

FREE!

EMBRACING CHANGE

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

ISSUE 13 SEPTEMBER 2019

www.embracingchange.ca



Feature Business of the Month



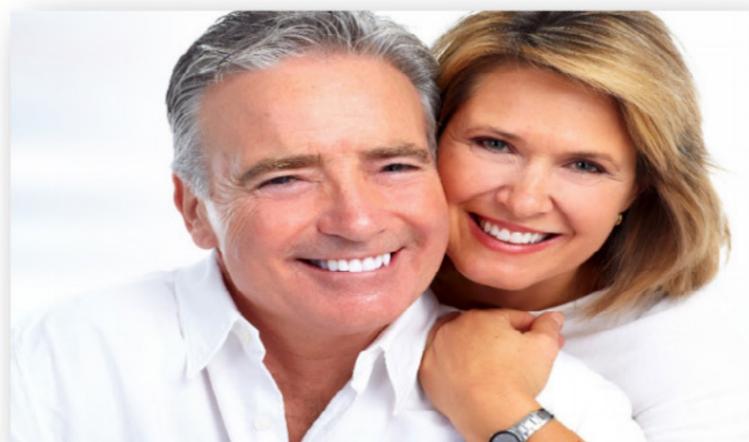
Community resource guide to help you and your loved ones age in place!



NEW **hamburg** DENTAL GROUP

OUR FULLY DIGITAL OFFICE OFFERS EVERYTHING YOU NEED ONSITE.

YOUR HEALTH. YOUR SMILE.



- *It's easy. Call us and we will set up a complimentary consultation.*
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- *One Visit - Same Day Crowns*
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- *Implant Retained Dentures*
- *Adult Orthodontics*

DR MANNING CHIANG

DR MIYEN KWEK

DR RUTH MACCARA

**25 Byron St
New Hamburg ON**

newhamburgdental.ca

Tara Bott (Held)
EDITOR/PUBLISHER

**Rich Held,
Don & Shirley Bott**
DISTRIBUTION

Jessica Uttley
DESIGNER

Rebecca Roessler
SOCIAL MEDIA SPECIALIST

On The Cover

This photo is of Ken and Grace Bott and their 9 grandchildren. It was taken at a friends property north of Elmira and the photo session was a gift from their 3 children to celebrate their 40th wedding anniversary. Their photographer was a niece, Jessica Shoemaker.

About the Photographer

Jessica Lynn Photography is based in Elora. Jessica specializes in Wedding, Family and Advertising photography. For more information you can visit her website at www.Jessicalynnphotography.com, or contact her at 519-993-4167

Embracing Change

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St Clements ON N0B 2M0**

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 **www.embracingchange.ca**

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

Time...

Wow! It's hard to believe Embracing Change is celebrating our first year anniversary! Time sure does fly by when you're having fun. For those of you who think you're too old, or your dreams are too big, or unrealistic and maybe out of reach, my hope is that you push aside your fears and take a step. Big or small, just one step forward. Time passes quickly and a year from now you will be either wishing you had started, or incredibly thankful you did.

My "step" a year ago wasn't absent of fear, but my desire to make a difference with a demographic I'm passionate about serving was stronger than my doubts. And what an exciting year it has been! I want to thank each and every one of our advertisers and contributors, and a special thank you to Jessica, Rich, Shirley, Don, Rebecca & Lisa for making this community resource what it is today. To all of our valued readers - thank you for the wonderful support you have given Embracing Change since day one. You are the reason I wake up every morning with enthusiasm and gratitude because I get to do the work that matters most to me.

Over the past 12 months many of you have asked that we include a business directory in every issue. I'm happy to share we've listened and this month you will find the new directory listing. If you would like to be added to our growing list of valued local businesses, please contact us at embracingchangeinfo@gmail.com so our readers can be reminded of your services and support local.

This month we are recognizing National Grandparents Day on Sunday September 8, and World Alzheimer's Day on September 21st. Ara, a resident of New Hamburg, has a great story to share on page 23 about the special memories she has of her Grandparents. And to all of the cherished Grandparents out there, I wish you an amazing day making memories with those you hold dear - the values, beliefs and ideals of your future generations all began with you.

Tara





1994 Castle Kilbride Gala Photo by Gary Beach

Castle 25th Kilbride Anniversary

We have lot to celebrate in September - Castle Kilbride turns 25 years old as a community museum. We thought it would be interesting to take a look back from two different perspectives from people who were here during that exciting time.

On Sunday September 22, 2019 from 1 p.m. – 4 p.m. we are hosting a special event to mark our 25th anniversary. Please join us. For more information please visit www.castlekilbride.ca

Livingston Family Perspective (Jim Veitch, great-grandson of James Livingston)

Upon hearing in 1993 that Castle Kilbride was purchased by the Township of Wilmot, I was both excited and elated. It was true a big weight can be lifted off your shoulders. Regretfully I was unable to attend the Gala Celebration but was present for the Opening Ceremonies on the side lawn 25 years ago when Castle Kilbride was unveiled to the public as a museum. As a family member it was very special and exciting. I struggle to recall the details but it must have been like watching a family member recover from a fatal illness and come back to life.

Committee Perspective (Colleen Herner, Faithful Volunteer)

Being part of the gala committee 25 years ago was an amazing time. I got to meet so many wonderful dedicated people who came together to make “the jewel of Wilmot” a reality. The evening was a very magical fairy tale, that created memories for so very many people. Each of the guests have favourite memories, seeing the castle for the first time, enjoying themselves at the gala, fond memories to last a lifetime. The friendships made 25 years ago have stayed, and my life is fuller because of this wonderful castle.



**TOWNSHIP
OF WILMOT**

60 Snyder's Road West, Baden, Ontario N3A 1A1

ANNIVERSARY MESSAGE FROM THE MAYOR'S DESK:

Oh. How time does fly. It just doesn't seem like a whole year has gone by since the inception of this lovely, informative, eye-catching publication “*Embracing Change*” was published and I had the first edition hand delivered to my office personally by Editor-in-Chief Tara Bott. I knew at first glance this was going to be a one-of-a kind journal with which I looked forward to every month from then on.

