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VOL 3 ISSUE 2 OCTOBER 2020

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On The Cover

Pictured on the front cover is a group of locals that enjoy playing pickleball in Elmira. Pictured Left to Right: Walter Plein, Joyce Derosa, Angelo Verdone, Karen Weber and Diane Wiens.

Cover story and cover photo by Diane Coulman. Find the cover story on page 8.



LETTER FROM THE EDITOR

Gratitude. I'm feeling it. I know a lot of people are wishing this very strange year away, but I've always been that optimistic soul who is constantly looking for the silver lining. This year I do have much to be thankful for despite the state of our world. I am especially grateful right now for our new Cavapoo puppy "Bailee", which we finally brought home after being on a wait list since last summer. She was well worth the wait! Many people have been asking us what a "Cavapoo" is. It is a mix between a Cavalier King Charles Spaniel and a Miniature Poodle. I always had pets growing up and I forgot how much love and joy a pet can bring into your home. How about you? What are you grateful for?

As we head into the cooler, shorter days we can easily slip into becoming less social, and start feeling lonely and isolated. Some of us may also be struggling with the uncertain times we are facing right now. Please see page 5 for some great advice from Interfaith Counselling Centre on how we can practice gratitude to help us feel better about ourselves and help others too.

In October we recognize Fire Prevention week from October 4-10. Be sure to check out page 33 for some great tips on fire safety in the Kitchen.

Self Help Tip – Find a new hobby that you enjoy

Hobbies are important because they're a way of expressing who we are. They can also provide fun, self-care, a challenge, a sense of accomplishment in mastering something new, and an opportunity to connect with others. When you were a kid, you probably had hobbies you loved. Try revisiting them as an adult as it can be a great way to get back into the groove again. Here are a few ideas of some hobbies you may want to try:

- * Photography
- * Scrapbooking
- * Woodworking
- * Pet Sitting
- * Quilting, knitting
- * Golfing/Pickleball
- * Playing Cards/Games/Puzzles
- * Yoga
- * Swimming/Walking
- * Writing/Journaling

Wishing you all a Happy, Healthy and Blessed Thanksgiving!

Tara

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



A Long Fair History

By Nancy Maitland, Wellesley Township Heritage and Historical Society



In 2006 Hilda Koch was presented with a vase of roses by Murray Schlueter, president of the Agricultural Society for her long association with the fair. (photo credit: New Hamburg Independent)

The Wellesley-North Easthope Fall Fair started back in 1853, when the first fair was held in the drill shed of the C Company of the 29th Battalion in Crosshill. The Wellesley and North Easthope agricultural societies merged at an earlier date to stage various events, and by 1880 voted to hold a permanent fair in Wellesley village on the second Tuesday and Wednesday of September.

Early fairs in the village focused on the display and breeding of livestock long before the addition of a midway with games and contests. The fair evolved to include a parade from the school grounds to the fairgrounds, featuring school children, vintage tractors, politicians and other local celebrities.

Displays and judging take place in the community centre, with entertainment and competition for Harvest Queen, now called Fair Ambassador.

Wellesley resident Hilda Koch is perhaps the most active participant in the fair. In 2006 she was honored for her years of dedication to the fair, spanning 71 of her 81 years. She exhibited baking, antiques, plants and flowers. Several years ago Hilda donated many of her entry tags and prize ribbons to the WTHHS collection.

If you have any memories, photos or stories to share about the fair, we'd love to see and hear them. Please contact us at info@wellesleyhistory.org

COMMUNITY MEMBER MESSAGE FROM

Interfaith Counselling Centre

It's that time of year again! Each October brings beautiful Fall colours, cooler weather, and gatherings with family and friends (safely distanced this year of course). We are also reminded to be thankful for the things we have in our life. So often we are consumed with thoughts of what we don't have, what frightens us, or what could be better. During these challenging times, it is even more difficult not to be consumed with the negative; and the negativity can leave us feeling overwhelmed, depressed, angry, or hopeless. The month of October reminds us that sometimes we need to take a step-back and appreciate beauty, opportunities within change, and what we do have in our lives for which to be grateful.

According to Psychology Today people who keep a weekly gratitude journal report more optimism and fewer physical problems relative to people who record neutral or negative events. A gratitude journal is a great way to track things to be thankful for, and there are other ways to experience the benefits of gratitude. One simple technique is to be more mindful and take notice of the things in your life that are positive or encouraging. For example, are you a relatively healthy person? Do you have people in your life that care about you? Do you have hobbies that make you feel good? Do you enjoy nature? When was the last time you thought about these areas of your life in a meaningful way? If it is has been a while, perhaps now is a good time to reflect on the things that you are thankful for.

Practicing gratitude can also be experienced

as we give back and share our appreciation with others. When we are lucky enough to have a job, loved ones in our life, or good health we can spread our fortune with others and make a difference. The next time you're at the grocery store you could make a donation to the local food bank, smile at a stranger (eyes show a smile even when we are wearing masks), compliment a family member, or volunteer your time. In our busy worlds it is easy to forget the small ways we can make a difference in our community, or someone's life.

This October I hope you recognize at least one thing you are grateful for; you express at least one form of appreciation, and you give back in a small way. Through focusing on these things we are more likely to feel better about ourselves and help others too. We all benefit!



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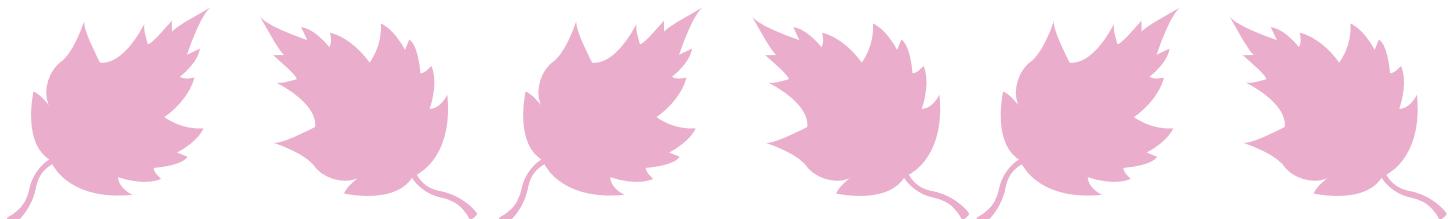
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Town Pantry News

Hello everyone! If you haven't already heard, the Town Pantry has a new home in the Sobey's Plaza within the Pharmasave Town Square Pharmacy. We love our bright, spacious new home and we have lots of exciting news to share with you. We want to start by introducing you to our team.

