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# EMBRACING CHANGE

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

ISSUE 15 NOVEMBER 2019

[www.embracingchange.ca](http://www.embracingchange.ca)



Feature Business of the Month



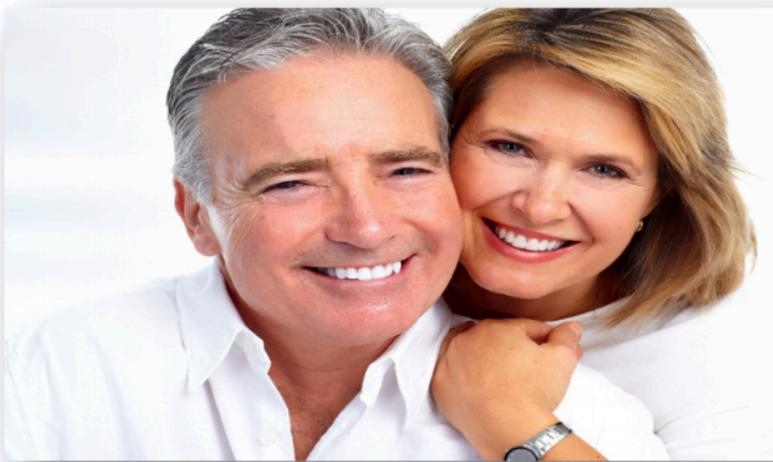
Community resource guide to help you and your loved ones age in place!



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## Rebecca Roessler

SOCIAL MEDIA SPECIALIST



### LETTER FROM THE EDITOR

Remembrance Day isn't just about war and those we've lost, but also about ideals and what we stand for.

It's about respecting our past, and looking to our future with hope. And more than anything, it's about respecting and honouring all who have bravely served, and still serve, in order to give us the freedom we experience today. On Monday November 11, let us come together and observe a moment of silence to mark the sacrifice, courage, and

pride of our dedicated soldiers.

In November we also recognize: Fall Prevention Month. Below are some important statistics about falls in older adults. We have some great resources in this issue to help you and your loved ones prevent unnecessary falls and injuries. See page 31 for some great tips.

- Falls are the leading cause of injury among older adults
- 20-30% of Canadian seniors experience at least one fall each year
- Over 30% of seniors who are hospitalized for a fall end up in long-term care
- Falls account for 85% of injury-related hospitalizations among seniors
- The average Canadian senior stays in hospital 10 days longer for falls than for any other cause
- Falls are the most common cause of an emergency department or hospital visits in Canada
- Falls are the leading cause of injury-related death and the leading cause of hospitalizations in Canada

With every issue we aim to educate and help you to feel more connected to your community and its resources. Your comments/questions/feedback allows us to gain better insight into what you find value in. If you have something to share, we'd love to hear from you using the contact information on the left

**Wishing you all a wonderful November!**

*Tara*

## On The Cover

Chris Spotswood and Don Worthington meet up at Personally Fit in New Hamburg for their weekly training session. Chris has been a Wilmot resident since 1998 and Don since 2008. They have had many workouts and laughs over the years.

## About the Photographer

Courtney Zoeller is a talented photographer and recent graduate of the Graphic Design program at Conestoga College. She just started her first professional job at a design studio in Hamilton.



# Embracing Change



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

# FLASHBACK PHOTO

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This wonderful photograph is part of the Brad Schneller Collection at the Township of Wilmot Archives. It features the 111th Battalion (South Waterloo), Canadian Expeditionary Force (CEF), which was authorized in December of 1915 as an Infantry Battalion.

In March of 1916, five hundred soldiers from this Battalion marched through the thick snow from Galt all the way through to New Hamburg to muster support. Their march inspired recruits from Wilmot as many young men throughout the Township stepped forth to fight for their country.

The Battalion left for Britain in September of 1916 and by October they were absorbed

by the 35th Battalion, CEF. The Battalion disbanded on May 21, 1917.

Looking at the photo, you can see it was taken from the corner of Foundry Street and Snyder's Road in Baden. You may think it is Castle Kilbride you see in the distance, but it actually S.S. #13, which was known as "Baden Public School."

It is interesting to note the hydro poles that line both sides of Snyder's Road East in this photo. These poles were erected five years earlier, in December of 1911, when Sir Adam Beck returned to light up his hometown with hydro- electricity for the very first time.



*Submitted by Tracy Loch, Curator/Director Castle Kilbride Historical Site*

MESSAGE FROM

# Major (Ret'd) Conrad LeDrew

PUBLIC RELATIONS OFFICER - ROYAL CANADIAN LEGION BRANCH 532 NEW HAMBURG



I was fortunate to be a member of the Royal Canadian Air Force for 25 years. I had a career filled with adventure and opportunity, though often challenging. Through those challenges, I made special bonds with my comrades.

During my career, participation in annual Remembrance Day ceremonies was expected. I remember marching alongside other young, fit service people, our highly polished parade boots beating the pavement. It was our duty and honour to remember those who sacrificed so much.

I belonged to an active military community then. Now retired, I no longer live near a base. I still participate in the Remembrance Day parade, as a member of the Royal Canadian Legion. My Legion comrades and I are not as young and fit, our drill not as smart, and we can't stand to attention as long as before.

Yet, our resolve remains. We understand our predecessors' sacrifice and the significance of Remembrance. A sense of duty motivates us to bear the cold November weather. Even outside of an active military community, we are not alone. I am moved by the people lining the parade route and filled with hope when I see young people in the act of remembrance.

It continues to be an honour to march with local RCMP, police force and fire service representatives; while our uniforms are different, we inherently put others before self in our respective fields. We share a common bond that few other professions can claim. We stand shoulder to shoulder, brothers-in-arms, in remembering those who made the ultimate sacrifice for the greater good.

As the wars of the 20th century recede further into the past, the number of veterans who fought in these wars grow fewer. It is left to those of us still standing to remember them.

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# Human Faces Behind the Back Cover

by Gary White

Life is made up of many stories.

Let me share a few with you today in the hope of putting a human face to insurance.

You have seen my monthly advertisements and occasional articles in this magazine for most of 2019. Now, might be a good time to share more of my own story with you. Born and educated in Peterborough, Ontario I decided to head west to Toronto in the mid 60's in search of a career. I had no idea I would end up being the insurance industry. For the first 25 years I worked for three different insurance companies, mostly in senior sales management positions travelling coast to coast across Canada. I knew the time was coming for me to start my own company and that's what I did in 1991 in Mississauga.

Although I am licensed to sell all types of insurances from life, disability, group, travel, car and home, my main focus has been on employee benefits for small to medium size companies with less than 100 lives. Travel insurance became a growing focus of mine back in 2007 and, I must admit, today this is something I enjoy doing the most. I tell people I'm not so much of a salesman as I am an educator about insurance. Before you ask, let me say I don't mind online shopping for insurance but not online purchasing of insurance.

Being more of an educator allows me to share a few stories to help my clients understand the need for proper travel insurance. Most people have no idea what's behind some of the claims that are paid out by insurance companies these days. Therefore, let me share another human face story with you.

Jimmy was cruising with his wife, Anne, in Spain when the 71-year-old suddenly collapsed during dinner one night. After a doctor performed CPR on him for 15 minutes, Jimmy was transferred to a small hospital on their port island. At the hospital, Jimmy went into a coma and was put on a ventilator. Because of the serious nature of his condition,

Jimmy's son flew from Canada to be at his bedside and help out. Jimmy was then airlifted back home to Canada, where the rest of his family was eagerly waiting for him.

Hospital fees	\$62,253.30
Doctors' fees	\$3,763.43
Air ambulance fees	\$96,769.10
Private healthcare	\$3,288.89
Amount paid by insurance company	\$159,496.94

Having been retired for nearly 10 years, this would've been a very steep bill for them to cover out-of-pocket.

