

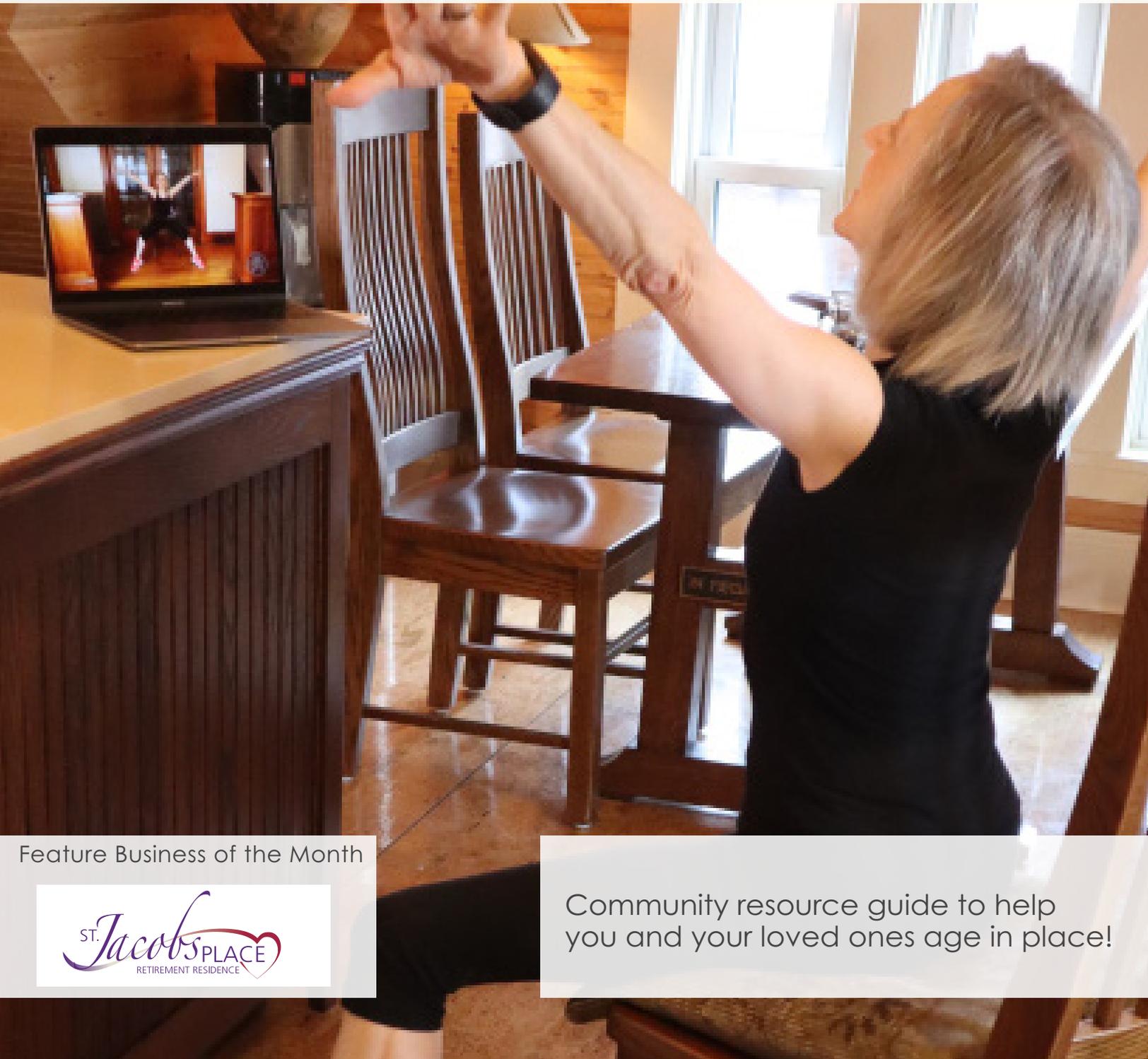
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EMBRACING CHANGE

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

VOL 2 ISSUE 9 MAY 2020

www.embracingchange.ca



Feature Business of the Month



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

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The Village of Winston Park, your outstanding commitment
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LETTER FROM THE EDITOR

It can sometimes seem like these COVID-19 protective measures will last forever – it can be a scary thought to think that we might always have to live like this. Remind yourself that it will end, even if we might not have a clear end date. Just like the seasons pass every year, this COVID-19 season will also pass. We will return to our regular lives in the days ahead.

On May 10th we celebrate our Mothers. Mothers are nurturers, providers, supporters, and caregivers. Each year on the second Sunday of

May, we pause to celebrate the sacrifices and contributions of the mothers in our lives, reflect on the meaning of motherhood, and consider the importance of maternal bonds in our community. This year may be a little bit different in the ways we celebrate the special women in our life. But for all of the Mothers out there, we are thinking of you and wishing you a wonderful day!

May 11-17th is National Nursing Week and May 19th is Personal Support Worker (PSW) Day! Over my years in the Healthcare Industry, I have witnessed the commitment and dedication of Nurses and PSW's time and time again. They are the friends, confidants, interpreters, and consoling voices that residents need to overcome challenges on a daily basis. We are profoundly grateful for everything you do. We know that it is not an easy job, especially in times like we are facing right now. Many of you go through physically exhausting and emotionally draining times. Your passion and enthusiasm compel you to overcome these challenges with the knowledge that your contribution is critical to the well-being of your dependents. I would like to extend our sincerest thanks to each and every one of you.

Self-Care Tip ~ Focus on controlling the things that you can

It is natural to worry about the future, especially when it seems so uncertain. The key is to not get swept by our thoughts and feeling of anxiety. We cannot control the future, nor should we let uncertainty drive us to hopelessness. We can fight this by concentrating on what IS within our control – deep-clean your living space, re-organize your closet, start a new creative project, etc.

Remember – this is a new normal, but it is a temporary normal. As the spring has arrived, I hope you all enjoy the bright sun, warm air and lush green grass. Spring is the time to renew your hopes!

On The Cover

Jill Simpson taking a Great Brain Workout-Fitness for Your Aging Brain class online (from herself). The Great Brain Workout is cosponsored by the Woolwich Seniors Association and The Township of Woolwich and usually runs Fridays at the Woolwich Memorial Centre.

