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EMBRACING CHANGE

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

VOL 4 ISSUE 9 MAY 2022

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Feature Business of the Month

Alison Willsey
BROKER

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



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On The Cover

May 19 marks Personal Support Worker Day in Ontario. This month's cover profiles three PSWs employed by Community Care Concepts – Christine, Linda and Rachel.

Read the full story on page 8.

Cover story written by: Cathy Harrington, Community Care Concepts

Cover photo credits:
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LETTER FROM THE EDITOR

From May 9-15 we recognize National Nursing Week. The theme this year is #WeAnswerTheCall which was developed by CNA to showcase the many roles that nurses play in a patient's health-care journey. On May 19th we also recognize PSW Day. Be sure to check out the cover story to read about the important role that PSWs play in supporting seniors and adults with unique needs to live independently in the community. This month's cover profiles three PSWs employed by Community

Care Concepts – Christine, Linda and Rachel!

You've probably heard the term "life hack" before, but what does this really mean? According to Wikipedia, a life hack is any trick, shortcut, skill, or novelty method that increases productivity and efficiency, in all walks of life. In other words, it's all about finding ways to eliminate some of life's everyday frustrations or struggles by utilizing clever methods you might not have considered before. Do you have a life hack that has helped you in some way and would love to share it with our readers? We thought it would be fun to share our readers life hacks with each other in each issue of Embracing Change starting with this issue.

Life Hack Tip of the month ~ Holding Glassware

If holding a glass is difficult you can place rubber bands around the glass to make it less slippery. Such an easy and simple life hack!



Tried, tested and true, what are your favorite life hacks to get you through?

If you would like to share your wisdom with our readers on your favourite life hacks please email your life hack to embracingchangeinfo@gmail.com, or mail them to:

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Wishing you a sunny, bright and happy May!

Tara

Spring Home Maintenance Checklist

Spring is in the Air! The flowers are in bloom, the lawns are starting to green up, the birds are chirping, it stays light out further into the evenings as temperatures start to warm. It is my favourite time of the year! Just as we start to get excited about the thought of winter coming to an end and making summer plans we remember there are many home maintenance items that need to be taken care of and spring clean up before we can begin to enjoy the change of season. Hopefully this can be a helpful tool now and in future years.

- Fertilize lawns, aerate and overseed. Give your lawn a bit of a head start before the warm spring showers come. Winter can be very harsh and pets also.
- Clean out eaves, and ensure downspouts are clear. This can be very beneficial in not only lengthening the life of your eaves and downspouts, but also in keeping water from pooling over eaves troughs and pooling against foundation walls and finding its way into basements and walls. Make sure downspouts extensions are on and that water is running away from your home
- Check sump pumps to ensure they are operating effectively and purchase battery backups if you are in an area where the water table is high, and your sump runs often. You would never want the hydro to go out and the pump to stop during extreme melt/and or rain.
- Check caulking around all windows and doors so that the April showers don't enter your home. Sometimes a driving rain can make its way through the tiniest of gaps in your exterior caulking. Best to remove the old and install new when there is a going to be a stretch of a couple of warm, dry days in the forecast.
- Check patios, walkways, decks, and porches for cracks, loose or rotten boards and settlement. This is the time to ensure that there isn't extreme cracks or settlement that could compromise the use of a walkway or porch or deck and/or a potential safety hazard occur i.e., someone trips over a heave in your walkway, or puts their foot through a board on your deck or porch or the deck supports give out due to a shift in the support and/or structure.
- Clean out flower beds and cut back some plants/remove dead leaves, prune some trees and shrubs, rake lawns to rid of dead grass. This will help improve the curb appeal of your property and will allow new healthy growth to occur.
- Check all lightbulbs throughout the house and check all carbon monoxide and smoke detectors. Make sure they have fresh batteries and that battery operated and hard-wired devices are not past their expiration dates.
- Clean chimneys if you have a wood burning stove or fireplace.
- Check your fire extinguisher to ensure it is still operational.

FEATURE BUSINESS OF THE MONTH: ALISON WILSEY - PEAK REALTY

- This is also the time to check your roof to see how harsh winter was. Are you missing any shingles? Does your roof need replacement?
- Check your solar panels (if applicable) to ensure that they are working efficiently and that there are no broken panels or parts that would cause the system to be less effective.
- Check the grading around your home to see if there has been settlement and if you need to raise soil levels around the home to ensure water is running away from your home and that there are no spots where water could pool against the foundation and find its way in the home.
- Check your basement foundation walls inside and out (if walls are not finished nor parged) for cracks and openings and have a look at your concrete floors too and check for cracks and evidence of efflorescence (water coming in through cracks). Do you need any cracks repaired or injected with epoxy to prevent water penetration?
- It is a great time to have someone service your mechanicals also i.e. furnace and air conditioning units.
- Have your ducts cleaned since our furnace has been running and running during our cold winters.
- Change your furnace filter. (This should really be done every 3 months to ensure that it doesn't get so dirty that it stops the furnace from functioning)
- Clean your dryer vents to prevent build up and subsequent fire hazard.
- Check your attic space to ensure it is dry and that there is no mould and no critters/wildlife hiding out after the long cold winter.
- I always have my windows cleaned inside and out including the tracks and sills. I love to be able to see out clean windows as the sun shines in.
- Check out your Barbeque and/or smoker to ensure the grills are clean and free of residue because when the weather warms you will be cooking food on that grill. Add fresh pellets or charcoal and check hoses running to the fuel source to ensure they are still good and free of damage. Check your propane levels (if propane fueled).
- Dust ceiling fans and move furniture to dust and wipe down walls. It is also a great time to remove light fixture covers and give them a good wash.
- This may also be a good time to purge clothing and household items that don't fit or that you don't need anymore. There is nothing wrong with donating items to an organization or to someone in need.

