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EMBRACING CHANGE

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

VOL 3 ISSUE 3 NOVEMBER 2020

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Feature Business
of the Month



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

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founder of Schlegel Villages

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Tara Bott (Held)

EDITOR/PUBLISHER

**Rich Held,
Don & Shirley Bott**

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DESIGNER

On The Cover

This month's cover features Anne Hanley, a long-standing volunteer with our Meals on Wheels program.

Cover story written by Cathy Harrington. Find the cover story on page 8.

Cover Photo Credit: Charles Okum/@mirror_with_a_voice is a freelance photographer who lives in New Hamburg. His passion is preserving memories.

**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.



LETTER FROM THE EDITOR

Remembering...

With November being a month in which we recognize Remembrance Day, and also National Bereavement Day it really makes us think about what we've lost, but also about what we stand for. It is 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 Wednesday November 11, let us come together and observe a moment of silence to mark the sacrifice, courage, and pride of our dedicated soldiers.

I have spent a great deal of time over this past month doing a lot of Remembering ... As I sit here writing my message I am remembering what would have been my Mom's 67th birthday. I can hardly believe that it has been 38 years already that she lost her fight to cancer. I am also remembering some very close family friends that we have lost over the past couple of months as well, and remembering what a positive impact they had on my life. I will be forever grateful for the wonderful memories we were able to share together, and I will cherish them forever.

In November we also recognize Fall Prevention Month. We have some great resources in this issue to help you and your loved ones prevent unnecessary falls and injuries. See page 29 for some great tips.

Self Care Tip ~ Practice Self-Love

Self-love is not a destination; it's a practice. Self-love is the foundation on which we build a happy life. Without self-love, we have nowhere to put the love or abundance that comes to us.

Not sure what it looks like to love yourself? Here are a few things that I have learned what Self-love is...

- ♥ Making time to do whatever we love, just to play, without worrying about wasting time.
- ♥ Not rehashing our past mistakes and dragging ourselves to a dark place when we know that we can only learn from the past; we can't change it.
- ♥ Surround yourself with people who love and encourage you. Let them remind you just how amazing you are.
- ♥ Realize that your differences are what make you the beautiful human that you are. You can admire someone else's beauty without downplaying your own.
- ♥ Learning to set boundaries that protect and nurture our relationships, with ourselves and others.

From my heart to yours ...

"You may not control all the events that happen to you, but you can decide not to be reduced by them." — Maya Angelou, Letter to My Daughter

Tara



Wellesley's Royal Hotel – A Little Known Fact

By Nancy Maitland, Wellesley Township Heritage and Historical Society

Royal Hotel before 1911 when Peter Wagner bought it from Ferdinand Berdux.
Note the wrought-iron railing and the Royal Hotel sign at the corner of the building.

We all know the Royal Hotel in Wellesley village has been there a long time, but what do we really know about its history? The local expert on the subject is Wib Wagner, grandson of the owner, Peter Adelman Wagner. Many thanks to Wib for sharing his knowledge and photos.

But there's just one thing that needs to be corrected in local lore about the hotel.

Peter A. Wagner was born in nearby Josephsburg in 1873. He left home at age 14 to seek his fortune in Michigan where he met Ada Federspiel. They were married in 1895 in Merrill, Michigan and had one son there. The family returned to Ontario in 1897, where Peter bought a threshing machine, and later a portable sawmill so he would have work in all seasons. In 1904 he bought the Richter Hotel in St. Agatha (later the Prince of Wales, and now Kennedy's Restaurant) and became a hotel keeper.

In 1911, Peter Wagner bought the Royal Hotel in Wellesley and moved his family of ten there, where

they lived in an apartment in the hotel. It has long been thought that he bought the Berdux Hotel from Ferdinand Berdux and renamed it the Royal Hotel, but according to the 1894 fire insurance plan of the village, the hotel was already named "Royal" as early as 1894.

The extant issues of the Wellesley Maple Leaf newspaper from 1900-1908 refer to it as the Royal Hotel, under various owners. The hotel was built by Ferdinand's father, Peter, in 1857 and was likely called the Berdux Hotel then, but by the time Wagner bought the hotel it was already called the Royal Hotel.

One of the first things Peter Wagner did after buying the hotel was to remove the wrap-around wrought iron railing. Up until now, this railing was used to date photos of the hotel: with railing = Berdux Hotel, without railing = Royal Hotel. Never before noticed, was the small Royal Hotel sign at the corner of the building, along with the wrought iron railing.

COMMUNITY MEMBER MESSAGE FROM MP FOR KITCHENER-CONESTOGA,

Tim Louis

Usually, we would be attending events, festivals and other gatherings. It has always been a meaningful way for us to be part of our community. Now, gatherings are different. I am finding new ways to continue to stay engaged with you in Kitchener-Conestoga. I enjoy checking up and socializing with seniors online through conversations and music. Whether it is stopping in neighbourhood stores or visiting and supporting local farmers and vendors at our markets, these occasions have demonstrated to me the resilience of our community.

To keep our community informed, and to address questions and hear ideas from constituents, since March I have been hosting Virtual Town Hall meetings on Facebook, over twenty and counting. It has been an important way for me to keep connected with our community.

Conversations like those, and one-to-one chats with neighbours in our communities, allow me the privilege of taking the ideas that I hear in Kitchener-Conestoga and bringing them to Ottawa. As we fight this pandemic, I will work tirelessly to continue to support you.

November 5th to 11th is Veterans' Week. Many in Kitchener-Conestoga have served Canada. This pandemic has affected our Remembrance Day ceremonies, though many virtual events will still take place. The importance of these ceremonies in honouring our Veterans and their sacrifices is paramount, especially during the 75th anniversary

of the end of the Second World War. I look forward to connecting with many of you during these virtual events.

Seniors have helped to build the Canada we all know and love, and our government has taken steps to get them the care and the benefits they deserve. COVID-19 has been particularly hard on seniors, as they are among the most vulnerable to its effects. To help seniors during the ongoing pandemic we've provided financial support and created new programs. Our Government will continue to make sure we keep seniors safe and that they are getting the support they deserve. There are many community services in place to support seniors in our community and I am proud of the many volunteers who brighten our lives.

Canadians are communities supporting communities, neighbours helping neighbours, and in that spirit we open our hearts to others. Your resilience and compassion is recognized as we work together through this crisis. Your health and safety remain my top priority, and as your federal government we will continue to support you, whatever it takes.

