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On The Cover

Pictured on the front cover: Royal Canadian Legion Branch 532 New Hamburg Sergeant at Arms Bob Neubauer and longtime branch supporter Marie Voisin proudly display their Labours of Love, The Legion Banner Program. The banner they are holding is of Banner Program inspiration Donald Zehr who was Bob's next door neighbor's son and who died in service at age 19 in 2020. For full story see page 9.

Cover story & photo by:

Scott Dunstall



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LETTER FROM THE EDITOR

Remembrance Day 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 Monday November 11th, let us come together and observe a moment of silence to mark the sacrifice, courage, and pride of our dedicated soldiers.

The Royal Canadian Legion is Honouring Veterans with Memorial Banners which are being displayed in local communities. Hundreds of Veterans are being remembered by the Memorial

Banner Program which is organized by Legion Branches across Canada. The banners pay tribute to local Veterans and are displayed in communities for all to see. Many stories behind the names can be found on the Legion Branch's website at www.legion.ca

In November we recognize Diabetes Month. According to Diabetes Canada, more than 11.5 million Canadians are living with diabetes or prediabetes, and every three minutes, another Canadian is diagnosed. The Woolwich Community Health Centre has provided some great information on recognizing the signs and symptoms of Diabetes. You can find the full article on page 19.

Life Hack Tip ~ Use A Staple Remover To Add New Keys To A Key Ring Much Easier

Adding a new key to a keyring is almost always a struggle. Separating that tiny metal with your fingernails never works as well as you want it to and usually ends with a pinched finger or dropped key. The easiest way to get a key on a keyring is to use a staple remover.



The idea is really simple. Staple removers have the nice, thin teeth that easily slide between the rings of a keyring. When you push them down, it spreads the ring apart and makes it easy to roll a new key through. This saves you the hassle of trying to pry open the ring with your bare hands.

Tara 

How Do I Keep My Mouth Healthy as I Age?

Kelly Durst,
Health First
Dental Hygiene



Much like everything else, our teeth and gums can become harder to care for as we age. Seniors are at greater risk for gum disease, cavities, dry mouth and oral cancer. Daily mouth care and regular trips to your dental hygienist or dentist, even if you wear full dentures, is the simplest way to keep your mouth healthy as you age.

Some common thoughts in regards to the aging mouth care are:

* **Choosing the right tools.** The common toothbrush can be difficult to maneuver as we no longer have the dexterity. If you have trouble controlling your hand, arm or shoulder, consider modifying your brush by enlarging the handle by placing a tennis ball or piece of foam on the handle. You can lengthen the handle with something sturdy and thick; some brushes are able to have their handles bent for better access. You may find it beneficial to have an electric brush - ask your dental hygienist to try before you buy as some people have a hard time getting used to the vibration of an electric brush. Furthermore, no need to fuss with string floss! Try alternatives such as Soft Piks, proxabrushes, a sulcabrush or gum stimulator, which are typically easier to operate as they have a handle and are flexible. If you suffer from dry mouth, find products containing

xylitol, which help stimulate your own saliva production.

- * **Denture Care.** Dentures need care also! Taking your denture(s) out at least one hour every day (ideally overnight) is important for the health of your oral tissues as they need a chance to breathe. Additionally, it continues to be important to visit your dental office to ensure no mouth sores and to confirm your dentures continue to fit properly.
- * **Proper Nutrition.** We all know to eat a variety of nutrient dense foods. Ensuring to continue to chew foods, and not simply following a soft diet, is important for the function of our facial and swallowing muscles.
- * **Knowing when to ask for help.** If you've modified your tools and continue to find it difficult, it may be time to have a loved one or caregiver step in for help. It's important for caregivers to recognize when help is needed. More frequent professional cleanings are also important as we age, as it keeps our mouth free from the destructive bacteria.

Do you have a question or concern about your oral health that you would like answered? Contact Kelly @: kelly@myhealthymouth.ca or 519-897-7341.

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Caring For Their Clients Like Family

We have experienced a lot of change in our world in the past few years. Thankfully, at Martin's Guardian Pharmacy, Alan and his team still care for their clients like family.

Twenty-one years ago, pharmacist Alan Martin embraced the opportunity to open a pharmacy in the Woolwich Community Health Centre, eager for a chance to serve a familiar community and explore his curiosity for entrepreneurship.

During high school, he considered blending his enjoyment of chemistry with a desire to work closely with people. And shortly after that, Herb Hoegler, a local pharmacist, encouraged him to apply to the University of Toronto to pursue a career in pharmacy.

Alan relished a vision of positively impacting the health of his patients as a pharmacist.

After graduation, Alan managed three different stores in Guelph and Waterloo until two individuals approached him with the opportunity to open a pharmacy in the Woolwich Community Health Centre in St. Jacobs. Ready for something new, Alan reflects,

"I am grateful that Woolwich Community Health Centre reciprocated my interest and with the support of family, colleagues, and former employer, Martin's Guardian Pharmacy opened its doors in February 2001."

This diverse community of rural and urban lifestyles continues to make an impression on Alan. His passion for meeting the health and wellness needs of his clients and caring for each member of the community as if they were members of his own family has informed the pharmacy's approach to care.

Though many things have changed over the years, Alan shares that,

"Over the past 21 years, I have been delighted with the relationships that I have formed. That is what makes my role as a pharmacist so rewarding. The joy of helping clients, celebrating milestones and sharing in their sorrow."

At Martin's Guarding Pharmacy, Alan and his team look forward to continuing to care for their clients like family—whatever changes may be ahead.



martin's
Guardian Pharmacy **+**

Flashback Photo



Remembering Our Wellesley Township Soldiers



Nancy Maitland, Wellesley Township Heritage and Historical Society

We often remember and celebrate the nice “round” and notable anniversaries. But when remembering our soldiers, all anniversaries are honoured.

2022 marks the solemn anniversary of several battles in WWI and WWII.

April 9-12, was the 105th anniversary of the battle of Vimy Ridge when four Canadian divisions attacked the ridge and captured it from the German army. More than 10,600 Canadians were killed and wounded in the assault.

