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

VOL 3 ISSUE 1 SEPTEMBER 2020

www.embracingchange.ca

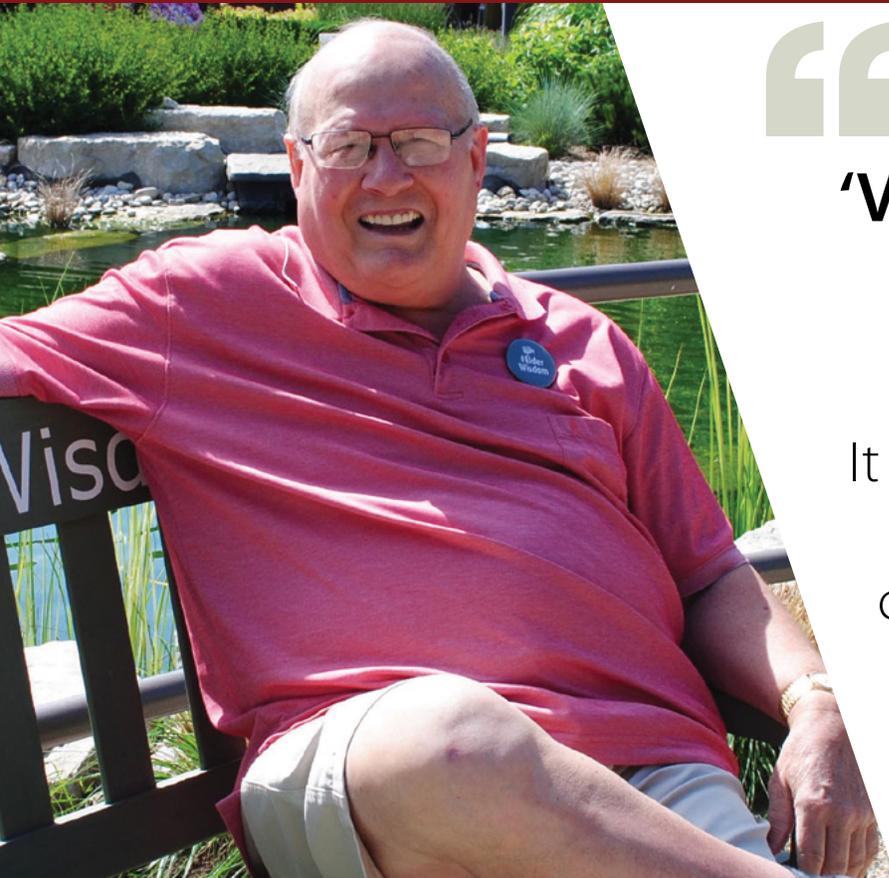


Feature Business of the Month



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LETTER FROM THE EDITOR

Grateful ...

I can hardly believe that we are celebrating our 2nd year Anniversary of Embracing Change! I want to thank each and every one of our advertisers, contributors and readers; and a special thank you to my wonderful husband Gary, and my children who believed in my idea and supported my dream from the beginning. Thank you also to my amazing designer Jessica Uttley, my distribution team Rich Held (My Dad), Shirley & Don Bott (My

Mother-in-Law & Father-in-Law), and to the many talented writers and photographers who have shared their gift of writing and photography with Embracing Change. I could not make each issue come together every month without the help and support of each and every one of you!

Self Care Tip ~ Practice Gratitude

Practicing gratitude on a regular basis has been associated with enhanced optimism, better sleep, fewer physical ailments, and lower levels of anxiety and depression. Try to find three things around you that you can be grateful for. It helps if those things are either needed for survival or make survival much easier. For example, being grateful for having a safe place to sleep, joints that don't hurt, shoes that fit, a thermostat that regulates temperature, food to eat, clean water to drink, hot water to wash in, glasses that correct your vision, good books to read, and so on. There is a great deal of research which shows the benefits of gratitude, everything from feeling more positive emotions, expressing more compassion and kindness, and even having a stronger immune system (obviously something we are all particularly interested in right now!)

During the month of September we recognize National Grandparents Day on Sunday, September 13. Be sure to check out the article written by the Woolwich Health Centre on "Being a healthy Grandparent during COVID". We also recognize World Alzheimer's Day on Monday, September 21. The Alzheimer's Society has shared an article on page 24, and Jill Simpson wrote a great article on Fitness for your aging brain on page 28.

Wishing all of our readers a happy, healthy Fall!

Tara

On The Cover

Bobbi Williams from New Hamburg, with her children Kevin, Tricia & Lynne. Bobbie was the owner of the Peacock Shoppe in New Hamburg from the late 60's to the late 80's.

Cover story written by Kristen Hahn on Page 10.

Cover Photo Credit: Devon Peters is based in New Hamburg and specializes in outdoor Family Photography and Newborn Portraiture. She and her young family have lived in New Hamburg for only 2.5 years but have fallen in love with the community and all it has to offer.

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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.

THE MYTH ON THE NITH



Left to right: Ken Richler, Howard Reibling, John Nielson, Jim Cockerton, Bob Ruthig and Craig Thomas, the son of New Hamburg's Police chief George Thomas, who discovered the mysterious tracks.

In July of 1953, mysterious footprints were found along the banks of the Nith River in New Hamburg. Rumours and stories began to fly about what could be making these prints.... was it a human trying to scare people or was there a monster? This perplexed and caused much excitement for the village thrusting it onto the national stage.

The article from the New Hamburg Independent July of 1953:

“The topic of most conversation in New Hamburg these days is of the “thing” that has been leaving a weird trail through parts of the north and western sections of town during the past week or so. No one has yet claimed to have seen “It”, but a number of local citizens have reported seeing a trail which is as yet unexplained. It is described as being a continuous “groove” about the width of a bicycle tire or wider, with claw prints, size of which vary with the observer, and the marks are variously described as three, four or five-toed, but Chief of Police George Thomas stated the prints are three-toed.

Reports indicated that similar, but slightly smaller trails have been observed some two or three years ago, but only recently has any publicity been given the “thing”. Several theories explain the tracks as being made by a lizard, snake, alligator, coon or large turtle, and the only person to have seen what

he thought might be the cause of the mystery, was Chief Thomas, who stated it was too dark at the time to be positive of any accurate description, although he estimated the animal to be about two and a half feet long, and weighing perhaps as much as 50 pounds. Considerable publicity has been given the mystery in provincial daily newspapers and radio news broadcasts earlier this week. One radio report suggested the possibility that the tracks were made by a Bittern or Blue Heron, but the presence of the prints is considered by some to rule out the theory that the tracks were left by a bird. The turtle theory also received a jolt by those who claim that the animal left tracks between garden plants without crushing or bending them aside as a turtle might have done. Several citizens reported that they had seen the same type of trail for the past few years, but hesitated to report it for fear of ridicule.

The mystery has been given wide publicity throughout Ontario. Other theories about the animal causing the trail range from some large, lizard-like animal to a dog dragging a chain, but arguments are rather vague, and no positive explanation has yet been offered. The mystery has provided an unusual topic of conversation for old and young alike, including some skeptics who are amused by the affair. One redeeming feature of the subject is that no one has reported seeing a flying saucer, so it is doubtful if science fiction fans will advance the theory that the “thing” came from outer space.”