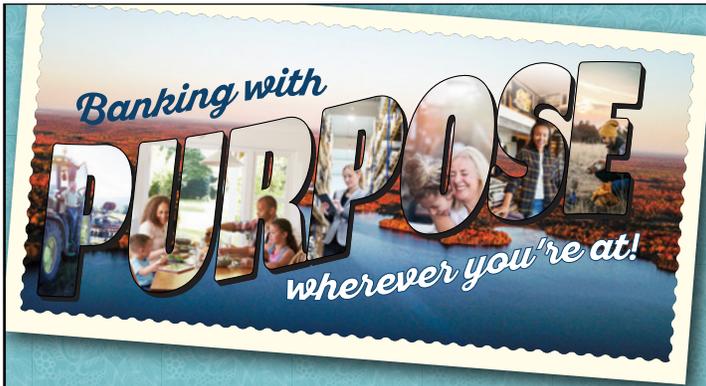
Whether I am working for you and casting votes in Ottawa, or here in Kitchener-Conestoga, know that your voice will continue to be represented. I look forward to continuing our dialogue, it motivates me to continue to work hard for everyone.

I'm here for you, ready to listen. Stay safe, take care of yourself, take care of each other.



tim.louis@parl.gc.ca
(519) 578 - 3777
timlouisMP.ca

 **Tim Louis**
MP for Kitchener-Conestoga



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Please REGISTER: Email coffeehousetalks2020@gmail.com

WHERE: New Hamburg Community Centre

WHEN: **November 18, 2020 at 10:00am**

All safety protocols will be followed.

Questions? Email coffeehousetalks2020@gmail.com or call 519-662-2731.

Supported by Wilmot Family Resource Centre.

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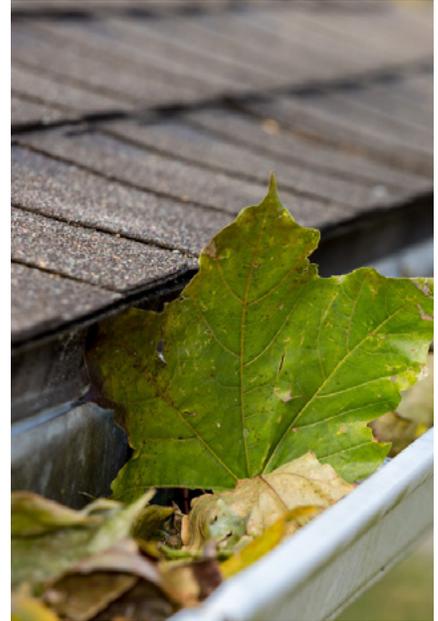
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FALL ROOF MAINTENANCE CHECKLIST

Whether you write it down or make a mental note, we all have a list of home maintenance projects to complete before the seasons change. Now that cooler weather is here, you're protecting outdoor plants, inspecting your furnace and preparing your yard for ice and snow; but is your roof ready for another long, Canadian winter?



With its damaging freeze/thaw cycle and ice accumulation, winter is the harshest season for your roof. It's also difficult for us, roofing professionals, to repair any issues when snow is on the ground (and roof). A little prep-work and investigation now can save you headaches (and money) later. Our tips below will guide you through a recommended roof maintenance and inspection checklist, preparing you for winter and helping you identify any warning signs that may need to be addressed.

✔ TREAT SAFETY SERIOUSLY

Can you climb, crawl, squeeze and reach? Depending on your home, you may need to do all sorts of acrobatics in order to adequately inspect and maintain your roof. If you have any concerns, ask a professional roofing contractor to perform the inspection for you.

✔ GUTTERS & DOWNSPOUTS

These important systems keep water from pooling near your home. Ensure both are running smoothly by removing loose debris

in the gutters and flushing both with water. Double check that the downspouts are pointing away from you home.

✔ BRANCHES

Trim branches that are close to your home. This helps to prevent abrasions on your roof and limit access for any animals who may be looking for a warm place to spend the winter.

✔ PAINT OR STAIN

Touching up wood trim around the roof and gutters helps to seal the wood and prevent rot.

✔ SEAL OPENINGS

Use caulking, screening or other materials to seal any openings where wildlife can come in. Remember, even the smallest cracks can be used to gain entry!

✔ INSPECT INSIDE

Look for water damage (stains, peeling/bubbling paint) on walls, ceilings and pipes that vent through your roof. If you have attic access, ensure the your roof isn't sagging.

✔ INSPECT OUTSIDE

From the ground or using a ladder, check your roof for deteriorating, loose or missing shingles. Check your metalwork for loose gutters, downspouts and rust or stains on the flashing.

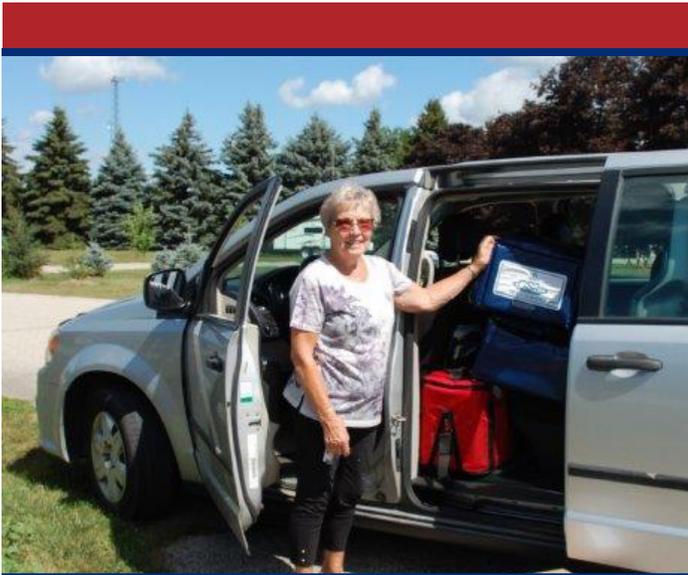
If you decide to enlist the help of a roofing professional, be sure to do your research. Many fly-by-night "roofers" have given our industry a bad rap! Before hiring anyone, we recommend looking for unbiased testimonials from Google Business or Facebook, checking BBB listings or asking friends for a referral. We're so pleased that most of our new business comes from past customers who recommend us to friends and family.

For more tips on roof maintenance, follow us on Facebook or Twitter. If you're looking for a second opinion or pricing for your roof, please get in touch!

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A little prep-work and investigation now can save you headaches (and money) later.





Cover Story

Adapting to Meet Our Current Reality

Written By: Cathy Harrington

For the past 35 years, Community Care Concepts has offered the Meals on Wheels program throughout the townships of Woolwich, Wellesley and Wilmot. Hot meals are delivered at noon on weekdays to seniors and adults with unique needs throughout the community. The meal consists of a soup, salad, entrée and dessert. Special diets can be accommodated. In addition to the value of providing a nutritious meal, the visit by the volunteer is an important source of social contact, for many who may find themselves isolated. The visit also provides an important safety check on many who are living along in the community.