June 6 was the 78th anniversary of D-Day when Canadian and other Allied troops stormed the beaches of Normandy in WWII. This marked a turning point in the liberation of Western Europe.

August 19 was the 80th anniversary of Operation Jubilee, the Dieppe Raid when over 6000 Canadians and allied troops attacked the German-occupied port of Dieppe. The raid resulted in a terrible loss of life, but the mission was not in vain. It led to the planning of D-Day and the Allied victory on the beaches of Normandy two years later.

Last year, to commemorate the 100th anniversary of the use of the poppy on Remembrance Day, the Wellesley Township Poppy Project was formed by four Wellesley Township women – Barb Nowak, Beth Schlueter, Karen Pilecki and Wendy Richardson. They asked the public to donate knitted and crocheted poppies for a display and hoped to receive 100 poppies. But they received over 2,000 poppies which were used on a display outside the Township Office on Lobsinger Line.

This year the group focused on finding information about individuals who served in the wars. I’m grateful for their sharing this information with me and allowing me to share it with you. They used “The War Years of Wellesley, Woolwich and Elmira” by Clayton Ash (2013) and digitized soldier record cards

at on the Grace Schmidt Room of Local History at Kitchener Public Library to discover the following information.

In WWI, 82 residents from every part of Wellesley Township served. Six were killed in battle and were buried in France.

- Adam Crookshanks from Linwood; buried in Vimy Memorial Cemetery
- Herbert Fahrenkopf of St. Clements; buried in Vimy Memorial Cemetery
- Louis Bender, St. Clements, buried in Bouchoir New British Cemetery
- Ira Diefenbacher, Wallenstein, buried in Upton Wood Cemetery
- Milton Gates, Linwood, buried in Highland Cemetery
- Earl Lavery, Dorking, buried in Sun Quarry Cemetery

Two were awarded medals:

- Pemberton Lavery of Dorking was awarded the Military Medal for Valour
- Stanley Lavery of Dorking was awarded the Distinguished Conduct Medal for Bravery

In WWII 160 residents from every part of Wellesley Township served. The following men were killed in battle:

- Ralph Gremm - Wellesley, died April 24, 1945; Perth Regiment; buried in Holten Canadian War Cemetery, Holland
- Russel Hayes - Linwood, died September 6, 1943; RAF; buried in Durnbach War Cemetery, Germany
- Lloyd Lotz - Kingwood, died October 11, 1944; Essex Scottish Regiment; buried in Bergen-Op-

Zoom Canadian War Cemetery, Holland

- William MacPherson - Wallenstein, died July 25, 1944; RCAF; buried in Riaille Communal Cemetery, France
- Vernon Musser - Wallenstein, died June 29, 1944; RCAF (Pilot Officer); buried in Creil Communal Cemetery, France
- Lloyd Roth - died August 9, 1944; Algonquin Regiment; buried in Bayeux Memorial Cemetery, France
- Sylvester Schmidt - died January 17, 1944; Perth Regiment in Italy, buried in Cassino Memorial Cemetery, Italy
- Emmerson Schweitzer -died April 13, 1945; Essex Scottish Regiment; buried in Holten Canadian War Cemetery, Holland
- Joseph Sherrer, Linwood; died October 26, 1944; Royal Canadian Electrical & Mechanical Engineers; buried in Gradara War Cemetery, Italy

Not all soldiers sacrificed their lives but they did leave their families when they went to Europe to protect our freedom. And to those people too, we are forever grateful.

For more information visit the Wellesley Township Poppy Project Facebook page or contact us at info@wellesleyhistory.org or call Debbie Kroetsch at 519-502-4673



Axt Family Farewell, WWII

Front: William Axt, Walter Axt, unidentified baby
Back: Emilia Schmetzer, Alberta Schlueter, Wilhelmina Holzschuh, Adeline Holzschuh

WTHHS Collection, Accession No. 2016-01-129; photo donated by David Holzschuh

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TIM LOUIS

Member of Parliament, Kitchener-Conestoga

Dear Neighbours,

In November, communities throughout Kitchener-Conestoga will host memorial events to remember the sacrifice and dedication of those who fought for our freedoms.

Remembrance Day is November 11th and Veteran’s Week runs from November 5 – 11th. We pay tribute to those who paid the ultimate sacrifice and honour those who served and continue to serve. Canadians value freedom, democracy, human rights, and the rule of law. To our brave men and women who served our country, thank you.

In the past few years, the pandemic affected the size of our Remembrance Day ceremonies. The importance of honouring our Veterans and their sacrifices is paramount. Our local legions and veterans’ organizations hosted smaller, safely organized wreath-laying ceremonies to make sure that these important traditions were not lost or forgotten. I commend them for their dedication and hard work in keeping these important commemoration events alive.

I encourage you to take part in the commemorative ceremonies that honour our Veterans and fallen Canadians. I will be attending Veterans Week and Remembrance Day ceremonies throughout Kitchener-Conestoga and look forward to seeing you there.

I wish to express my sincere gratitude for all those who have served and continue to serve our country. Lest we forget.

Your health and safety remain my top priority, and as your federal government representative, I will continue to keep you safe, supported and informed.

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.

If you’re looking for more information on support and programs for seniors and veterans, please do not hesitate to contact my office. I can be reached at 519-578-3777 or at Tim.Louis@parl.gc.ca

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

Sincerely,

A handwritten signature in black ink that reads "Tim Louis".

Tim Louis

MP for Kitchener-Conestoga



COVER STORY



Honouring the Past, Moving into the Future

WRITTEN & PHOTOGRAPHED
BY: SCOTT DUNSTALL

There are so many things that we take for granted in this country. The liberty to speak our minds and forge our own future is an entitlement that for many of us, was never earned. That honour belongs to the men and women that built this country and the men and women that have defended it. To these rare and brave Canadians, we must never lose our gratitude for their sacrifice and service.