During closures The Great Brain Workout is offering free online classes to all seniors. Email the greatbrainworkout@gmail.com or visit their Facebook page at [The Great Brain Workout Community](#).

Cover photo taken by Robert J. Dyck

Cover story written by Jill Simpson on Page 8.



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Tara

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.

The New Hamburg Continuation School Reunion



Photo submitted by Ron and Helen Ehrat | Photo credit to Kenneth Brown

Flashback Photo

The New Hamburg Continuation School reunion was held on September 17, 1994, at Waterloo-Oxford D.S.S.

The actual building was located on the corner of Huron and Milton Streets. It was built in 1874. This photo includes students who attended the continuation school from 1938 - 1954.

MESSAGE FROM

Roslyn Bentley

EXECUTIVE DIRECTOR, WOOLWICH AND WELLESLEY COMMUNITY HEALTH CENTER



2020 has been declared the international year of the Nurse and Midwife by the World Health organization to mark the 200th anniversary of the birth of modern nursing's founder Florence Nightingale and to recognize the critical contribution both professions make to global health.

Nightingale brought a rigor to nursing that included the careful study of infection rates, the importance of measurement and trend analysis through statistics and focusing on cleanliness, especially in the home. She used her findings after the Crimean War and following other careful investigations to lobby the government to improve public health, particularly in rural India. She advocated for improved sanitation, helped establish improved drainage systems that reduced the spread of fatal diseases, advocated for plenty of fresh air and supported efforts to relieve famine and poverty. Her lessons could not be more important today as we all look to maintain ourselves and our environment as healthy as possible particularly in the wake of worldwide infections where we all need to work together to provide the greatest possible benefits for all peoples.

In the response to the COVID 19 emergency, nurses, midwives and personal support workers have been on the frontlines of health care across the world. Many of them, mostly women, are also caregivers in their home life too, making their care burden doubly challenging. It takes a special person to overcome the fears and concerns of one's own life to provide care for others each and every day.

Many readers will be able to think of a remarkable care provider in their life, it might be the person who helped guide your baby into the world or the one who held the hand of a dying family member – literally supporting our community from cradle to grave. So please join me in taking time this month to thank the very many extraordinary humans I have had the privilege to call my colleagues over the years and who are always at the forefront of care! We salute your strength, grace, intellect, and passion in providing exceptional care and inspiration.



Roslyn Bentley

Executive Director

Woolwich and Wellesley Community Health Centre, Linwood Nurse Practitioner Office



Embracing
Change

Due to the COVID-19 outbreak, we are encouraging our readers to view the Embracing Change publication in digital format.

Please see below for the step by step guide in order to access our digital format.
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Step 3: Select download PDF on right hand side

You can also subscribe for free to receive a copy of the PDF issue directly to your email inbox every month when it is released.

To subscribe please do the following:

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If you have any questions please feel free to call Embracing Change at 519-574-6428.

Thank you to all of our readers for your understanding, dedication, and readership. Stay well, Tara



Karen Weber
Owner/Consultant

Traci Jutzi
Consultant

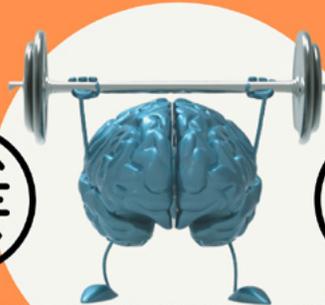
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Technology: How to Stay Connected

A common concern for many seniors is how to keep up with various technological advances which are in common use today. Far from only being a work-place tool, computers and other tech are integral parts of family life, social life, along with the many volunteering opportunities and others.

For example, an extended family may use a texting app (such as WhatsApp or others), to share family news, send pictures or coordinate family gathering times. Some volunteer activities, as well as family groups, may use Google calendar as a way to confirm schedules, shifts, birthdays, or other event-related information.

Learning and maintaining skills in these areas can be an important piece of the puzzle when it comes to staying connected and integrated with others.

A few key pieces can help to keep you connected:

◆ Learn the basics

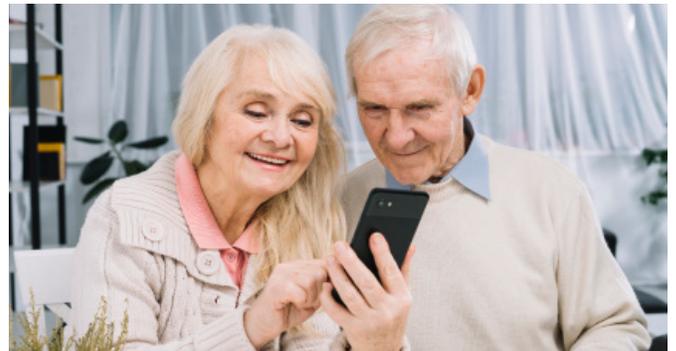
Whether you are using Windows, Mac or Google, many systems are very similar. Figure out what others in your circles (like your extended family) are using. Try a few things out and see what works best for you and matches well with others that you want to connect with. Consider taking a class to upgrade and maintain your skills.

◆ Cell phone vs landline

Unlike in the past, a cell phone is considered by many to be a more critical communication tool than a landline. If you only have one phone, consider a cellphone.

A well-designed smartphone is a very easy device to use, even for a beginner. While you may want to ask for help getting it set up, many of the functions are just as simple to use as a landline. In some cases they are even easier; for example, a contact on a cell

phone (when dialing a phone number) will often have a picture of the person you are calling. This is a very simple way to ensure that you are dialing the person you want to talk to; plus it reduces the risk of mis-dialing or forgetting a number.



◆ Laptop

Getting a basic laptop or other device (such as a tablet), is a very easy way to use a lot of functions like emailing to family and friends, keeping up with the news, listening to music or even online shopping (which is sometimes more convenient than driving out to get something, especially when the weather is bad or the roads are icy.)

As with the cellphone, you may want some help getting set up. Once set-up is complete and everything is working smoothly you will likely find that you use your device a lot and that it is a great way to help stay connected with others.

Most importantly, remember that all technology is simply a tool. Some parts are more complicated, but many are very simple to use. Embrace the opportunities and enjoy the added benefits that they bring to your life.

