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

VOL 4 ISSUE 3 NOVEMBER 2021

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Feature Business of the Month
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INSURANCE

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

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For 64 year-old Karen Elliott, a retired nurse, yoga has been, and continues to be, vital to her well-being. Beth Martin, a certified personal trainer in New Hamburg says helping seniors improve their balance and strength is empowering. See page 6 for the full story

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LETTER FROM THE EDITOR

As we approach Veterans' Week, from November 5th to the 11th, let us remember the importance of paying tribute to Canadian veterans, past and present and how they have served our country. On November 11, please pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. By remembering all who have served, we recognize their hardships and fears taken upon themselves so that we could live in peace.

In November we recognize Fall Prevention Month and Diabetes Awareness Month. Diabetes has become an epidemic across Canada—today one in three Canadians are affected by diabetes or prediabetes. The Woolwich Community Health Centre has shared some great information on Diabetes; be sure to check out their article on page 24. We also have some great resources in this issue to help you and your loved ones prevent unnecessary falls and injuries. See Community Care Concepts article on Fall Prevention on page 21 for some great tips.

Self-Care Tip ~ Give back to Others

There is growing evidence that giving to others can serve as a powerful form of self-care. Research shows that spending time on other people can boost our happiness, trigger endorphins in your brain and give you a sense of purpose. Simply put, improving the lives of others feels good, and in turn, can improve our lives and well-being, too.

- ✘ Ways to give back:
- ✘ Offer comfort to others
- ✘ Volunteer your time
- ✘ Serve as a mentor (you have great wisdom to share!)
- ✘ Engage in random acts of kindness
- ✘ Donate to a charity you believe in

With every issue we aim to educate and help you to feel more connected to your community and its resources. Your comments/questions/feedback allow us to gain better insight into what you find value in. If you have something to share, we'd love to hear from you (Email: embracingchangeinfo@gmail.com or call me at 519-574-6428)

Wishing you all a safe and healthy November!*Tara*

Flashback Photo

A Boat Named “You Shoulda”

By: Nancy Maitland, Wellesley Township
Heritage and Historical Society



The Wellesley Pond long served as the centre of social and athletic pursuits for the villagers and visitors– skating, hockey, ice harvesting in the winter and boating, fishing, and swimming in the winter. The area around the pond had tennis and basketball courts and lawn bowling greens. The Wellesley Maple Leaf newspaper of the summer of 1906 tell us how popular the area was:

“The recreation park just below the mill pond presents an animated appearance these beautiful evenings. Side by side are arranged the tennis courts, the young ladies’ basket-ball grounds, and the bowling lawn. All three are fully occupied every evening and the banks under the willows are crowded with spectators watching the games.

Mr. Woiwade’s family orchestra delighted the village on Monday evening by rendering a splendid program of instrumental music from a boat which was allowed to float around in the pond. The applause from the shore in all directions showed that there was a large audience of pleased listeners.’

Fast forward to the 1950s when Emmanuel Boshart (from Milverton) bought a steel boat. He put it up behind Albert Erb’s implement shop where he worked on it, adding a motor and cabin. When the work was done, he put tied it up at the bottom of Water Street, close to where he lived. Boshart named the boat “You Shoulda” because so many people had advice for him, saying “You shoulda done” this or that.

He used to take the boat out on the pond, often with a band on board where he entertained riders on board and spectators on the shore. He apparently sold tickets for musical cruises with entertainment.

After spending a few years in the pond, the boat was taken back to Erb’s shop where the cabin and motor were removed, and the boat was taken away for scrap.

If you have memories or photos of “You Shoulda” and her cruises on the pond, we’d love to hear from you. Please call WTHHS member Debbie Kroetsch at 519-502-4673 or email us at info@wellesleyhistory.org

COMMUNITY MEMBER MESSAGE FROM

Tim Louis MP, Kitchener-Conestoga

I had the pleasure of joining the Woolwich Seniors Association for a quick game of snooker recently. I enjoy every opportunity to connect with you, even if that means losing a game or two. Gatherings are still different, but we are out and enjoying small group events again. Thank you to everyone doing their part to prevent the spread of COVID.

I am honoured to have been re-elected as your Member of Parliament. My conversations with you over a game of snooker, or via my virtual live town halls and 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. I will continue to work tirelessly to support you.

Supporting our seniors remain one of my top priorities as I return to Parliament. While the management of long-term care facilities is under provincial and territorial jurisdiction, our federal government is committed to ensuring better care for seniors. We will be here to support you with increases in financial support, with introducing a 1-800 helpline for seniors to provide information on government services and benefits, and with establishing an Aging at Home Benefit to help you remain in your home longer.

To keep our community informed, and to address questions and hear ideas from constituents, I have

started an email newsletter. Email Tim.Louis@parl.gc.ca to subscribe to these biweekly updates. I also host live town halls online to share updates and answer your questions. If you have any ideas about how I can bring updates to seniors in our communities, please reach out to my office. I look forward to connecting with you.

November 5th to 11th is Veterans' Week. Many here in Kitchener-Conestoga have proudly served Canada. This pandemic has affected our Remembrance Day ceremonies, though virtual and smaller events will still take place. The importance of these ceremonies in honouring our Veterans and their sacrifices is paramount. We will not forget the commitment and sacrifice of those who served our nation.

Seniors have helped to build the Canada we know and love, and 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.

Whether I am working for you in Ottawa or here in Kitchener-Conestoga, know that your voice will continue to be represented.

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



COVER STORY



Benefits of Yoga for Fall Prevention

WRITTEN BY ELAINE BALLANTYNE

Falling is a serious worry for many seniors. Therefore preventing falls should be a priority. Certainly things like grip bars and non-skid mats are helpful, but the greatest asset to fall prevention is yourself.

Beth Martin, a certified personal trainer in New Hamburg says helping seniors improve their balance and strength is empowering. As a yoga instructor, Beth knows first hand the significance of moving every joint, in every direction, every day.

“Yoga gives you what you need,” says Beth. **“You’re never too old, and it’s never too late to start yoga.”**

There is beauty in yoga. Yoga is slow, measured movements with strengthening poses and focused breathing. Its gentle and slight movements guide participants to improve their balance and flexibility.

For 64 year-old Karen Elliott, a retired nurse, yoga has been, and continues to be, vital to her well-being. Karen’s family knows that when she has yoga with Beth, it’s a set in stone activity.

“I can’t stress enough how vital it is at this stage in your life. It makes me emotional, especially in these stressful times. Anybody can do it [yoga] and everybody should. It’s for all levels, for all bodies, it’s so versatile,” says the New Hamburg resident.

Many people think they aren’t capable of doing yoga because they don’t feel they are physically very flexible.

“My thing is if you’re not flexible, you need it more,” explains Beth.

In fact, Beth prides herself in leading classes that are geared for people who are not the most flexible. It has been Beth’s experience that most people who come to her classes have injuries, or can’t move in a certain way.

