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Feature Business of the Month: **PHARMASAVE**



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Issue 2 OCTOBER 2018
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Embracing Change

EDITOR'S LETTER



TARA BOTT (HELD), EDITOR-IN-CHIEF
FOLLOW ME ON www.facebook.com/EmbracingChange
Email: embracingchangeinfo@gmail.com

Start Fresh this Fall

I've always believed sharing brings people together, and I was reminded of this simple truth over the past month. I am filled with so much gratitude for the wonderful feedback, cheerleading, and connections that have followed our first issue. Thank you to all -- the local businesses that have invested in us -- the writers that have shared their wisdom -- and our readers who took the time to write -- YOU are the reason I'm passionately committed to this publication, and providing valuable information we need to know but do not always hear.

Even if you don't presently have pressing family issues involving aging, my hope is that these pages will educate and provide the right resources for the moment that you, a friend or loved one is in need. The internet is a magical place and in a short amount of time you can build a community that can empower and connect so many lives. When people exchange knowledge, new knowledge is created. Your insight, comments, perspective, stories, services and suggestions are invaluable, and we couldn't do this without you.

Our second issue is here and it's just in time for my favourite season. The changing winds, the beautiful colours, open windows, apple picking, the crisp morning air, pumpkin spice, cozy sweaters... I love everything about Fall. For me it's always felt like a time of new beginnings, and fresh starts. Maybe it's because everything that involves harvest happens during the Autumn months. Or it could be that many of us get off track with our goals during the lazy days of summer, and fall is the perfect time to press the reset button on our health and our life.

With a warm tea mug in hand, I encourage you feel the fresh energy of fall and the excitement of hope and renewal. Maybe it's learning a new skill, or changing a habit. It could be better nutrition, or spending more time with family, and friends. Perhaps it's joining a club or giving back to your community. Whatever your heart's desire, summer's end is your new beginning!

Thanks again for spending time with us. Wishing you and yours a very happy Thanksgiving.

Thankful,
Tara

Grateful
THANKFUL
Blessed

ON THE COVER

This image of Arden and Garth, from New Hamburg, was taken during their Fall Family Session along with their children and grandchildren, to commemorate their 40th wedding anniversary.

About the photographer: Devon Peters is based in New Hamburg and specializes in outdoor Family Photography and Newborn Portraiture in her home studio. She and her young family have lived in New Hamburg for only 1.5 years but have fallen in love with the community and all it has to offer.

You can get in touch with her at devonpetersphoto@mail.com, and discover more of her work at www.devonpetersphotography.com

Editorial policy & Disclaimer: 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.



Embracing Change

Photo of the Month



This picture is the Grandview School Grade 3 class around 1955-56
Photo submitted by: Richard Held from New Hamburg
Do you know someone in this picture! Let us know at
embracingchangeinfo@gmail.com

HOW TO ENTER:

To submit your picture to be entered into our Photo of the Month feature, please send to embracingchangeinfo@gmail.com. Don't forget your name, location and the inspiration behind the picture. We thank all participants for entering, due to space restrictions only one selected photo can be featured in each issue.

MESSAGE FROM THE MAYOR

I was very pleasantly surprised and pleased when I received Issue 1 of this new publication, "Embracing Change", which was hand delivered to my office at the beginning of September.

Upon further examination, it became most apparent that the Editor- in-Chief Tara Bott has a passion and a great amount of personal insight into how life can and does change, sometimes very quickly, and at other times, allowing us to ease into it gracefully. Tara faced many of life's lessons very early in her life and thus now has allowed her to know and feel the remnants of those experiences. Tara's vision for this new journal is the product of hard work, research, contacts, and publishing, and many other components that go into bringing this concept to fruition.

In a world of constant change, we sometimes know that resources are available but accessing the source often becomes the obstacle which prevents us from getting there. Using Tara's resource magazine will lead you directly to whomever you may need to contact. How much more appreciative can we be than to know that Tara has done our research for us and has a genuine care and concern about our well-being as well as keen insight into what our requirements may be in the future as we soldier on through our lives. Thank you Tara, for a mission well-done, and we look forward to many more informative editions.

Les Armstrong
Mayor, Township of Wilmot



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Embracing Change

BUSINESS OF THE MONTH: PHARMASAVE

Cough and Cold Season is on its way, what do you need to know to prepare yourself?

LIVE WELL WITH
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What is a Cold

The common Cold can be caused by a number of viruses and primarily affects the nose and throat. It is generally self-limiting and usually last about a week but some symptoms, such as cough and runny nose can last for up to 3 weeks. Individuals are generally considered to be contagious for the first 2 to 3 days after the on set of symptoms.

Transmission

Cold viruses are usually transmitted through secretions containing the virus. This can occur either directly between individuals or indirectly from surfaces like door knobs, phones, pens etc. One of the most common routes of transmission is from the hand to the mouth, eyes or nose.

Treatment

There is no cure for the common cold and evidence shows that over the counter cough syrups do little to shorten the length of infection. At best they help to mitigate symptoms of the cold until the infection clears. There are many over the counter cough products and they aren't suitable for all people. Make sure to consult with your doctor or pharmacist to ensure you are using the correct product for yourself.