Farah Ramji

Farah will be wrapping up training with the staff in the fall. It is bittersweet to begin a new journey outside the Town Pantry, but she is looking forward to a new chapter as it unfolds. She is forever grateful for such caring and loyal customers and is thrilled that the team (at Pharmasave) is excited to take care of everyone. She is not going far for now, so she will likely still pop in once in a while to say hello.

Jane Bell

Hi, I'm Jane Bell and I am very excited to join the team at Pharmasave in New Hamburg to manage the new Juice Bar opening soon.

I have lived in New Hamburg all of my life, as many have seen me around. I owned operated Bellzys Sports Bar and Grill for seven years. I have also had my own catering business for many years. During that time I was asked to manage the German Canadian Hunting and Fishing Club in Mannheim, also known as Hubertushaus hosting Oktoberfest. Being with them for ten years I worked as a wedding planner, decorated, hired staff, was in charge of the bar and of course, prepped food. Working at Oktoberfest was always fun. Eighteen hour days didn't seem that long when you love what you do. I retired in January of 2019. From there I worked at Wilfrid Laurier University in Waterloo in, of course, Food Services. I was laid off in March because of Covid and as many people losing jobs, I would not be returning there. When I received a call from Linda from Pharmasave and asked if I would be

interested in managing the new Juice Bar I was very excited. It will be a lot of learning, but I am up for that. We will be opening in September hoping to see you there.

I will have many options from Green Juices, Smoothies, Protein, Keto, Paleo and shakes. We all want to keep our bodies healthy by making sure we have proper nutrition and this is a great way to start. Please make sure to come in and check out our menu!!! Can't wait to see you.

Heather Yantzi

Lastly, there's me. I am Heather Yantzi. I too grew up locally on a farm near Punkey Doodle's Corner. In the year 2000 I started my career as a Registered Massage Therapist and I can't believe how the last twenty years have flown by. I enjoyed seventeen and a half years of owning my own home-based practice and it was a time that I will always treasure. More recently I have worked part time with the team at ReNu Health and Wellness. Over the last twenty years I have participated in many continuing education activities including courses in Nutrition and Diabetes Education.

In July I joined the team at the Town Pantry/Town Square Pharmasave. I am enjoying this opportunity to learn new things and take on new challenges. I am having so much fun training with Farah and I am looking forward to the opening of the Town Pantry's Juice Bar. I am also very thankful for the entire team at both the Town Pantry and the Pharmasave Town Square Pharmacy, they are a great group of people. Being a part of such a great team makes it so much fun to go to work each day.

If you haven't had the chance to come by and check out our new location, come by and say hello. We look forward to welcoming you into our new home!



Cover Story

Pickleball in Elmira

Written By: Diane Coulman

Photo Left to right: Walter Plein, Joyce Derosa, Angelo Verdone, Karen Weber and Diane Wiens.

They call him Mr. Pickleball, but in actual fact his name is Walter Plein, a long time Elmira resident who just happens to love the game for which he is nicknamed. Walter is a retired custodian from one of our local elementary schools. In his first year of retirement, he found himself sitting around too much and, in his words, getting old. That didn't last however, and soon Walter joined the Woolwich Senior's Association in Elmira. He got interested in Snooker, and began playing several times a week. One evening after a game, Walter passed through the adjoining room where Pickleball was taking place. After watching for a short time, he was encouraged to give it a try. In Walter's own words, he was not a fast learner. His wife, Kathie said he looked clumsy... Walter commented that it took him about 6 months to "get in the groove", and at least a year to become a decent player.

Right away, he began playing 3 to 4 times each week. That was 4 years ago, and he hasn't stopped!

At that time the game was being organized by the Recreation Department at Woolwich Memorial Centre (WMC) on Snyder Avenue in Elmira. The game was run several times per week, times alternating between mornings, afternoons and evenings. If you were a member of the Woolwich Senior's Association, it cost only \$2.50, otherwise it was \$5.00 to play each time.

As well, in recent years, the Parks and Recreation Department began offering Pickleball every Thursday evening from 8-9:30 pm at Riverside School in Elmira for anyone of any age who wanted to play. There they had three courts set up, so could accommodate more players with less wait time. The cost was \$5.00 per evening.

According to Walter, and many others, Pickleball has become the fastest growing sport in many countries. **It is a cross between badminton, tennis and table tennis.** Pickleball began in the 1960's by a couple of families in the state of Washington. The one man was Joel Prichard, a well-known politician who apparently owned a dog named Pickles. He continually chased the ball and ran off with it while they were playing. That evening as they were discussing what to name the game, someone suggested Pickleball after the dog, and the rest cheered and agreed that it was a great name!

The game appeals to all ages and abilities, especially to the active senior who may have been a tennis player in the past, but has slowed down and finds it too challenging now. However one does not have to have played tennis to catch on to the game of Pickleball. Compared to tennis, the net is lower, 34 inches instead of 36 inches, and the court dimensions are 44 feet by 20 feet, rather than 78 feet by 36 feet, which cuts down on the area one must cover. It is mostly a four player game, so that also means less running and less responsibility on your side of the court. The rules are similar to tennis in that one side serves the ball to the player in the opposite court and rallying continues back and forth until someone either

misses the ball, or it goes out-of-bounds. Counting points is rather confusing at first, but once you have played a few games, you do catch on. And the good thing is that there are four people in a game, so surely one out of the four knows the score! **We laugh sometimes as we play when it takes four of us to figure out whose turn it is to serve!** That's our short term memories acting up, but it eventually gets sorted out and the game continues until one side has either reached 8 points or 11, depending on the number of players waiting on the sidelines for their turn.

I became involved this summer when Pickleball moved outside to our recently refurbished tennis courts on First St. in Elmira. When I received an email from Walter explaining the days and times, I took one look at my calendar and, thanks to Covid-19, it was blank... All my usual activities had been on hiatus since March, so a couple evenings a week to renew my previous interest in Pickleball seemed like the thing to do. I was very nervous and skeptical that first evening, not remembering all the rules, and being totally confused with the scoring, however everyone there was very friendly, (or as friendly as you can be from 2 metres apart... Yes, we do physically distance as much as possible, and Walter always has hand sanitizer and wipes for us to use) and tolerant of my many, many misses. I went home that first night after playing for about one and a half hours. The keen players usually stay until 9 pm or later, however, as time has gone on and I go out each week, I realize that there is no pressure from anyone as to the length of time one plays. For the summer the times offered have been Monday and Wednesday from 7-9 pm, Tuesday and Thursday from 8 – 10 am, and more recently, Saturday mornings at 8:30 am. The cost – nothing!