“Yoga has helped me with so many of my chronic injuries,” Karen tells me. “Years ago I realized if I was going to stay in my nursing career I needed to do fitness and yoga is a very calming, non-stressful way to a healthier lifestyle.”

In 1987 Beth began her fitness leadership journey when she began teaching fitness classes at the YMCA. Later, Beth worked for Goodlife Fitness and Healthworks Gym in Stratford. It was in 2006 that Beth joined Personally Fit in New Hamburg and became a canfitpro certified trainer. Beth continues to lead classes at Personally Fit and became certified as a yoga instructor in 2010. It was in 2013 that Beth took the bold step and started Be Energized Fitness and Wellness, her own personal training business in New Hamburg.

Based on her years of experience, Beth is a big believer in the importance of maintenance. For seniors in particular, preserving their physical condition is more important than making new, big strides.

“It’s when you’re older that you notice, oh I can’t

move this way or that way. But if you catch it soon enough, you can really increase your range of motion,” says Beth. “Yoga is great for maintenance.”

Using soft blocks and straps are great helpers for seniors when doing yoga. For example, when Beth led a class at Morningside Retirement Community, she used them. Soft blocks can be placed strategically on one’s body to help support the back, head and hips. Blocks can also support range of motion and assist in establishing correct alignment. Straps can be used for stretching and also help users achieve a wider range of motion.

Derived from the Sanskrit word “yuji,” meaning yoke or union, yoga began in northern India 5,000 years ago. Over time, by its combination of the mind and body union, there are several evidence-based benefits of yoga.

- ▶ Improves flexibility and balance
- ▶ Decreases stress and anxiety
- ▶ Reduces inflammation
- ▶ Improves heart health
- ▶ Enhances quality of life
- ▶ Fights depression
- ▶ Helps reduce chronic pain
- ▶ Promotes sleep quality
- ▶ Helps improve breathing
- ▶ May relieve migraines
- ▶ Promotes healthy eating habits and digestion
- ▶ Increases physical strength

I had the pleasure of doing an online yoga class led by Beth. It was only my second time doing yoga. Right from the beginning Beth made me feel relaxed as she slowly led me into feeling “present.”

“We’re always thinking where we got to be or what we have to do,” explains Beth.

By Beth gently guiding my breathing and

sharing thoughts that promoted one to “let go,” I became relaxed.

The 60 minute class flew by as Beth led me through very gentle and straight forward movements. I finished feeling calm. My body felt warmly stretched.

Beth shared a favourite quote that I would like to share with you. It is from the Dalai Lama:

“We sacrifice our health in order to make wealth. Then we sacrifice our wealth in order to get back our health. We’re so anxious about the future that we do not enjoy the present, the result being we don’t live in the present or the future. We end up living feeling like we’re never going to die, and then die never having truly lived.”



In the near future, Beth is looking at doing a morning yoga class just for seniors. Whether it be in-person or online will depend on COVID ramifications.

“I believe people can achieve their health goals at any stage of their lives,” shares Beth. “Just try. You’d be amazed.”

If you would like more information about Beth’s class you can reach her at 519-588-5325 or email her at Beth@beenergized.ca

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TRAVEL INSURANCE – NEWS & VIEWS

Christmas has come early for many travelers and snowbirds who have been dreaming of a winter vacation this year in the southern sunshine states.

It was announced on October 13th the U.S. land border is to open in November to fully vaccinated Canadians. It was also announced that a COVID test would NOT be required when driving across the border. However, something to keep in mind, if you choose to fly south then you will still need to provide proof of a negative COVID test.

By the time you read this article, no doubt the exact date for the reopening will have been made known. This means that unvaccinated Canadian will be barred from entering the U.S. by air or by land when this policy comes into effect.

To enter the U.S. government officials did not give any indication which vaccines would be accepted or whether they would accept mixed vaccinations. There are many details about the new vaccination requirements still in the works and have yet to be announced.

On October 8th the CDC did announce that for air travelers the U.S. would accept all vaccines approved by either the CDC or the WHO, which would include Astra Zeneca, as it has been approved by the WHO. The CDC has not provided any guidance on whether or not they would accept mixed dose vaccinations for travelers arriving by air or land.

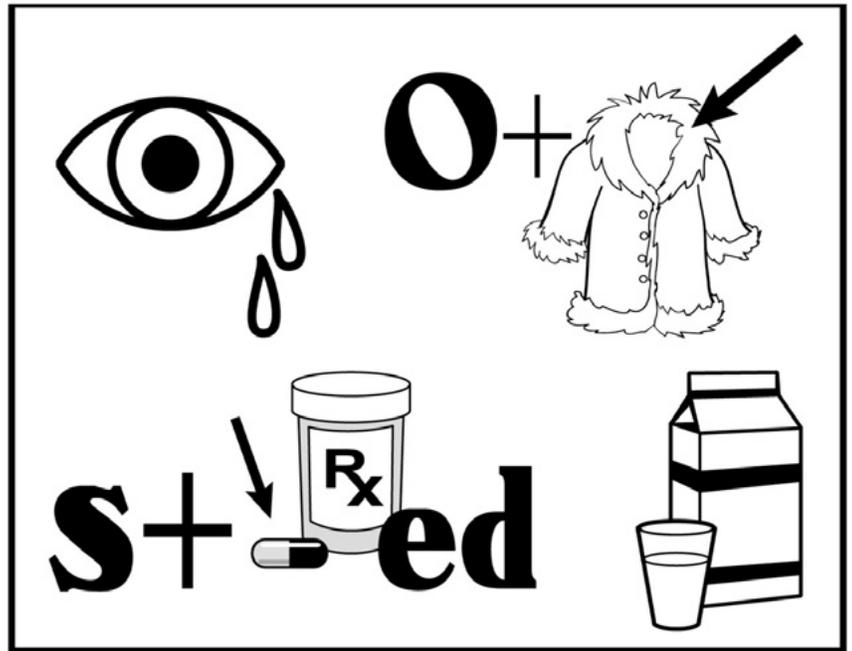
As a note of interest, PM Trudeau received AstraZeneca first, followed by Moderna. Mmm, well, let's see how this one plays itself out.

Florida seems to be the destination state for most Canadians, at least, here in the East. Although the borders will be opening up in November, you still have some homework to do. In October 67% of the Florida population have received at least one vaccination and 58% have been double vaxed. At the beginning of October hospital beds including ICU in Florida were at 78% capacity. The positivity test rate was 4%. You may want to check out what these numbers look like for the county you might be visiting.

Safe travels!



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



Word Pyramid #3

Answer the clues to fill in the pyramid.



1. Last letter in the alphabet
2. Myself
3. High card
4. Not up
5. Sphere
6. King's home
7. Common lunch meat
8. Tom Selleck feature
9. Swimming pool worker

Laughing Matters!



