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VOL 6 ISSUE 9 MAY 2024

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**On The Cover**

Lynne Rutledge, owner of F.I.T. with Lynne, offers one-on-one and small group fitness training for older adults in the comfort of your own home. Lynne's mission is to help you get fit, improve health, and enjoy life. Pictured with Lynne is her mother Erma Godber of New Hamburg. See the full cover story on page 8.

**Cover story written by:**

Lynne Rutledge

**Cover photos by:** Val Roberts

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



LETTER FROM THE EDITOR

As we embark on the joyous month of May, we have the privilege of celebrating three significant occasions close to our hearts: PSW Day on May 19th, Nursing Week from May 6-12th, and Mother's Day on May 12th. This month, our publication proudly pays tribute to the remarkable individuals who embody compassion, care, and love in various capacities.

Firstly, we extend our deepest gratitude to the dedicated Personal Support Workers (PSWs) who

tirelessly provide comfort and support to our seniors. Their unwavering commitment to enhancing the quality of life for our elderly population is truly commendable.

Secondly, we honor the invaluable contributions of nurses during Nursing Week. Their expertise, empathy, and unwavering dedication to patient care are the cornerstone of our healthcare system, and we are forever grateful for their tireless efforts.

Lastly, we celebrate the unparalleled love and sacrifices of mothers and mother figures around the world on Mother's Day. Their unconditional love and nurturing spirit enrich our lives in countless ways, shaping us into the people we are today. Let us cherish and celebrate these extraordinary individuals who make a profound difference in our lives.

**Gadget of the Month: Lotion Applicator for Back**

A Lotion Cream Applicator is a handy and easy to use device which makes it easy to apply lotion to your back anytime. An applicator with an adjustable handle head allows rollers to be used at various angles and cover hard-to-reach areas. Apply lotion with the able and luxuriating aid of a rolling applicator for applying lotion on your back; as opposed to a stiff and unmoving back brush for lotion.



Warm regards,

*Tara*

FLASHBACK PHOTO

# May: 100 Years Ago



By: Lara Carleton | Curator, Wellesley Township Heritage and Historical Society

With the excitement of summer ahead, and it's unofficial start with the May long weekend celebrating Victoria Day, it is interesting to reflect back upon how this time of the year was enjoyed by the people of Wellesley Township one hundred years ago. Courtesy of the newspaper, The Wellesley Maple Leaf: A Weekly Letter from Home, housed within our collection at the Wellesley Township Heritage and Historical Society, we can do just that.

The newspaper provides a glimpse of their day-to-day lives, especially through columns dedicated to specific towns and villages within the township like: Crosshill, Hawkesville, Heidelberg, Linwood, St. Clements, Wellesley, and more. Much of these columns describe the comings and goings of local community

members or their visiting family and friends, the various improvements and projects being done in the area on residential or community buildings, upcoming events, local sports schedules, and listings for lost or missing personal items.

Also heavily featured in these newspapers are advertisements from the era for a wide variety of goods and services. Surprisingly, the May volume has a surplus of advertisements pertaining to Christmas or winter more generally! Christmas in July is a common halfway point that people today acknowledge, but Christmas in May is more unheard of. These lingering advertisements may simply be a cost effective decision made by the newspaper, but nonetheless, such interest in the holiday may stem from the noticeable disappointment shared by contributors of the newspaper around there being no celebrations for Victoria Day in 1924.

Found under a local news heading, a short poem expresses that:

“Twenty-fourth of May,  
The Queen’s birthday,  
If we don’t get a holiday,  
We’ll all run away.”

Immediately following the poem, additional context is provided regarding the disapproval of stores in Wellesley being open with no celebrations of any kind being held. Luckily, they also included that the weather forecast was calling for rain anyways. Fingers crossed that the weather of 2024 will be on our side to celebrate as we choose to.

Physical volumes of The Wellesley Maple Leaf are available for viewing in the Wellesley Township Heritage and Historical Society’s Historical Room, as well as online at [wellesleyhistory.org](http://wellesleyhistory.org). The majority of the surviving volumes are from 1900 to 1908, but the newspaper ran from 1900 until 1927.

# Planning to Downsize? Tips and Advice

There is a lot of opinions out there about when the right time is to downsize. This is a personal decision for everyone and there will be various individual specific, motivating factors for considering it.

## What are your future goals and plans?

- When will you retire?
- Do you intend on travelling?
- Do you intend on moving closer to family?
- Will you be moving in with family? Multi-generational living?
- Will you be living in another country part of the year?
- Do you wish to live in an adult lifestyle community? Do you need assisted living? Nursing Home care?
- Do you have health concerns that may make maintaining a large home and property difficult

These are just a few of the things one needs to consider. I believe that it is important to put some thought and planning into this well before you are to the point that you may be forced to downsize. It is important that the decisions leading up to this be yours to make. It is a good idea to write down what your goals and objectives are so that your family is aware also. It is always a good idea for them to know your wishes in advance if something was to happen. This will be less stressful overall for everyone involved. You will be less likely to be forced into something you don't want to do if your wishes are clear.

It is always beneficial to involve a lawyer and account in this planning process as well as your financial advisor. They can educate you on what you need to consider before making any move.

Downsizing can be a long process. For many people, they have accumulated many material items over the years. Some can hold special memories and as a result can make the decision to part with personal belongings no longer being



used or serving a direct purpose very difficult and time consuming. Antiques and collectibles aren't as easy to sell or donate as they once were as some generations don't value these items as some have in the past. There are services and organizations that can make this job easier by assisting with organization, decluttering, packing, donation, and sale of items that you may not be able to take with you when you downsize or that you no longer have a use for. You can check in with local thrift stores also to see what items they are in need of and/or are willing to accept. Some people call companies that specialize in online auctions. Those offering these services may wish to come and have a look at what you have to offer and remove various items that they wish for you to consign in their auction, or they may agree to photograph and catalogue what is in your home and complete an online sale on site. These are just a few options. If you are working with a REALTOR®, they may be able to make recommendations for people and services you can trust.