The courts are also used by tennis players, so if someone is using a court when we arrive, our group only has the use of one court. As well, if someone comes out while we are playing, there is a rule that you need to give up that court once your game is complete. Most times between 8 and 12 players show up, however, occasionally, there have been 15. We take turns playing, and no one seems to mind sitting out for a game.

I for one, certainly could not play steady for 2 hours, in fact I look forward to a break, and a chat with someone. During this ongoing pandemic, we are told that it is important to look after our mental health as well as our physical wellbeing. **You see, for me, the social contact is just as important as the game.**

In further discussion with Walter, he told me that he had never played a competitive sport before, and yet the competition is one of the things he likes about the game. As well, he likes the social aspect of the game and has met many people and made new friends. It has given him not only a great way to exercise, but also a real social outlet. **Walter feels that it has strengthened his balance and agility, as well as improving his cardio vascular system.** He knows that if you don't use it, you will lose it!

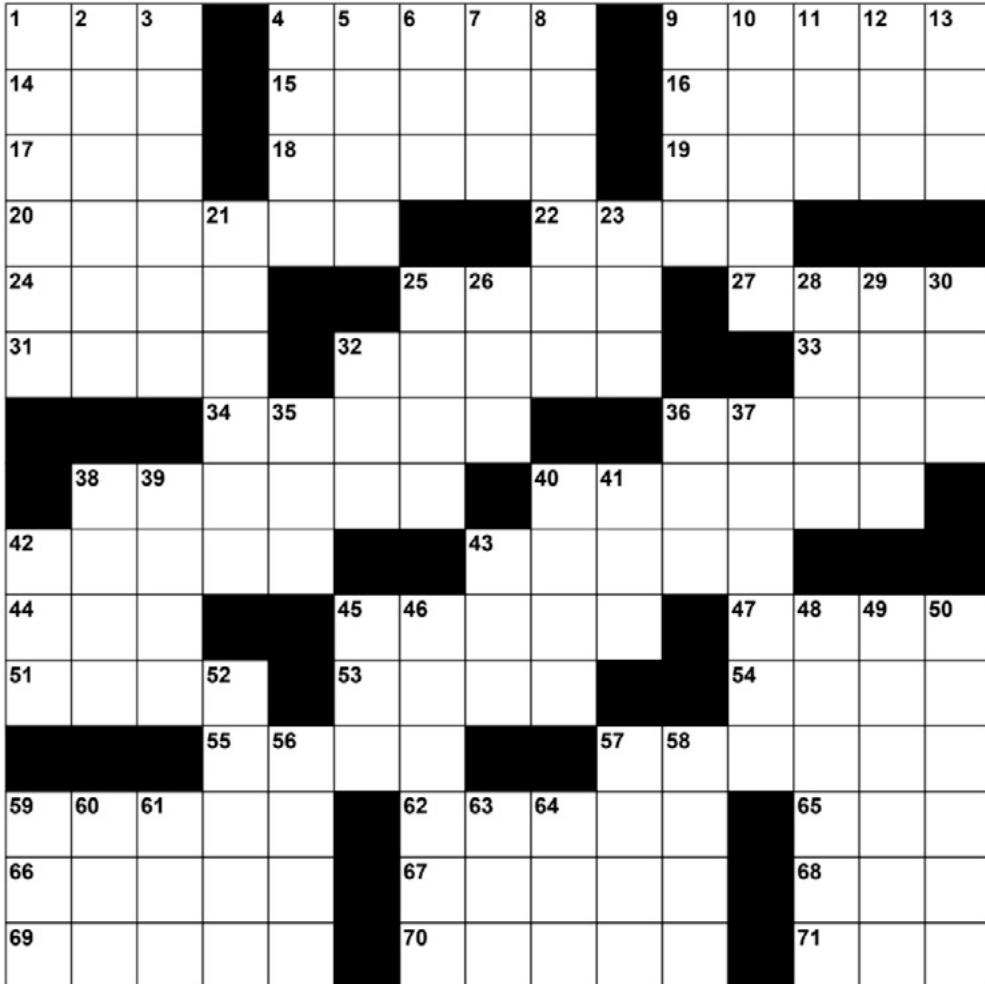
Walter became the contact person for Elmira's Pickleball after playing for a year or so. It was a case of no one else embracing technology like him, so he quickly developed a contact list. He emails or texts those on his list, keeping everyone up-to-date on anything important. He was quick to explain that this does not mean that he makes all the decisions for the group. In fact, he always brings any issues forward, and, as a group, a concensus is reached. Anyone who would like to give the game a try is welcome. In fact, just this week when someone biked over to watch, Walter was right there, trying to convince him to come and join in!

At this point in time, we do not know what will happen with indoor Pickleball this fall. I called the Recreation Manager at the Woolwich Memorial Centre and asked her that question, however she explained that they are unsure about some of their programs. Due to Covid, only 50 people are allowed inside the building at a time under Provincial orders, so they are opening activities gradually, and unless the rules change, they will be unable to offer as many sports as previously. The good news though, is that we will be able to play outside on the tennis courts as long as weather permits.

So if time is “heavy on your hands,” why not come out and give the game of Pickleball a try. **You may be surprised at how it could change your life!**

OCTOBER CROSSWORD

Fire Prevention



Solutions on Page 16

ACROSS

- 1 ___ Francisco
- 4 White poplar
- 9 Very tiny animal
- 14 Dined
- 15 Demonstrations
- 16 Pull down
- 17 Cooking grease
- 18 Association (abbr.)
- 19 Concerning
- 20 Urge
- 22 Ventilates
- 24 Degree
- 25 Department (abbr.)