Tara I commend you on your foresight, insight, ingenuity, and your compassion for which you research, and inform us monthly of all topics which affect us all at some point in our lives. We all know that this takes hours of research, and plenty of contacts to bring this to fruition so we can all benefit from the fruits of your labour. Not only do you provide the readership with knowledge and education on topics we couldn't research on our own, but also a chuckle or two mixed in also. It is a gentle combination of reality, humour, and life experiences that culminate in a stimulating and thought-provoking expose. I look forward to each new monthly edition as it is always brand new each time.

Your feature anniversary topic on “Grandparents”, is one that is near and dear to most all of us who have gone through the years with these dear folks in our lives, lived the dynamic that they infused into our existence, and as is the progression of life's cycle, departed and left their indelible mark on us. To those who still have these dear people in your lives, I implore you to spend time with them while you can, take time to chat and let them know the special place they hold in your hearts. To those who cannot identify any longer with grandparents, you can take a moment of quiet reflection in the midst of your busy day. Mention their names and share a special memory that makes you smile.

Tara, you have had a great first year, and I thank you and appreciate all that you have accomplished through your endeavour. I Look forward and anticipate the same success for you as you embark on a new year.

Sincerely
Les Armstrong
Mayor.

Wilmot is a cohesive, vibrant and welcoming countryside community.

www.wilmot.ca

FEATURE BUSINESS OF THE MONTH: BRESLAU PHARMACY



**FREE
Flu Shot**
No
Appointment
Necessary

Visit us today and meet our pharmacists Klara and Khrystine.



“No one cares how much you know, until they know how much you care”.

– Theodore Roosevelt

Our pharmacist owner, **Klara Serjani**, welcomes you to Breslau Pharmacy and Wellness Centre. Klara is a certified diabetes educator as well as a geriatric pharmacist. She is passionate about pharmacy and is a leader in the profession, training the new generation of pharmacists.

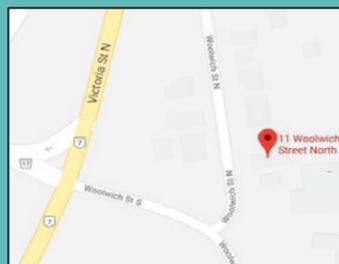
Klara Serjani, Pharmacist Owner
Certified Geriatric Pharmacist
Certified Diabetes Educator

Khrystine Waked, PharmD
INR and Injection Certified

Khrystine Waked, our PharmD (Doctorate of Pharmacy) pharmacist is leading our profession, working with vulnerable groups in the region. She has presented her research at multiple conferences across Canada and would be happy to update you with the most recent health information.



Call us today to transfer your prescriptions!
Easy online refills with the FREE PharmAdvise app.



Breslau Pharmacy & Wellness Centre

11 Woolwich St N
Breslau, ON N0B 1M0
Phone: 519-213-4444

office@breslaupharmacy.com

Store Hours

Monday-Friday: 9 am to 7 pm
Saturday: 9 am to 5 pm
Sunday: closed

Suicide is a Seniors Issue

Make World Suicide Prevention Day a day you learn more about the risks

For more information go to www.suicideinfo.ca/resource/seniors-suicide/ or the Canadian Coalition for Seniors' Mental Health (CCSMH) www.ccsmh.ca

The Woolwich Community Health Centre runs many programs and education events throughout the year that provide education, and opportunities for meeting people or asking questions from professionals or peers.

Check out the calendar of events at www.wchc.on.ca



September 10th is World Suicide Awareness Day. Older adults, men in particular, have among the highest suicide rates in the world (WHO, 2014). Approximately 1,000 older adults are admitted to Canadian hospitals each year as a result of intentional self-harm. Dr. Marnin Heisel, a clinical psychologist and an assistant professor in the Departments of Psychiatry at the University of Western Ontario, says part of the problem is that many doctors aren't always looking for suicide risk among their older patients. And many seniors don't realize they can seek out mental health support. "Suicide can be a hidden problem. We tend not to hear about in older adults. It tends to be an issue that gets neglected," he says.

Myth

Depression is inevitable with aging

Fact

Only 1 – 2 % of persons over age 60 have a major depressive disorder. This is lower than the general population.

Aging has its ups and downs. For some people, the senior years are the best of their lives. For others, the changes in getting older might be stressful. Health problems, losing loved ones or ones independence can be difficult and painful experiences that may lead to feelings of hopelessness. In some cases, having many stresses at once can lead to thoughts of suicide.

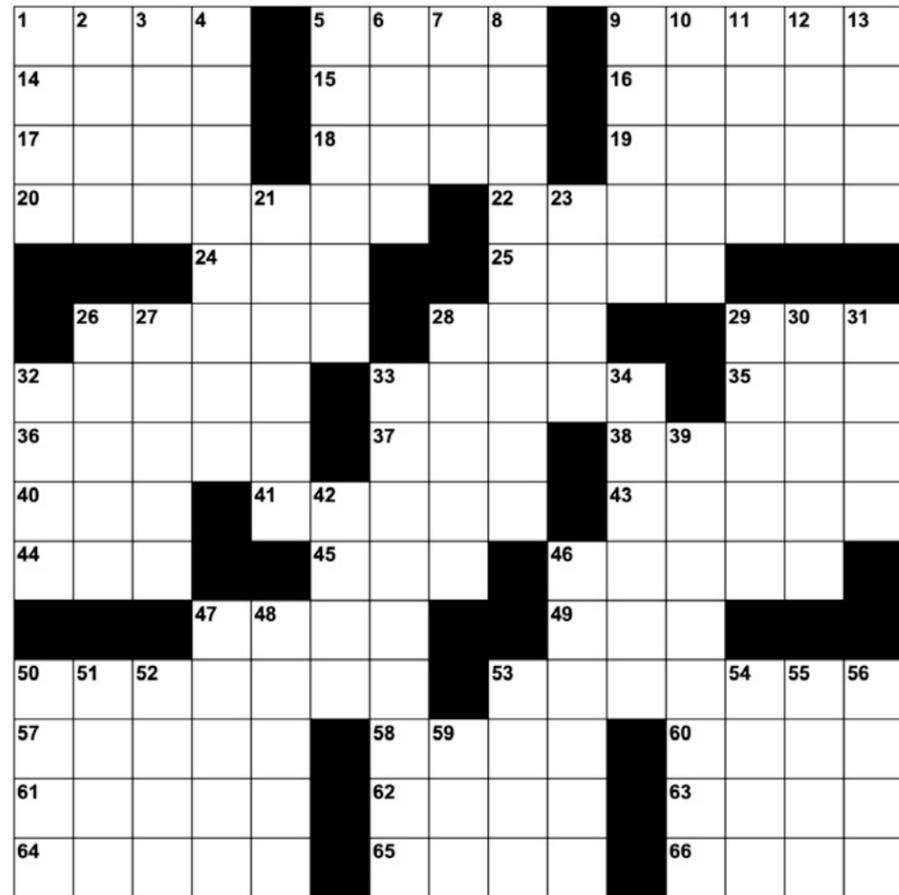
It is very important to find help if you are thinking about suicide. You are not alone. Reach out, so your feelings can be turned around. Family members and friends can remind you of what is good in your life and help you find the right support.

