of pet lovers who want to leave their estate to their furry friends instead of family. While some might laugh, there are valid concerns for people who want to make sure their pets are taken care of, or who might have already lost all of their family members.

The short answer is no, someone is not allowed to leave money directly to a pet. Beneficiaries of an estate or a trust must have some ability to enforce their gifts, and pets are not (yet) recognized as having the ability to enforce their rights if the executor refuses to give them the proper money or care.

**But there are other ways to make sure your beloved companion is taken care of after your death.**

You can choose to leave a cash gift to a certain person, on the condition that they also accept your pet. If you've informed this person well in advance of your expectations, they will hopefully use your money in the way that you intended.

In a more complex situations, you can leave a trust to benefit the human guardian you have chosen for your specific pet, and alternates in case the human dies first. But you will have to declare someone as the eventual owner of the pet, and specify who receives any leftover money after the pet dies.

The last option is not yet available in Waterloo Region, but some humane societies have a Pet Stewardship program available, where you can name the humane society as the beneficiary under your Will, and sign an agreement with them to provide care and/or find a new adoptive home.

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Brittany Zigmond is an articling student 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.



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As we age our joints can begin to ache. We notice increased stiffness in the morning when we go to get up and it gradually becomes more difficult to put on one's socks and shoes, eventually squatting to the floor becomes unimaginable. Over time you may notice that knee stiffness and pain stops you from walking as far or as often as you wish. You may find that your knee swells and aches through the night after a game of pickle ball, tennis, hockey, or a round of golf. You may begin to feel increasing knee joint stiffness, pressure and achy pain or perhaps your knee pain will become constant through your daily activities. You may start to sense grinding or feel a "sandy" sensation as you bend your knee, this is called crepitus.

While there are many causes of knee pain, osteoarthritis is one of the most common in adults over the age of 55. In fact, millions of Canadians suffer from knee joint osteoarthritis. This type of arthritis involves the gradual break down or degeneration ('wear and tear') of the protective cartilage at the end of the long bones of your knee, the tibia and the femur. We have all seen the white gristle at the end of a chicken bone, this is the cartilage; it normally acts to surround and protect the bony surfaces of the knee joint. However, in osteoarthritis the cartilage becomes rough, thins out, and is no longer smooth. The ends of the bone no longer glide or move smoothly on top of one another.

Other changes also occur within the joint such as 'thinning' out of the joint synovial fluid which is the lubricant of the knee joint. In response, the tissue surrounding the knee thickens to protect the joint and the end result is your knees begin to look 'boggy' in appearance. Your knees just don't look or feel like they used to in your 20's or 30's. The end result is the protective barrier over the bone is lost and eventually one begins to walk 'bone on bone' which can be painful.

Most people describe the pain from knee

## **Knee Osteoarthritis:** What you need to know as your knees age!

by Darcy Trefiak, Physiotherapy  
Alliance New Hamburg

osteoarthritis as an "achiness" or "stiffness" that has gradually increased over time. They report increased stiffness or achy pain after they sit for a while or upon waking in the morning (ie., difficult to get up from the dinner table or difficult to walk after a long drive). However, there

are times when osteoarthritis knee pain may be sharp and severe especially after a sudden twisting motion of the upper body over a planted foot, a sudden change of direction. A misstep off a street curb, or walking on uneven ground such as on a golf course, an outdoor wedding or on a beach can flare up an osteoarthritic knee that has not caused symptoms up to that point in one's life.

The flare up occurs because an osteoarthritic knee is like an old ball bearing that can only sustain a certain load or force until it finally reaches its limit. Once that limit is exceeded the joint will react by aching and swelling up. The good news is that there is conservative treatment to help maintain the integrity of your knee joint before it completely wears out.

The first step is to recognize and acknowledge that your knee is bothering you and consult your family physician. He/she will listen to your knee complaints and symptoms and differentiate it from other knee joint conditions like a meniscal tear and/or rheumatoid arthritis. Your physician will assess your knee mobility, range and gait. If your knee is especially painful and swollen an x-ray may be requested to confirm the stage of osteoarthritis – mild, moderate or severe.

Not all knees require immediate x-ray, often an x-ray only proves what is already known - your knee is just as old as you are and it has walked, jumped, hopped, danced and bent over hundreds of miles. An x-ray usually does not change the initial conservative treatment of your knee. Your physician may request blood tests to rule out other conditions like reactive joint arthritis such as rheumatoid arthritis. An MRI image is rarely requested and is really only necessary with

trauma or when there is severe pain and swelling. Most frequently, your family physician may advise on the following treatment options:

1. Changes in your life-style (nutritional or dietary consult, change your activities or modify your activity level).
2. Referral to a certified physiotherapist for conservative treatment of your knee. The physiotherapist will further assess your knee, provide range of motion exercises, stretches and strengthening exercises to help restore and maintain your knee joint health. Treatment may also involve modalities to help manage your pain. The physiotherapist may advise further participation in a community based exercise program.
3. Possible uses of topical NSAID's such as Voltaren emulgel or supplements such as glucosamine or other cartilage enhancers.
4. Bracing may be advised. Certain braces work better at different stages of osteoarthritis, so it always best to consult your physician, a physiotherapist or a sport medicine physician.
5. Joint injections with a synthroid may be recommended or PRP injections which enhance joint lubrication. More information about these products may be obtained from a sport medicine physician, a physiatrist or an orthopaedic surgeon. These treatments are performed at different stages of osteoarthritis
6. Surgical intervention is only an option once all the above conservative measures have been considered or exhausted.

For your knee to be considered a surgical candidate your knee must have moderate to severe changes on x-ray with correlating functional loss of activities of daily living. The wait list for a knee replacement is extremely long (1-2 years in most cases) and the best course of action is to maintain your knee joint health as long as possible. Even if you are scheduled to have knee surgery, a healthier knee before surgery is a healthier knee and will recover faster after surgery.

You can see there are multiple treatment options available to combat knee osteoarthritis. The best way to get started is to consult your family physician for assessment and diagnosis and then possible

referral to your local physiotherapist for exercises and further education. There is no reason for osteoarthritis to stop you from continuing an active life-style. People can live with an osteoarthritic knee for years before having to consider injections and/or surgical intervention. A well formulated treatment program with poly-modal treatment options is often the best course of action to keep your knee joint happy and moving.


Consult your GP or local physiotherapist for more information to get started and remember "motion is potion" for all your joints, not just your knee so get started today!

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Waterloo Wellington LHIN..... 519-310-2222  
 Community Care Concepts..... 519-664-1900  
 Retirement Homes Regulatory Authority... 1-855-275-7472  
 Senior Support 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

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