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

VOL 6 ISSUE 7 MARCH 2024

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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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We offer free hearing tests and evaluations to help you hear better. Our professional and friendly staff will work with you to find the best hearing solution for your needs.



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On The Cover

On the cover are Duane Sauder and Dolly Geisler, two hobbyists that sell their creations at my store, Millers Mercantile in Baden, Ontario. They are shining examples of people benefiting from their hobbies.

See the full cover story on page 8.

Cover story & photos by:

Millers Mercantile



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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

As we enter Fraud Prevention Month, it's a poignant reminder for us to stay vigilant and protect ourselves against scams that target our hard-earned savings and peace of mind. This month, let's equip ourselves with knowledge, arm ourselves with caution, and strengthen our community against the threat of fraud.

Remember, knowledge is our greatest defense. Stay informed about the latest scams, share what you learn with your peers, and never hesitate to seek help or advice if something seems suspicious.

Here are some common signs of a scam:

- Pressure to make a quick decision either overnight or on the spot and are threatened if you don't comply.
- Requests to keep matters confidential and not share the details with local authorities or family and relatives.
- Urgent messages demanding you contact the sender immediately.
- Being asked to provide money in unusual formats such as gift cards, bit coin and prepaid credit cards.
- An email from an unknown sender with a link or attachment.
- Email or phone requests for financial information (for example, credit card number, bank account information and personal identification number (PIN)).
- Email or phone requests for personal information (for example, Social Insurance Number (SIN), date of birth and security answers).

See page 19 for a great article from Kindred Credit Union on Grandparent Scams.

Gadget of the Month: Reacher Grabber Tool

Fortunately, there is something called a "reacher grabber" tool—that is, a long metal or plastic instrument with a claw and/or suction cups on one end and a trigger on the other—that serves as an extension for the arm, hand, and fingers.

These tools are great for scooping up dropped items without having to bend down or collecting small objects from a high-up shelf without climbing on a step stool, and for those that do not have the strength to get up or bend over. For those with mobility constraints the extra reach can be a lifeline!



As we welcome the first day of Spring on March 19th, I want to wish you all a season filled with warmth, renewal, and joy!

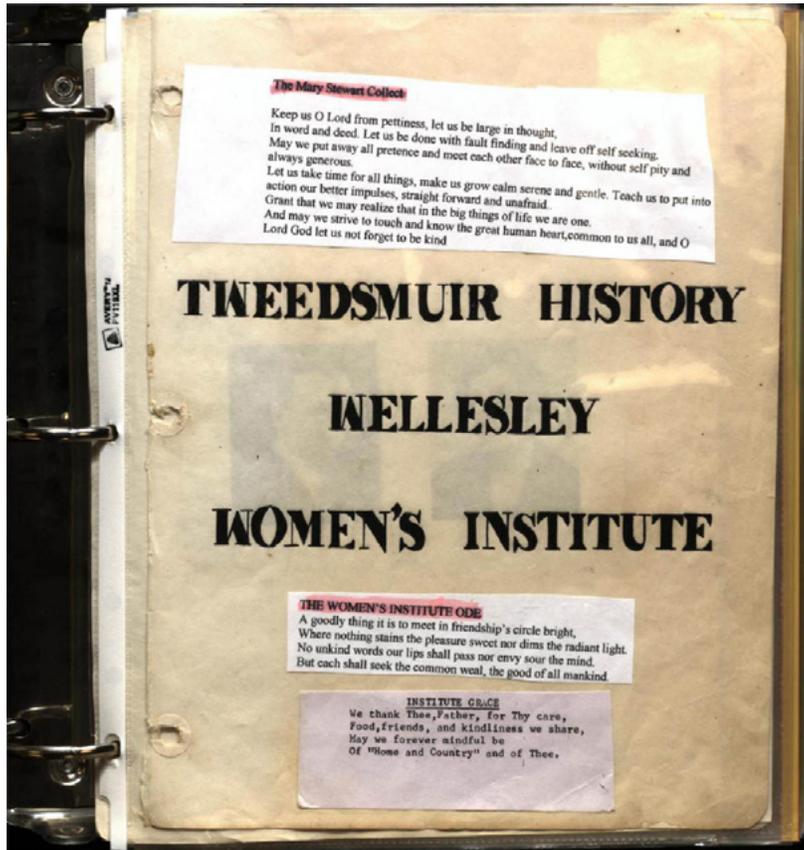
Tara



FLASHBACK PHOTO

Tweedsmuir Herstories

Lara Carleton | Curator, Wellesley Township Heritage and Historical Society



Celebrated annually on the 8th of March, International Women's Day brings the cultural, economic, political, and social achievements of women to the forefront. With this in mind, we reflect back on an initiative led by women which has continued to benefit local Ontario communities: the Tweedsmuir histories.

During the 1920s and onwards, interest in preserving local history grew by members of the Women's Institute. This interest caught greater traction in the 1930s when Lady Tweedsmuir, wife of then Governor General Lord Tweedsmuir, suggested that the Ontario Women's Institute branches start recording

their own local histories as she knew it was being done in England.

In the lead-up to the institute's 50th anniversary in 1947, all branches were encouraged to chronicle a history with information pertaining to their local branches, area settlers, agriculture, social infrastructure, day-to-day life, and more. The collected records were all named in honour of Lady Tweedsmuir's late husband: the Tweedsmuir histories.

Today, the Tweedsmuir histories continue to be significant records of the past and are heavily utilized for conducting local history research. We are indebted to Women's Institute members for compiling such detailed accounts of this province's history. As stated in a Foreword written by Lady Tweedsmuir found in the Dorking Tweedsmuir, they showcase "the history of humanity which is continually interesting to us, and [village histories] will be the basis of accurate facts much valued by historians of the future."

Wellesley's Tweedsmuir histories range from approximately 1947 to 2008. Over the decades, the records were found in disarray, but have since been reorganized back to as close to chronological order as possible and are now housed in a series of six binders. Similarly, both Dorking and Linwood also have Tweedsmuir histories. In all three cases, the Tweedsmuir histories primarily consist of newspaper clippings, photographs, and handwritten accounts.

The Wellesley Tweedsmuir histories are available for viewing in the Wellesley Township Heritage and Historical Society's Historical Room, as well as online at wellesleyhistory.org. The website also features digital copies of Dorking and Linwood's Tweedsmuir histories as their originals are held at the Grace Schmidt Room of Local History at the Kitchener Public Library's Central Library.