Here's another human face story for you. 67-year-old Carlos and his wife, Jane, travelled to Palm Beach for their annual winter getaway, where they planned to soak up the sun and visit friends. A few weeks into their trip, Carlos woke up in the middle of the night feeling like something was stuck in his throat. After gargling with warm water and drinking herbal tea, the feeling persisted and Carlos began coughing uncontrollably. Alarmed by his condition, Jane took him to the ER for evaluation. Tests revealed Carlos didn't have anything stuck in his throat but his vocal cords were inflamed. Carlos was advised to continue drinking fluids and rest his voice. Medical care in the US is costly! Although Carlos didn't need treatment, his bill still added up to a whopping \$26,000.

Thankfully, having travel insurance kept him out of debt.

Hospital fees	\$21,782.75
Doctors' fees	\$4,039.38
Radiology fees	\$621.98
Provincial healthcare	\$353.65
Amount paid by insurance company	\$26,090.46

**If you are travelling anytime over the next few months and would like Travel Insurance explained to you, turn to the back page and give me a call. Our insurance markets are Canada's largest and their pricing is good too!**

# We Remember

Message from Mayor & Council:

To Remember is to Commemorate, Memorialize, Celebrate, and Reminisce. It is our privilege and honour to be able to do this every year at this time. We invite you all to unite as we pause our daily tasks to pay homage to those who gave their lives for us to enjoy this life and land with freedom, independence and sovereignty.

Les Armstrong  
Township of Wilmot



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COVER ARTICLE

# Fitness in your 50's, 60's, 70's and beyond!

As we are all embracing the inevitable aging process, questions abound. Will I hurt myself? Am I too old to start? I can't move like I used to, it's not for me. I won't have anyone my age to work out with. I can assure you after 30 years as a Fitness Professional that fitness is for everyone regardless of your age and previous experience. As for not having anyone to work out with in your age category, there are more older adults now than ever before and they are working out. Healthy aging is all the rage!

The business of health and fitness business as we know it was just getting started in the late 70's and early 80's with the boomer population. Who can forget Jane Fonda and leg warmers? Fitness is now mainstream. Doctor's prescribe it, studies show too many benefits to list or ignore, and we all know someone who is a shining example of health in their later adult years.

I have had the pleasure and privilege of working with many active older adults in Wilmot over the past 20 years, and as the tail end of the boom, I know personally that fitness isn't just for the young.

But it does keep us young at heart! Don Worthington, 78, is proof of that. Don began working out regularly about 36 years ago, in his early 40's, when his then teenage son wanted a set of weights. That set of weights inspired a lifelong journey with fitness. Although his workouts have had to change over the decades his dedication and reasons for working out have not.

Included in his many reasons for keeping active Don notes that now more than ever his body lets him know when he slacks. **"My body likes to move"** he says. Time away from the gym results in noticeable strength differences as well as general aches, pains and creaks in the joints. Not fun.

Don and his wife Janet, moved to New Hamburg in 2008, walking distance to the gym. Not only did he love his new home he loved the fact that he could walk to the gym! Not everyone has this goal in mind when purchasing a home. What he found was more than just a place to work his body, he found a great deal of camaraderie and a new circle of friends, a community! The gym is a very social place, while his main motivator is to stay in shape for his grandchildren, having a group of like-minded people makes it even easier to show up.

Pride is another word that Don uses when talking about the number of years he has invested in his health. The benefits of this investment, which is exactly what it is, are far more than just physical, they reach into our psyche, improve outlook... we could both go on. Waxing poetic about all the great reasons for a regular fitness practice, but when push comes to shove the physical benefits present themselves right when you need them.

**In 2011, Don had heart surgery, his Dr told him that his quick recovery was directly related to his physical conditioning.** Making time for his health over the years helped him take much less time off for illness! A great trade off and one we all aspire to.

Recently Don added yoga to his regime to help with both balance and flexibility, something that as a senior he must be aware of. November is Fall Prevention Month a perfect time to feature an active older adult who wants the statistics to stay on his side. Don is really enjoying his yoga practice and is noticing positive changes. An added benefit is that he works side by side with his wife Janet in these classes. Now

that they are both retired, they can make more effort to take care of themselves physically and mentally, reaping the rewards both in their relationship and individually.

Falls are the leading cause of hospitalization among seniors, according to Stats Canada 1 in 3 adults 65 or older are likely to fall at least once.

There are many reasons for falls, some that can't be helped; chronic disease, medications, failing eyesight, hearing loss and the decline in physical fitness. We become less active as the body takes longer to repair with the aging process. **That does not give us a free pass to become sedentary**, quite the opposite in fact. While modifications must be made it is essential to include an exercise program to increase balance and coordination.

What I have noticed with clients over my career is getting stuck in patterns of exercise or movement. They know they are good at one thing, it doesn't hurt (too much), the whole body or muscle part is onboard with this movement, in fact just goes through the motion quite happily. We really like to be good at something. The problem with this is that we don't take a risk, don't change a movement, and therefore may not notice that we start deleting things that cause discomfort from both workouts and life in general. We stop doing what we should be doing because it's harder than it used to be, "forget about it!" seems to be the mantra. Wrong! Muscles weaken, reaction time reduces and we just kind of seize up with avoidance. An innocent activity like sitting down into a low, soft chair may become a challenge to get out of – so you go to a higher, firmer seat. Now don't go taking this too literally and get yourself stuck in that chair you have been avoiding for years! It's by baby steps we get out of practice so baby step your way back!

It's not just Don's body that likes to move, that's what all our bodies were made for. Maybe not as fast, fluid and joint pain free, as in our youth and that's just fine. I hate to be cliché but "Move it or Lose it" is really what it comes down to.

**Starting a Fall prevention program is quite easy and can be done at home.** This program focuses on foot and ankle exercises, and balance. Flexibility and strength in the foot and ankle help with gait and stability. Core is the centre of the universe for

our balance and body at large so any one-sided or one-footed exercise help tremendously. Don has graciously modeled 3 exercises to get you started.

### **Heel Raise and Rock**

Stand with a chair for support if needed and rise onto toes, hold for a couple of seconds then rock back onto heels and raise toes off the ground. Repeat 5 to 10 times.

### **One Leg Stand**

Raise one knee up keeping foot flat, stand tall, with abdominal muscles engaged and hold for 10-15 secs, repeat alternating legs five to ten times each side.

### **Side Leg Raise**

Make sure you are standing up straight, head and toes facing forward. Raise one foot off the ground, bringing your leg up and out and hold for a second or two and then bring back down to the floor. Repeat five to ten times on each side.

You can test yourself as you progress by lifting fingers away or not using the chair for support at all. You can further add multisensory training by closing one or both eyes or adding arm movement.

Try these exercises daily and look for active seniors' classes, go out have fun, meet up with peers in active settings. Take the stairs...don't stop moving. We are not saying it isn't a little more challenging now that when we were younger but like many good things a little perseverance goes a long way.

We won't ever be 20 again, that suits me just fine, we may have to "grunt" a little bit when we get up (silly low chairs), but we can still live with vitality, strength and independence.

---

**Chris Spotswood is a Fitness Professional and Certified Personal Trainer. Chris owned Absolute Fitness & Personal Training in New Hamburg from 1999-2017.**

**Her mission is to cut through the bunk in the health and fitness industry, to make fitness fun and inspire "boomers" to find sustainable solutions for lasting health, independence and happiness.**

**Reach her at [chrisspotswoodcs@gmail.com](mailto:chrisspotswoodcs@gmail.com) or at 519-590-9066**

NOVEMBER CROSSWORD

1	2	3	4	5		6	7	8	9		10	11	12	13
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17						18					19			
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Solutions on Page 16

ACROSS

- 1 Gravy
- 6 Dog food brand
- 10 Light source
- 14 Fable writer
- 15 Vault
- 16 Seaweed substance
- 17 Australian bear
- 18 Dress decoration
- 19 Nude
- 20 Information
- 21 Counterfeiters
- 23 Pastry
- 24 Man who built the arc
- 26 Sea between Turkey and Greece
- 28 Mythical deities
- 31 Sun
- 32 North by east
- 33 Hydrocarbon
- 36 Dueling sword
- 40 Do what you're told
- 42 United States

- 43 Sweet potatoes
- 44 Grow smaller
- 45 Salt's opposite
- 48 Drink slowly
- 49 Eager
- 51 Framework
- 53 Fine fiber
- 56 Hawkeye State
- 57 Self-esteem
- 58 A way out
- 61 Cast off
- 65 Astringent
- 67 Stagger
- 68 Utilization
- 69 Fly alone
- 70 Doing nothing
- 71 Charming tomboy
- 72 Has toed
- 73 Green seedless plant
- 74 Brazen woman