Over the counter natural immunomodulator products have limited evidence to show benefit when used acutely for cough and cold. They tend to work best when used regularly at the beginning and through out the cough and cold season. Elderberry extract has been shown to reduce the length of viral infections but it needs to be used within the first 48 hours of symptom onset to be of benefit. Honey is also generally considered to be beneficial when dealing with a stubborn cough, but again it may not be suitable for everyone.

Generally treatment of root causes, like a runny nose causing a cough is thought to be the most effective method of symptom treatment but the root cause is not always clear. Keeping your self well hydrated is one of the best ways to help your body clear congestion and getting enough rest (up to 12 hours a day) may be required to allow your body to handle the infection.

Prevention and Protection

Washing yours hand thoroughly and frequently with soapy water is the most effective way to prevent the transmission for cold virus. Also minimize contact with your mouth, nose and eyes if your hands may have come in contact with cold virus. Consider carrying an alcohol based antiseptic hand gel if you are on the go but remember its not as effective as regular hand washing.

If you yourself are sick you can protect those around you by coughing into a tissue and disposing of it immediately.

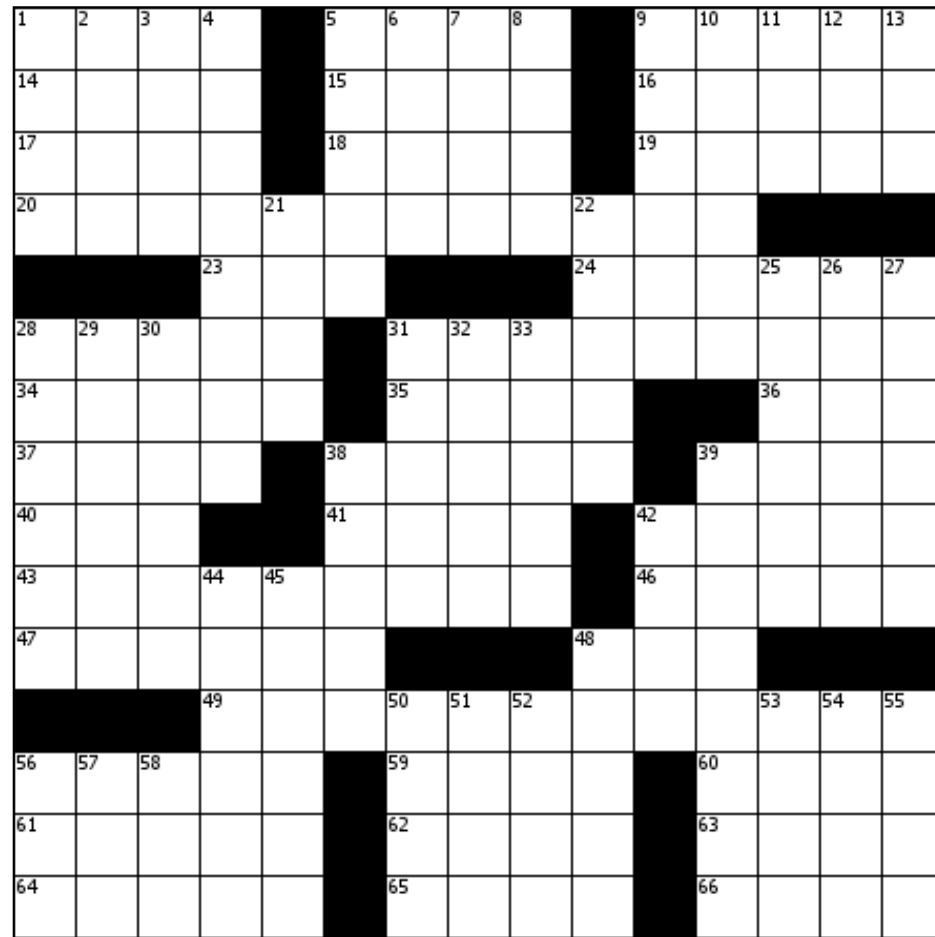
Generally its not necessary to see a doctor of the common cold but watch out for:

- A persistent fever over 38.9oC or 102oF
- Shortness of breath or wheezing
- Severe face or forehead pain
- Sore throat lasting for more than 5 days