This month's cover features Anne Hanley, a

long-standing volunteer with our Meals on Wheels program. **Many in our community have come to rely on visits from volunteers like Anne, not only to provide a healthy meal, but also to provide a friendly face and source of contact in their day.** We are so thankful for volunteers like Anne who willingly give their time to support others.

During these past few months, more than ever, seniors and others in our Townships have come to rely on the Meals on Wheels program. We have witnessed increasing demand for our hot meals as well as our frozen entrees, which provide an added convenience should someone not be available for a noon delivery or for evenings and weekends. We have had to make many adjustments to ensure the health and safety of individuals, volunteers and staff. We have experienced the temporary loss of many of our volunteers who have delivered our meals, mainly due to the need to isolate from others. We fully understand the decisions that they have had to make to keep themselves safe. We have gradually started to welcome them back but continue to have many who are taking a temporary break from deliveries. While we are very grateful to the many volunteers like Anne who have continued to deliver meals for us throughout this pandemic, we have had to have staff fill the gaps with deliveries to ensure that we can meet the increased demand. In an effort to keep everyone safe, before each meal is delivered, we are making calls to all individuals receiving meals and volunteers to ensure that we screen for any potential symptoms of COVID-19. When identified, alternative arrangements are made to ensure that individuals receive access to food. Volunteers have been equipped with masks, gloves and sanitizer to ensure that we are maintaining all protocols to reduce the spread of COVID. To

maintain physical distance, individuals are asked to place a table outside of their door for volunteers to drop off their meal. Volunteers ring the doorbell to alert that the meal has been delivered and offer a friendly wave through a door or window. In the past, volunteers would have come into the home to drop the meal off or have a more direct conversation at the door. Additional sanitizing and infection control practices have been put in place, both in packing the meals for delivery and returning meal bags for the next day's delivery.

While we have had to adapt to meet the necessary measures to keep everyone safe, **we are thankful that we have been able to continue to offer this essential service in our communities.** It has been such an important service to ensure that individuals maintain the level of nutrition that they need as well as an important way to address the level of social isolation that members of our communities are facing. Should you know of anyone who could benefit from this program, please do not hesitate to reach out to **Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.**



LEST WE FORGET
Honouring those who gave so much for our freedom




Mike HARRIS
MPP KITCHENER-CONESTOGA

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mike.harrisco@pc.ola.org
mikeharrismpp.ca



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'At Home Services' appointment for those with mobility requirements are also available! Give us a ring for details!

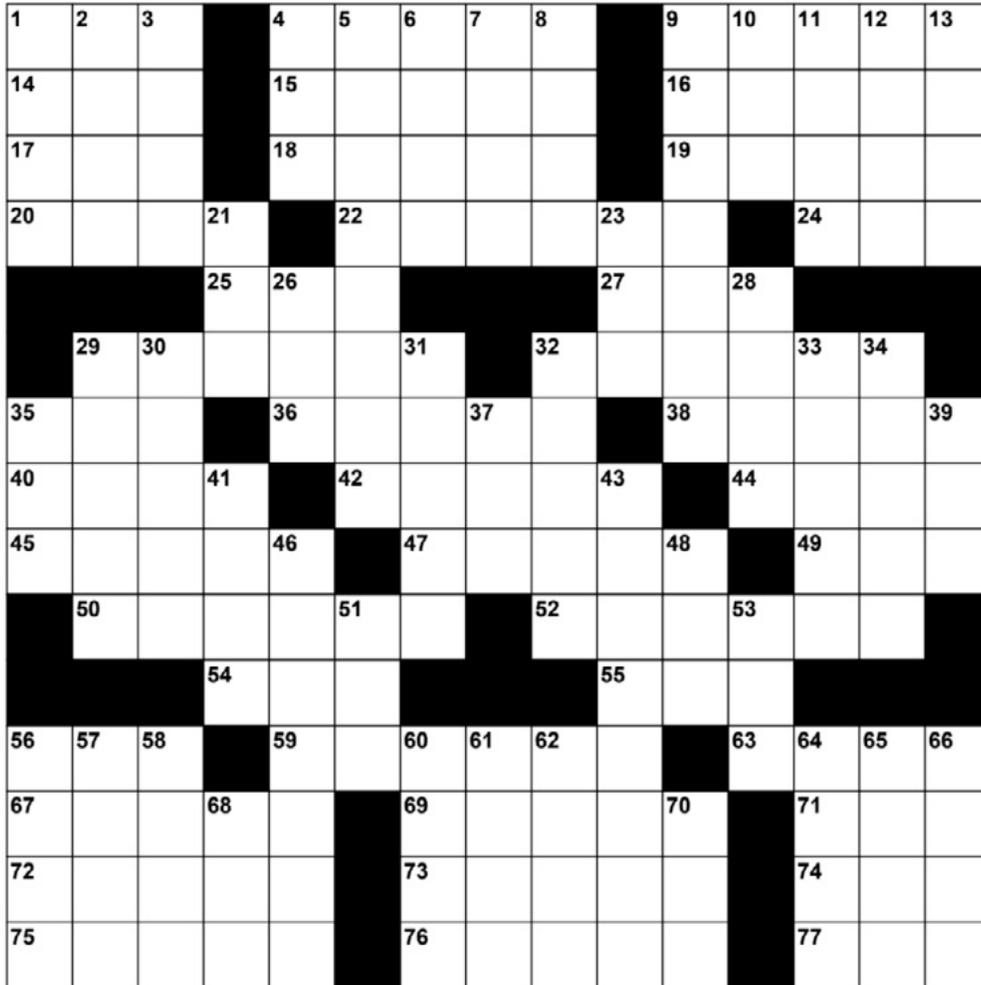
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CROSSWORD November



Solutions on Page 16

DOWN

- 1 Biblical "you"
- 2 Source of light
- 3 Hint
- 4 Resort hotel
- 5 Rites performed in order to give honor
- 6 Precipitation
- 7 Did well
- 8 Mexican money
- 9 Pushed up
- 10 Liberal (abbr.)
- 11 Beers
- 12 Loch __ monster
- 13 Sketched
- 21 Time period
- 23 Armed fighting between nations
- 26 Antlered animal
- 28 Make
- 29 American Indian tribe
- 30 Swelling
- 31 Harass
- 32 Lose blood
- 33 Prefix - Tremor
- 34 Military weapons
- 35 Mayan
- 37 Extension (abbr.)
- 39 Fifth month of the Gregorian calendar year
- 41 Opp. of ill
- 43 Land worker class (plr.)
- 46 Corruptive