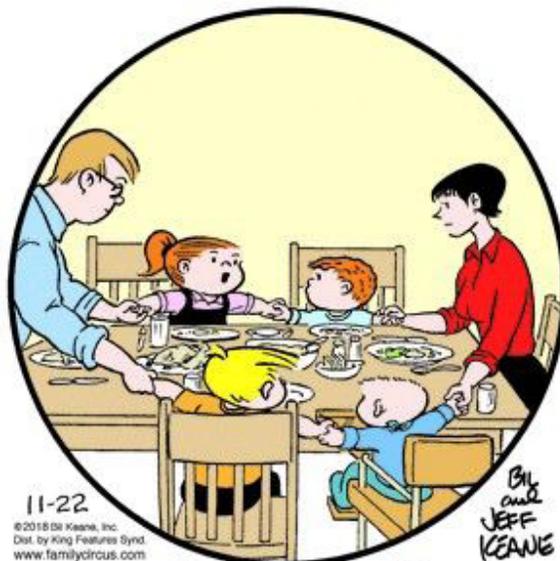
DOWN

- 1 Rice wine
- 2 Long time
- 3 U.S. Air Force
- 4 New territory dwellers
- 5 Environmental protection agency (abbr)
- 6 God of Islam
- 7 Tell a secret
- 8 Walk back and forth
- 9 Run
- 10 Scientist's office
- 11 Open mouthed
- 12 Santa \_\_
- 13 Clean feathers
- 21 Nimble
- 22 Ocean
- 25 Unrefined metal
- 27 Shade of black
- 28 Winter precipitation
- 29 Syrian bishop
- 30 Adolescent
- 31 Breaking sound
- 34 Colored
- 35 Poisonous snake
- 37 Bygone
- 38 Ruler
- 39 Spot
- 41 Time period
- 45 Puritan
- 46 Freudian selves
- 47 Uncooked
- 50 Contend
- 52 Capital of the Bahamas
- 53 Large meal
- 54 Ice house
- 55 Greek government
- 56 Islands
- 59 Make over
- 60 Snaky fish
- 62 Pork servings
- 63 Organizational backing (alternate spelling)
- 64 Say its not true
- 66 Modern
- 68 Expression

# Laughing Matters!

A man went to his lawyer and told him, "My neighbor owes me \$500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the lawyer. "Nope," replied the man.

"OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer. "But it's only \$500," replied the man. "Precisely. That's what he will reply and then you'll have your proof!"



11-22  
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Bill and Jeff Keane

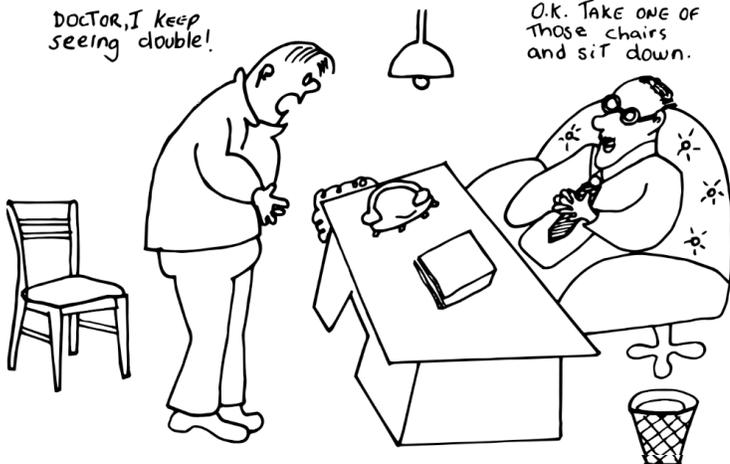
**"We hafta hold hands while we say grace so nobody gets a head start eating. Right, Mommy?"**

## Spot the Differences!

They look the same but there are 10 flaws to be found! See how many can you spot.

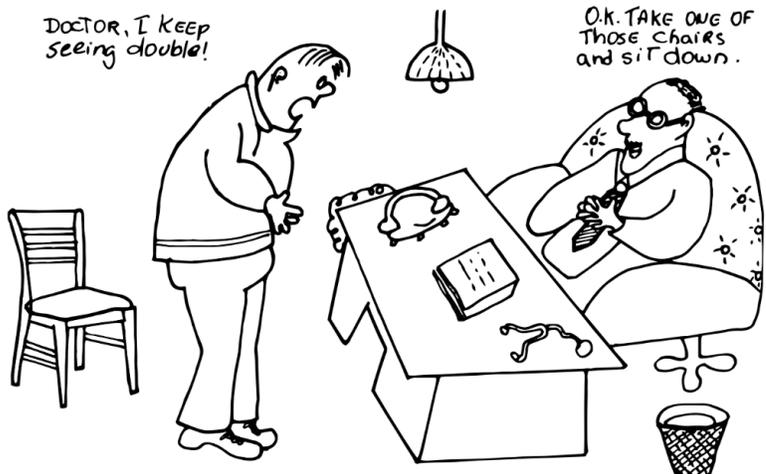
DOCTOR, I keep seeing double!

O.K. TAKE ONE OF THOSE CHAIRS and sit down.



DOCTOR, I keep seeing double!

O.K. TAKE ONE OF THOSE CHAIRS and sit down.



**Teacher:** "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

**Johnny:** "Seven."

**Teacher:** "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

**Johnny:** "Seven."

**Teacher:** "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

**Johnny:** "Six."

**Teacher:** "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

**Johnny:** "Seven!"

**Teacher:** "Johnny, where in the heck do you get seven from?!"

**Johnny:** "Because I've already got a freaking cat!"



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Check us out at:  
**embracingchange.ca**

# Practical Tips for Denture Wearers

by **Dr. Linda Vo, DDS**

*Dr. Vo has been a dentist for 18 years. She practices in Elmira, where she and her husband have a dental clinic.*

If you wear denture(s), then you know they need to be cleaned just as natural teeth do. Anything you eat and drink has the potential to adhere to the dentures, leading to plaque accumulation and/or staining. Taking proper care of your dentures will help them last longer for you. It is important to clean your denture(s) each time after you eat. Before removing your dentures for cleaning, fill the sink partially with water or place a towel in it. This will ensure that should a denture slip out of your hands, it will land on a soft surface and not get damaged.

To clean your denture(s), scrub with a soft-bristle toothbrush under running water. Be sure to brush all surfaces of the denture(s) and not just the teeth. It is not necessary to use toothpaste – in fact, some toothpastes may cause microscopic damage to the denture surface. Also avoid using harsh products such as vinegar, bleach, or baking soda.

At night, your denture(s) should be removed from your mouth. This is because the gum tissues (and teeth, if you have partial dentures) that support the denture(s) throughout the day need their rest, just as you do. When you are not wearing them, make sure your denture(s) are in a proper container and soaking in water.

Finally, make sure you see your dentist at least once a year. Mouth cancer and other oral diseases can occur even without teeth and it is important that this is promptly identified and treated. Your dentist can do a more thorough cleaning of your denture(s) and check their fit. Poor fitting dentures are not only uncomfortable but also mean there are more places where food and bacteria can adhere. Therefore, a reline is advisable every one to two years to ensure the best fit. If you have natural teeth remaining, a professional cleaning and check-up is a must to make sure these teeth continue to last for you.

