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VOL 3 ISSUE 7 MARCH 2021

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Feature Business
of the Month



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



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LETTER FROM THE EDITOR

Spring Forward!

As we welcome the first day of spring on March 20 I am hopeful that the cold and blustery temperatures will be behind us. I do enjoy the season changes, but I have to admit by the end of February I am ready to enjoy the sunny, warm outdoors again. On Sunday, March 14 we start daylight saving time; remember to move your clocks forward one hour.

On The Cover

Waterloo Regional Police Detectives Murray, Cimermancic and Rhab, and their supervisor, Staff Sergeant Bevington. The Detectives discussed the barriers seniors face to reporting frauds, the investigation process and supports available to victims. Fraud is the number one crime against older adults and seniors. The Detectives highlighted some of the frauds and scams that have been investigated in Waterloo Region. To learn about the types of frauds targeting seniors in our community see page 8 for the full cover story.

Cover story written by Sergeant Kelly Prebble

Cover Photo Credit: Mark Araujo, WRPS Photographer

In March we recognize Fraud Prevention Month. This is an annual awareness campaign that empowers Canadians with the information they need to recognize, reject and report fraud. Sergeant Kelly Prebble has shared some great information on page 8 to help our readers become more educated on the different types of frauds that are happening in our area. When it comes to fraud prevention, knowledge is power. With the tools provided throughout this issue, every one of us can join the fight against fraud. It's all about recognizing the signs, rejecting suspicious claims and reporting them to the authorities. Trust your instincts! If it looks too good to be true, it probably is.

Self-Care Tip ~ Get a houseplant

Besides keeping air cleaner, exposure to plants can also boost your mood. How? According to studies, active interaction with indoor plants suppresses nervous system activity and reduces blood pressure, leading to an overall sense of calm. Don't exactly have a green thumb? Try a succulent or an air plant. Or, if you're more advanced, try Peace Lilies or Snake Plant which help to remove toxins from your environment.

Wishing you a bright, warm and beautiful Spring,

Tara



Embracing Change



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Do You Remember “Bandberg”?

by Nancy Maitland, Wellesley Township
Heritage and Historical Society

The Canadian Boys’ Band Camp or “Bandberg” as it came to be called, flourished near Bamberg from about 1946 to 1954. It was founded by Charles F. Thiele, Waterloo’s bandmaster, businessman and entrepreneur. His vision for the camp probably came from his involvement in a free music clinic for budding musicians in his native New York City.

“Professor” Thiele and his family arrived in Waterloo in 1919 after he responded to an ad in Billboard magazine which read: “Bandmaster wanted for small town in Ontario.” He told his family that if he got the job, they would stay only for a year. Little did he know he would spend the rest of his life there. He warned his family they would have to learn French to get along in Canada. Imagine his surprise when he arrived in Waterloo, only to find half the population spoke German!

All of Thiele’s talents came together in Wellesley Township in the late 1940s with the founding of “Bandberg.” On a drive through the township in 1944 he was attracted to the site of a century old sawmill at the edge of a lake near Bamberg. It had what he called “romance” and decided this would be the site of his long-planned music camp for youngsters. He hoped that children trained at his camp would go on to become music teachers in their own communities.

Professor Thiele unveiled his plans for the camp at the mid-winter meeting of the Canadian Bandmasters. It was to have 10 huts, a dining hall for 500, a kitchen, a freezer, a 50’ stage, practice rooms, 2 lecture halls, 10 acres of athletic field and faculty huts. The non-profit camp was to include boys 12-18 years of age who would pay weekly tuition of \$12-15 per week for their week-long stay.

Thiele was an exceedingly generous man and was modestly secretive about his finances.



*Aerial shot of Bandberg under construction, n.d.
K-W Record Photo, Ellis Little Local History Room,
Waterloo Public Library, WatPL 31601*

The Canadian Bandmasters Association raised a “miniscule” amount to fund the camp, the Waterloo Lions Club donated \$1000 and other promised funds didn’t materialize and Thiele paid for the rest himself.

The camp was dedicated on September 7, 1946. The handsome gateway designed by Thiele includes bronze plaques on each pillar. The one on the left was inscribed “Waterloo School of Music Summer Camp. Dedicated September 1946.” The plaque on the right was inscribed “In Memoriam to the Bandsmen of Canada Who Died in the Service of Justice During Two World Wars. 1914-1918; 1939-1945.”

Although the camp had been accepting students since 1946, it was not officially opened until July 1949. It was a banner year for Professor Thiel with the culmination of his work on the camp and other musical endeavours. However, his “killing” pace of work had taken its toll. He died on February 3, 1954 at the age of seventy, after being ill for nearly a year.

After his death, several of Professor Thiele’s projects ceased through lack of public interest. Supported by the Canadian Bandmasters’ Association and donations from the public did not materialize and the executors of his estate made the painful decision to close the camp.

The location of the bronze plaques on the gateposts is not known. Do you have any information about the plaques or camp? If so, please contact us: info@wellesleyhistory.org

Basic Human Needs and Covid-19: A Challenge

We are living in our own “bubbles”, effectively social distanced to remain physically safe from Covid-19. Covid-19 news is everywhere, reflecting on what to do, how to do it, when to do it. How to be safe. Safety seems to be the new keyword on how to live life. Safety is classified as a basic human need, and unmet human needs produce unhealthy people.

To understand what it is that you, or any individual “needs” or requires to survive, a theory outlining a “hierarchy of basic human needs” developed in the 1940’s called Maslow’s Hierarchy of Human Needs, is often referenced. This theory (referred to as a pyramid reflecting importance from the base up), insists that there are a series of interconnected physical and psychological basic elements that humans need to survive.

The most required in terms of importance of course is the physiological needs (water, food, shelter). Safety needs (physical, financial, emotional, overall health and well-being) is next, followed by Social needs (interpersonal feelings of belonging, family, friends, community), Self-esteem (both from within yourself and others) and then Self Actualization (your drive or desire to fulfil your potential as a person).