For immediate help in crises:

Emergency room / 9-1-1 or the Crisis Line <http://here247.ca/> or call 1-844-437-3247. If you need help soon, go to your Family doctor, walk-in, or urgent care clinic

To build hope and to create a sense of meaning and purpose in your life try:

- ▶ Reach out to your family and friends. Spend time with people who know you.
- ▶ Be active and take care of yourself — exercise, eat and sleep well, and cut back on smoking and drinking alcohol.
- ▶ Get connected — join religious, spiritual or social groups in your community.
- ▶ Consider volunteering your time if that is possible.
- ▶ Find a new hobby or develop interests that you enjoy.
- ▶ Get help if you are depressed or thinking about suicide.



By Jimmy and Evelyn Johnson - www.qets.com

Solutions on Page 16

ACROSS

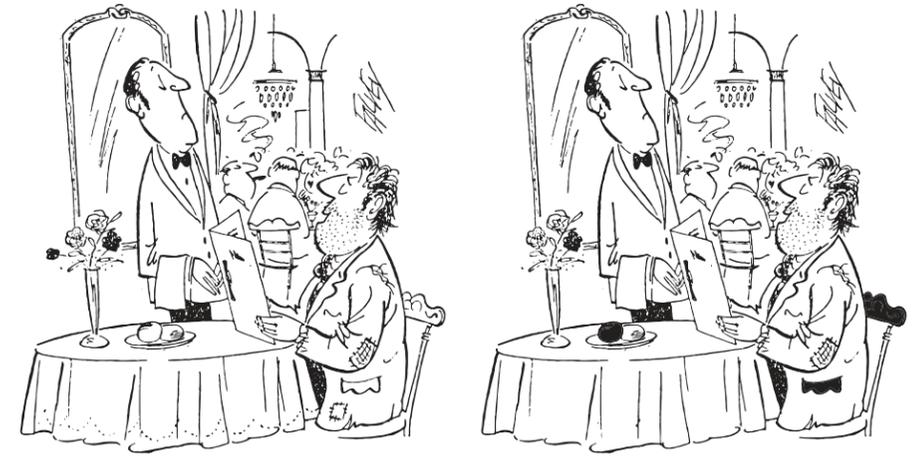
- 1 Swiss mountains
- 5 Deliver by post
- 9 Piece together
- 14 Gambling game
- 15 Decorative needle case
- 16 Sound of a sneeze
- 17 On top
- 18 Doings
- 19 Belonging to you
- 20 Review
- 22 Ornamental stand
- 24 Hubbub
- 25 Bearing
- 26 African country
- 28 Compass point
- 29 April (abbr.)
- 32 Disturbance
- 33 Pulls along
- 35 Sign of the zodiac
- 36 List of highly desired guests
- 37 Atmosphere
- 38 Small talks
- 40 Permit
- 41 Courage
- 43 Comfortable
- 44 Those who make the food laws (abbr.)
- 45 Hard boiled food
- 46 Draw with crayons
- 47 What a mosquito bite does
- 49 Pole
- 50 Crop
- 53 Heat
- 57 Once more
- 58 Black
- 60 Deviate
- 61 Gathered the leaves
- 62 Baseball's Nolan
- 63 Self-esteem
- 64 Clothe
- 65 Gorgeous
- 66 Shrimp

DOWN

- 1 Far away
- 2 Unpunctual
- 3 Professor (abbr.)
- 4 HBO mob show
- 5 Time of the year
- 6 Engrave
- 7 Tree seed
- 8 Unload from a ship
- 9 Recipient
- 10 Squirrel's dinner
- 11 Hoodlum
- 12 Cob vegetable
- 13 Flexible tube
- 21 Decreases
- 23 ___ pong
- 26 Bundled hay
- 27 1997 Madonna movie
- 28 Twist the water out
- 29 "Remember the ___"
- 30 ___, Paul and Mary
- 31 Good outlook
- 32 Not whole
- 33 Female children
- 34 What children attend
- 39 Held over tradition
- 42 Upper body muscles
- 46 Nook and ___
- 47 Crawling vines
- 48 Takes care of
- 50 Difficult
- 51 Seaweed substance
- 52 Collect leaves
- 53 Cajole
- 54 Prego's competition
- 55 Take the wrinkles out
- 56 Saclike structures filled with fluid or diseased matter
- 59 Farewell

Laughing Matters!

Spot the differences!
Can you find all 10?



BEFORE I ORDER JACK, TELL ME ONE THING, HAVE YOU AN AUTOMATIC DISH WASHER IN YOUR KITCHEN?

Spot The Differences #15

www.goldencareers.com

Page 1 of 2

The History of 'Aprons'

I don't think most kids today know what an apron is. The principle use of Mom's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material.

But along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, she wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, she walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner. It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER:

Mom's and Grandma's used to set hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron - but love

Introducing Ann Peltz, Pat Fewkes and Robyn Leitch your local power team creating unforgettable group tours for Vision Travel!

They research extensively to find those hidden gems for you to experience around the world. Whether it's an elegant dinner in the salt mines of Wieliczka Poland, sledding in wicker baskets in Madeira Spain, or a musical luncheon on a covered bridge in rural Ohio, Ann, Pat and Robyn will take you with them on a very unique journey. Their tours are as all-inclusive as they can make them and offer you the security and comfort of seeing the world without stress. Maybe you would enjoy one of their famous Cracker Barrel Mystery tours on a deluxe motor coach. With local pick up points across Southern Ontario, it is easy to hop aboard, join the fun and leave your cares and wallet behind. After all, group travel is about shared experiences, making new friends and generating lifetime memories.

Many local residents have gone with Ann, Pat and Robyn. Here is what frequent travelers Mim and Doug Miller of New Hamburg had to say...