Fun & Games

Daily Crossword



Down

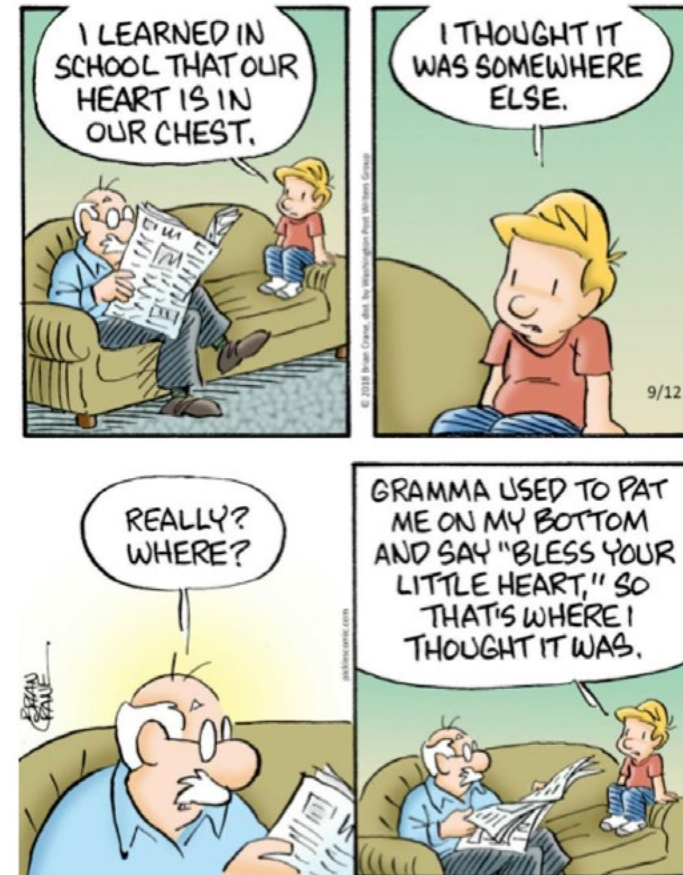
1. Iron follower
2. Wallace of Reader's Digest
3. Catch sight of
4. Stronghold
5. Old French bread?
6. Scarcely detectable amount
7. Oscar Madison, notably
8. Iron carrier in blood
9. Arctic Ocean sight
10. Brit's "Yes sirree!"
11. Seventh Greek letter
12. First name in the "Deliverance" cast
13. Feminine suffix
21. One-time marriage vow
22. Bewilder
25. Possible stress results
26. Marketplace of Venice
27. Think highly of
28. Gives the cold shoulder
29. Fine brandy
30. Cover old territory
31. "___ of Divorcement" (Hepburn's first film)
32. Part of USNA
33. Chutzpah
38. "And there you are!"
39. Best, according to reviewers
42. Softball?
44. Trustworthy
45. Lightweight fabrics
48. Tower site
50. Recover from a sprint
51. Operatic song
52. Wife of a raja
53. Scot's lake
54. Nuts or crackers
55. A whole bunch
56. Dig in
57. "___ my brother's keeper?"
58. Great ball of fire?

Across

1. Musical sign
5. Drop a line
9. Goodnight girl
14. Daughter of Homer
15. Hollywood handout
16. Calls to court
17. "The Magic Mountain" locale
18. Basic bit
19. Old oath
20. Spring break spot
23. Where to find "Friends"
24. Fully aged
28. Rock debris
31. Home of a Maryland statehouse
34. Metrical composition
35. Singer at Woodstock
36. Home companion, for some
37. Cries of aversion
38. Joie de ___
39. BBC receiver
40. Transmitter of genetic information
41. One of five Norwegian kings
42. Kind of Americano
43. Capital on the Cumberland River
46. English racetrack site
47. Where you're taught a lesson
48. "Gosh, it's cold!"
49. Tourism locale settled by Americans in 1805
56. Studio prop
59. A spirited steed
60. Adz or awl
61. Cause to laugh
62. Trig ratio
63. "___ homo" (behold the man)
64. Color gradations
65. Beach sight
66. Lateen-rigged sailing vessel

Embracing Change

Laughing Matters!



There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"



It's Trivia Time!

Why did the turkey eat his meal so quickly?

Because he was a gobbler.

Why can't you take a turkey to church?

Because they use such fowl language.

Why did the turkey cross the road?

To prove he wasn't chicken.



Word of Mouth - Your Oral Health

Good news to all! Times have changed and so has dentistry! Modern day dentistry is very different than what dentistry used to be, even 5 years ago. Metaphorically, a visit to the dentist can touch a nerve for some and for others, this is triggered because of a phobia. Dentists should not be feared, as dentistry of today offers a warm and welcoming environment, along with more modern techniques and equipment. Today, up to date dental offices are welcoming, focus on making you comfortable, and take time to ease your fears.



In these current times, there are easy, simple and time saving dental visits that have your comfort, health and schedule in mind. Digital X-rays with minimal radiation, conscious sedation for relaxing visits, straightening teeth with no braces, digital implant solutions, painless root canals and single visit ceramic crowns are now available! Imagine visiting the dentist in comfort and without fear, while having your work done more efficiently.

A modern day dental office offers the most cutting edge and advanced technology available to patients. Your first intuition may be that these offices charge more for treatment, however this is NOT the case. Treatment is not more costly in offices that are high tech. In fact, the costs are the same or less, as procedures can be performed more efficiently and without the need for certain materials. For example, crowns in most offices traditionally require multiple appointments, the need to be frozen twice, the need for a mouthful of impression material and the placement of a temporary crown for a couple weeks while the permanent one is fabricated at the lab. Nowadays, crowns can be digitally scanned, designed and inserted in a single appointment without the need for impressions or temporary crowns. In addition to treatment being more efficient, digital technology allows for many procedures to be extremely precise with virtually no room for error, compared to traditional techniques.

Modern day dentistry also makes it possible to replace missing teeth with implants as opposed to traditional bridges and dentures. With the help of 3D X-rays and design software, implant placement can be virtually planned in their ideal position on the computer ahead of time. From this, the dentist has the option to create a "surgical guide", allowing for perfect placement of the implant every time.