Arnold Hearing Centres: Your Trusted Hearing Care Partner for Over Seven Decades

Choosing the right hearing care partner is a crucial decision—one that shapes your lifelong journey with hearing loss. At Arnold Hearing Centres, we understand the significance of this choice and commit ourselves to being the reliable partner you can trust not just today, but for decades to come.

In a world where the internet floods us with countless hearing care options, making an informed decision is more challenging than ever. The question becomes, “Who should you trust?” The key lies in a partner who can back their promises with evidence. Can they prove their track record, experience, and reputation? At Arnold Hearing Centres, we believe in transparency and offer you five reasons, backed by proof, to trust us with your hearing healthcare needs.

1. Established Legacy Since 1950:

Founded by my grandfather and passed down through generations, Arnold Hearing Centres is a family business with a rich legacy. Over the past 74 years, we’ve assisted thousands of individuals on their journey to better hearing, supporting multiple generations within our community.



Photos Then and Now. From Harold K. Arnold to Chris Arnold

2. Community Support:

Being deeply rooted in our community, we prioritize giving back. From supporting local

charities to actively participating in initiatives like the Food Bank of Waterloo Region, our team is committed to making a positive impact. As a family business, our staff embodies our core values, ensuring a warm, supportive environment for both our team and patients.

3. Proven Track Record:

With 24,734 patients on record, our long-standing commitment to better hearing speaks volumes. We take pride in our reputation, backed by genuine testimonials from the community we’ve served for over seven decades.

4. Family Values:

Our team at Arnold Hearing Centres is not just a group of professionals; we are a family united by shared values. We prioritize hiring individuals who align with our commitment to excellence and empathy, ensuring that every member of our team embodies the spirit of our clinic.

5. Our Promise to You:

If you are seeking a hearing care partner with a proven track record, a strong community presence, and a commitment to family values, you’re in the right place. At Arnold Hearing Centres, we promise to be with you every step of the way, providing trustworthy care for the next 70 years and beyond.

Choosing Arnold Hearing Centres means choosing a partner deeply rooted in your community, committed to your lifelong hearing health. If you have questions or want to explore how we can be your trusted hearing care partner, call us at 519-897-4327 or email newhamburg@arnoldhearing.ca. Come in and meet Selina- your consistent and dedicated hearing care provider. Your journey to a lifetime of better hearing begins with a partner you can trust—choose Arnold Hearing Centres.

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Our government is making dental care accessible for up to **9 million** eligible Canadians. Find out how to apply at www.canada.ca/dental.



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519-578-3777



The New Canada Dental Benefit: What You Need to Know

Kelly Durst, IRDH

Owner / Operator: Health First Dental Hygiene

In our last article, we talked about the Ontario Seniors Dental Care Program. Since then, many of you have probably heard that the Federal Government is rolling out their own Dental Program, the Canadian Dental Care Plan (CDCP). This federal program aims to improve access to care and ease financial restraints for families with an adjusted net income of \$90,000 or less and who don't have access to dental insurance.

To qualify for CDCP, the following must be true:

- You are a Canadian resident
- You have filed your tax return in the previous year
- You do not have access to other forms of dental insurance
- You have an adjusted net income of \$90,000 or less

Applications for the CDCP have already begun with CRA contacting people through mail. This letter will provide you an access code with instructions on how to apply. Once approved, the CRA will share your information with SunLife, who will enroll you in the CDCP. SunLife will send a welcome package including: information, your member card, and your coverage start date. Please be aware neither CRA or Sun Life will contact you through phone or text. Unfortunately, the scammers of the world are taking this opportunity to strike. If you are concerned about the legitimacy of any correspondence, please contact 1-833-537-4342.

Starting in May 2024, you will be able to use these benefits. Start dates will vary and your welcome package will let you know your exact date. **Before you use your benefits, there are a few key points to be aware of:**

- The CDCP does not cover dental expenses at 100% of the regular fee
- Providers have to “opt in.” Your regular dental provider may not accept this coverage
- Your regular provider may accept this coverage but expect you to pay the remainder not covered by CDCP
- There is a maximum amount of coverage. Dental care over and above what is covered will be out of pocket
- You will still be able to use your ON government plan alongside the CDCP. Details are not yet available
- Funds will go directly to your dental provider. You will not receive money from CRA.
- You can visit the SunLife website and use the “Lumino” tab to see which providers in your area have “opted in.”

It's great news that we finally have some relief for dental bills. Although the full details of this plan are yet to be seen, it's definitely a step in the right direction. Please speak with your dental provider about the CDCP.

Canadian Dental Care Plan. Retrieved Feb 8th, 2024 from: <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>

COVER STORY



Why Hobbies are So Good

By Susan Miller,
Millers Mercantile, Baden

Hobbies are a not only a fun way to pass the time, they provide many other fulfillments and benefits that can positively impact every aspect of your life.

You might be thinking, "I'm too busy, I don't have time for a hobby!" However, research shows those with busy lives may even gain more from having a hobby!

Hobbies have been proven to:

- Gain confidence.
- Stress reliever; give you a break from the daily grind.
- Improved physical health.
- Reduce depression.
- Beat boredom.
- Increase sociability.
- Improve mental alertness.
- Have the potential to generate additional income.

My store, Millers Mercantile is my hobby. When I first had the idea for the store, I was so excited, I barely stopped to think. Months in advance of opening, I was excited, eagerly planning and preparing. Then it came time to open, and I was hit with unexpected fear and panic. What if I failed? what have I got myself into? I even delayed the opening 3 times while I worked through these emotions. When I finally took the leap, as customers came in, those feelings of insecurity began to wash away and were replaced with gratitude and fulfilment. I felt my self-confidence grow, I became more energetic and driven and re-discovered my passion for reducing the impact on the earth which became foundational value for my store.

Another benefit has been the people. From meeting new customers, learning more about our community, discovering connections to family members past and present, to the support of family and friends, some of which are now actively involved in the business has been such a positive experience on many levels.

On the cover are Duane Sauder and Dolly Geisler, two hobbyists that sell their creations at my store, Millers Mercantile in Baden, Ontario. They are shining examples of people benefiting from their hobbies.

