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

VOL 4 ISSUE 2 OCTOBER 2021

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Feature Business of the Month

PHARMASAVE®



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

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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.



LETTER FROM THE EDITOR

Hello October!

The anticipation of my favorite time of the year fills me with warmth and happiness. Changing leaves, crisp morning air, apple cider, pumpkin spice, and sweaters. My favorite season has arrived: Fall. This season truly does awaken my soul. For me, fall is a time to slow down, appreciate nature, and be thankful. It also makes me reflect on the lessons we can learn in life from the changing of seasons. Change is a natural part of life, with ups and downs, twists and turns and we have to learn to Embrace the

Changes that life brings upon us. These times teach us to let go and trust that there are better days ahead.

Another wonderful part of this time of year happens on October 11. For many of us, Thanksgiving usually means family gatherings, a turkey feast, football games and Oktoberfest parades! Regardless of what it means for you personally, I hope you are able to take the time to enjoy the beautiful fall colours, and feel gratitude for all of the blessings that surround you.

In October we also recognize Fire Prevention week from October 3-9. The Fire Prevention Officers from the Townships Fire Departments have shared some important Fire and Safety tips for our readers. See page 13 for their message.

Self Care Tip ~ Have some Fall fun

Get in touch with the creative, fun-loving parts of yourself and make plans to do some fun Autumn activities. Perhaps think about what was fun for you as a child. Here are a few ideas to get you started.

- ✦ Visit a pumpkin patch
- ✦ Go apple picking
- ✦ Take a hayride
- ✦ Enjoy the fall foliage
- ✦ Take a hike
- ✦ Watch a football game
- ✦ Binge watch your favorite scary (or not-so-scary) Halloween movies
- ✦ Decorate for fall, Halloween or Thanksgiving.



Wishing you a very happy and blessed Thanksgiving!

Tara 

A Guide to Using Essential Oils

Fall is quickly approaching and here at Town Pantry we are very excited about our new essential oils for the fall. As well as providing an introduction to our new collection, this seems a great time to discuss the benefits of essential oils and all of the many ways to use them safely and effectively.

There are three main methods used to apply essential oils, two of which we will discuss today: the aromatic use of oils (through our sense of smell) and the topical application of essential oils (on the skin). The third method, ingestion, will not be covered in this article as the essential oils we sell at Town Pantry are for external use only and should not be ingested.

Aromatic Use

The aromatic use of oils includes all applications which enable you to literally breathe in the aroma through the air and to experience all that it evokes for you. Once the aroma of the oil is breathed in the compounds of the oil interact with the olfactory receptors. The olfactory receptors are a part of the olfactory system, the area of your brain that regulates the sense of smell. From the olfactory system the scent then travels to the limbic system, the area of your brain which stores memories and emotions. This is where the scent triggers responses based on your own personal memories and experiences associated with that particular scent. For this reason, no two people will experience the same reaction to a specific oil.

Using essential oils aromatically is simple and easy to do. Here are a few examples:

- ◆ Diffusing in an essential oil diffuser
- ◆ Applying a drop to your hands and inhaling
- ◆ Wearing as a fragrance
- ◆ Mixing oils with water in a spray bottle and misting over soft surfaces such as linens and carpets

Topical Use

The topical use of essential oils, by direct application to the skin, allows the oils to absorb into the skin. Some beneficial areas in which to apply your oils include:

- ◆ Neck, forehead and temples: promotes relaxation
- ◆ Chest: promotes feelings of clear breathing
- ◆ Abdomen: may help alleviate digestive and menstrual discomfort
- ◆ Bottoms of the Feet: this area readily absorbs oils and is less prone to sensitivity than other areas

There are many great ways of using essential oils topically including:

- ◆ Massaging directly onto the skin
- ◆ Application to a target area
- ◆ Adding essential oils to body lotions and moisturizers
- ◆ Adding a few drops to a warm bath

Essential oils may also serve as a pure and natural addition to your skin care routine. Essential oils are well known for their cleansing and purifying properties and can be very helpful for soothing irritated skin, reducing appearance of blemishes, cleansing and reducing the appearance of fine lines. One of our customer favourites is the "Skin Lover's Oil" from the New Roots brand.

Here at Town Pantry we love our essential oil roll-ons. They are quick and easy to apply with no diluting or mixing required. Roll-ons may come as single oils (including popular scents such as peppermint or lavender) or blends specially created to help with a variety of common health concerns such as headache relief, stress reduction, anxiety relief and to promote sleep. We offer these in great brands such as Now, Veeva and Aura Cacia.

Essential Oil Safety

A few precautions should be taken when using essential oils topically:

Firstly, you should avoid applying oils to sensitive areas, including the eyes and the sensitive skin around the eyes, nose and ears. Broken or damaged skin as well as areas of acute injury should also be avoided.

Before using topically, essential oils should be diluted to minimize skin sensitivity. This can easily be done by mixing your essential oils with a carrier oil. Some examples of carrier oils include fractionated coconut oil, jojoba and avocado oil, just to name a few. We have a great selection of carrier oils in the store just next to our essential oils on the shelf. Don't worry about dilution having any negative effect on the benefits of the oils. The opposite is in fact true, dilution enhances the absorption of the oil into the skin and prolongs the benefits of the application.