ACROSS

- 1 Tender loving care
- 4 Left over
- 9 Flavorless
- 14 Movie 2001's talking computer
- 15 Freedom from war or hostility
- 16 Cargo vessel
- 17 Flightless bird
- 18 Constellation
- 19 Heavy-set
- 20 Fencing sword
- 22 Gives a grant

- 24 Compass point
- 25 Rapid eye movement
- 27 Dined
- 29 Fanatical partisan
- 32 Chicken piece
- 35 Wet dirt
- 36 Prayer position
- 38 Nighttime images
- 40 Fresh
- 42 Vertical lines on a graph
- 44 One of Columbus' ships
- 45 Silent actor
- 47 Trusty horse
- 49 Heavens
- 50 Raising hand to forehead in a show of respect

- 52 What you have in your sleep
- 54 Tell a tall tale
- 55 Contagious disease
- 56 Madagascar franc (abbr.)
- 59 Dozed off
- 63 Delighted
- 67 Slow (musical term)
- 69 Mistake
- 71 Pride
- 72 Bye
- 73 Punctuation mark
- 74 Put
- 75 Genetic makeup
- 76 Crick
- 77 South southeast

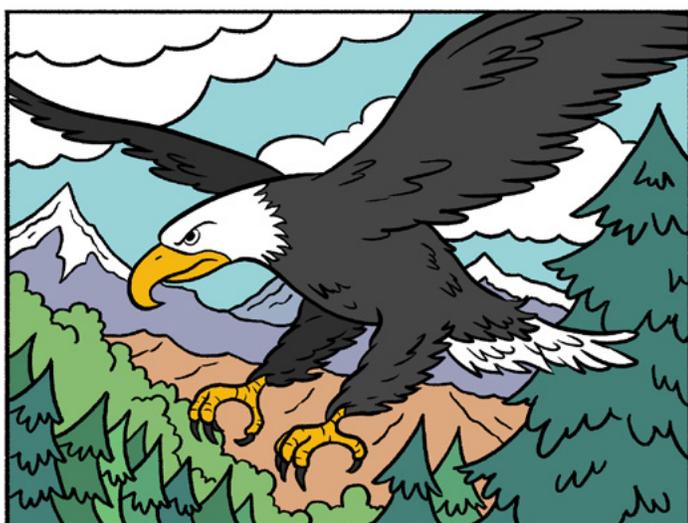
- 48 New Jersey's neighbor
- 51 Thirst quencher
- 53 August (abbr.)
- 56 Piece of cloth that serves as the emblem of a country
- 57 Cooked
- 58 Facial expression
- 60 Chest muscles
- 61 Support
- 62 Writer Bombeck
- 64 Not as much
- 65 Gets older
- 66 Be fond of
- 68 "To the right!"
- 70 Ewe's mate

Laughing Matters!



Spot the Difference!

Spot 7 differences between the two pictures.



Rest Stop Joke

I was coming back from visiting my son in Miami and I stopped at a rest stop to use the bathroom. I just sat down on the toilet when I heard a voice coming from the stall next to mine, "Hey! How's it going?"

Although I was quite surprised, and I wasn't in the habit of conversing to the people next to me in the stall, I nevertheless answered him, "I'm fine" I said "thanks for asking." "What are you doing?" Asked the same voice.

To be honest I was a bit taken aback by the brazenness of this fellow, but I would never ignore anyone so I calmly answered, "I'm relieving myself."

Then I heard the same voice again, "I'm going to have to call you back, some smart-aleck is answering all of my questions."

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Memorable Moments is a senior care service specializing in dementia care created by Recreation Therapist Erin Koot. Erin has 10+ years of experience working with seniors in every sector of senior care and numerous certificates dedicated to dementia training. Her passion to provide high quality senior care led to the creation of Memorable Moments. She found there was a need for more dementia specific services to be offered in the Stratford and surrounding areas.

Her philosophy is to provide compassionate care by creating an empowering dementia environment. To do this all group programs will be limited to a small number of participants to allow each one to thrive. She has found that her clients with dementia do best when in a more structured environment that prevents boredom and agitation. By engaging them in purposeful activities designed around their interests and abilities. Utilizing her recreation

background, she develops programs that engage clients physically, cognitively, and socially to prevent the progression of dementia and maintain independence. She offers both small group programs and 1:1 home care service with a team of dementia trained staff. Home care service can include anything from recreation programs, companion care, light housekeeping and meal prep or exercise programs.

Due to Covid-19 group programs are currently on hold. Programs are run out of the Knights of Columbus Hall in Stratford, Ontario. They will begin in February if safe to do so.

Contact Erin at 519-275-4902 or email memorablemomentsseiniorca@outlook.com if you would like to learn more or to be placed on the wait list. Visit www.memorablemomentsseiniorca.com for more information!



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As November is fall prevention month it seems appropriate that we chat about balance. We definitely weren't born with it; in fact, it took weeks for us to hold up our head on our own. Think about a baby pulling itself up, standing and sittings many times daily, perfecting the squat motion. The sit stand movement builds hip, knee, and ankle strength while also increasing balance. When they finally can stand alone, they take the first wobbly steps and boom they propel themselves forward, mastering walking never to look back again. It's nature, it's persistence, one milestone met! A combination of muscle strength and proprioception (sometimes referred to as our sixth sense).

While we all understand the importance of muscles when it comes to balance, we may forget about proprioception. Proprioceptors are sensors located in the muscles, tendons and skin that help us feel where our bodies are

in "space". Think about clasping a necklace behind your head, throwing a ball without looking at your hand, or touching your nose with your index finger with your eyes closed. Both muscles and proprioceptors can be trained or re-trained.

Let's go back to the baby.

Once a baby has taken his or her first steps forward, they keep perfecting and increasing their movements – running, tumbling, to eventually riding a bike, and more – more muscle skills and proprioception. These skills are constantly increasing as the baby turns to a child then teenager then young adult. What came so naturally as a child changes and can cause some discomfort in an adult's life.

In my personal training practice, I incorporate balance training, much to the dismay of many of my clients. They are frustrated with what they thought should be easy, and perhaps even

humbled by the fact that they didn't realize their balance was changing or lacking.

As we continue to age, we will lose some muscle mass, we may have an injury that will affect the proprioceptors and change balance. When this happens, we often avoid what is hard, the opposite of what we did as a child. We change our stance, change what we do, cut back on physical activities, which while natural, sets us up for more deterioration. A vicious circle to say the least.