You will also need to consider your finances in this decision. Will you be able to afford to downsize? What monies will you have coming in and in savings and in RRSP's and investments to get you through the next stage of your life? Do you have a financial planner you know and

trust who can assist you with figuring out what you will need to live the life you want. Will your move be a lateral move financially although you are downsizing? Sometimes people expect to sell their matrimonial home for top dollar in the hopes of taking enough away to retire and purchase a smaller home, however this isn't always possible. Is purchasing the right decision? If so, will you want apartment style condo living? Townhouse? Semi-detached home? 2 story or bungalow? Adult Lifestyle Community? Or do you require assisted living? Start keeping an eye on the real estate market and the sale prices for the type and style of home/community that is most ideal for you. Find a trusted REALTOR® or a recommended REALTOR® to help you with this process. Someone that knows the area and the homes and living accommodation that is available.

If you are moving out of the area completely to be closer to family perhaps, do some research to learn about where the hospitals and health care facilities are located. Are amenities easily accessible? Are there activities and recreational facilities that fit your lifestyle and your needs? Do you like the arts? How far to the theatre? Etc. Is public transit available? Taxi services? Is it easy to get around if you drive, bike and/or walk?

Perhaps you would like to live with your children or a relative. Maybe they have an in-law suite or a home with in-law potential. Is the property zoned to allow for this type of living? Do the by-laws in the area allow for this? Will you need a building permit? Is there space to build a small 2nd home on a country property? Will you need a separate septic system and source of potable water.... what are the costs involved in these situations? It is also beneficial if you do intend on living with family to ensure that your will is changed and that there are documents drafted to reflect the living arrangement and rent payments or costs to buy in to the investment property? If you are buying into a family property is everything well documented to avoid controversy and misunderstandings later down the road? Are beneficiaries in place? Power of Attorney? Power of Personal Care?

What about if you are moving out-of-country part-time or for 6 months out of the year? You

will need proper health insurance. Will you be able to afford it? Do you have benefits that cover out of country coverage? Will you be purchasing a home? And if so, how can you protect your investment out-of-country? Find a lawyer and an accountant that you can trust in the country you intend on living in also. They can help facilitate any out of country transactions and can answer questions BEFORE you make the decision to go.

If you are downsizing because of health concerns you are starting to experience, then what will you need to consider doing to your new space to assist you? Is there special technology you will need to invest in? Security Systems? Handicap features you may need i.e. lower counter tops, wide doorways, roll-in showers, non-slip floors? Etc. So you have money set aside to complete these types of improvements/renovations. Will you require Nursing Home Care, Long term care or Retirement home living. Should you be visiting and touring different facilities and applying for waiting lists? What are the costs involved and what services do they include? Will you need to be physically and mentally assessed beforehand? Reach out to your local Home and Community Care Support Services.

<https://healthcareathome.ca/>

Do you have interest in moving to an Adult Lifestyle Community or Retirement Village/Community? Finding a REALTOR® who knows the search area and the communities well is important. What are the fees to live in these communities and do you prefer land lease communities or condo communities? What amenities do these places have? Do you like sports? Tennis, Pickleball? Squash? Do you want access to pool? Sauna? Are there community gardens? Clubs? Woodworking shops? Painting and photography classes? What are your interests?

Are they located close to hospitals? Towns? And major amenities?

Hopefully this provides you with some food for thought. It is a big decision and one that should be carefully planned out while you still can. This way, the decision will always be yours to make moving forward and will probably be less stressful with few surprises.

# Understanding the Diversity of Dementia in Canada: A Call for Collaborative Action

Dementia is a complex and multifaceted condition, affecting individuals in our community in unique ways. As our population ages, the prevalence of dementia in Canada is projected to increase significantly in the coming decades. The Alzheimer Society Waterloo Wellington, in alignment with the broader Alzheimer Society of Canada, aims to shed light on the diverse faces of dementia and the urgent need for equity, diversity, and inclusion in research, prevention, and care.

The Landmark Study: The Many Faces of Dementia in Canada, released by the Alzheimer Society of Canada, underscores the critical importance of addressing the distinct needs of individuals living with dementia and their caregivers. This study presents a comprehensive analysis of the demographic, social, and economic impact of dementia in Canada. One of the key projections from this study is alarming: *a staggering 187% increase in the number of people living with dementia in Canada by 2050.*

## Diversity in Dementia

One of the significant insights from the study is the recognition of the diverse communities affected by dementia. By 2050, projections indicate substantial increases in dementia prevalence among Indigenous populations, individuals of Asian, African, Latin, Central, and South American ancestry. The study highlights the gender gap in dementia, with a significant majority of individuals living with dementia being female, and the growing challenge of young-onset dementia, affecting individuals under the age of 65.

## Challenges and Opportunities

The study emphasizes that structural barriers and social determinants of health have contributed to disparities in dementia care. It is imperative to recognize and address these challenges to ensure equitable access to diagnosis, care, and support services for all individuals affected by dementia. Failure to do so risks leaving behind vulnerable populations and perpetuating stigma, and stereotypes associated with dementia.

## Call to Action

As a community, we must come together to address the complex and evolving landscape of dementia care and research. The Alzheimer Society of Canada urges collaborative efforts among Alzheimer Societies across the country, healthcare providers, governments, and researchers to:

1. Enhance understanding of dementia in Indigenous populations and diverse communities.
2. Tackle the gender gap in dementia care and support services.
3. Address the unique challenges posed by young-onset dementia, including timely diagnosis and workplace accommodations.
4. Develop and design our health-care system health policies, and supportive resources to match the diversity and distinct needs of all people in Canada

## Moving Forward

The Alzheimer Society of Canada is committed to leading the charge in transforming dementia care and research. With a National Strategy in place, progress has been made, but much work remains to be done. By working collectively and embracing diversity and inclusion in our approach, we can optimize healthcare and support systems for individuals living with dementia and their caregivers.