- 27 Attention-Deficit Hyperactive Disorder (abbr.)
- 31 Grounds
- 32 Sources of inspiration
- 33 Promissory note
- 34 Heron
- 36 Slipup
- 38 Large area of land covered with many trees
- 40 Croaking
- 42 Wash off
- 43 Fence of bushes
- 44 Creative work
- 45 Book by Homer
- 47 Loch ___ monster
- 51 Lowest in rank
- 53 Take a break
- 54 Opposed
- 55 Association (abbr.)
- 57 Stirred up
- 59 Indian prince
- 62 Mediterranean language
- 65 Pot
- 66 Girl in Wonderland
- 67 Oklahoma city
- 68 East northeast
- 69 West Coast Fl. city
- 70 Heavyset
- 71 Time period

DOWN

- 1 Protected from harm
- 2 Neurological disease
- 3 Below
- 4 6th month (Jewish calendar)
- 5 Highest quality
- 6 Emergency Medical Services
- 7 Toilet
- 8 Plan for two of these routes from each room
- 9 Winged
- 10 Elite intellectuals' society
- 11 Evening
- 12 TV lawyer Matlock
- 13 Alternative (abbr.)
- 21 Demands
- 23 Possessive pronoun
- 25 Performing couple
- 26 Eastern Time
- 28 Immerses
- 29 Flexible tube through which liquids are conveyed
- 30 Owing
- 32 Mr..'s wife
- 35 "To the right!"
- 36 Fall behind
- 37 Athletic fields
- 38 Heat, light, and flames made from something that burns
- 39 Upon
- 40 Form of energy that makes something very warm
- 41 Unusual
- 42 Knock
- 43 Possessive pronoun
- 45 Internal Revenue Service
- 46 Measure of how long
- 48 Resulted
- 49 Rib joiners
- 50 Sir Philip ___ (english poet)
- 52 National Association for the Advancement of Colored People
- 56 Popular stadium
- 57 Try out
- 58 All right
- 59 Rodent
- 60 Wing
- 61 Mountain Man Bridger
- 63 Regret
- 64 Santa's helper

Laughing Matters!



Thanksgiving Spot the Difference!

Can you find 10 differences between the two pictures?



A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson.

He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet.

The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"



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Doing What We Can and Need to Do to Age Well in Our Community

Fall is a great time to get out of the house to enjoy the fresh, cooler air and the changing colours of the leaves. We also find ourselves reflecting on the transition between seasons and wondering how summer flew by so quickly. These past few months have certainly been a time like no other.

Rather than dwell on the negativity associated with the restrictions we have all faced, it is important to remember that what we are doing to protect ourselves and one another from COVID-19 is working. Sure, we're making sacrifices and doing things differently. One thing is for sure, our community is better off because of the careful decisions we have made, the safe practices we are using and the individual and collective responsibility we continue to take. This is worth celebrating.

As we move into the fall, many people are beginning to think about what things might look like.

- ◆ What will happen with children returning to day care or school?
- ◆ What if the number of people infected with COVID-19 begins to rise again?
- ◆ How can I best protect myself this flu season, given all else that is going on?
- ◆ What will happen when the weather turns cooler and we'll all need to spend more time indoors?

While these questions are worth reflecting on, don't let them consume you. In some cases, the answers will lie well beyond our control.

While the last six months have been challenging, we have come to learn that there is much we can do to take care of our overall wellness and prevent harm. Identifying risks and developing ways to better protect our minds, bodies and souls have become part of our daily mindset. We can be hopeful that if something like this should ever happen again, we will be better prepared. We know that things like these can help:

- ◆ Maintaining a healthy routine.
- ◆ Find an indoor activity that you like to do. Perhaps its fall-themed colouring books, crafts or puzzles or baking your favorite fall treats to soothe the soul.
- ◆ Participating in an online exercise class or if comfortable, joining one of our in-person exercise classes that are being re-introduced across community centres.
- ◆ Joining new groups that we can feel a part of. There are many opportunities to connect with others via group telephone activities. Social and recreational opportunities are also starting to open up at several community locations.
- ◆ Carrying on with or starting a book club or hobby group that meets safely either in person or online
- ◆ Staying connected/reconnecting with friends and family.
- ◆ Doing what we can to support others who may be experiencing loneliness, worry or loss.
- ◆ Continue to draw on our individual faith/spirituality as a source of hope and strength.
- ◆ Reaching out if you are feeling disconnected. Our staff are always available for a phone call or a visit.

For information, services or support contact Community Care Concepts

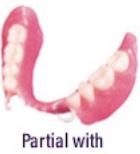
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How to prepare for a disaster when a person with dementia may be involved

Emergencies happen when we least expect them, so it's best to be prepared. Here are some ideas to help you prepare so that if someone with dementia is involved in an emergency, you can quickly respond.

Create an emergency kit

Keep it in a watertight container and store it in an easily accessible location. Your emergency kit might include:

- Easy on/off clothes (a few sets)
- Supplies of medication (or a list of medications with dosages)
- Velcro shoes/sneakers
- An extra pair of glasses
- Incontinence products
- Extra identification items, such as ID bracelet
- Copies of legal documents, such as Power of Attorney
- Copies of medical documents, as well as physician's information
- Copies of insurance and social insurance cards
- Recent picture of the person
- Bottled water
- Items to promote comfort

During an evacuation

People with dementia are especially vulnerable to chaos and emotional trauma. They have a limited ability to understand what is happening, and they may forget what they have been told about the disaster. Be alert to potential reactions that may result from changes in routine, travelling or new environments.

- When appropriate, inform others (hotel or shelter staff, family members, airline attendants) that your family member has dementia and may not understand what is happening.
- Do not leave them alone. It only takes a few minutes to wander away.
- Be alert for changes in routine and new environments, which can cause agitation, wandering and an increase in symptoms such as hallucinations, delusions and sleep disturbance.
- Do your best to remain calm. The person with dementia will respond to the emotional tone you set.

For more tips, or to speak with a Social Worker, call us at 519-742-1422.



Fall 2020 Program Guide now available! Visit us online to view and register:
www.alzheimerww.ca

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- Cooks Pharmacy
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- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg



- Heart & Home Creations New Hamburg
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WELLESLEY TOWNSHIP:

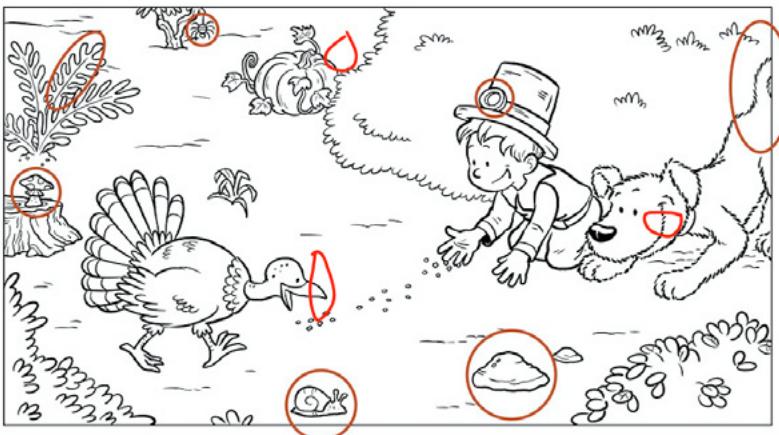
- Schmidtsville Restaurant (outside magazine stand)

- 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

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin's Guardian Pharmacy (outside magazine stand)
- Foodland Elmira (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

Solutions





Ask the Doctor

with Dr. Nicole Didyk

Question: If and when a COVID19 vaccine becomes available, do you feel the benefit outweighs the risk for generally healthy adults over the age of 70 to get the vaccine? Or, would it be safer to rely on the possibility that our immune system has built up enough defence over the past summer to combat the virus?