Provided by St. Jacobs Place Retirement Residence





COVER STORY WRITTEN BY JILL SIMPSON

Do something, how about everything, different during COVID-19?

Jill Simpson is a senior's fitness and positive-aging specialist. She is the developer of The Great Brain Workout-Fitness for Your Aging Brain. Her classes which usually run at the Woolwich Seniors' Association and throughout Kitchener-Waterloo will be offered online for free until community centres reopen.

Contact her at thegreatbrainworkout@gmail.com.

This spring, I had a plan to launch an in-class brain health experiment based on the **Do CHANGE**¹ program developed in Europe. Do CHANGE was created to encourage cardiac patients to make simple lifestyle alterations that positively affect longevity. Behavioural scientists (and most parents) will tell you that warnings and threats rarely work when it comes to motivating behaviour change. In point of fact, despite grisly photos and bold warnings on cigarette packages, a **2012 study**² found of the 95% of participants who said they were informed of the dangers of their smoking habit, only 5% reported even attempting to quit. I'd call that a dismal failure.

Do CHANGE, however, takes a different approach. It uses a cell phone app that sends cardiac patients a text that cues them to, "**Do something different!**" The emphasis is on action, not education. The study proves that taking action is empowering. When patients do just one small thing in a new way, it encourages them to make a further change, and another, and another. Those little changes add up to a huge lifestyle change, one that patients admitted they would not have undertaken based on their doctor's advice. Patients' brains reward their first step toward success with a rush of feel-good hormones. That hormonal glow encourages them to repeat the stimulus to get that hormonal rush again.

The COVID-19 crisis has overshadowed my plans for the experiment because suddenly **everything has changed!** Our brains can no longer take simple things for granted or operate on autopilot, and that's a good thing. To survive as individuals and as a species, we have to embrace change (as this

magazine says) because it turns out that mental flexibility is a key factor not only in surviving in a coronavirus world, but in healthy aging generally.

There are people in my classes who adamantly refused to use social media or even learn to use a computer. Since the lockdown, however, the desire for human connection has induced many technology naysayers to see computers as a way to remain socially connected in a disconnected world. Necessity is the mother of invention, and within a week of community centre closures, The Great Brain Workout created a new online brain health community where people could continue to exercise and stay in touch. We are all doing things differently. GOOD ON US! Our brains are rewarding our efforts.

Every so often, our thinking needs a bit of a shake-up to get it out of its rut. Unexpected difficulty requires us to attempt previously daunting tasks. Every time we do something in a new way it forces our brains to link new information with old developing new neural pathways. So, in a backhanded way, COVID-19 is a unique opportunity to **“Do something different!”** Every day is a stretching exercise for our brains as we find new ways to function in this suddenly unfamiliar world.

COVID-19 has forced us all out of our thinking ruts. Once out, go with the flow and let the momentum carry you along. How far you wish to go is up to you. You’ve always wanted to go to Harvard? Well, Harvard is coming to you. Through **Ed-X**³ top universities around the world are offering free online courses. And although not quite

the equivalent of Harvard or MIT, I am unabashedly going to plug **The Great Brain Workout**⁴ program which is being offered free online (yes, you do need a computer) to all seniors during community centre closures. You can learn a new language for free through **Coursera**⁵. You can make new friends and discover new ideas at **The Great Brain Circle Virtual Coffee Shop**⁶.

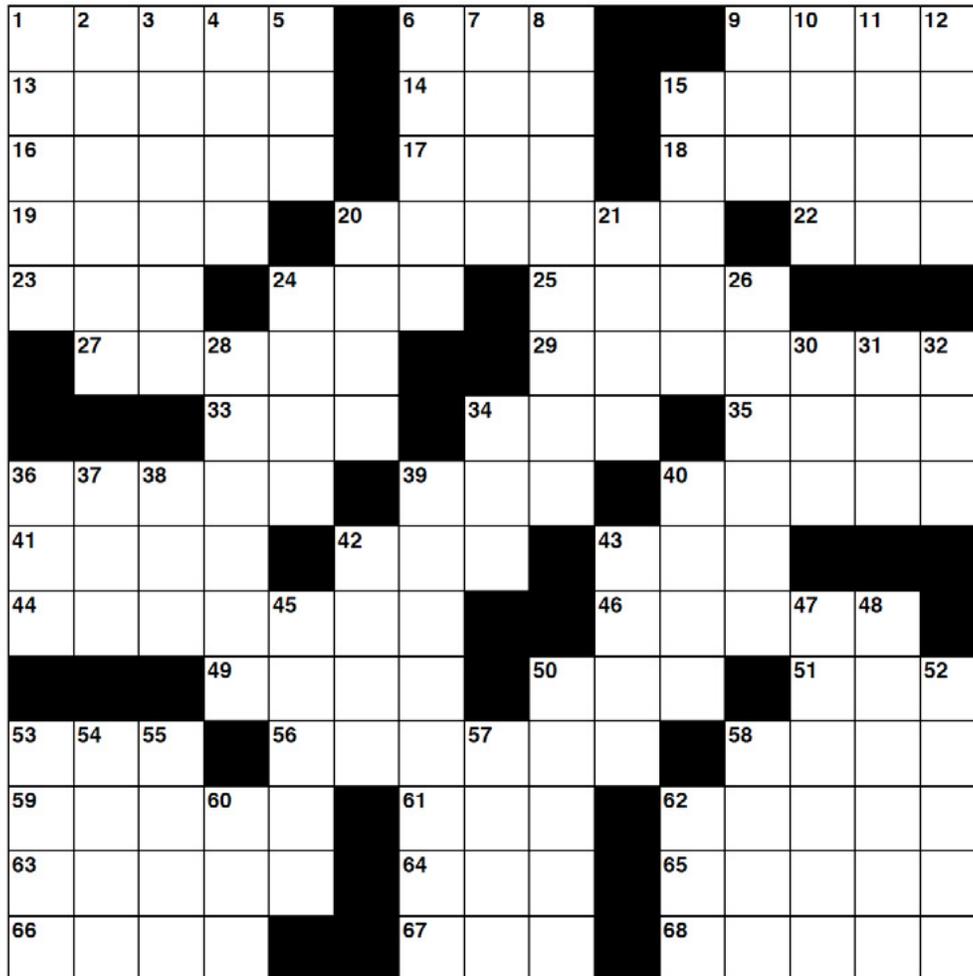
Hard as it may be to see a bright side to this virus situation, there is a small glimmer of light. It is forcing us all to, “Do something different” whether we want to or not, and that cognitive flexibility statistically enhances our chances of longevity. So, walk into your bathroom and give yourself a big high five in the mirror (because no one else can), for making small changes that broaden your perspective. It’s a brand-new world out there! Go with the flow and allow your brain to have fun finding new ways to do things and new things to do. Those little changes might well add up to a huge positive lifestyle change for which you will be forever grateful.