The world changes quickly but advances in dentistry are even faster. There could be possibilities for you and your smile that you never knew existed. Ask your local health care provider about their modern day materials, techniques and technology so you are assured to have the best treatment options available.

If you have any questions related to your dental health, please contact Dr. Miyen Kwek or Dr. Manning Chiang at: newhamburgdental@communitydentalgroups.com or visit us @ newhamburgdental.ca

Interested in Advertising with us?

Over 1,000 issues each month, distributed throughout Wilmot & Wellesley Township and available in full colour online!

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Ad submissions are due the 10th of every month



Senior Safety: Helping you feel safe...



Safety Tips:

Apartment buildings, lodges, and care facilities

- Lock your door when you leave your suite and when you arrive home - always use the dead bolt.
- Don't allow someone that you don't know or immediately recognize into your building. Ask the person who they are, why they need into your building, and where they need to go.
- If someone tries to follow you into your building, use another entrance or go back to your vehicle.
- Do not keep large quantities of money in your suite.
- Keep record of the large / more expensive items in your suite (jewellery).
- Use your eye viewer ("peep hole" in door) to see who is knocking. If you don't recognize the person, don't open the door. As long as your door is locked, they can't bother you.

General personal safety

- Do not carry large quantities of cash when you go out.
- When possible, travel or shop with a friend. You are less likely to be intimidated or approached if you are with someone.
- Avoid giving money to panhandlers.
- If you feel threatened, go to the closest business or public space.
- If you decide to give money to the panhandler or feel threatened, do not open your purse or wallet. This showcases how much cash or other valuables you are carrying. This could encourage a panhandler to become more aggressive or try to take your property.
- Carry a cell phone for emergency purposes. Emergencies can happen at any time. Pay-as-you-go phones can be purchased for very little, and could save a life.

For more information:

Waterloo Regional Police

www.wrps.on.ca



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INTRODUCING WELLESLEY TOWNSHIP HERITAGE AND HISTORICAL SOCIETY

Wellesley Township Heritage and Historical Society (WTHHS) was formed when Wellesley Township Heritage (a committee that advises Council on matters of heritage) merged with the Wellesley Township Historical Society in 2007.

Our primary objectives are:

1. To collect, preserve and exhibit artifacts, photographs and documents pertaining to the history of Wellesley Township.
2. To research and publish information about significant events, people and circumstances pertaining to the history of Wellesley Township.
4. To maintain a facility for the storage and exhibition of artifacts, photographs and documents pertaining to the history of Wellesley Township.
5. To host history-related exhibits and presentations throughout the year to which the general public is invited.

Please join us! Membership is free. All are welcome.

Our Historical Room is open from 10 am to 3 pm on the last Saturday of every month except December. Our collection includes a wide range of objects, documents and photographs pertaining to the history of the township and its families. Let us help you find out more about significant events in the township and your family. Visit our website (www.wellesleyhistory.org) to find out more about our collection. Family history-related donations always welcome!

Upcoming Events:

- September 10 – 10 am to 11 am - WTHHS meeting, upstairs at the library, 1137 Henry St., Wellesley
- October 10 – 7:0 pm – Public meeting with speaker, Wellesley Community Centre – FREE!
- October 27 – 10 a.m. to 3 p.m. – WTHHS Historical Room is open. 1137 Henry St., Wellesley
- November 24 – 10 a.m. to 3 p.m. – WTHHS Historical Room is open. 1137 Henry St., Wellesley

Keep In Touch/ Stay Informed!
 Website - www.wellelsehistory.org
 Instagram – [wellesleyhistory](https://www.instagram.com/wellesleyhistory)
 Email – info@wellesleyhistory.org
 Facebook - [wellesleytownshiphistory](https://www.facebook.com/wellesleytownshiphistory)

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Natures Call

livewell health & wellness

It is estimated that as adults we spend about an hour and a half per week using the toilet. Over the course of a lifetime, that equates to 92 full days! How much of that time do you consciously think about what you are doing? For most of us, we don't think about it at all. We take for granted that whatever we put into our system will efficiently and effortlessly get filtered out. If we drink too much or too little, the bladder takes care of that. If we have to hold it a REALLY long time, the bladder keeps on stretching to accommodate for us (at least to a point). Doing these "bad habits" once in a while isn't a big deal, but if we routinely ask our bladder to accommodate to less than ideal circumstances, the voiding system changes to become abnormal or unhealthy. These changes can lead to issues such as an overactive, leaky, shy, or even a painful bladder. One of the best ways to avoid these symptoms is to equip ourselves with the knowledge of what is normal so we can be aware if a bad habit is creeping into our routine.

How many of these warning signs or "bad habits" do you notice yourself doing?

- Going to the bathroom "just in case" before leaving the house
- Voiding more than 5-7 times per day (or once every few hours)
- Getting up more than once during the night to void
- Drinking less than 8-10 cups of good hydration
- Having a bowel movement less often than once every 1-2 days
- Needing to strain with bowel movements
- Sudden spikes of bladder urgency where you need to go NOW
- Leaking during coughing, sneezing, or laughing
- Unable to stop going mid-flow

Take some note of your own patterns and try to keep a happy, healthy bladder.