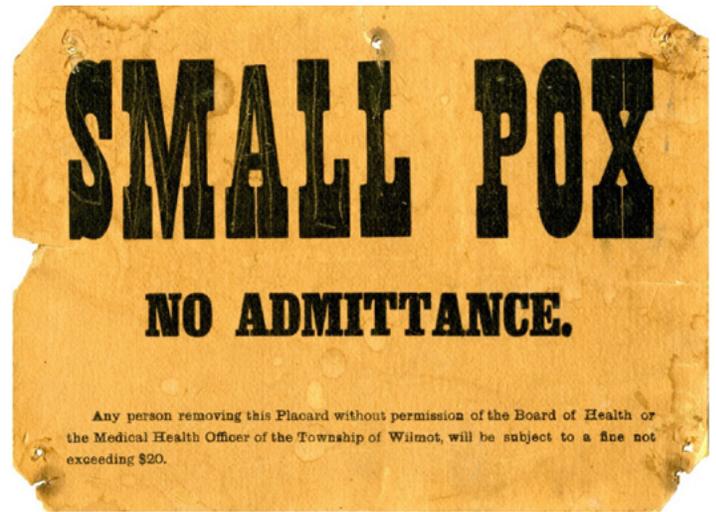
The recommended dilution ratio of carrier oil to essential oil is 3:1, meaning 3 drops of carrier oil to one drop of essential oil.

Consider doing a sensitivity test when applying an essential oil for the first time. You can do so by applying a small dab of the essential oil mixed with its carrier oil to the skin. Check the area each hour for a few hours for irritation to the skin.

Lastly, always read product labels very carefully and use accordingly.

As you retreat to the cozy indoors this fall, you may enjoy our new collection of essential oils blended especially for this season. Check out our in-store display of the new fall collection essential oils including "Pumpkin Spice" and "Spiced Cider" scents and our new diffusers. If you should happen to need a nice cup of tea while you enjoy the lovely scents and curl up with a good book, we have a great tea selection to choose from, just to your right of our display..... but of course, if you have seen our tea collection, you will know that it could warrant an entire article all it's own! So, I shall leave that for another time.

Have a wonderful autumn season and come see us soon!



HOW PEOPLE QUARANTINED 100 YEARS AGO

Provided by Castle Kilbride

Wondering how people quarantined in Wilmot Township over 100 years ago? The Township of Wilmot Archive can help us learn how residents handled outbreaks of Scarlet Fever, a contagious and deadly disease that killed many in our area. A schoolbook recovered from our Township dating back to 1910 reads,

"...a law has been made requiring a notice to be posted on the door of every house in which there is an infectious disease. In compliance with this law, you will sometimes see on a house a card with the words: "Scarlet Fever," "Smallpox," or "Diphtheria." This card not only warns people not to enter the house, but it implies that the children in the house should not go to day-school or to Sunday-school; and that grown up folk belonging to the house should not mingle with others at "bees," thrashings, or in shops, factories, street-cars, or churches."

This summer in our archives we were able to re-discover a collection of "quarantine signs" from the era. Below you will be able to find some of the signs that Wilmot residents hung on their doors as they were quarantining in the early 20th Century.

The poster is part of Castle Kilbride's special exhibit called "My Dearly Departed" which closes on November 7th.

COVER STORY



New Multigenerational Community a Win-Win for All Ages

WRITTEN BY JILL SIMPSON

In 2016, National Geographic funded a fascinating research project on aging. Dan Buchner and his team travelled the globe studying what he coined ‘Blue Zones,’ communities with exceptionally high numbers of centenarians. What kept so many people in these communities, so healthy for so long? Buchner’s research revealed that lifestyle choices and social networks profoundly affect healthspan and lifespan.

Studies worldwide confirm that people tend to live longer, healthier, more fulfilled lives in a traditional multigenerational environment.

The vast majority of people desire to age in their own homes, in their own communities. Yet in North America, we continue to embrace a system that segregates people by age and isolates elders in ‘special facilities’ where they can (out of the public eye) grow old together. Until recently

though, there have been few alternatives, but hope blossoms in the tiny hamlet of Bloomingdale, ON, where a not-for-profit organization, To Thrive Together Sustainable Living, is about to change the way we care for both people and the Earth.

History has proven the most effective way to ignite change is to lead by example, so To Thrive Together is building living model communities that demonstrate how small changes in thinking, technology and attitudes can create huge positive social and environmental impacts. Their Canadian pilot project in Bloomingdale, currently scheduled to begin construction in 2022, will be the first of 10-such planned communities.

A To Thrive Together community focuses on people, not cars; porches, not garages; gardens, not concrete; neighbours, not strangers.

Reinventing the tradition of multigenerational living for the 21st century, To Thrive Together uses architecture and design to build social connections. Younger generations benefit from access to the knowledge, skills and wisdom of elders. Older generations benefit from the security of a home for life in a supportive community where they can maintain dignity and purpose to the end of their days.



“Sustainability,” says Executive Director, Jill Simpson, “is not simply about caring for the planet. Our personal wellbeing is closely intertwined with the wellbeing of our neighbours and the Earth.”

Concerned with the healthy environment of buildings as much as the land, Architect, Robert



Dyck, has long employed the principles of ‘biophilic design,’ using natural materials and exposed wood walls to connect people to nature within his built environments. His goal is to create the healthiest physical and psychological atmosphere where young families can grow up and seniors can grow old.

“It’s curious,” Dyck says, “that people leave their home to go to a cottage to relax. The cottage is perceived as a sanctuary of peace to unwind and reconnect with family and nature. But the concept of two homes seems absurd, especially amid a critical housing shortage, so I’ve purposely recreated that warm, relaxing cottage atmosphere.”

A To Thrive Together home ‘is’ the cottage you long to retreat to.

One of the organization’s founding principles is to model building zero-carbon. Dyck is passionate about his commitment to the environment. “Of course, we have to build zero-carbon”, he says. “Anything less would be a travesty. We already have proven technologies, but developers are waiting for building codes to force them to build sustainably. Just look at the latest IPCC report on climate change; it’s obvious how faulty that thinking is. By the time the building codes catch up, it will be too late. We need to build sustainably, and we need to do it now!”