This list of items is also very worthwhile when you are about to list your home FOR SALE. You want your home to showcase at its best to give the impression that it has been well maintained and cared for and to spruce up the curb appeal of the home to draw potential Buyers through the door. You want people to know that your home is MOVE IN READY and not in need of maintenance or improvement. Giving the home a thorough clean and make it sparkle will go a long way in the quest to get top dollar for your biggest investment

PART II - FLASHBACK PHOTO

Fire Protection in Wellesley Village

NANCY MAITLAND, WELLESLEY TOWNSHIP HERITAGE AND HISTORICAL SOCIETY

After a terrible fire at the Royal Hotel and the nearby Woiwade Block north of the hotel, in March 1907, an article in the Wellesley Maple Leaf newspaper described the event and the work done by “the bucket brigade [which] drenched the end of the building ... beating down the flames even after it seemed impossible to save the building.” In addition, “Ladies and older school children worked pumps, carried water and removed goods with the same energy shown by men.”

This prompted the village Trustees to reassess their fire protection needs and a hand-drawn cart with a 40-gallon water tank was purchased in 1910.

In 1914 the Trustees got even more serious about safety and fire protection. In January they printed a pamphlet of regulations to prevent “Fire Nuisances” in accordance with the Municipal Institutions Act of 1913. A copy of the pamphlet was delivered to all rate payers.

Dore safety, the Trustees also decided to hire a Constable. Messrs. Hostettler & Saunders formed a committee to draft the rules and regulations for the new position. The committee hired William Dingwall, at a salary of \$50.00 per year. A cap, baton, badge and handcuffs were bought for him. The cap was purchased for \$2.25 plus 5 cents extra for lettering “Constable” and a 12” baton was purchased for 80 cents.

In February 1914, Mr. Dingwall was appointed Caretaker of the Fire Engine for an additional \$6.00

per year, in addition to his work as Constable and in the woollen mill,

In December 1914, Mr. Dingwall was named Fire Chief at the rate of \$6.00/year and his role as Constable was renewed at the rate of \$50.00/year. This is the first use of the term “fire chief” in the Trustee minutes. In the same minutes, Henry Zettel’s barn (behind his store at the corner of Nafziger and Queen’s Bush Road) was referred to as the Fire Hall.

By 1916, the upstairs hall at the Royal Hotel served as the fire hall, police station, office, boardroom, and storeroom for electrical goods. After the installation of electricity in the village in October 1916, the Trustees decided to renovate the hall.

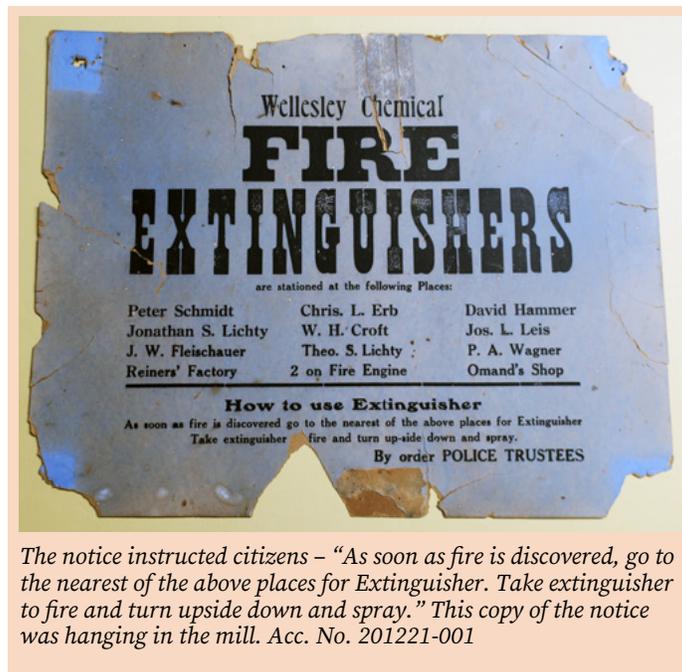
Mr. Dingwall served as Constable and Fire Chief until 1919. After that several applicants were interviewed, hired and replaced. Mr. Dingwall was re-hired as Constable in 1923 and David Hammer became fire chief and caretaker of the fire engine. Part of his duties was to test the fire engine every week.

In 1924 the Fire Engine was stored at P. A. Wagner’s garage behind the Royal Hotel. The next year, the Trustees approached him about moving the

fire engine to warmer quarters. This was probably because the water in the tank had to be kept from freezing. Soon the fire engine was moved to Fred Bivour’s property on Queen’s Bush Road where he operated a grocery store.

In 1925, thirteen chemical fire extinguishers were purchased and installed around the village. A notice was posted throughout the village so residents would know where to find the fire extinguishers and how to use them.

If you have any information about fire protection in the township, please call WTHHS member and volunteer, Debbie Kroetsch at 519-502-4673 or email us at info@wellesleyhistory.org.



The notice instructed citizens – “As soon as fire is discovered, go to the nearest of the above places for Extinguisher. Take extinguisher to fire and turn upside down and spray.” This copy of the notice was hanging in the mill. Acc. No. 201221-001

Why is my mouth so dry and what can I do about it?

Kelly Durst,
Health First
Dental Hygiene



An often overlooked but very real concern, dry mouth (xerostomia) can impact our quality of life. Xerostomia is defined as the absence or reduction of salivary flow, or a change to its composition. Unless you've dealt with xerostomia, it's easy to overlook the necessity of adequate saliva. There are many causes for xerostomia including:

- ▶ Many medications have dry mouth as a side-effect
- ▶ Breathing disorders such as apnea and asthma
- ▶ Auto-immune diseases
- ▶ Side-effect of chemotherapy and / or radiation, particularly to the head and neck (can be long lasting)
- ▶ Complications from other diseases such as diabetes, liver disease and HIV
- ▶ An issue with the salivary glands including a blockage or stone

It's important to note that dehydration, sweet and salty foods, dry air, physical activity, stress, caffeine, alcohol and nicotine also contribute to dry mouth. These factors are typically easier to manage by modifying life-style choices and ensuring adequate water consumption throughout your day.