However, we are now in this peculiar moment in time, managing through the Covid-19 pandemic. The contact, communication, and touch that we took as required, natural and automatic over our lifetime, has now changed. Today, we need to participate in Safety and protection in all that we do, before much else. Our safety needs are now parallel in requirement with our physiological basic needs. An industry which highlights the direct effect of Covid-19 on basic human needs is healthcare. To provide any effective healthcare support, safety concerns need to be addressed equally because patients’ overall physical and emotional safety is now so easily compromised. Safety precautions such as wearing personal protective equipment, social distancing, and decreased times for assistance have influenced

many patients’ health outcomes in a variety of settings, from hospital to homecare.

Masks and face shields affect communication directly. Those hard of hearing, who may read lips, no longer have that option because of face coverings. Touch is now done either through the barrier of gloves or not at all and social distancing prevents the needed close contact. All of this adds up to increased isolation and lack of connection or a decreased emotional safety for many and especially for those at home, recovering or maintaining their current health status.

With a lack of feeling safe, either physically or emotionally, comes increased fear, anxiety and loneliness. These feelings in turn can affect your physiology, through increased blood pressure, decrease appetite, increase fatigue and headaches. The degree of unmet needs compound.

What can we do to help each other? What can we do to provide some safety for others? Here is a Safety challenge. Reach out, call, visit at a distance, drop off something (food, flowers, a puzzle) to let someone know they are thought of, cared for. Allow them to know somebody cares. Allow them to feel safe.

Laura Greenway-Balnar R.N , B.A.Sc. Gerontology

Owner, Right at Home Canada- Guelph,
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About Right at Home Canada

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Protect Your Finances from “Cyberthieves”



You’ve no doubt heard reports of personal data being stolen and used for financial fraud – anything from online shopping on your credit cards to actual theft from your financial accounts. This problem won’t go away anytime soon – but you can take steps to defend yourself.

Here are a few suggestions:

Use multifactor authentication or other extra security options with online accounts. Many of your online accounts offer extra security by giving you the option to prove your identity in different ways. With multifactor authentication, you must provide at least two different factors to prove your identity when you log in to an account. This additional layer of security provides you with much greater protection.

Be creative with passwords. Create different passwords for work, financial services sites, social media and email – and give each password some length and complexity. Consider passphrases – actual words combined with symbols and numbers (for example, “ThisIsAPassphrase!2468”), for sites that allow them.

Protect your computer and your key data. Keep your antivirus software updated. And don’t install bootleg or unlicensed software, which could infect your computer with a virus. Also, back up your important data.

Watch out for fake websites or apps. When making financial transactions, be sure you’re on the website of your bank or financial institution – and not on a fake site established by hackers. Your financial statements should have the legitimate website, so bookmark it and use it when doing anything with your accounts. Also, be careful when downloading apps – stick with those from established providers such as Google Play or the App Store.

Avoid “over-sharing” on social media. Cyberthieves constantly stalk social media platforms for information they can use to commit their crimes. You can help stymie them by limiting what you share online. It’s a good idea to keep your full name, address and birthday private. You might also avoid discussing your plans for upcoming vacations. And review your privacy settings periodically so that only people you know or approve can see your information.

Limit use of public Wi-Fi. Hackers often set up their own Wi-Fi networks in public areas, such as the computers found in hotel business centers. Ask an employee for the name of the legitimate network. And even when you use it, log off when you’re finished.

Don’t take the bait of “phishers.” Cyberthieves go “phishing” for sensitive information – usernames, passwords and account numbers – by sending communications, such as emails, purporting to be from a business or financial institution with which you often do business. They may claim your account was “suspended” or that an “unauthorized transaction” was made, and you’ll be asked to click on a link that takes you to what appears to be the company’s website.

If you go along with this request, you could find malicious software being downloaded on your computer. Legitimate businesses generally won’t ask for account numbers or passwords unless you initiate the transaction. Other signs of phishing include threatening language, “urgent” requests, misspelled words or odd word choices. If an email looks suspicious to you, delete it without opening it.

This list is not exhaustive, but by putting these steps to work, you can at least reduce the risk of becoming victimized by cybercriminals.

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

Edward Jones, Member Canadian Investor Protection Fund.



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COVER STORY



Fraud Prevention Month

WRITTEN BY SERGEANT KELLY PREBBLE, RURAL DIVISION WATERLOO REGIONAL POLICE

March is Fraud Prevention month in Canada. It is a month devoted to raising the public’s awareness to recognize, report and prevent individuals from being a victim of fraud. According to the Canadian Anti-Fraud Centre’s website, Canadians reported 68,452 incidents of fraud in 2020 with 40,612 victims with a loss of \$106.4 million dollars. As of January 31st, 2021 the 3,313 victims of fraud across Canada have lost \$10.1 million dollars. Fraud is affecting Canadians and these stats clearly indicate it is not a victimless crime.

As Fraud Prevention month approached, I sat down with the Waterloo Regional Police Detectives featured on the cover, Detectives Murray,

Cimermancic and Rhab, and their supervisor, Staff Sergeant Bevington to learn about the types of frauds targeting seniors in our community. The Detectives discussed the barriers seniors face to reporting frauds, the investigation process and supports available to victims. What they revealed during our conversation was their commitment to helping victims of fraud move forward from these potentially devastating events.

Fraud is the number one crime against older adults and seniors. Though people of all ages can be victims of fraud, seniors are targeted more often than others. The Detectives highlighted some of the frauds and scams that have been investigated in Waterloo Region;

Advanced Payment Scams (Prize, Lottery, Inheritance Scams)

The offender tells a victim that the victim has won a lottery or prize, or is the beneficiary of a large inheritance. The victim is required to pay an upfront fee in order to receive the money. The victim suffers the financial loss.

Door-to-Door Scams/Service Scams

The offender pressures the victim into buying a product or service that is not needed or the product or service price is inflated. The victim suffers the financial loss or the work is never completed.