Not only will the Bloomingdale community get its electricity from the sun, heating and cooling from the Earth, but excess power generated by its solar panels will feed back into the power grid to help keep polluting peaker plants in hibernation.

Surrounded by a shared 8.9-acre designated green space of forests, gardens, and meadows on the banks of the Grand River, each home will come with a 1/32nd share of the common grounds and The Gathering Place, the community building for family and social events, multigenerational activities and sustainable living education.

“It’s a small community,” says Jill Simpson, “32 homes is the ideal number for us to know our neighbours yet still feel we have personal space.”

Although, until now, To Thrive Together has not officially gone public, word of mouth has generated nearly 100 enquiries about how to purchase a home in community. In response, the organization has created an official waiting list until they begin accepting deposits on homes in early 2022.

Interestingly, a third of enquiries were from young couples wanting to model sustainable living for their children. A third from people in mid-life who had just put a parent through the care-for-profit system and were vowing they would not let that happen to them, and the other third were seniors looking to maintain independent and meaningful lives as they aged in place.

“I don’t think we could have planned a more perfect multigenerational mix,” says Simpson. “Whether people are in their first or last decade of life, a To Thrive Together community is a wonderful atmosphere that encourages people to learn, grow and blossom at every age.”

To find out more, to place your name on their waiting list, or become a volunteer, To Thrive Together is hosting two upcoming Zoom information nights: September 29th and October 27th both 7:00 PM- 9:00 PM. Email info@tothriveTogether.org for a free ticket or to receive their newsletter.

<https://tothriveTogether.org>





COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

**Helping Seniors and Adults with Disabilities
to Live Independently in their own Home**

- Meals on Wheels • Transportation
- Day Programs • Homemakers
- Maintenance • Friendly Visitors • Community Meals
- Transportation from Hospital to Home
- FREE Community Exercise and Falls Prevention Classes
- FREE Short Term Home Support

**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot

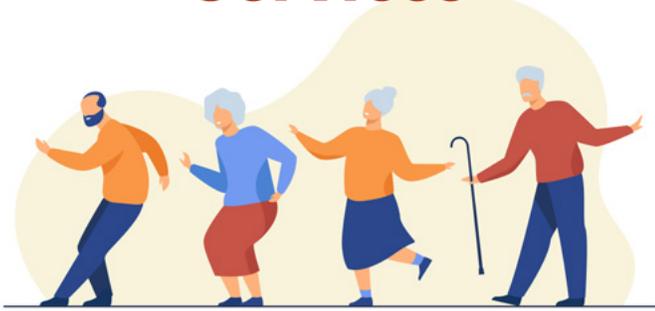
**929 Arthur St. S.
Elmira
519-664-1900**

1-855-664-1900

**info@communitycareconcepts.ca
www.communitycareconcepts.ca**

**23 Church St.
New Hamburg
519-662-9526**

Celebrating Community Support Services



October marks Community Support Month across the province of Ontario. Across Ontario, more than one million people benefit from home and community support services that support seniors and adults with disabilities to live independently in their own homes. Home and community support services include a broad range of programs, including programs that help individuals to remain connected to their community, services that help individuals navigate the health and social services system and services that support individuals and caregivers. By customizing services to individuals' needs and supporting immediate needs, services often help to prevent or delay further challenges.

For the past 35 years, Community Care Concepts has provided home and community support services across Woolwich, Wellesley and Wilmot to more than 5,000 individuals and caregivers each year. A variety of services are provided, including:

Services that help individuals to live independently

- ▶ Meals on Wheels - Hot, nutritious meals delivered at noon on weekdays. Frozen options also available.
- ▶ Assisted Transportation – Rides to medical and other appointments
- ▶ Homemaking – Help with housekeeping and meal preparation
- ▶ Outdoor Maintenance – Help with yard work or snow removal

- ▶ Friendly Visiting – Visits by screened volunteers
- ▶ Home at Last – Transportation home and settling in after a visit to a local hospital or clinic
- ▶ Senior Support Workers – Practical, responsive in-home support
- ▶ Adult Day Programs – A day filled with activities, games, music and crafts
- ▶ Information and Referral – Help in navigating the health and social service system

Programs that help individuals connect with others in a variety of community locations or virtually

- ▶ Community Dining – Sign up for a hot nutritious lunch, fellowship and entertainment
- ▶ Exercises – Free gentle exercise classes
- ▶ Active Living Centres – Join us for a variety of free social and recreational programs

Opportunities to give back to your local community

A variety of volunteer opportunities are available including:

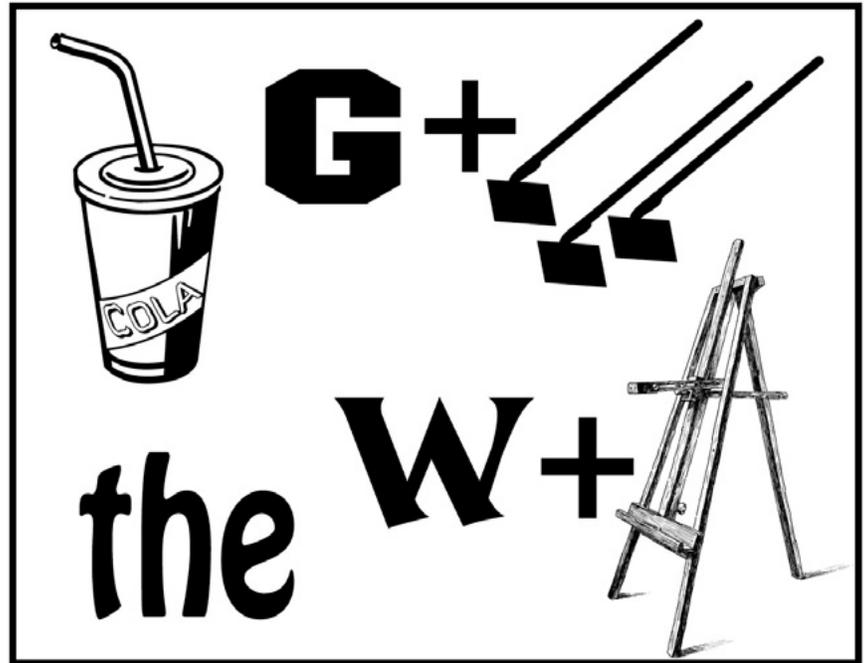
- ▶ Delivering Meals on Wheels
- ▶ Driving individuals to medical appointments
- ▶ Preparing and serving meals in our dining programs
- ▶ Visiting isolated seniors
- ▶ Helping with programming in our adult day programs

As we celebrate Community Support Month, we extend our heartfelt thanks to our many volunteers, our staff, our community donors and partners, our funders and most importantly the individuals and families who continue to place their trust in us. Together we have been able to support our friends and neighbours to live independently.

For more information on services or volunteer opportunities call 519-664-1900, 519-662-9526 or 1-855-664-1900



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



Word Pyramid #1

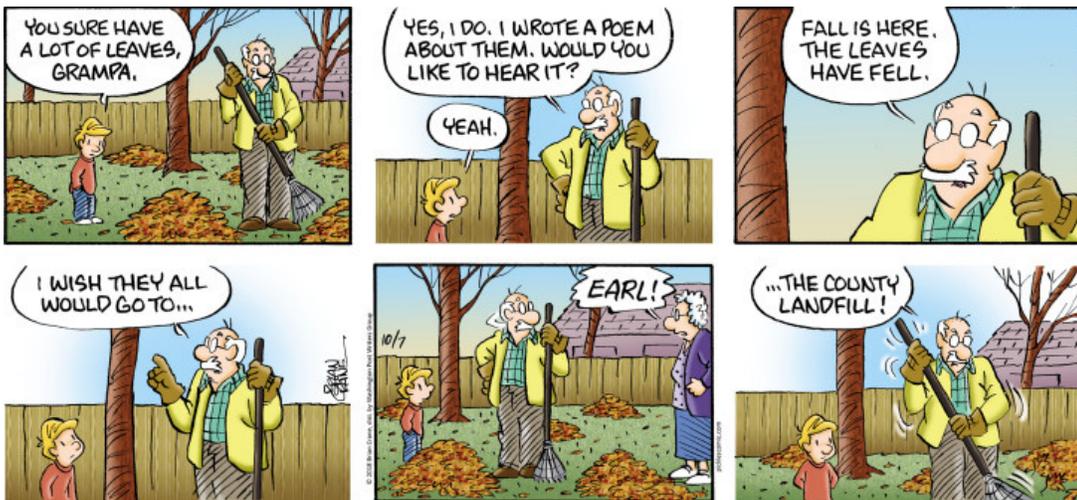
Answer the clues to fill in the pyramid.



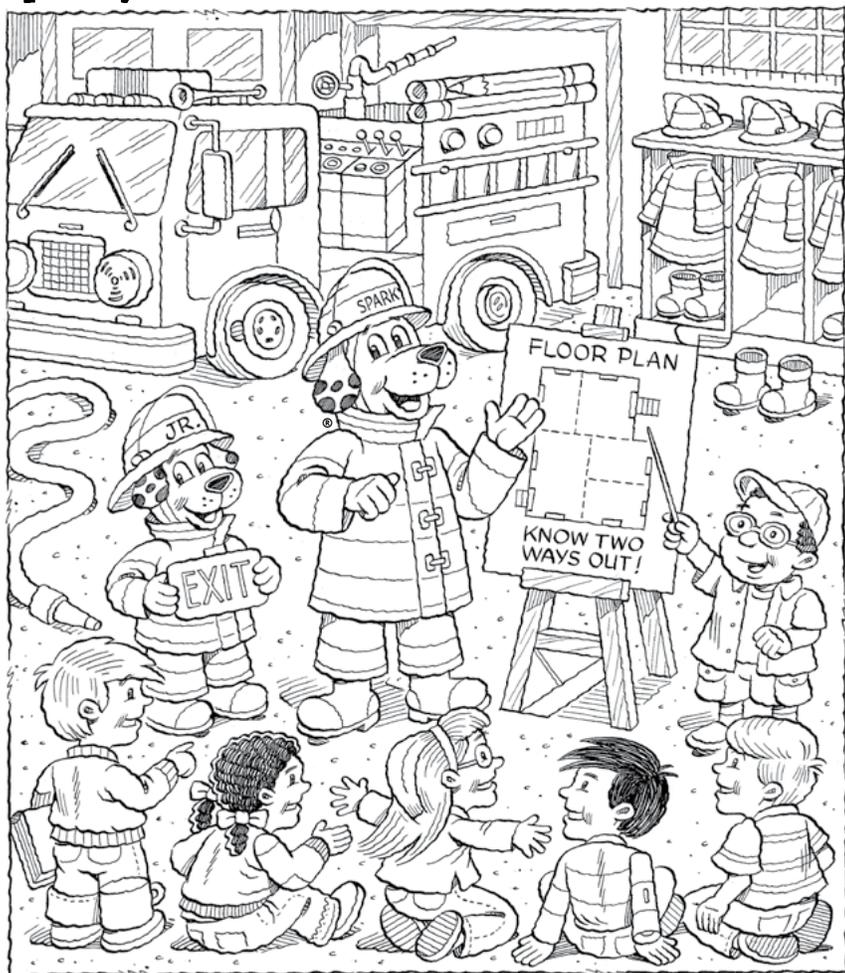
1. Alphabet's third vowel
2. Do, re, ____
3. Snakelike fish
4. Mexican menu item
5. Dried plum
6. Two-piece bathing suit
7. Heavily built wild ox
8. Use instead of knocking
9. Type of pen



Laughing Matters!