We don't realize the benefits of saliva until we don't have enough. Without proper salivary flow, we may experience:

- ▶ Difficulty speaking easily and clearly
- ▶ Inability to chew and swallow properly
- ▶ Poor digestion as saliva initiates the digestive process with its many enzymes
- ▶ Burning sensation in the mouth
- ▶ Halitosis (bad breath)
- ▶ An increase in cavities and / or gingivitis

- ▶ Decreased or altered sense of taste
- ▶ Recurrent mouth infections, such as thrush
- ▶ Swollen glands
- ▶ Dry / painful nasal passages

When it comes to treatment, some trial-and-error may be necessary. It's important to try and stimulate your own saliva by actively chewing foods, sugar-free gums and sucking sugar-free lozenges. Sip water throughout the day. Place a humidifier by your bed and / or throughout your home. Limit caffeine, salty and sugary foods and avoid nicotine. Talk to your doctor about medication side-effects. Ensure you're not using any oral care products that contain alcohol.

There are Over-The-Counter Products that can provide relief. A list of Health First Dental Hygiene approved OTC products are:

- ▶ Xylitol products containing at least 10% xylitol (gum, lozenges, sprays, rinses, pastes)
- ▶ OraCoat Xyli-Melts (pastilles, best for bedtime)
- ▶ Oral Science (lozenges, pastilles, pastes, ointment, rinses)
- ▶ X-Pur (gums, pastes, gels, rinses)
- ▶ Spry (gums, lozenges, rinses, paste)
- ▶ Therabreath (lozenges, mouthrinse)
- ▶ Biotene is a salivary substitute that contains salivary enzymes (spray, gel, paste, rinse)

Regardless of the reason why you are dealing with xerostomia, there is hope. I encourage you to continue the conversation with your hygienist, dentist and medical doctor.



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Kropf, B (2021). Increase Your Patients Flow: A look at Xerostomia From a Patient Perspective [Webinar]. WaterPik Professional Webinars. <https://www.gotostage.com/channel/24830adc58984892be28b36a1108901b/recording/f44b31c5>

Ryan, J. (2022). 'Xerostomia "zee-ruh-stow-mee-uh" The Detriments of a Dry Mouth.' In Murray, C Hanson, C and Sammon, S (ed). Get Your Spit Together! CRM Publishing, pp 49-61.

COVER STORY



Celebrating Personal Support Workers

WRITTEN BY: CATHY HARRINGTON
EXECUTIVE DIRECTOR, COMMUNITY
CARE CONCEPTS

May 19 marks Personal Support Worker Day in Ontario. Personal Support Workers (PSWs) are one of the largest groups of employees within the health care system. This day of recognition highlights the important role that PSWs fulfill in our health system, offering care and assistance within homes or in a variety of community settings.

The pandemic has especially highlighted the important and essential role that PSWs play in the health system. We often think of PSWs providing care and assistance to clients in their own homes or in healthcare settings, providing assistance with activities of daily living and personal care. However, there are also many other essential roles that PSWs play within our community.

Community Care Concepts is pleased to recognize the important role that PSWs play in their role of supporting seniors and adults with unique needs to live independently in the community. This month's cover profiles three PSWs employed by Community Care Concepts – Christine, Linda and Rachel.

Christine is a Community Support Worker, providing a range of social and recreational programs, both in-person and virtually, for older adults living independently in the community. Christine travels throughout Wellesley Township offering gentle exercise and activities within Wellesley Township's Community Centres, helping older adults remain active and connected with others in the community.

Linda is employed as a Senior Support Worker, providing practical in-home support to seniors and adults with unique needs living across Woolwich Township. Linda can be found visiting with isolated individuals, helping them to get to medical and other important appointments, offering essential home help activities, assisting with groceries or other essential needs, providing respite for caregivers and fulfilling a diversity of functions based on the unique needs of each individual and family. Rachel is employed as a Program Assistant within our Adult Day Program in Wilmot Township. The Adult Day Program offers a day of activities and connections for many frail older adults, or those living with physical or cognitive difficulties living in our community while also providing respite for their caregivers. A hot lunch, snacks and transportation is also provided.

Rachel offers personal support to the participants in the program while also planning and offering a range of activities to address their physical, social and cognitive needs. While Christine, Linda and Rachel each fulfill different roles, they highlight the diversity of roles that PSWs play across our health system and within Community Care Concepts. They also represent many other PSWs and dedicated staff employed across our organization, who work collaboratively as a phenomenal team to provide exceptional services and supports to our clients and their families or caregivers.

Not only on May 19th, but throughout the year, Community Care Concepts is pleased to recognize the important role that PSWs play within our community and within our organization, providing exceptional care to clients and their families. They fulfill such a critical role in our ability to help seniors and others to maintain their independence in the community.



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Caring for the Caregiver



The second Sunday in May provides us with an opportunity to recognize our Mothers or others who have played an influential role in caring for us over the years. At the same time, as our parents are aging, many adult children are finding themselves in roles where they are now caring for parents. Some are part of the “sandwich generation”, caring for both young families and aging parents. There is no doubt that fulfilling a caregiving role can be difficult. Here are some helpful tips that can help caregivers to cope with the level of stress that caregiving brings:

- ♥ Take care of your own health. It is hard to take care of someone else if you are not taking care of yourself. Get plenty of sleep. Make sure that you are eating well. Get plenty of exercise. This does not mean that you need to add another scheduled program to your hectic life. There are many free, flexible activities that you can access including exercise classes offered across the Townships, indoor walking tracks, drop in social and recreational activities, outdoor walking trails or simply taking a walk around the block.
- ♥ Seek support from others. There are many wonderful caregiver support groups across our communities that can provide information and support. If groups are not for you or if you want to add to this experience, there are many other options to get support and information from others including roles that help you to understand and navigate the healthcare system, online resources, training and peer support forums as well as individual counselling.