Romance Scams

An offender gains the trust and affection of the victim through online dating sites and social media. Eventually the offender asks the victim for money, typically for a crisis. As long as the offender is receiving money they will continue to communicate with the victim, otherwise they will disappear.

What the Detectives have learned from their years of experience is that, offenders who commit frauds are sophisticated and well organized. They target a large number of people and use technology, the internet and international borders to evade detection by police. These offenders can appear charming and charismatic and they prey on people’s kindness and vulnerabilities for their

own financial gain. Detectives have heard victims describe the offender as “such a nice man”. These offenders have an overwhelming impact on their victim’s lives, leaving them feeling shame and embarrassment.

This shame and embarrassment is the reason many victims do not report the crime to police. Seniors who are victimized may not feel comfortable speaking to family or friends because of these feelings. They may fear being judged and criticized for falling for a scam. Detective Murray has been investigating frauds for 7 years, and advised that these crimes can have a devastating impact on the victim’s life. The victim may not be able to recover from the financial loss and it may affect their relationship with their family. This causes feelings of isolation and lasting effects on the victim’s physical and mental wellbeing.

Det. Rhab is the newest member assigned to investigate frauds. He describes the investigations as complex, ever evolving with lots of nuances. These Detectives investigate frauds where victims have lost several thousand if not hundreds of thousands of dollars and they are not the type of investigations that are quickly resolved.

The Detectives shared a story of an elderly man who had been a victim of a lottery scam. The victim was contacted by telephone and then the offenders followed up with a letter in the mail, directing the victim to pay fees and taxes before he could receive his winnings. After several months the victim had lost approximately \$300,000. The victim was fortunate as he had the support of his family and together they contacted the Waterloo Regional Police to make a report. The investigation took 2 years of gathering evidence and tracking suspects. An offender was identified, charged and held accountable, albeit, only a fraction of the money lost was returned.

Throughout these lengthy investigations, and a potential court process the emotional stress can become overwhelming. The Detectives guide the victim through the investigative process, but the victim drives the investigation at their own pace. As Det. Cimermancic stated, “it is to give them

back their sense of control”. The investigators connect victims with Victim Services of Waterloo Region for emotional support and the Victim/Witness Assistance Program (V/WAP) can provide support navigating the criminal court system.

As I listened to the Detectives, they did not mention the mounds of paperwork, or the time it takes to collect evidence during these investigations. What they did describe was the bond that forms between them and the victim. During these investigations, the Detective becomes the emotional support for the victim, a role they humbly take on.

What to do if you are a victim of a fraud or scam:

Not all frauds involve a large financial loss. If you have received a fraudulent email, a letter in the mail or a scam phone call and you have not suffered a financial loss you can report the information to the Canadian Anti-Fraud Centre (www.antifraudcentre-centreantifraude.ca) either through their online form or by phone, toll free at 1-888-495-8501.

If you have been a victim of fraud and had a financial loss of less than \$25,000 a report can be made by calling the Waterloo Regional Police at 519-570-9777 or by using our online reporting tool at www.wrps.on.ca and click on the Services & Reporting tab. If you have suffered a financial loss greater than \$25,000 call 519-570-9777 to make the report.

Resources

Search the Canadian Anti-Fraud Centre’s website and their alphabetical list of scams from A to Z to learn more at www.antifraudcentre-centreantifraude.ca

Learn more about Fraud, Identity thefts and Seniors’ Safety on the Waterloo Regional Police website at www.wrps.on.ca

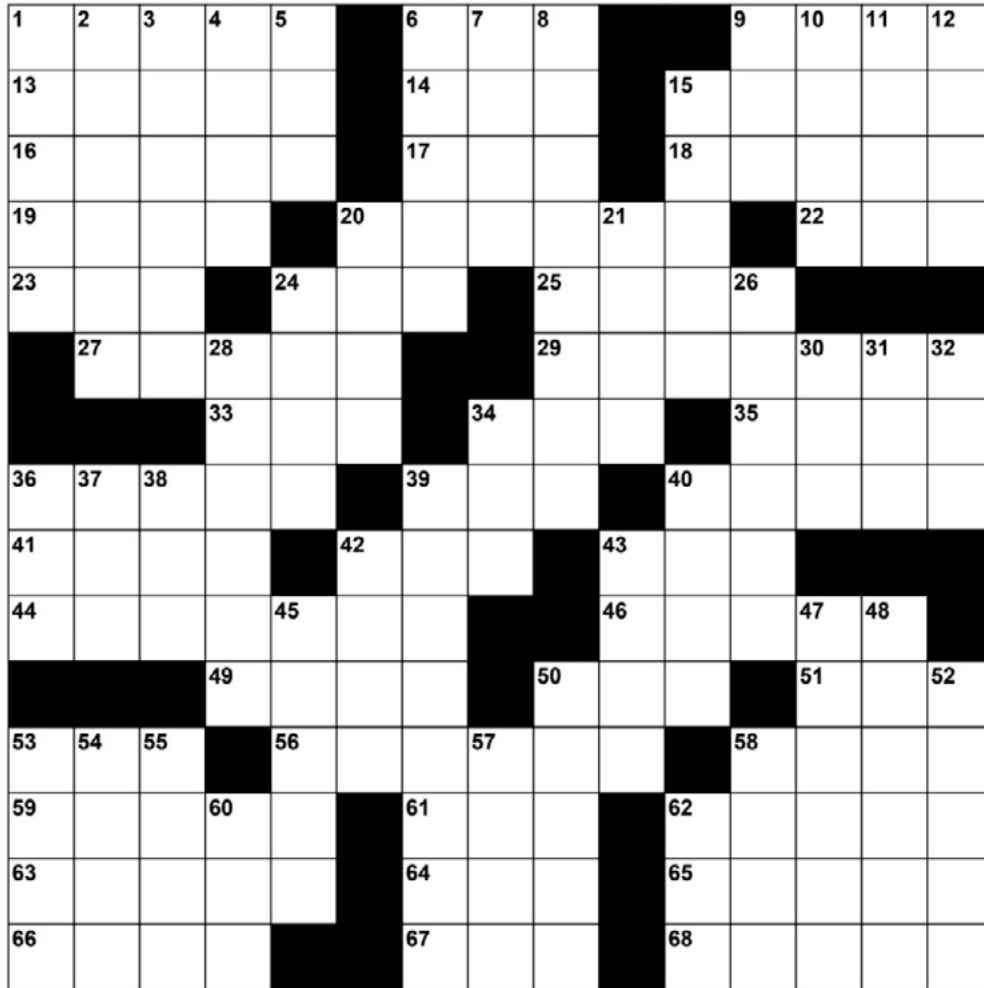
Learn how you are protected under the Consumer Protection Act of Ontario at <https://www.ontario.ca/page/your-rights-under-consumer-protection-act>