Dolly Giesler describes herself as a country girl brought up on a small farm in Northern Ontario before moving to the Wilmot area 35 years ago. Dolly is a skilled upcycler, creating cross-body bags and pile lined mittens using denim jeans. She also creates gorgeous potholders, eye pillows, wine totes and more using cotton fabric remnants.

Dolly has been a sewer since high school - about 60 years. She says, it was always a strongly satisfying experience to create something useful and her way of relaxing. Dolly feels that the throw-away way of life needs to be addressed by re-using, re-pairing, re-cycling and reducing our consumption of offshore items. She gets great satisfaction showcasing her handmade items at a show or in a local shop. While it is nice to generate a little extra income, what is more, is that good feeling when you produce something with your own hands, see it on display and then see it sell. Dolly shared that over the years she has



met other artisans that are now friends and the one thing that is common is a sense of pride in making something using your skills.

Dolly's passions fuel her hobbies and this brings her great satisfaction. Her desire to make a positive impact in the

world extends further than creating crafts and gardening.

Over the years, Dolly has cared for many horses that have come to her small farm until going to their eternal home and even recently she rescued, cared for and re-homed two ponies. She currently has 2 rescue cats, which she decided will stay with her permanently into her next life chapter. Dolly is preparing to sell her small farm and move to a place that is easier to care for. While this will be a big life change for Dolly, her hobbies are going to help her through this. Her positive outlook, spunk in her step and spark in her eyes are evident as she says, one thing that will not change is a passion for creating new from old - less to the landfill!

Duane Soder lives on a 4th generation farm in the Cambridge area with his wife (and trusted project associate) Erika of 61 years. Together they have 2 sons, 2 daughter-in-laws and 2 grandchildren.



Duane handcrafts charcuterie boards, coffee tables, benches and wood lasered signs. This has been a lifelong hobby for Duane, one that was passed onto him by his father and grandfather, still using many of their same tools.

Duane's career in manufacturing and distribution in the men's fashion industry took him on many world travels, but throughout remained a passion for working with wood and being creative. Now, at 85, Duane has many hobbies and multiple projects on the go, which keep him motivated, energetic and enthusiastic.

He makes time to help friends from all walks of life, participates in charitable events and stays physically active through downhill skiing, canoeing and going on Harley road trips with his son and buddies. Last summer Duane was fortunate to go on a mountain climbing adventure in Western Canada. "Don't let the old man in" he tells me, one of his favorite songs by the late Toby Keith.

Duane's state of mind and staying busy through his hobbies, clearly contributes to his vitality. His values and advice to others; "Wake up Each Morning with a Purpose", "Stay Busy, Keep Young at Heart", "Life is a Great Balancing Act" By Dr. Seuss."

Duane combines these values and advice into his craft, lasering these words onto his boards wanting to inspire others the same way.

Seeing Duane and Erika together, their support of each other's hobbies, highlights benefit to marriage and relationships. While Duane excitedly pours out stories, plans and ideas,

along his side is Erika watching with her quiet presence and wickedly wise eyes, with then an unexpected dry remark or quip, that makes me laugh and feel endeared to be in the presence of their banter.

Dolly and Duane are skilled artisans in their own trade, reaping many benefits from their hobbies and I am ever so grateful to have met them!



Health & Wellness Sessions at Woolwich Community Health Centre



During the winter/spring, Woolwich Community Health Centre is offering a combination of virtual (on zoom), in-person programs/groups and hybrid sessions.

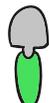
Registration is required. To register for the health and wellness sessions, email/call or visit our website www.wchc.on.ca and click on the Register Online tab.

Groups meeting in-person will be at 10 Parkside Drive, St. Jacobs. All health and mental health education events are FREE.



Program	Description	Date & Format
Vision Loss Rehabilitation Canada	Do you have vision loss? Are you curious if there is any help available for everyday tasks? Join us for an information session where you can ask questions, try out some devices, and even receive lessons on how to do everyday things like eating, pouring, reading, getting from one place to another, taking part in activities at home, using your phone/tablet/computer, and much more.	Thursday, March 14th 12:00-1:30 PM In person & Zoom
Estate Planning Essentials	Nizar from CIBC joins us again, after popular demand, to talk about estate planning! Secure your legacy and pave the way for a stress-free future with our upcoming workshop on Estate Planning Essentials. This informative session is designed to guide you through the intricacies of estate planning, ensuring that your assets are protected, and your wishes are honoured.	Wednesday, March 20th 12:00 - 2:00 PM In person & Zoom
GRT Travel Planning	GRT's Travel training is a free program designed to teach people with disabilities, older adults, and local people new to GRT services how to travel confidently and safely on transit. They will explain safety and accessibility features, fare payment options, how to plan trips, and so much more!	Thursday, March 28th 12:00 - 1:30 PM In person & Zoom
SPECTRUM Rainbow Diversity Training	Do you want to learn more about the 2SLGBTQIA+ community? Join us for an enlightening and inclusive workshop that delves into the rich tapestry of 2SLGBTQIA+ identities and experiences. Diversity training is designed to foster understanding, respect, and allyship by exploring fundamental concepts, sharing personal narratives, and providing a safe space for reflection and conversation.	Wednesday, April 10th 12:00 - 1:00 PM In person & Zoom
DNR 101 (Do not resuscitate)	Join us for a vital workshop facilitated by Paramedic Services, focused on understanding Do Not Resuscitate (DNR) orders. In this concise session, gain insights into the importance, implications, and respectful considerations surrounding DNR decisions. Equip yourself with important knowledge for when it matters most.	Thursday, April 18th 12:00 - 1:30 PM In person & Zoom