The little old couple walked slowly into McDonald's that cold winter evening. They looked out of place amid the young families and young couples eating there that night. Some of the customers looked admiringly at them.

You could tell what the admirers were thinking: "Look, there is a couple who has been through a lot together, probably for 60 years or more!"

The old man walked right up to the cash register, placed his order with no hesitation and then paid for their meal. The couple took a table near the back wall and started taking food off of the tray. There was one hamburger, one order of French fries and one drink.

The old man unwrapped the plain hamburger and carefully cut it in half. He placed one half in front of his wife. Then he carefully counted out the French fries, divided them in two piles and neatly placed one pile in front of his wife. He took a sip of the drink, his wife took a sip and then set the cup down between them.

As the man began to eat his few bites of hamburger, the crowd began to get restless. Again you could tell what they were thinking: "That poor old couple. All they can afford is one meal for the two of them." As the man began to eat his French fries one young man stood and came over to the old couple's table. He politely offered to buy another meal for the old couple to eat. The old man replied that they were just fine. They were used to sharing everything.

Then the crowd noticed that the little old lady hadn't eaten a bite. She just sat there watching her husband eat and occasionally taking turns sipping the drink. Again the young man came over and begged them to let him buy them something to eat. The man again explained that no, they were used to sharing everything together.

As the old man finished eating and was wiping his face neatly with a napkin, the young man could stand it no longer. Again he came over to their table and offered to buy some food. After being politely refused again, he finally asked a question of the old lady: "Ma'am, why aren't you eating? You said that you share everything. What is it that you are waiting for?"

She answered ... "The teeth."

Can you spot the 8 differences between these two pictures?





WELLESLEY TOWNSHIP Poppy Project

Early this year, I learned that 2021 is the 100th anniversary of wearing the poppy as a symbol of Remembrance in Canada. That was the impetus for an idea that I shared with 3 other women who were also keen to initiate a new project in our Township as a way to recognize and honour Veterans and to remember their sacrifices. Our committee members are: Beth Schlueter, Karen Pilecki, Wendy Richardson and Barb Nowak.

After seeing projects that other municipalities have undertaken, we decided to ask for 100 knitted or crocheted poppies to use in a creative display at a central place in the Township in November.

In mid-March, we made a Facebook page called, “Wellesley Township Poppy Project” with information for people who wanted to participate. We felt that this project for the whole Township was also a way to develop unity in the communities.

In early September, we presented our project idea to Wellesley Township Council to receive approval for our proposal. After hearing about our plans, the Council approved and also said that they would assist in ways that we needed.

Three of us have been at the Wellesley Market every Saturday since June with examples of crocheted

and knitted poppies, instructions on how to make them and a donation jar to cover material expenses like paint, hardware and cable ties etc that we would need for the display. After we cover costs, whatever is left will be donated to the Legion. The display is sizable as the plan includes a wooden form, frame and lights. Fortunately, Home Hardware gave us sheets of plywood and Jantzi Electric donated the lights to accent the final display. Our silhouettes were cut for us by Brendon Fitzgerald who works at Artco in St. Clements. We have also had structural advice for our plans from Wellesley resident, Dave Underwood, who facilitated all aspects of the physical installation. We are grateful for his help and expertise.

By the beginning of October, 2055 knit or crocheted poppies were given to us from folks all over the Township! All of these contributions from individuals and businesses are true examples of “Community Unity”.

We hosted a “Tie One On” event in mid-October when we did just that – tied each poppy onto netting with cable ties. This netting with the poppies was then draped onto the structure.

We are so pleased to have a variety of poppies that people have crafted and many were sent to us with a special memory or family story to go with them.

For example, Shaeron Newark completed 100 poppies in honour of the men in her family who fought in WW1 and WW2 and the women who supported them. In particular, Shaeron’s grandfather, Daniel Kelly, was wounded at Vimy Ridge and her uncle, Desmond Kelly, fought at Juno Beach.

Beth Schlueter had 5 uncles



Pictured above are Beth Schlueter and Wendy Richardson

serving overseas during WW2, one of whom was killed in the Netherlands during the Liberation.

Wendy Richardson's parents were born in Holland. Her dad was a prisoner of war alongside his brother before they escaped the German army. Her mom's family lived in a highly active war zone and at one point, they hid Canadian soldiers.

Barb Nowak had 11 family members who served during both World Wars. An uncle was killed at Passchendaele in 1917. Barb's dad served in Holland, Belgium and France with the Algonquin Regiment of Canada and was captured in Holland in October, 1944. He spent the rest of the war as a POW at a Stalag in Germany.

Margit and Mike Fritsch are first generation Canadians whose families immigrated to Canada in the 1950s. They heard lots of stories from relatives about their plight during the war, staying in refugee camps, and how they finally came to Canada.

Legion rules determine when the project can be displayed and when it has to be dismantled. Therefore, the unveiling of our project is on October 28th at the Wellesley Township Offices, (4639 Lobsinger Line, St. Clements, N0B 2M0) as we deemed this to be a central location. The structure will be dismantled on November 12.

We invite all to visit the installation. Parking is available on the Township lot.

Educational resources can be found from The Royal Canadian Legion.

<https://www.legion.ca/communities-youth/youth-education/teaching-guide>

Thank you to Wellesley Township Council and Staff for this opportunity to remember the sacrifices of previous generations and especially, a huge thanks to all of the people who contributed poppies for us to use.

This is a task of love and respect to remember and honour the men and women who served so that we can live the way that we do today in this beautiful land.

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Ask the Doctor

with Dr. Nicole Didyk

I am in my 70's and received both Covid-19 shots. The second dose was received was late August. Would I still be advised to still get the annual flu shot? If so, can it be taken at any time or should it be after a certain period of time after the last Covid shot was administered?

We usually start thinking about the flu this time of year but it's been eclipsed by COVID in the news. Flu can be a very serious condition for older adults, and up to 70% of flu deaths in Canada are in those aged 65 and over.

Like COVID, Influenza is a virus, and can have different strains. This season's flu shot protects against 4 different strains of influenza, so you may hear it referred to as "quadrivalent". The high dose flu shot (Fluzone High Dose) offers somewhat higher protection and is recommended for adults 65+, if it's available to them.

Vaccines are designed to protect against one type of virus at a time, so the COVID vaccine doesn't protect against the flu and the flu vaccine won't provide any immunity against COVID or other coronaviruses. But it is safe to have both vaccines at the same time. In fact, combination COVID and flu shot clinics might be the most effective way for the population to get protection from 2 serious infections with a single visit.

To stay healthy during flu season, also remember to keep up good hygiene habits: washing your hands, not going out when you're ill, covering your sneeze and cleaning surfaces frequently.