Victim Services of Waterloo Region www.vswr.ca

To learn about Victim/Witness Assistance Program through the Ministry of the Attorney General visit <https://bit.ly/2N0s7lh>

MARCH CROSSWORD

Wildlife



By Evelyn Johnson - www.qets.com

Solutions on Page 14

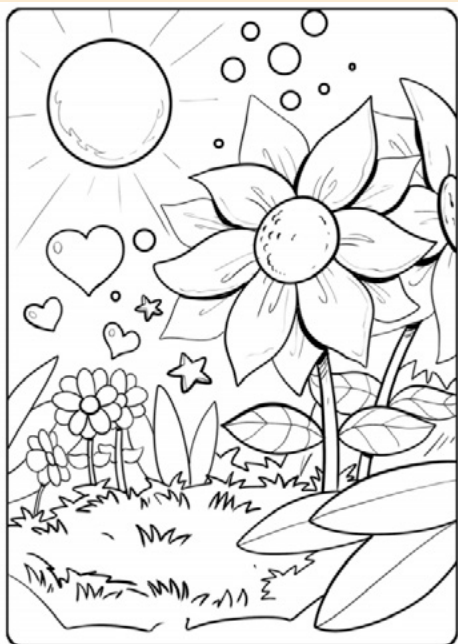
DOWN

- 1 Woodworker's tool
- 2 Get to your destination
- 3 Dam building animal
- 4 ___ upon a time
- 5 Rodent with long tail, pointed face, and sharp teeth
- 6 Automaton
- 7 Absent
- 8 Similar organisms
- 9 Ball holder
- 10 Possess
- 11 Consumer
- 12 Mammals with hooves that can run very fast
- 15 Urgent requests
- 20 Tigers
- 21 Former
- 24 Lively
- 26 Quays
- 28 Baseball referee
- 30 Anger
- 31 Compete
- 32 Put together
- 34 Fib
- 36 Headed
- 37 North American Indian
- 38 Stein
- 39 Easily defeated
- 40 Large furry omnivore that hibernates in winter
- 42 High ___
- 43 Representatives
- 45 Bird of prey larger than a hawk
- 47 Surface
- 48 Sour herb
- 50 Leaning
- 52 Largest kind of deer
- 53 African nation
- 54 Cornmeal cake
- 55 Car rental agency
- 57 Grainery
- 58 Injure
- 60 Antlered animal
- 62 Public transportation

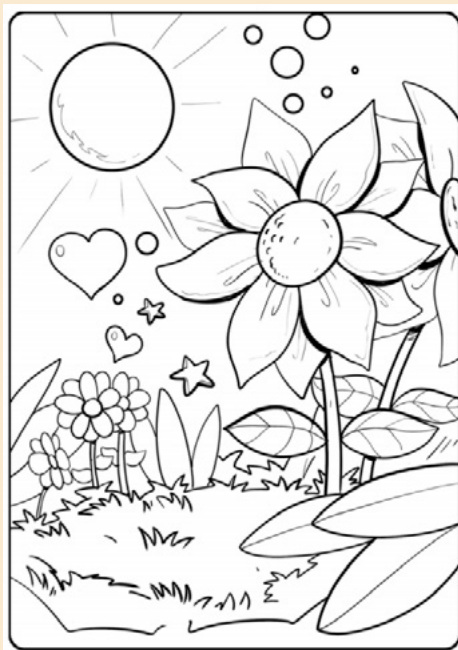
ACROSS

- 1 Do work
- 6 Remnant
- 9 Emit sound
- 13 Playing field
- 14 To be in debt
- 15 "___ porridge hot..."
- 16 Plot of land
- 17 Disallow
- 18 Embankment
- 19 Bee's home
- 20 Small wolf like carnivore
- 22 Make a mistake
- 23 Evening
- 24 Rested
- 25 Unfreeze
- 27 What a volcano does
- 29 Jewish institute of learning
- 33 Married woman
- 34 Licensed practical nurse
- 35 Desert condition
- 36 Bumpy
- 39 Desert
- 40 Animal type
- 41 Decorative needle case
- 42 Day of the wk.
- 43 Sport's official
- 44 360 are in a circle
- 46 Comforts
- 49 Every
- 50 Rainy mo.
- 51 Dad's mate
- 53 Accountant
- 56 Haunting beings
- 58 Champion
- 59 Hut
- 61 Roman seven
- 62 Donkey
- 63 Senile
- 64 Building addition
- 65 Advises
- 66 Writing table
- 67 Decay

Laughing Matters!



Spot the Difference



Can you spot the 11 differences?



March FUN FACTS

MAR 3 1980

Pierre Trudeau becomes PM of Canada for the second time.