And now, excuse me! I have to go teach my new online **brain fitness class**⁷, something I could never have imagined doing a month ago.

-
1. <https://www.do-change.eu>
 2. Mannocci, A., Antici, D., Boccia, A., & La, G. T. (2012). Impact of cigarette packages warning labels in relation to tobacco-smoking dependence and motivation to quit. *Epidemiologia e prevenzione*, 36(2), 100-107.
 3. <https://www.edx.org/thegreatbrainworkout@gmail.com>
 4. <https://www.facebook.com/groups/2759869494120633/>
 5. <https://www.coursera.org>
 6. thegreatbraincircle@gmail.com
 7. <https://betterwithfitness.com>

MAY CROSSWORD

Mother's Day



By Evelyn Johnson - www.qets.com

Solutions on Page 16

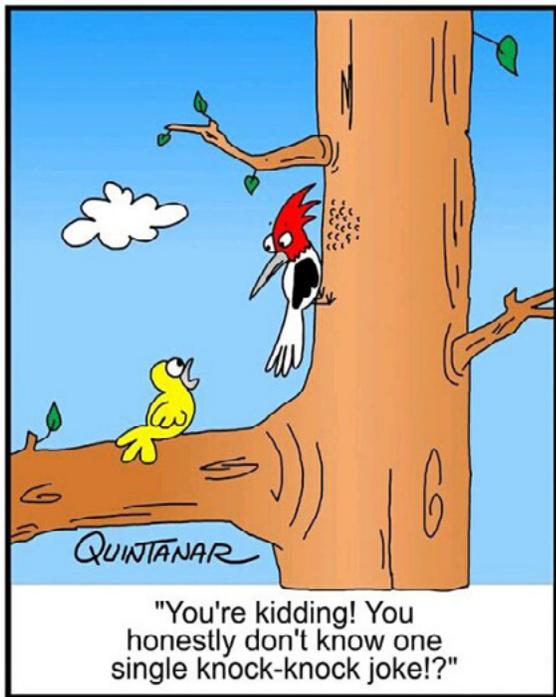
DOWN

- 1 Elemental
- 2 Gum tree
- 3 Female parent
- 4 Soft cheese
- 5 Lodge
- 6 Leading
- 7 Cried
- 8 Making into law
- 9 Doctoral degree
- 10 Helps
- 11 Sold at a discount
- 12 Killed
- 15 Remit (2 wds.)
- 20 Piece of writing with words that rhyme
- 21 Place where a person lives
- 24 Impolite
- 26 What's "in"
- 28 Area used for growing flowers
- 30 The other half of Jima
- 31 Not old
- 32 Attempt
- 34 Negative
- 36 Kimono sash
- 37 Food container
- 38 Embrace affectionately
- 39 Enter without permission
- 40 Long narrow opening
- 42 Pointed end
- 43 Voiced
- 45 Under, poetically
- 47 This or that
- 48 Ice cream spoons
- 50 Put into the ground to grow
- 52 Express emotions
- 53 Printed document sent on a special occasion to a friend
- 54 Winged
- 55 Depend
- 57 Alack's partner
- 58 Land unit
- 60 Delivery service
- 62 Perform

ACROSS

- 1 Deer
- 6 Wonder
- 9 Move past
- 13 Squirrel's dinner
- 14 Chicken
- 15 Vial
- 16 Textile
- 17 Government agency
- 18 Confuse
- 19 Hurt
- 20 Irregular
- 22 Stitch
- 23 Tell a tall tale
- 24 Pole
- 25 Boast
- 27 Contend
- 29 Emboss
- 33 High naval rank (abbr.)
- 34 North northeast
- 35 Pitcher
- 36 Yellow pigment
- 39 Children's game
- 40 Poor tv reception
- 41 Data transmission rate
- 42 Weep
- 43 Elderly
- 44 Inexperienced young woman
- 46 Flowers with thorny stems
- 49 Loch __ monster
- 50 Touch affectionately
- 51 Frozen water
- 53 Auto
- 56 Cause to feel dismay
- 58 Particle
- 59 Aleutian
- 61 Wing
- 62 Sound of a sneeze
- 63 American essayist ____ Waldo Emerson
- 64 __ Francisco
- 65 Snuck
- 66 People who favor the prohibition of liquor
- 67 Concord e.g.
- 68 Brief

Laughing Matters!



A man walks into a pharmacy and asks an assistant if she can give him something for the hiccups. The Assistant promptly reaches out and slaps the mans face. "What did you do that for?" the man asks. "Well, you don't have the hiccups anymore do you?" says the assistant. The man replies "No, but my wife does, and she's outside in the car."

A little boy is learning to play the violin. "I'm good aren't I?" he asks his big brother. "You should be on the radio" his brother replies. "Wow, do you think I'm that good?" says the boy. "No, but at least if you were on the radio I could switch you off."

FIND THE HIDDEN OBJECTS

Can you find all 10?



Resources for Resilience

Spirituality in These Strange Times

provided by Jane Kuepfer, RP, MDiv, PhD

Schlegel Specialist in Spirituality & Aging, Conrad Grebel University College

‘We’re in this together!’ – the new mantra in many places these days feels strangely ironic in the midst of physical distancing. Yet precautions against the spread of COVID-19 have surely heightened our awareness that we are all intimately connected with one another in this world, for better or for worse. For ‘worse’ in that we need to curb our social, travel, and even work habits to prevent our connections from being a conduit for a virus. For ‘better’ in that we now realize how much we have taken for granted, and how important our connections are to us.

In my work with the Schlegel-UW Research Institute for Aging, I have been especially conscious during this time of the power of connection for those living in long-term care and retirement homes. Connection is what brings meaning to life.