- ♥ Accept offers of help. There are often many people around you who want to offer their assistance, whether it be running errands or sitting with your loved one so that you can get a break. Sometimes people want to help but just don't know how to best help. Be open to accepting that help and suggest specific things that they can do to provide help. Senior Support Workers are available to offer free, practical support needed at home.
- ♥ Organize medical and financial information so that it is easily accessible. You may have multiple conversations or appointments that rely on you to provide information. You may be required to serve as the power of attorney for personal and/or financial needs. The more organized that you can be with having medical and financial information easily accessible, the easier it will be to reduce some of the stress associated with having to provide this information.
- ♥ Learn how to best communicate with your physician and health care professionals. Sometimes with limited time available in appointments, the stress that you are experiencing or a lack of understanding of our healthcare system, it is difficult to know what and how to best communicate with professionals that are there to support you. There are several roles in the community that can help to prepare you for these important conversations.
- ♥ Caregiving is hard. Take respite breaks. Sometimes you just need a bit of time away to recharge, take care of your personal needs or spend time with your family. Access the free services of a Senior Support Worker, register your family member in an Adult Day Program, learn about overnight stay options that may be available to you or access the services of many private supports that can lend a hand.
- ♥ Be kind to yourself and give yourself credit for doing the best that you can do!

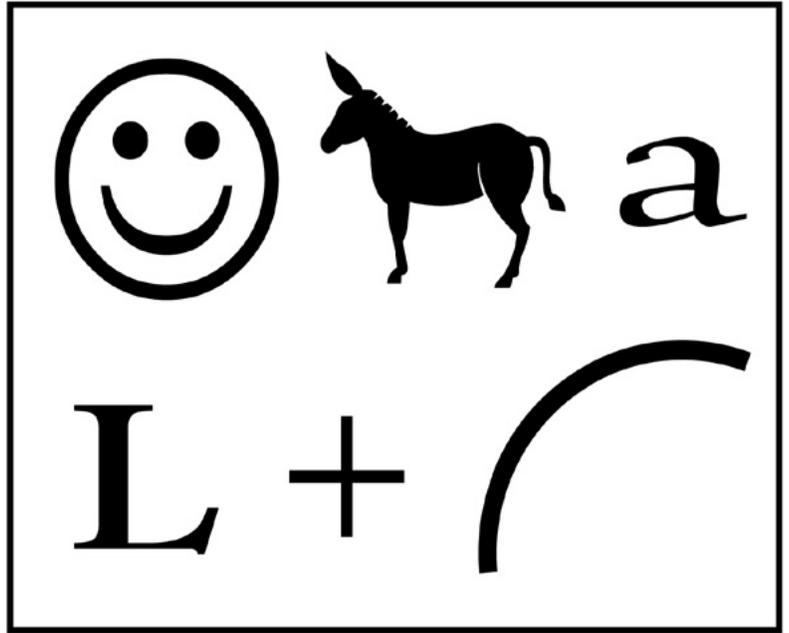
For information and assistance contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900. We are here to help!

May Puzzles!



Concentration Puzzle

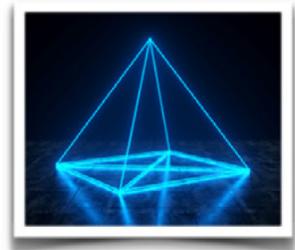
Use the visual clues in the puzzle to figure out what it says.



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Word Pyramid #7

Answer the clues to fill in the pyramid.



1. The farmer's dog, Bing_

2. Hello

3. Feline

4. Short test

5. Cheerful

6. Creole seafood

7. Long-necked mammal

8. Snail, on a French menu

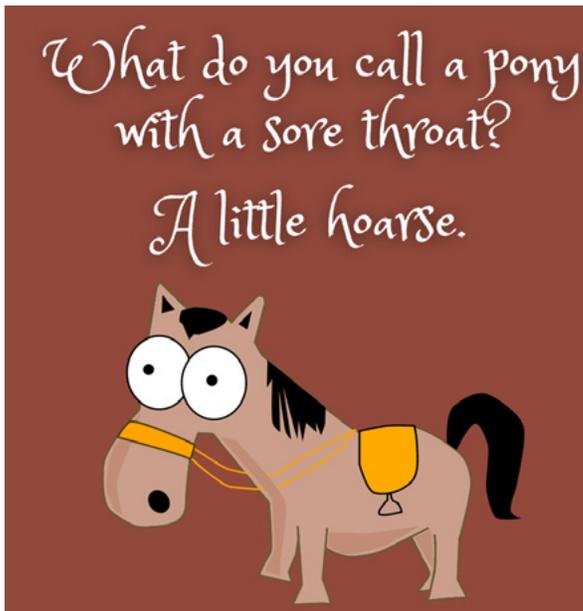
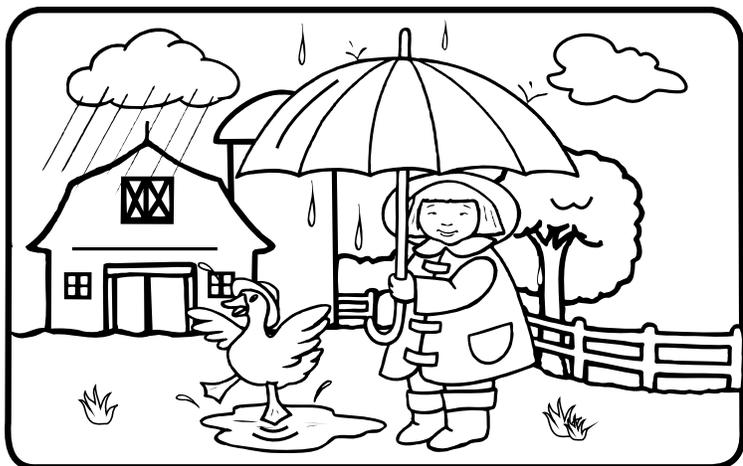
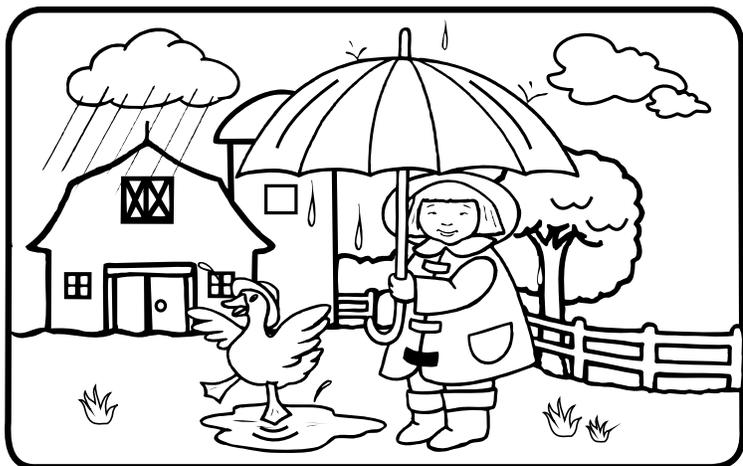
9. Hemlock, for one