MAR 13 2007

Census data collected in 2006 puts Canada's population at 31,612,897

MAR 17 1845

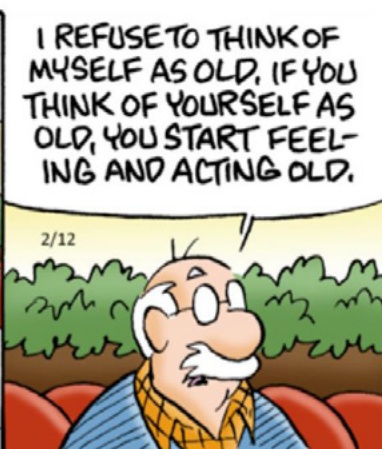
Rubber band patent by Stephen Perry of London, to hold papers and envelopes together.

MAR 24 1837

Canada gives its black citizens the right to vote for the first time.

MAR 31 2019

Canadian Women's Hockey League founded in 2007 said it would discontinue operations



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How to protect your family against fraud online

Seniors are one of the fastest growing demographics of Internet users in the world. When someone has been diagnosed with dementia, it is vital to help them keep their online identity safe. Here are some tips to avoid fraud in recognition of Fraud Prevention Month.

Tips for care partners:

- Limit computer usage to times of the day they are most aware
- Install browser add-ons that block unsecure and unsafe websites
- Install anti-virus software
- Educate them on cyber security
- Make using the computer a group activity by surfing the web and answering emails together
- Make their online life part of your daily life by discussing what activities they enjoyed online today

When it comes to email:

- Always check to ensure the emails you receive are from a trusted source

- Never give out private information such as credit card numbers or bank statements
- Do not click links or open attachments from unknown senders
- Delete or mark as spam if the email seems suspicious

What you can do on social media:

- Do not place your address or phone number online
- Reduce the amount of Geotagging on posts, which can help others track your location
- Do not respond to messages or posts from people you do not know
- Take the time to set the privacy settings for your profile on each social media platform

For more fraud prevention tips, or information about our programs and services, call us at 519-742-1422.

Alzheimer Society

WATERLOO WELLINGTON

WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville

WOOLWICH TOWNSHIP:

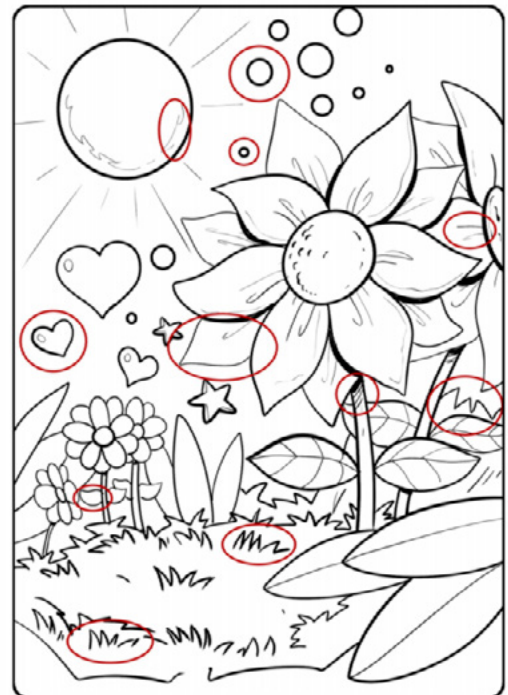
- Community Care Concepts
- Martin’s Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou’s Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine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

- Heart & Home Creations New Hamburg
 - McDonalds (outside magazine stand)
- ## WELLESLEY TOWNSHIP:
- Schmidtsville Restaurant (outside magazine stand)

Solutions

Solution:

1	L	A	B	O	R		6	R	A	G		9	T	H	U	D	
13	A	R	E	N	A		14	O	W	E		15	P	E	A	S	E
16	T	R	A	C	T		17	B	A	N		18	L	E	V	E	E
19	H	I	V	E		20	C	O	Y	O	T	E		22	E	R	R
23	E	V	E		24	S	A	T		25	T	H	A	W			
	27	E	R	U	P	T			29	Y	E	S	H	I	V	A	
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36	L	U	M	P	Y		39	P	I	E		40	B	R	E	E	D
41	E	T	U	I		42	T	U	E		43	R	E	F			
44	D	E	G	R	E	E	S			46	E	A	S	E	S		
			49	E	A	C	H		50	A	P	R		51	M	O	M
53	C	P	A		56	G	H	O	S	T	S		58	H	E	R	O
59	H	O	V	E	L		61	V	I	I		62	B	U	R	R	O
63	A	N	I	L	E		64	E	L	L		65	U	R	G	E	S
66	D	E	S	K			67	R	O	T		68	S	T	E	L	E





Ask the Doctor

with Dr. Nicole Didyk

My mother has an upcoming appointment with a Geriatrician? What do I need to bring to the appointment? And what if it's a virtual visit?

You and your mom have probably waited a long time for that Geriatrician appointment. Here are four things that you should not forget to bring to that visit:

Medications. Bring whatever's in your dosette or blister pack, all your over-the-counter meds, vitamins, and don't forget puffers and eye drops.

Bring some notes with you. You've had a long time to reflect on the changes that you've seen in your mom, so it can be helpful to write all of that down. You might forget to share it, or might not be comfortable sharing everything that you need to do. Write it down and fax it, mail it or just bring it with you to the appointment.

Bring a book or a snack or maybe both as it's likely that this appointment will be two hours or even longer.

And finally, this might seem obvious, but **bring yourself to that appointment.** There's going to be a lot of information covered and it's good to have an extra set of ears. Consider bringing something to take notes with as well.

A virtual visit may be by phone or over a telecommunications link like OTN (the

Ontario Telemedicine Network). In these visits, it's good to have a set up that includes a good view of your relative, and some flexibility in positioning the camera so that the Geriatrician can watch them walk or do other maneuvers. Be prepared for some troubleshooting, as it may be necessary to fiddle with the settings for the camera and speaker. A surprising amount of information can be gathered in a virtual appointment, but there are limits, and the Geriatrician might instruct you to go to another site to get checked out if there is a need.

A Geriatrician appointment can feel like a high-stakes encounter, but it's really often a starting point for a plan for more assessment and treatment, so try to be patient and use it as an opportunity to learn more about your mom and her health.