With some determination and tenacity, we can make great changes – small steps, done frequently, changing daily habits slowly and being aware that balance is something that needs to be continually worked on. In fact, a study done in 2016 found that older adults who performed balance exercise over 6 weeks increased their balance control, coordination, leg strength and ankle mobility. A darn good reason to start some of these basic exercises at home: (It is a great idea to check with your physician before starting any exercise program or consult with a fitness professional)

Marching in Place: Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter.

Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.

Rock the Boat: Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.

Toe Lifts: Stand in front of a counter or sturdy chair. Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.

Try to do these exercises with your shoes off, it will challenge muscles in feet and ankles a little bit more. There are a few other modifications you can include, move from hands on counter or solid support to hands on your hips, then as you progress you can try to move arms out in a "T" shape, finally you could try to close your eyes during the movement.

Balance and coordination improve the overall quality of life in older adults, according to recent research, further, balance exercises may also help improve mental functioning, including memory and spatial cognition. Invest 6 weeks in yourself, notice the changes...and remember:

"Aging is not 'lost youth' but a new stage of opportunity and strength." Betty Friedan
Stay strong.



Chris Spotswood is a Fitness Professional & Certified Personal Trainer. Chris owned Absolute Fitness & Personal Training in New Hamburg from 1999-2017. Her mission is to make fitness fun and inspire "boomers" to fund sustainable solutions for lasting

health, independence and most importantly happiness.

Chris can be reached on Facebook at Chris Spotswood Coaching Success, or email chrisspotswoodcs@gmail.com

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 New Hamburg
- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

- Schmidtsville Restaurant (outside magazine stand)

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville

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- 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

Solutions



1	T	2	L	3	C		4	S	5	C	6	R	7	A	8	P		9	B	10	L	11	A	12	N	13	D
14	H	A	L				15	P	E	A	C	E						16	O	I	L	E	R				
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Ask the Doctor

with Dr. Nicole Didyk

Urinary Incontinence Can Get Better!

Urinary incontinence (UI) is common in those over 65, affecting 1 in 12 men and 1 in 3 women. UI is a risk factor for early retirement, depression and for moving into long-term care. The average time that an older adult suffers with UI before asking a health care provider for help is three years! Men are half as likely as women to seek care for UI, and only 1 in 5 men with UI ask their doctor for help.

There are 4 main types of UI that can affect both sexes.

1. Stress incontinence: loss of small amount of urine with certain activities like running, jumping, laughing, or coughing. Treatment starts with pelvic floor exercises which can be taught by a nurse or physiotherapist and can be practiced almost any place at any time.

2. Urge incontinence: often referred to as Overactive Bladder (OAB), this causes an almost overwhelming urge to urinate, sometimes associated with loss of urine. Two main classes of medications can help:

Anti-muscarinics: the newer ones (like solifenacin and fesoteradine) are fairly low in side effects, but the older ones like oxybutinin, are highly likely to cause constipation, dry mouth, sleepiness and confusion.

Beta-adrenergic agonists: mirabegron helps to relax the bladder muscle and has fewer side effects than the antimuscarinics.

3. Overflow: Can cause small dribbles of urine on a constant basis and is usually related to a partially

blocked bladder outlet or less contractile bladder muscle. If the overflow is due to an enlarged prostate gland there are 2 types of medications that might help:

5-alpha-reductase inhibitors (e.g. finasteride), which shrink the prostate gland

Alpha-1--antagonists (terazosin for example) which relax the bladder muscles

4. Disability-associated incontinence: When a person is too weak or confused to get to the toilet on time, urinate loss can be a side effect. Management of this type of incontinence might include a combination of behaviour modification, use of pads and continence products, and toileting routines with helpers or special equipment.

Of course, there can be a mixture of different types as well, called "Mixed Incontinence".

Knowing more about UI can empower a person to talk about it, and treatment can improve the situation! For more information, I have an article about incontinence, and an interview with an incontinence expert on my website TheWrinkle.ca. I would love for you to check it out!

If you have questions for Dr. Didyk, please email them to embracingchangeinfo@gmail.com. You don't need to give any identifying information.

Disclaimer:

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

Don Wagler: Community Leader



by Marie Voisin

Don Wagler was more than just a business owner in New Hamburg: he was a community leader and the “type of glue” that holds our town together. Sadly, he passed away quietly and unexpectedly on March 21, 2020 at the age of 78.

Don was born and raised in New Hamburg beside the Nith River. He had a life-long love of boats, water skiing and fishing. His first job was working for his father, Ivan Wagler, in his garage and while working there, he built a jet boat when he was only 19. He loved to roar down the river on Sunday afternoons when the river was at its busiest. Unfortunately, he crashed the boat and severely broke his leg – it was a serious accident and he could have died from this injury.

Don continued to work at Wagler’s Garage until 1964. It was there that he met the love of his life, Rose, she brought a car into the garage to be serviced. Ever the gentleman, Don offered to drive her home in his white convertible. That single drive home won Rose’s heart - he was a born salesman and they were married within a year.

Don’s next job was as a sales manager at Prudential Insurance from 1964 to 1974. He was the youngest Agent at Prudential and became the youngest sales manager in this area. When Prudential offered him the position of national training consultant, he turned it down as he did not want to be away from his family. He talked to local insurance agent, John B. Josslin, and purchased his business in 1975. Wagler owned and operated Josslin Insurance Brokers along with Rose and eventually their two sons, Scott and Steve. The business has grown to six locations in South-Western Ontario.

Don was totally dedicated to his new business. He knew that working hard was essential to developing and maintaining it. In the early years, he and Rose would return to the office after dinner with their sons to work for a few more hours. Don had a strong work ethic that he transferred to his sons and grandchildren.

Although Don worked hard, he made time for his family and community. Since 1974, summers have been spent at their cottage at Chesley Lake – fishing and boating of course. He taught his boys and grandkids how to fish, clean fish, operate a boat and waterski.

Woodworking was his passion, even above fishing. Tinkering was a close third. Rose said that he never threw ‘things’ away. She is left with a garage full of spare parts that he could not part with. He was a self-taught carpenter and he built the kitchen cabinets for the cottage. His first project was building wooden lawn ornaments and he graduated to building furniture. His last project was making wooden deer for the fireplace mantel for Christmas.

Due to his love of fishing, he was attracted to Florida where there was an ocean of fish waiting for him. He and Rose spent time in the winter at their place in Key Largo. Don fished every other day; if Rose wanted to spend time with him, she had to accompany him whether it was on their own boat or on a charter. It wasn’t just the fishing that they enjoyed: it was the cooking of the fish that they enjoyed even more. They became proficient at barbecuing fish and making sushi – an endeavour that required time and patience. This is what Don was all about-

patience. Don was patient with his grandkids and new employees and made an excellent teacher; he never lost his cool and was always calm.