Laughing Matters!



Spot the Difference

Find 10 differences



WHERE TO GET YOUR FREE COPY

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

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- MeMe’s Café New Hamburg (outside magazine stand)
- Sobey’s New Hamburg (outside magazine stand)
- Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
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- Nithview Community
- Foxboro Green
- Community Care Concepts
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- 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)

WELLESLEY TOWNSHIP:

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

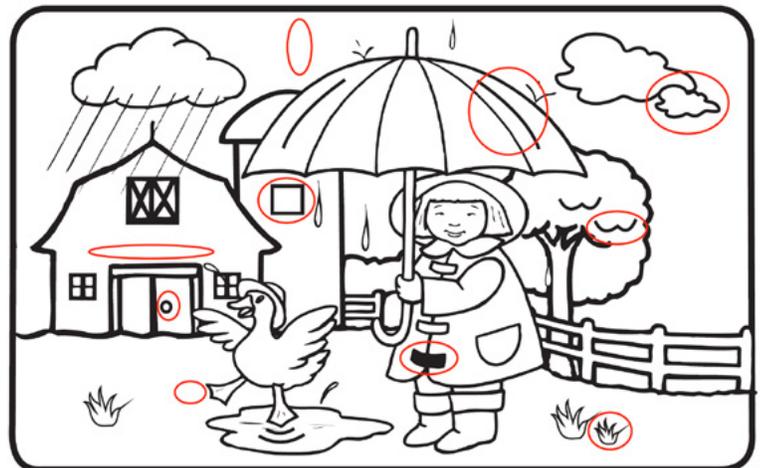
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

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

Concentration Puzzle: Happy as a lark

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Solutions



Ask the Doctor

with Dr. Nicole Didyk

I sometimes feel that I have so many different medications that I am to take on a daily basis, and it worries me that they might interfere with each other. How do I know that all of the medications I am being prescribed are all safe to take together?

When I ask an older adult patient of mine what medications they are taking, the answer is often: “Too many!”

I understand feeling that way. There are many effective medications for common conditions like heart disease and diabetes, and they’re often taken in combination with one another. This can create quite a long medication list for some older adults.

I’m happy when patients and families ask questions about medications. The more attention paid to medications, the more likely they’ll be taken safely and effectively. The Institute for Safe Medicine Practices Canada (www.ismp-canada.org) has come up with 5 questions to ask your health care provider about your medications. The next time you have an appointment to talk about your medications with your doctor, nurse practitioner or pharmacist, consider asking:

1. Have any of my medications changed? Have any been stopped or started? The start to taking medications correctly is making sure your list of pills and the contents of your medicine cabinet are up to date.
2. What medications do I need to keep taking and why? To answer this question may take more than one visit if you have a complex health history.
3. Am I taking my medications properly? What time of day, and how should I take them, and for how long?
4. What should I watch out for as a side effect? How will I know the medication is working?
5. Do I need to make a follow up appointment or have any tests after I take this medication?

We Geriatricians like to say we stop more pills than we start and that’s often true. Sometimes after a thorough review though, we find that all of the prescribed medications are needed to help keep an older adult healthy and prevent significant issues down the road. I hope that you get chance to review your medications so that you have a good understanding of what they’re for, and how they work.

For more information about aging and health, go to www.TheWrinkle.ca

If you have questions for Dr. Didyk, please email them to embracingchangeinfo@gmail.com. You don’t need to give 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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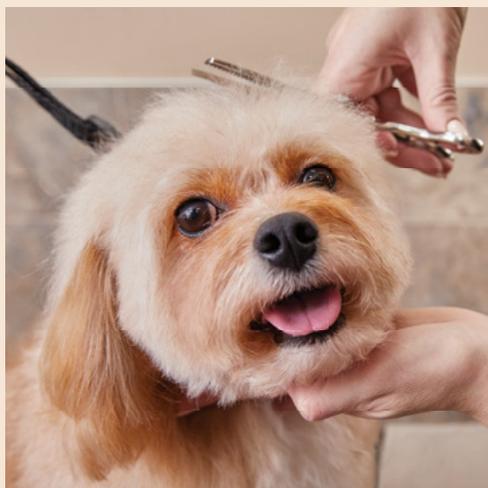
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Family Breakups Often Means Flying on Your Own

“I drew a picture of a pair of wings because I want to fly / My mother asked me to explain, I said that I would try... the art of really flying was dying”

–Dream #2 by Ken Tobias

Once upon a time, I knew a boy whose parents fell out of love and stopped living together at his home. It was very sad for the boy, because where once there had been joy, now there was only loneliness in his heart.