The local Legion in any small town have been the keeper of the Remembrance flame. In our case it is Branch 532 New Hamburg. You may know that they are the engine behind the annual Poppy Drive and New Hamburg Cenotaph service, and you may have the perception that for the rest of the time their members while away the afternoons socializing in the lounge. Remembrance and socializing are only a small part of what the Legion is all about.

Did you know that the New Hamburg Legion

supports a youth education program that engages students through a remembrance writing and pictorial competition? It also supports a number of youth clubs in the community such as the New Hamburg Minor Hockey Association and the Firebirds. The branch lends a hand by supporting other service clubs in the community such as the New Hamburg Optimists and the Wilmot Lions/Lioness Club by providing hospitality service for fundraisers that help so many other organizations in the community...in addition to supporting their monthly dinner meetings. That is above and beyond all the good works the Legion does for veterans in our community and the rest of Canada; Parkwood Veterans Hospital being a key recipient locally.

Having said all of that, the Legion in Canada is slowly dying. It has been for years but with the advent of a global pandemic, the end is coming up on the horizon faster than anticipated 2 ½ years ago. This is evidenced by a number of branches in smaller communities having closed during the pandemic. Even with a strong community like New Hamburg and surrounding areas, Branch 532 is slowly eroding away as well. Why? Veterans from the first and second world wars and most from the Korean war have nearly all passed away. Because this is a Legion fashioned by those men and women it has a mountain to climb to create a retooled Legion that addresses the needs of younger veterans that are returning from conflict or retiring from service. A lot has changed in the world since the Legion was founded including the needs of modern veterans.

I did not come up with these insights. I sat down with Branch 532's Sergeant at Arms Bob Neubauer and gained his perspective from years of service in the Canadian Armed Forces and then the last 15 + years with The Legion in New Hamburg. He's proud and it weighs heavily on his shoulders that the possibility of these memories of those that sacrificed could eventually flicker out.

Bob explained to me that quite often families brought medals and other artifacts to the Legion that once belonged to relatives that have now passed. It was their hope that the Branch could showcase and preserve those memories in a dignified way. But alas, with any service club that is fighting to stay afloat, manpower and volunteers are at a premium. So over time these priceless pieces sat in cabinets with little action taken to display them properly.

A long-time supporter and champion of the Legion has been Marie Voisin. Over the course of several weeks, Bob and Marie met at the Legion and began the task of lovingly cleaning medals and ribbons as well as protecting and preserving documents supporting families loved one's heroism and courage. The task became daunting and, in their opinion, did not do justice to these soldiers' memories.

Enter the Royal Canadian Legion New Hamburg Branch 532 Banner program. Bob had heard about other branches creating Banners documenting members' loved one's military records. Those Banners have been posted on hydro poles and streetlamps around those communities where it was initiated. Bob calls Marie SuperWoman because of her valiant and diligent efforts working with him to bring the Banner program to life in Wilmot. Each banner talks of that service person's record and also presents a photograph of them. She has worked closely with Ritz Printing and David Hufnagel in New Hamburg to leverage their state-of-the-art digital printing technology. Banners will go up in October each year and will come down on the 30th of November. To date, 75 banners have been created for this season. Their goal is to add another 100 next year and to encourage businesses to sponsor banners for local soldiers killed in action. Kitchener-Wilmot Hydro (now known as Enova) workers, Doug McLean, Mike Livingston, Jesse Dicks and Matt Sokoljuk have graciously offered to raise and lower the banners each year and at the time of writing had

nearly completed raising all 75 for this year.

Bob and Marie are sleeping better at night knowing that the memories of our local heroes will be preserved for many years to come. And while the Banner program safeguards the memories of heroes that have passed it does not address the complex issue of saving Legions across Canada including the one right here at home. To be certain, encouraging new and younger members whether they are service or non-service will be an essential part of that strategy.

Please join the Royal Canadian Legion Branch 532 New Hamburg as they host a solemn tribute to the memory of our fallen soldiers at the New Hamburg Cenotaph on November 11 at 11:00 am.



REMEMBRANCE DAY AGENDA 2022

10:30	PARADE
10:45-10:59	ALL PARTICIPANTS IN PLACE AT NEW HAMBURG CENOTAPH
10:59	O CANADA
11:00-11:15	1. Last Post (Colours are dipped). 2. The Silence 3. Lament 4. Reveille (Colours are Raised) 5. The Act of Remembrance 6. Prayers
11:15-11:25	Wreath Laying Ceremony*(Choir or Band performs)
11:25-11:30	God Save The King
11:30	Colour Party Dismissed. Ceremony Ends

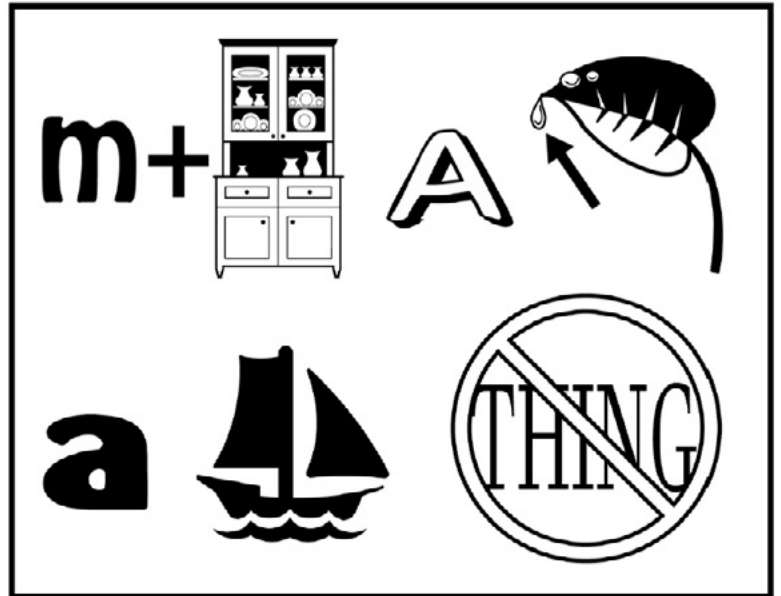
*1. Federal Gov't 2. Provincial Gov't 3. Municipal Gov't 4. The Silver Cross Mother 5. Representative Canadian Armed Forces 6. The Royal Canadian Legion 7. Representative Indigenous Community 8. Family wreaths 9. Cubs, Scouts, Brownies and Guides 10. Waterloo Regional Police 11. Wilmot Fire Department

November Puzzles!