Lots of people are talking about a COVID-19 vaccine, so your question is a hot one!

As of my writing this, in early September 2020, there are 34 vaccines currently in “clinical trials” (being tested on humans), and 142 in pre-clinical testing. Most of the reported early trials don’t include adults over the age of 55. So, it’s difficult to comment on the risks of the vaccine in older adults with the data currently available.

Instead, let’s talk about a vaccine that we do use in older adults: the influenza vaccine. While it’s true that the flu shot is probably less effective in an older adult than in a younger one, the risks are extremely low, and there’s no doubt that they are far outweighed by the benefits of getting the shot. This year, getting the flu shot is more important than ever because of the COVID-19 pandemic. Sparing as many people as possible from a bout of the flu will save the healthcare system a lot of strain and keep a person healthier if they also acquire COVID.

Remember that by isolating and using good infection control practices, we aren’t strengthening our immune systems, just reducing the risk of getting an infection. We can help our immune systems by getting adequate

rest, exercise, and nutrition.

If a COVID-19 vaccine becomes available, I will most likely encourage everyone of any age to get their shot, and continue to wash their hands, use social distancing and masking when appropriate and stay at home if they are ill. Looks like those healthy habits are here to stay!

Thanks for such an interesting question, and to learn more about aging, find me at my website 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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Amid Covid-19 Lockdown Marie Voisin Brought Food and Laughter to the Imperial

By Kristen Hahn

Photo: **Rear L-R:** Phil Ingersoll, Dave Taves, Don Jardin, Harold Swartzentruber, Esther Pfaff **Middle:** The Owl (Marie Voisin), Lyla Wetlauffer, Nancy Taves, Dorothy Jardin, Delores Swartzentruber, Marlene Steinacker **Front:** Yvonne Ingersoll, Doris Jantzi, Giovanna Paciello, Jenny Cole **Absent:** Art and Jeanette Long, Cathie Morrison

One December day in 2014, New Hamburg woke to discover one of their most prominent buildings — the current Imperial Suites — shrouded completely in white plastic and topped with a giant red bow. The plastic was a windbreaker for the extensive work that was being done to restore this 150-year-old building; the bow was just pure whimsy. Right there, one could see the qualities of kindness and playfulness possessed by the owner, Marie Voisin.

By the time this gift was unwrapped in 2016, twelve much-needed residential suites for seniors had been created. The apartments are spacious and well-appointed, with bright and comfortable common-areas for the tenants to

gather for conversation, cards, or “happy-hour.” Yvonne Ingersoll and her husband Philip have been superintendents since day one. She recalls the immediacy with which the residents — now 17 in number — formed a community. “We’re a family. We all get along so well and support each other. We’re always together.”

And then Covid-19 struck. “We isolated ourselves from each other to make sure we’re not part of the problem.” It was a difficult and lonely time for everyone. After a month passed, and it was clear the quarantine wasn’t going to end any time soon, the residents received a note from Marie: “The Imperial survived the Spanish Flu Epidemic in 1918 and it will protect you 102 years later.” She told Yvonne she was bringing

lunch for everyone and would continue to do so once a week until things got better.

"So Thursday noon comes around and she shows up... in a chicken costume!" The next week Julius Caesar brought home-prepared meals delivered directly to every resident's door. She recalls there was a sloth, a kangaroo, and a knight in shining armour. Marlene Steinacker jumps in — "She came as a shark one time! That really threw me. I just couldn't stop laughing."

But more than the costumes, it was the love she showed through the meals that touched the hearts of her "Imps." One dish was a recreation of a sumptuous dinner she enjoyed on a vacation in Positano, Italy. Strawberry shortcake featured her Mom's favourite Edna Staebler recipe. On what would have been her father's 108th birthday she brought warm sourdough bread and his signature seafood chowder which he perfected while stationed in PEI with the R.C.A.F. during World War II. Accompanying these weekly feasts there was always a note with quippy little jokes to keep them smiling.

Many of the meals were prepared from food she grew herself. Marlene gestures over to a long

table; "Any abundance she has from her garden she puts over there — sometimes twice a week — for everyone to help themselves." There have been tomatoes, eggplants, onions, beans, peas, peppers and "just about everything imaginable."

For seventeen consecutive weeks, Marie Voisin brought healthy and delicious home-made meals to the residents of the Imperial, concluding on August 19th with an outdoor patio party featuring veal cutlet on a bun with homemade tomato sauce. The dessert was something she came up with for a nephew who was missing the flavours of home while studying abroad — shortbread crust with a butter-tart centre, slathered with decadent chocolate and pecans. With a laugh, Marlene adds, "Oh, we've been very spoiled here!"

"She got us through the hump of Covid-19 and made sure we were all okay," says Yvonne. "She's just been our everything. She lifted our spirits and gave us something very special to look forward to every week."

Pausing, and clearly moved, she adds: "She is by far the most thoughtful person I've ever met."

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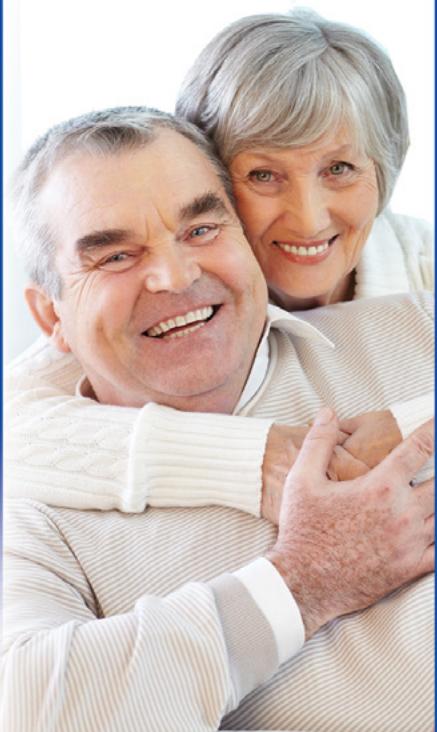
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Thanksgiving:

A Time to Be Grateful for the Sake of Your Health!