“She said it was the strangest thing that she had ever heard / A man can only be a man, he cannot be a bird”

To make things worse, both his mom’s and dad’s family stop talking to one another. They took sides – let’s call one side the black side and the other one the white side – just like choosing sides for basketball. Whenever the boy was with the white side, they would tell him how bad the black side was – the same thing happened when he was with the black side. It wasn’t so much that one side hated the other... it’s just that they loved their own side better.

This made him feel even more unhappy because he really didn’t want to ‘side’ with anyone.

**“That’s not really true, I tried to tell her
If the search for love is true, you’ll find an answer”**

However, the boy grew up listening to one side more than the other. The white side seemed to have convinced him that the black side hurt him even more than he knew. So, he reacted in the same way – loving the one side and not the other.

You might say that he began to see things in black and white.

Later, as a young man, he met a sympathetic friend who couldn’t grasp why he no longer loved the black side. He said he didn’t know for sure anymore, only that the black side was, well... black. His friend still didn’t understand, but asked if he understood that the black side probably suffered more, by not having his love?

He knew in his heart his friend was right.

“Father can’t you hear me? I bid you take my hand / Dying’s a part of living, I know you’ll understand”

Why had he been forced to choose sides? When did the sides become “black and white?” He felt angry at both sides because he felt that “adults” should know better. He now understood that there were three sides to the story: the white side, the black side... and the truth.

“... he said it cannot be / He said I’m living in a world of fantasy / How can I tell him, this, is my reality?”

So, the son did a brave thing... what no grown-up had done before: expressed forgiveness and love to both sides. And, he never had to choose sides again; everyone was on the same side.

“I drew a picture of a pair of wings, because I want to fly”

https://youtu.be/X7u_TGAWl48

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

Healthy Hydrated Skin

Written by Linda Langenegger

Studies have shown that internal hydration can affect skin moisture levels and dermal thickness. Staying hydrated will rejuvenate your skin so it stays soft and smooth. Hydration is needed to flush away toxins and carry nutrients to the cells. A hydrated complexion looks more plump, healthy and youthful and it improves elasticity which will reduce the appearance of wrinkles.

Hydration helps combat oily skin issues due to the fact that skin produces more oil when it lacks moisture.

Dehydrated skin is less resilient to environmental irritants and can cause the skin to become dry and irritated. Water can evaporate through the skin causing transdermal water loss. This occurs when our protective barrier is damaged or impaired resulting in skin aging. Even when drinking the adequate amount of water your skin needs an additional boost with proper skincare to protect the skin barrier.

For Healthy skin be sure to:

- * Drink your water
- * Wear sunscreen
- * Have a daily skin care routine

Below are two recipes for infused water to help you get extra hydration!

Collagen Water

8 oz water

1 Scoop or tablespoon of powder or liquid collagen

Add a splash of lemon, orange or cucumber

Strawberry Lemon Basil Detox

(makes 2 quarts)

1 cup strawberries

Half a lemon sliced

6 to 8 basil leaves
(scrunch to release aroma)

3 cups of ice

Fill with water and refrigerate




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This year's #MentalHealthWeek is all about empathy! Get ready to #GetReal about how to help May 2-8. www.mentalhealthweek.ca

There are a lot of misconceptions when it comes to communication and empathy. Here are a few important things to keep in mind when you're working on being there for someone who is struggling.

1. You don't need to find a solution or "fix" someone's problems in order to help them.

Our lives are such that we are often in "problem solving" mode. It is our 'default' when something's difficult or going wrong. When it comes to other people's feelings, rushing into fix could be a mistake. Difficult emotions can't be "fixed." We just need to be ok with them, to accept them, and to sit with our friend and their feelings as they work through a rough time.

2. Offering "harsh truth" or "tough love" often isn't helpful. As humans, our way of interpreting situations can be influenced by many things (our way of seeing the world, our beliefs, our values, etc.). Unfortunately, those biases are not always accurate and can lead us to analyze things based on stereotypes. One very common cognitive bias is the "you get what you deserve" bias. Not only is this faulty reasoning, but it is especially unhelpful to hear when you're in turmoil. We can sometimes learn from our mistakes and may be somewhat responsible for unpleasant things that happen to us but pointing them out to someone before showing them empathy might not just lead to them closing up. It might also damage the relationship.

3. You don't need to be a mental health expert or a psychotherapist to show empathy to someone.

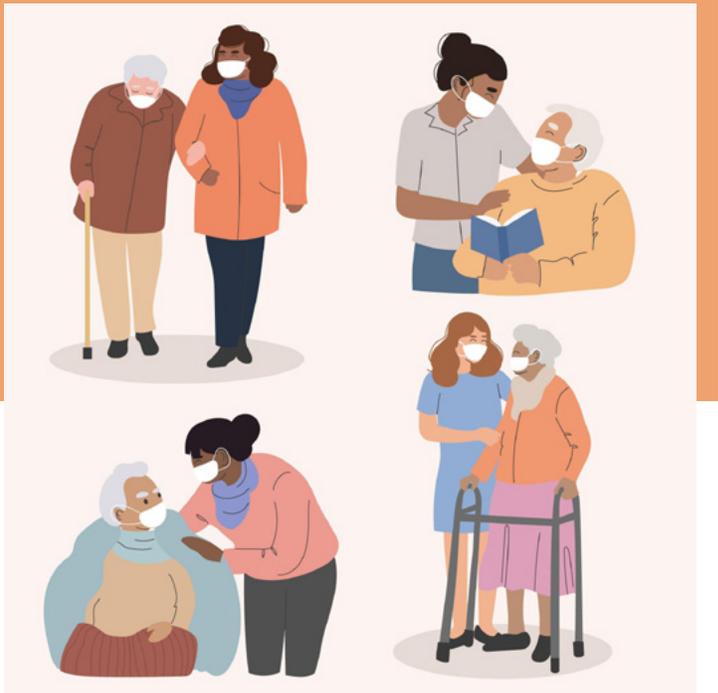
If you have been to therapy before, you may have thought it was radically different than a regular conversation with a friend. A therapist's approach is special, but one of their "secrets" is their way of listening. They don't listen to judge. Instead, they listen to understand what we're going through which makes their support significant and helpful. This way of listening is a skill, and we can all learn it.