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# WHAT'S HAPPENING

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**WHEN:** 1st Wed of every month; Sept-June

**TIME:** 10:00 am to 3:00 pm.

**WHERE:** Steinmann Church

**CONTACT:** 519-634-8311

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**COST:** .50¢

**WHEN:** Every Thursday 1:00 to 4:00 p.m.

**WHERE:** St. Agatha Community Centre

**CONTACT:** Bert Lichti at 519-634-8411

## **NEW DUNDEE SENIORS**

Come out and enjoy cards, games & shuffleboard

**WHEN:** Every other Tues, 1:00-4:00pm

\*Please contact Alice for exact dates

**WHERE:** New Dundee Community Center

**CONTACT:** Alice Bowman 518-696-2665

## **WILMOT SENIOR SHUFFLEBOARD**

**WHEN:** Tues and Wed from 9:30-11:30AM

and Tues 1:00-4:00pm

**WHERE:** Wilmot Recreation Complex

**CONTACT:** Guy & Phylis Sisco 519-662-2077

## **WILMOT SENIORS WOODWORKING & CRAFT CLUB**

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills

**WHEN:** Weekly, Mon to Fri: 9AM - 5PM

**WHERE:** 27 Beck St., Baden

**COST:** Initial Membership \$90, yearly \$70

**CONTACT:** Diana Gruhl at 519-634-5357

## **PICKLEBALL DROP-IN**

Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.

**WHEN:** Mondays 1:00PM - 3:00PM

Wednesday, 6:30PM - 8:30PM

**WHERE:** St. Agatha Community Centre

**CONTACT:** The Wilmot Recreation Centre for more information at 519-634-9225

## **RESTLESS SENIORS**

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.

**WHEN:** Wednesdays from 1:30 - 3:30PM

**WHERE:** New Hamburg Legion, Branch #532,  
65 Boullee Street, New Hamburg

**CONTACT:** George Schmitt 519-696-3037;  
Joan Fulton, Secretary 519-662-4821

### NEW HAMBURG LANES BOWLING

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.

**WHERE:** 182 Union Street, New Hamburg

**CONTACT:** James Aoki 519-662-1938

**EMAIL:** james@newhamburglanes.ca

#### WHEN:

Foxboro (a mixed, social league):  
Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):  
Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):  
Tuesdays 9:15-11:30am

### TECHKNOW PROGRAM

Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in for help with the basics and functioning.

**WHEN:** Every Thursday from 9:00-11:30 am from September - June

**WHERE:** Wilmot Recreation Complex  
Active Living Centre

**COST:** No Charge

**CONTACT:** 519-634-9225 ext: 340 for more info

### NEW HAMBURG LEGION SENIORS GROUP

**WHEN:** Every Wednesday from 1:00-3:30 pm

**WHERE:** New Hamburg Legion

**COST:** \$5.00 per year to join this group

**CONTACT:** Murray Snyder at 519-662-2959

### WILMOT SENIORS

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.

**SPECIAL EVENTS INCLUDE:** - soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, Christmas banquet.

**WHEN:** Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)

**WHERE:** Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg

**COST:** An offering is taken each meeting

**CONTACT:** Church 519-634-8687

### THE ROOK PLAYERS

We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us

**WHEN:** Monday evenings 6:00-9:30 p.m. (Sept. 2019 - April 2020)

**WHERE:** Wilmot Recreation Complex

**COST:** No charge

**CONTACT:** Cecil Wagler 519-662-2758



## WHERE TO GET YOUR FREE COPY

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

### Wellesley Township:

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

### Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg

- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobey's New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library

- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg
- Heart & Home Creations

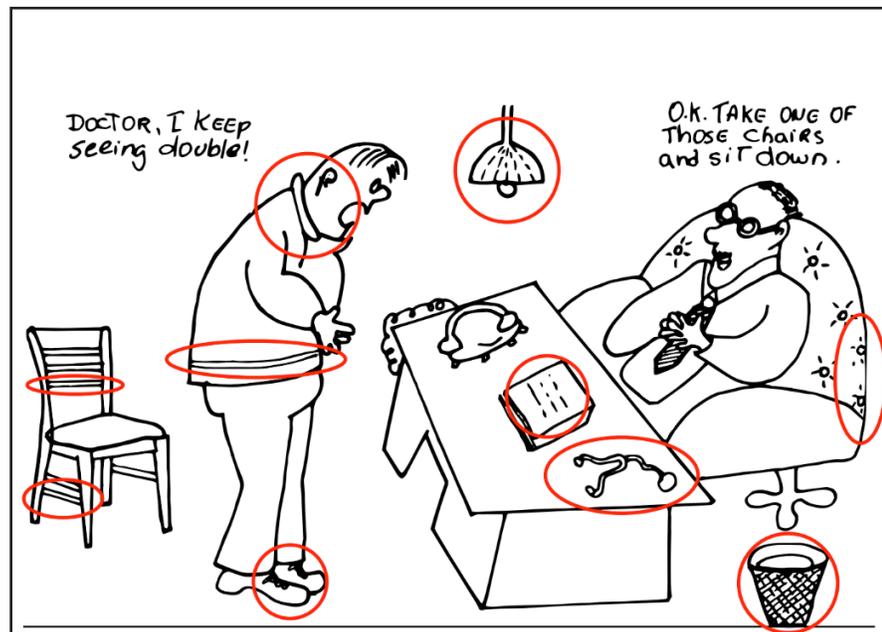
### Woolwich Township:

- Community Care Concepts
- Kiwanis Transit
- Woolwich Health Care Centre
- Woolwich Community Services
- Breslau Community Center
- Pharmasave Breslau
- McDonalds - Elmira
- Woolwich Seniors Association
- Living Waters Book & Toy
- Elmira Library
- St Jacobs Library
- Crossroads Restaurant
- Harvest Moon
- Bloomingdale Library
- MCC Thrift & Gift
- Bonnie Lou's Cafe
- MCC rePurpose Centre

# Solutions

**Solution:**

1	S	A	U	C	E	6	A	L	P	9	10	L	A	M	13	
14	A	E	S	O	P	15	L	E	A	P	16	A	G	A	R	
17	K	O	A	L	A	18	L	A	C	E	19	B	A	R	E	
20	I	N	F	O	21	F	A	K	E	R	22	S	23	P	I	E
24	N	O	A	H	26	A	E	G	E	A	N					
28	S	A	T	Y	R	S	31	S	T	A	R					
32	N	B	E	33	E	T	H	A	N	E	36	E	P	E	39	
40	O	B	E	41	42	U	S	A	43	Y	A	M	S			
44	W	A	N	E	45	P	E	P	46	E	R	47	S	I	P	
49	A	V	I	D	51	G	A	N	T	R	Y					
53	F	I	B	R	I	L	56	I	O	W	A					
57	E	G	O	58	E	G	R	E	S	S	61	S	H	E	64	
65	A	L	U	M	67	R	E	E	L	68	U	S	A	G	E	
69	S	O	L	O	70	I	D	L	E	71	G	A	M	I	N	
72	T	O	E	D	73	M	O	S	S	74	H	U	S	S	Y	





# Ask the Doctor

with  
Dr. Nicole Didyk

## 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.

## Myths about the flu shot

Every year about this time, hand sanitizer is everywhere, and it seems like you can get a flu shot on every corner. But should you? Here are some common myths about the flu:

### 1. The flu shot can give you the flu.

If you got sick shortly after getting your flu shot in the past, it was most likely a co-incidence, and you may have had the flu before you got your shot. The injectable flu vaccine is not a "live" vaccine and can't make you sick. The most common side effects are soreness at the immunization site, headache, fatigue or mild fever, but should subside in a day or so.

### 2. Some people can't get the flu shot.

Unless you have had a major allergic reaction to a flu

vaccine or had Guillain-Barre syndrome within 6 weeks of a flu shot (a serious neurological disorder causing weakness), you can and should get vaccinated.

### 3. The flu shot doesn't work.

It's true that the flu shot is not as effective in older adults than it is in those aged 18-64, but it still prevents flu illness in about 49% of those 65 and over. Getting your shot protects others too, because if you don't get sick, you can't make anyone else sick either!

### 4. The regular flu shot is okay for older adults.

High dose flu vaccines or adjuvanted vaccines (those with an additional ingredient to stimulate the immune response) are more effective than the regular flu shot. In Ontario, the high dose vaccine is recommended for all of those over 65, or who have other medical issues (like Diabetes, cancer, anemia, kidney disease), are living in long-term care, or of Indigenous ethnicity.

### 5. If you get the flu, you need antibiotics.

The flu is caused by the influenza virus and does not get better with antibiotics. There are antiviral medications, however, they can have side effects that include sedation and confusion and are not used routinely outside of long-term care homes and hospitals.