Don played the accordion, organ, pump organ, piano and clarinet. His grandchildren remember how he would play the accordion on the deck or around the campfire at Chesley Lake and would always have others join in singing!

He had other hobbies: cutting five acres of grass at his house; gardening; making wine. He was known for his cooking: his home-made bread, cooked fish and barbecuing – especially his chicken. He even built his own large barbecue. The Waglers loved to entertain and they would often eat interesting food at restaurants and then replicate it at home. When the boys were growing up, Don and Rose would make special meals on Saturday nights, such as stuffed squid.

His community was important to Don. He supported a variety of charities and donated to them without needing recognition. His philosophy was to spread the donations around to many organizations. He was inclusive before it became fashionable.

Not only did he support organizations financially, but he volunteered his time in the community. He supported charities in other towns and cities [Center for Family Business,

Better Business Bureau, House of Friendship] but his main focus was Wilmot. He played the clarinet in the New Hamburg Concert Band for almost 60 years and was involved with the New Hamburg Board of Trade, past-chair of the Tri-County Mennonite Homes, Aldaview, the Boating Club and a member of Steinman Mennonite Church. When help was needed, Don was quick to jump in.

No one cared more about his community than Don, he loved Wilmot. Family and community came first. He had a few sayings that he lived by and they will outlive him: “say what you mean and do what you say”;

“measure twice and cut once” and “don’t major in minors”.

Don had such a kind heart and ironically it was his heart that gave out. He had escaped death a number of times: he had contracted polio twice; he almost died in the boat accident on the Nith; he recovered from prostate cancer in 2005; 2013 diagnosed with bladder tumors; and he had by-pass heart surgery in 2015. In September of 2019, he was told his bladder needed to be removed because cancer had spread. He waited until March 11 to undergo a five-hour operation to remove his bladder and a kidney. He recovered as he always did and was waiting to be discharged. On March 20th, he mentioned that he did not feel great: he went into cardiac arrest the next day and this time, he did not survive.

Don Wagler was an entrepreneur, father, survivor, teacher, gentleman and a pillar of our community. His strength, leadership and love will be missed not only by his family, friends and colleagues, but also by Wilmot. Individuals like Don Wagler are extraordinary leaders and are the mainstay of our society. Don will be remembered for his generosity, leadership and love.

***this article was originally published in the New Hamburg Independent*

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How Can You Prepare for the “New Retirement”?

A generation or so ago, people didn't just retire from work – many of them also withdrew from a whole range of social and community activities. But now, it's different: The large Baby Boom cohort, and no doubt future ones, are seeking an active lifestyle and continued involvement in their communities and the world. So, what should you know about this “new retirement”? And how can you prepare for it?

For starters, consider what it means to be a retiree today. The 2020 Edward Jones/Age Wave Four Pillars of the New Retirement study has identified these four interrelated, key ingredients, along with the connected statistics, for living well in the new retirement:

Health – While physical health may decline with age, emotional intelligence – the ability to use emotions in positive ways – actually improves. Forty-eight percent of Boomers (age 56-74) and two-thirds of the Silent Gen (age 75+) rate their mental health as very good to excellent. The strong mental health of many retirees may help them cope with their physical conditions. However, not surprisingly, retirees fear Alzheimer's and other types of dementia more than any physical ailment, including cancer or infectious diseases, according to the “Four Pillars” study.

Family – Retirees get their greatest emotional nourishment from family relationships – and they'll do anything it takes to help support those family members, even if it means sacrificing their own financial security. Conversely, retirees lacking close connections with family and friends are at risk for all the negative consequences resulting from physical and social isolation.

Purpose – Eighty-nine percent of Canadians feel that there should be more ways for retirees to use their talents and knowledge for the benefit of their communities and society at large. Retirees want to spend their time in useful, rewarding ways – and they're well capable of doing so, given their decades of life experience. Retirees with a strong sense of purpose have happier, healthier lives and report a higher quality of life.

Finances – Retirees are less interested in accumulating more wealth than they are in having sufficient resources to achieve the freedom to live their lives as they choose. Yet, more than one third of Canadian retirees find that managing money in retirement can

be even more challenging than saving for it. And the “unknowns” can be scary: Almost three quarters of those who plan to retire in the next 10 years say they have no idea what their healthcare and long-term care costs will be in retirement.

So, if you're getting close to retirement, and you're considering these factors, how can you best integrate them into a fulfilling, meaningful way of life? You'll want to take a “holistic” approach by asking yourself some key questions: What do you want to be able to do with your time and money? Are you building the resources necessary to enjoy the lifestyle you've envisioned? Are you prepared for the increasing costs of health care as you age? Have you taken the steps to maintain your financial independence, and avoid burdening your family, in case you need some type of long-term care? Have you created the estate plans necessary to leave the type of legacy you desire?

By addressing these and other issues, possibly with the help of a financial professional, you can set yourself on the path toward the type of retirement that's not really a retirement at all – but rather a new, invigorating chapter of your life. You can read more about the Four Pillars of the New Retirement by visiting www.edwardjones.ca/newretirement

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Sticks & Stones

**It was long ago and far away
The world was younger than today
When dreams were all they gave for free
To ugly ducklings girls like me**

-- At Seventeen by Janis Ian

I never saw it coming ... only a blur, really ... when at age 12, the sting of a wet tea towel snapped across my face by some friend's mad mom. It made my skin welt up like it had just been lacerated. The sudden shock of this left me standing stunned and staring at their front door, which had been slammed shut. (Apparently, my interrupting their supper was just cause.)

As for support at home? Forget it! Most families set the example with a 'spare the rod, spoil the child' type of discipline. And besides, who wanted to be tagged as a "mamma's boy"? What a perfect background for bullies (young or old) to act with impunity.

Back then, living with fear and intimidation wasn't called abuse – it wasn't called anything – it was to be expected. Getting 'picked on' was a way of life as a pre-teen and a rite of passage as a teenager.

**And those of us with ravaged faces
Lacking in the social graces (...)
And those whose names were never called
When choosing sides for basketball.**

After starting secondary school I developed severe facial acne which needed professional intervention. None was forth-coming, of course. Kids were just kids, and besides, we would grow out of it. No thought was given to the

lingering emotional scars that could mar adult development later on.

I keenly remember enduring the verbal venom of an individual, half my size, who made it his personal mission to ridicule and taunt me because he thought my acne meant a lack of personal hygiene – a common enough fallacy at the time.