More info about this year's flu shots should be available at: <https://www.canada.ca/en/public-health/services/diseases/flu-influenza/get-your-flu-shot.html>

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

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

Disclaimer:

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



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To Retire Or “Un-Retire”

Over the past few decades, there is no doubt that many areas of our lives have changed and this is certainly the case when it comes to retirement trends. The linear path of working for the same company for 30 years and then retiring is far less common today than it used to be. Instead, research has found that there is more of a trend towards “un-retirement” where employees continue to work in some capacity, often part-time after they have “officially” retired. If you are one of those people who are unsure about your feelings towards retirement, you are certainly not alone. The good news is that retirement is no longer a “one size fits all” and instead is unique to each individual.

There are many factors that impact one’s ability to retire such as number of years in the position, the type of job, finances, one’s health as well as personal feelings towards retirement. In his book, “Unretirement: How Baby Boomers are Changing the Way We Think About Work, Community and the Good Life”, Chris Farrell speaks about the ongoing transformations in our economy and society related to retirement. Within his book, he shares stories from fellow baby boomers that have chosen to continue to share their wisdom, skills and experience after they retire. He also provides guidance on how to navigate this time that we are in.

It is not uncommon for individuals to experience a mix of emotions such as excitement, anxiety and even uncertainty as they near retirement. If you are thinking of retiring or have recently retired, you may find a few of these tips helpful:

Take time to set new goals

Although by retirement age we have achieved many goals in life, it is important for our mental wellbeing to continue to set goals as it helps energize us and provides a continued sense of identity and purpose.

Acknowledge and honour your feelings

Retirement is a major life event and there is no right or wrong way to feel about it. Many people find themselves experiencing a whole range of emotions during this time. Try to acknowledge and accept what you are feeling, rather than trying to push away your emotions.

Reach out for support

You may also find it helpful to share your experience with friends, family, a peer group of fellow retirees or a professional counsellor. Reaching out to others can help reduce feelings of stress, anxiety and isolation. Similarly, some companies offer retirement transition programs, which can be helpful during the transition to retirement.

Aside from formal retirement, we are also seeing individuals taking mini-retirement breaks for a few years and then returning to work, volunteering or using their skills to offer consulting to other companies. On the other hand, if you are enjoying your job and would like to continue working there are many benefits to doing so. Some of these benefits include increased financial security and improved cognitive and physical health.

If you find yourself grappling with the idea of retirement, try to spend some time to reflecting and remember to trust yourself when making a decision to retire or “un-retire”.

Jessica Pyc, MSW, RSW
Counsellor at Interfaith Counselling Centre



The Differences Between Normal Aging and Dementia

If you are experiencing difficulties with memory, know that they may not be signs of dementia. It could be memory loss as a part of normal aging.

What is aging?

Aging is a natural process of our lives. As we age, we experience gradual changes to our brains and bodies. Some of these changes affect our physical and mental abilities, and may increase our risk of disease. Each one of us experiences aging differently. The extent of how we experience changes due to aging, and the point in our lives when they start becoming more noticeable, varies from person to person. According to the World Health Organization (WHO), each person should have the ability to live a long and healthy life. This is considered healthy aging.

What affects how I age?

Besides genetic factors, how we age depends on our lifestyles and environments. Generally, we can support healthy aging by challenging our brains, eating healthily and being physically and socially active, among other lifestyle choices. While these choices do not guarantee a long, healthy life free of disease, they're our best options for decreasing the risk of disease and ensuring our well-being as we age.

Compare the signs

Memory difficulties associated with normal aging and dementia can be told apart in a number of ways. Below are some examples. *This is not a diagnostic tool.*

Signs of memory loss as a part of normal aging

- You're unable to remember details of a conversation or event that took place a year ago.
- You're unable to remember the name of an acquaintance.
- You forget things and events occasionally.
- You occasionally have difficulty finding words.
- You are worried about your memory, but your friends and relatives are not.

Signs of dementia

- You're unable to recall details of recent events or conversations.
- You're unable to recognize or know the names of family members.
- You forget things or events more frequently.
- You have frequent pauses and substitutions when finding words.
- Your friends and relatives are worried about your memory, but you are not aware of any problems.

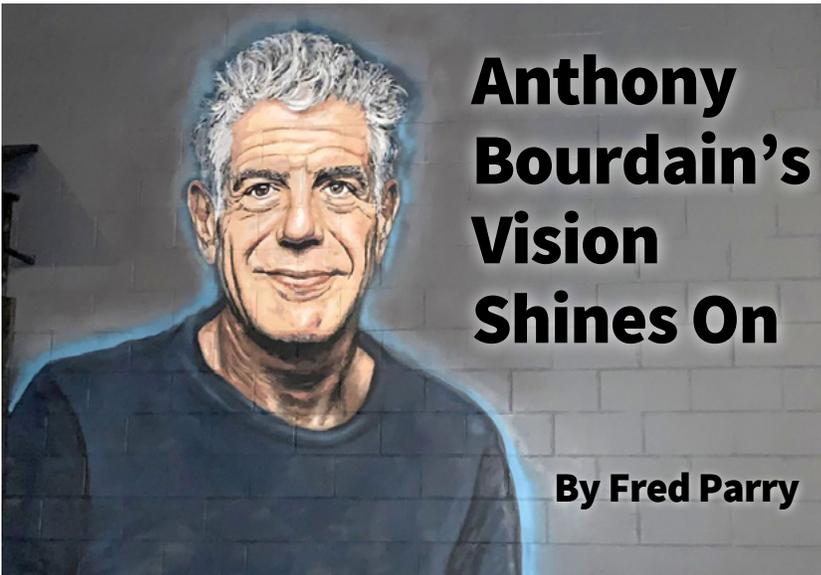
Please note that the information in this article should not be used as a diagnostic tool, and is not a substitute for informed medical advice. If you are concerned that you or someone you know has dementia, please talk to your doctor.

LIVING WELL: TIPS FOR BRAIN HEALTH

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Anthony Bourdain's Vision Shines On

By Fred Parry

Walk in their shoes, or at least eat their food. It's a plus for everybody."

"Listen children all is not lost... oh no no!"

Even though we had some fantastic outings – including breathtaking mountaintop winery tours and scenic riverboat cruises – I'll fondly remember the Portuguese people. Despite being economically depressed – like much of Europe – people care and work hard. They epitomize workers, everywhere, who get things done despite inadequate support..

"Before traveling", Bourdain said, "I thought the human race, as a whole, could and would turn on itself at any moment.

But, I've met mostly very nice people doing the best they can, under very difficult conditions."

We've witnessed the growing polarization, fear and intolerance – worldwide, within all economies – fueled by sensationalist media outlets and opportunistic politicians – all vying for either our dollar or our vote. But, as President Lincoln, reminded us, "We are not enemies but friends... the mystic chords of memory... again touched... by the better angels of our nature."