In the weeks that followed, a self-professed professional alligator wrestler by the name of “Tuffy” Truesdale arrived in New Hamburg to put on a show to see if he could lure the mysterious creature from the Nith river. Although there was much anticipation, the monster sadly did not appear.

Fifty years later this creature still continues to be a source of intrigue. However, recent appearances of this monster tends to be as “Nithy,” a costumed monster who keeps this Wilmot Township mystery alive at parades and events throughout Wilmot Township and beyond.

Have you ever caught a glimpse of the Nith River Monster? Did you live in Wilmot during the time when his tracks were first found? Do you have any stories to share about the myth of the Nith? Castle Kilbride staff would love to hear them. Please contact castle.kilbride@wilmot.ca to share your story. Until then, keep a close look out when you are visiting Wilmot township.

FEATURE BUSINESS OF THE MONTH: BRESLAU PHARMACY



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Fidget Quilts:

Helping WRPS Rural Detachment Officers with Dementia Patients

Throughout my career, a couple incidents stand out in my mind of when I dealt with an individual with dementia.

The first one was early in my career. I was working midnights, patrolling the village of Hespeler and at about 4am I saw an elderly man walking along Queen St. It was a cool night and he was only wearing pajamas. I stop to check on his wellbeing and immediately notice he was barefoot and his feet were bloody from walking. He told me he was walking home, a home he lived in decades earlier in Brantford. As I tried to find out where the man was currently living, his anxiety was increasing as he struggled to find the answers.

The second incident was only a few years ago here in the Townships. I responded to a call for assistance from an elderly woman who was caring for her husband with Alzheimer's. Her husband was angry and becoming aggressive. This man did not respond well to me. Maybe it was the uniform or I said something that triggered his anxiety.

It was around this time, the Police Service had begun working with the Canadian Mental Health Association (CMHA). A collaboration where officers on patrol could request a mental health worker attend their location. A CMHA worker responded to the residence and thankfully, the man responded well to them.

In the first incident, I was young and had no experience interacting with anyone suffering from dementia. In the second, nothing I said or did could calm the man. There are a few years between the two incidents and we now have the benefit of a mental health worker to assist us when responding to these situations.

Interested in learning more, I sought out an article written by Zeba Khan in the December 2019 edition of the Blue Line magazine about The Kings District RCMP officers carrying fidget quilts. These quilts were the invention of two women from Nova Scotia known as "The 2 Fidgeteers", to help family members with dementia (Khan, Dec 2019 Blue Line).



When officers are dealing with an agitated person the quilt can be given to the person to focus on. The quilts are made with a variety of sensory activities on the panels. Officers then follow up with a communication strategy to calm the individual down.

At Waterloo Regional Police, we value our community partnership and are proud to collaborate with Community Care Concepts of Wilmot, Wellesley and Woolwich to have the quilts made for our Rural Division officers to use.

Michelle Martin, Executive Director of the Alzheimer Society of Waterloo Wellington

provided the communication cards to be given to the officers carrying the fidget quilts. Martin states, “The quilts are a tool that helps people with dementia de-escalate, relieve stress and anxiety and get their center back. It helps them focus. The person with dementia does not have the insight or understanding of the reason why the Police are called. The fidget quilts will benefit the Police by improving the interaction and communication between the officer and individual, resulting in better compliance.”

A special thank you to Len’s Mill Store in Hawksville for picking out all the materials for our quilts and to our local quilter, a Wilmot Township resident for all your help to get this project completed.

Community Resources

Alzheimer Society Waterloo Wellington
<https://alzheimer.ca/en/ww>

Community Care Concepts of Wilmot Wellesley and Woolwich
<http://www.communitycareconcepts.ca/>

Alzheimer Society

10 COMMUNICATION TIPS

People with dementia may be confused, frustrated, frightened, unable to communicate or understand what is being said.

1. Identify yourself, e.g., “My name is... I’m here to help you get home.”
2. Approach the person from the front.
3. Move slowly; maintain eye contact.
4. Address the person by name; speak slowly and clearly.
5. Present one idea at a time.
6. Repeat/rephrase responses to clarify what he/she is trying to tell you.
7. Ask questions requiring “yes” or “no” and allow time for a response.
8. Back up your words with actions using gestures.
9. Listen actively and acknowledge the person’s emotional state.
10. Touching too roughly or quickly could cause increased stress.

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- In urban areas, 75% of people with dementia who are lost are found within 3.2 km of the point last seen
- Searchers – stay quiet and listen for clues, e.g., singing or whimpering.

Unique traits of a person who is lost

- Not aware that they are lost
- Walk in a straight line until they become stuck
- End up in a secluded spot hidden by brush or other cover or are caught in briars or bushes
- Found in creeks, drainage areas
- Go straight across fields, creeks, climb over obstructions
- Will not walk out of a wooded area
- Hidden from their searchers
- Do not call out for help
- Do not respond when their name is called
- Found close to roads and railways

When reuniting the person with his/her family and/or caregivers, ensure that everyone is calm and able to deal with the situation before you leave.

For more information visit
www.alzheimer.ca/firstresponders

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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.

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www.alzheimerww.ca

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Left: Neil Wagner, Founder
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COVER STORY

The Peacock Shoppe: Lessons in Partnership

BY KRISTEN HAHN

It's March 10, 2020. Seated across from me at MeMe's Café Bobbi Williams sets down a piece of her cinnamon bun and says, "Today is a very important day for me. It just so happens that 30 years ago today marks the last time I was in business with The Peacock Shoppe."

The Peacock Shoppe in New Hamburg was famous throughout Southwestern Ontario. Grace Peacock and her partner Erma Smith started the business in 1948 when they purchased inventory from Pearl Ranney's dress shop. They moved locations a couple of times before finally settling at 87 Peel Street in 1961.

In an era when few women eschewed marriage and even fewer ran their own businesses, Grace and Erma were trailblazers; Erma even has the distinction of being the first woman to serve as a member of the New Hamburg Board of Trade.

Grace's sister Ruth married Harry Williams and their son Doug married Bobbi. As Doug had many happy memories of visiting his grandparents in New Hamburg he could think of no finer a place to raise their children: Lynne, Tricia, and Kevin. He was certain, with a weird kind of logic, that with Bobbi's knack for sewing she'd be perfectly suited to the Peacock Shoppe.

Bobbi was less certain. She was a registered nurse and she loved her job. She enjoyed the city. She was happy with her life. She didn't want to move and she certainly didn't know a single thing about how to run a clothing shop.

But Doug was persistent and they bought the business in 1967. Grace worked with Bobbi for a year and helped her build connections within the community, always introducing her as "my niece," even though she was technically her niece-in-law. Grace was the epitome of grace — she was tall, regal, and had a beautiful singing voice. While incapable of lying she could be very diplomatic with the truth. Under her tutelage, Bobbi also learned bookkeeping, accounting, and wholesale-purchasing. They worked very well together and respected each other's opinion — perhaps with one exception: panty-hose. Bobbi brought in this "new product" which sold for a hefty \$3.00 per pair; Grace simply couldn't see how this fad would ever replace nylon stockings and thought it was a waste of good money. To her chagrin, they sold out almost immediately.