So, just because he could, this kid decided to send all my textbooks flying – from my desk to the floor. The impact of the sound caused everybody to stop and stare as I quietly gathered up my books and moved to a different desk, hoping that I could just fade into the background. To me, I was more than the elephant in the room; I felt like the 'elephant man'. Mercifully, cyber-bullying (unlike now) wasn't possible.

Looking back, as a responsible adult, it's hard to relate to these actions: he was like a 'hockey goon' who hits to inflict injury – puck or no puck. Such was, and is, the effect of bullying on its victims. Humiliated, embarrassed and at their most vulnerable, the victim dares not take a stand. Bullying becomes regarded as an unavoidable inevitability.

The bully-- as a hurting, independent operator-- uses intimidation and control to also silence the victim's peers, who are afraid of becoming targets themselves. The only choices are to be part of the mayhem, a victim of it, or hopefully ... invisible. (Reflecting back, I can't recall any adult intervention.)

**They hurt you at home and they hit
you at school
They hate you if you're clever and they
despise a fool.**

-- *Working Class Hero* by John Lennon
<https://youtu.be/D77dbv-xNfE>

Ironically enough, there were positive things resulting from these childhood experiences.

I got to appreciate those rare individuals who saw past social disability and looked at people directly in the eyes – even to the very core – in a non-judgemental manner. I call these people saints because they offered a cup of kindness to people like me, who were thirsting for acceptance.

I can better understand how a person like Mother Teresa of Calcutta would have been received by the poor, the shunned and the disfigured lepers. I didn't experience her saving grace, but somehow could identify with Lincoln saying he was driven to his knees because there was no place else to go – a perspective I learned early.

Music and sports became my means to salvation – rebuilding my confidence and self-worth – with music speaking to me, when no one would.

The nursery rhyme says: **“Sticks and stones may break my bones, but names will never hurt me.”** However, child and youth coaches have found that physical injuries often hurt less. Promoting a challenging – yet encouraging – environment is the name of the real game of life.

Can bullies change? Absolutely. With age, often comes maturity. I think it's got something to do with respect, love, forgiveness ... more about us than 'them'.



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

Find him at www.fredparry.ca

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It was 1994 when Nithview Community expanded the existing LTC building to include the addition of a north wing. Other enhancements were also included with this project. Thanks, in part, to some community support a facelift of the front entrance came to fruition.

Ervin and Erma Steinmann, who presently reside in Nithview Community Garden Homes, were instrumental in financially supporting the construction of a gazebo near the front entrance of Nithview.

This became a relaxing haven for residents to share space while enjoying each others' company in the great outdoors.

New construction brings with it the need for new landscaping. Along with rosebushes and a variety of shrubs, Nithview had two small crab-apple trees planted, one at each front corner of the gazebo. In due time they both produced a generous amount

of fruit. Residents were also permitted to plant a few tomato stocks, a small project for them to tend and then enjoy the fruit.

Community involvement continued... for several years a local resident of New Hamburg came to Nithview to visit her husband every day on her scooter. Following her visit she would fill baskets with crab-apples, head home and prepare the fruit into jelly. Within the next 24 hours this writer would receive a phone call to pick up the mouth-watering preserves. This routine continued until the fruit bearing season ended. You may wonder who reaped the benefits of

her labor. At that time the kitchen could accept and serve the jelly to the residents, a practice which was acceptable unlike the present health standards where food must be prepared at Nithview.

Fast forward 10 years (2004) with the addition of the Tower Apartments, Retirement Suites, new Auditorium etc. along with a new patio area at the front of Nithview. The gazebo had to be moved or dismantled. The decision was

made to preserve the structure and move it to Nithview Seniors' Village. It was an exciting and entertaining day to watch the large crane lift the gazebo, all intact, up and over and place it down onto its present location.

Another decision loomed on the horizon. What does Nithview do with the crab-apple trees? Following a period of deliberation, it was decided to maintain the trees and move them to

the west end of Nithview immediately adjacent to a small patio area.

They survived the move and have flourished in their new climate, doubled in size to large trees and continue to produce a generous abundance of fruit.

Residents with the assistance and support of Norma Iutzi (Recreation Coordinator) have picked and preserved crab-apples into jelly for a number of years. Many of the delicious preserves became stocking stuffers, thank you gifts and were enjoyed on the breakfast table or teatime at Nithview.

Nithview Homes



by: Norma Iutzi
Recreation/Volunteer Coordinator



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The Importance of Maintaining a Healthy Diet

Around the world, November 14th, marks International Diabetes Day. It's a day to raise awareness about diabetes and proactive strategies to address this growing health concern. It is important to increase awareness of diabetes not only due to the increasing rates in our population but also due to the increased potential to be diagnosed with diabetes as we age.

There are many proactive steps that you can do to reduce your risk or reduce the impact of diabetes on your life. Professionals suggest that the best way to minimize the risk of diabetes is through health eating, physical activity and emotional well-being. Maintaining a healthy diet is important to control your blood glucose levels, manage your weight and control other risk factors such as high blood pressure. Healthy eating provides the essential energy that you need and the nutrients that are required to maintain a general sense of well-being, maintain your health and to maintain your independence. It can be difficult to maintain a healthy diet if you are cooking for one, cooking on a limited budget, have challenges in accessing healthy food or struggle with meal preparation.

Many seniors across our Townships access Community Care Concepts' Meals on Wheels program to provide a source of healthy meals. Meals on Wheels offers hot, nutritious, affordable meals delivered by volunteers at noon on weekdays. Nutritious frozen entrees are also available for pickup or delivery to provide options for evenings, weekends or should you not be available for noon deliveries. Special

diets can be accommodated to meet your unique needs. All meals are provided in accordance with Canada's Food Guide, helping you to maintain your recommended daily intake. In addition to providing an important source of nutrition, Meals on Wheels provides a source of regular contact with our volunteers and an opportunity to maintain your independence. For your families or caregivers, it provides a sense of comfort knowing that you are eating well and that the regular visit by the volunteer provides both social contact and a safety check. Most importantly, maintaining a healthy diet helps to reduce the risk and the impact of health conditions such as diabetes.

Accessing the Meals on Wheels program is simple. Meals can start or stop at any time and individuals can choose the number of days each week that meet their needs. Frozen meals can be ordered in any volume, pending availability. Many choose to trial both the hot meal program and the frozen meals to determine preferences and interest. Hot meals can be delivered within 48 business hours of registration. Frozen meals can be delivered or accessed through Community Care Concepts' main office at 929 Arthur Street South, Elmira. Community Care Concepts encourages individuals to call ahead to ensure availability and to ensure that your meals are ready for pickup.