The bottom line is that we all need to get vaccinated to protect ourselves and each other. Have a healthy flu season, everyone!

**If you have questions for Dr. Didyk, please email them to [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com). You don't need to give your name or any identifying information.**

## Did you know?

- Skin around the eye is about 4 times thinner than the rest of the face.
- Collagen and elastin fibers are not as dense
- From the age of 20 collagen starts to decline
- Wind, sun, and harsh weather leave their mark
- Rubbing and dragging on your eyes can strain them.
- Slower micro circulation can lead to blockages in the removal of harmful substances. (for example smoking or advanced aging)
- Capillary walls become more porous due to pressure
- Colourants in the blood seep into gaps between the cells resulting in bluish or brown shadows under the eyes.

The Qi Beauty eye lift focuses the static magnetic matrix on the delicate skin around the eyes. Fine lines, wrinkles, dark circles and puffiness can be addressed in this deeply relaxing treatment.

For more information contact Linda Langenegger using the information below.

*Linda Langenegger*

ADVANCED SKIN CARE  
Medical Aesthetician & Qi Beauty Practitioner

Tel: 519-741-4662

Email: [lindalangenegger@gmail.com](mailto:lindalangenegger@gmail.com)

[www.LuvYourSkin.ca](http://www.LuvYourSkin.ca)



## Adjusting physical tasks for individuals living with dementia

As symptoms of dementia progress, individuals living with the disease may need more assistance with day-to-day tasks. They may also be more at-risk of physical injuries.

Last month, we shared tips for maintaining a safe home environment for people living with dementia. In honour of Falls Prevention Month this November, we're addressing the adjustments care partners can make to reduce the risk of falls and other physical injuries.

- Know their preferred tastes and past routines
- Keep things simple: clothes that are easy to put on, simple hairstyles, etc.
- Adjust scheduled activities to times best suited to them
- Adapt activities to accommodate lost abilities and make the most of remaining ones

- Identify and adapt any potential dangers in the home: these include rugs that they could trip on, grab bars in the tub or shower to help with bathing
- Speak with an occupational therapist for advice on routines, activities, and adapting the home to make it as safe and accommodating as possible
- Seek home-care support

**To learn more about safety at home, call us at 519-742-1422.**

*November is also Make a Will month. Did you know that leaving a charitable gift in your will can help to save on your estate taxes? You don't need to be wealthy to Leave a Legacy - anyone can arrange to leave a charitable gift from their estate, regardless of its size. Call us to learn more: 519-742-1422.*

**Alzheimer Society**

WATERLOO WELLINGTON

# November is falls prevention month

## Help keep yourself safe from the #1 cause of injury among seniors

One out of three seniors will fall this year, but fewer than half of them will talk with their doctors about it, according to the US Centers for Disease Control and Prevention.

Falls are the #1 cause of injuries among seniors resulting in hip fractures, cuts, and even serious head and brain injuries that can be fatal. Many falls do not cause injuries but one out of five falls does cause a serious injury such as a broken bone or a head injury.

Research has identified many conditions that contribute to falling: lower body weakness, vitamin D deficiency, difficulties with walking and balance, use of medicines, such as tranquilizers, sedatives, or antidepressants, (even some over-the-counter medicines can affect balance and how steady you are on your feet), vision problems, foot pain or poor footwear and home hazards or dangers such as broken or uneven steps, and throw rugs or clutter that can be tripped over.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. Falls can be prevented. These are some simple things you can do to keep yourself from falling.



### Talk to Your Doctor

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements.

### Do Strength and Balance Exercises

Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

### Have Your Eyes Checked

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.

If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

### Make Your Home Safer

- Get rid of things you could trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.



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# Fitness for Your Aging Brain

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## Finding Your Sense of Purpose

Remember the Peanuts comic strip? It ran in 2600 newspapers, in 75 countries, for 50 years. In it, Charles M. Schulz used his characters to mirror the universal human experience. In my personal favourite, Schulz has Charlie Brown and Snoopy sitting on the end of a dock taking in the summer sunset. Charlie Brown breaks the silence, "Someday," he says, "we will all die, Snoopy." There's an implied pause. "True," Snoopy replies, "but on all the other days, we will not."

**This column is about all the other days and how you intend to spend them.**

Dan Buettner, National Geographic writer and explorer, travelled the world in search of the planet's longest-lived people. He identified areas with exceptionally high numbers of centenarians living healthy, fruitful and meaningful lives. With a team of scientists, Buettner set out to learn how people in what he coined "Blue Zones" lived. Amongst other things, Buettner's team found that a strong sense of purpose added approximately 7 years to a human lifespan.

As we age though, it seems as if the world is reluctant to impose upon us, but that is exactly what we need. Go ahead, impose upon us! Make us think. Hand us the difficult jobs. Challenge our brains, and above all, give us purpose!

### Exercise #2: Finding Your Purpose

Do this exercise over several days. Set aside 20 to 30 quiet minutes per session. Record your findings in a notebook. Even if you are not consciously aware of it, your brain will be contemplating the results.

**Step 1: Create a numbered list** of 20 things you would change in the world if you had the power to do so.

**Step 2: Review your list and edit freely.**

**Step 3: Do a reality check** by circling the number beside each change upon which you might be able to exert even a tiny influence.

**Step 4: Perform an emotional litmus test.** Take time to think about each circled item one at a time noting exactly how the muscles of your face respond when you imagine the situation you wish to change. Facial muscles trigger your emotions and sense of empathy, allowing you to gauge your subconscious level of commitment to an issue.

**Step 5: Choose the 3 items** which had the greatest emotional impact. Perhaps your vision included a specific place where you are needed, if not the link below will take you to a list of possibilities to explore.

[www.facebook.com/thegreatbrainworkout/](http://www.facebook.com/thegreatbrainworkout/)

**Step 6: Don't wait for life to come to you.**

Jump in and create a purpose for yourself by volunteering, starting a business, campaigning for a belief, or simply helping a neighbour. Every minute counts for others as much as it does for you.

**How do you intend to spend all the other days?**

**It turns out that a strong sense of purpose not only adds life to your years, but statistically up to 7 years to your life as well.**

---

*Jill Simpson is a professional seniors' fitness instructor, educator, and specialist in brain health. She is the developer of The Great Brain Workout - Fitness for Your Aging Brain. The program is offered through the Woolwich Senior Association every Friday morning, 9:45 a.m. and 11:00 a.m. at the Woolwich Memorial Centre in Elmira.*

# Decisions, Decisions, Decisions

Part 2 of 3 | by Fred Parry

As I look back, I can clearly see the impact of certain decisions in my life.

The curious thing is where I ended up, as a result, was not as important as where I ended up next.

For example, deciding to go to ‘the big city’ for a career change made it possible for me to land a better job back in the same small town that I had left, with a career that lasted some 24 years. That whole decision process started with me throwing a stick in the river: my decision based on where it ended up.

And now I wonder if it’s déjà vu – all over again?

Years after raising a family, paying off a mortgage and filling an old farmhouse with a lifetime of memories, we have arrived from there to here, alone, as ‘empty nesters.’ It’s not bad; it’s just different.

So, where do we go from here when my heart says “go”, but the economy says “woe?” (I didn’t think throwing a hundred sticks in the river was going to answer this one.) It’s like driving a car with one foot on the accelerator and one foot on the brake, at the same time. Going nowhere costs a lot.

If you have a real purpose in mind, it’s easy; but, what if you don’t?

A wise old Chinese proverb advises, “Above all things, guard the purity of your vision.” Where is that vision now? Maybe there’s a glimmer of hope in the belief that we’re here for a reason. So, as songwriter Bruce Cockburn sang it,

**“You have to kick at the darkness, ‘til it bleeds daylight”.**

Now, that we’ve down-sized, almost three years ago, we see friends that are doing the same thing – although some are just packing things away in storage. Between the two of us, it was the hardest on me to actually throw most of my business and personal stuff away. I know it’s advised by the professionals in terms of making a true break from the past, but it’s more than anxiety separation; it means starting a new life, together.