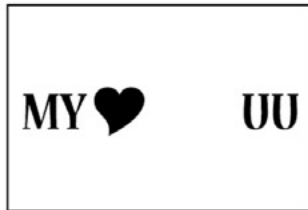
Concentration Puzzle

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



Wacky Wordies #1

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



1. _____



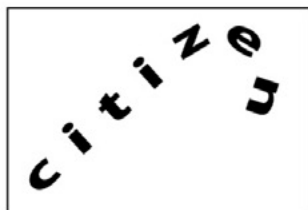
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3. _____



4. _____



5. _____



6. _____



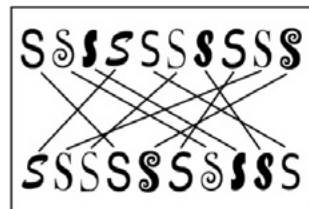
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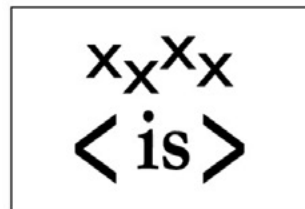
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9. _____



10. _____

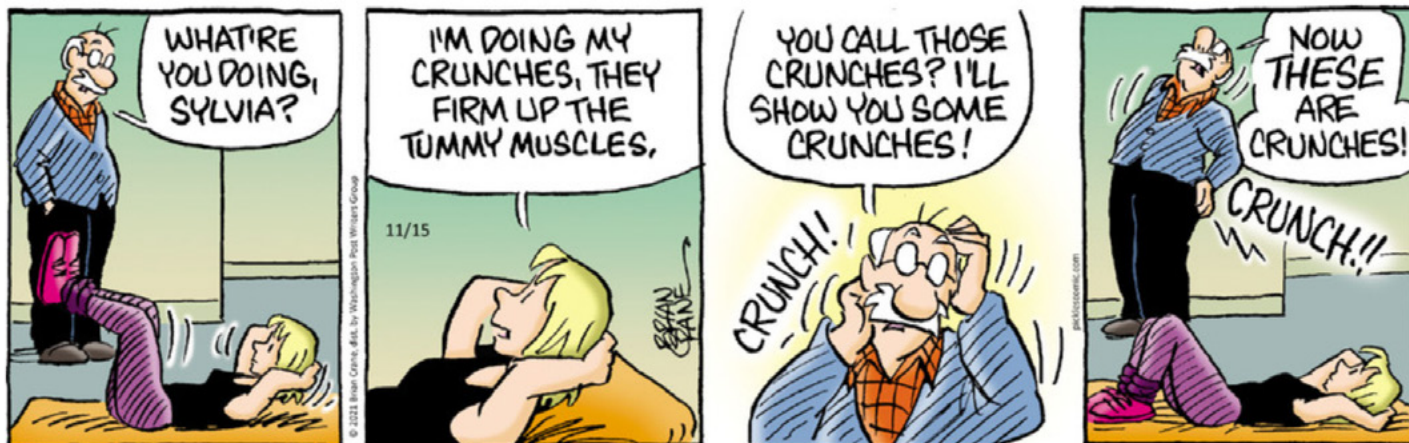


11. _____



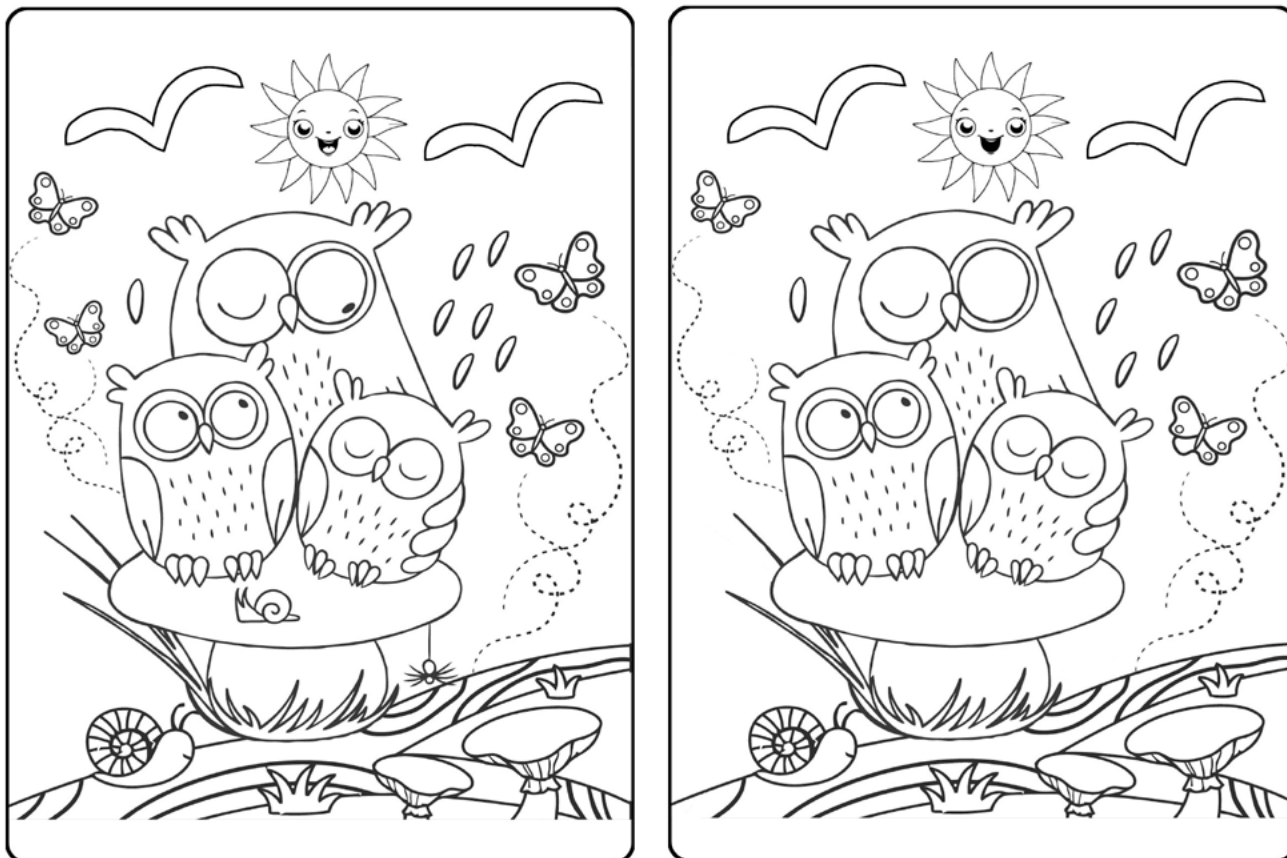
12. _____

Laughing Matters!



SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



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WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

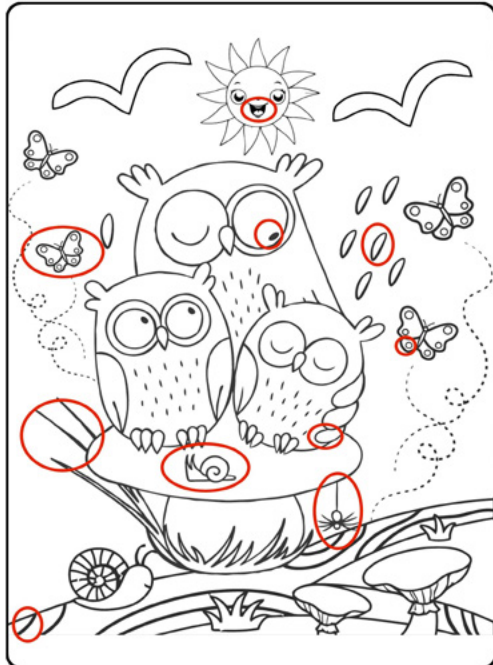
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

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

WOOLWICH TOWNSHIP:

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

Solutions



Concentration Puzzle: Much ado about nothing

Wacky Wordies #1

1. My heart goes out to you
2. It’s on the tip of my tongue
3. A drop in the bucket
4. Be back before long
5. Citizen Kane
6. Neither here nor there
7. For good measure
8. Driving on empty
9. Lincoln Logs
10. Tennis match
11. Sometimes less is more
12. Hot wire



Ask the Doctor

with Dr. Nicole Didyk

Why do I feel dizzy on my new heart medication and what can I do to stop it? Or does it take a bit to adjust when starting a new medication?

It's difficult to give a precise answer without knowing which medication you've been prescribed, but many medications for heart conditions or blood pressure have a similar side effect profile.

"Dizziness" can also be a tricky to define, and it can mean feeling lightheaded, experiencing a spinning sensation or being really off balance. For most heart medications the dizziness is likely to be a lightheaded sensation, or feeling like you're about to black out. It's usually relieved by sitting or lying down.

This could be caused by postural (or orthostatic) hypotension. Simply put, when we stand up from lying or sitting, blood rushes to our feet and our blood pressure can drop a little bit. Normally, our heart and blood vessels compensate for that by pumping a little harder and constricting, so we don't feel dizzy. Heart medications can blunt that compensatory effect.

Other factors can cause orthostatic hypotension symptoms too, like being dehydrated, taking other medications (like water pills, some antidepressants and some diabetes pills), or other medical conditions like

Parkinson's or diabetes.

To find out if you have orthostatic hypotension, your blood pressure should be measured while lying down and then again a few minutes after standing up. A drop of 20 mmHg in the top (systolic) number could indicate orthostatic hypotension.