The COVID-19 pandemic has affected so many people: feeling overwhelmed and stressed is pretty typical. It's therefore more important than ever to focus on gratitude — the practice of noticing and being thankful for what is valuable and meaningful to you. It's good for your mental and physical health, it can help you relax and its effects can help you stay well beyond the pandemic.

Practicing Gratitude is built into this time of year!

Cultivating thankfulness isn't just a one time a year opportunity it can be very small like taking a few moments daily to notice things that are going well in your life.

For a starting point try this easy-to-remember acronym, **HEART**, as suggested by the American Heart Association:

- ♥ **Health:** Think of what your body allowed you to do today. Maybe your feet enabled you to walk around the house or your arms allowed you to hold a pet you love.
- ♥ **Eat:** What nourishment did you provide your body today? What was your favorite meal?
- ♥ **Activity:** Did you do something today that you really enjoyed? Take a moment to reflect on and savor it.
- ♥ **Relationship:** Did you see or talk to someone today who brings you joy? Or are you planning to see someone on a video chat who fits that description? (Remember: The person in the mirror counts.)
- ♥ **Time:** There's no time like the present. Allow yourself to be grateful for the fact that you're here.

Make Mealtimes Mindful

Thanksgiving is the time of the year to appreciate the bounty on your table. If you don't already, make it a daily habit say thank you out loud, slow down and savor every bite. Not only will you feel more thankful, but you'll also be less likely to overeat.

Journal Your Joys

Make a habit of writing down the things you're grateful for. Challenge yourself to identify and name your gratitude, long or short there is always something to grow your emotional well-being.

Count Blessings Instead of Sheep

Before falling asleep, take a moment to think about the positive things that happened during your day. Being at peace or thinking positively may help you get a better night's sleep.

Pay it Forward

Research shows that people who are selfless get more out of their contributions. Literally, the more you give the more you get! Volunteers are shown in research to feel happier and more satisfied with life.

Devote time to yourself.

Don't neglect doing things to comfort and sustain yourself, it's hard to help from a place where you are depleted.

However you celebrate, take time this Thanksgiving to be grateful.

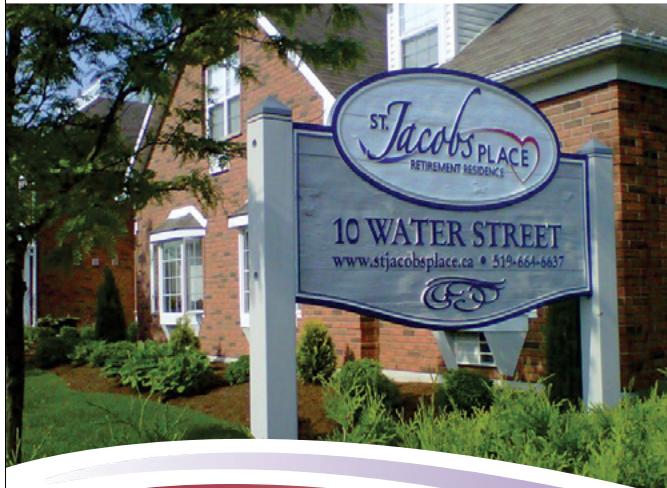
Every contribution of thanks is appreciated and needed to strengthen our community as well as your own and your family's health in this challenging time!

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Don't Feel Sorry for NICE GUYS

They say that “nice” guys, (kind, reliable) finish last; whereas bad guys (selfish, aggressive) finish first. But many psych-experts will tell you – and here’s the really big news – there’s as many good people who get to the top as there are bad people.

The typical belief states that all it takes is hard work to be successful, but how many of us know people who got ahead by being in the right place at the right time? Studies suggest plain luck plays the main part.

According to ‘Psychology Today’- reviewing, The Luck Factor, a ten-year, empirical-based book by psychologist Richard Wiseman, “We are more like pinballs bouncing around a machine than captains at the wheel.” Also, “Serendipity smiles upon people who have a more relaxed approach to life. They’ve clarified their long-term goals, but don’t worry too much about the details.”

“It’s not true that nice guys finish last. Nice guys are winners before the game even starts.” – Mort Walker, syndicated cartoonist

If it weren’t for “nice” people throughout my life, I would have been forever lost – in so many small and big ways. These people help others in need... before being asked.

“If you get lonely, all you really need is that rainy day love/

Rainy day people all know there’s no sorrow they can’t rise above” - Rainy Day People by Gordon Lightfoot

Why do they do it? It seems like a sure way to be taken advantage of... like wearing a target on your back. But they don’t see the old “golden rule” as a burden in life, but as a reason for it.

Driving to a car show last summer, my vintage car got a flat tire in front of a rundown hotel. Turns out, my old hydraulic jack couldn’t raise the car high enough to install the spare. One of the hotel patrons came over to me offering to help. And, as if reading my mind, he assured me that he wasn’t doing it for money. He improvised, with the aid of some carefully placed wooden blocks the two of us, made it work.

We had a “man” hug to celebrate our achievement as his wife looked on with indifference. Well, that’s not quite true. She was all for him giving up what she considered to be a dangerous situation; but, he wouldn’t see me stuck. I said to her afterwards that she knew she’s married to quite a guy, right? She just smiled and said, “Yeah, I know.”

“People think being alone makes you lonely, but I don’t think that’s true. Being surrounded by the wrong people is the loneliest thing in the world.”- Author, Kim Culbertson

“Surrounded by strangers I thought were my friends... Let the cowboys ride, They’ll be ridin’ against the wind” <https://youtu.be/PBJRD1VkxmI> – Against the Wind by Bob Seger
The thing is... everybody thinks they’re a “nice” person. But that still, quiet voice within us knows if we’re acting from our heart or not. The question is: are we listening?