After a few years of proven success, the Williams purchased the building to secure their location. The Peacock Shoppe expanded in the late 70s by opening a children's clothing boutique on the north side called The Little Chick Shop. "That was a scary thing. We went to buy kids' stuff and couldn't believe it — we needed sizes for 3-months, 6-months, 2 years... There was so much inventory. I can still see the stunned look on Doug's face after that buying excursion. But we were committed and luckily for us, it ended up working very well."

Fashion in the 1970s and 80s was bold and audacious, and Bobbi was very much the taste-maker — sometimes unintentionally. "One morning I cut up a pair of slacks. Bermuda shorts were just coming into style, so I made myself a pair, put on some knee-socks and away I went. The next day about three women came in looking for those shorts."

It was a good time to be in the clothing business because there was always something happening in New Hamburg. Tricia remarked: "The town very much had events that you looked forward

to all year long. From a ladies-wear perspective, it was perfect. When everyone you knew was going to a dance or gala or fundraising social, you always needed something new to show up in."

Commenting on how much things have changed, Bobbi is quick to note, "Sure, we were just as busy as people are now, but there were more volunteers back then. My kids grew up selling tickets for the Lion's Club. It's just what you did to support the community." Tricia adds, "And now Kevin is a Lion, Lynne's husband Paul Mackie is a Lion, my husband Jim Miller is a Lion, I'm a Lioness... we carried on. We were taught that you have to be involved and do your part to give something back."

When asked what was the most valuable thing Tricia learned from 22 years of The Peacock Shoppe she says, "Partnership. Early on I learned what true partnership looks like. Mom did her part, and dad did his part, but they were in business together. Through thick and through thin they always supported each other and made sure we, as children, felt included as well."



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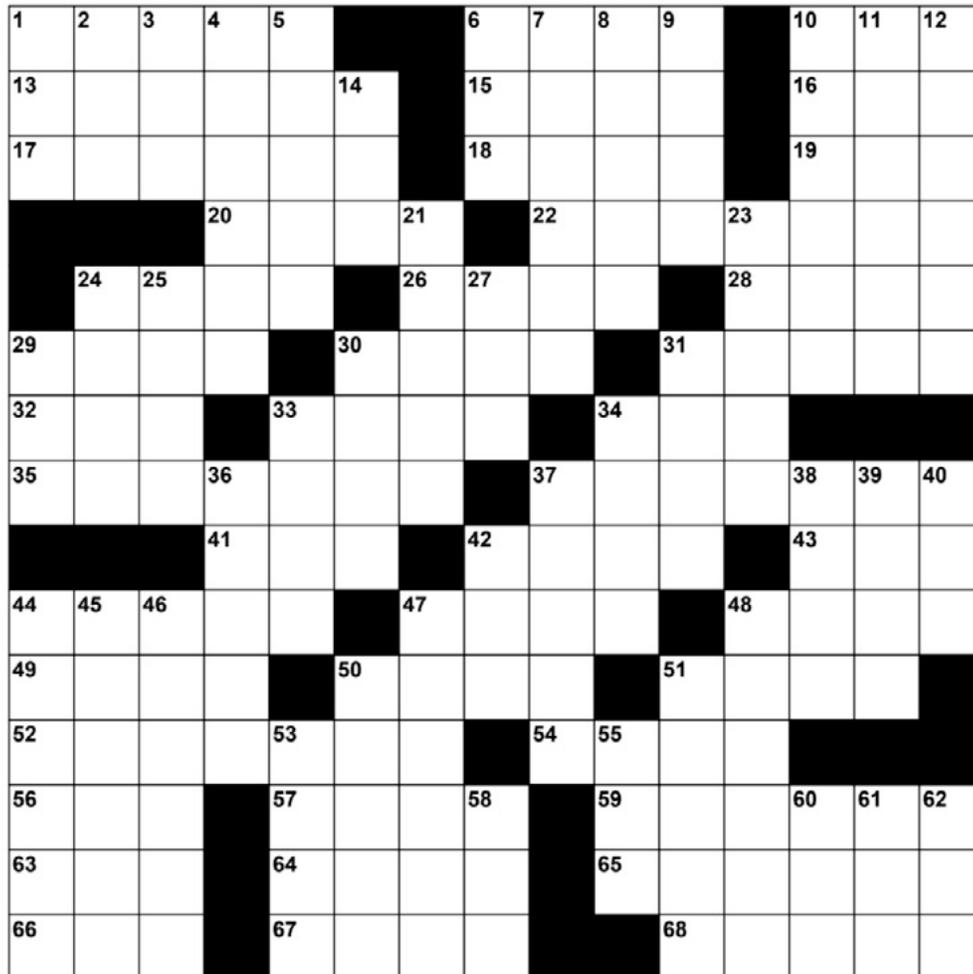
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SEPTEMBER CROSSWORD

School Days



By Evelyn Johnson - www.qets.com

Solutions on Page 16

DOWN

- 1 Division (abbr.)
- 2 Less than two
- 3 Building addition
- 4 Cringe
- 5 Remove
- 6 Wing
- 7 Consortium
- 8 English sailor
- 9 __ Major (Big Dipper)
- 10 Foot divisions
- 11 Quote
- 12 Stalwart
- 14 Male offspring
- 21 Film maker
- 23 Long lifting machine
- 24 Hurting
- 25 Punches
- 27 Male child
- 29 Taxi
- 30 Iran's neighbor
- 31 Exam
- 33 Piece of furniture used to write on
- 34 Sit for a picture
- 36 Ross ____, philanthropist
- 37 Governor
- 38 Honk
- 39 Sticky fastener
- 40 Stretch to make do
- 42 Traveler's aid
- 44 Drowsy
- 45 Unkind person
- 46 Sets in
- 47 Notebook
- 48 Artist's tool
- 50 Priest
- 51 Warfs
- 53 School subject
- 55 Electric spark
- 58 Visit
- 60 Compass point
- 61 Drink slowly
- 62 Fast plane

ACROSS

- 1 People who get things done
- 6 Organization concerned with civil liberties (abbr.)
- 10 Tax agency
- 13 Coves
- 15 Den
- 16 Web
- 17 Hook and loop fastener
- 18 Torso extensions
- 19 Central processing unit
- 20 Squeal
- 22 Tutor
- 24 Vessel
- 26 Do what you're told
- 28 See and find meaning in written words and symbols
- 29 Whorl
- 30 Hero
- 31 Savory
- 32 Creative work
- 33 Cart for hauling heavy things
- 34 Writing tool
- 35 Engage beforehand
- 37 Roselike marking or formation
- 41 Lawyer's title
- 42 Have to
- 43 Furniture wood
- 44 Conceited smile
- 47 Bundle
- 48 Roman Catholic church head
- 49 Comedian Jay
- 50 Water carrier
- 51 Peter, for short
- 52 Baseball bat company
- 54 Precipitation
- 56 Compass point
- 57 Totals
- 59 Short break
- 63 Hole
- 64 Leaf maker
- 65 Emergency
- 66 Affirmation
- 67 Not there
- 68 Took a nap