If you or someone you know is affected by dementia, support is available. Connect with the Alzheimer Society Waterloo Wellington for resources and assistance.

Together, let us build a more inclusive and supportive future for all those impacted by dementia in Canada.

To access the Landmark Study: The Many Faces of Dementia in Canada and learn more about our initiatives, visit [www.alzheimer.ca/ManyFaces](http://www.alzheimer.ca/ManyFaces).

**Alzheimer Society**  
WATERLOO WELLINGTON

COVER STORY



## Unlocking the Potential: The Benefits of In-Home Personal Training

WRITTEN BY LYNNE RUTLEDGE

My name is Lynne Rutledge.

I am a certified Personal Trainer/Fitness Instructor in Wilmot with a passion for helping older adults get fit, improve health, and enjoy life! As you age, staying active and maintaining a healthy lifestyle becomes increasingly important. Research shows and experience tells us, your body naturally experiences a decline in muscle mass, bone density and physical function. The good news is that building in a simple exercise routine can slow this decline and help you to continue living independently

and doing the things you love. Regular exercise certainly has many benefits for your physical health but the impact on your mental health and sense of well-being is significant too!

But for most people, deciding to exercise is overwhelming! Where to begin?

My business, F.I.T. with Lynne (Functional In-home Training), is a great place to start. I provide older adults with exercise training in their own homes without the need to buy expensive equipment. It's comfortable and convenient. I have many certifications in older adult fitness and experience as an Exercise Assistant at St. Mary's Cardiac Rehabilitation Centre and in teaching group fitness classes.

We start with a friendly conversation to help me get to know you and understand your fitness goals. Do you want to improve your balance to prevent falls? Do you wish to be strong enough to get out of a chair, out of bed, or manage stairs safely? Do you want to be confident walking outdoors? Do you want to get down on the floor to play with your grandchildren? Perhaps you want to build a strength training program that is sport specific for golf or pickle ball. Each person's goals are unique.

I design a personalized program that is safe, effective and enjoyable to meet your particular needs, abilities and goals taking into account any health conditions or limitations. Having me come to your home also provides an added layer of accountability helping you stay motivated and committed to your fitness. I will encourage you throughout, adjusting your program as you progress or as your needs change. We do it together!

One client, a retired physiotherapist aged 72, said: "Meeting Lynne was the best thing that could have happened to me. I met Lynne at a point in my life when I was demoralized by the pain and limitations of osteoarthritis. I was trapped at home, feeling sluggish and depressed. I decided I had nothing to lose by hiring a personal trainer, in a last-ditch effort to re-engage in life. Lynne was a breath of

fresh air. She visited me in my home, chatted with me about my goals, and custom-tailored a simple exercise program for me. Every week she readjusts the exercises according to my changing needs. And guess what? I could not believe that I would feel so much better after exercising! Lynne rejoices with me as I reach each new goal! Now I go for walks, swim, run errands, do household tasks and socialize with my friends! I am passionate about recommending F.I.T. with Lynne!"

It is never too late to make exercise part of your life style! If you are interested in hearing more, I offer a free, no obligation phone consultation.



**Lynne Rutledge**  
**fitwithlynn@gmail.com**  
**226-751-2994**



**F.I.T. WITH LYNNE**



**To our Nurses and PSWs:**

Thank you for your commitment, your dedication, and your tireless efforts to keep us safe.



**TIM LOUIS**

Member of Parliament, Kitchener-Conestoga

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# Health and Wellness Sessions at Woolwich Community Health Centre



During the winter/spring, Woolwich Community Health Centre is offering a combination of virtual (on zoom), in-person programs/groups and hybrid sessions. Groups meeting in-person will be at 10 Parkside Drive, St. Jacobs. All health and mental health education events are FREE.

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

Program	Description	Date & Format
<b>Advanced Care Planning 201 - Conversations Worth Having</b>	If you've taken Advance Care Planning 101 in February, you understand the law around Substitute Decision Making. Now, it's time to consider how to have those tender conversations with loved ones. Have you decided who will make health care decisions for you if you cannot? Join us in this interactive session as we work through these important conversations - who to talk to, what to talk about and how to start these conversations.	Thursday, May 2nd 12:00 - 1:00 PM  In person & Zoom
<b>The Importance of Cancer Screening</b>	Join us for a brief yet impactful workshop led by a Primary Care Doctor from the KW4 Ontario Health Team. Discover the importance of regular cancer screening, demystify the process, and empower yourself with knowledge that can make a life-saving difference. Focussing on colon, colorectal, breast, lung, and genetics.	Thursday, May 16th 12:15 - 1:30 PM  In person & Zoom
<b>Cognitive Behavioral Therapy for Stress and Anxiety</b>	Cognitive Behavioral Therapy (CBT) is a widely practiced and evidenced-based approach to addressing a range of mental health and health issues. In this 6-part series we'll introduce a range of practical strategies to address stress and anxiety that you can start using in everyday life. We'll uncover patterns of negative thinking and worry and how these impact us. We'll also explore ways to skillfully manage thoughts, emotions, and move towards more helpful behaviors. Strategies covered will include thought logs, worry breaks, overcoming the anxiety-avoidance cycle, and techniques for social anxiety. Feel free to attend one, any, or all sessions.	Wednesdays from May 22nd – June 26th 11:00AM - 12:00 PM  In person & Zoom
<b>Walk &amp; Talk!</b>	Do you enjoy going for a stroll? Are you looking for a group to walk with? Join us, as we meet up at local trails around our community to enjoy a nice brisk walk and socialize together. This group typically goes on a walk bi-weekly at various dates, times, and locations in the area. Register to be sent updates on upcoming walks! Note: the walking group is on pause during the Winter months and will resume sometime in the Spring. Sign up to receive updates!	Resumes Spring 2024  In person
<b>Technology Help</b>	Do you need assistance in keeping up with the fast-paced technology world? Book an appointment with Tariq to get one-on-one hands-on help on how to use your device. Tariq can help you with things like how to set up your device and use it, use email, browse the internet, or whatever you need help with!	Ongoing  In person & Zoom

# Welcome to the Woolwich Community Health Centre's Wellness Garden



The Woolwich Community Health Centre is looking for people interested in volunteering to help in our gardens.