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What's Happening *55+ Active Adults & Seniors*

Restless Seniors

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.
When: Wednesdays from 1:30 to 3:30 p.m.
Where: New Hamburg Legion, Branch #532, 65 Boullee Street, New Hamburg
Contact: George Schmitt 519-696-3037; Joan Fulton, secretary 519-662-4821

The Rook Players

We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us.
When: Monday evenings 6:00-9:30 p.m. First Monday after Labour Day till the last Monday in April (Sept. 10, 2018 - April 29, 2019)
Where: Wilmot Recreation Complex (Wayne Roth Room)
Cost: No charge **Contact:** Cecil Wagler 519-662-2758

St. Agatha Seniors

Our group of friendly folk meet once a week to play solo. We celebrate birthdays on an irregular basis with best wishes and goodies. A Christmas Party in mid-December concludes the years activities. Come join us - you'll be warmly welcomed! **Cost:** .50¢
When: Every Thursday from 1:00 to 4:00 p.m.
Where: St. Agatha Community Centre
Contact: Bert Lichti at 519-634-8411

Wilmot Senior's Woodworking & Craft Club

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills
When: Weekly, Monday to Friday: 9 a.m. - 5p.m., Sat. 9 a.m. - noon
Where: 27 Beck St., Baden
Cost: Initial Membership \$80, yearly \$60
Contact: Diana Gruhl at 519-634-5357

Wilmot Seniors

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.
Special events include: - soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, and Christmas banquet. Visitor's are always welcome!
When: Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)
Christmas Banquet: Nov. 28 2018
Where: Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg, On.
Cost: A free will offering is taken at each meeting.
Contact: Church 519-634-8687 for more information

Wilmot Senior Shuffleboard

When: Tuesday and Wednesday from 9:30 - 11:30 a.m. and Tuesday 1:00 - 4:00 p.m.
Where: Wilmot Recreation Complex
Contact: George Schmit 519-696-3037.

TechKNOW Program

Do you have any questions about your lap-top, iPad, tablet, e-reader, smart phone or cell phone? Drop in during the times listed below for help with the basics and functioning.
When: Every Thursday from 9:00-11:30 am from September - June
Where: Wilmot Recreation Complex Active Living Centre
Cost: No Charge
Contact: 519-634-9225 ext: 340 for more information



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New Hamburg Lanes Bowling

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.
When:
Foxboro (a mixed, social league): Mondays 1:00-3:00pm
Stonecroft (a mixed, social league): Tuesdays 1:30-3:00pm
Morningside Village (a mixed, social league): Tuesdays 9:15-11:30am
Where: 182 Union Street, New Hamburg
Contact: James Aoki at 519-662-1938
Email: james@newhamburglanes.ca




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Alzheimer Society

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 • Individual & Family Support
 • Group Work
 • System Navigation
 • Social/Recreation Programs
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Website: www.alzheimerww.ca

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Wilmot Township

Wilmot Recreation Complex
 Mon, Wed & Fri
 8:45-9:30 & 9:45-10:30
 Active Living Centre

New Dundee Community Centre

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

Wellesley Township

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

Pond View

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

Linwood Community Centre

Mon & Wed 2:00-3:00
 5279 Ament Line Linwood



For more information please call:
 519-664-1900 or 1-855-664-1900

WHERE TO GET YOUR FREE COPY:

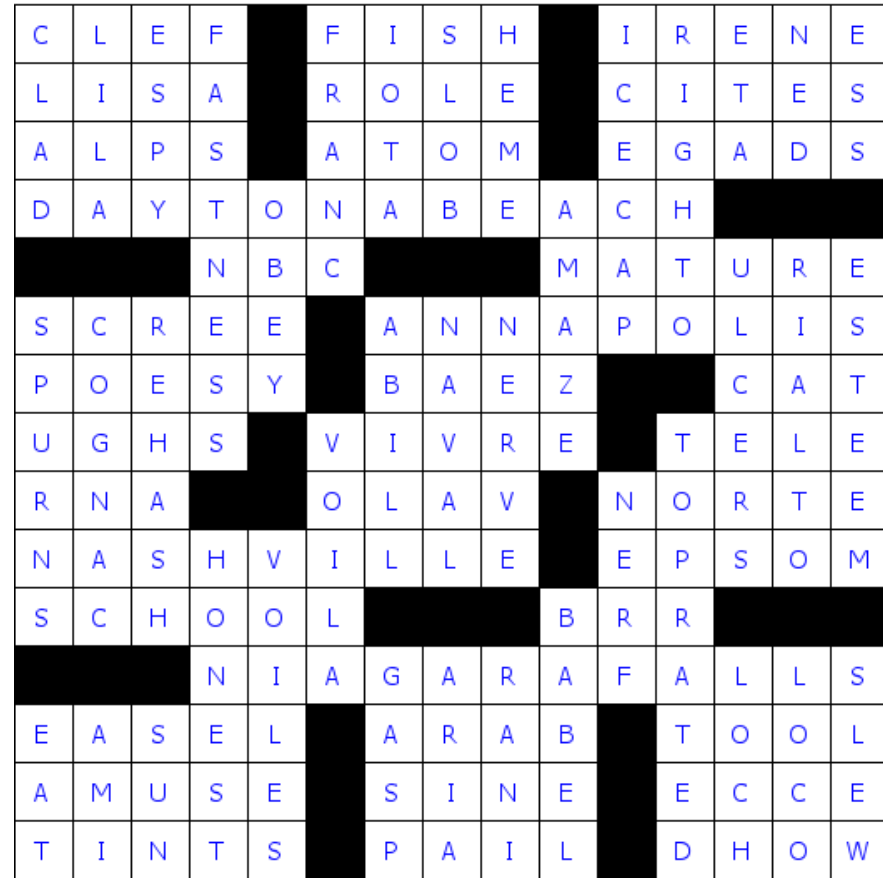
Copies will be available around the first Wednesday of every month at the following locations throughout Wilmot & Wellesley Township:

Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg
- Wilmot Recreation Complex
- Town Square Pharmacy
- Baden Village Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobeys New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - Baden
- Tim Hortons - New Hamburg
- New Hamburg Library
- Baden Library
- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg

Wellesley Township:

- Schmidtsville Restaurant
- Pond View Retirement Village
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library



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SEND US YOUR JOKES!

Do you have a joke, riddle or something just too funny not to share? Feel free to spread the laughs with us here at embracingchangeinfo@gmail.com
We thank all participants for their submissions, due to space restrictions only selected entries can be featured in each issue.



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Embracing Change

Love Understands, By Fred Parry Part 1 of 2



"Yesterday, all my troubles seemed so far away..."
-- Yesterday by The Beatles

As a boy, I remember the decision my mother made that would forever change our family's life. She was vacuuming when the phone rang; I heard her tell the caller she was leaving. I couldn't blame her. As a boy, I had spent my life watching my mother's sadness grow... as my youth slowly died. With their constant bickering, drinking and fighting, she'd had enough.

And so, it was, she sat me down to ask me if I wanted to stay with my father or come away with her. I was supportive of her decision. At twelve, I could comprehend it very clearly. Yet this was my neighbourhood – my friends, my school, and my sports teams. I would stay. She understood. Although she wasn't sure of my father's judgment, she was sure of mine. I was definitely my mother's child.

In time, however; there grew a split between my father's family and my mother's – each defending their own family member, with me always expected to choose a side. Caught in the crossfire of conflicting values and faced with emotional survival, I began to see things in black-and-white terms. Slowly but surely, in the years that followed, I empathized with the side that was convinced that I was the real victim - how could a Mother just "up and leave" her son?

"Mother, you had me but I never had you." -- Mother by John Lennon

Accordingly, I began to shut her off from all contact with me. I grew as resentful of her as did my father and his family; my rebuffs cut her deeper and deeper.

Whenever she was suffering to the point that her only way to summon enough courage to call me was to have a few drinks, I showed no mercy. I was her judge, her jury and her executioner. I exiled her for life – even as she continued to love me.

My unease and unhappiness began to spill into other areas of our intertwined lives. At eighteen, years after the divorce became final, I found myself attending the winter funeral of my mom's older sister, Mamie – my favourite Aunt, with whom I had always been very close. At the funeral, I was surrounded by my mother's relations ("the outlaws," as my dad always called them), but I wanted to be there as Mamie had always been the most positive influence on my life.

For starters, she had literally saved my life when, as a six-

month-old baby, she had persuaded a reluctant doctor to operate, rather than wait any longer. "I don't know if surgery is necessary," he had told her. "Well, I do," she had exclaimed, "that baby's turning blue!" As it turned out, her natural intuition and nurse's experience had judged correctly: intestinal surgery had been immediately necessary. A day or two longer and it would have been too late.

But Aunt Mamie was more than a one-time saviour; she was the patron saint of all the children – me and my many cousins. We spent many summers at Mamie's family lakefront home, helping her and my uncle with their thriving resort business.

As the matriarch of a very large extended family, Aunt Mamie was the final arbitrator of all familial disputes. When she spoke, it was with a degree of moral authority that commanded everyone's respect.

One summer, a younger cousin of mine and I decided to get into trouble: we rolled brand-new tires off the end of the dock, plunging them to the bottom of the lake; then we poured bags of loose confetti from a recent family wedding over a neighbour's freshly varnished boat, which dried with thousands of paper bits embedded into the finish.

A day or two later, as family and friends filled Mamie's oversized country-styled kitchen – typical of a weekend gathering at the lake – her aura held sway, suspended in the air like the always present aroma of fresh brewed coffee and home baked bread. Out of sight and earshot (so we thought) one of our uncles stood chastising me and my accomplice cousin for our recent wrong-doings, while we sat before him shamed-faced. The tenor of his accusations was just hitting its stride when Aunt Mamie hurried over, held up her hand, and said that she'd heard enough. (We could tell by the scarlet rising in her face that she didn't appreciate his theatrics.)

She stood poised like a cobra coiled to strike and everyone knew that her verbal retribution could be swift and emotionally lethal.

"That's enough!" she demanded, but it failed to work as our uncle continued his verbal assault. What happened next has become the stuff of family legend.

https://youtu.be/haWRUpPw_tI
-- Yesterday by The Beatles

(See next issue, Part 2 of 2, by Fred Parry)

Tips for communicating with a person with dementia

Communicating well with someone who has dementia is not a skill that is learned overnight - it requires patience and practice. Remember to CONNECT not to CORRECT.