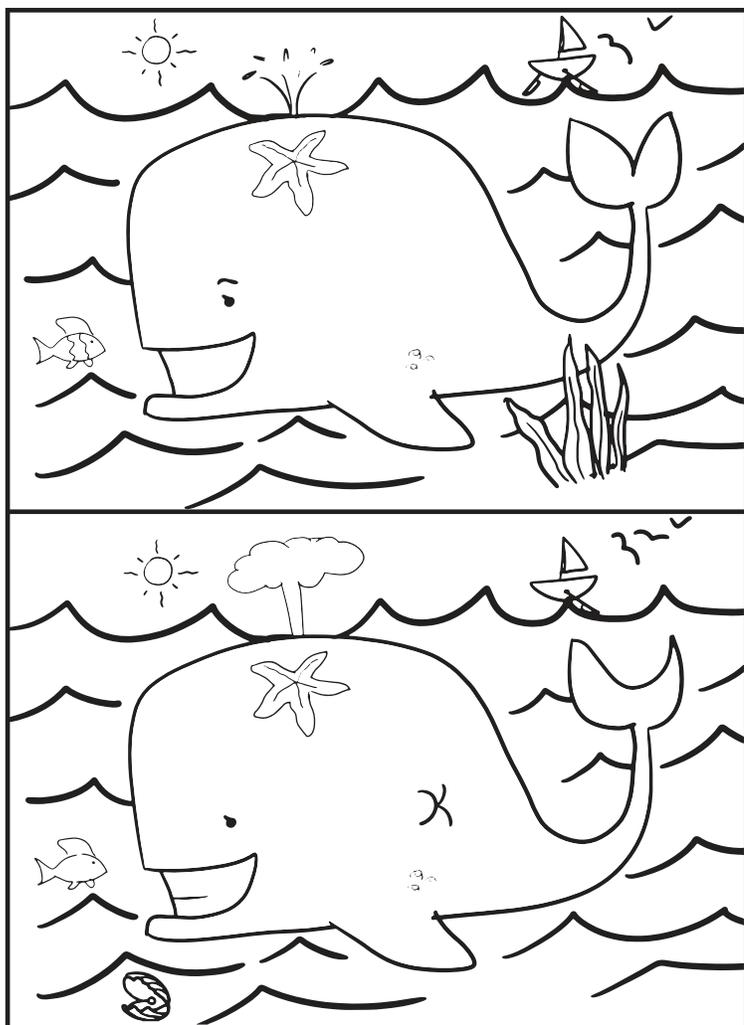
Laughing Matters!



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If you need us to stay with the children, press 2.

If you want to borrow the car, press 3.

If you want us to wash your clothes and do the ironing, press 4.

If you want the grandchildren to sleep here tonight, press 5.

If you want us to pick up the kids at school, press 6.

If you want us to prepare a meal for Sunday or to have it delivered to your home, press 7.

If you want to come to eat here, press 8.

If you need money, dial 9.

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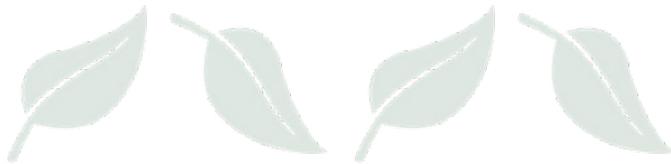
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The Township of Wilmot is updating its brand, and we need your help.

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For more information, contact the Township of Wilmot:

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Get Creative

with The Region of Waterloo Library!

As the Region of Waterloo Library begins to re-open, you may notice a few changes in our services! We're working hard with the community to safely and conscientiously open our doors. Patrons will soon be able to visit the library to browse and check out materials. Computer sessions in our branches are also available for those who need a bit more computing power. Follow us online at rwlibrary.ca for opening updates! For those not ready to visit the library, our Library Takeout service continues – simply place items on hold and when you receive your holds notice, call to make an appointment or book online with our events calendar.

New at the Region of Waterloo Library is CreativeBug! This online resource provides access to thousands of online art and craft classes. Experience the joy of creating with award-winning video classes taught by top designers and artists.

Whether it's quilting, cooking, or cricut, there's a creative idea for everyone!

<https://www.creativebug.com/lib/rwlibrary>

This September, don't miss this year's One Book, One Community event! Going digital means not having to leave your home to enjoy the interview with Waubgeshig Rice, author of "Moon of the Crusted Snow". With two live stream interviews happening Wednesday, September 23rd at 2 p.m. and Thursday September 24th at 7 p.m., you have two opportunities to watch! Visit www.oboc.ca for more info and subscribe to the OBOC YouTube channel.

For up-to-date information on your branch's open hours and other library services, call our Ask A Librarian phone at 226-748-8030 and a staff member will be pleased to help you. The Ask A Librarian line is available: Monday to Thursday, 9 a.m. to 7 p.m., Friday, 9 a.m. to 5 p.m. and Saturday, 9 a.m. to 2 p.m.



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- 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 New Hamburg
- Cloverleaf Farms New Hamburg

WELLESLEY TOWNSHIP:

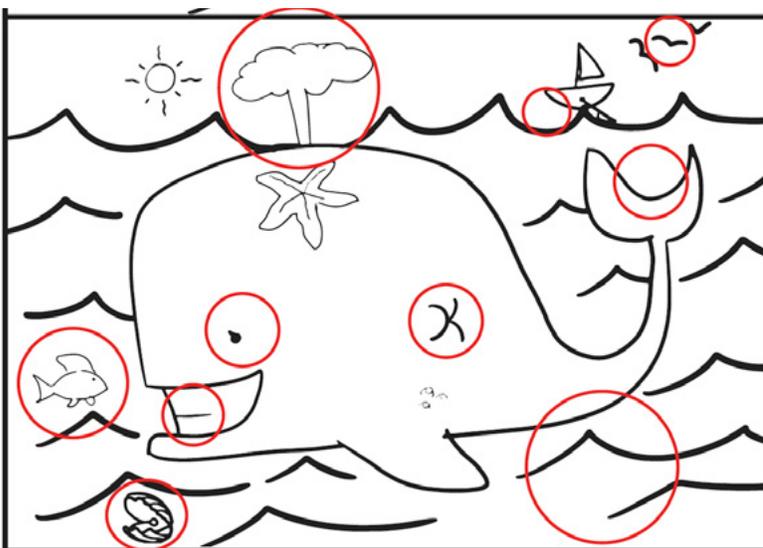
- Schmidtsville Restaurant (outside magazine stand)

- Wellesley Township Community Health Centre
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- Pond View Retirement Village
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- In Season Home & Garden St Clements
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WOOLWICH TOWNSHIP:

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- Martin's Guardian Pharmacy (outside magazine stand)
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- MCC Thrift & Gift Elmira
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- Bonnie Lou's Cafe

Solutions



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Ask the Doctor

with Dr. Nicole Didyk

Question: Does the use of wearing masks cause oxygen deficiency in older adults?

We're six months into the coronavirus pandemic and in most jurisdictions, there are rules requiring everybody to wear a mask indoors when going shopping or to another business. But are there any situations where a cloth or paper mask (not an N95 one) could be dangerous or inadvisable for an older adult?

As of the time I'm writing this, you don't need to wear a mask if you're less than two years old, you're unable able to put on or take off a mask, or there's a medical reason to not wear a mask.