Sparky's HIDDEN PICTURE PUZZLE



The following objects are hidden in this picture: battery, smoke alarm, candle, flashlight, pencil, sailboat, banana, golf club, bell, sock, ruler, ring, cup, and a button!

For more FUN STUFF, visit SPARKY.ORG

The name and image of Sparky are trademarks of the NFPA.

CLEVER

An Englishman and an Irishman go to a bakery. The Englishman steals three buns and puts them into his pockets and leaves. He says to the Irishman: "That took great skill and guile to steal those buns. The owner didn't even see me."

"That's just simple thievery," the Irishman replied. "I'll show you how to do it the honest way and get the same results."

The Irishman then proceeded to call out the owner of the bakery and says: "Sir, I want to show you a magic trick." The owner was intrigued so he came over to see the magic trick.

The Irishman asked him for a bun and then he proceeded to eat it. He asked two more times and after eating them again the owner says: "Okay my friend, where's the magic trick?"

The Irishman then said: "Look in the Englishman's pockets."

Home health care services



One-to-one assistance to stay safely at home

- ~ Personal Care
- ~ Caregiver Relief
- ~ Nursing
- ~ Companionship
- ~ Meal Preparation
- ~ Medication Reminders
- ~ Light Housekeeping
- ~ Palliative / End of Life Care
- ~ In-Hospital Assistance

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EVERY SECOND COUNTS! **PLAN** 2 WAYS OUT!

If a fire occurred in your home tonight would your family get out safely?

A fast, pre-planned escape is critical to survival. There are **no second chances** in a fire.

Follow these simple steps:

Test your smoke alarms—**every month!**



Discuss with everyone in your home how each person will get out in a fire.
Practice your plan!



Know **two ways** out of each room, if possible.



Determine who's going to help **young children, older adults, people with disabilities** or anyone else who needs help escaping.



Have a **meeting place** outside your home.



Call **9-1-1** or your **emergency number** from outside the home.



GET OUT, STAY OUT!
Never re-enter a burning building!



EVERY SECOND COUNTS!
Fire and smoke can travel so quickly that despite their best efforts, firefighters may not be able to rescue you or your family if a fire occurs in your home. **You need to be out of your home** when the firefighters arrive!



For more information, contact your local fire department.



Office of the Fire Marshal
and Emergency Management
ontario.ca/firemarshal

WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

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

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

WOOLWICH TOWNSHIP:

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

Concentration Puzzle: Pop goes the weasel

Solutions

1. I
2. M I
3. E E L
4. T A C O
5. P R U N E
6. B I K I N I
7. B U F F A L O
8. D O O R B E L L
9. B A L L P O I N T





Ask the Doctor

with Dr. Nicole Didyk

There are so many nutritional supplements on the market these days and it overwhelms me wondering which ones I should be taking now that I am over 65. Can you please tell me if taking supplements are necessary and if so, which supplements are recommended for older adults?

If you're thinking about taking supplements or vitamins, you're not alone: 46% of adults in Canada take a vitamin at least once a day. Canadians spend over \$370M on vitamins and supplements per year. It's a big business, especially when you consider that most older adults don't need to take any kind of vitamin or supplement at all. In addition, there's no good evidence that taking a dietary supplement, mineral or vitamin in midlife is going to prevent dementia later on or prolong life.

Now, if there is a vitamin deficiency, replacing it with a supplement is vital. There are a couple of vitamins that are sometimes low in older adults:

- ♥ Vitamin D if a person has minimal exposure to sunlight or is at higher risk of breaking a bone.
- ♥ Vitamin B12 can be at low levels in those who don't eat red meat or leafy greens or have certain medical conditions.

You might ask: "What's the harm in popping a multivitamin every day, just in case?" The downsides include:

- ▶ Financial cost of vitamins and over-the-counter supplements that aren't usually covered by provincial drug plans
- ▶ "Pill burden", or the hassle of taking additional tablets if you're already on medication.
- ▶ Some supplements and vitamins aren't regulated like medications are. It can be difficult to know exactly what you're paying for, and more importantly, what you're

ingesting.

- ▶ Vitamins can be toxic if they're taken in too large of an amount or in conjunction with certain medical conditions or certain other medications.

The best approach is to try to get all of the nutrients that you need through healthy eating and other good habits. So, save your money and enjoy a vitamin-rich snack!

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

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

Disclaimer:

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

ALZHEIMER SOCIETY

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

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

CONTACT

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

www.alzheimerww.ca

“Self-Care, Other Care”

“It’s not selfish to love yourself, take care of yourself, and to make your happiness a priority. It’s necessary”

- Mandy Hale



Many of us have many responsibilities: work, or take care of our children, helping people, or any other activity we do can be emotionally as well as physically draining if we do not take care of ourselves. Self-care is so much more than bubble baths and cups of hot tea. It can look different for everyone. When it comes down to it, it can simply mean being kind to yourself.

The World Health Organization (WHO) defines Self-Care: “Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness.” Self-care is something you can practice every day. Think about taking care of yourself a non-negotiable act of love. You’re the person you will be spending the most time with in your life, so be your favourite self! The better you care for yourself, the better you are able to care for others and put your energy into the things you do.