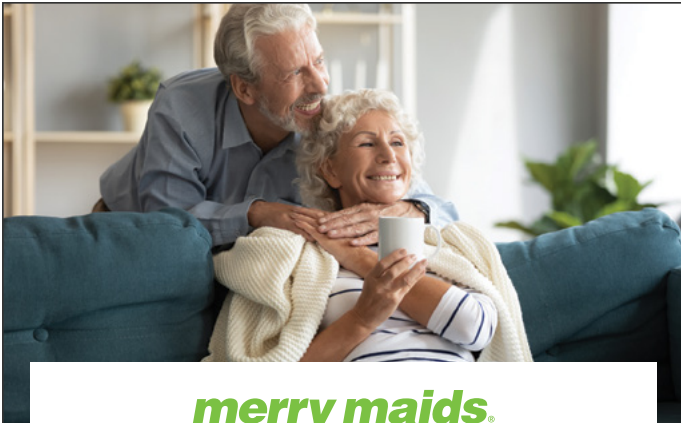
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COVID-19 Vaccine and Seniors:

Decide what's right for you ahead of the roll out

Safe and reliable vaccines can help protect you and your family from COVID-19. They will be an important tool to help stop the spread of the virus.

COVID-19 vaccines approved for use in Canada are free. They're available to priority populations first. They'll then be available to everyone in Canada who is recommended to get the vaccine by federal, provincial and territorial public health authorities.

Vaccination is one of the most effective ways to: prevent the spread, reduce the impact of infectious diseases and protect us against COVID-19.

Until extensive immunization is achieved, public health measures will continue to be essential to minimize the spread of COVID-19 in Waterloo Region.

Groups that will get the vaccine first include seniors. Priority for early COVID-19 vaccination will be given to the following populations:

- residents and staff of shared living settings who provide care for seniors
- adults 70 years of age and older, with order of priority:
- beginning with adults 80 years of age and older
- decreasing the age limit by 5-year increments to age 70 years as supply becomes available
- health care workers who have direct contact with patients, including:
- those who work in health care settings including personal support workers
- adults in indigenous communities

Region of Waterloo Public Health and health care providers are not currently scheduling vaccine appointments for the general public. There is no "wait list" for vaccination.



As more supply becomes available, and the rollout continues, communication about where and when residents can receive a vaccine will be shared broadly.

How do the vaccines work?

Vaccines reduce risks of getting a disease by working with your body's natural defenses to build protection.

Both the Pfizer-BioNTech and Moderna COVID-19 vaccine are an mRNA vaccine. This vaccine tells your body's cells to make "spike proteins." The spike proteins are specific to the virus that causes COVID-19. Your immune system will respond to the spike proteins by making antibodies that will fight off infection. Your new antibodies will break down the spike proteins and get rid of them. The vaccines do not contain the virus and so they cannot give you COVID-19.

For more information go to the Region of Waterloo Public Health website <https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccine.aspx> or speak with your trusted healthcare provider.

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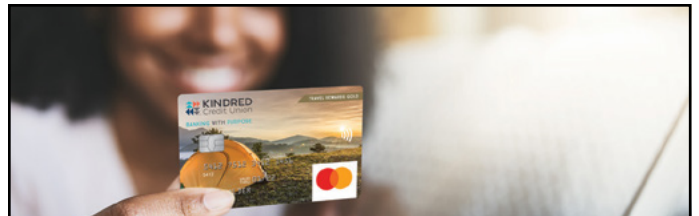
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Seasons: To Everything Turn, Turn, Turn



My family was celebrating my birthday at a fancy, French restaurant. In the corner, was a pianist – an elderly gent – dressed in a tuxedo and weaving his way, non-stop, through a varied selection of show tunes and contemporary classics.

Afterwards, he joined us at our table, where we marvelled at his mastery of music. He told us many people have said that they would give anything to play as he does. He tells them, “You wouldn’t give up six hours a day, practicing for 40 years, to play like me.” And, if you appreciate anything resembling a balanced lifestyle, he’s probably right.

“I’ve told the truth; I didn’t come to fool you”
-- Hallelujah by Leonard Cohn

I often think of that pianist when I’m feeling that my accomplishments aren’t moving along as fast as I would like... everything takes time and comes at a cost. So, one must decide if it’s all worth it.

I owe music a lot. Its melodies and words of wisdom have soothed my restless spirit, gladdened my heart, and made my world happier.

Music was with me as my world changed; where there once was two, there was an expanding family. My life is happily not my own. The lessons I’ve learnt and the love I have shared can never be duplicated... not even by music. As my youngest daughter discovered, after co-launching a successful Toronto-oriented band, talent was one thing, but the always self-serving music ‘biz’ sucked away any happiness.

**“If you gotta play garden parties, I wish you a lotta luck
But if memories were all I sang, I rather drive truck.”**

-- Garden Party by Ricky Nelson
<https://bit.ly/3u4JVw7>

Now, well past middle-age, I can honestly say – compared to what I could have done – I’ve surely failed as a husband, a father, and friend. I’ve carried out many successes in my life; yet, at what cost to my family? It’s been all about me taking their love for granted... not six hours a day... but 24/7. My next book? ‘Life for Dummies!’

If only I could claim to have returned even a tiny fraction of the love given to me.

**“And there’s so much time to make up
everywhere you turn
Time we have wasted on the way”**

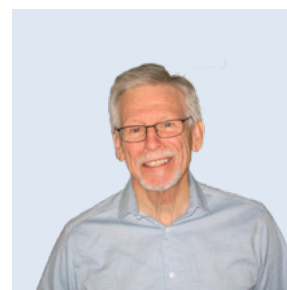
-- Wasted on The Way by Crosby, Stills & Nash
<https://bit.ly/3rWvetb>

As soon as I start hoping to be forgiven for all the time I’ve squandered, I realize forgiveness has come a long time ago. You see, life-sustaining love is often given even when it’s not deserved. So, next time people make you feel down – realize how far you’ve come. Is it further than yesterday? Then you’re a winner already!