Side effects can improve if you persist with taking the pill, but severe, ongoing dizziness should be checked out. Sometimes a medication just doesn't agree with you and a different one is better.

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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B A L A N C E

Written by
Mercedes
Kay Gold,
CNP, CPT

As children, we develop balance through fitness fun. As adults, we often take balance for granted until the first slip or fall. From walking and playing tennis to carrying groceries and even the tiniest task of tying our shoes, balance is essential. As we age, muscles atrophy making daily chores challenging as well as fretful. Enhancing your personal balance system builds confidence, knowing you have stability and the freedom to flow through your day safely.

Exercising is essential to thrive alive. Strengthening muscles, building bone density and maintaining flexibility is anti-aging. Staying active is more than merely adding years to your life. Improving balance and overall mobility delivers dynamic day-to-day living. To be clear, balance exercises aren't in lieu of your favourite physical activity or strength training but rather in addition to your normal routine. Taking action will increase the ease of daily duties as well as refine the quality of your walking or grace gliding across a dance floor. The time

is now. Preventing slips and falls is within your power.

Balance exercises can be done anytime, anywhere and as often as you like. The following six exercises can be done in sequence, but start slow and build-up steadily. Daily is divine!



Standing on one foot is fabulous. There are lots of opportunities, even waiting in line at the grocery store. No one is looking; go ahead, the cart is close by for support. Lift one foot, hold and place back on the floor. Alternate back and forth, pausing on each foot as long as possible. There is no magic number but strive for a minimum of eight per side. Challenge yourself and up the

ante by closing your eyes during the exercise.

Weight shifts are quite similar. Placing your weight upon one foot, slightly raise one foot to the side and alternate feet. Aim for a total of 16.

Relive childhood fantasies and join the circus for a few minutes every day. Simply walk heel-to-toe in a straight line. Pick a focal point to focus on and proceed slowly, practicing great posture.

Take a seat, stand and repeat without using your hands. Start with just a few. The exercise will become less challenging as you become stronger. Once confident, you may add a small weight in each hand.

Don't be shy in public. Step out of your comfort zone and on your next walk; lift a knee, walk and lift the other knee.