Again, self care is probably going to look a little different for you than someone else, and that’s okay! It also might look different for you one day to the next. You might be in need of some relaxation after working hard, or you might be ready for a new challenge, it’s all up to you to decide what’s best for you.

Below are a few ways to think about self care in your day-to-day life.

Here’s a simple first step that can be really powerful. Get yourself in a place of silence with no distractions, away from those “weapons of mass distraction”, such as your television, computer, and cell phone. Just be there with yourself, for 1 minute, 5 minutes, whatever you need, and take some deep breaths. This can help you reconnect with yourself, and you might even start to realize which forms of self care you could really benefit from.

You could make your daily habits more exciting, like using your favourite fancy teacup for your morning coffee instead of a plain mug. Add some fun into your day!

Another idea is to try making negative or dull moments more positive. Maybe you’re waiting in line at the grocery store and feeling impatient, and all you can think about is wishing you could get through the line as fast as you can. Whatever is going on in your mind likely isn’t going to make the line move any faster, so why not save yourself the stress? What if you could choose to show yourself kindness and feel better in that very moment? Think about something that will benefit you, whether that is appreciating the flowers at the checkout, or feeling grateful for the food you are about to buy. Doesn’t that make you feel a whole lot better?

Here's another interesting way to look at it. Do you find it easy to do things for others but not for yourself? Let's say your friend is feeling really exhausted at the end of a long day, and doesn't feel like cooking dinner. You would probably offer to cook them something, and make sure it's something they enjoy. An act of self care might be cooking a meal you enjoy for yourself even when you don't feel like it.

What do you already do to practice self care? There may be things that you already do that are acts of self care that you don't realize. Gardening is a great example of a "chore" that can also be a form of self-care. If you garden, there are many ways you can use it to your benefit, such as being more mindful and appreciating nature.

Here are a few more ideas for practicing self care:

Relaxing

- ♥ Read a book
- ♥ Go for a walk
- ♥ Enjoy the sunshine



Taking action

- ♥ Develop a morning routine that makes you feel good
- ♥ Clean up your space
- ♥ Prepare some nutritious food
- ♥ Drink more water

Reconnecting with yourself

- ♥ Go outside in nature
- ♥ Start a new hobby
- ♥ Practice gratitude (WCHC has a virtual session coming up on mindfulness and gratitude!)

Connecting with others

- ♥ Asking for help
- ♥ Sharing a hug

Given so many options, being overwhelmed by the choices probably isn't going to do you much good. You are the expert of yourself, and you get to decide how to practice self care! If you don't know where to start, just choose one thing that you can easily do to show kindness to yourself to yourself. I encourage you to ask yourself, "how can I show myself love and kindness today?"

Check out this great video from the Woolwich Community Health Centre blog about Self-Care and Setting Healthy Boundaries hosted by Jannah Tudiver: <https://wchcvirtualhealth.wixsite.com/mysite/post/self-care-and-setting-healthy-boundaries>



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The Earl of Wit



As a boy, I used to marvel at the humorous stories told to me by uncle Earl: like the time the local volunteer fire department headed out to put out a barn fire. This didn't seem unusual due to the storm and the lightning strikes that night. But the lads got lucky and were able to knock the fire out quickly because the wind had died down – resulting in minimal damage to the old structure. Not only that, but the farmer had previously cleared the animals out and none were lost.

However, the fire crew didn't have much time to rest as they were soon called out to the same property. Seems somehow the fire had re-ignited... apparently some remaining hot spots were the cause. This time they made sure that everything was thoroughly soused down.

But, much to everyone's surprise, two hours later, the call came in again – same barn, same fire!

And, to hear Uncle Earl tell it, the fire chief – after surveying the scene of the blaze for the third time – announce to his crew (to no one's surprise), “Well, if he wants his barn to burn that badly ... best just let it go.”

Another time, I remember how sad it was at his wife's passing. Aunt Irene had attended the local missionary church regularly and had tried, and failed, to get Earl inside the church. Yet, now – for Irene's sake – he made an exception and attended her funeral services presided over by Pastor Bob.

And again, despite somber circumstances,

uncle Earl was able to see the lighter side of things – and thereby relieving the tension. When Pastor Bob commented during his eulogy that Irene was in a better place ... “where the streets are paved with gold”, Earl was heard to say, “That's right ... all that gold and nowhere to spend it!”

Yet, despite Earl's classic witticism, when he passed away – just one week after his wife's funeral – we realized that his faith, and love for her, ran deeper than he let on.

I guess I'll always be amazed how visiting Uncle Earl made you feel happier for having visited him – despite his pain from crippling multiple sclerosis which he suffered from for most of his adult life. And, it couldn't have been easy for him; as he frankly admitted to a news reporter writing a story on the disease, “It's no fun ... I wouldn't want to wish it on anyone.”

But he wouldn't have wanted to be remembered as a man defined only by a home hospital bed or wheelchair. Whether in my childhood or adult memories, uncle Earl's as vibrant, now, as he ever was in life. I won't forget. So cheers, Earl!

**“And you can tell everybody
this is your song/
It may be quite simple but
now that it's done...
I hope you don't mind that
I put down in words/
How wonderful life is while
you're in the world”**

– *Your Song* by Elton John

<https://youtu.be/l13iWvcGuwI>



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Can You Have Two Principal Residences?

A had a client write the following: “I own a house in Kitchener and also a cottage. I want to sell the cottage. Is there any way I can avoid capital gains tax or at least some of it.