I have a friend who told my wife that, “Every time I see Fred, it looks like he’s starting up, instead of winding down.” Some friend! I mean, I know he means well; but, I also know that my creative mind just won’t stop working. My grandfather, for instance, passed his stationary engineer exam at 82. And, when the local press asked him when he was going to retire, he asked why he should retire? Since, his physical health was good and his mind was sound, he told them, “The only thing that would kill me is a 40-hour week!”

So, I’ve come up with a compromise: scale back... reduce the number of activities but keep active – physically and mentally. The last two years has seen me taking continuing education courses to keep up and still try to make sense of today’s world. Along the way, as it’s better informed my writing, I hoped it would also be of interest to others and their lives. And, with my website growing worldwide to ten thousand monthly visitors, it seems to be doing so. However, even if it were ten visitors a month,

I would still continue to write as a personal outlet. That's the way it started: with me having questions... trying to make sense of things. So, to me, that's of value – now and into the future.

Yet, my wife is the real reason for my life and she's simply asked me to do more together... traveling, or just going for walks. No one's put a percentage on it; but, it's definitely payback time for me. She's been my lifeline, and every day I know enough to give thanks. As a friend of mine said, "I may have been born yesterday... but it wasn't last night!"

Asking how: the first step of our new journey... together.



**"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)**



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

**No Charge!**

## Social and Recreational Activities for Seniors



Drop-in & enjoy exercise, guest speakers, cards, games, crafts, music & much more.  
No registration required.

<b>Breslau Community Centre</b> Thursday 1 to 4 pm	<b>Hawkesville Community Centre</b> Tuesday & Thursday 9 am to noon
<b>Heidelberg Community Centre</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Friday (call for times)	<b>Linwood Community Centre</b> Monday & Wednesday 1 to 4 pm
<b>St Clements Community Centre</b> Monday & Wednesday 9 am to noon	<b>Wellesley Community Centre</b> Tuesday & Thursday 1 to 4 pm
<b>Wilmot Recreation Complex (Active Living Centre)</b> Monday & Wednesday 9 am to 4 pm Tuesday & Thursday 9 am to noon	

**For More Information: 519-664-1900 or 1-855-664-1900**



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Active Living Centre

**New Dundee Community Centre**  
Mon & Wed 1:00-2:00  
1028 Queen St, New Dundee

**Woolwich Township**  
The Meadows  
Tues & Thurs 9:30-10:30  
29 Water St. S, St. Jacobs

**Duke St. Apartments**  
Mon 2:30-3:30  
28 Duke St, Elmira

**St. James Lutheran Church**  
Tues & Thurs 3:30-4:30  
60 Arthur St. South, Elmira

**Valley View**  
Mon & Thurs 4:00-5:00  
1070 Printery Road, St. Jacobs

**Wellesley Township**  
Wallenstein Bible Chapel  
Tues & Thurs 9:30-10:30  
4522 Herrgott Rd, Wallenstein

**Pond View**  
Tues & Fri 10:30-11:30  
1 Pondview Dr, Wellesley  
Club Room

**Hawkesville Community Centre**  
Tues & Thurs 9:00-10:00  
3521 Broadway St., Wallenstein

**Linwood Community Centre**  
Mon & Wed 2:00-3:00  
5279 Ament Line, Linwood

**St Clements Community Centre**  
Mon & Wed 9:00-10:00  
1 Green St., St. Clements



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- Winterize air conditioning.
- Have HVAC professional inspect heating and cooling system.
- Switch the direction of fan blades.
- Turn off, drain, and coil hoses.
- Put away seasonal furniture.
- Fertilize lawn.



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# World-Class Treatment Strategies for Memory and Mobility – Just a Stone’s Throw Away!

Have you ever caught yourself forgetting what you were walking into your bedroom or kitchen for? Or start talking about your favourite television show, but have trouble remembering the names of the main characters? For many, even a slow, shuffling walk or difficulty getting your arms into the sleeves of your shirt creeps up so gradually, that it is simply brushed off as “old age”... BUT, what if it isn’t?

Over a half million Canadians struggle with early signs of brain degeneration. Even more alarming, another half million Canadians will unfortunately go undiagnosed, that are suffering with mild cognitive impairment (early dementia) or Parkinson’s disease. And sadly, these numbers are expected to double within the next 15 years!

As part of a ‘National strategy to combat dementia’, and also a separate North American study to halt the progression of Parkinson’s disease --- a world-class research centre just down the street is offering free assessment and treatment. Dr. Quincy Almeida, Director of the Movement Disorders Research & Rehabilitation Centre at Wilfrid Laurier University (<https://researchcentres.wlu.ca/movement-disorders-research-and-rehabilitation-centre/index.html>) says that “Many of the treatments involve strategies as simple as exercise, or memory training on a computer, yet one of the hurdles for our research team is identifying the patients before they start on drugs that they might not even need.”

## Early signs of Parkinson’s disease:

- Shaking or mild tremor in one of your hands
- Slow or small steps while walking
- Lack of one arm swinging while walking
- Loss of facial expression
- Quieter voice
- Hunched over (or stooped posture)

## Early signs of mild cognitive impairment:

- Mild to moderate hearing loss
- Gradual mild memory loss
- Forgetting names, dates or what you are looking for while shopping
- Family history of dementia or Alzheimer’s
- Losing words or forgetting what you are saying while having a conversation
- Getting lost while driving
- Recently asked your physician about memory loss

The Movement Disorders Research & Rehabilitation Centre is one of the lead sites in a team of 300+ researchers across Canada (known as the Canadian Consortium for Neurodegeneration in Aging <http://ccna-ccnv.ca/>) that have joined the fight against neurodegeneration. They use a multi-pronged approach in trying to learn who is most at risk of developing neurodegenerative diseases such as dementia and Parkinson’s disease, how it can be best detected in the early stages, and then of course, what are the treatment strategies that can be employed before the symptoms become too difficult to manage. With government funding from the Canadian Institutes for Health Research, state-of-the-art tools for walking and balance assessment, brain imaging, blood tests, and cognitive and movement assessment, their research team is able to thoroughly examine the symptoms experienced by each individual.

Within Canada, Phase I of the CCNA received over \$54 million dollars in funding between 2014 and 2019. Almeida says “As a world-leading strategy, Phase II of CCNA was renewed with an additional \$44 million+ dollars, with the focus on prevention and treatment. It is amazing that we can provide these services and treatments completely free of charge to our aging local communities.” While this may sound like a lot of money, but when compared to the cost of neurodegenerative diseases like dementia and Parkinson’s that cost Canadian society ten’s of billions of dollars, it is a drop in the bucket to prioritize finding proper treatment for our loved ones.

For more information about the research centre, contact:

(519) 884-0710 x3924 or email: [MDRC@wlu.ca](mailto:MDRC@wlu.ca)

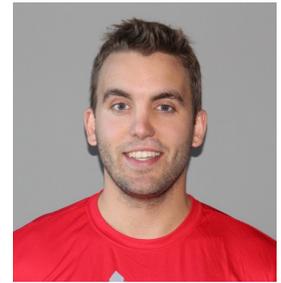
<https://researchcentres.wlu.ca/movement-disorders-research-and-rehabilitation-centre/index.html>

# Woolwich Seniors Association

A membership-based organization for older adults age 55+.



**JESSE BIEMAN**  
**Bone Fit Class**  
**Mondays 9:00am**  
**Woolwich Seniors Association**  
 Bieman Fitness, Owner & Certified Personal Trainer



## THE PERFECT “FIT” FOR FITNESS!

Every Monday morning, you will find a vibrant group of older adults at the Woolwich Seniors Association, ready for their workout with Jesse Bieman, of Bieman Fitness. Bone Fit is designed to build strength and is an active aging influenced program. Each week, participants rotate through a series of strength training exercises that are geared towards seniors.

Bone Fit is more than just a fitness class and has grown into a community of friendships. For over five years, Jesse has been the instructor of Bone Fit and during that time a lot of life events have happened for everyone. Recently the group held a baby shower for Jesse, who just had his first baby, Owen, in August, with wife Emma Larente! Linda Brydon, a Past President of the Woolwich Seniors Association recalls some of the life changes. “We’ve seen Jesse through the years of establishing his business, getting married and now having a new baby. It was fun for everyone to celebrate with a baby shower and we feel good about sharing these moments together.”