4. If you're not sure what to say, that's perfectly ok. When we're listening well, we're not thinking of ourselves, about our own opinions or what we would have done differently. The way of empathy is to put ourselves in someone else's shoes. It is not to tell them we take a different size or we don't like the laces they picked. Empathy means tuning into the other person's unique experience. So next time a friend, a family member or a colleague shares something difficult with you, instead of trying to find the perfect thing to say or to solve their problem, start by making sure you are really listening and actively showing empathy. If you listen and show you care, you're already more than halfway there.

Seniors are often some of the best listeners, after all you've had a lifetime of experience! Celebrate your superpower and listen with empathy to someone this month – you could be the reason someone doesn't feel so isolated or judged.

Article adapted from the Canadian Mental Health Association article <https://www.mentalhealthweek.ca/dont-listen-to-judge-listen-to-understand/>

Caring for the Caregiver



As we welcome May, we also celebrate “Family Caregiver Month” and the very important role that caregivers play in the lives of those they care for. In Canada, one in four Canadians (7.8 million people) report caring for a family member who has a disability, a long-term condition or experiences health challenges associated with aging (Statistics Canada General Social Survey, 2018)

Caregiving can provide many benefits for caregivers such as an increased sense of meaning and purpose in one’s life, the ability to give back to a loved one, improved self-confidence and an increase in the release of dopamine, aka the “feel good hormone”. While caregiving can be very rewarding, it can also be challenging and at times have a negative impact on the physical and mental health of caregivers. As with other helping professions, caregivers can also experience burnout and compassion fatigue. A few signs to look out for that may indicate you are experiencing burnout include:

- ❁ A loss of pleasure in things you used to enjoy
- ❁ Recurrent and intense feelings of anger, guilt, sadness or fear
- ❁ Being irritable
- ❁ Difficulty sleeping
- ❁ Sudden changes in weight
- ❁ Decreased immunity (i.e getting sick often)

- ❁ Difficulty concentrating
- ❁ Headaches and body aches
- ❁ Increase in substance use

Many of us have heard the analogy “you can’t pour from an empty cup” and this is especially true for caregivers who spend a lot of time giving to others. It is important then to remember that if we are not tuning into our own mental and physical needs, it can be very difficult to have the strength and compassion to give to others.

As a caregiver, it can be hard to find the time to take time of yourself, or perhaps you even feel a sense of guilt in doing so. It is important to remember however that caring for yourself is not only important for you, but also for the loved ones that you care for. A few ways that caregivers may consider caring for themselves and addressing caregiver burnout include:

- ❁ Making time for leisure and self-care activities
- ❁ Asking for and accepting help from others
- ❁ Getting enough rest and adequate nutrition
- ❁ Moving your body daily (go for a walk, practice yoga, go on a bike ride)

- ❁ Exploring available resources
- ❁ Sharing your feelings with others
- ❁ Taking care of your own health by ensuring you are scheduling your own health appointments
- ❁ Seeking support from other caregivers
- ❁ Joining a Caregivers Support Group

Lastly, while self-care is very important for caregivers, it is not the only factor to consider when dealing with caregiver stress and burnout. In their book, *The Mindful Self-Compassion Workbook*, Dr. Kristin Neff and Dr. Christopher Germer note that it is important that we remember to give ourselves compassion when experiencing the empathic pain that comes with seeing a loved one in pain. In fact, when we see others in pain it can activate the pain centers in our own brain. This can create a lot of discomfort within ourselves and so it can be a common practice to try to avoid these feelings or push through

them without giving ourselves compassion. When we do this however we are more likely to become overwhelmed. Instead, next time you find yourself feeling overwhelmed or challenged while caregiving, you may consider offering yourself the following self-compassionate words “this is difficult” “I am doing the best that I can do” and “I give myself unconditional love”.

As we welcome May, we celebrate and honour all of the wonderful caregivers and the positive impact that they make on the lives of those around them. As a caregiver, I invite you to take time this month to offer yourself some self-care and self-compassion... because caregivers need CARE too!

Jessica Pye

MSW RSW

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Can you lower your “reliance rate” during retirement?

If you have decades to go until you retire, you don't need to panic over volatile financial markets – you have plenty of time to regain lost ground and potentially achieve more growth in your investment portfolio. But what if you are nearing retirement or already retired? After all, you will probably need to draw on your investments to pay for some of the costs associated with housing, food and the many other expenses you incur in daily life. So, is a down market cause for alarm?

It shouldn't be. And you can help reduce your stress level by understanding your “reliance rate.” As its name suggests, your reliance rate tells you how much you rely on your portfolio – rather than other sources, such as CPP/QPP and OAS, your investments or an employer pension – to meet your income needs during retirement. So, for example, if you need \$60,000 each year, and \$40,000 comes from your portfolio, your reliance rate is 66 percent.

Your reliance rate can influence your emotions and investment behavior. A higher reliance rate may tempt you to make emotional decisions during a market decline, since your portfolio is supplying more of your needs. However, if you respond to a steep market drop by making dramatic changes to your portfolio, you may actually increase the likelihood that your money may not last. This is especially true if you move a large portion of your portfolio to cash, as cash does not typically provide growth potential to help keep up with inflation.