If we fall short of lofty expectations, we can celebrate with Leonard Cohen:

**“I did my best, it wasn’t much...
And even though it all went wrong
I’ll stand before the Lord of Song
With nothing on my tongue but Hallelujah”**

Life’s too short! That’s the way I figure it?



‘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



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Maintaining a Healthy Diet

Provided by Community Care Concepts

During the month of March, dietitians across Canada are celebrating Nutrition Month. We hear a lot about the importance of maintaining a healthy diet. Monitoring what we eat and ensuring that we are eating well is key to not only helping us to function well, but also to provide our bodies with the necessary nutrients and energy that we need. Maintaining a healthy diet is also important in lowering our risk, as well as managing many health conditions.

While we hear a lot about the importance of eating well and recognize the importance of a good diet, it is often easier said than done. Many older adults struggle with maintaining a healthy diet. Limited access to grocery shopping, particularly during the winter months and during our current environment, makes it difficult to access core essentials or ingredients to prepare a healthy meal. We also know that financial limitations can impact our food choices. For others, medications may reduce appetite. It can take a lot of energy and work to prepare a meal for 1 or 2. Eating is also a very social event that is best when shared. For many living on their own, eating alone is not as enjoyable as when you can join in a meal with others.

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.

◆ **Meals On Wheels** - Volunteers through Community Care Concepts are available to deliver a hot, nutritious meal at noon on

weekdays throughout the Townships. A hot meal consists of a soup, salad, entrée and dessert. Special diets can be accommodated. Hot meals in Wellesley and Woolwich Township are prepared by Schmidtsville Restaurant. In Wilmot Township, Nithview Community prepares the meals. Registering is simple. You can call into Community Care Concepts' main office, provide a minimal amount of information and be set up to receive meals within 48 hours. You can select the number of meals each week and can start or stop based on your schedule. Beyond the nutritional value, the visit by the volunteer provides an important safety check and also a friendly source of social contact during what can be a long day.

For those not wanting to commit to a noon delivery or those requiring meals for evenings or weekends, a wide assortment of frozen entrées, soups and desserts – all fresh food that has been frozen and can be heated in an oven or microwave – are available. Frozen meals can be ordered in advance and picked up from Community Care Concepts' main office. Home delivery is also available.

- ◆ **Lunch Dates** - Volunteers are available to join you in your home during lunch time on weekdays to share a meal and conversation. This serves as an important social contact for isolated individuals while also ensuring access to a nutritional meal.
- ◆ **Assistance with Grocery Shopping** – Individuals are available to do grocery shopping on your behalf, delivering groceries to your door.
- ◆ **Practical In-home Support** – Individuals are available to come into your homes to assist with meal preparation, either on your behalf or with you.

Options are available in your community to support you in eating well. To learn more about these and other services, contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.

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Online Safety Tips:

with the Region of Waterloo Library



Written by Paula Fewkes, Coordinator, Computer Training

Keeping yourself safe and secure in this digital world should be top-of-mind as you surf the internet. There are plenty of dos and don'ts when it comes to staying safe while online.

Phishing (pronounced “fishing”) is similar to the word fishing itself. It's a scam that trolls to “fish” and see what can be caught. Typically in the form of an email, it will appear in your inbox and can look very legitimate, with branding and logos from a company that you recognize and trust. You may be asked to “click” and update your banking or shipping information.

To ensure its legitimacy, there are a couple of things you can do: 1. Check the email address that the message has come from. A legitimate email will contain the '@domain name' of the company. For example, '@paypal'. 2. Pick up the phone and call the company's customer service area to confirm that they have sent you an email. 99% of the time it didn't come from them – double-check before taking the bait!

Strong, secure passwords are another key to your success with online security. Here are five security tips to keep in mind when choosing a password:

1. Go random. One of the easiest ways is to choose your favourite song title, book or nursery rhyme and model your password after that. For example, Can't Help Falling In Love by, yes, you guessed it, Elvis Presley. Choose the first letter of each word of the title, in this case “CHFIL” and add the year you were born, for example. Further randomizing the capitalizing of letters adds to the complexity, for example ChFiL1950. You could even swap out the letter ‘i’ for an exclamation mark for an additional layer of complexity, or a ‘\$’ for ‘5’ digit, for example.

2. The longer the better. Typically the minimum required by most sites is 8 characters.

Why not go for 12, 14 or even 16? Using our example above, ChFiL1950, you could add “EP” to the end for Elvis Presley. You could add, MfSoAt – for “my favourite song of all time” as another idea.

3. Avoid patterns. Don't, I repeat don't, use a sequence of keyboard letters. ‘123’ or ‘abc’ are not good choices. These are some of the easiest passwords to guess.

4. Store passwords safely. Ideally, using a password keeper App on your phone or tablet is the most ideal. There are many free Apps available that you can download. As a last resort, you can write them on a piece of paper but ensure that it's kept somewhere safe; not your wallet!

5. Keep your E-mail most secure. Including your financial accounts, you will want to keep your e-mail the most secure. If someone were to gain access to your email, they could trigger password updates on all of your accounts.

For more resources on how to stay safe online, your local Region of Waterloo Library has materials that can help. The book Hack Proof Yourself is available as an eBook, to name just one. Movies and documentaries from Kanopy are available as well such as Staying Safe Online: Digital Footprint and Thinking about Cybersecurity both contain additional information that will help you with your online awareness.

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Changing Nutrition Care Across Canada and Around the World

Written by Heather Keller

Food is central to our overall health and quality of life. Nutrition becomes even more important during times of recovery and healing, yet many older people in hospital don't get the nutrients they need. Schlegel Research Chair Heather Keller at the Schlegel-UW Research Institute for Aging (RIA) and University of Waterloo is a global leader in nutrition and aging. Her work has changed the way hospitals around the world think about and use food for recovery.