In general, with respect to tax savings or tax planning, the best people to contact are usually accountants --- they generally are the experts in this category. However, based upon my experience and knowledge, I would offer the following advice.

First of all, the reader hit the ‘nail on the head’ by keeping repair bills. In general, capital gains is the difference between what the cottage originally cost and what it eventually sells for. From this amount, you are able to deduct some expenses that you have incurred ie. renovations, additions and septic improvements. You usually then have to include one-half (½) of the resulting gain in your income. On or before April 30th of each year, you pay tax on your income (including this amount). Some people think that the government takes about 50% of the gain as tax, but this is incorrect.

The solution that I think the reader is alluding to is one that was used years ago, but has since been stopped by amendments to the Income Tax Act.

Before this legislation prevented it,

husbands and wives for example, would register the residence in Kitchener in the husband’s name and the cottage in Haliburton in the wife’s name. They would each claim that each property was their own respective principal residence and therefore, when the properties were sold, there were no capital gains, because capital gains tax does not apply to principal residences. The government of the day, saw that this ‘loophole’ in the Income Tax Act was being abused --- they passed legislation (about 1981) to stop this practice. Now, a husband and wife can only have one (1) principal residence under normal circumstances



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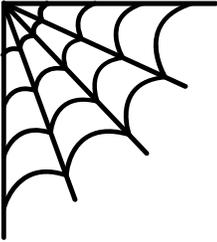
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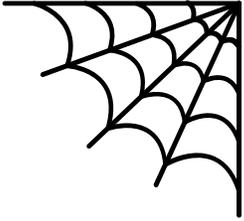
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HALLOWEEN TIPS FOR PEOPLE LIVING WITH DEMENTIA AND CARE PARTNERS



OVERVIEW

Halloween is the time of the year when strangers dressed up in costumes knock on your door asking for candy. It's very possible to see how the holiday might be more confusing and terrifying than fun for people living with dementia. Be realistic about your expectations for Halloween, always consider the stress threshold of those you are caring for. Because we typically celebrate Halloween with scary decorations, costumes, and other activities that aren't part of their normal daily routine, the holiday can cause a variety of situations that could trigger behavioural responses. This guide will give some tips and suggestions on how you can make the most of this spooky season!



COSTUMES

Costumes are always a fun way to get into the Halloween spirit! Make sure costumes are made out of comfortable loose clothing. Accessories are a great way to spice outfits up - make sure to avoid dangly and or heavy extras.

Pirate - A classic costume that can be made out of household objects. For the base, wear a loose white blouse or shirt with comfortable tan pants. Wear a black hat or toque with crossbones cut out of white paper taped on!

Rockstar - This is a great option for those with reduced mobility. Throw on a band t-shirt, old jeans and spike up your hair. Wheelchairs can become drum thrones if you carry drumsticks, canes can become your microphone stand!

CANDY

Ask any kid, and they will tell you the real reason for the season: Candy! Preparing grab bags beforehand is a great way to spend an afternoon! Avoid candy with peanuts and small candies that could be a choking hazard to younger children.

If you're looking for a healthier option, you can create Halloween activities packages - Halloween-themed colour pages, pencils and erasers are always a hit!

SET-UP

Preparation is key to a successful Halloween! Spread out candy bags on the table in a well-lit space on your property where you and your loved one can view them from a window. You can enjoy the costumes from a distance without the ringing doorbell and the children yelling. Make sure to place an instruction sign for the trick-o-treaters!

If you would like to answer the door, make sure there is space on your front entrance so the children do not crowd the door.



DECORATIONS

When decorating, make sure to avoid decorations that can be too scary or overwhelming for those living with dementia. Voice-activated and CDs with creaking doors and ghosts screaming are things to avoid. Nighttime candles and light-up pumpkins might cast an eerie glow that might cause anxiety in people living with dementia.

Making your own decorations beforehand is a great way to spend time together!

6 Tips for 50+ Eye Health

Aging and certain lifestyle choices can affect your vision, especially if you're in your 50's and older. While it's normal for your eyes and vision to change, there are certain actions you can take to help protect your sight.

Eat Well

A well-balanced diet helps maintain a healthy body and reduces your risk of developing eye disease. Nutrients and nutritious foods, which help prevent vision loss include:

- * Vitamin A: Carrots, spinach, kale, egg yolks, dairy products
- * Vitamin C: Citrus fruits, broccoli, potatoes, green peppers
- * Vitamin E: Whole grains, eggs, sunflower seeds, vegetable oils
- * Fatty Acids: Coldwater fish, such as mackerel, rainbow trout and salmon; corn oil, sunflower oil
- * Lutein: Kale, spinach, broccoli, brussels sprouts, corn
- * Zinc: Poultry, meat, fish, dairy products, whole grains

Quit Smoking

Smoking can significantly increase the chances of developing age-related macular degeneration and cataracts, as well as retinopathy in those who are diabetic. If you are a smoker, the sooner you quit, the better.

Exercise

Exercising for at least 20 minutes a day is great for your whole body, including your eyes! It isn't necessary to engage in strenuous exercise—in fact, a brisk walk will suffice.

Protect Your Eyes

Sunglasses

Protecting your eyes from ultraviolet rays with UV-blocking sunglasses can slow down the development of cataracts, prevent sun damage to your retina, and lower the risk of skin cancer near your eyes.

Protective eyewear

Another way to protect your eyes is to wear protective eyewear. If you play sports or work with materials such as wood, glass or metal, protective eyewear can shield your eyes from small particles, as well as fast-moving objects like balls and hockey pucks.