But, I've been encouraged by apolitical acts of kindness and generosity: like a Croatian Canadian stonemason, working on our century farmhouse, who added free brick window casements, because he shared our love for the old place. Or, like Tony: building worldwide understanding and relationships – so desperately needed, today. His light may have gone out; but, his vision shines on!

We will travel again. We will be grateful. We will never forget.

"And I've been waiting such a long time, for the day..." - https://youtu.be/_Mnw9uiYggU

That's the way I figure it. – FP

The late cultural chef, Anthony Bourdain, would've surely love this: my wife and I are seated at a cozy family restaurant... recommended for its seafood and service.

The first thing that happens is our elderly waiter frowns and motions for me to sit directly across from my wife, instead of "kitty-cornered" ... probably thinking it's more romantic. But, the irony is, after many years, we love giving each other their personal space. Next, we ask for white wine with our fish dinner: our waiter brings us red. Great service? It's okay. We're bilingual about wines!

Now, before I go ahead, I must give you some crucial information: we're in pre-pandemic Lisbon, Portugal; the staff speak mainly Portuguese; and, salted cod and grilled sardines are national dishes. So, they know a thing or two about preparing and serving fish. To our waiter, we're his special guests; he's doing what he thinks best.

"A proud man still can tell stories his own way" – Saturday in the Park by Chicago

The meal was delicious; but our waiter wasn't done... just yet. Noticing we'd finished our meal, he came back to top up our glasses with more red wine, along with another plate of cheese and bread – no charge.

Obviously, he felt we should sit back and enjoy our dinner a bit longer; and, since we'd been in such good hands all night, why fight it? As Bourdain, advised, "Don't be afraid of random acts of hospitality... be open, without judgement or fear.



'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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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 including both online and in-person classes.
- ✦ Walk – Enjoy some of our many trails or take a stroll around the neighbourhood.
- ✦ Find an activity that you enjoy – There are many activities that are gradually being reopened across our community. 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 as soon as they occur.
- ✦ 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!

HOW FAR SHOULD A SELLER GO TO PREPARE A HOME FOR SALE?



written by Alison Willsey, Broker, Peak Realty Inc.

THINGS TO CONSIDER

I am often asked by clients about what renovations and or improvements could be made to their homes to improve their return on investment when they are considering selling their homes.

The answers I provide vary depending on the Buyers and their circumstances at the time.

AFFORDABILITY

I think my first question would be is to ask what kind of budget is in place to tackle renos and/or improvements. Not all Sellers are in a position financially to renovate kitchens, bathrooms or change flooring and layouts in a home to make them more saleable. It is important for Sellers to sit down and have this conversation and to figure out what is affordable for them and what return on investment they hope to achieve.

WHAT RENOS ARE BENEFICIAL

If the Seller wants to achieve a maximum return, then what renovations and improvements can they do to achieve this? Kitchen and baths are very important selling features as they are generally costly to complete and therefore makes a home more attractive for Buyers when a home is in “move in ready” condition. Many of the young Buyers out there can often qualify for healthy mortgages as many have built a lot of equity in a short amount of time in their first and 2nd home purchases over the last few years if they made sound purchases initially. Many, however; don’t often have the cash on hand to do extensive renovations nor are many of them as handy as previous generations so in most cases they must

hire professionals to complete the renos and improvements. Cosmetic updates don’t seem to push them away so IF the “big ticket” items have been maintained and or newly installed (i.e., roof, windows & mechanicals), and improvements and renos completed to the kitchen and baths that are neutral in colour and minimalistic in design and completed in a professional manner. These properties become more attractive to Buyers, and they are willing to compete and pay more for such homes. Keeping the home light and bright in colour and design seem to be attractive to most of today’s Buyers as they can change paint colours and décor easily over time if looking for a change. When completing renovations prior to sale to principal rooms, seek a professional who can shed light on what the current trends are in design, materials, and colour.

SELLING YOUR HOME “AS IS”

Sometimes, Sellers are not in a financial position to move forward with updates and renovations. It may not be affordable for them financially. In some cases, they may be in a position where they are being forced to move due to failing health and mobility issues. Maybe they are moving out of the area i.e., out of province or country and/or a work transfer. Perhaps they don’t have the time and the energy to move forward with organizing and managing this work. Another scenario may be that the house is very sound but very dated and that it is a home where most Buyers would want to renovate extensively so it may be recommended that extensive renovations would have to be completed to have an impact on the final sale price and often Buyer’s may want to renovate much differently then the current Seller who has perhaps lived in the home for years. Whatever the circumstances may be, this may be a case where it is suggested that the home be sold “AS IS, WHERE IS” meaning the home is being sold in its current condition and there are no warranties on the home. So, my advice would be for a Seller to pack up the home (as the Seller is moving regardless) and put as much as possible in storage or move to their new place if this is possible prior to sale. This way potential Buyers can have a good look at the home and see deficiencies (if any) clearly

and look at the home and its potential without the distractions of Seller's personal belongings. **There are many local companies who offer affordable services to Sellers to help them pack up and or discard/sell items that can make this a smoother transition.

LANDSCAPING, CURB APPEAL, NEUTRALIZING COLOURS AND DÉCOR AND PROFESSIONAL STAGING SERVICES

If a Seller is not able to or willing to do extensive renovations, then I would suggest ensuring that if there is a small budget in place that it be spent on improving the exterior curb appeal of the home. This may mean painting/replacement of the front door, cleaning up flowerbeds... weeding and pruning/trimming plants and mowing and trimming the lawn as well as removal of any junk or debris on the property. It may also be

important at this time to seal and or clean the driveway. Cosmetic updates i.e., painting to neutralize the colour palette throughout the home and subsequently hiring a professional stager to help prepare the home to market it to create a space that will speak to your Target Audience and get them through the door. In most cases, when you hire a REALTOR® ask them about whether they work with Stagers and professional photographers. These two services go hand-in-hand. Many Buyers look at virtual tours and online pics prior to booking an appointment to view a home, so these two services are detrimental to the sale. As a Seller you want to drive as much traffic through your home to get as many interested parties as you can to create competition and subsequently drive the price. This way you can hopefully achieve a high rate of return on your investment.

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Do You Know...

November is Diabetes Month

- ▶ According to Diabetes Canada, one in three Canadians (11.5 million) are living with diabetes or prediabetes (prediabetes refers to blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes).
- ▶ Every three minutes, another Canadian is diagnosed. Chances are that diabetes affects you or someone you know.

Diabetes is a chronic disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. Insulin is a hormone that controls the amount of glucose (sugar) in our blood. Diabetes leads to high blood sugar levels, which can damage organs, blood vessels and nerves.