When most of us think about what medical condition could create a mask exemption, we think about breathing issues like COPD or asthma, and the Centres for Disease Control (CDC) in the US do recommend that those with "breathing difficulties" may be exempted. My interpretation of that is that if a person is labouring to breathe, breathless, or very short of breath, a mask isn't advisable. But anyone else should be able to wear a cloth or paper mask without any restriction on their oxygen intake, and that includes older adults.

Here are a few things to remember about mask-wearing in public:

- The mask protects others more than it protects us.
- It reduces the risk that our droplets will contact others if we happen to be infected and not know it.
- How much a cloth mask protects the wearer is less clear

Wearing a mask is not enough and it is still necessary to:

- Wash hands frequently
- Keep a 2-metre distance from others
- Avoid touching your face
- Stay home if you're sick

If you're worried about whether wearing a mask will make you sick, talk to a doctor or nurse for more information about your specific scenario, or avoid going out until the mask advisory is over, if you can.

If you want to learn more about aging, visit my website at www.TheWrinkle.ca, where you can submit a question about masks, or anything else!

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

Disclaimer:

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



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Connecting with Your Peers and Community

The last few months have been a challenging time as we have all been asked to do our part by self-isolating, wearing a mask, physical distancing and washing our hands.

The local and provincial numbers for COVID-19 cases continue to decrease. Older adults have had an important role in leading the way through these trying times. Keep up the great work!

As older adults continue to follow public health guidelines and move successfully through Stage 3, the 're-opening,' social circles, or social bubbles, have emerged as a way to safely expand the number of people with whom you can come into close contact with.

Your social bubble is a group of no more than 10 people who you can interact with one another without the need for physical distancing. Everyone living in the same household is in a social bubble.

People who are part of your social bubble:

- ✓ Do not have to physically distance
- ✓ Can hug and touch each other
- ✓ Should continue to follow public health advice by washing their hands and taking necessary precautions to help stop the spread of COVID-19

Social bubbles are important:

- ✓ To connect you with family and friends outside of your immediate household to reduce social isolation
- ✓ To support your mental health and wellbeing

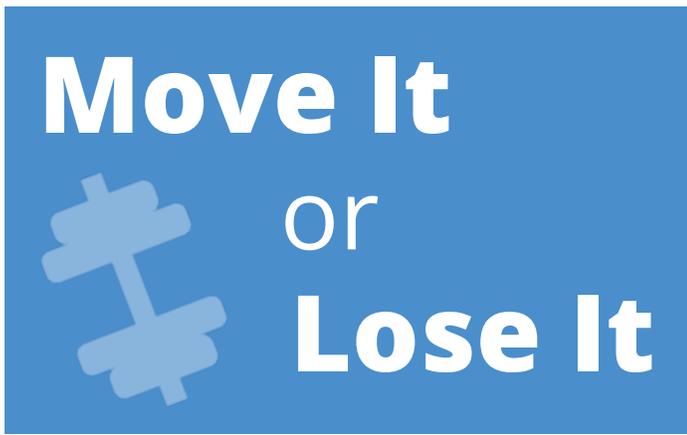
- ✓ To allow some families to get additional support with caring for children, seniors or attending to other personal needs
- ✓ To allow for more rapid contact tracing in the event of an outbreak

Remember these tips to create a safe social bubble:

- ✓ Start with your current social circle including anyone in your household or who regularly comes into your household.
- ✓ Social bubbles can include less than 10 people. If you are over 70, have a compromised immune system or have underlying medical conditions, it is best to start slow and safely add members later.
- ✓ Get agreement from everyone that they will only join one bubble and physically distance from anyone outside of the bubble.
- ✓ Continue to follow public health advice by washing hands, coughing into your sleeve and maintaining a physical distance from anyone not in your bubble.
- ✓ Stay true to your bubble by only being part of one bubble.

Social bubbles are an important way to feel more connected with your family, friends and community while staying safe. In addition, there are many virtual and phone-based programs as well as visiting at a distance options that can keep you connected while remaining safe. Stay connected. Stay safe. Lead the way.

Move It or Lose It



What comes first with regards to exercise? Like the chicken and the egg. Our bodies naturally start to lose muscle mass after the age of 30, this change is called sarcopenia, a wasting of muscle mass. A 3-5% loss of muscle per year on average, this adds up and results in many changes.

The question then is do we stop moving because of the muscle loss or is the muscle depleting because of the lack of movement? Either way the only answer is to keep moving!

Side effects of sarcopenia are difficulties doing daily activities, this alone should give you incentive to add resistance training (muscle building activities) to your schedule. It also includes metabolic syndrome, diabetes, osteoporosis, and other chronic illnesses.

How do you know when sarcopenia has set in? Finding it more difficult to do things that you used to, think about something that you would easily lift or move and notice if you are struggling more to make that happen. Decreased strength may also show as feeling exhausted more often, with less inclination to be active. You may also notice (or someone else will) that you are walking slower. Fortunately, all these things can be changed by adding resistance training or exercise.

We tend to think that after a certain age there are changes that are inevitable and that we just have to deal with them. This is true only to an extent, as we can combat changes in our bodies in so many ways, it just takes a bit of effort. Worthy effort to be sure.

There have been many studies show that

strength can be increased up and into a person's 80's, our bodies are miraculous things! Sometimes it is our mindset that lets us down. One small study of 57 adults age 65-94 showed resistance training 3x per week increased strength over 12 weeks. This strength increase results in less injury, think falls, and increases in mobility and balance, again think falls, it also makes day to day life much easier, think back to your younger days.

Strength is also so important for all daily activities, from opening a jar to getting up and down a flight of stairs. You don't want to give up your independence now or in the future.

Gaining strength depending on the decade you are in will look quite different than the sensationalized media fitness hype! At some point flipping huge tires and jumping up on boxes, or lifting Arnold Schwarzenegger type of weights, just might not be the right thing. I would bet that even Arnold isn't lifting like that anymore.

There are many considerations to make when planning a program for those over 50 or 60 or 70 plus. While we are certainly able to offset some physical aging processes we do need to keep age in mind, even for those who have always been active.

Working in a 10-15 repetition range with a few "sets" of the same exercise for a certain body part, with perfect form seems to be the right formula. Reps and Sets are words to familiarize yourself with when starting an exercise program. Many will already know this but for those that don't - Reps are the number of repetitions you are doing, simple enough, and Sets the number of times you repeat said Reps after a rest period.

Exercises could include, depending on availability, a mix of machines, "free" weights (dumbbells, cans of soup, potato sacks if needed) and body weight. If you have access to a gym with machines you may be able to increase your absolute strength by pushing or pulling a load through the machine's controlled range of motion. This is a very safe way to start, however, it removes any balance, supporting muscle

groups and control that would come into play with the “free” weight movement.

There are many considerations to adding resistance or any kind of training to your schedule, especially as we age it’s hard to get into specific exercises that accommodate all and within the word count of this article. However you want a program to incorporate major muscle groups – Chest, Back, Shoulders, Arms, Legs and Core. As always it is best to consult with a Fitness Professional to customize the right program that will keep you injury free.

Keeping muscle also relies on good nutrition! Protein is a very important factor to helping gain and increase muscle mass and strength. A whole other article, but, be mindful of including or increasing protein into your daily food intake, it is often something that is overlooked in diets as we age.

Keeping active with resistance training and combatting muscle loss improves your metabolism among other things and may even cause you to live longer and healthier. Which in my books translates to happier!