Be a ballerina and practice plantar flexion. With a chair nearby, raise up on your toes, pause, lower and repeat. As your balance improves, increase the length of the pause and the number of repetitions. A welcome side-effect is stronger shapely calves.

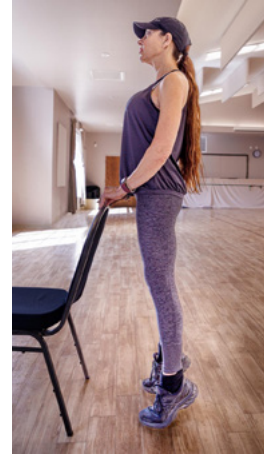
If the balance exercises sound beyond boring, Tai Chi is a top-notch way to build balance and be social learning a new activity.

It's never too early or too late to spend a few minutes daily on this short repertoire and reap the rewards. The benefits of body-boosting balance exercises are bountiful. The protocol may seem mundane but in a month the homework will pay off. The proof is in the pudding. Let's find out! Time yourself as you stand unsupported on one foot for as long as possible. Safety is first. Position yourself by a sturdy table for support just in case. Record and repeat on the other side. Ta-da! Pat yourself on the back and don't stop now. Balance exercises should be part of your daily healthy habits, like flossing! Balance helps maintain movement and mobility, allowing you to tackle tasks and enjoy life independently.

*If balance is an issue, speak to your health practitioner about a hearing test. If you suffer from dizziness or vertigo, staggering when walking, blurred vision, confusion, nausea and/or a slew of other symptoms it's best to speak with your ND or MD about the possibility of balance disorder.

**Photo Credit: J.M.Volkers. Photos were taken at Stonecroft Recreational Center in New Hamburg

<https://www.nidcd.nih.gov/health/balance-disorders#>
<https://www.webmd.com/fitness-exercises/a-z/balance-training>





For the Love of It

I love writing stories about genuine individuals who live out their lives with purpose. These people increase my responsibility to give them proper recognition – like a portrait artist who captures the spirit, as well as the image of his subjects.

Now, as I'm writing this, a reprinted story of mine – originally written almost a decade earlier – just chimed into my email from a long-time publisher of my work. I kid you not! Wow... the things that make you go hmmm!

What are the odds of having this re-appear at the same time I'm writing about the quality of my current work? As I read it again, I can honestly say the original intention has stood the test of time... at least my time.

I ask myself: am I maintaining and increasing my link to that same standard, today? It's like being reminded of a bigger picture. As **President Abraham Lincoln** said, "I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go." So, why would anyone rush the process when so much of it is out of our hands? Is this about self-revival?

Sometimes I feel that I should write faster and produce more. But then I would have to deal with personal disappointment if the piece didn't measure up to my own standards: get good; then fast.

When I reached out about this, a retired publisher / editor graciously responded with words of wisdom, saying "We often are our own harshest critic – never quite satisfied... one's writing is never 'finished' – we can always improve." Paraphrasing **Ernest Hemingway**, he added, "Easy reading is hard writing."

Leonard Cohen also advised against perfectionism... waiting for our perfect offering. Plus, everyone must deal with deadlines which leaves me wondering do I lose something by rushing?

Or, maybe, the sparse time allowance is a blessing since it forces me to efficiently produce my 500-word type stories so well they're still acceptable by offering something of value. If so, every word must help make the main thing, the main thing – nothing wasted.

A seasoned author once asked me if anything can be said in just 500 words? I said I didn't know, but it takes all my time. **Abe Lincoln** wrote the Gettysburg Address in roughly 300 words; **John Lennon** wrote "Imagine" in approximately 130 words (plus creating the song!) Maybe it isn't fair to compare myself to pure genius, but their example shows how you can learn to say more with less – be it plain hard work or catching lightning in a bottle.

In the end, love must be the greatest hit of all... we're always coming back for more.

"With a Little Help from My Friends"
by The Beatles | [Watch on YouTube](#)

That's the way I figure It – FP



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

Find him at www.fredparry.ca

Workshops at Woolwich Community Health Centre

Sleep: Setting, Slips and Successes!

Sleep: we all need it, yet as many as 25-50% of us report not getting enough quality sleep.

Join us for this 2-part workshop where we will explore the social context of sleep; why we need to sleep, and what happens when we do not sleep well or get enough sleep. We'll discuss strategies to sleep better, and set practical goals for changing our sleep habits for the better. Participants can practice strategies as they work towards sleep goals, and are invited to come together for part 2 of this series to discuss successes, challenges, and next steps.

Part 1: November 16, 2022, from 6-7:30pm, via zoom
Part 2: November 30, 2022, from 6-7:30pm, via zoom

Facilitated by: Penny Bedford, MSW, RSW, Psychotherapist

Registration is required. To register, email Tariq at tabdulhadi@wchc.on.ca or visit our website www.wchc.on.ca and click on the Register Online tab, or call 519-664-3794 or 519-656-9025.

Downsizing and Decluttering

Over time, it is easy to accumulate many different items in our homes. Some of these may be things we simply no longer need, things we thought we might use more often than we really do, or sentimental items we have collected and have a hard time parting with. Join us in this session to learn ways to downsize and declutter your space effectively.

Date: Wednesday, December 7, 2022

Time: 1:30-3pm via Zoom

Facilitated by: Samantha Kristoferson, KW Professional Organizers

Registration is required. To register, email Tariq at tabdulhadi@wchc.on.ca or visit our website www.wchc.on.ca and click on the Register Online tab, or call 519-664-3794 or 519-656-9025.

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Do You Know...

November is Diabetes Month

November is a time when communities across Canada comes together to bring attention to diabetes. Diabetes is a chronic, often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. According Diabetes Canada, more than 11.5 million Canadians are living with diabetes or prediabetes, and every three minutes, another Canadian is diagnosed. Chances are that diabetes affects you or someone you know.

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.

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 at www.diabetes.ca

Diabetes contributes to



30% of strokes

Leading cause of blindness

40% of heart attacks

50% of kidney failure requiring dialysis

70% of all non-traumatic leg and foot amputations

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RETIREMENT:

What every investor needs to know

In a 2022 study conducted by Edward Jones and Age Wave, 54% of retirees and pre-retirees over 45 said they viewed retirement as an exciting new chapter of life. However, without a sound financial strategy and adequate preparation, retirement can present significant challenges.