Program	Description	Date & Format
Hospice 101	For the past 3 decades, Hospice Waterloo Region has been supporting people and their loved ones through life-limiting illness, death, and bereavement. In the past 3 years Hospice has expanded their support to include many community programs and a 10 bed hospice residence. However, most people don't know what hospice palliative care is or about the caring support offered to someone who is dying and to their loved ones. Join us to learn all about Hospice.	Thursday, April 18th 12:00 - 1:30 PM In person & Zoom
Advanced Care Planning 201 - Conversations Worth Having	If you've taken Advance Care Planning 101 in February, you understand the law around Substitute Decision Making. Now, it's time to consider how to have those tender conversations with loved ones. Have you decided who will make health care decisions for you if you cannot? Join us in this interactive session as we work through these important conversations - who to talk to, what to talk about and how to start these conversations.	Thursday, May 2nd 12:00 - 1:00 PM In person & Zoom
The Importance of Cancer Screening	Join us for a brief yet impactful workshop led by a Primary Care Doctor from the KW4 Ontario Health Team. Discover the importance of regular cancer screening, demystify the process, and empower yourself with knowledge that can make a life-saving difference. Focussing on colon, colorectal, breast, lung, and genetics.	Thursday, May 16th 12:15 - 1:30 PM In person & Zoom
Technology Help	Do you need assistance in keeping up with the fast-paced technology world? Book an appointment with Tariq to get one-on-one hands on help on how to use your device. Tariq can help you with things like how to set up your device and use it, use email, browse the internet, or whatever you need help with!	Ongoing In person & Zoom



WELLNESS GARDENS

at the Woolwich Community Health Centre



Gardening is good for the soul, good for the soil, good exercise and a great way to make new friends and help provide much needed food for our community food banks.

We have a small but very productive vegetable garden and a beautiful native plant pollinator garden at our St. Jacobs location, and we are excited to get started on our next garden at our new Wellesley location this spring.

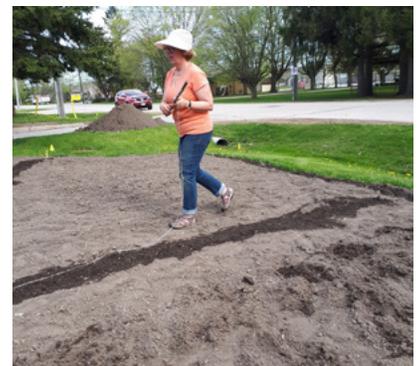
We are always looking for volunteers to help make this happen. If you enjoy gardening and are able to

share a little of your time, we would love to have you join us in the gardens.

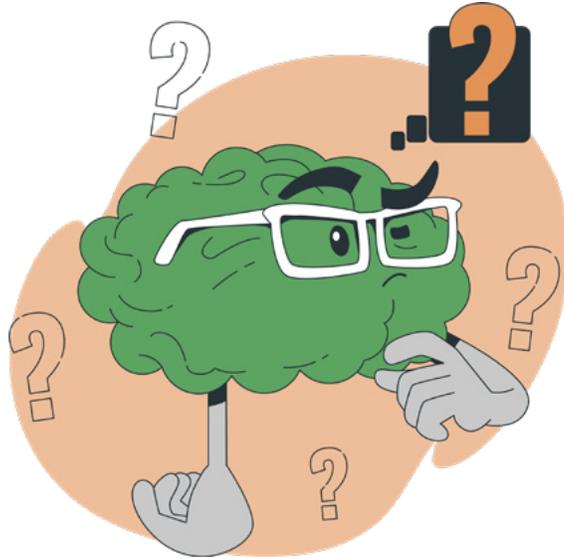
Please contact Tariq or Margret for more information.

— Tariq Abdulhadi:
tabdulhadi@wchc.on.ca

— Margret Gohl:
mgohl@wchc.on.ca

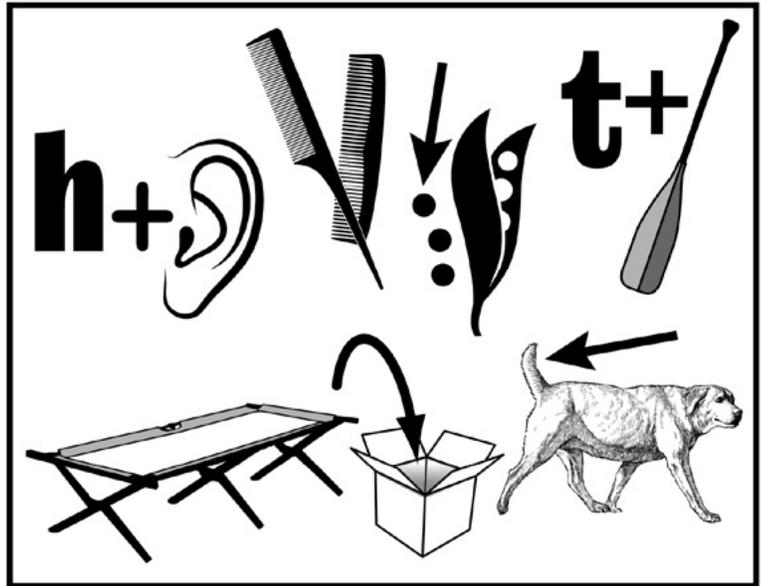


March Puzzles!



Concentration Puzzle

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



Wacky Wordies #17

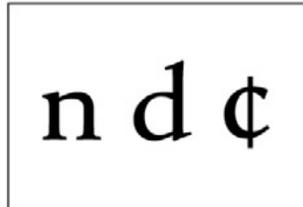
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. _____