Chris Spotswood is a Fitness Professional and Certified Personal Trainer. Chris owned Absolute Fitness & Personal Training in New Hamburg from 1999-2017. Her mission is to cut through the bunk in the health and fitness industry, to make fitness fun and inspire “boomers” to

find sustainable solutions for lasting health, independence and happiness.

She can be reached at chrisspotswoodcs@gmail.com, chrisspotswoodcoachingsuccess.com or find her on Facebook at Chris Spotswood Coaching Success.

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

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

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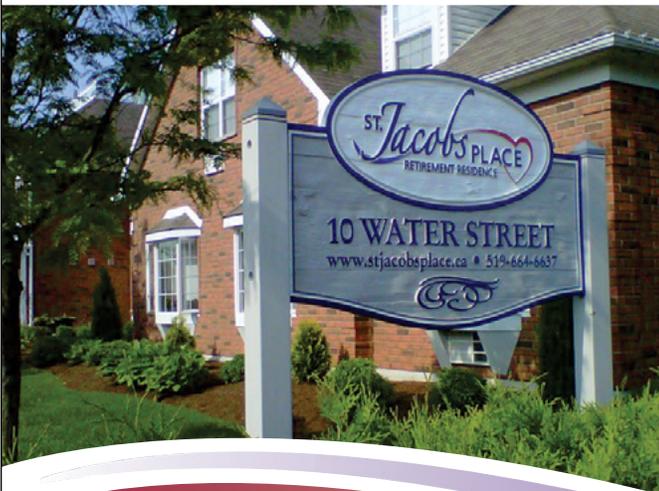
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What is the difference between famed country & western singer Hank Williams' soulful, I'm So Lonesome I Could Cry; contemporary songwriter Paul McCartney's haunting Beatles song, Yesterday; and the timeless gospel anthem, Amazing Grace?

In terms of their ability to encompass the full spectrum of emotion: none - no matter the genre. And what's great is that music can mean different things to different people - even different things to the same person - at different times in their life.

Each one of these three songs has elicited within me - at one time or another - immeasurable gratitude that I had these to fall back on during times of deep personal loss, a retrospection of life, and a renewal of faith.

Truthfully, I can't imagine a world without music. Can you?

Music can also speak for us, when our own words inadequately fail us.

I met a girl, who sang the blues / And I asked her for some happy news / But she just smiled and turned away. -American Pie by Don McLean

I remember the impromptu musical television tribute after the tragedy of 9/11. A nightmare in our collective psyche, the artistic community came together for a North American broadcast that soothed and galvanized our will to carry on.

Also, who could forget the worldwide telecast of the late Princess Diana's funeral attended by royalty and seen by billions around the world? Once again, it was music. We remember mostly her friend, Elton John, and his special lyrical rendition of Candle in the Wind as the most touching tribute music can grant.

The importance of music in our world can be seen everywhere - except, as of late, in our school system.

Mark, a long-time public-school teacher and friend, explains that music (and art in general) is like a beautiful rose that administrators want to "prune back" when times get tough. He asks: what part do you take away? The stem? The pedals? It's like living in a world devoid of colour.

When you focus only on certain things, students

suffer from a diminished interest in school-- some are even dropping out of the educational system altogether. The result is a workforce of young, jaded citizens, which no society or business can afford. Therefore, you end up losing what you're trying to protect - costing us more in the long run.

I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world. -- Albert Einstein

Bono, lead singer of activist Irish rock group U2, has said that "Africa is literally going up in flames and we're on the sidelines holding a watering can. History, like God, is watching what we do." All the education in the world - as important as it is - will not help our world, unless there is a will to do so.

Today's problems require engaged citizens who are critical and creative thinkers. In today's

technologically integrated and interdependent world, in order to be successful, you can't have one without the other. Where do you learn that, if not from an early and all-inclusive education?

Our global community also needs increased co-operation and communication; soaring above the plethora of languages, the arts - like music - can enable that to happen. If "all roads lead to Rome," why not use them all for the world's betterment?

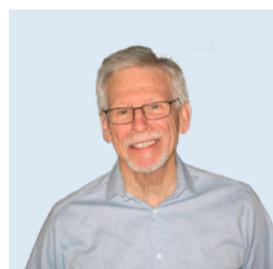
So, when people ask, "With all the world's problems, isn't music just a 'nice to have' optional extra?" I can fall back on the timeless lyrics of Leonard Cohen--

"I've told the truth, I didn't come to fool you. And even though it all went wrong, I'll stand before the Lord of Song With nothing on my tongue but Hallelujah."

<https://youtu.be/3q7TRVOM9KQ>

The Inner Eye

by Fred Parry



'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

September 21 is World Alzheimer's Day. This is Tanis' story.



"I have vascular dementia, but you can't tell that by looking at me. When I'm out in the community, I'm not afraid to tell people so I can get the help I need.

"It's been a few years since I got the diagnosis, but I am managing very well. It's true that I can see changes in myself, but I still live in my own apartment and I volunteer at the pet rescue shelter. I also attend my support group at the Alzheimer Society. It's been a lifesaver for me; the great leadership and deep friendships I've formed have helped keep my spirit strong.

"I'm lucky that I'm still quite independent, and I think I'm living well. I have friends who understand. If I miss a word in the conversation, I say, "You get the drift!" My friends don't ask me to search for the word.

"People need to know that they can talk to someone with dementia. We want to be treated well...we don't want to be treated as though we are unstable or crazy. But sometimes it's hard to tell us from anybody else because we don't necessarily have wheelchairs or white canes. So if I'm struggling with something, such as finding a

product in the store, I tell the clerk that I have dementia. I've found that people are happy to help.

"I think that by being honest, we can create awareness in others who may not understand dementia. Once they see us as people who just need a little help sometimes, they'll see us as who we are: people who are living their lives in their own way with dementia."

Here are my tips to help you understand:

- Develop a support system that you can rely on. You will be able to share your feelings & count on others who can help.
- Ask for information or a second opinion.
- Cherish every moment you share and every memory you have with your family members.
- Be patient and compassionate. Your family members need your help to deal with the many changes brought about by the disease.
- Life can be crazy. Take your time and take care of yourself as you face your challenges.

**Looking for support? We're here for you:
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Being a Healthy Grandparent

During COVID 19

Ageism in popular culture abounds, but the one area where grandparents are feted is in relationship to grandchildren. We know from research that the grandparent and grandchild bond can be incredibly important for young people's mental and emotional health in the long term and it's certainly good for grandparents too. In research* published in 2016, conducted over 19 years, the reciprocal nature of emotional connectedness and its protective factor against depression was noted across the lifespan. In a world where anxiety and depression rates have been increasing and the highest risk of suicide is in young adults and seniors, the mutual support of being engaged with your grandchildren is even more important. If you are worried about how you are feeling give yourself a checkup using this on-line resource <http://checkupfromtheneckup.ca/> or if you are feeling hopeless and unable to go on call Here 24/7 – (844) 437-3247

How has COVID affected the grandparent grandchild bonds? For many, the past months of restricted movement and isolation have been very challenging. Worrying if you are vulnerable because you have underlying physical health conditions has affected many people's choices of who to interact with. Even as social bubbles came into effect, older adults are choosing or are being requested not to interact with the youngest generation because of the risks. This can be very hard: grandparents can sometimes be providing child care to allow parents the opportunity to work, or the opportunity for parents to have some rest and relaxation, these factors are especially important for single parents.