Maintaining a healthy diet is both essential and possible. Contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900 for additional information or to register.



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Leaves Are Supposed To Fall; People Aren't!



November is Falls Prevention Month. This however is something that we need to be mindful of every day! Falls are not a normal part of aging. They are one of the main reason older adults lose their independence. How can we be proactive and reduce our risk of having a fall?

We can have a plan! Taking small steps can keep us from having a fall.

STEP 1 – Use assistive devices to help you!

Handrails, grab bars, raised toilet seats, bath seats, non-slip mats, night lights, these are all devices that can be installed to make your home and you feel safer. Having a little extra support is sometimes all you need.

When walking you can use devices such as a walking poles, a cane or walker which may improve your posture and give you a feeling of security. Think of them as a friend to assist you along the way. Walking can be part of an exercise program to keep you physically active.

Make sure you are wearing appropriate footwear. Shoes need to be fitted properly, be supportive, low-heeled and have good traction. They are supporting your whole body so we shouldn't be able to fold them in half like a napkin.

STEP 2- Exercise regularly!

The Canadian Physical Activity Guidelines suggests “To achieve health benefits, and improve functional abilities, adults 65 years and older should accumulate at least 150 minutes of moderate, to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

Those with poor mobility should perform physical activities to enhance balance and prevent falls.”

Everyone can benefit from balance training exercises not just those with poor mobility. If we move throughout our day we can achieve this. Activities like hanging out the laundry, dancing to your favorite song, taking the dog for a brisk walk, taking the stairs or gardening can all help to improve our muscle strength, coordination and balance and help prevent falls.

You can go to a gym, take a specific balance class like tai chi, yoga or talk to a physiotherapist, personal trainer to set you up with appropriate exercise program. Find something that you enjoy so you stick with it. Two of my favorite sayings when it comes to exercise: Start low and go slow, and sit less and move more!

STEP 3- Look for Hazards!

Being aware of your surroundings can help reduce your risk of having a fall. Do a home safety check. Look for tripping obstacles such as spills, scatter rugs, extension cords. Be mindful if you have pets they often like to play at our feet. Keep walkways clear of clutter and well lit. Watch for uneven surfaces such as sidewalks especially once the snow starts falling. Taking your time and being mindful will help you stay upright.

And last but not least

STEP 4 Take care of yourself!

Work with your health team: doctor, physiotherapist, chiroprapist, optometrist, occupational therapist, dietitian, pharmacist and the list can go on and on, they each play a role. Having regular check-ups will allow you to communicate your concerns/fears and this will allow for appropriate treatment. Staying healthy limits your risk of disease and disorders and puts you at lower risk for falls. Working together to look after yourself keeps you safe.

Remember leaves fall not people unless you're falling in love. Take care, and keep moving.

Laurie Buehler

PTA Woolwich Community Health Centre

Conversation starters to facilitate communication with someone with dementia

Whether you are visiting someone with dementia every day or just once in a while, making the most of your time together will mean a more meaningful visit for both of you! Here are some ideas on how to start a conversation. Be sure to meet the person with dementia where they are in the moment and let them guide the conversation.

Ask about their hobbies

If they are/were an avid woodworker or sewer, ask about their favourite projects. Ask about the first time they made a birdhouse or sewed a dress. If they like to read, read their favourite book or passages together.

Ask about their childhood

Where did they grow up? Ask what it was like. Ask where they went to school. Ask what they did for fun.

Ask how they feel

Encourage the person with dementia to express their feelings, happy or sad, and show your care and affection to provide reassurance.

Create a visitor guest book

It can become difficult for a person with dementia to remember all the comings and goings in their day. By creating a visitor guest book, you can help the person you're visiting to remember who has come to visit and how they spent their time together. Guest books can also be good conversation starters for other visitors and for the person with dementia to remember everything that has happened in their day.

Look through old photo albums

Grab a family photo book, a yearbook, church directory, or other album, and flip through it together. You may end up sparking some wonderful memories and stories!

Listen to their favourite songs

Music has been shown to not only decrease stress levels and anxiety in healthy brains, but also in those showing signs of dementia. Music can also contribute to increased brain function, memory recall and other benefits – allowing those living with dementia to rediscover the world around them.



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Remembrance Day Message from the New Hamburg Legion

Remembrance Day is approaching and it is important for all of us to take this time of year to remember current and past military and emergency service members and their sacrifices that have secured the safety and freedoms we all enjoy today. The New Hamburg Legion will honour these service members with the annual Remembrance Day parade on November 7th in New Dundee and November 11th in New Hamburg. Due to COVID-19, we want to inform everyone of changes to this year's ceremonies.

For the New Dundee ceremony, we will parade as usual, but with double spacing between participants. Some groups that have historically marched in the parade, such as the Scouts, Cubs and Brownies, will be asked not to march this year. While we understand the desire of these groups to honour the sacrifices of our veterans and fallen, we are making this change in the interests of safety and logistics.

Laying of wreaths during the ceremony will be limited to the Gov't of Canada, the Province of Ontario, the Town of New Dundee, the local MP, and Branch 532. Any others wishing to lay wreaths (private families, friends, associations etc.) can do so after the ceremony and once the crowd and parade have dispersed. The Sgt at Arms will be available to assist any private wreath layers.

We will forego the normal post-ceremony gathering back at the community center and will dismiss directly from the Cenotaph.

The New Hamburg ceremony on the 11th will follow a similar approach. The parade will march double-spaced to the Cenotaph and lay 5 wreaths (Feds, Province, Town, local MP, and the Branch). All other wreaths are to be laid after the Ceremony at the Cenotaph. There will be no ceremony at the old arena as has been done in years past, nor will the Legion be open to provide post-ceremony lunch, drinks, etc.

Attendees for both ceremonies are requested to respect social distancing and wear a mask. Please note that these changes are made in the interests of everyone's well being. COVID-19 has required many changes within our community, and we appreciate everyone's understanding. We look forward to seeing the same level of community support for the Remembrance Day ceremonies as we have seen in years past, and also to getting back to our traditional services next year.

Bob Neubauer
Sgt at Arms
New Hamburg Branch
Royal Canadian Legion

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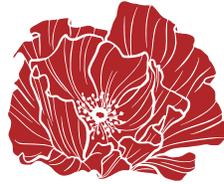
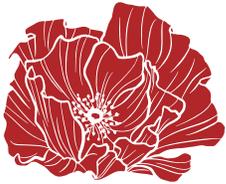
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