Many hospital patients are older adults, who are often already at a greater risk of malnutrition. Keller spearheaded research as co-chair of the Canadian Malnutrition Task Force to look at the effects of current nutrition care practices in hospitals.

The findings were eye opening. Many patients were malnourished (up to 45%), and nutritional status often declined during hospital stay. Some didn't get the support they needed to eat the food they'd been given.

Malnutrition also increased health care costs. The research found malnourished patients

stay two to three days longer in hospital than nourished patients; malnutrition also increases the chance of being readmitted within 30 days. Increased length of stay alone contributed to an additional \$2B in health care spending per year.

Keller and her team recognized that strategic changes in nutrition care practices could greatly benefit patients and be a better use of existing health care resources. She led the development of the Integrated Nutrition Pathway for Acute Care (INPAC) that guides staff through nutrition screening and appropriate follow up care.

INPAC provides guidance for hospitals to quickly screen patients and determine their nutritional status at admission. Those that are found to be at risk have additional assessments. This process ensures no one who is malnourished goes undiagnosed, and those that need specialized support from a registered dietitian receive it.

Better nutrition care is happening in hospitals because of this work.

The success of this new Canadian approach to nutrition care is also gaining international recognition. Organizations in the United States and Australia have begun using similar pathways to improve nutrition, and ultimately overall health, for their patients.

“Meaningful health care change takes time,” says Keller. “Without the dedicated support of this Chair position with the RIA, this work over the past decade would have been impossible. I am thrilled to see this research being applied in practice and benefitting some of our most vulnerable citizens.”

Keller's national and global impact on nutrition screening and care will continue to grow as her work continues. Her success is a prime example of how the RIA drives cutting-edge research and innovation to solve real world problems and enhance quality of life and care for older adults everywhere.

To learn more about Keller's work and the RIA, visit www.the-ria.ca.

Pat's Ponderings



I'm still here. I slowly start to wake up. It's dark outside. It's hard to tell that a new day has started. If I get up now, I might be able to catch the sunrise. This time of year, seeing the sun rise over the snow offers me a sense of peace and a bit of wonderment. My "vintage" body talks to me as I climb out of bed. It begins a roll-call of what is performing well today, and what is demanding my attention. I ignore the demands and instead focus on that my coffee is calling and I want to see the sunrise.

As I cradle my elixir hoping to stimulate my foggy brain, I contemplate the simple act of rising each day. I have heard musing from friends of my age, or some a bit older. "Congratulations. You made it

to another day. So what? Why does THIS new day matter?" Hearing talk like that makes my heart feel sad.

It's so surprising to me that some can't see the gift we have in rising each day. They can't see the purpose and obligation tied to our very presence. Our aches and pains nudge us to recognize our good fortune to be alive; of having the gift of another day. But with that, I have to remind myself that sometimes life gives each of us internal struggles which temporarily prevent us from recalling that there is much to celebrate.

However - we are survivors. We exist in our senior years for a purpose. There is joy in simply existing. Shouldn't we be encouraged to feel the opportunity of

each day? Possibly even to acknowledge that we have unique gifts to offer?

Ok - so what is your gift today? If we do this check each morning, what a different attitude we might have when we wake up. We might remind ourselves that we serve a purpose and can offer gifts to others.

If every day you greet the morning with looking forward to doing something or saying something to others that will give you joy and give them a sense of value in their life – what a new inspiration!

It doesn't take much. Hmmm?? Now look at what a different attitude we have when we wake up and remind ourselves that someone is counting on us – counting on our support, our attention, and our being here.

It's an affirmation of our merit that we feel when we give to others. What are some of the simpler things that we can offer? Encouragement. Reassurance. A compliment. Cooking a meal or baking for an ill or lonely neighbour. To actively listen. To be positive when others are negative. A simple e-mail or text message to say you are thinking of them. A wave of greeting. YOU and YOUR acts can be a gift to others. Just like heirloom silver, your acts of kindness and gifting keeps you polished. Respect and cherish yourself and your own self-worth. You may find that “seizing the day” becomes more meaningful when you offer the gift of yourself, your talents and your time.

When you think there is nothing to be happy about – there is. This time of

year when its cold and lonely outside, take notice of the cardinals on the snow covered trees. Their bright red invites us to be joyful seeing their brilliance and boldness. “Be like us” they call into the day. “You too have bold colour and resilience to defy the coldness in life.”

The opportunities present themselves each and every day to celebrate the joy of aging; the gift of still existing. Don't waste this opportunity. So many people are counting on you and are waiting for your gifts.

You are here. You are here for a reason. Find out what your reason is. Then **DO SOMETHING POSITIVE**. Reach out with your gift to another. Now put your shoulders back and hold your head high. Even though we are all coping and doing the best we can these days, remember to embrace yourself and your value. Think of others and your own issues may diminish. Tell our friend the cardinal out in the cold winter day, that you get it now. We too are bold and resilient. We will survive with dignity the best we can and be here when we can help a neighbour, a lost soul or a creature in need. I'm still here.

**As always,
Pat**



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Focus Computers

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

New Hamburg Office Pro

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

MCC Thrift Centre

41 Heritage Dr, New Hamburg
519-662-2867

Sobeys New Hamburg

100 Mill St, New Hamburg
519-662-1374

RESTAURANTS

MeMe's Cafe

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

Pizza Arca

98 Peel St, NH | 519-662-2583

Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley
519-656-2430

Bonnie Lous Cafe

Take Out & Delivery Available
Flordale, ON | 519-669-2142

SENIOR CARE FACILITIES & ORGANIZATIONS

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.



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 u m a a i t r r m w b
 i e r r o c e s r x o
 r r a s d l k p o t w
 i a d g g o l d c h n
 s l e a r v l l k t d
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 k w e e r r e f r i e
 h c g o h o l n t f k

Irish
 Emerald
 Clover
 Lucky'
 Ireland

Parade
 Leprechaun
 Patrick
 Gold
 Rainbow

Pot
 Shamrock
 Green
 Saint
 March

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**

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