2. _____



3. _____



4. _____



5. _____



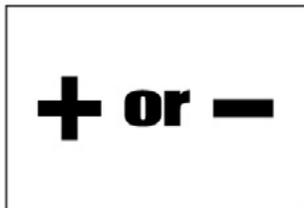
6. _____



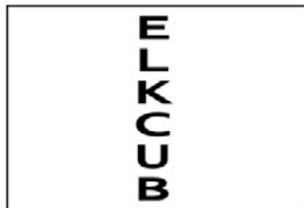
7. _____



8. _____



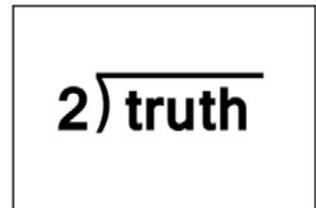
9. _____



10. _____



11. _____



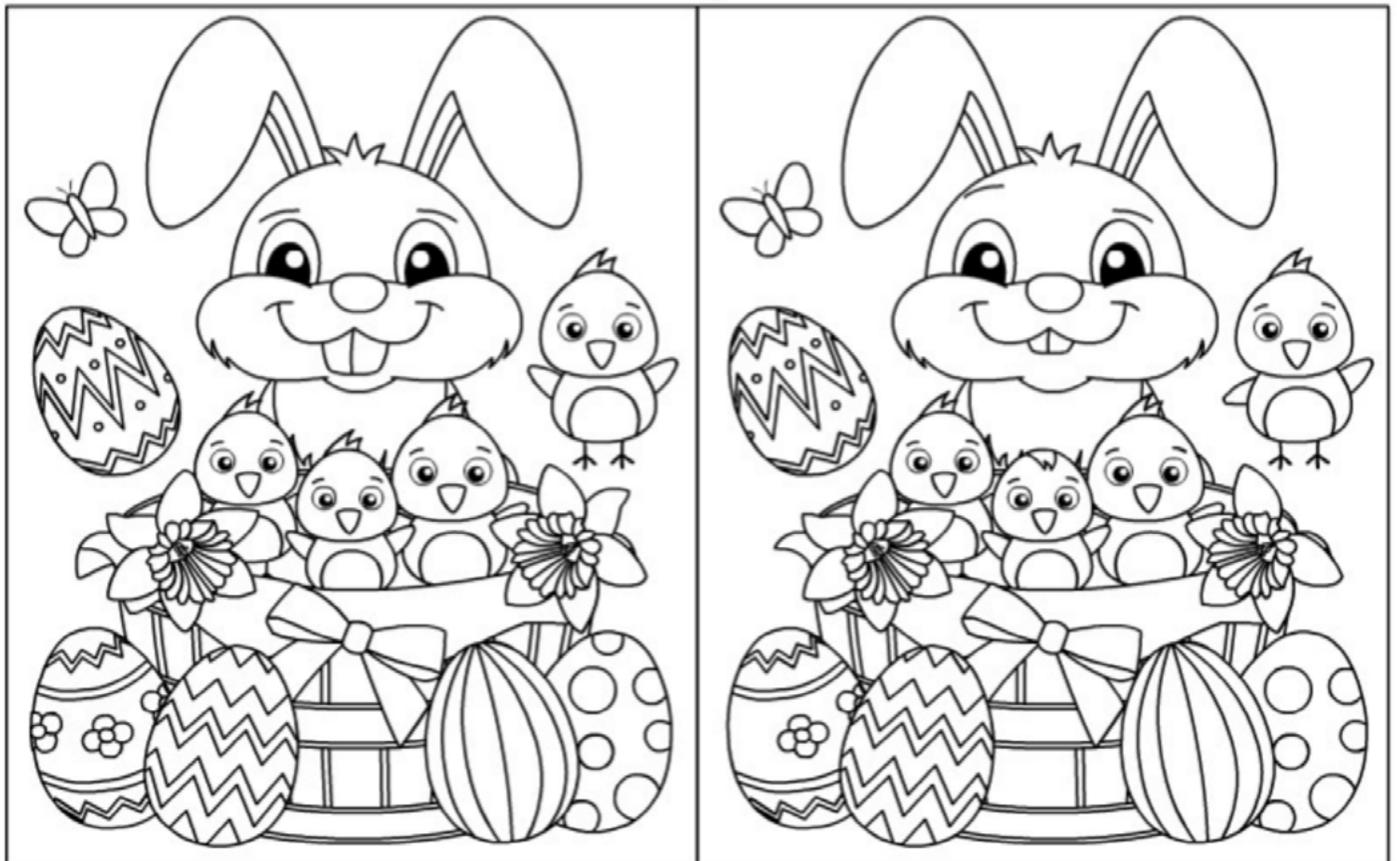
12. _____

Laughing Matters!



Spot the Difference

Can you find 10 differences?



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
- Heart & Home Creations NH



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

WELLESLEY TOWNSHIP:

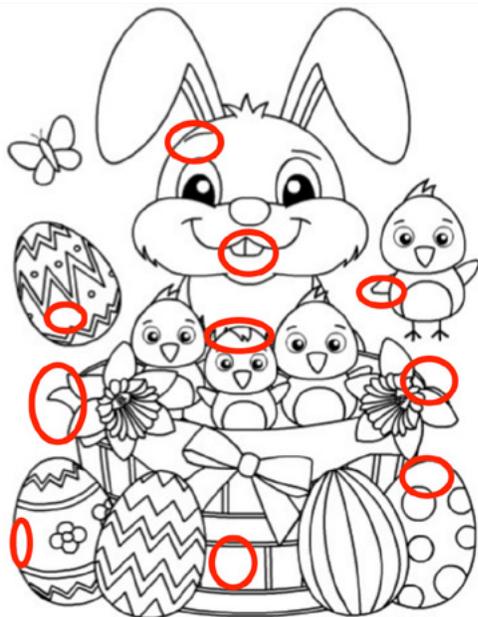
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

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

WOOLWICH TOWNSHIP:

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

Solutions



Concentration Puzzle:
Here comes Peter Cottontail

Wacky Wordies #17

1. Robin Hood
2. Ring of fire
3. Indecent
4. Passover dinner
5. Check’s in the mail
6. Doctor Who
7. Key to success
8. Torrid
9. More or less
10. Buckle up
11. An inside job
12. Half-truth



As an experienced Real Estate professional with the **Lifestyle Fifty Five+ Affiliate** designation, I have the training and skills to assist mature & senior clients with safety and confidence in all aspects of the downsizing process of buying and selling homes.

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Ask the Expert: Mercedes Kay Gold

CNP, CPT and Published Writer
@Mercedeskaygoldfitness



I know eating fat doesn't make you gain weight, but which ones should I eat?

- Sent by R.L. from Baden.

Fat is a vital macronutrient, and absolutely key to supporting optimal health. Essential fatty acids are lipids the body cannot synthesize, and must be added to the diet. Our fat chat begins with the widely discussed saturated and unsaturated fats, often referred to as bad and good fats.

Healthy fats include avocado, hemp, chia, raw nuts and seeds plus olives. Plant power is the go-to for maintaining overall healthy. Red flag alert! Yes, canola, soy, corn, cottonseed, and safflower are plant derived oils, but all of these are highly inflammatory in the body. Avoid at all costs. One of the worst offenders is vegetable oil. It's a melting pot of various plants, and one of the many villains in processed foods. From fast food, to snacks and baked goods to marinades and dressings, vegetable oil is cheap and sold by the vat for a reason. Please add all types of margarine, vegetable shortenings and vegan spreads to your no list.