Canadians today are facing two significant new retirement realities. First, retirement timespans are much longer than before — 27 years on average, according to Statistics Canada. While the current average retirement age of 64.1 hasn't changed much, life expectancy certainly has increased by more than two decades² in the last hundred years. Today, the joint life expectancy for a male/female couple of average retirement age is 94.2 - at least one spouse is, on average, expected to live in retirement for 30 years.

Second, only 9.2% of Canadians had an employer-sponsored pension plan in 2017, down from almost 22% in 1997.³ Many companies have shifted away from defined benefit pensions to either defined contribution plans, group RRSPs, or simply no retirement plan at all.⁴ We can no longer rely on the government, the union, or our employers to take care of us when our working days are done. We must take charge of our own retirement.

Unique risks threatening retirement

While there are many different investment and financial risks to guard against, a healthy retirement income can be threatened by a couple of key risks in particular: longevity risk and inflation risk.

Longevity risk is the risk of outliving your retirement savings. Although females, on average, live longer than males, the average life expectancy for males and females combined is currently about 82 years.⁵ However, that figure is somewhat misleading since it represents life

expectancy from birth, and the life expectancy of a 64-year-old retiree is markedly different than that of a newborn. As indicated previously, the joint life expectancy of a 64-year-old male/female couple is age 94. To protect against longevity risk, we must plan for an income that sustains at least 30 years of retirement.

Inflation risk is the erosion of your purchasing power over time. As of May 2022, the inflation rate in Canada topped a 40-year high at a whopping 7.7 per cent.⁶ While that's significantly higher than it has been in recent years, inflation in Canada has averaged 3.8 per cent per year since 1960.⁷ Although 3.8 per cent may not seem too threatening, it means the cost of living will more than triple over a 30-year retirement. To help protect against this risk, retirement income should include strategies designed to help grow with the cost of living. Yet, when approaching retirement, investors tend to become more conservative with their investment portfolios.

If I could turn back time

In 2022, Edward Jones and Age Wave conducted a study of over 9,000 people to assess retirement trends across North America. The study indicated that “retirees started saving at an average age of 37 but wish they had started saving nearly a decade earlier, at 28.”

When it comes to saving for retirement, it's never too late to start, and no amount is too small. But the math shows — the sooner the better. A financial professional can help ensure you consider your retirement objectives at retirement, determine the financial requirements to meet those objectives and develop and implement a strategy to help achieve your retirement goals.

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



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Remaining Active and Connecting with Others Key to Aging Well



While we know that maintaining good physical and mental health and eating well are important parts of aging well, we often underestimate the importance of participating in recreational activities and in maintaining social connections.

Many people dismiss their ability to participate in recreation, assuming that if they have never been athletic that this will not change; assuming that recreation needs to consume a high amount of energy; assuming that recreation is expensive; and assuming that recreation may cause physical harm. In fact, in making these assumptions, and in avoiding recreation, many are causing themselves further harm. Research has shown that participating in gentle exercises 3 times a week for 45 minutes each time, minimizes the risk of falls, in seniors. With falls being the leading cause of health decline, gentle exercises serve as a great source of falls prevention and support seniors to age well.

Community Care Concepts offers free gentle exercise classes for seniors at a variety of locations across our Townships. Designed to mimic everyday movements, and to be done sitting or standing so that all individuals can participate, with no commitment of a set number of classes or weeks, many seniors are staying active in across our Townships and minimizing their risk of falls. We have also introduced a series of free falls prevention classes with our exercise classes to provide helpful information to keep people safe.

While good physical health, good mental health,

eating well and remaining active are key, the importance of maintaining social connections is critical to aging well. In fact, maintaining social connections is one of the most important, or protective, factors in helping people to age well, often helping people to get through many other challenges. In an effort to help individuals to get out and socialize with others, Community Care Concepts is hosting free seniors' drop-in programs across our Townships. The drop-in programs offer exercises, cards, games, crafts, activities, music, guest speakers and much more.

Current locations for our recreational and social programs include Hawkesville Community Centre, Linwood Community Centre, St. Clements Community Centre, Wellesley Community Centre and the Wilmot Recreation Complex with more sites planned for the coming weeks. Call us for the current schedule and drop in today to participate! No preregistration is required!

In addition, these programs, we are offering monthly community dining events at a variety of community locations, to provide an opportunity for a hot nutritious lunch and fellowship.

These programs provide a great opportunity to get out of the house, stay active and connect with others in your community. Contact Community Care Concepts at 519-664-1900, 519-662-9526 or toll free at 1-855-664-1900 for information on these and other programs in your community.

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When the Holiday is **Not** Merry and Bright

‘Tis the season to be jolly, at least many believe the holiday season is supposed to be. But if you are grieving the loss of a dear family member or friend, the holidays may not be as merry and bright as the rest of society suggests it should be. In fact, the heightened expectation of experiencing joy during the holiday season may have the opposite effect by creating deeper pain for those who are grieving the loss of a loved one. As we approach this season it is important to prepare to make the experience more manageable.

The first thing to prepare for is the myriad of emotions likely to arrive. Vicki Harrison suggests, “Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.” Part of learning how to swim in the ocean of one’s grief is to accept their will be different emotions ebbing and flowing in one’s life, especially during the holiday season. Emotions will come, whether they be grief, joy, or anger, and all one can do is allow oneself to feel them.

Once we have accepted emotions will arise and we are prepared to feel them, we will need to prepare coping skills to help us deal with them. Some examples of ways people have used to cope with difficult emotions include deep breathing, walking, writing about or talking about their feelings, listening to music, etc.

With these two pieces of preparation completed one can turn one’s attention to how they plan to engage in the holiday season. Recognize there will be activities you will want to opt out of because you do not feel like going. Try to balance pushing yourself to engage, even for a small portion of an activity, while being gentle with yourself and granting yourself permission to opt out if necessary. Often doing something kind and charitable for someone else is a way to feel connected and experience some measure of joy.