‘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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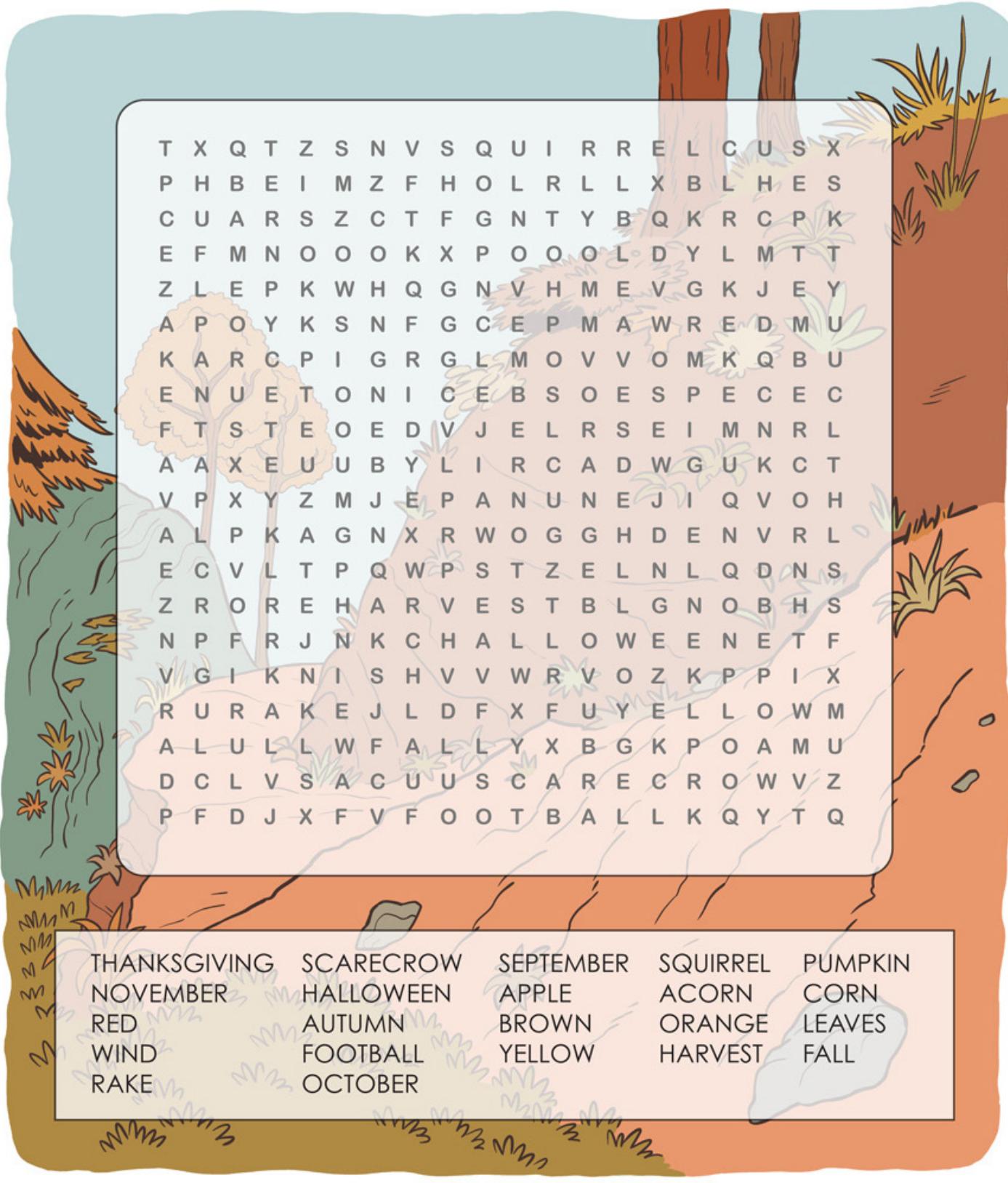
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Autumn Word Search



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Relax Your Eyes with These Supportive Techniques

The 20-20-20 Rule

The 20-20-20 rule helps you reduce dry eye symptoms and eye strain by providing more frequent micro-breaks. After about 20 minutes of screen time or any close task, change your focus to an object at least 20 feet away for 20 seconds. This gives the eye muscles a much needed rest and helps them relax. Use your phone or a number of free apps that provide pop-up reminders that notify you when it's time to shift your gaze.

Screen Ergonomics

Place the computer monitor around 20 to 28 inches, or 50-70 cm, away from your eyes and the top of the monitor should be at eye level or right below for optimum comfort. Screen filters can reduce the amount of eye strain caused by glare and improve your viewing experience.



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You don't have to live with the discomfort of eye strain. If you have questions or symptoms persist, it may be time to visit your optometrist and get the relief you seek.

In support of World Sight Day, Dolman Eyecare Centre is raising funds for Optometry Giving Sight, an organization dedicated to transforming lives around the globe by providing eye care to those in need.

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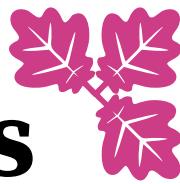
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Pat's Ponderings

Article by Patricia A. Olson



In early September 2020, Mother Earth called Fall to meet with her. She had one question - "Do you feel you are up for your job Fall?" Such an odd question thought Fall. Haven't I always performed well? Aren't all my wonderous offerings still valued? He promised to come back to Mother Earth with his answer after giving it some thought.

I have always thought of myself as a time of beautiful colours thought Fall. A time of anticipated change and busy preparedness and a time of giving thanks for the bounty we are given. What is so different this time?

During Fall's reflection of 2020, he certainly saw people in a heightened state of planning. All of us are very aware of the need to be prepared for what may or may not come in the Fall and Winter seasons. This Fall, we are imitating the squirrels, stockpiling our supplies for when the potential shortage of products occurs. Do we have enough flour, sugar, toilet paper, sanitizers, and every other precious and required item for our family?

Normally Fall offers anticipated change, moving our weather and social mindset from summer's heat into the refreshing coolness. But this Fall, anticipated change holds a much larger role. With the pandemic still upon us and with flu season soon arriving, we are all hoping for the arrival of a vaccine and for a return to whatever normal may then look like. With kids being back to school, how safe do we grandparents feel to interact with them? Will our long-term care homes continue to receive the attention they need? With the looming elections (American and potentially Canadian as well) and the candidate's promises, will protests, social unrest and political turmoil be reduced? Fall's role of anticipated change holds far more meaning this year than in years past. Uncertainty and a sense of not being in control of our own lives is what we are asking Fall to help us with.

With that task given to him, Fall has his "ah ha"

moment! Fall has always reminded us to give thanks for the bounty we have been given. With bold and resolved steps, he returns to Mother Earth and presents his 2020 game plan.

I will begin with painting the trees with the most spectacular seasonal colours available. There will be bursts of gold, touched by every hue and offerings of red, mixed in with orange and gently falling green leaves. This show will fill the hearts of people with hope. If my colourful display of change is something in their lives that has in fact remained the same each Fall, surely many other things we value and hold close to our hearts will survive the turmoil of change in 2020? Hope will be given that these same trees will sleep now and then bring new birth and an improved life in 2021.