Signs and Symptoms

- There are many signs and symptoms that can indicate diabetes. Signs and symptoms can include the following:
- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

If you have any of these symptoms, it is important to contact your health-care provider right away. Even if you don't have symptoms, if you are 40 or older, you should still get checked. It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

Types of diabetes:

Type 2 diabetes: this type of diabetes occurs when the body can't properly use the insulin that is released (called insulin insensitivity) or does not make enough insulin. As a result, sugar builds up in the blood instead of being used as energy. About 90 per cent of people with diabetes have type 2 diabetes. Type 2 diabetes more often develops in adults, but children can be affected. Depending on the severity of type 2 diabetes, it may be managed through physical activity and meal planning, or may also require medications and/or insulin to control blood sugar more effectively.

Type 1 diabetes: occurs when the immune system mistakenly attacks and kills the beta cells of the pancreas. No, or very little, insulin is released into the body. As a result, sugar builds up in the blood instead of being used as energy. About five to 10 per cent of people with diabetes have type 1 diabetes. Type 1 diabetes generally develops in childhood or adolescence, but can develop in adulthood. Type 1 diabetes is always treated with insulin. Meal planning also helps with keeping blood sugar at the right levels.

Gestational diabetes: A type of diabetes, gestational diabetes, is a temporary condition that occurs during pregnancy. It affects approximately two to four per cent of all pregnancies (in the non-Aboriginal population) and involves an increased risk of developing diabetes for both mother and child.

Diabetes can be managed. Self-management (lifestyle changes to help control diabetes - exercise, eat a well-balanced food, reduce stress, quit smoking, cut back on alcohol, take notes on your progress and report to your health care providers) and building relationships with your health care providers are key to managing diabetes. .

To learn more about diabetes, check the Diabetes Canada website

<https://www.diabetes.ca>





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Falls Risk Assessment

written by Jere Bukich, Physiotherapist B.A., B.Sc. P.T.
New Hamburg Wellness Centre

As a community based homecare physiotherapist in the KW New Hamburg corridor for the past 18 years I am often requested to visit clients in their home and conduct a Falls Risk Assessment. One component of this type of assessment is a general mobility assessment. Simply put, can this person walk? How safe is this person when they walk? Could this person benefit from a walking aid?

For those clients that would benefit from a walking aid, there is a provincially funded assistance program designed to subsidize the cost of mobility devices. The program is called The Assisted Devices Program (ADP) of Ontario and this program is funded by the Ministry of Health and Long Term Care. ADP provides subsidies to several kinds of adaptive aids – mobility devices, hearing aids, customized braces, just to name a few.

For the purposes of this article I will focus on mobility devices. The devices that ADP provides funding for are:

- ◆ Manual and power wheelchairs and power scooters
- ◆ Forearm crutches
- ◆ Wheeled walkers for adults and
- ◆ Pediatric walkers, standers and strollers.

There are specific objective criteria that are set out in the provincial guidelines as to who is eligible to receive such a device. To determine eligibility, a client must first contact an ADP Authorizer – a specially trained healthcare professional. In the case of most mobility devices, the professional is usually a physiotherapist or and occupational

therapist. The therapist will conduct a full a physical evaluation to determine what the client's mobility needs. The therapist will direct the client to the most appropriate mobility device suited to their present mobility challenges. In the case of adult walkers, an application is completed with your therapist. Your therapist provides the client with the signed copy and the client can then take the ADP application to an ADP Authorized Vendor (specialty store). The vendor shows the client the prescribed devices with the criteria that the therapist has provided on the ADP application.

The most common request I fulfill in terms of mobility device, is for an Adult walker. Adult walkers come in three types :

Type 1: The Standard aluminum frame walker, with or without wheels (think of Ruth Buzzie or Artie Johnson from the Laugh In variety show from the 70's

- ◆ four points of contact with the floor
- ◆ for people who have good arm strength and need significant support
- ◆ Primarily used indoors on flat surfaces

Type 2: Commonly referred to as a Rollator

- ◆ Four wheels plus a seat with a basket hand brakes and small 4"-6" wheels
- ◆ For people who can ambulate longer distances and do not need the same level or support that a standard walker provides
- ◆ Best suited to indoor and institutional use

Type 3: Also a Rollator

- ◆ Same features as the type 2, but the wheels are larger 6"-8"
- ◆ Takes a greater weight load than a type 2
- ◆ Very good if the client goes outdoors frequently, as the larger wheels handle a rougher surface better.

ADP provides a 75% subsidy to purchase these walkers. The client is responsible for the other 25% of the cost. For walkers or rollators, without option equipment (and I do not mean air conditioning, leather seats or bluetooth control—Humour!) the maximum a client puts out of pocket is \$104.25. Clients have some discretion in the purchase. Within each type or class of walker there are a multitude of differing designs and manufacturers, so the client ultimately chooses their own walker within the type/class as specified by their therapist.

Estate plans can help you answer questions about the future

Provided by Edward Jones

The word “estate” conjures images of great wealth, which may be one of the reasons so many people don’t develop estate plans – after all, they’re not rich, so why make the effort? In reality, though, if you have a family, you can probably benefit from estate planning, irrespective of your asset level. You may well find that a comprehensive estate strategy can help you answer some questions you may find unsettling – or even worrisome.

Here are a few of these questions:

What will happen to my children? With luck, you (and your co-parent, if you have one) will be alive and well at least until your children reach the age of majority (either 18 or 19, depending on where you live). Nonetheless, you don’t want to take any chances, so, as part of your estate strategy, you may want to name a guardian to take care of your children if you are not around. You also might want to name a Trustee – sometimes called a “guardian of the estate” – to manage any assets your minor children might inherit.

Will there be a fight over my assets? Without a solid estate strategy in place, your assets could be subject to the time-consuming, expensive – and very public – probate process. During probate, your relatives and creditors can gain access to your records, and possibly even challenge your will. But with proper planning, you can maintain your privacy. As one possible element of an estate plan, a living trust generally allows your property to avoid probate and pass quickly to the beneficiaries you’ve named.

Who will oversee my finances and my living situation if I become incapacitated? You can build various forms of protection into your estate planning, such as an enduring power of attorney, which allows you to designate someone to manage your financial affairs if you become physically or mentally incapacitated. You could also create a power of attorney for personal care, which allows

someone to handle health care decisions on your behalf if you become unable to do so yourself.

Will I shortchange my family if I leave significant assets to charities? Unless you have unlimited resources, you’ll have to make some choices about charitable gifts and money for your family. But as part of your estate strategy, you do have some appealing options. For example, you could establish a trust, which provides financial support to your chosen charities for a period of time, with the remaining assets eventually going to your family members. A charitable remainder trust, by contrast, can provide a stream of income for your family members for the term of the trust, before the remaining assets are transferred to one or more charitable organizations.

As you can see, careful estate planning can help you answer many of the questions that may be worrying you. Be aware, though, that certain aspects of estate planning, especially those related to living trusts and charitable trusts, can be complex, so you should consult your estate-planning lawyer or qualified tax professional about your situation. Once you’ve got your strategy in place, you should be able to face the future with greater clarity and confidence.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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Dentures



What are dentures?