Linda was instrumental in finding Jesse and establishing the Bone Fit Class. She knew exactly what was needed; someone whom she felt would work well with older people and that was receptive to building a workout regime around the needs of seniors and gaging it to the age group. “Jesse stresses that we do things at our own speed. He accommodates our needs and if we can’t do something, he’ll change it. He also gives us a gentle nudge if we need encouragement to keep going!”

Jesse finds planning programs for older adults matches his training goals. “My favourite part about training seniors is that, what they set out to achieve is exactly what I like providing most for my clients,” he says. “They are looking for a workout that will provide them the most benefits to their long-term health. They want to maximize what they can get from their heart, lungs, brain, and muscles. I love that. You have control over how you age, and seeing people in their 55+ years looking to find ways to enhance their quality of life really makes me happy.”

He believes that **safety, strength and cardiovascular training**, are the most important factors when planning a fitness routine and offers the following advice:

- Know what you are doing is safe and effective. You don’t want to avoid exercise because you don’t know if it is safe or not.
- Get as strong as you can so you can maintain as much strength as possible as you age. You want to remain independent for a long time, so let’s get to work.
- You cannot neglect the many health benefits of regular cardiovascular training. There are many ways to make this happen, even if you have problem joints. Find a way to increase your heart rate through physical activity and you’ll be better off for it.

When asked what he enjoys about working with the Woolwich Seniors, Jesse says, “They are wise, they care, and they are absolutely hilarious at times ... or at least this group is!”

Linda feels the same way. “He’s so good. It’s social and fun. We can tease Jesse. It’s all friendly.” Those who try Bone Fit, keep coming back. It can be geared towards your needs so that you feel comfortable and you enjoy it. “But remember”, she adds, “we’ve all been doing this for a while, so take your time and go at your own pace.” (By, Nancy Lucier, Coordinator, Woolwich Seniors Association)

**Jesse is a Certified Personal Trainer and Owner of Bieman Fitness, located in Cambridge. He can be reached at 647-393-9776 or at [www.biemanfitness.com](http://www.biemanfitness.com).**

**Stay Active. Be Involved. Feel Connected. Join today!**

[www.woolwichseniors.ca](http://www.woolwichseniors.ca)    [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)    **519-669-5044**

During the month of November, Health Canada celebrates many national health promotion topics which educate and encourage people to learn more about themselves as well as various population health issues. Included this month is Senior Safety Week (Nov 6-12, 2019).

Why do health promotion specialists in Canada and around the world, feel we need to “promote” safety to older adults?

First of all, safety can be broadly defined and can capture many aspects of our daily life, from physical activity to emotional or physical abuse. However, when you hear a phrase with the words “Senior” and “Safety”, does your mind wander to a frail elderly person falling and becoming injured? Your immediate response may be “that is not me, I am not at that point yet”. Don’t let pride impede your safety. **The fact is that Falls remain the leading cause of injury-related hospitalizations among Canadian adults 65 and older**, and between 20% and 30% of seniors fall each year. Falls and associated outcomes not only harm the injured individuals but also affect family, friends, care providers and the health care system. Self-reported injuries due to falls are increasing, specifically by 43% between 2003 and 2009/2010. The majority of falls resulted in broken or fractured bones, and over one third of fall-related hospitalizations among seniors were associated with a hip fracture.

In addition, older adults who fall, even if they are not injured, often develop a fear of falling. This fear can keep a person from enjoying regular activities, which then reduces mobility and physical fitness. With less muscle tone and confidence, the older adult’s actual risk of falling increases.

Quite the dichotomy. Regular physical activity maintains strength and flexibility, balance and coordination, and can help reduce the risk of

falls. We understand that we need to be active for both our physical and mental health, yet we need to be aware of the safety issues and that as our bodies age, we can become injured more easily and take longer to heal. The Public Health Agency of Canada supports the importance of

physical activity on overall health, well-being and quality of life of Canadians in addition to helping prevent chronic diseases like cancer, type 2 diabetes and heart disease later in life. In addition, Canada’s Active Living

Coalition for Older Adults (ALCOA), based in Shelburne Ontario, strives to promote a society where all older Canadians are leading active lifestyles contributing to their overall well-being. ALCOA, in partnership with its member organizations, encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living. Yet, we need to arm ourselves with knowledge and the awareness of risks that could interfere with our activity levels, both indoors and outdoors.

Statistics show that men tend to fall outdoors more than women, and older adults who are most active fall more often than those with physical frailties. **Nearly half of tumbles outdoors are related to walking, particularly on uneven sidewalks or tripping over curbs.** Parks, gardens, patios and verandas also prove difficult for older adults to remain steady on their feet. The vast majority of people who fall outside land on a hard surface such as cobblestone, concrete and asphalt. In addition, those at highest risk for falling outdoors are individuals with balance, vision or cognitive impairment, or weakness in the lower extremities. Fortunately, many of the slips and falls outside for seniors, can be prevented. **The following are a few examples on how to protect yourself (or others) against falling outdoors:**

- Stay aware of uneven terrain or slippery surfaces.
- Check the height of curbs or steps
- Walk on grass if sidewalks appear to be slippery or uneven
- Wear correct eyewear and/or sunglasses when walking
- Walk in well-lit areas in the evening
- Wear sturdy, low-heeled shoes with rubber soles

If balance is an issue, it is best to use a walker or cane or to hold hands of companions when stepping onto curbs or up steps. For extra safety and traction, patios and steps can be covered with weatherproof and textured paint.

Outdoor and indoor environments can be adjusted for safety with the use handrails and good lighting on stairs and walkways. Even minor home modifications can be effective in minimizing lifestyle-altering falls, such as adding abrasive strips or rubber stair treads, securing scatter rugs (better yet, removing them), keeping the path from the bed to the bathroom clear and not storing items on the stairs- even temporarily. Small changes can make a big difference for you and others.

The take away message, physical activity helps prolong good physical/mental health and independence and therefore being physically active is in our best interest as we age. However, we need to know, to be educated, of the potential hazards that could affect our activity levels. We need to keep ourselves safe. This is the answer to why there is a need to promote safety to older adults.

*Laura Greenway-Balnar B.A.Sc. is the Owner of Right at Home Canada-Guelph, Cambridge and Kitchener-Waterloo which offers both non-medical and medical support to older adults and disabled adults who want to continue to live actively and independently in their own home, wherever home may be*