“It was amazing. In one day in Milwaukee on the last Cracker Barrel we joined Laverne DeFazio on a brewery tour, bowling, ate delish frozen custard and had a retro lunch at a nostalgic 50’s diner. Then later that night we dined at the famous Madars and went on to see the Broadway musical Come From Away. There’s never a dull moment”

So call Ann, Pat and Robyn and join in the fun!



For more information contact

1-855-295-8687

vtsleisuregroups@visiontravel.ca

The Groups Department:

Ann, Pat & Robyn

TICO#50023501

* Prices subject to change without notice and space based on availability. Book at least 90 days prior to departures.

	CHRISTMAS CRACKER BARREL December 4 – 9, 2019 Mystery Tour	COACH \$2,599 CAD <i>Per person. Based on double occupancy.</i>
	MAJESTIC NORTHERN CAPITALS April 21 – May 3, 2020 New Celebrity Apex Celebrity Cruises Northern European Capitals	CRUISE & AIR \$7,980 CAD <i>Per person. Based on double occupancy.</i>
	FJORDS AND FAIRYTALES August 26 - September 5, 2020 Celebrity Silhouette Celebrity Cruises Norwegian Fjords	CRUISE & AIR \$6,995 CAD <i>Per person. Based on double occupancy.</i>
	UNDISCOVERED POLAND September 8 – 21, 2020	LAND & AIR \$6,545 CAD <i>Per person. Based on double occupancy.</i>
	FOOTSTEPS OF TIME September 23 - October 8, 2020 Celebrity Reflection Celebrity Cruises Israel, Greece and Turkey	CRUISE & AIR \$6,995 CAD <i>Per person. Based on double occupancy.</i>



Self-Care for Care Partners of Individuals with Dementia

Providing care for someone with Alzheimer's disease takes a tremendous toll on the physical and emotional health of the primary care partner, yet many care partners often don't recognize the warning signs, or deny its effects on their health. Here are some tips to manage care partner stress:

Find your own outlet

It's important to have a safe place to express your feelings. Try talking to a friend, a mental health professional, and/or reach out to us for counselling and support groups.

Ask for help!

Often times, family and friends want to help, but aren't sure how. Let them know what you need. Look into adult day programs, or home care that can help you get a rest each week.

Learn communication tips

Having a better understanding of how to communicate with someone with dementia can help you connect with them and feel less discouraged.

Look for humour

While dementia is serious, you may find certain situations have a bright side. Maintaining a sense of humour can be a good coping strategy.

Be realistic & plan for the future

Planning for the future can help relieve stress. While the person with dementia is still capable, plan for financial situations, future health and personal care, as well as legal and estate planning.

To learn more about the warning signs of care partner stress, communication strategies, or where to find help, call us at 519-742-1422.

September 21 is World Alzheimer's Day.





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Less time cleaning.
More time for everything else.

Call today and enjoy your free time

Merry Maids of Kitchener, Waterloo and Cambridge
519-894-4709

Merry Maids of Guelph
519-836-3330

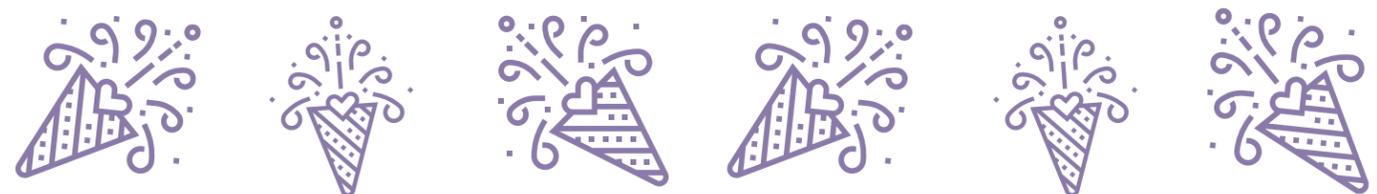
Join us for community, fun,
and the chance to meaningfully help others!

Volunteer today!



NEW HAMBURG THRIFT CENTRE
Where every purchase is a gift to the world.

41 Heritage Drive, New Hamburg | 519 662 2867 | newhamburgthrift.com



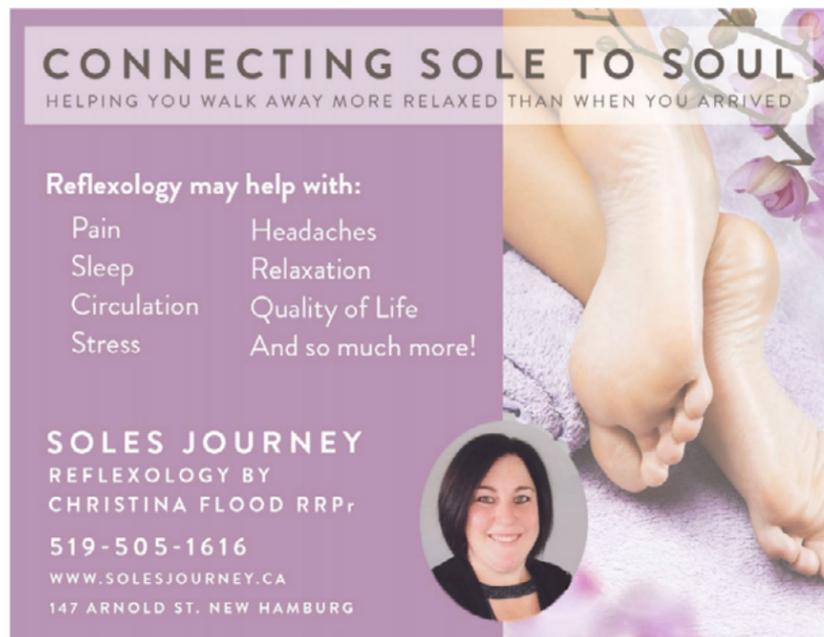
CONNECTING SOLE TO SOUL
HELPING YOU WALK AWAY MORE RELAXED THAN WHEN YOU ARRIVED

Reflexology may help with:

Pain	Headaches
Sleep	Relaxation
Circulation	Quality of Life
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Check us out at:
embracingchange.ca

Woolwich Seniors Association

A membership-based organization for older adults age 55+.

Start off September at the WSA!