In fact, the core of who we are as human beings, our ‘spirituality’, can be described as our capacity for connection – to one another, to our deeper selves, to nature, and to God.

During this time of physical distancing, families and friends have found ways to stay

connected, through technology, through the mail, through window conversations. Many have found opportunity to reach for deeper connection to nature, going for walks and breathing deeply as spring emerges. Some have had more time for quiet, to be alone with ourselves and with God.

How has this changed us already? What effects of this pandemic might we see as the future unfolds?

I wonder if we might find ourselves becoming more ‘spiritual’ in all the best ways. What do I mean by that?

Spirituality is a capacity we all have of which we tend to become more aware when times are tough.

We’ve already noted our capacity for connection as a central aspect of spirituality.

Spirituality also thrives in our capacity for gratitude. When we no longer take our everyday blessings for granted, we are moved to gratitude for things as simple as our breath, breath that gives us life, breath that could so easily be taken away. A simple spiritual practice is to pay attention to

Further Reading

Message to Canadians from Religious Leaders in Canada

(Message of hope, gratitude, and solidarity)

<https://www.councilofchurches.ca/wp-content/uploads/2020/03/A-Message-to-Canadians-from-Religious-Leaders-in-Canada-in-Response-to-the-COVID-19-Pandemic.-Final..pdf>

Spiritual practices for the pandemic

<https://www.spiritualityandpractice.com/practices/features/view/28853/spiritual-practices-for-the-coronavirus-pandemic>

one's breath, breathing in what you need, and breathing out (letting go of) what you don't. Practising gratitude leads to greater contentment, whatever one's circumstances.

Which leads us to reflect on spirituality as our capacity for strength and resilience. Rooted in our memories and stories, our spirituality fuels our conviction that we can get through this. We've all been through hard things before. What got us through? What are the stories that remind us of our strength and resilience? Those in their fourth quarter of life, especially, have so much life experience. Take the opportunity to ask about and tell stories together of hard times in the past. Celebrate resilience!

Spirituality opens us up to hope – look around for glimmers, for good news stories, for birds nesting and flowers blooming outside your window. Cherish your faith traditions: prayer, scripture, familiar rituals, sacred music. Appreciate beauty and goodness. Laugh, love and enjoy one another, trusting that the future will unfold as it should.

Finally, our deeper humanity, our spirituality, fuels kindness. As spiritual beings we are most fully alive when we are living out of compassion, when we are caring for one another. So what helps you to be your best self? Do more of that! And consider how your existence today might contribute to making this world a better place. Remember - how we live today is making memories for our shared future.

So breathe deeply, find gratitude, connect, hope, celebrate resilience, and be kind. We are in this together!



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

- Another great reason, buyers are more willing to go out and explore
- Properties eager to move during the summer will need to find and make repairs in their homes several months prior
- Flowers bloom, grass is starting to grow up and trees and trees start to bloom

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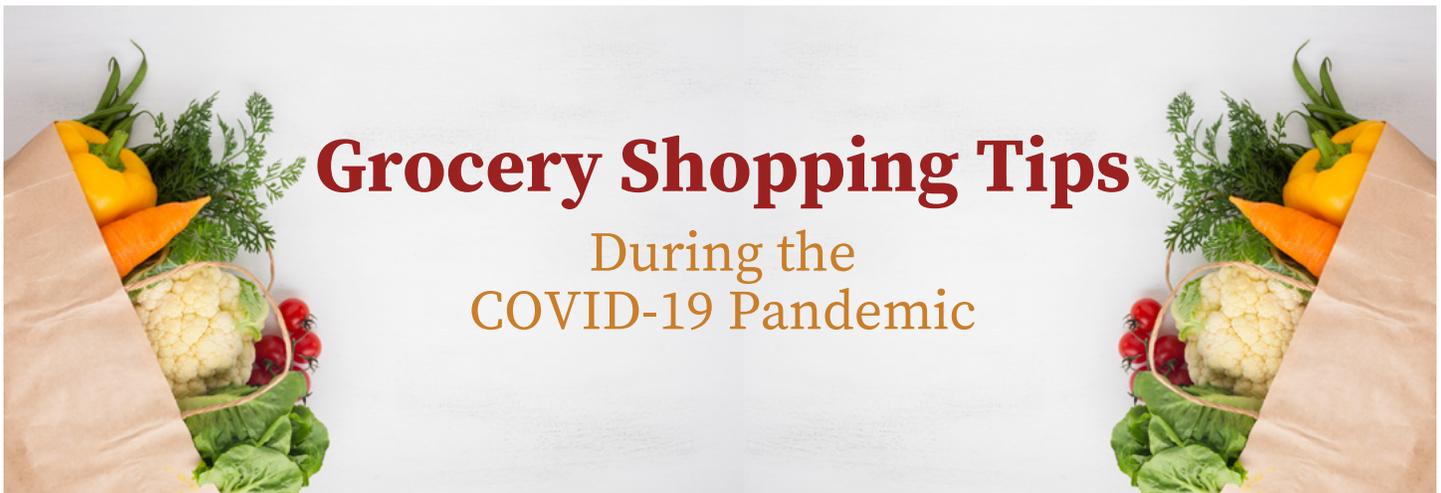
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Grocery Shopping Tips

During the COVID-19 Pandemic

Grocery shopping is one of the few essential outings left, so it is important to protect store employees, yourself and your family. As older adults, we have an important role to play.

Do not go out to the grocery store if you:

- ✓ Are Over 70 years old – If someone has offered to pick up your groceries, please let them do so. If you do not have someone who can pick up your groceries; we can help. Call us at the phone number listed at the bottom of the page.
- ✓ Are ill or living with someone who is feeling unwell.
- ✓ Have recently travelled outside of the province.
- ✓ Have a weakened immune system or chronic health condition.

Before you go to the grocery store

- ✓ Choose one person in good health to be the main grocery shopper.
- ✓ Create a list in the order that you will come across the item in your local store.
- ✓ Buy enough groceries to last you for a week.
- ✓ Call your store to find out what are the least busy times. In many stores the seniors' only hour is actually the busiest. If you arrive and it is too busy, go home and try again later.
- ✓ Ensure you bring your own wipes and sanitizer; stores are doing their best, but these items are currently in short supply.