There is no “recommended” reliance rate for everyone, But, as a general rule, the higher your reliance rate, the more sensitive your portfolio may be to fluctuations in investment prices. What can you do, then, to either lower this rate or, at least, moderate the risk level attached to it? Here are some suggestions:

- **Adjust your expenses.** During retirement, some of your expenses, such as commuting and other costs associated with work, will go down, but others – like health care – may go up. You can't control all these expenses, but the more you can keep them under control, the less pressure there will be on your investment portfolio to provide you with income.
- **Review your plans for your Canada Pension Plan or Quebec Pension Plan (CPP/QPP)-** The amount you will receive depends on many factors – the age you start taking your benefits, your average earnings throughout your life and how long and how much you have contributed. Many people will start taking their government pension at age 65, however, you can start drawing as early as age 60 or as late as 70 years of age. The monthly amount you receive will be reduced the earlier you start drawing and will increase to a maximum if you wait until 70 years of age. So, if you can afford to push back the date at which you start taking your benefits, you could lower your reliance rate – just remember to factor in all the relevant considerations, such as the impact a higher CPP/QPP could have on your marginal tax rate.
- **Review your plans for Old Age Security (OAS) -** OAS may be taken beginning at age 65 and can be deferred for up to 60 months in exchange for a higher monthly amount.
- **Keep cash and short-term investments in your portfolio.** Try to keep about one year's worth of living expenses in cash or cash equivalents, and about three to five years' worth of expenses in GICs and other short-term income-producing vehicles. Having these assets available can help you avoid liquidating long-term investments when their prices are down.

Your investment portfolio will certainly be a key source of your retirement income. And by understanding how reliant you are on your portfolio, and the options you have for reducing this reliance, the better prepared you'll be to withstand the inevitable market downturns.

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

Contact Mary Friesen at 519-578-4141 for more information.

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Historic stigma:

Back in the 50's and 60's people who wore hearing aids were seen as different. Today, however, it's great to see that opinions have shifted. Hearing is no longer a sign of aging but something that most people will need to address during their lives at some stage.

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It's also common to worry about how much investment their treatment will require. They tend to perceive hearing aids as luxury accessories, not essential tools for preserving one of your key senses. The technology today is incredibly advanced and there is usually a price point or payment plan to accommodate everyone. As scientists find more links between dementia and hearing loss, it's critical to recognize the role of professional care in maintaining your general health for years to come.

Starting with a Hearing Test is the first step to determine if you have untreated hearing loss.

MAY is Hearing Awareness Month which makes it a great time to take this first step towards Healthy Hearing for Life!

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



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Township of Wilmot

519-634-8444

Township of Wellesley

519-699-4611

Township of Woolwich

519-699-1647

Region of Waterloo Public Health

519-575-4400

NEW Ontario Caregiver Hotline

1-833-416-2273

This space is generously donated by:

TOWN SQUARE PHARMACY

PHARMASAVE 100 Mill St. Unit K, New Hamburg
P. 519-662-9995 F. 519-662-9984



Desserts

Maple Syrup Cake

NUMBER OF SERVINGS: 8

Ingredients

Cake

- Butter ½ cup (250 mL)
- Brown sugar ¼ cup (50 mL)
- Ontario eggs 2
- Flour, all-purpose 2 cups (500 mL)
- Baking powder 3 tsp (15 mL)
- Salt ½ tsp (2 mL)
- Cinnamon ¼ tsp (1 mL)
- Ontario Maple Syrup ¾ cup (175 mL)
- Milk ¼ cup (50 mL)

Icing

- Ontario Maple Syrup ¼ cup (50 mL)
- Butter 2 Tbsp (25 mL)
- Icing Sugar 1 cup (250 mL)
- Ginger ⅓ tsp (0.5 mL)

Directions

1. Cream the butter and brown sugar. Add the eggs, one at a time and beat well. Add maple syrup and milk, and beat well.
2. In a separate bowl, combine the flour, baking powder, salt and cinnamon.
3. Slowly add the dry ingredients to the creamed mixture. Beat well after each addition.
4. Pour batter into greased and floured 9-inch (23 cm) square pan.
5. Bake at 350°F (180°C) for 35 minutes, or until toothpick inserted in centre of cake comes out clean. Let cake cool.
6. To make icing, combine maple syrup and butter in small saucepan over medium heat to melt butter.
7. Beat in icing sugar and ginger.
8. Cool completely, stirring occasionally, until icing is thick and spreadable. Spread over cooled cake.

NUTRITION PER SERVING

Calories 454 | Protein 5g | Fat 16g | Carbohydrates 75g | Fibre 1g | Sodium 345mg



Maple syrup is made from the sap of primarily sugar, red, and black maple trees in late winter and early spring. The sap is collected and boiled down into syrup. It takes approximately 40 litres of maple sap to make 1 litre of maple syrup.



Maple syrup contains many antioxidants. Antioxidants, which are found in many different foods, have been studied for their role in reducing risk of age-related diseases such as cardiovascular disease, certain types of cancer and Alzheimer's disease.



Try making this maple cake into cupcakes by distributing the batter evenly in a 12-muffin tin and baking for 15-20 minutes or until an inserted toothpick comes out clean.



Firstly, I have a **LOVE** of people and helping others.

My **PASSION** is assisting my clients with the selling and purchasing of real estate and the process it takes to get there!

- Whether you are retiring, relocating and/or downsizing I am **QUALIFIED** and ready to help you navigate the current market and make the best possible decisions.
- I work closely with clients to help them understand their goals and can easily adapt to many situations all while providing the **HIGHEST LEVEL OF SERVICE.**
- I also align myself with a team of **PROFESSIONALS** who know how to serve my clients in areas of finance, family law, real estate law, home renovations/carpentry & construction, etc. with the same level of service.
- I am an Accredited Senior Agent™ and can **GUIDE** and **ADVISE** my clients through the downsizing process and am **RESOURCEFUL, PATIENT, SUPPORTIVE** and **UNDERSTANDING** when it comes to the serious financial and emotional aspects of a move.
- I am open to modern communication and have time for and **VALUE IN-PERSON/VERBAL COMMUNICATION** with all clients through all stages of the process.

Call me today, to discuss your **REAL ESTATE NEEDS**, and/or to discuss the current real estate market!

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Alison Willsey
BROKER



90C Peel St. New Hamburg, ON. N3A 1E3



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