- Reduce distractions in the environment, like lowering the volume of the TV.
- Make eye contact and use the person's name when addressing them.
- Make sure that the person is wearing a working hearing aid and/or clean glasses, if prescribed.
- Get close enough so they can see your facial expressions.
- Speak clearly at a slightly slower pace and use short and simple sentences.
- Use closed-ended questions which are focused and require a simple "yes" or "no" answer.
- Avoid using childish talk or any demeaning language. Don't talk about the person as if they are not there; try to include them in conversations with others.
- Humour can bring you closer; laughing together over mistakes or misunderstandings can help.
- If the person seems sad, encourage them to express their feelings, and show your care and affection.

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Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners. The 2-hour program runs once a week for 6-8 weeks; it offers gentle and easy to follow physical activities led by a certified fitness instructor, and fun social activities focused on building personal skills.

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Downsizing vs. Rightsizing

It is important to put a positive spin on what can be an emotional time of life. Downsizing gives the idea that we are losing something. Instead of referring to this process as downsizing consider it instead as rightsizing. Being in the home that is the right size for you at the stage of life you are in.

- A new smaller residence can be a mini version of the home that you have lived in for many years, complete with your most treasured possessions and memories.

Make the decisions now while you still have full control - don't wait for a crisis situation because then you lose that control.

- What good does it do you to have boxes of stuff in your basement and attic that are covered in dust and contain who knows what? How much better to have the things you use and love stored in easily accessible spots.
- Experience freedom from meal prep, housework, yard work, home maintenance and more!
- If you are moving into retirement or assisted living you and your family have the peace of mind and security of knowing that help is at hand. This can mean less tension in family relationships!
- A new residence can also mean new friends, social activities and opportunities. Less isolation can bring lots of positive changes in daily routines and often results in improved health and renewed energy!

Our website offers some further thoughts on [Senior's Moves by Heart of the Matter](#).

If you need a helping hand in your rightsizing process, Senior's Move can offer:

- encouragement from a neutral 3rd party
- help in creating a workable timeline for your process
- loads of resources that you can explore yourself or have us assist with (junk removal, on-line/live auction, free furniture pick-up, & movers etc.)
- physical help to sort through cupboards, closets, attics, basements & garages
- taking away donations to the Thrift Shop after our work sessions together
- packing, unpacking and set-up of new home

[Contact us today to book your complimentary no obligation initial consultation.](#)

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Donna Schmidt and Rhonda Erb joined together to start Heart of the Matter Professional Organizing & Senior's Move in 2004.



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Isn't She A Doll!

LOCAL ARTIST PROVIDES JOY WITH HAND-CRAFTED REBORN DOLLS



"Isn't she a doll." Actually ma'am, it is a doll. She looked at me blankly. Does she sleep well for you? Well, to be honest, she isn't a real baby. It's a Reborn Doll and I make them. An even longer blank stare. Would you like to hold it?

Simone Kinch is the artist and owner of her own small business she named "Isn't She A Doll". This is a common conversation you might overhear when she is out and about with one of her hand crafted reborn dolls. The dolls are ultra realistic and so very convincing.

Simone started creating the dolls four years ago when she was just 16 years old." They provide joy to me in many ways. I enjoy the process of choosing the kit, the painting and artistry and my favorite part is dressing them when they are complete and assembled." Simone says the process is very therapeutic. The craft has helped her with her own personal struggle with anxiety, panic attacks and OCD. The dolls are weighted with glass beads and provide comfort in the same way that a weighted blanket brings feelings of relaxation and calm. Her reborn dolls can be used for anxiety, autism, Alzheimer's, dementia and PTSD. She has seen evidence of the positive effects from her time spent volunteering at a doll therapy program she ran at Nithview Seniors Home in New Hamburg. This kind of therapy triggers the release of the neurotransmitters Dopamine and Serotonin, the feel good hormones produced in the brain. The doll therapy can also reduce feelings of isolation and boredom and inspire expression and verbal communication.



Reborn dolls can also provide an emotional outlet for those who want to exercise their nurturing instincts, but Simone reports that a large percentage of her clientele are simply Reborn followers/collectors. They appreciate the dolls for their detail and super lifelike qualities like stork bites, fingernail scratches and even baby acne. Heat set paints are applied in many thin layers to achieve the perfect lifelike baby skin tone. The process can take several days. They can be easily mistaken for a real baby and arouse quite a lot of interest and conversation.

Miss Kinch has shipped out babies to collectors from Vancouver to Halifax and people drive several hours to adopt one of her Reborn masterpieces. Simone shared that she loves how the dolls bring people together and put smiles on faces. She has sold her babies to men and women and children of all ages and for various purposes. "It makes me feel so good to bring comfort and happiness to someone who needs it."