Essential fatty acids or Omegas, the good guys are essential for metabolism, activating T-cells, blood pressure, brain function, and regulating insulin to name a few. Walnuts are a whole lot of holistic happiness and fish is fabulous. The key to cognitive and heart health is consuming cold-water wild caught fatty fish. Mackerel, trout, sardines, and anchovies are anti-inflammatory all-stars. Hats off to all of you taking a spoonful of cod liver oil daily. Support the body more. Flax, hemp, walnut, and pumpkin oil can be used instead of olive oil in salad dressings, and chia seeds are super sprinkled on cereal, oatmeal and yogurt.

Saturated fats are primarily found in fatty

animal products, and limiting our consumption supports heart health. Choose lean cuts of meat, avoiding chicken skin and all processed deli meat. Cold cuts are linked to obesity, and the evidence is mounting on their connection to cancer. Pass on palm oil and palm kernel oil. Coconut oil is tricky. This tasty tropical oil is an 82% saturated fat in fact. The jury is out in regards to the risks and benefits, so use sparingly. Butter? Go for grass-fed, and reap the benefits of higher amounts of vitamin A and K2 plus beta carotene and CLA. The healthiest meal plan eliminates all bad fats, while incorporating an array of fantastic fats. Trans fat is another trouble maker, displacing healthy fats and alternating cell membrane function. Lard is on the lose it column. Commercial peanut butter is out. Seek out brands with oil separation and stir well before slathering.

Longevity loving lifestyles focus on eating a short list of acceptable plant-derived fats as close to Mother nature, rather than cooking. There are about 100 calories in 20 medium olives but just one tablespoon of oil contains 117 calories.

The right oils are advantageous. An important point is the smoke point or the oil becomes a source of inflammation in the body. Avocado oil has the highest smoke point from the healthy list, where flax and hemp oil should not be heated. Proper cooking is priceless.

Read labels! Healthy foods once processed become a nightmare in the body. Eating a wide variety of healthy fats supports the body inside and out. Great digestion! Glowing skin! Sharp as a tack! Go for fats!



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“Regrets... I’ve had a few, but then again, too few to mention” – My Way by Frank Sinatra
[Watch on YouTube](#)

Someone once said, “Expectation is the root of all heartache.” This is such a story.

I was enjoying the radio playing a popular song. The voice was ethereal but intense. Actually, the voice came from our 12-year-old daughter singing through her karaoke recorder. So, what’s a father (with a musical background) supposed to do – without smothering her natural talents with my expectations?

I managed to hold back my zeal as my wife agreed to enroll her into singing lessons. At a recital, a year or so later, a visiting adjudicator said of her voice, “What can I say? – perfect pitch, tone.” (Less than 11% of musicians have this.)

At school, two young student musicians ask her to join a new band after hearing her singing in the hallway. They produced a demo tape; and a talent agency arranged bookings at a string of Toronto nightclubs, a national TV appearance and major funding from government for an intro CD.

They were on their way! – except they weren’t.

As my daughter explained, since it was their original music, she and her co-writer understood they had equal control in the production of the CD. But when she got back from a European trip, she found out most of the band’s tracks had been completed without her, by management. She justifiably felt betrayed.

Plus, when she laid down her vocals, an engineer

told management that her recorded voice sounded like she was singing through a mask. The outcome was infuriating. Months later, a new sample track that clearly featured her gifted voice, was created: it was too late. Her trust and belief, like her expectations, were crushed. I despaired over this missed opportunity.

Unfortunately, it had a negative influence on her... questioning the whole music industry philosophy to sound-like-everyone-else-to-get-airplay – instead of remaining true to themselves. As a songwriter, it seemed counter-intuitive to her. “Dad, even if we’re successful doing it their way and aren’t happy, what’s the point?”

Like John Lennon and the Beatles, she just had to let it go. No matter, their band went out the same way it came in... their way!

Years later, I called the ex-manager and said that I’m sure he didn’t appreciate my pushing so hard on behalf of my daughter. He graciously allowed that he would have done the same thing. The real problem? – with only limited say and few opportunities to learn, the band lost interest.

Years later, a band member (then in his 20’s) showed up at our farmhouse. Having earned his music degree he just wanted to say thanks for the space to practice, the encouragement... and of course my wife’s cooking! Those teen-aged boys were always hungry.

“And now as tears subside, I find it all so amusing” – My Way by Elvis Presley
[Watch on YouTube](#)

We were both moved by this sincere sentiment. It was gratifying to hear that our efforts as parents were truly appreciated. I don’t think any honour could mean much more. We laughed at all the late nightclub gigs and the oh so good two o’clock in the morning pizzas! You just had to smile.

That’s the way I figure it. – FP



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

Find him at www.fredparry.ca



Research Volunteers Needed!

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This study has received clearance through University of Waterloo and Baycrest research ethics boards

For more information about this study and to find out if you are eligible please contact us at:

Telephone: (519) 888-4567 ext.41080

Email: Leadtrial@uwaterloo.ca



COFFEE HOUSE TALKS

LEARN, CREATE, SHARE

Coffee House Talks is a group for adults over 55 years old. It provides an opportunity in our community for us to learn new things, share information and create new relationships. Individuals can come together in various ways and have some fun!

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

OUR CONTACT:

☎ WFRFC: 519-662-2731

✉ info@wilmotfamilyresourcecentre.ca

🌐 <https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/>

✉ coffeehousetalks2020@gmail.com



This project is funded in part by the Government of Canada's New Horizons for Seniors Program



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**Millers Recycle, Repurpose
 Tip of the Month!**

Have old sentimental jewelry, broken bracelets, or lost an earring you loved?

Turn old jewelry into gorgeous unique magnets! Using wire cutters remove the clasps etc and glue to magnets you can buy at craft stores or better yet re-purpose and cover up old magnets you already have!

Welcome to our store!

We opened in January 2023 as a General Store with an ever-changing inventory of local food items, household goods, and gifts.

New, artisan, homemade, vintage, upcycled, repurposed and thrift!

Come check out The Closet:
 A boutique thrift store inside Millers Mercantile

Items are gently used, brand name and/or vintage clothing and accessories (unless brand new tags are attached of course!) All clothing and accessories are laundered and/or steamed

MARCH IS FRAUD MONTH

Beware of Grandparent Scams

One of the fastest-growing scams these days is what is known as the Grandparent Scam. In a typical Grandparent Scam, a fraudster contacts a Senior posing as a grandchild who is in some sort of trouble. The trouble could be that they've been arrested and need bail money, or they are travelling and have been robbed, or that they've had some sort of medical emergency. Sometimes, the caller claims to be a lawyer, doctor or police officer calling on the grandchild's behalf. Of course, you love your grandchildren and your first instinct would be to help them, any way that you can. Unfortunately, that's what the scammers are counting on.