The Woolwich Seniors Association offers social, recreational and educational opportunities for seniors in Woolwich Township and surrounding area. Located in the Woolwich Memorial Centre, seniors enjoy a bright, spacious room with pool tables, a quilting area, computers, coffee nook, and a Library and Puzzle Swap. Over 30 weekly drop-in activities are offered to senior members.

LEARN-TO-TAP-DANCE WORKSHOPS *New Activity!

Join Jill Simpson for two free Learn-to-Tap-Dance Workshops on Tuesday, September 17th and 24th, 2019. If you have ever wanted to dance, this class is for you! **Tap shoes are provided!** Call 519-669-5044 or email contact@woolwichseniors.ca to register. Drop-in classes begin Tuesday, October 1, 2019 at 4:00 pm. \$4.00 for WSA members \$8.00 for non-members

WELLNESS CLINIC: DIAL IT DOWN

In partnership with the Waterloo Wellington Self-Management Program, the WSA is offering a free 5 week clinic on relaxation and stress management. Practice and develop strong skills in releasing body tension, and calming and focusing the mind. Tuesdays, September 17th & 24th, October 1st, 8th, 15th, 2019 Woolwich Memorial Centre 10:00 am - 11:00 am. Contact the WSA office at 519-669-5044 to register.

CROKINOLE AND CARPET BOWL

Crokinole is played on the last Monday of each month at 1:00pm in the Woolwich Seniors Room. Beginners are welcome! If you enjoy lawn bowling in the summer, why not try Carpet Bowling at the Woolwich Seniors Association! Carpet Bowl is played weekly, Wednesday's at 9:30 am, starting September 11th.

LIONS BINGO FUNDRAISER

Come out for a fun evening of Bingo; a fundraising event for the Woolwich Seniors Association, hosted by the Lions Club of Elmira. All Seniors welcome! Come out for this annual fundraiser! Thursday, September 26th, 2019 7:00 pm – 9:00 pm (Doors open at 6:30 pm) Elmira Lions Hall, 40 South Street West, Elmira

TECH CLINIC

Free, one-on-one, half hour sessions offered at the WSA in partnership with the Region of Waterloo Library. Thursday, September 19th, 2019 9:30 am – 11:30 am Bring your own phone, laptop, e-reader, or tablet. Ipad, chrome book and computers are available in the senior's room.



\$20 per year Membership Fee.

To become a member, contact Woolwich Seniors Association

Located in the Woolwich Memorial Centre
24 Snyder Ave South, Elmira **519-669-5044**
or email at: contact@woolwichseniors.com

www.woolwichseniors.ca

Try any weekly drop-in activity:

- Bid Euchre
- Pickleball
- Book Club
- Ping Pong
- Bridge
- Puzzle Swap
- Bus Trips
- Quilting
- Carpet Bowl
- Shuffleboard
- Cribbage
- Snooker
- Crokinole
- Solo
- Fitness
- Tai Chi
- Knitting & Crocheting
- Tech Clinic
- Library Swap
- The Great Brain Workout
- Mahjongg
- Wellness Clinics
- Monthly Lunch
- Yoga
- Monthly Dinner
- Zumba

MONTHLY DINNER & GAME NIGHT

Wednesday, September 18th, 2019
5:00pm \$20.00 per ticket

On behalf of the
Woolwich Seniors Association,
CONGRATULATIONS
EMBRACING CHANGE
MAGAZINE
On your one year anniversary!

Stay Active. Be Involved. Feel Connected. Join today!

www.woolwichseniors.ca

WHAT'S HAPPENING

55+ ACTIVE ADULTS & SENIORS IN WILMOT TOWNSHIP

KNOTTING & QUILTING COMFORTERS

Everyone Welcome. Come for an hour or as long as you wish.

WHEN: 1st Wed of every month; Sept-June
TIME: 10:00 am to 3:00 pm.
WHERE: Steinmann Church
CONTACT: 519-634-8311

ST. AGATHA SENIORS

Our group of friendly folk meet once a week to play solo. We celebrate birthdays and have a Christmas Party in mid-December concludes the years activities. You'll be warmly welcomed!

COST: .50¢
WHEN: Every Thursday 1:00 to 4:00 p.m.
WHERE: St. Agatha Community Centre
CONTACT: Bert Lichti at 519-634-8411

NEW DUNDEE SENIORS

Come out and enjoy cards, games & shuffleboard

WHEN: Every other Tues, 1:00-4:00pm
 *Please contact Alice for exact dates
WHERE: New Dundee Community Center
CONTACT: Alice Bowman 518-696-2665

WILMOT SENIOR SHUFFLEBOARD

WHEN: Tues and Wed from 9:30-11:30AM and Tues 1:00-4:00pm
WHERE: Wilmot Recreation Complex
CONTACT: Guy & Phylis Sisco 519-662-2077

WILMOT SENIORS 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, Mon to Fri: 9AM - 5PM
WHERE: 27 Beck St., Baden
COST: Initial Membership \$90, yearly \$70
CONTACT: Diana Gruhl at 519-634-5357

PICKLEBALL DROP-IN

Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.

WHEN: Mondays 1:00PM - 3:00PM
 Wednesday, 6:30PM - 8:30PM
WHERE: St. Agatha Community Centre
CONTACT: The Wilmot Recreation Centre for more information at 519-634-9225

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 - 3:30PM
WHERE: New Hamburg Legion, Branch #532, 65 Bouleee Street, New Hamburg
CONTACT: George Schmitt 519-696-3037; Joan Fulton, Secretary 519-662-4821

NEW HAMBURG LANES BOWLING

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.

WHERE: 182 Union Street, New Hamburg
CONTACT: James Aoki 519-662-1938
EMAIL: james@newhamburglanes.ca

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

TECHKNOW PROGRAM

Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in 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 info

NEW HAMBURG LEGION SENIORS GROUP

WHEN: Every Wednesday from 1:00-3:30 pm
WHERE: New Hamburg Legion
COST: \$5.00 per year to join this group
CONTACT: Murray Snyder at 519-662-2959

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, Christmas banquet.