The last piece of preparation is how you plan to navigate a loved one’s absence in the traditions you have established together. It is important to acknowledge the person’s absence and perhaps light a candle, play a song, or do some other ritual to represent the absent one in some manner. Perhaps the deceased had some responsibilities for holiday traditions, which now need to be passed to someone else. Perhaps there are new traditions to begin, which do not negate previous traditions. Recognize there is no right or wrong way to navigate how the holidays are celebrated.

As we approach this holiday season remember to: 1) expect emotions to arrive, 2) find ways to cope with them, 3) find a balance of being involved and withdrawing, 4) remember the departed loved one and make new memories. Most importantly, do not hesitate to reach out if you need someone to talk with to help you through.

**Chip Bender, Registered Psychotherapist (q)
Interfaith Community Counselling Centre**



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When Someone is Dying

Debbie Yantzi Certified End of Life Doula

“The meaning of life is to find your gift. The purpose of life is to give it away”

~ Pablo Picasso

An End of Life Doula (EOLD) is a non-medical support person specifically trained to care for someone holistically during the process of death. They follow this journey before, during and after the actual death of an individual. EOL planning is being embraced and it is hopeful we can fill the gap that our stressed healthcare system is not providing. There are many sources of unrest when someone is given a terminal diagnosis regardless of their age. Some of these include the following.

- ✦ Fear of pain and the unknown.
- ✦ Feeling of guilt for being a burden to their families
- ✦ Unfinished business or unresolved conflict with a loved one or friend.
- ✦ Anxiety due to feelings of loss of control
- ✦ Regrets of leaving behind a loved one, spouse, child, parent, pet

So, what can an EOLD provide to an individual and their family? An EOLD has a scope of practice that allows them to provide comfort care to anyone in need. They are the support person who has a familiarity with the process of dying and is a great source of reassurance.

- ✦ By meeting with the individual and their family members they work to give back control by including them in preparing a care plan according to their wishes.
- ✦ We build trust by listening to their fears and questions as well as showing them no judgement for the wishes they share.
- ✦ We help them to deal with unresolved issues that can often hamper EOL care by not allowing the individual to feel safe and able to let go when actively dying.
- ✦ We encourage and lead conversation about the importance of Advanced Directives, Wills,

Attorney for Personal Care. These things should be done early in the process to keep the family from making last minute decisions.

- ✦ As a person who recognizes death as a natural, accepted and honored part of life we can do much teaching about what the family may notice as the individual fails.
- ✦ Help is shared with the family to create positive and empowering EOL plans according to the individuals wishes
- ✦ We can suggest ideas for optimal physical comfort and re-enforce them as needed.
- ✦ Families should be made aware of the new and progressive options of for services to honor and celebrate their loved one.

The EOLD offers presence and dignity to the individual and their family as they follow them through the shock, stabilization and transition that is necessary for all to go through. To do this successfully the doula must meet the family where they are and maintain honor till the end of life.

There is no way to properly express the emotions of getting to know someone totally and intimately when they are close to death. It is important to reach out for this service early in the process to allow the doula time to prepare a care plan to keep them comfortable and safe as they live out their final days.

I have worked in the healthcare field as a registered nurse for 47 wonderful years. Much of my experience has been in end of life and palliative care. I have known for some time that my passion is to treat the death process with highest regard. I have chosen IRENIC as the name of my caregiving. This word means comfort, calmness and tranquility. I am available to meet and speak to individuals regarding all levels of an often-difficult time. This can be done as a family or as an educational presentation to group gatherings.

Death enriches your life and your legacy.

IRENIC

Debbie Yantzi

Certified End of Life Doula

519-580-4312

Debbieyantzi@hotmail.com



Neighbours Helping Neighbours

By Wayne Vanwyck

Let's face it. There's been a lot of bad news lately. Politics, health services, war, inflation, higher interest rates, lack of affordable housing and I could go on. But...

But then I look around. In our region we seem to be doing pretty well as a community. There's construction everywhere! Employers can't hire enough employees. Our area is still very prosperous and well off.

I was talking with a business friend recently about how he's weathered the past couple years – the lockdowns, masks, uneasiness and fear for his own and others' safety. "I have to say that it's been great!" he responded. "My income is up and I'm working 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. And there are lots of us who are doing well in spite of or even because of the covid crisis.

In fact, even though humankind in general and our region in particular has never ever had it so good there are still neighbours - especially the front-line staff, in our community who suffer from food insecurity. They are real people with real challenges. They need our help. And isn't that what neighbours do?

We have an opportunity to help with the third annual

Community Food Fund Drive (Formerly called the Non-food Food Drive). In the past two years 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. Tax receipts are supplied over \$10. The money collected converts directly into grocery gift cards that are then shared with individuals and families who need them. This gives each family opportunity to purchase what their family needs for the holidays. Last year the community contributed over \$37,500 which Woolwich Community Services used to support 180 families with 500 people from our community. This year our community has grown and together we'd like to beat that record by raising \$40,000.

We've just enjoyed 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 18 & 19.

Or drop your donation off at Woolwich Community Services, 5 Memorial Ave, Elmira, Monday-Friday 9am-5pm and state it's for the Community Food Fund Drive.

Wayne Vanwyck is a board member with the Kiwanis Club of Elmira, a retired business owner, an author and a concerned citizen living in Woolwich Twp.

*The Kiwanis Club of Elmira, Elmira Optimists Club, Floradale Friends of Dog Guides, Glenrose Lodge Masons, St. Jacobs Lion's Club, St. Jacobs Optimists Club, Elmira Boy Scouts and Woolwich Community Lions, Knights of Columbus.



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LEST WE FORGET

In November We stand together and celebrate Remembrance Day. Each of the martyrs is a hero as they have given more importance to the country than their own lives. Glad to remember each of them on the Remembrance Day.



Katie Murray
SALES REPRESENTATIVE
CELL **519-570-5038**

Alison Willsey
BROKER
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