A denture is a removable replacement for missing teeth and surrounding tissues. There are two types of dentures: full and partial. Each is made from an impression of the patient's mouth. A mold is made and the measurements are sent to a lab to be made into permanent dentures. Dentures are secured by attaching to or fitting over any remaining natural teeth or implants.

Complete Denture

Complete dentures are what we most often refer to as false teeth. They are also called full dentures and are used when all your natural teeth are missing. Complete dentures are removable as they are held in place by suction. They can cause soreness at first and take some time to get used to. There are 2 types of complete dentures: immediate dentures and conventional dentures.

Immediate dentures are made before your teeth are removed. Your dentist takes measurements and makes models of your jaws during your first visit. Once your teeth are extracted, your dentist inserts the immediate dentures. The benefit of immediate dentures is that you are not without teeth during the healing period, which can take up to 6 months. During the healing period, your bones and gums can shrink and your immediate dentures may need to be relined by your dentist for a proper fit.

Conventional dentures are made and inserted into your mouth after your teeth have been extracted and the gums and jaw tissues have healed.

Partial Denture

A removable partial denture or bridge usually consists of replacement teeth attached to a pink or gum-colored plastic base, which is sometimes connected by metal framework that holds the denture in place in the mouth. Partial dentures are used when one or more natural teeth remain in the upper or lower jaw. A fixed bridge replaces one or more teeth by placing crowns on the teeth on either side of the space and attaching artificial teeth to them. This "bridge" is then cemented into place. Not only does a partial denture fill in the spaces created by missing teeth, it prevents other teeth from changing position. A precision partial denture is removable and has internal attachments rather than

clasps that attach to the adjacent crowns. This is a more natural-looking appliance.

Care of dentures:

Proper denture care is important for both the health of your dentures and your mouth. Here are some tips:

- ✦ Handle dentures with great care. To avoid dropping them, stand over a folded towel or a full sink of water when handling them.
- ✦ Brush and rinse dentures daily, but not with toothpaste. Toothpaste is abrasive and makes microscopic scratches where food and plaque can build up. Like natural teeth, dentures must be brushed daily to remove food and plaque. Brushing also helps prevent permanent stains on the dentures. Use a brush with soft bristles that is designed for cleaning dentures. Avoid using a hard-bristled brush, as it can damage or wear down dentures. Gently brush all surfaces of the denture, and be careful not to damage the plastic or bend attachments. In between brushings, rinse dentures after every meal.
- ✦ Clean with a denture cleaner. You can use hand soap or mild dishwashing liquid for cleaning dentures. Household cleansers and many toothpastes may be too abrasive for dentures. Also, avoid using bleach, as this may whiten the pink portion of the denture. Or you can try an ultrasonic cleaner. This is a small bathtub-like device that contains a cleaning solution. You put the denture in the tub, and sound waves create a wave motion that dislodges the deposits. An ultrasonic cleaner does not replace a thorough daily brushing. Products with the American Dental Association (ADA) Seal of Acceptance are recommended because they have been evaluated for safety and effectiveness.
- ✦ Take proper care of dentures when not wearing them. Dentures need to be kept moist so they don't dry out or lose their shape. When you're not wearing them, put dentures in a denture cleanser soaking solution or in water. But if the denture has metal attachments, the attachments could tarnish in a soaking solution. Your dentist can recommend the best methods for caring for your dentures. Never put dentures in hot water, which can make them warp.



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LETTER TO THE EDITOR

Neighbours Helping Neighbours

submitted by: Wayne Vanwyck
Past President, Kiwanis Club of Elmira

I was talking with a friend yesterday about how he’s weathered the pandemic – the lockdowns, masks, political strife, uneasiness and fear for his own and others’ safety. “It’s been great!” he responded. “My income is up and I’m working from home like I’m semi-retired. I’m spending more time with my wife, I’m taking time for my own health; I know it has been hard on a lot of people but I have no complaints at all.”

He’s one of the lucky ones. I’ll admit that I’m one too. In fact there are lots of us. But many others have suffered greatly – especially the front-line staff – the very ones who have looked after us through this pandemic, that need help right now.

Never before in the history of humankind have so many of us been so well off. In spite of that, there

are still neighbours in our community who suffer from food insecurity. They are real people with real challenges. They need our help. And isn’t that what good neighbours do?

We have an opportunity to help with the second annual Non-food Food Drive for Woolwich Community Services (WCS) Christmas Goodwill. Last year due to the pandemic, the normal fall Food Drive organized by the Kiwanis Club of Elmira had to pivot like many other organizations. Instead of going door-to-door with over 200 volunteers and collecting your food, they invited other local service clubs to help by receiving donations at tables stationed around the community. Financial donations. The money collected is converted by WCS directly into grocery gift cards that are then shared with individuals and families who need them. Last year the community contributed over \$36,000 and we would like to beat that record by raising \$40,000.

We’ve just enjoyed an adjusted Thanksgiving. Thanks for the bounty. Let’s share some of it with those in need. Please give generously when you see a service club member in your community on November 12 & 13 or give in an even more Covid friendly manner by donating online at www.WoolwichCommunityServices.Org

This is a food drive, but please, we don’t want your food.

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Provides a variety of programs and services for persons living with Alzheimer’s disease and other dementias, their family and friends, professionals, and the community.

- Information and Education
- Individual & Family Support
 - Group Work
 - System Navigation
- Social/Recreation Programs

CONTACT
519-742-8518 ext 2090 for more info
or to receive the Program Guide

www.alzheimerww.ca

COMMUNITY BUSINESS DIRECTORY

AUTOMOTIVE

Rudy Held Performance Centre
Car Parts & Accessories
519-662-2821

DENTAL

Elmira Denture Clinic
15 Memorial Ave., Elmira
519-669-1535
St. Jacob's Dental Care
10 Parkside Dr., St. Jacobs
519-664-2434

FINANCIAL

Mary Friesen - Edward Jones
Financial Advisor | 519-578-4141
Royal Bank of Canada
29 Huron St. | New Hamburg
519-662-1470

HEALTH & WELLNESS

Affinity Health Clinic
A hub of healthcare options with disease prevention at the core
3 Waterloo St, NH | 519-662-2123
Cook's Pharmacy
75 Huron St., NH | 519-662-2640
1201 Queens Bush Rd., Wellesley
519-656-2240
Healthier Living 4 You
Chemical Free Pool purification systems & Detox products for a healthier life.
John Jacobs | Wellesley, ON
519-656-3369
Hemmerich Hearing Center
10 Waterloo St., NH
519-662-6884
Martin's Guardian Pharmacy
10 Parkside Drive
St. Jacobs ON
19-664-3785
Pharmasave
Town Square Pharmacy
519-662-9995
Baden Village Pharmacy
519-214-4000