We have both a vegetable garden and a native pollinator flower garden on our site in St Jacobs and are in the process of planning gardens for our new Wellesley site.

Come join us, enjoy a little sunshine, get some exercise and spend time with other gardeners. No gardening experience necessary!

Contact Margret at [mgohl@wchc.on.ca](mailto:mgohl@wchc.on.ca) or Tariq at [tabdulhadi@wchc.on.ca](mailto:tabdulhadi@wchc.on.ca) 519-664-3794 ext. 222



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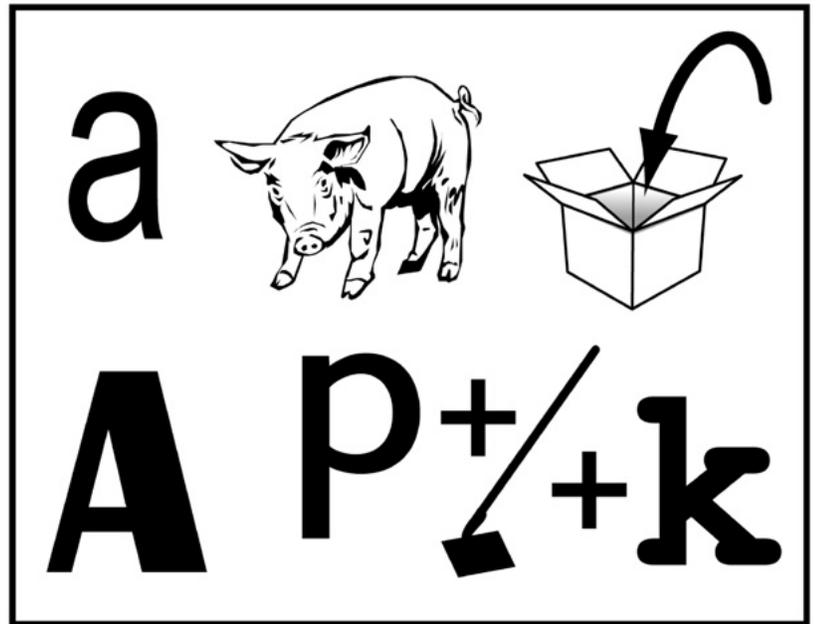
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# May Puzzles!



## Concentration Puzzle

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



### Wacky Wordies #19

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



1. \_\_\_\_\_



2. \_\_\_\_\_



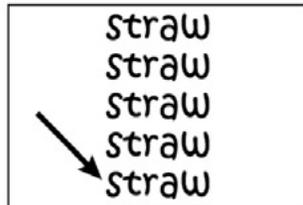
3. \_\_\_\_\_



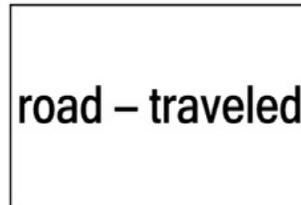
4. \_\_\_\_\_



5. \_\_\_\_\_



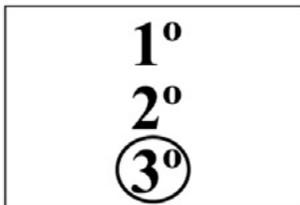
6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_

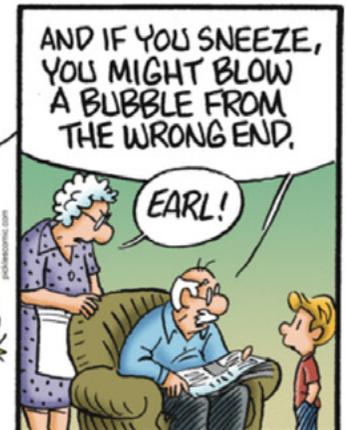
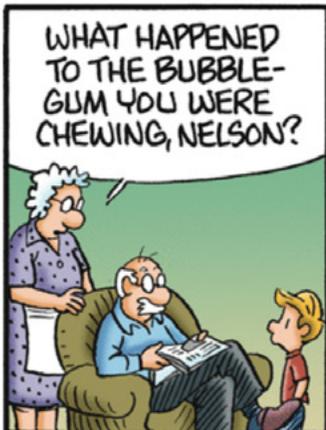
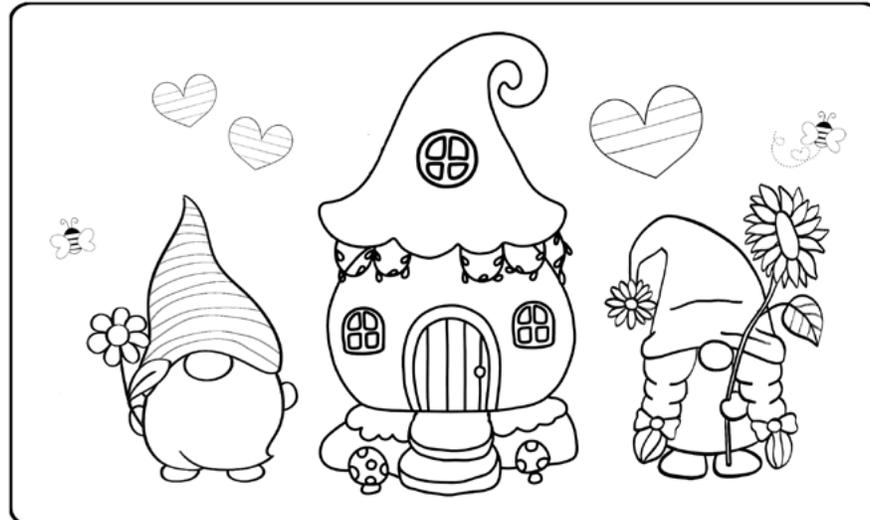
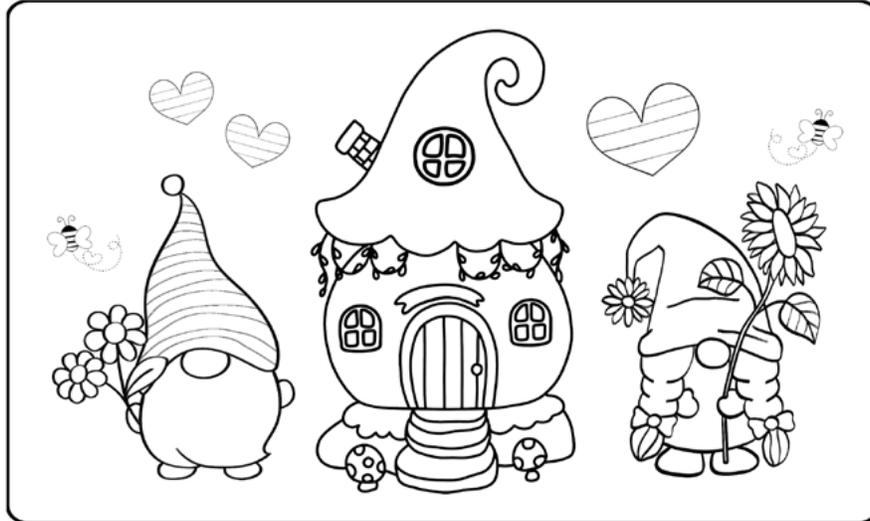