Give Your Eyes a Rest

If you spend a lot of time reading or looking at digital devices, you may develop eye strain and fatigue. By implementing the 20-20-20 rule you can give your eyes some much-needed rest. All you need to do is to remind yourself every 20 minutes look at something 20 feet away for at least 20 seconds.

Have Regular Eye Exams

And finally, a comprehensive eye exam is crucial, as it can detect eye conditions that don't display any symptoms until vision loss has already occurred.

These conditions include:

- * Age-Related Macular Degeneration
- * Glaucoma
- * Diabetic Retinopathy

When detected early, treatment can often reduce the risk of permanent vision loss. Less serious and more common, presbyopia or age-related farsightedness develops with age and simply updating your prescription for glasses or contact lenses at your routine eye checkup can keep you enjoying the arm's-length activities you love.

Age-related vision changes can be challenging, both emotionally and physically. However, some of these can be mitigated by implementing the tips above. Schedule an eye exam with your local optometrist to check your eye health today!

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Hearing Loss Self-Test

You may not notice hearing loss, because the process is gradual. Your friends, colleagues and relatives are often the first to notice. They may get the impression that you're not listening to them. They may find your TV is too loud. Or they may find conversations with you are slower and more difficult than before.

When your hearing begins to get worse, it doesn't mean that everything is suddenly quieter. Often, some noises remain audible and loud while others become faint or disappear.

Voices can sound distorted, indistinct and unnatural, so that you can hear but can't understand. And by the time you've worked it out, the conversation has moved on.

To avoid having to confront such difficult situations it makes sense to act early on hearing difficulties.

Below is a simple self-test to see if you might be experiencing hearing loss.

	Yes	No
Do people around you seem to mumble?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to hear someone who speaks from behind you or from another room?	<input type="checkbox"/>	<input type="checkbox"/>
Do you need to look closely at a person to follow a conversation with them?	<input type="checkbox"/>	<input type="checkbox"/>
Do you turn up the volume of the TV or radio?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to make phone calls?	<input type="checkbox"/>	<input type="checkbox"/>
Can you not hear as well as you used to at the cinema, the theatre, or when you're out for the evening?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to hear in environments with a lot of background noise, such as on the street or in the car?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel that your effectiveness at work is compromised by your difficulties in hearing and communicating?	<input type="checkbox"/>	<input type="checkbox"/>
Do your relatives, friends or colleagues ever say that they have to repeat things for you?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "yes" to some of these questions, it is time to let your local hearing care professional test your hearing. For more information contact Hemmerich Hearing Center in New Hamburg at 519-662-6884

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- Dried yellow split peas, rinsed 1 lb (450 g)
- Smoked sausage, sliced 1 lb (450 g)
- Carrots, chopped 1 ½ cups (350 mL)
- Celery, chopped 1 cup (250 mL)
- Medium potatoes, peeled and chopped 2
- Onion 1
- Garlic, chopped 2 cloves
- Dried oregano ½ tsp
- Bay leaves 2

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1. Prepare ingredients as mentioned above and combine them into a slow cooker.
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I am also an (ASA) ACCREDITED SENIOR AGENT and (RENE) REAL ESTATE NEGOTIATION EXPERT



Working to SERVE YOU in WATERLOO, OXFORD & PERTH COUNTIES!!
Wilmot, Wellesley, East Zorra Tavistock, Blandford-Blenheim, Perth East & Woolwich Townships!!
not intended to solicit those already under contract with another Brokerage

PHARMASAVE

Home Health Care

Town Square Pharmacy

100 Mill St, New Hamburg P. 519.662.9995 F. 519.662.9984

Front Store • Cosmetics • Cards & Gifts • Vitamins & Supplements • Special Orders • Mail & Receiving Parcels • Processing Postal Transactions

Pharmacy Services • Phone, Online & Mobile • Medication Sync • Compliance Packaging • Injection Administration • Specialty Compounding

Post Mastectomy Products • Certified Fitters for Compression, Lymphedema & Post Mastectomy

Home Health Care • Assisted Device Vendor (ADP) • Personal Aids to Daily Living • Lift Chairs • Ostomy

Bath Safety • Mobility Aids • Hospital Beds
RENTAL OR PURCHASE



It's easy to transfer your prescriptions here!

PHARMASAVE

Specialty Compounding

Baden Village Pharmacy

18 Snyder's Rd, Baden, ON P. 519.214.4000 F. 519.214.4001

Pharmacy Services

- Phone, Online and Mobile
- Medication Sync
- Compliance Packaging
- Injection Administration
- Specialty Compounding

Front Store

- Cosmetics
- Cards and Gifts
- Vitamins and Supplements
- Special Orders



It's easy to transfer your prescriptions here!

Town Pantry Health Food Store

- Weekly Fresh Bread
- Bulk and Natural Food Items
- Natural Personal Care and Household Cleaners
- Natural Supplements and Vitamins
- Keto and Specialty Snacks
- Sports Nutrition

Juice Bar

- Green and Vegetable Juices
- Protein Smoothies
- Fruit Smoothies

Buy 9 smoothies or juices get the 10th FREE*

*Any juice on menu free, additions subject to charge.

100 Mill Street, Unit D, New Hamburg, Ontario
519-662-9995 | townpantryhealthfoodstore.ca

PHARMASAVE

Medical Pharmacy

Breslau Commons Pharmacy

10 Townsend Drive, Unit 10, Breslau, Ontario
P. 226.243.5200 F. 226.646.7847

Pharmacy Services

- Specialty Compounding
- Online Prescription Refills
- Natural Health & Wellness Products
- Free Transfers, Medication Alignment, Reviews, and Disposal
- Wednesdays Seniors Save 15%

Hours: Mon-Fri 9-6 Sat 9-3



It's easy to transfer your prescriptions here!