WHEN: Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)
WHERE: Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg
COST: An offering is taken each meeting
CONTACT: Church 519-634-8687

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. (Sept. 2019 - April 2020)
WHERE: Wilmot Recreation Complex
COST: No charge
CONTACT: Cecil Wagler 519-662-2758

Tomorrow Today Ayr Seniors Home Services

OUR BUSINESS IS MAKING YOUR LIFE EASIER

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WHERE TO GET YOUR FREE COPY

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

Wellesley Township:

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg

- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobey's New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
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- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg

Woolwich Township:

- Community Care Concepts
- Kiwanis Transit
- Woolwich Health Care Centre
- Woolwich Community Services
- Breslau Community Center
- Pharmasave Breslau
- McDonalds - Elmira
- Woolwich Seniors Association
- Living Waters Book & Toy
- Elmira Library
- St Jacobs Library
- Crossroads Restaurant
- Harvest Moon
- Bloomingdale Library
- MCC Thrift & Gift
- Bonnie Lou's Cafe
- MCC rePurpose Centre

Solutions

Solution:

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Ask the Doctor

with Dr. Nicole Didyk

“I’m approaching 70 years of age, I’m wondering if there are any actual symptoms to be looking for in the detection of the onset of early stages of Alzheimer’s? I’ve been forgetting to do certain things in my mental list of things to do! Sometimes I walk into a room and it takes a few seconds to realize why I went there! Could these be an indication?”

Some changes in brain function are a part of NORMAL aging: decreased short-term memory, trouble picking up complex new tasks, or taking longer to process and think. Some seniors find these changes annoying or alarming, others take them in stride, but when SHOULD you worry that it might be Alzheimer’s or another type of dementia?

Here are some signs that should not be ignored:

1. Memory changes that interfere with day to day life, like forgetting to pay a bill, take a medication, pick someone up at the airport, or go to an appointment. We can all have serious lapses of memory when we are very busy or distracted, but if there is a pattern of such lapses, that is not likely to be normal.
2. Other people noticing that your brain performance has changed, not just your pals kidding you about “senior moments”, but when family or close friends are concerned about your forgetfulness, that is often a sign that your brain is letting you down more than you realize.
3. Memory changes that are affecting safety such as unsafe driving, medication mismanagement, hazardous kitchen practices, or getting lost in familiar areas. If these behaviours are new and are not part of a longstanding personality issue, they could signal the onset of dementia.

What you are describing sounds like normal aging, and as you get older, you may be more sensitive to these subtle changes. Many factors can affect normal memory performance as well, such as stress levels, anxiety or depression, prescription medications, alcohol, or medical illness. It’s important to make sure that none of these conditions are making you seem more mixed up than you really are! As always, if you are worried, see your health care provider, and go to www.alzheimer.ca for more information.



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If you have questions for Dr. Didyk, please email them to: embracingchangeinfo@gmail.com

You don’t need to give your name or identifying information.

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



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Celebrating World Alzheimer's Month

Submitted by Cathy Harrington,
Community Care Concepts

Every September countries around the world celebrate World Alzheimer's Month, with September 21st serving as World Alzheimer's Day.

Coordinating efforts around the world provides an opportunity to bring attention to this serious health issue and to educate people about Alzheimer's disease and challenge the stigma.

Many people often interchange the terms dementia and Alzheimer's when in fact they are different. Dementia refers to the overall term that is used to describe symptoms that impact an individual's memory, their performance of daily activities and their ability to communicate. Within this broad category of symptoms is Alzheimer's, one of the most common types of dementia, and a progressive disease that slowly causes impairment of memory, thinking and behavior. Symptoms usually develop slowly over time and eventually becoming severe enough to interfere with completing daily tasks.

Within Canada it is estimated that there are 747,000 individuals living with Alzheimer's and dementia. Around the world there are more than 46 million people living with dementia with that number expected to rise to 131 million by the year 2050. While these numbers provide an estimate, it is anticipated that numbers are higher. There are many individuals that suffer in silence, with symptoms ignored, individuals or families not sure of signs to look for or the disease left undiagnosed.

Approximately 40% of individuals over 65 experience some form of memory loss. When there is no underlying medical condition, and forgetting things such as an event, a name of an acquaintance or details occurs on an occasional basis, this can be considered a normal part of aging. However, Alzheimer's and dementia are not a normal part of aging.

The Alzheimer Society of Canada indicates that there are symptoms to look for, that would suggest that you speak to a doctor:

- ▶ **Memory loss that affects abilities**
- ▶ **Difficulty performing familiar tasks**
- ▶ **Problems with language**
- ▶ **Disorientation in time and space**
- ▶ **Impaired judgement**
- ▶ **Problems with abstract thinking**
- ▶ **Misplacing things**
- ▶ **Changes in mood and behaviours**
- ▶ **Changes in personality**
- ▶ **Loss of initiative**

While there is no doubt that receiving a diagnosis is life-changing for individuals and their families, and that the disease will eventually impact abilities and require adaptations, a diagnosis does not define the individual. It is possible to maintain quality of life, continue to participate in meaningful activities and continue to experience feelings such as joy and love. A diagnosis is a first step to understanding, developing strategies and seeking help and support in moving forward.

There are many great sources of support available through organizations such as Community Care Concepts of Woolwich, Wellesley and Wilmot or the Alzheimer Society Waterloo Wellington. Call 519-664-1900 or 1-855-664-1900 for information on services and supports available in your community.

Are your photos safe? September is Save Your Photos Month!

Would your photos and cherished family memories survive a natural disaster, house fire or flood, computer crash or theft?

September is Save Your Photos Month! A month where photo organizers around the world set out to raise awareness and provide solutions to help ensure your irreplaceable family photos, videos and important documents are preserved and safe from damage by accident or disaster.

Here are some tips to safeguard your photos:

PRINTED PHOTOS

1. Store printed photos safely in the home

Moisture can easily build up and damage your photos and memorabilia through condensation caused by temperature changes that occur in attics, garages and basements. It is best to store your photos in temperature controlled rooms with low humidity, such as the living room, bedroom or den.

2. Remove photos from old albums

Albums with those sticky “magnetic” pages and plastic covers are filled with adhesive chemicals that can wreck havoc on your photos. It is best to remove photos from old magnetic albums and store them in an acid-free, lignin-free, PVC free storage box or album to prevent further damage.

3. Scan your printed photos

Make a digital copy of your old printed photos, albums, scrapbooks and documents by having them scanned. If anything were to happen to the original physical copies, you will have a digital copy to reprint from.

DIGITAL PHOTOS

1. Backup your photos using the 3-2-1 method

It is recommended to have 3 copies of your photos and digital files on 2 different local devices (ie; your computer & external hard drive) and 1 copy off site. Your off site copy can be online cloud storage, or a second external hard drive stored at a relatives home.