12. \_\_\_\_\_

# Laughing Matters!

## Spot the Difference

Can you find 10 differences?



# WHERE TO GET YOUR FREE COPY

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

## WILMOT TOWNSHIP:

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



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

## WELLESLEY TOWNSHIP:

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

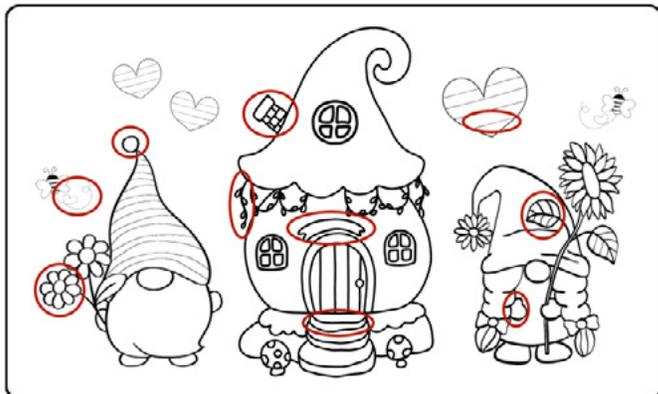
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

## WOOLWICH TOWNSHIP:

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

# Solutions

## Concentration Puzzle: A pig in a poke



## Wacky Wordies #19

1. Up to snuff
2. Vanish into thin air
3. The big easy
4. The darkest hour is just before the dawn
5. The Devil incarnate
6. The last straw
7. The road less traveled
8. The upper hand
9. Third degree
10. Thick as thieves
11. Through thick and thin
12. Drastic times call for



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# We see you. We hear you. And we're here to help.

**In Ontario there are almost 4 million caregivers, just like you, who provide physical or emotional support to a family member, partner, friend or neighbour.**

Many people don't consider themselves a caregiver. Instead, they think of themselves as a family member or friend, just doing what needs to be done. While most caregivers say they are happy to be able to provide care, many share they are overwhelmed and find it difficult to get the information and support they need. Caregivers are investing more hours in their caregiving role and say they are experiencing increased levels of stress and signs of depression and burnout.

If you support someone in need and feel anxious and overwhelmed with your caregiving responsibilities, you're not alone. **The Ontario Caregiver Organization (OCO)** exists to support caregivers by offering free programs and services that include our 24/7 Caregiver Helpline, educational resources, Peer Support program and more. For more information, please visit our website [ontariocaregiver.ca](http://ontariocaregiver.ca).



## **24/7 Helpline (1-833-416-2273)**

The Ontario Caregiver Helpline is a one-stop resource for information and referrals connecting caregivers to the support you need. This might include respite, a support group in your community or programs for the person you care for.

The Helpline is answered by professional Community Resource Specialists in English and French. Interpretation services are available in 150 languages upon request. Helpline Specialists are trained to understand the unique needs of caregivers.

The Ontario Caregiver Helpline is not a crisis or counselling line. If you are in crisis and need immediate assistance, please call 911.



## **1:1 Peer Support (Online or By Phone)**

Together with experienced caregivers, we created the 1:1 Peer Support Program. In three simple steps, you can connect with another caregiver, share your experiences, and receive the direct support that you need as you navigate this journey, together.



## **Online Support Groups**

Join our Online Support Groups and connect with other caregivers in a supportive environment to share your challenges, successes, and concerns.