Here are ways to protect yourself from this type of scam:

- ☑ The criminal will often start the phone call by saying "Grandma/Grandpa, do you know who this is?" The grandparent may say a name of a grandchild. Then, the fraudster will use it to gain credibility. If someone calls and asks you, "Do you know who this is?" say no and have them tell you.
- ☑ If the caller uses a grandparent name that you don't use – for example they say "Grandma" but you go by "Nana", hang up the phone immediately. Unfortunately, scammers may know your grandchild's name and what they call you, so be cautious even if they know these details.
- ☑ Be skeptical of any urgent request for money. If you are being pressured to act quickly, it's most likely a scam.
- ☑ Ask the caller for some personal information that only your grandchild would know, like the name of a childhood pet, or where their parent works. A grandchild should be able



to answer these questions, but an imposter probably can't.

- ☑ Fraudsters may ask you to transfer the money with a wire transfer, e-transfer, or by purchasing gift cards. Always be suspicious of anyone asking you to transfer money urgently by these methods. And be even more concerned if they offer to have someone come to your home to pick up the funds. If they ask for your address, hang up the phone. Your grandchild would know where you live.
- ☑ Usually fraudsters will ask the Grandparent to keep the matter secret and not tell anyone. They may claim that they don't want their parents to find out about the trouble they're in. This is a major red flag for fraud. To verify the details before sending any funds, contact the grandchild (or parent of the grandchild) the scam artist is claiming to be.
- ☑ Thieves will often call late at night to create confusion and disorient the grandparent. They may call multiple times over a short period of time to create a false sense of urgency. If you hang up on them, they may call back several times. Don't be fooled and trust your instinct.

If you're a Grandparent, or have Grandparents in your life, make sure they know how to protect themselves from this type of fraud. If you think you've been the victim of a Grandparent Scam, report it to the police immediately. Reach out to friends or family or speak with someone at your Kindred branch or at our Member Contact Centre (1.888.672.6728) for support.



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Maintaining a Healthy Diet

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. Eating well also helps us to lower our risk, as well as manage, chronic health conditions.

While we all recognize the importance of eating well, many older adults 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. The rising costs at the grocery store impact the food choices that many are able to make. Maintaining a healthy diet can be expensive as compared to other options. 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 and isolation associated with eating alone. If you prefer to shop and prepare your meals, but struggle with getting to the grocery store, Community Care Concepts offers **support with grocery shopping**. For those who prefer or need to leave the cooking to someone else, Community Care Concepts offers the **Meals On Wheels** program. Volunteers deliver a hot, nutritious meal at noon on weekdays throughout the Townships. Meals in Wilmot and part of Wellesley Townships are

prepared by Schmidtsville Restaurant. Bonnie Lou's Café in Floradale prepares hot meals for Woolwich and part of Wellesley Townships. Meals, which can accommodate special diets, can be set up quickly by contacting our main office. 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 what can be 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 **nutritional 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 administrative 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 coordinates a **lunch date** program matching volunteers with older adults in the community to share a meal. Community Care Concepts also offers a series of **community dining** events across Woolwich, Wellesley and Wilmot Township. This is a great opportunity to get out of the house, connect with others and enjoy a hot, healthy meal. Sign up for one of our meal programs today by pre-registering through our office.

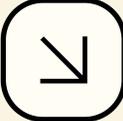


Maintaining a healthy diet is a key component of aging well. Community Care Concepts is here to help you gain access to the nutritional food that you need, including providing assistance with offsetting the rising cost of food. Contact us today at 519-664-1900, 519-662-9526 or 1-855-664-1900 for more information or to register for our programs and services.

WATERLOO-WELLINGTON EVENTS



SAVE THE DATE



2024

<p>FEB 03 2-4PM</p>	<p>NAVIGATING A LIFE CHANGING DIAGNOSIS: WATERLOO</p> <p>↘ Waterloo North Mennonite Church, 100 Benjamin Rd, Waterloo, ON N2V 2G8</p>
<p>FEB 22 1:30-3PM</p>	<p>NAVIGATING A LIFE CHANGING DIAGNOSIS: VIRTUAL</p> <p>↘ Zoom</p>
<p>MAR 21 5-8PM</p>	<p>PALLIATIVE EDUCATION EVENING FOR HEALTHCARE PROVIDERS</p> <p>↘ Bingemans Ballroom 425 Bingemans Centre Dr. Kitchener N2B 3X7 <i>*Please note there is a fee for this event</i></p>
<p>MAR 26 6-8PM</p>	<p>NAVIGATING A LIFE CHANGING DIAGNOSIS: GUELPH</p> <p>↘ Sanctuary Room, Harcourt Memorial United Church, 87 Dean Avenue, Guelph, ON N1G 1L3</p>

For more information:

waitingroomrevolution.com/events



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Ontario Health West Region is sponsoring Palliative Care education for Patients and Family Caregivers who reside within the West region of Ontario Health. This strategy aims to increase public awareness and provide education around palliative care services. Funding is provided for all registrant fees for attendance.

Navigating Finances with Young Onset Dementia

Living with young onset dementia can present significant financial challenges, but early planning and support can alleviate some of the stress. Here's a simplified roadmap to help you manage your money effectively while navigating the complexities of dementia.

Start Early, Stay Informed

Begin your financial journey by accessing resources like the Alzheimer Society's video presentation on finances and dementia, available for free viewing on our website at alzheimerww.ca. This informative tool provides valuable insights into managing money while living with dementia. Additionally, explore planning tools offered by organizations like the Alzheimer Society to assist you in organizing your finances. Making a list of any questions you have after watching the video can help guide your next steps.

Seek Support

Enlist the help of trusted friends or family members who understand your diagnosis and can assist you in financial matters. Organizations like Credit Canada and your local Alzheimer Society can also provide valuable guidance and support tailored to your needs. Regular money workshops offered by Alzheimer Societies can offer practical advice and strategies for managing finances effectively.

Streamline Your Finances

Simplify your financial management by considering joint account ownership or reducing the number of cards you use. Setting up automatic bill payments can also help ensure your financial obligations are met on time. If necessary, consult with your bank or credit union to explore free, easily implemented money-management tools that can help streamline your financial processes.