As October brings us the feast of Thanksgiving, I will give people the opportunity of cherishing their family and friends, of reaching out to support and reassure one another. It is true that traditional bountiful food may possibly not be shared with one another. But my season will remind them how fortunate we all are no matter what circumstances we are called upon to endure. Let us revisit what is truly important in our lives and take the time to appreciate what we have.

As Fall, I will provide people with a calmer quieter atmosphere to encourage them to reflect on how their life paths and ambitions may need reshaping. Fall will be a time for them to recognize and value the gifts they have been given and know that sharing these gifts with others in need is one certain way to help them find their balance and their centres during these unique and confusing times.

Mother Earth was impressed that Fall had such a worthy 2020 game plan and wished him well in delivering a much-needed season of hope and strength to all people.

Together with the alluring aroma of pumpkin pies, the haunting cry of geese flying south, the crisp cool caressing breeze on your face, I personally wish each of you much health and calmness as our world moves into a season of regrouping and shifting of attitudes.

Embrace the change of the Fall season and I hope Charlie Brown's Great Pumpkin finds you celebrating your future.

As Always, Pat.



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I would like to take the time to thank my family, friends, colleagues and clients for supporting me throughout the last 15 years as your local Realtor! I cherish the connections and the friendships that have come out of doing what I love best and that is building relationships while using my market knowledge and expertise to guide and advise my clients to help them make real estate decisions that are right for them!

Thank you so much for putting your trust in me and for your continued support and referrals!

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Wilmot Fire Department
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519-634-8444 / fire@wilmot.ca



Cooking and Alcohol Don't Mix!

You must be alert to prevent cooking fires. You will not be alert if you have consumed alcohol or drugs. **Cook responsibly!**



Clear the Clutter!

Keep anything that burns—**plastic utensils, dishcloths, paper towels**—a safe distance from the stove.



Stand By Your Pan!

Unattended cooking is the leading cause of home fires. Always **stay in the kitchen** when you cook.



Never Throw Water on a Grease Fire!

If a pot of oil catches fire, **put a lid on it**. Slide a lid over the pot and **turn off** the stove. **Do not move the pot**.



Install smoke and carbon monoxide alarms!

Install working smoke and carbon monoxide alarms on **every** storey of your home and outside sleeping areas. **Test them every month!**

EMERGENCY CONTACT NUMBERS

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(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
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1-888-230-3505

TeleHealth

1-866-797-0000

TTY: 1-866-797-0007

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519-310-2222

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519-664-1900

**Retirement Homes
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1-855-275-7472

Elder Abuse Response Team

519-579-4607

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519-662-3092

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519-743-4114

**Alzheimer Society of
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519-742-1422

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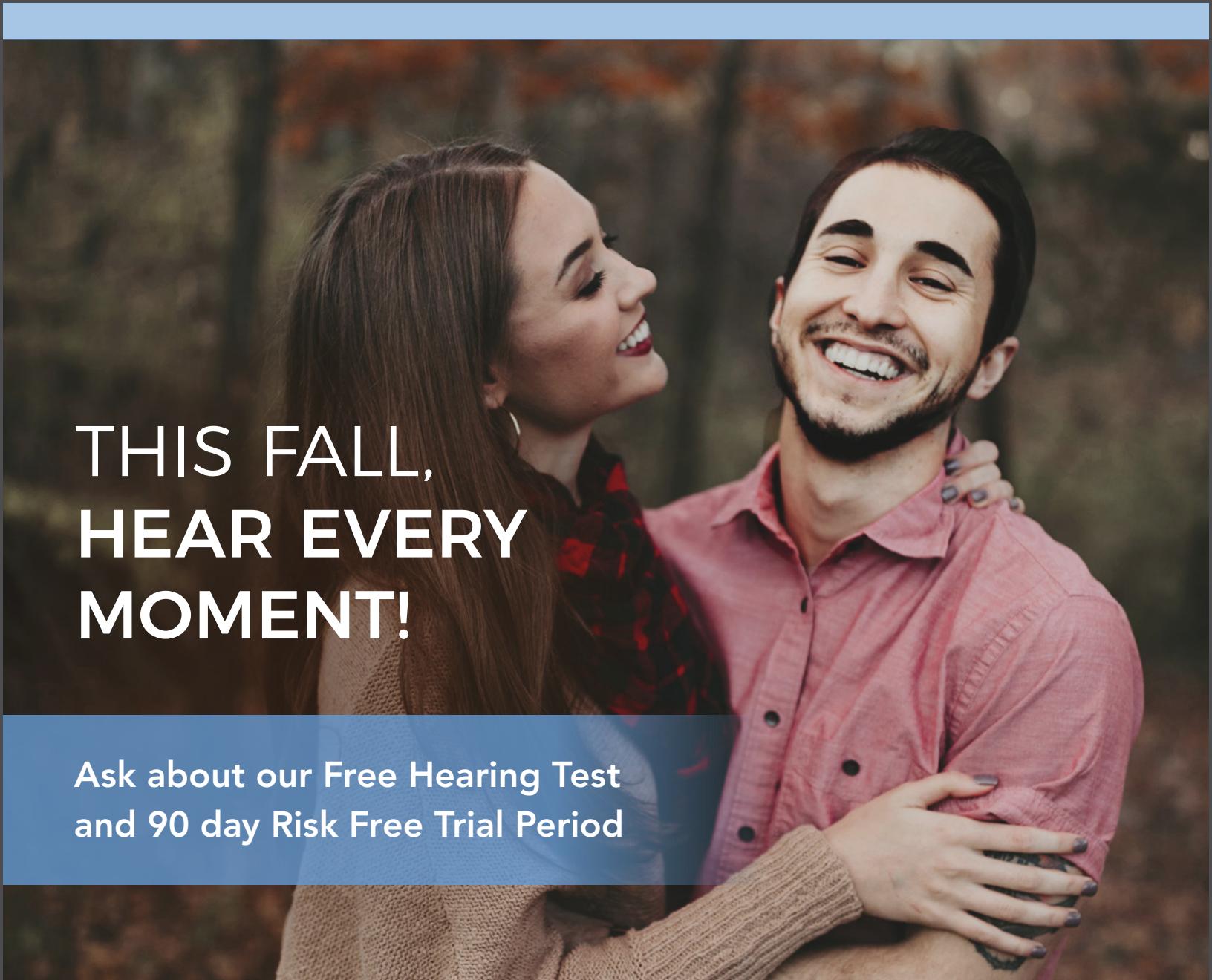


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