## **Helpful Webinars (Live and Recorded)**

The Ontario Caregiver Organization hosts live one-hour webinars presented by subject matter experts on a variety of timely and important topics for caregivers. Please browse the Webinar Library on our website which includes past recorded webinars as well as webinar notes



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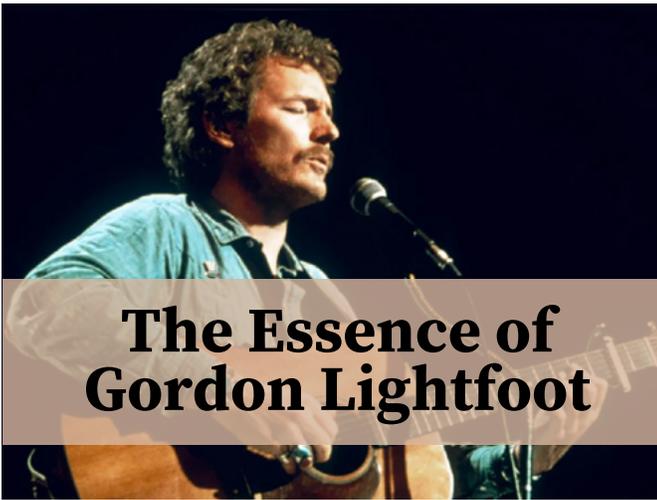
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 <https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/>  [coffeehousetalks2020@gmail.com](mailto:coffeehousetalks2020@gmail.com)

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



## The Essence of Gordon Lightfoot

**“Does anyone know where the love of God goes,  
when the waves turn the minutes to hours.”**

– The Wreck of the Edmund Fitzgerald  
by Gordon Lightfoot

It didn't take long for the sad news – the passing of Gordon Lightfoot – to flood the airwaves. And, as the tide of awareness flowed in, I learned so much about him that I never knew.

In the 70's, during the heights of his success, he was a genuine force in the Canadian music scene... and beyond! But, my '60's teenage friends were still basking in the afterglow of the 'British Invasion.'

Gordon was best known for Folk / Rock (think Simon & Garfunkel); but politically, things were still hot with the release of his song 'Black Day in July' – which was critical of how the police and the army used strong-arm tactics to put down the Detroit race riots of July 1967: hundreds being killed or injured, and thousands of buildings burned.

The song, which was released less than a year afterwards, was banned from airplay by most major American radio stations, as it was deemed too controversial for public consumption.

**And they wonder how it happened and they really know the reason / And it wasn't just the temperature and it wasn't just the season”**

– Black Day in July by Gordon Lightfoot  
[Watch on YouTube](#)

So, this was a side of Lightfoot I'd not seen before. It was a courageous move by this young artist: risking his career. Yet, that song showed

me the persuasive power of Gordon Lightfoot.

We also saw that same spirit and influence for civil disobedience with John and Yoko's public antiwar bed-ins – with its memorable refrain, “All we are saying is give peace a chance.”

Did their combined efforts end the war, back then? Probably not. But, mass protests were inspired by the music (that included Bob Dylan, Pete Seeger, Peter, Paul & Mary, and Joan Baez.) However, reflecting back, Joni Mitchell said, “They won't give peace a chance, that's just a dream some of us had.” Yet, more people than ever spoke up for social justice.

**“Why can't we all be brothers, why can't we live in peace? But the hands of the have-nots keep falling out of reach”**

– Black Day in July by Gordon Lightfoot

The existential question – where does the love of God go? The answer is different for everyone. But, does it not go back to its source? All we can do is encourage others to find their own solution – discovering what's truly written in their own hearts – an unbroken circle of love.

Like him, I'm also from rural roots – maybe explaining my familiarity with inter-personal values of everyday life.

**“Rainy day people always seem to know when it's time to call.**

**Rainy day people don't talk, They just listen till they've heard it all”**

– Rainy Day People by Gordon Lightfoot  
[Watch on YouTube](#)

He was still a working musician and composer to the end. He never considered a farewell tour... happy enough to still write booked gigs in his calendar. And, as every professional knows, the show must go on. Thanks for them all, Gordon!

**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](http://www.fredparry.ca)



## Keep Being You with Personalized Hearing Care

Our ability to hear plays a pivotal role in how we connect with the world around us and our ability to keep doing the things that matter the most. Yet, for many, the journey to better hearing is a road filled with challenges. May is Hearing Awareness Month – a crucial reminder to reevaluate our relationship with sound and take proactive steps to protect and preserve our hearing.

At HearingLife, we understand that no two individuals experience hearing loss in the same way. That’s why our approach goes beyond just providing hearing aids. Our team of experienced professionals takes the time to understand your unique needs, conducting thorough assessments to tailor solutions that fit your lifestyle and preferences.

### STATS RELATED TO HEARING LOSS

Did you know that according to the World Health Organization, over 466 million people worldwide experience hearing loss? This staggering statistic highlights the widespread impact of hearing impairment on individuals and communities. However, the good news is that with personalized hearing care, many of these challenges can be overcome. Studies have shown that individuals who receive tailored hearing solutions experience improvements in communication, social interaction, and overall quality of life.

The economic burden of untreated hearing loss is substantial. It is estimated that the global cost of unaddressed hearing loss exceeds \$750 billion

annually, including healthcare expenses, lost productivity, and reduced quality of life.

Research has demonstrated the significant benefits of hearing aid use in improving communication, social interaction, and overall well-being. Individuals who use hearing aids report higher levels of satisfaction with their relationships, increased participation in social activities, and improved overall quality of life.

### TECHNOLOGICAL ADVANCEMENTS IN HEARING AIDS:

Gone are the days of bulky, conspicuous hearing aids. Today, advancements in technology have paved the way for discreet, powerful solutions that seamlessly integrate into your daily life. From personalized settings that adapt to different environments to wireless connectivity that syncs with your devices, modern hearing aids are designed to empower you to keep being yourself. Here are a few technological advancements in the latest hearing aids.

**Rechargeable Batteries:** Rechargeable hearing aids offer the convenience of built-in lithium-ion batteries that can be easily recharged overnight. This eliminates the hassle of battery changes and ensures consistent power throughout the day.

**Bluetooth Connectivity:** Bluetooth connectivity allows modern hearing aids to wirelessly connect to smartphones, tablets, and other compatible devices. This enables you to stream phone calls, music, podcasts, and other audio directly to your hearing aids, enhancing accessibility and convenience.