Breslau Commons Pharmacy
226-243-5200

Soles Journey Reflexology
147 Arnold St. | New Hamburg
519-505-1616

Touch of Kindness
Reg. Massage Therapist, Reiki
60 Brewery St | Baden
226-988-9746

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

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

HOME ORGANIZATION/RENOS

Rosie B Lifestyle Co.
Professional Home Organizing & Downsizing
Becky Bender & Shannon Margetts
519-465-7286 | rosieblifestyle@gmail.com

HOME SUPPORT SERVICES

Bayshore Home Health
Personalized Home Care Services
226-215-3152

Community Care Concepts
Meals, Rides & Home Help
519-664-1900 or 519-662-9526

Home Care Assistance
HomeCareAssistanceWaterloo.ca
Personalized Dementia Care at Home
519-954-2111

Merry Maids - KW/Cambridge
House Cleaning Services
519-894-4709

Promyse Home Care
"A better life together"
Waterloo, ON | 519-208-2000

Right at Home Canada
Medical & Non-Medical Support
519-279-0888

LAWYERS

Cooper Professional Corporation
Real Estate Law | Wills & Estates | Corporate & Business Law
280 Frederick St. | Kitchener
519-579-2250

Giesbrecht, Griffin, Funk & Irvine LLP
82 Huron St. Unit B | New Hamburg
519-662-2000
60 College Street | Kitchener
519-579-4300

MOVING SERVICES

Senior's Move
Rightsizing and Relocation
NASMM Diamond Members
Waterloo Region | 519-841-4914

PET, HOME & GARDEN

inSeason Home + Garden
3585 Lobsinger Line
St. Clements, ON | 519-218-2188
Pet Valu New Hamburg
100 Mill St., NH | 519-390-0265

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Futher-Franklin Funeral Home
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519-656-2880
Gary White Insurance
9 Angus Glen Lane, NH
(800) 433-5307

REAL ESTATE

Alison Wilsey | Peak Realty
New Hamburg | 519-275-4900
Angela Baas,
Royal LePage Wolle Realty
Resident of Wilmot Township
519-747-2040
Jim & Tricia Miller
Remax Twin City Realty
New Hamburg | 519-590-5995
Paul Saunders, Royal LePage Crown Realty Services
Resident of Wellesley Township
519-716-7411

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

COMMUNITY BUSINESS DIRECTORY

RETAIL

Focus Computers

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

New Hamburg Office Pro

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

Sobeys New Hamburg

100 Mill St, New Hamburg
519-662-1374

RESTAURANTS

MeMe's Cafe

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

Pizza Arca

98 Peel St, NH | 519-662-2583

Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley
519-656-2430

Bonnie Lous Cafe

Take Out & Delivery Available
Flordale, ON | 519-669-2142

SENIOR CARE FACILITIES

Highview Residences K-W

Alzheimer & Elder Care
20 Reichert Dr, KW | 1-844-700-3734

The Village of Winston Park

695 Block Line Rd, Kitchener
519-576-2430 ext 8008

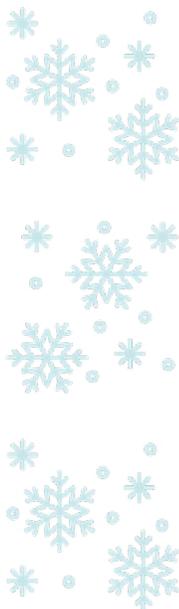
Woolwich Seniors Association

24 Snyder Ave. Elmira
519-669-5044

TRANSIT

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128 ERB STREET WEST, WATERLOO
519.745.5888

10 WATERLOO ST., NEW HAMBURG
519.662.6884

EMERGENCY CONTACT NUMBERS

Emergency (Fire/Medical/Police)

911

Waterloo Regional Police Non Emergency

519-570-9777

Crime Stoppers

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

NEW Ontario Caregiver Hotline

1-833-416-2273

This space is generously donated by:

TOWN SQUARE PHARMACY

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



Pork and Vegetable Stovetop Stew

NUMBER OF SERVINGS: 4

Ingredients

- All-purpose flour 1 Tbsp (15 mL)
- Dried thyme leaves 1 tsp (5 mL)
- Salt & Pepper ½ tsp each (5 mL)
- Rosemary ¼ tsp (1.25 mL)
- Vegetable oil 2 Tbsp (30 mL)
- Ontario pork tenderloin, cut into 1-inch cubes 1 (12 oz 350 g)
- Ontario onion, chopped 1
- Ontario garlic, minced, 2 cloves
- Sodium-reduced chicken broth 2 cups (500 mL)
- Ontario sweet potato, peeled and cubed (1/2 inch) 1
- Ontario parsnips, peeled and chopped 2
- Ontario parsley, chopped 2 Tbsp (30 mL)

Directions

1. Combine flour, thyme, salt, rosemary and pepper: toss pork in mixture.
2. In a large saucepan, heat 1 Tbsp vegetable oil over medium heat.
3. Add pork and cook until lightly browned, about 5 minutes. Remove to plate.
4. Add remaining oil to pan. Stir in onion and garlic; cook until lightly softened, about 3 minutes.
5. Stir in broth and bring to boil.
6. Add sweet potato, parsnips and pork; cover and bring to boil.
7. Reduce heat and simmer until pork and vegetables are tender, about 25 minutes.
8. Serve sprinkled with parsley.

NUTRITION PER SERVING

Calories 334 | Protein 27 g | Fat 9 g | Carbohydrates 35 g | Fibre 5 g



There are 1,600 pork producers in Ontario, each sending 500-3000 pigs to market each year.



Pork is a good source of protein and also contains other vitamins including B vitamins such as riboflavin, niacin, vitamin B6 and vitamin B12, nutrients that are all important for healthy aging.



"I used a single whole pork tenderloin instead of weighing the meat so I needed more of the flour and herb mixture to coat and additional broth. It was lovely and fragrant when cooking all in one pot. Very good combination and I will use this recipe again."
– Katharine, 65



Recipe Resource for Healthy Aging © 2016. For more information: www.aha.the-ria.ca/reciperesource

Soups/Stews



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lindalangenegger@gmail.com
www.LuvYourSkin.ca

Send us your jokes!

Do you have a joke, riddle or something just too funny not to share?

Feel free to spread the laughs with us here at embracingchangeinfo@gmail.com

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

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CONDITIONAL

4 DEVONSHIRE Dr., New Hamburg

New Listing Coming Soon to realtor.ca
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OPEN CONCEPT BUNGALOW
FULLY FINISHED
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IMMEDIATE TO FLEXIBLE POSSESSION AVAILABLE!

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CONDITIONAL

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City of Stratford
Many development possibilities and permitted uses
Accessible off BOTH Mornington St. and Dixon Rd

Fall is the time to Give Thanks!

Thank you to all my wonderful clients,
friends, family and colleagues!

I appreciate your
business, support and friendships!



Alison Willsey

BROKER



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not intended to solicit those already under contract with another Brokerage

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