Consult Financial Professionals

Seek advice from financial professionals, such as bankers or financial advisors, to discuss long-term financial strategies. This may include exploring workplace accommodations, accessing disability benefits, or downsizing assets if necessary. Financial planners can help you create a personalized financial plan that takes into account your specific needs and circumstances.

Explore Work Options

Consider your work options carefully, whether it's continuing to work with accommodations, taking early retirement, or accessing disability insurance through your workplace. Understanding your rights

and available benefits is crucial in making informed decisions about your employment. If you're unsure about your options, consult with your employer's Human Resources department or Employee Assistance program for guidance.

Research Care Costs

Research the costs of supportive housing or long-term care in your area to plan for future care needs. Understanding the financial implications of different care options can help you make informed decisions about your long-term care plan. Additionally, explore government disability payments and caregiver benefits that may be available to you or your family members.

Plan Your Estate

Ensure your wishes are followed by creating or updating your powers of attorney and will. Affordable options for legal documentation are available, such as LegalWills.ca or Willful.co, making it easier to plan your estate effectively. Consulting with a lawyer specializing in estate planning can provide valuable guidance and ensure that your legal documents accurately reflect your wishes.

Stay Vigilant Against Scams

Protect yourself from scams by staying informed and vigilant. Utilize resources from reputable organizations like the Alzheimer Society to learn how to recognize and avoid financial scams targeting individuals with dementia. Regularly review your financial statements and be cautious when sharing personal or financial information, especially online or over the phone.

Connect with Supportive Resources

Remember, you're not alone in this journey. Connect with your local Alzheimer Society Waterloo Wellington for personalized assistance and support tailored to your unique needs. These organizations can provide valuable resources, support groups, and workshops to help you navigate the challenges of living with young onset dementia.

By following these steps and accessing available resources, you can navigate your finances with confidence while living with young onset dementia. With proper planning and support, you can ensure that your financial affairs are managed effectively, allowing you to focus on your health and well-being.

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Slow Cooker Chili

NUMBER OF SERVINGS: 6

Ingredients

- Fresh cremini mushrooms 8 oz (250 g)
- Onion, chopped 1
- Garlic, minced 2 cloves
- Lean ground beef, crumbled ½ lb (225 g)
- Green pepper, finely chopped 1
- Red pepper, finely chopped 1
- Kidney beans, drained and rinsed 1 can (540 mL)
- Diced tomatoes 1 can (796 mL)
- Tomato paste 1 can (156 mL)
- Chili powder 2 Tbsp (30 mL)
- Mushroom Seasoning Blend 1 packet
- Ground cumin 1 tsp (5 mL)
- Salt 1 tsp (5 mL)

Directions

1. Place the mushrooms, onion and garlic in a food processor and pulse until finely chopped. If no food processor is available, finely chop mushrooms, onion and garlic.
2. Combine the mushroom mixture, ground beef, green pepper, red pepper and beans in a slow cooker.
3. Stir the diced tomatoes with the tomato paste, chili powder, seasoning blend, cumin and salt until well combined. Pour this into the slow cooker.
4. Cook on high for 5 hours or on low for 10 hours.

NUTRITION PER SERVING

Calories 203 | Protein 14 g | Fat 5 g | Carbohydrates 21 g | Fibre 8 g | Sodium 622 mg



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Recipe Resource for Healthy Aging © 2016. For more information: www.aha.the-ria.ca/recipesour

Soups/Stews

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HOME & GARDEN

St. Clements Heart & Home

1011 Industrial Cres., St. Clements
LetUsFloorYou.ca | 519-699-5411

HOME SUPPORT SERVICES

Bayshore Home Health

Personalized Home Care Services
226-215-3152

Community Care Concepts

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

Promyse Home Care

Nurse Managed In-Home Care
519-208-2000 | www.promyse.ca

LAWYERS

GGFI Law LLP

82 Huron St. Unit B | New Hamburg
519-662-2000

515 Riverbend Drive, Suite 200, Kitchener
519-579-4300

MOVING & DOWNSIZING

T's Complete Move

Downsizing, Decluttering, Moving Services
226-820-1032 | tscompletemovesolutions.com

PET CARE

Pet Valu New Hamburg

100 Mill St., NH | 519-390-0265

PROFESSIONAL SERVICES

Futher-Franklin Funeral Home

1172 Henry St., Wellesley
519-656-2880

IRENIC | Debbie Yantzi

Certified End of Life Doula
519-580-4312 | Debbieyantzi@hotmail.com

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.

COMMUNITY BUSINESS DIRECTORY

REAL ESTATE

Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

Angela Baas, Royal LePage Wolle Realty

Resident of Wilmot Township
519-747-2040

Jim & Tricia Miller

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

RETAIL

Focus Computers

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

Miller's Mercantile

13 Foundry St., Baden
548-333-3989 | millersmercantile.com
contact@millersmercantile.com

New Hamburg Office Pro

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

Sobeys New Hamburg

100 Mill St, New Hamburg
519-662-1374

RESTAURANTS

MeMe's Cafe

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

Pizza Arca

98 Peel St, NH | 519-662-2583

Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley
519-656-2430

SENIOR CARE FACILITIES

Tri-County Mennonite Homes (TCMH)

200 Boullee Street, New Hamburg
519-662-2718 | www.tcmhomes.com

Trinity Village Studios & Terraces

2711 Kingsway Dr., Kitchener
519-896-3112 ext 300 | www.trinityvillage.com

Woolwich Seniors Association

24 Snyder Ave. Elmira
519-669-5044

TRANSIT

Kiwanis Transit

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

TRAVEL

Stonetown Travel Ltd.

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

Northstar Travel | Getaway with Ann and Pat

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newhamburg@arnoldhearing.ca

March 2024

Aging Well In Wellesley

Information & Active Living Fair



FREE EVENT!

**Wednesday March 13, 2024
9 am - 2 pm**

**Guest Speakers
Displays
Lunch Included
Door Prizes**

**Wellesley Township Recreation Centre
1401 Queens Bush Road, Wellesley
(Corner of Hutchinson and Queens Bush Road)**

You must register for this event

Please contact
1-855-664-1900 or 519-664-1900 to RSVP
1-855-664-1900 to RVSP

This event is hosted in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.

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