**Remote Control and Smartphone Apps:** Many hearing aids come with remote control options or smartphone apps that allow you to adjust settings, volume, and programs discreetly. This gives you greater control over your listening experience, allowing you to customize settings based on your preferences and environment.

**Artificial Intelligence (AI) and Machine Learning:** Some cutting-edge hearing aids utilize AI and machine learning algorithms to adapt and optimize performance based on your individual preferences and listening environments. These smart features continuously learn and adjust to

provide personalized sound experiences tailored to your unique needs.

**Tinnitus Management:** For individuals experiencing tinnitus (ringing or buzzing in the ears), certain hearing aids offer built-in tinnitus management features. These features can generate soothing sounds or mask the perception of tinnitus, providing relief and improving overall comfort.

**Water and Dust Resistance:** Many modern hearing aids are designed to be water and dust resistant, offering greater durability and reliability in various environmental conditions. This feature provides peace of mind, allowing you to wear your hearing aids confidently during outdoor activities or in humid environments.

## INVESTMENT IN YOU

Technological advances that have put personalized hearing solutions at our fingertips have also brought options for every lifestyle and budget.

“One of the first steps in your journey with us includes a detailed case history. This helps us establish your unique hearing needs and what kinds of noise exposure or other hearing trauma you’ve experienced,” says Katie Koebel, Audiologist and Senior Manager of Audiology with HearingLife Canada. “Our hearing care professionals are well-versed in hearing aid coverage programs available in each province, and if we believe there’s one that may apply to you, we can help with the application process.

“Hearing healthcare is not one-size-fits-all, and by listening to our clients and asking questions, we can recommend the right solution for your unique hearing and financial needs.”

Choosing and purchasing hearing aids takes time, but it’s an investment in your own health and overall wellness. With that in mind, you want to ensure your investment will continue to serve you well for years to come, not only with a comprehensive full-service warranty, but with ongoing care.

To hear what you’ve been missing, visit HearingLife in Waterloo (1-888-439-785) or HearingLife (formerly Hemmerich Hearing Centers) in New Hamburg (1-888-347-5011) and Waterloo (1-888-347-4940).

In celebration of the hearing awareness month, HearingLife is offering high discounts on the latest technology, saving you up to \$2,100 on a pair of hearing aids.

“We understand that hearing aids are an investment and want to make hearing healthcare attainable by all. By offering a significant discount and offering payment plans, we want to reduce the financial burden of making this important investment in your hearing healthcare and overall quality of life,” Koebel says.

Start your journey to better hearing. Love your ears so you can Keep Hearing, Keep Doing and Keep Being You!

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## Navigating Transitions in Older Adulthood

Spring is a time of change. Spring is a season when winter falls away, warm weather arrives, and flowers begin to appear. The daylight grows and the darkness shrinks. As we navigate the transition into spring, I invite you to reflect on what transitions you may be navigating in your personal life as older adulthood can be a time of significant change.

Most older adults are stepping back from regular employment. This can offer relief for many people and the opportunity to pursue volunteer roles in fields of interest. However, others are left searching for a sense of purpose and meaning as their structured and routine-based existence has fallen away. And for many others their experience is shaped by a combination of relief and loss.

Older adults begin to more regularly encounter illness and death. For some illness arises unexpectedly and may disrupt retirement plans. Illness can affect mobility and impact one's options for post-retirement life. Recognizing the fragility of life, and the normalcy of death, can allow one to approach their older adult years more intentionally.

Older adulthood often involves a change in one's residence. Many people must consider alternative housing options due to the need for increased assistance in daily life. While this can lead to increased community and connection with peers, it can also decrease one's freedom and independence.

Families' structures can go through significant change as adults grow older. Many older adults are entering a period where new family members are being added due to marriage and birth while others are growing apart. This

can be a time of great excitement and joy as families continue to evolve as well as sadness as relationships end and grandchildren move away.

Transitions can be paradoxical experiences. They can be filled with a range of excitement, gratitude, confusion, and grief. As humans we tend to fear transitions as we prefer what feels familiar. Most of us have an unconscious association between familiar and safety and the unfamiliar and danger. Our default way of relating to transitions is to assume that they will bring something unwelcome because they involved the unknown. When faced with the unknown we tend to fill it with our greatest fears. This default way of relating to transitions can increase the stress many older adults feel.

While it is true that a lot of transitions which occur during older adulthood bring unwelcome change, that is not true of each one. As discussed, transitions can also offer refreshing changes. It is valuable to hold space for the wide spectrum of possibilities which exist on the other side of change. While change offers the possibility for something worse, it also offers the possibility for something better, or even something neutral. Accessing this perspective can assist you in approaching transitions with less resistance and fear. Accepting this perspective can make things feel slightly easier as you navigate the many unavoidable transitions in one's older adult years.

Written by Danielle Lancaster, Registered Psychotherapist (qualifying)

Interfaith Counselling Centre

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**What is Adaptive Clothing?**

Adaptive clothing refers to any garment that has been designed and/or modified to make dressing easier for children, youth, men and women with limited mobility ; this may be a result of an accident, a medical procedure, a disease or simply an effect of age.



**Why do I love EasyWear Adaptive Clothing?**

**Fashionable** – each season of clothing looks like something I already have in my closet or something I **would purchase at the local mall**

**Quality** – These clothes are able to stand up against multiple washings and even the strength of industrial heavy duty washing/dryer machines in a retirement home or long term care home

**Accessible** – As a health care professional, I recognize the need for clothing to be put on in a timely manner while able to meet the needs of the patient with medical devices, tubing and appliances.