2. Gather all your photos onto a HUB

It is easier to organize and backup your photos if they are all in one place - your HUB. A HUB can be a computer, laptop or an external hard drive where all of your photos, videos and documents live.

3. Automatically Back up your computer and smartphone

Use an online cloud based service to automatically back up your computer and smartphone giving you peace of mind, without having to do it manually. Services such as Backblaze and Carbonite will back up your computer and attached external hard drives. Services such as Sync.com, Dropbox or Amazon Photos work great to automatically backup your camera roll. If your computer crashes or your smartphone is stolen, you can download your files from your online account.

If you need help organizing and safe guarding your photos, videos and other memorabilia, please contact Amanda Lundrigan of Tidy Memories at: tidymemories@gmail.com or visit us at www.tidymemories.com

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It is common for an elderly person to add an adult child onto a bank account as a joint owner. This is typically done for one of two reasons – assistance with financial management assistance or early gifting of property.

In most cases, parties intend for a joint account to belong to the survivor after death. However, if an adult child is the joint holder, the law presumes that the money belongs to the estate and not the adult child. The money is treated as part of the estate unless there is evidence to show that the deceased specifically wanted the money to belong to the joint account holder only.

No matter the reason for adding another person onto a bank account, it is important to document the intention of this action. The absence of a clear intention can result in complex and costly litigation for the beneficiaries of an estate where proper documentation was not created at the time of joint ownership.

Evidentiary documentation can take the form of a declaration of a gift, financial management agreement, or an agreement as to the right of survivorship. Often financial institutions will be able to provide this type of documentation at the time of signing for the addition of an account holder and if not, you may wish to have a lawyer prepare these documents for you.

Joshua Abraham is an associate lawyer at Giesbrecht, Griffin, Funk & Irvine LLP, with offices in New Hamburg (519-662-2000) and Kitchener (519-579-4300). This is an occasional column where lawyers offer tips about frequently asked questions. This advice is offered for information purposes only, and may not cover all circumstances, please consult any qualified lawyer for advice specific to your needs.

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It's the Little Things

by Ara Luckhart of
New Hamburg

“Walk With Grandma” Author Unknown

I like to walk with
Grandma,
Her steps are short
like mine.
She doesn't say,
“Now hurry up!”,
She always takes
her time.

I like to walk with
Grandma,
Her eyes see things
like mine do --
Wee pebbles bright,
a funny cloud,
Half hidden drops
of dew.

Most people have
to hurry,
They don't stop
and see.
I'm glad that God
made Grandma
Un-rushed, and
young like me.

“My Grandad drove a motorcycle in the war!” I blurted out to my friend in fifth grade, who was telling me about her amazing camping adventure she had during the summer with her Grandpa. I, had never been camping before, and only had a handful of memories of my late Grandad, mostly involving his false teeth and his ability to blow smoke rings from his pipe while my little sister and I sat on his lap. How times have changed! But Grandparents, it turns out, come in all different shapes and sizes!

Growing up in a family of four children, with a loving stay at home Mother, and dedicated Father who worked long hours at a construction job all summer, left us very little time for visits to my only living Grandparent, my Maternal Grandmother. Granny, as we call her, lived over an hour away, so we didn't get to see her very often. Our trips to Granny's house were our only family vacations we got to take together. It felt like we were going to a far off land!

On the magical day of the year when our family was getting ready to go see Granny, my sister and I would spend the entire morning playing in the backseat of the Oldsmobile. We would camp out with our toys, anxiously awaiting the moment when Dad would finally be done shaving his whiskers, and we could be on our way!

As we pulled into her driveway, we would begin arguing over who got which colour plastic cup, in which Granny would make us “tea”. A mostly milk and sugar concoction that had a teabag touch it for a second! And you could guarantee there was a hot ‘Velveeta’ grilled cheese sandwich on white Wonder bread waiting at the table once we arrived! Cut diagonally, of course! I can almost taste it now!

One of the best memories from my childhood, was when Granny took my sister and I on the biggest adventure we had ever been on; a trip to Centreville Island in Toronto! I remember holding on tight to Granny's hand, having no idea where we were going. We stood at the edge of the subway platform with the wind of the train blowing our hair around like

a tornado. My heart was pounding! Then, we got to go on the ferryboat across to the island, and spent hours there playing on hot metal slides in our bathing suits, and tiptoeing through fields of goose poop. What a thrill! When we finally returned to Granny's house in Mississauga that night, I remember grabbing my journal and a pen, and writing out all the details of the day, with so much enthusiasm, my hand went numb! This is such an amazing memory for me, with my Grandma.

Looking back to these ‘family vacations’ to Granny's house brings a smile to my face. She didn't take us camping, or on fancy trips around the world, and we didn't get to see her often. But being in her home, with its familiar smell of Grandad's old pipe, that stayed in the furniture years after his passing, was all we needed.

There's an inherent feeling of home with Grandparents. Being able to have faith in the traditions and the special little details, brings warmth and security to a young child. It's the little things that make the biggest memories.

Thank you Granny, for making grilled cheese, in just the right way. Thank you for knowing who likes to drink out of which cup, and for setting out extra washcloths with a bar of Zest soap in the bathroom. Which we spent more time sniffing than actually using! Thank you for letting us explore under your stairs, for hours on end, and letting us walk to the park by ourselves. Our memories of times with you will be cherished forever.

And Thank You Grandparents, all over the world, for all that you do. For the ways that you make each Grandchild feel special and loved. For the little details you put into things that you think go unnoticed; they are, in fact, the very thing that your Grandchild will remember forever.

Thank you for the amazing memories and adventures, no matter how big, or small, they each mean the world to us.

...And above all,
Thank you for loving us unconditionally.

Travel Insurance News & Views by Gary White

Canadian Travelers: Do You Know Your Rights? Part Two

Picking up where we left off last month these are the remaining regulations which the Canadian Transport Agency (CTA) will be imposing on airlines to protect passengers of flights to, from, and within Canada. They are scheduled to come into effect in the summer of 2019.

- A requirement that passengers be allowed to leave the airplane, when it's safe to do so, if a tarmac delay lasts for over three hours and there's no prospect of an imminent take-off;
- A requirement that airlines facilitate the seating of children under 14 years in close proximity to an accompanying adult, at no extra charge;
- Compensation for lost or damaged baggage, including a refund of any baggage fees;
- Clarity on the policies that airlines must establish regarding the transportation of musical instruments; and
- Administrative monetary penalties of up to \$25,000 for airlines' non-compliance with their obligations under these regulations

In case you missed it last month you can read the full highlights in more detail on the CTA's website.