At the grocery store

- ✓ New recommendation: wear a cotton mask while in the grocery store.
- ✓ Wipe the handle of the cart with a sanitizing wipe before you use it.
- ✓ Keep both hands firmly on the cart, except when picking items from shelf to avoid touching your face.
- ✓ Many stores are directing you to travel in one direction; follow these arrows as it avoids people having to pass each other in the aisle.
- ✓ Practice social distancing; stay 6 feet away from other people. Wait if someone in the aisle is ahead of you. Do not stop and chat with people in the aisle.
- ✓ Avoid paying with cash, if possible.
- ✓ Wipe your hands with a sanitizing wipe when leaving the store or use your own hand sanitizer. Don't touch your face!

For assistance with grocery shopping or other needs, call Community Care Concepts
519-664-1900 or 1-855-664-1900



Ask the Doctor

with
Dr. Nicole Didyk

As a person over the age of 60 I am always wondering what the best ways are to boost my immune system, especially during times like we are facing right now with the COVID-19 outbreak.

Can you tell me what you suggest older adults do to boost our immune systems?

There are some changes to the immune system that are a normal part of aging:

1. Immunosenescence

The normal age-related loss of immune function with age, it includes a reduction in the number and function of certain types of white blood cells.

2. Inflammaging

Part of immunosenescence, this is a sort of chronic low-level of inflammation and release of inflammatory chemicals in the body (we call them pro-inflammatory cytokines)

These changes mean that older adults have:

- higher risk of getting infections
- lower response to immunization
- higher risk of autoimmune disease (like rheumatoid arthritis for example)

So, what can you do as an older adult to “boost” your immune function? The answer consists of some good old-fashioned lifestyle advice:

Exercise

Even a single episode of moderate exercise like walking can enhance the activity of the immune system, even in an older person.

Nutrition

Obesity promotes inflammation, so if you are overweight, reducing in a healthy way could boost your immune system. There are some studies of the role of n-3 polyunsaturated fatty acids (PUFA's) in reducing levels of inflammatory chemicals. N-3 PUFA's are found in nuts, seeds and fish (fatty fish like salmon has the most). We don't have enough

evidence to recommend a supplement but eating a healthy diet with lots of vegetables and fruit and adding in a few PUFA-rich items is the way to go.

Stress Reduction

Emotional stress does affect immune function and should be avoided if possible. Meditation, counselling and exercise can help.

Sleep

Natural, regular sleep can promote optimal immune function. This doesn't mean that you should start taking a sleeping pill to get your “8 hours” of rest, but if you add some exercise to your routine, sleep will usually naturally improve too.

Of course, other factors affect a person's immune function including genetics and personal health history. Making positive lifestyle choices is the best way to keep your immune system as boosted as it can be.

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

You don't need to give your name or any identifying information.

Disclaimer:

Any comments Dr. Didyk may make regarding an individual's story should not be construed as establishing a physician-patient relationship between Dr. Didyk and a caregiver, or care recipient, and should not be considered a substitute for individualized medical assessment, diagnosis, or treatment.

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Notice

Cruizin' at the Pond "Baden Classic Car Show"

Cruizin' at the Pond has been cancelled for June 2020. July-September 2020 shows are yet to be determined

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It's Time for a Different Kind of Check Up



Life as we once knew it has slowed down considerably in recent weeks and it looks like it's going to last for a little while, maybe even a long while.

Judging by the number of phone calls we've been getting lately many people are requesting an insurance check-up. That's right everything is on the examination table these days.

For example, small to medium size businesses are looking for innovative ways to cut costs but at the same time provide meaningful benefits to their employees. Traditional insurance companies providing traditional packages of group insurance are being put under the microscope and, quite frankly, maybe it's about time.

We have been reshaping the future of group insurance for the past 40 years with a special focus on unique plan designs that incorporate special drug formularies, fair pricing for couples, health and wellness spending accounts and employee assistance programs. We call it The GroupSolution™ Program.

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Something else getting a lot of attention these days is life insurance. Covid-19 might have something to do with it especially when you consider the number of companies today that are providing guaranteed issue insurance.

Social distancing has caused many of the insurance companies to temporarily relax on their underwriting rules. For example no medical, blood or urine tests for up to \$1,000,000 under the age of 50 and up to \$100,000 for individuals between 51 and 70 years of age. Covid-19 has made this a good time in more ways than one to think about your life insurance.

In our next article we will take a look at the importance of health and dental insurance for individuals like retirees, contract workers, self-employed and employees without benefits.

Are you ready for an insurance check-up? Give us a call at (800) 433-5307. Until then, be safe and play by the rules.





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Open for Phone Orders

Tips for Care Partners during COVID-19

Alzheimer Society

WATERLOO WELLINGTON

Taking care of someone with dementia requires time and energy. It can be a demanding and stressful task. Now, with social and physical distancing orders in place due to the ongoing global health crisis of COVID-19, care partners may experience more severe feelings of isolation. Here are some tips to get through this time, and to help recognize when more help is needed.

1. Watch for warning signs of stress

Knowing and recognizing the signs of stress is the first step toward taking action. Watch for feelings of denial, anxiety, depression, anger, and exhaustion, as well as sleeplessness, lack of concentration, health problems, and withdrawing socially from keeping in contact with family and friends.

2. Stay connected digitally

Heading out to a cafe or to a friend's for lunch is no longer possible, but there are many ways to stay in touch with family and friends digitally. Give someone a video call for free using apps like Skype or Zoom, or use an app like Houseparty to video chat and play fun games.

3. Spend time outdoors

If it is safe for you to head outside for a walk while maintaining physical distance from others, take a lap or two around the neighbourhood to get some fresh air. If you have a backyard, porch, or patio, consider enjoying a cup of tea outside for a change of scenery.

4. Try a guided meditation exercise

There are tons of free videos on YouTube of guided meditations that can help you practice breathing deeply, and give yourself space to address, accept, and let go of difficult emotions. While not a replacement for professional help, 10 minutes a day of mindful breathing might help you recharge.