How has COVID 19 affected your access to your grandchildren? Perhaps you are able to interact by phone, text, What's App., Skype or Zoom. Even

writing a card or letter can be a fun way to stay connected. Outside meetings at safe distances if you can't be in each other's social bubble is obviously easier to do during the summer weather. Other precautions such as washing your hands regularly and wearing a mask are ways of helping to reduce the risks when getting together with family. Fortunately infection rates are tumbling, so risks are reducing, but with the likelihood of a second wave, we need to keep up our guard! Even if you can't connect – or perhaps especially if you are apart from family, try to keep your communication and support networks up. If you have hearing or visual deficits try the Canadian Hearing Services www.chs.ca, 1-866-518-0000 or the Canadian National Institute for the Blind www.cnib.ca 1-800 563 2642 for advice.

What is becoming apparent to health and social care providers across the Waterloo Region is how often it's more active seniors who feel they are suffering the most under COVID. Limited social and physical activities and endless depressing news make for a dampening impact on one's outlook. Kick the COVID emergency response effect by investing in being kind to yourself: make a commitment to self-care and being creative in taking time to connect. For handy tips or how to keep busy during COVID and other wellness topics go to our Wellness Blog on the Woolwich Community Health Centre website <https://wchcvirtualhealth.wixsite.com/mysite> Don't let a negative state of mind or lack of ideas slow you down or box you in, reimagine the things you love to do and show how your resilience and wisdom can help role model to the next generations these difficult times. These times will pass just as so many difficult times in the past, we will develop new ways of living and coping and you are living proof of this!

*Gerontologist, 2016, Vol. 56, No. 3, 408–420 doi:10.1093/geront/gnu056



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Important Information on Suicide Prevention

September 10th, World Suicide Prevention Day, provides the opportunity for people, across the globe, to raise awareness of suicide and suicide prevention. "It provides an opportunity for the community to gather, to remember, and to heal. While the event is centered around acknowledging those whose lives have been impacted by suicide, it is also about providing mental wellbeing education and resources to everyone in our community, and providing a gathering space where individuals can feel connection and belonging." (Waterloo Region Suicide Prevention Council)

To mark this day, SAWW (Suicide Awareness Wilmot Wellesley) has been organizing a candlelight walk and a free public skate. This year that event will be on hold until next year, as many other things have been because of COVID19. We will be back as soon as it is possible to do so. We encourage you to light your own candle at home, put in the window for others to see, as a time of reflection and healing.

Waterloo Region Suicide Prevention Council will be holding a virtual event on their facebook page. Please visit their website at www.wrspc.ca for more information. They also have some at-home activities you may be interested in.

For the last few years we have also hosted a Mental Health Breakfast in November. Again we have made the difficult decision to cancel for this year. Plans are to offer you some words of encouragement via video. Stay tuned for more information.

SAWW has been working in the community since 2007, offering information, suicide alertness training, and building resiliency in our community. We are comprised of staff from Wilmot Family Resource Centre, Interfaith Community Counselling Centre, Canadian Mental Health Association Waterloo Wellington, and community members.

These are unique times and we know people are struggling. This makes it especially difficult to postpone these events. Remember if you are in crisis or supporting someone who needs help, call **HERE** 24/7 or 1-844-437-3247.

WORLD SUICIDE PREVENTION DAY

WORKING TOGETHER TO PREVENT SUICIDE

THURSDAY SEPTEMBER 10TH, 2020

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Don't Sit There Worrying About Alzheimer's

Photo credit: Elise Houghton

Get up and Do Something!

Jill Simpson is a senior's fitness and positive-aging specialist. She is the developer of The Great Brain Workout. Her classes, talks and workshops run at the Woolwich Seniors Association and throughout Kitchener-Waterloo.

Visit her website: betterwithfitness.com
 To join a Great Brain Workout class, email: thegreatbrainworkout@gmail.com.

As a senior's fitness and healthy aging specialist, I do regular public speaking engagements to educate older adults on the science behind making their brain health last a lifetime. I usually begin my 'Fitness for Your Aging Brain' talk like this,

"Hands up! Who's here because they're worried about dementia?"

Typically 65% will raise a hand, which always perplexes me. Why sign up for a brain health talk if you're not concerned about the health of your brain? I go on, "For those of you who are worried, that's great. I've got good news. And for those of you who are not worried, I've got bad news...you should be." Last year, the headline in the British newspaper, The Guardian, read

Alzheimer's and dementia leading cause of death in England and Wales -*The Guardian*
 August 6, 2019

According to the BrightFocus Foundation, 2000 to 2016 saw the mortality rate from heart disease, the leading cause of death in North America, decrease by 6% while Alzheimer's increased by 139%. (No, you did not misread that.) So yes, you need to worry, as a matter of fact,

worry enough that you start to do something about it. Now for the good news.

Scientific studies from around the world agree that the number one intervention to prevent or at least stall cognitive decline is exercise, exercise and exercise!

For chronic sitters, 'exercise' might mean walking down two flights of stairs to the mailbox and back. Sorry, chronic sitters, that's not exercising. Exercise to prevent or stabilize cognitive decline requires a cardiovascular workout that gets your heart pumping and your body sweating. Once you get your heart rate up, you need to maintain that high-cardio state for a minimum of 10-15 minutes at a stretch and accumulate a minimum of 150 minutes a week.

At this point, someone in the audience inevitably says, "I don't need to exercise because my friend and I walk every day." To which I respond, "That's great... for your legs. Tell me, when you're walking do you find it hard to talk?" They usually look perplexed by this question, so I go on, "I mean, when you walk is it difficult to talk smoothly without taking a little gasp of air in, between words? Because if you can walk and talk easily that's not exercising, that is walking and talking. To get dementia-preventing value from exercise, you need to be huffing and puffing and taking an extra breath."

Now to my pet peeve, so-called 'seniors fitness' classes. You've seen them on the Internet, maybe even attended classes where perfectly able-bodied seniors are told to exercise sitting down for their safety. Yes, someone with a hip

or knee problem might need to sit, but if you walk into class on your own two feet, then sitting down to get your heart rate up is nonsense. Don't get me wrong, with the right technique it is perfectly possible to get your heart pumping while sitting down, but they don't teach that technique.

Herein lies the danger! Believing all exercise is created equal, many assume they don't require more. They're wrong, and risk being dead wrong.

Exercising hard enough that your body requires extra oxygen stimulates your brain to produce a cocktail of neurotransmitters (molecules that send a chemical message from one brain cell to the next). Aerobic exercise also triggers the release of the protein BDNF (brain-derived neurotrophic factor) a growth hormone required for the birth and development of new brain cells.

The Great Brain Workout program takes the concept a step further. A simultaneous combination of aerobic and cognitive activity is designed to supercharge your brain. Serious exercise creates a flood of oxygen, neurotransmitters and mood-elevating hormones that create a powerful sense of emotional wellbeing that can last for days after a single workout.

More good news, a happy brain is less likely to develop dementia.