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In Ontario, in many cases, it is necessary to prove a will, or have a will validated by the court, in a process that used to be called Probate, but is now called Letters of Administration of Estate Trustee with a Will. For the purpose of this article, I will call it Probate'.

When the Executor (and it is usually the lawyer on behalf of the executor who does the actual documentation) applies to the court for Probate, the government (surprise, surprise) charges a fee which amounts to \$5.00 per thousand up to \$50,000.00 and \$15.00 per thousand over \$50,000.00. In an estate of \$500,000.00, for example, the Probate fee payable to the government would be \$7,000.00.

If Mrs. L ran a business out of her incorporated company, and she died, she would likely leave the shares of that corporation to someone in her will. If, at the date of death, the corporation was worth \$500,000.00, then in the normal course, a probate fee of \$7,000.00 would have to be paid to the Province of Ontario with respect to the assets of this corporation alone. That fee would be payable if the shares of the corporation were part of Mrs. L's general or primary will and there was no secondary will dealing specifically with these corporate shares. Other assets such as a house, bank accounts, etc., would also then be disposed of pursuant to the primary will, along with the corporation's shares.

Of course, a probate fee would also have to be paid on the other assets as well ie. on top of the \$7,000.00 fee already payable on the corporate assets.

If however, Mrs. L was astute enough to have a secondary will drawn that only dealt with the shares of her private corporation, those shares could be transferred without Probate and no probate fees would be payable on the value of those shares.

Therefore, there would be a savings of \$7,000.00.

Again, in the case of Mrs. L, where she had a business worth \$500,000.00, and perhaps other assets such as a house worth \$250,000.00, if there was just one (1) will that dealt with all of the assets, her estate would pay probate fees to the government in the amount of \$10,750.00, based on the \$750,000.00 figure; however, if she had a primary will that dealt separately with the \$250,000.00 worth of assets (other than the business) and a secondary will dealing with just the business, her estate would only have to pay \$3,250.00 to probate the primary will --- something to think about.

Although I have mentioned the secondary will in a fairly basic format, you should always seek legal and accounting advice in order to determine what would be most appropriate for you with respect to estate planning.



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Courage

The ABCs of (My) Life

by Fred G. Parry

I think the best way to talk about courage, is to do so in the context of conviction. People who display courage have already made up their mind that this is how they'll live their lives ... period!

Of course, there are many types of courage: the courage to protect and save lives, the courage to physically and mentally press on – despite being hampered by sickness, physical injuries – and/or challenges like depression, the courage to admit when you are wrong, and the courage to stand up for what you believe.

In the book, Profiles in Courage, which won the Pulitzer Prize in 1955 for a young Senator named John F. Kennedy, he described the courage of politicians who voted with their conscience – despite their loss of popularity at the time.

In my own experience, I've seen courage close up in a number of ways. My Uncle Earl had been afflicted with MS – a disease that attacks the nervous system – resulting in his spending most of his adult life in a wheelchair. When once asked what it's like living with MS, he said, "It's no fun, I can tell you that. I wouldn't want to wish it on anyone".

Yet, he was one of the most humorous people that I've ever met. Being well-read, Uncle Earl could talk intelligently on almost any subject and specialized in adding in his own unique wit. After a visit with him, you were the one who felt lifted... fighting back with deep-down courage!

Another example that comes to mind is the TV interview I did with Rev. Bob Rumball of Toronto, Canada - who founded the Bob Rumball Centre for the Deaf. His tribute of record: "He believed he could open the eyes of the world to the plight of the deaf."

Known as a man who didn't mince his words (being a tough-minded minister before becoming a professional football player), I asked him how he handled people who were resolutely determined to serve their own selfish ends. His answer was to say to himself, "I don't care, I'm going to love you anyway." And with a smile he added, that he always believed that it was "better to give than receive" – which he said he managed to do fairly well.

Personally, I feel that I need to ramp-up my own level of conviction when it comes to living courageously like this every day, in every way. 'Practicing what you preach' is something few of us do; but, if we regularly reminded ourselves what it really costs us we would definitely change our ways.

For one thing, you attract to yourself the very thing you project. So, if I allow myself to respond to life by becoming bitterly negative and unforgiving; and, don't see the innate goodness in others, what am I attracting?

And, if it's true that we 'reap what we sow'... that our outer circumstances are controlled by our inner thoughts, then what is this saying about our future? (Should we be surprised, when 'what goes around, comes around'?)

People who fail to recognize this reality are like apartment laundry machines with those little magnetic tags that read: 'Please Fix Me, I'm Broken.'

Yet, aren't we much better than a dumb washing machine? We should know that we're programmed already to fix ourselves. The old proverb 'Physician, heal thyself' still holds true. But, the more you know and the less you do, the greater is your pain – by the price you pay with an ever deeper internal struggle.

So, looking at it rationally, it's really not about them; it's all about us. "These are the facts, my friend, and I must have faith in them." - Cicero

The good news? Beginning is half done, and there's no time – like now – to start again!



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

Find him at www.fredparry.ca

Music, movies, magazines and more from your library

Stay safe on Facebook with these 5 security tips

1. Understand Facebook's privacy settings – take a few minutes to update your privacy settings to secure your information
2. Choose your friends wisely – be cautious about people you don't know
3. Click cautiously and carefully – be smart, be aware and apply good judgement
4. Choose a strong password – longer than eight characters with combined letters and numbers
5. Don't over-share – never share financial or personal details in your posts

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 Linwood Community Centre, 5279 Ament Line, Linwood
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 Wellesley Community Centre, 1000 Maple Leaf St., Wellesley
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 Calvary United Church, 48 Hawkesville Rd St. Jacobs - 2nd Wed. of each month
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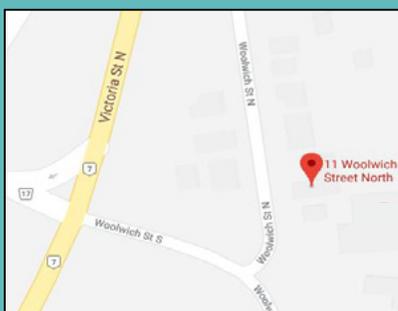
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