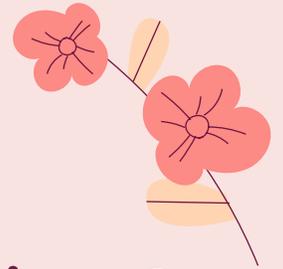
5. Continue attending virtual counselling sessions and support groups

We know that now, more than ever, our support can be vital for care partners feeling isolated. We've moved as many programs and services as possible to online spaces, including one-on-one counselling sessions and some support groups. **Give us a call today to set up a chat: 519-742-1422.**

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Holding On:

Moving Mom Brings Memories

My contrarian father-in-law, Dodie, used to say, “When you get old, you’re a nuisance to yourself and everyone else.”

“What the hell,” he’d say, “I’ve lived a good life; I’m ready to go any time!” He lived independently to 91.

Lately, our normal schedule hasn’t been the same since my mother-in-law reluctantly concluded that moving to a retirement home, sooner than later, would be best. It’s been something we’ve talked about for the last two years; and, to be honest, it’s been a difficult process for her, and my wife and me.

Our RR1 Bright move was, in part, to be closer to mom. And, that’s been a good thing – making us better able to respond to her increasing number and variety of needs.

We were wanting to honour her wish for independence, within her own apartment; but, her reduced quality of life, due to deteriorating eyesight and hearing, had become a personal safety issue – in addition to her always threatening heart condition.

Now, we’re happy because she’s happy – meeting new friends; enjoying balanced, prepared meals; having 24-7 nursing service.

A good friend, having gone through the same process with her aging mom, gave good advice: that no matter how frustrating it gets today, you want to look back and have wonderful memories. And, looking through her 95-year-old eyes, it must be sad holding on to a lifetime of photos and memorabilia of family and friends — mostly all gone.

So, she takes it personally — after our trying to sell her cherished furnishings on websites and “moving” sales — that almost no one was interested in her “stuff.” Charities will pick up donations; but, to sell at a fraction of their real worth.

Living on debt, folks riding high on low interest rate credit people have only so much cash to spare, so DIY (do-it-yourself) furniture and home decor stores like Ikea — despite relatively low quality — offer trendy designs at low prices and, most importantly, easy credit terms. For Ikea, the “tool” rules. Handcrafted furniture? Not so much.

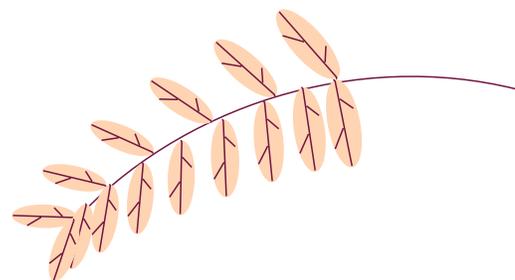
But, whatever we value, it’s eventually reduced to nothing. As Shakespeare reminded us, “Golden lads and girls all must, as chimney-sweepers come to dust.”

I guess with all our busyness it’s easy to forget that our time on life’s stage is a brief moment ... compared to eternity.

And, when her time comes, we’ll miss the contribution she’s made to our lives, including: creating hand-smocked dresses and sweaters for her grandchildren; the fabulous family quilts she made for our beds; the many hours she spent babysitting; the family get-togethers she hosted for holidays and Sunday dinners; the timely financial gifts; plus, the holiday baking she’d make for Christmas. The kids always looked forward to grandma’s goodies!

Without her presence, all we’d have is fading photos of a bright star that once illuminated our lives. So, during their twilight years — despite often overlapping issues of our own — let’s celebrate our older one’s lives ... while we still can.

All too soon, our lives will be so wanting without them.



‘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



Quick Tip Provided by Hemmerich Hearing

Hearing Loss and the Road Ahead

Early identification of hearing loss, followed by appropriate intervention and management, can make a big difference. People with hearing loss, and those around them, can benefit from the use of hearing aids and related services.

Remember that it takes time to get used to a hearing aid, especially for those who have had a hearing loss for a long time. The world can seem very noisy and even overwhelming at first. If you know someone who has tried hearing aids but

has stuffed them into a drawer, encourage them to go back to their hearing care professional to have the aids readjusted. It can take several visits to achieve a comfortable fit and good sound quality. Relearning forgotten sounds takes time. Your patience and encouragement can be a big help.

For more information contact Hemmerich Hearing at 519-662-6884 for more information.



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Another QUICK TIP from Heart of the Matter Professional Organizing

Is your linen closet overflowing? Perhaps now when you are spending more time at home it might be the perfect opportunity to give it a face lift.

First of all, pull out every item from the shelves of your closet. Perhaps you could use a spare bed as the surface to spread things out. Group like things together, for example, bath towels, wash cloths, sheets, blankets, hand towels, beach towels, tablecloths, decorative linen items etc. Do you have linens elsewhere that should be part of the project? Perhaps on the shelf of a bedroom closet? If so, bring them all and include them in the sort.

Ask yourself several questions:

- 1) Do I use this?
- 2) Do I need this many of this particular item?
- 3) Is this item worn out or ragged?
- 4) Why am I keeping this item?
- 5) What would my life be like without this item?

Take the time to handle each item and evaluate whether or not you need to keep it. Once you have determined what you are going to keep, decide where you are going to store each item. Do you need to create a boundary by putting it in some sort of bin? Can they remain neatly piled on the shelf?

If there are items that you have determined as being more suitable for rags (well used towels etc) then bag them up to be delivered to the Thrift Shop when it is safe to do so. Mark the bag accordingly to help out the volunteers in their sorting process. If the items you no longer need are in good shape, then bag them for donation as well.

If you are keeping items for sentimental reasons then we suggest to just keep a sampling. Choose a few favourite cherished items, and pass along others to family members or to the Thrift Shop. How much better for these items to have a new life and be loved

and appreciated by a new family rather than being part of your overstuffed linen closet? Don't let your past weigh down your present. Having reasonable quantities in your closet makes it easier to keep tidy and is also a perfect next "action step" on your way to a rightsized home.

P.S. Here is a quick tip for storing your sheet sets. Put the complete set in one of its pillowcases. This includes the fitted sheet, flat sheet and extra pillowcase! Everything is all together and you don't have to fuss with the fitted sheet that is so hard to fold neatly.

Contact us today to book your complimentary no obligation initial consultation.

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

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All group, community programs and fitness classes are cancelled until further notice.