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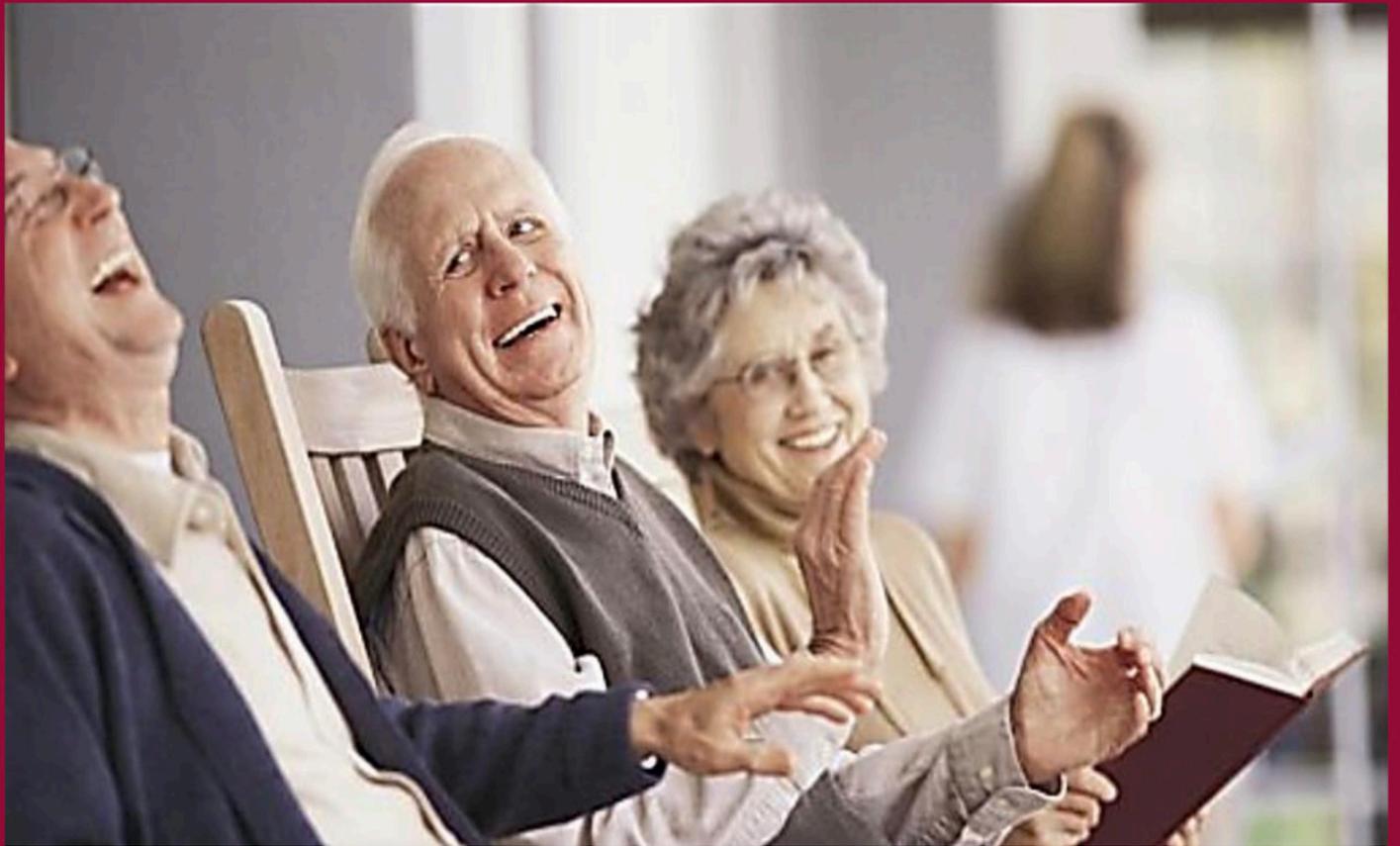
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**1-855-664-1900**

[info@communitycareconcepts.ca](mailto:info@communitycareconcepts.ca)  
[www.communitycareconcepts.ca](http://www.communitycareconcepts.ca)

23 Church St.  
New Hamburg  
519-662-9526

# You Can Prevent Falls!

As the calendar turns to November, individuals and organizations across the country are joining together to raise awareness about falls prevention. While falls can happen to anyone, the risk of a fall increases with age, representing the leading cause of injury and health decline in older adults. The great news is that falls can be prevented! Here are some adjustments that you make to ensure that you remain safe:

## Keep Fit

Participating in a physical activity each day is your best defense against falls.

- Attend a free gentle exercise class - Three 45-minute sessions of exercise each week builds strength and balance and significantly minimizes the risk of falls. Community Care Concepts offers free gentle exercise classes at 13 locations. No registration is needed!
- Walk – Enjoy some of our many trails or take a stroll around the neighbourhood.
- Find an activity that you enjoy – There are many activities offered across our community including pickleball, shuffleboard or Tai Chi. These events will get you out and moving and help to connect you with others.

## Eat Healthy Meals

Nutritious meals help to keep up strength and balance. Skipping meals can cause weakness and dizziness.

## Use Medication Wisely

- Ask your doctor about possible side effects of prescription or over-the counter medications.
- Read directions carefully to understand reactions with other medications.
- If your medication makes you dizzy or sleepy, adjust your activities.
- Don't mix alcohol with medication. On its own or combined with drugs, alcohol can cause falls.

## Look Around Your Home for Hazards

- Ensure that you have non-slip surfaces in your tub or shower.
- Install devices that help you to sit and stand in the bathroom including grab bars, bath seat or raised toilet seats.
- Wipe any moisture or spills immediately
- Get rid of clutter and ensure a clear path.
- Ensure you have good lighting installed inside and outside, including night lights.
- Remove scatter mats or ensure that they are non-slip.
- Store supplies in easy to reach locations.
- Avoid step stools or use a stable step stool with a rail if you need to reach something..
- Have solid handrails on both sides of stairways.
- Keep outside steps and walkways in good repair and free of snow, ice and leaves.

## Use Safety Aids

- Wear glasses and hearing aids if needed.
- Appropriate, comfortable shoes can provide support.
- Consider using a walker or cane, if needed, making sure they are the correct height.

**Need help in figuring out what you can do to reduce your risk of falls?**

**Contact Community Care Concepts today at 519-664-1900, 519-662-9526 or 1-855-664-1900 for information and assistance. There are many programs and practical supports to help keep you safe in your home!**

*Let's We forget*



Mike  
**HARRIS**  
MPP FOR KITCHENER-CONESTOGA



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Mike.harriseo@pc.ola.org  
Mikeharrismpp.ca



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**Sat. November 16, 2019**  
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1-800-222-8477

**Ontario Poison Centre**  
1-800-268-9017

**Ontario Problem  
Gambling Helpline**  
1-888-230-3505

**TeleHealth**  
1-866-797-0000  
TTY: 1-866-797-0007

**Waterloo Wellington LHIN**  
519-310-2222

**Community Care Concepts**  
519-664-1900

**Retirement Homes  
Regulatory Authority**  
1-855-275-7472

**Elder Abuse Response Team**  
519-579-4607

**Interfaith Community Counselling**  
519-662-3092

**Hospice of Waterloo Region**  
519-743-4114

**Alzheimer Society of  
Waterloo Wellington**  
519-742-1422

**Township of Wilmot**  
519-634-8444

**Township of Wellesley**  
519-699-4611

**Township of Woolwich**  
519-699-1647

**Region of Waterloo Public Health**  
519-575-4400

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## Community Dining For Seniors

Community dining combines food, fellowship, information and entertainment. Lunches are held monthly from September through June.

### WILMOT TOWNSHIP

Zion United Church, 215 Peel St.,  
New Hamburg - 1st Wed. of each month  
Wilmot Rec Centre, 1291 Nafziger Rd.,  
New Hamburg - 4th Thurs. of each month

### WELLESLEY TOWNSHIP

Linwood Community Centre, 5279 Ament  
Line, Linwood  
4th Wednesday of each month  
Wellesley Community Centre, 1000 Maple  
Leaf St., Wellesley  
3rd Wednesday of each month.



### WOOLWICH TOWNSHIP

Calvary United Church, 48 Hawkesville Rd  
St. Jacobs - 2nd Wed. of each month  
Woolwich Memorial Centre, 24 Snyder Ave S  
Elmira - 4th Mon. of each month  
Breslau Community Centre, 100 Andover Dr  
Breslau - 2nd Thurs. of each month

**Doors open at 11:30**

**Lunch is served at 12:00**

**Registration Required 2 Days Prior To Event**  
**Regular schedule may change due to  
holidays or weather**

**For Information or to Register Please Call**  
519-664-1900 or Toll Free 1-855-664-1900

# COMMUNITY BUSINESS DIRECTORY

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519-213-4444

**Greenwood Wellness Clinic**  
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**Hemmerich Hearing Center**  
10 Waterloo St., NH  
519-662-6884

**New Hamburg Dental Group**  
25 Byron St., New Hamburg  
519-662-2632

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Baden Village Pharmacy  
519-214-4000  
Breslau Commons Pharmacy  
226-243-5200

**Soles Journey Reflexology**  
147 Arnold St, NH | 519-505-1616

**Wellesley Township**  
**Community Health Centre**  
1180 Queens Bush Rd  
519-656-9025

**Woolwich Community**  
**Health Centre**  
10 Parkside Dr., St. Jacobs  
519-664-3794

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**Jim & Tricia Miller**  
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New Hamburg | 519-590-5995

**Angela Baas**  
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## RETAIL

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## SENIOR CARE FACILITIES & ORGANIZATIONS

**Woolwich Seniors Association**  
24 Snyder Ave. Elmira  
519-669-5044

**St. Jacobs Place**  
**Retirement Residence**  
10 Water St., St Jacobs  
519-664-6637

**The Village at University Gates**  
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