*EasyWear makes stylish dressing a snap!*

**Ashley Fox, RPN Community Outreach Coordinator  
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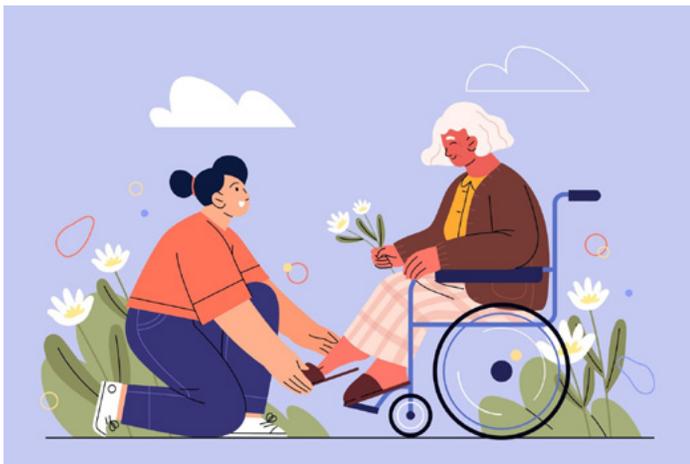
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## Caring for the Caregiver

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 and demands 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 supports that can provide information, support and practical assistance. Community Care Concepts offers caregiver support through groups for caregivers (including supervision and support of your loved one); Adult Day Programs which provide a day of respite; help in navigating the healthcare system; information and referral services; and

practical supports such as help with groceries, meals, homemaking and transportation – all designed to relieve the demands associated with caregiving.

**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. Seniors Support Workers available through Community Care Concepts are a great resource.

**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 our organization and 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!

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226-820-1032 | tscompletemovesolutions.com

## PET CARE

### Pet Valu New Hamburg

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

## PROFESSIONAL SERVICES

### Futher-Franklin Funeral Home

1172 Henry St., Wellesley  
519-656-2880

### IRENIC | Debbie Yantzi

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

If you would like to be added to our growing list of valued local businesses, please contact us at [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com) so our readers can be reminded of your services and support local.

# COMMUNITY BUSINESS DIRECTORY

## REAL ESTATE

### Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

### Angela Baas, Royal LePage Wolle Realty

Resident of Wilmot Township  
519-747-2040

### Jim & Tricia Miller

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

## RETAIL

### Focus Computers

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

### New Hamburg Office Pro

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

### Sobeys New Hamburg

100 Mill St, New Hamburg  
519-662-1374

### EasyWear Adaptive Clothing

Mobile Boutique | Cambridge, ON  
(888) 908-7177 | [Easywearadaptiveclothing.com](http://Easywearadaptiveclothing.com)

## RESTAURANTS

### MeMe's Cafe

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

### Pizza Arca

98 Peel St, NH | 519-662-2583

### Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley  
519-656-2430

## SENIOR CARE FACILITIES

### Tri-County Mennonite Homes (TCMH)

200 Boullee Street, New Hamburg  
519-662-2718 | [www.tcmhomes.com](http://www.tcmhomes.com)

### Trinity Village Studios & Terraces

2711 Kingsway Dr., Kitchener  
519-896-3112 ext 300 | [www.trinityvillage.com](http://www.trinityvillage.com)

## Woolwich Seniors Association

24 Snyder Ave. Elmira  
519-669-5044

## TRANSIT

### Kiwanis Transit

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

## TRAVEL

### Stonetown Travel Ltd.

210 Mill St. New Hamburg  
226-333-9939  
[www.stonetowntravel.com](http://www.stonetowntravel.com)

### Northstar Travel | Getaway with Ann and Pat

Group Designers & Tour Hosts  
519-721-3730 - Pat; 519-622-6945 - Ann  
[www.northstartravel.ca](http://www.northstartravel.ca)



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**226-896-1042**  
[newhamburg@arnoldhearing.ca](mailto:newhamburg@arnoldhearing.ca)

# THANK YOU for all you do!

Nurses and Personal Support Workers (PSWs) are a critical component of Canada's healthcare system, especially when caring for our rapidly growing aging population. Thank you for your hard work and resilience, providing countless individuals and their loved ones with personalized care while demonstrating exceptional professionalism in each moment along the way.



**NATIONAL NURSING WEEK MAY 6-12**

**PERSONAL SUPPORT WORKER DAY MAY 19**

**COMMUNITY  
CARE  
CONCEPTS**  
*of Woolwich, Wellesley and Wilmot*



# IS IT TIME FOR A CHANGE? ARE YOU READY TO MAKE A MOVE THIS SPRING/SUMMER?

## CALL ALISON TODAY

FOR A FREE MARKET EVALUATION OF YOUR HOME AND/OR PROPERTY OR TO SIT DOWN AND DISCUSS YOUR REAL ESTATE NEEDS. I HAVE LOVED HELPING PEOPLE FOR OVER 19 YEARS! LET ME PUT MY KNOWLEDGE AND EXPERIENCE TO WORK FOR YOU! WORKING WITH BUYERS AND SELLERS THROUGHOUT WATERLOO REGION, PERTH AND OXFORD COUNTIES!!



Guiding & Advising  
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(2005)

## She is here to help clients by:

- ACTING ON THEIR BEHALF AS AN EXPERIENCED/EXPERT GUIDE LEADING TO A SUCCESSFUL SALE AND/OR PURCHASE;
- TO OFFER OBJECTIVE INFORMATION AND OPINIONS;
- TO STAND IN THEIR CORNER DURING NEGOTIATIONS;
- TO ENSURE THEY HAVE AN UP-TO-DATE REAL ESTATE EXPERIENCE;
- TO BE THEIR ROCK AND SUPPORT DURING THE EMOTIONAL PROCESS;
- TO PROVIDE FAIR AND ETHICAL TREATMENT AT ALL TIMES;
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# ALISON WILLSEY

*Real Estate  
Broker*

[willseyalison@gmail.com](mailto:willseyalison@gmail.com)



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Office: 519-662-4900

[www.willseyrealestate.com](http://www.willseyrealestate.com)





CALL ALISON A TO HELP ASSIST YOU WITH YOUR REAL ESTATE NEEDS WHETHER IT BE BUYING OR SELLING, I AM HERE TO HELP GUIDE AND ADVISE.

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