Please check our website for current information: www.wchc.on.ca

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Navigating volatile markets in a global health crisis



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We are living in circumstances that most have never experienced before. It would be unique indeed to not be feeling the tiniest bit unsure about the world economy or your investments, given recent events. Yet there are two vital points to keep in mind:

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2. We do not build portfolios to last until the next event, we build them for the long-term. This does not come with the expectation that your investments will never experience declines, rather, your portfolio is built to withstand them so that it can carry you through to the next recovery and future gains.

Please keep these foundational points in mind as you turn on the news or look at the markets, which can add to your feelings of fear and uncertainty. We remain disciplined in our long-term investment approach, active in our ongoing due diligence and continue to have confidence in our portfolios.

With that in mind, if you have any questions regarding your portfolio and investment plan, I would love the opportunity to discuss your current strategies. Please do not hesitate to contact me at 519-757-6275 or mark.dickens@rbc.com. We look forward to helping you navigate volatile markets and to help ensure you are reaching your financial goals.

Sincerely,

Mark Dickens
Investment Advisor
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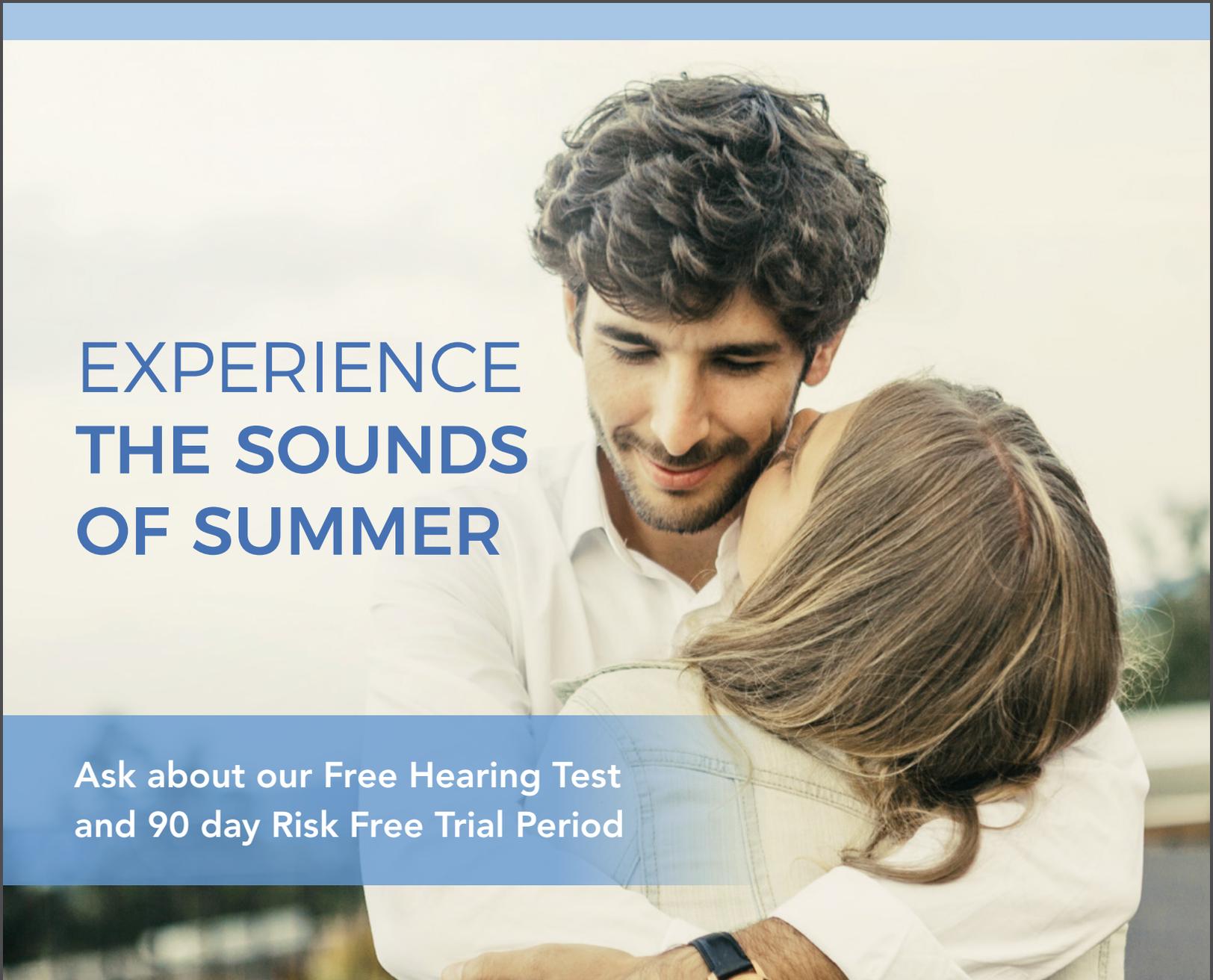
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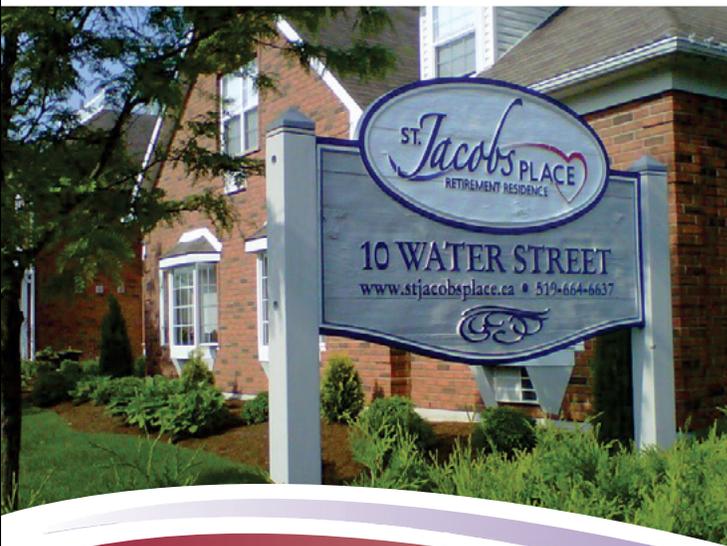
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