So whether you join us for a Great Brain Workout this fall, you join a gym, you dance, play ping-pong or pickleball, remember to take a chat test. If you don't require a little gasp of air between words, you're likely not working hard enough to get dementia-prevention value. By all means, keep going for a walk with your friends. It's an important piece for your brain's health. Exercise is the single most important factor in cognitive wellness as you age, so don't stop what you're doing now, just add more serious aerobic activity.

Lastly, some good news for chronic sitters. Science tells us that no matter when in life you start exercising, your brain begins reaping the benefit within the first 15 minutes!



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Wearing a mask with your hearing aids



Here are some clever tips to protect your ears and your hearing aids while wearing a mask.



1.

If you have long hair, pull it back into a bun and loop the elastics around the bun.



2.

Create a "mask extender" out of fabric or ribbon about 10cm long. Buttons sewn on either side allows for a place to put the elastic other than your ears.



3.

Sew 2 large buttons onto a soft headband, placing the buttons to line up with each ear. Looping the elastic around each button will take the strain off your ears.



4.

Use masks with string or ribbons that tie in the back. There are YouTube videos on creating masks that tie, which puts absolutely no pressure on the ears.

Communicating when wearing a mask



Speak slowly, clearly and at a normal volume.



Rephrase remarks when not understood.



Take turns when speaking.



Make sure hearing aid users have them on.



Keep background noise in the room to a minimum.



Face each other (at a safe distance).

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Advanced Care Planning

If you are unable to make your own healthcare choices, someone else has to make that decision for you. Advanced care planning is a way for your wishes to be respected if you become incapable. You can choose someone to give or refuse consent to healthcare on your behalf. This person is called a Substitute Decision Maker. Your wishes often go into a document called a Power of Attorney for Personal Care.

Being a Substitute Decision Maker is a challenging job because you have to make difficult decisions for someone else. An advanced care plan is a guide that will give directions to a Substitute Decision Maker. This allows a Substitute Decision Maker to be in a position to make decisions in the same way that you would have if you were capable. It is important to be as specific as possible when giving directions in an advanced care plan.

The advanced care plan will guide a Substitute Decision Maker to make the right decisions for you.

Advanced care plans may include your values and beliefs, likes and dislikes, how you want to be cared for, where you want to live, specific wishes about health treatments, medications and end-of-life care. These directions often reduce family conflict because other family members know that you have made these choices, and it helps guide your doctors and nurses to the right decision-maker.

If you have questions about advanced care planning, speak to a lawyer or caregiver about how to create your plan.

Siera Stampone is finishing her law degree, and working 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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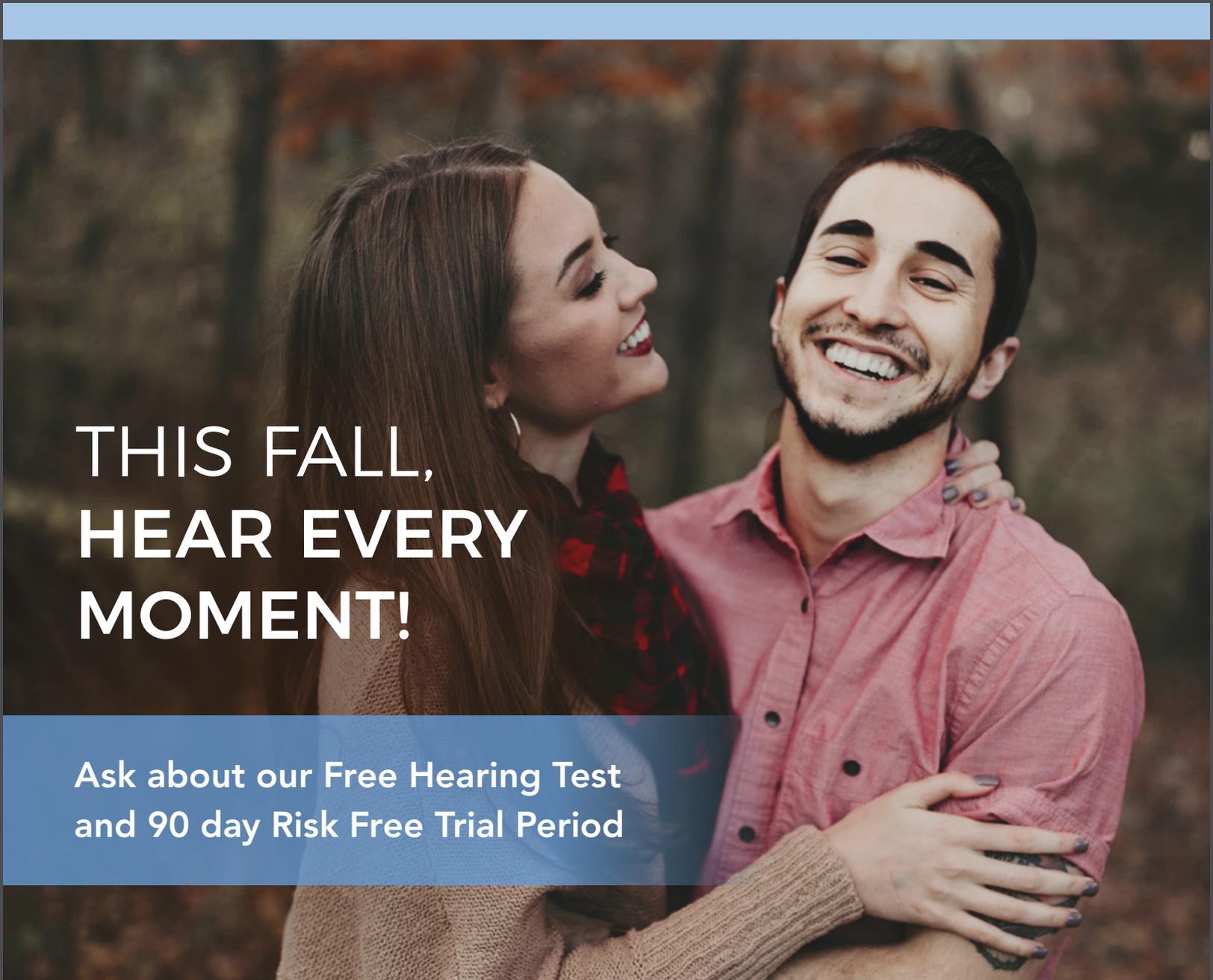
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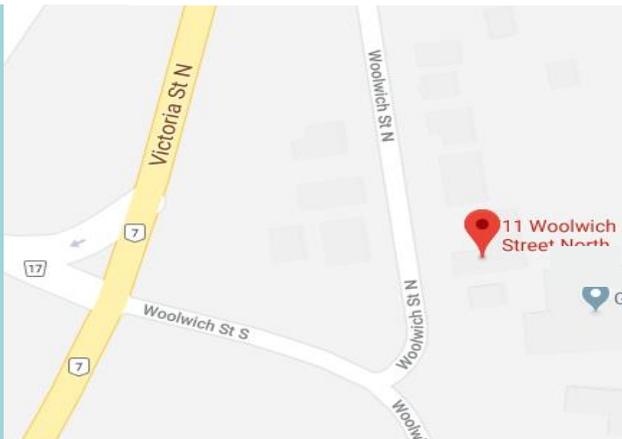
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