Reborn dolls are a unique niche and Simone is devoted to the art. If you are curious, or just want some cuddle time with one of Simone's dolls, her contact info can be found on her website: www.isntsheadoll.weebly.com. She welcomes emails and is happy to share her passion. Simone's email address is simverkin@gmail.com



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Community Care Concepts Expands Services

Community Care Concepts is a local non-profit charitable organization with a 33-year history of providing services and supports that help seniors and others to live independently in their own home across the Townships. Each year more than 7,000 individuals and their caregivers access a variety of services including Meals on Wheels, transportation to medical and other appointments, community dining, friendly visiting, homemaking, home maintenance, practical in-home support, adult day programs, gentle exercise and falls prevention programming, social and recreational programs, support in transitioning from hospital to home and assistance in accessing services and supports.

While its main office has traditionally been in Woolwich Township, the organization serves many individuals in their homes in Wilmot and Wellesley Townships in addition to offering a variety of community programming. Demand for their services in Wilmot and Wellesley Townships has increased significantly over the past few years. To respond to this demand, Community Care Concepts has opened an office at 23 Church Street, New Hamburg, co-located at Trinity Lutheran Church. Open 9 am to 4 pm Monday through Friday, residents can order meals or rides, register for dining and other community programs, speak to a staff member about their unique needs, arrange for a home visit, register for programs, make payments, obtain information that can support them to live independently and sign up to volunteer for many of the organization's services.

The organization is also expanding its adult day program in Wilmot Township. For many years Community Care Concepts has offered a day program at Nithview Community on Tuesdays and Thursdays from 9:30 am to 3:00 pm. The program provides an opportunity for seniors to socialize with others, participate in games and activities, listen to music and reminisce. A hot lunch, snacks and transportation are provided. Beyond providing a great environment for seniors and others with unique needs, the program provides an important break for caregivers. In September, the program expanded at Nithview Community to 5 days a week with new programming being introduced.

In addition to these services, the organization is expanding its social and recreational programs for seniors throughout Wellesley Township at community centres in St. Clements, Hawkesville, Linwood and Wellesley. Examples include coffee hours, cards, crafts, guest speakers and exercises. We are currently seeking feedback on programs that seniors would like offered in their community. Please contact Kim Barfoot at kimb@communitycareconcepts.ca or 519-664-1900 to provide input.

For additional information on these program expansions or any of the organization's services, please do not hesitate to contact Cathy Harrington at cathyh@communitycareconcepts.ca or 519-664-1900.



Marlena Books, started by University of Waterloo students, aims to improve reading experience for dementia patients

When Rachel Thompson saw her grandmother, an avid reader, having trouble reading due to the effects of her dementia, she brought it upon herself to find a solution.

Coupled with her senior research project as a health sciences student at the University of Waterloo, Thompson founded [Marlena Books](#), a company aimed at providing adaptive books for dementia patients to read.,

"Our grandmother has lived with dementia for over 12 years now; she was an avid reader," said Thompson. "As her dementia progressed, she stopped reading, and we kind of attributed that to her dementia diagnosis, until one day we saw her reading aloud, and it wasn't that she couldn't read, it's just that she wasn't able to read traditional books. After we looked for people with dementia online and we couldn't find any, I paired that kind of drive to create books for her with my senior research project at the University of Waterloo."

Thompson and her sister, Karen, were on hand at Saint Luke's Place in Cambridge on Thurs. Sept 9 to explain the scope and premise of the company. Saint Luke's, a residential long-term care home for seniors, hosted the event as part of National Read a Book Day. Thompson says that Marlena Books' main motivation at the beginning was to help her grandmother, but it has evolved to all the people that they get to work with and see.

"The books are laid out in a way that makes reading easy for individuals with dementia: a combination of a research-based layout, which allows individuals to track through eye tracking, to move through the book in a sequential way that makes it easier to read, and there's less text, so it's not as overwhelming," said Thompson. There are prompts, thicker pages for dexterity issues, larger fonts and more spaces for those who have visual impairments. Also, Thompson says, mature stories with mature imaging are used to try and appeal to the older audience as, often, patients are given children's books to read, which aren't the most appealing.

Thompson started the company, which operates out of the Velocity Garage in the Tannery Building in Kitchener, in late 2015 before making it a full-time role in 2016. The name 'Marlena Books' was coined by combining the names of Thompson's grandmothers, Helena and Marilyn.

Thompson says feedback for the books has been positive as well. "More recently, we've had someone write to us and say that their mom lived with dementia for five, six years, and they ordered one of the books and this

is the first time she has picked up a book and started reading in five, six years," she said. "Even today, we did a small group reading in the dementia wing, and the rec. therapist was commenting, saying it's the quietest they've ever heard the group."

Karen, currently a graduate student at Waterloo, handles the research side of the company, looking for current applications in the market as well as finding layout solutions for those with dementia. The sisters hail from Flamborough, Ontario, but reside in Waterloo after completing their undergraduate degrees in town. In addition to the Thompson sisters, two iOS developers and a social media manager work with Marlena Books.

Thompson, the recipient of the 2018 young alumni of health sciences winner at UW, says Marlena Books has developed an iPad app as well, which will be released in October. They have five fully-written titles and 10 new ones that will be released in the fall.

The original short stories are written by authors in the Waterloo Region. For more information about Marlena books you can contact Rachel Thompson at rachel@marlenabooks.com

This article was originally written and published by the Waterloo Chronicle.



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