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

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Feature Business of the Month

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



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Deborah is a former pharmaceutical rep who spent 30 years on-the-go, juggling work and family. It was a struggle at times to eat healthy and escape to the gym she admitted. Even in retirement not a lot changed but Deborah did trade her suitcase for a golf bag and city living for picture perfect New Hamburg. Read the full story on page 8.

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

LETTER FROM THE EDITOR

4 years ...

This September marks 4 years since the first issue of Embracing Change was published. I am very grateful for the amazing support of so many family, friends and local businesses that have believed in my idea and helped contribute to the success of this magazine. Special thank you to Jessica Uttley my graphic designer who has been with Embracing Change since our first year! I could not do this without the amazing support and talent she brings every issue. I also want to thank my Dad

and my boys who have been a huge support since the beginning as well. They believed in my idea and have supported and helped out every month since my first issue came out. To the following businesses and contributors who have supported this publication every single month since the beginning as well - I can't thank you enough! Without your support we would not be able to provide this resource to our Community. Thank you - Community Care Concepts, Woolwich Health Care Centre, Alzheimer Society Waterloo Wellington, Hemmerich Hearing, Rudy Held Performance Centre, Town Square Pharmacy, Alison Willsey - Peak Realty and Fred Parry.

Life Hack Tip of the Month ~ Keep brown sugar from hardening by adding a few marshmallows to the jar

Why Does Brown Sugar Get Hard?

If you're a baker, then you know brown sugar can form into rock-hard chunks that are difficult to break up. Unlike

other sugars, brown sugar hardens when exposed to air. This is because molasses loses moisture, making the sugar crystals stick to themselves. So, if it's kept in an unsealed bag or a non-airtight container, it'll likely become hard as a rock. How do marshmallows keep brown sugar soft, you might ask? The brown sugar is able to extract moisture from the marshmallows. And a couple of marshmallows is a small sacrifice for soft, fluffy brown sugar.

Truly grateful,

Tara





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Thriving in the Community

For the past 37 years, Community Care Concepts has offered a variety of services and supports that assist older adults and seniors to live independently across the Townships of Woolwich, Wellesley and Wilmot. We understand that being at home and in the community is where all of us prefer to be, for as long as we are able to effectively do so.

To age well in the community, there are many important components that need to be addressed including physical health, mental health, nutrition and physical exercise. In fact, our organization has structured its programs and services around helping individuals to maintain these key elements.

While all are important, both research and our experience has shown that the one component that seems to be one of the most protective factors in helping individuals to age well in the community is the ability to form social connections, whether it be one or two good friends to connect with regularly or having an active social life. Nothing has highlighted this as much as during the pandemic when many of us were limited in our ability to maintain contact with others.

As the warm summer weather turns to fall, and as the restrictions associated with the pandemic have reduced, there are many wonderful opportunities for older adults to participate in, to not only meet their essential needs, but most of all connect with others in the community, many of which are at no or very little cost. This is especially important, given our tendency to hibernate during the cooler weather in the fall and winter.

Take advantage of the many FREE gentle exercise and falls prevention classes that are opening up for older adults across our communities. With no pre-registration or

commitment required and designed based upon everyday movements, regular participation is found to reduce the risk of falls, the leading cause of health decline, while providing an opportunity to connect with others who share a common interest.

Tired of thinking of options to cook for yourself? Join one of our many community dining events. Providing a hot, nutritious meal, these events also provide an opportunity to get out of the house, socialize with others, be entertained and to learn about your community.

Community Care Concepts also sponsors a variety of social and recreational activities including fitness, cards and games, arts and crafts, health and well-being activities, educational events and other activities that provide opportunities for older adults to come together with others that share common interests.

Staying connected with others is an important component of thriving at home and in the community. Contact us today to learn about the many opportunities at a variety of community-based locations across Woolwich, Wellesley and Wilmot Townships.

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COMMUNITY
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Why Do My Gums Bleed When I Clean My Mouth?

Kelly Durst,
Health First
Dental Hygiene



We've all been there; you brush and floss and notice some "pink in the sink" afterwards. When you clean your teeth, a small amount of blood once in a while is not typically cause for concern. However, if your gums are bleeding consistently, you shouldn't ignore it.

There are several reasons for bleeding gums:

1. Gingivitis (early gum disease). The most significant reason for bleeding gums is due to the improper removal of plaque (bacteria). This plaque builds up along the gum line and calcifies to tartar. Plaque and tartar along the gum line can cause gingivitis.
2. Improper brushing and / or flossing. Too aggressive or using the wrong tool can be causing more harm than good.
3. Lack of professional cleanings. Over time, plaque and tartar build-up below the gumline, and can cause advanced gum disease (periodontitis).
4. Unhealthy diet. Simple sugars and carbohydrates can lead to more plaque formation. Also, vitamin deficiencies can cause bleeding gums.
5. Medications. Blood thinners and pain relievers, among others.
6. A faulty filling or restorative work. Old fillings, a crown, bridge or implant that is no longer sealed will become a "plaque-trap" and cause inflammation.

7. A systemic concern. Most commonly hormone imbalances, diabetes, leukemia and AIDS

Good news! - Most often the cause of your bleeding gums is mild and can be easily corrected. With a little attention and diligence, you can rid your mouth of inflammation. Points to consider are:

1. Ensure thorough removal of plaque by brushing twice a day for 2 minutes each time and cleaning between your teeth daily. If flossing is not for you, there are several other options. Rinsing with water after meals is helpful.
2. Choose a soft-bristled brush. Think of it as "massaging the bacteria" instead of scrubbing your teeth. Ask your dental professional to show you how.
3. Get regular professional cleanings. This ensures the bacteria are not able to cause their destruction.
4. Eat a well balanced diet with a variety of fresh foods. Speak with a professional before supplementing vitamins.
5. Ensure your dental professionals know ALL your medications. Know that you may experience more bleeding at home.
6. A check-up will ensure all fillings and restorative work is in-tact.
7. Any concern of a systemic disease or hormone imbalance should be brought forward to your MD.

Don't fret! Increase your home care routine, do some salt water rinsing, and get your teeth professionally cleaned. If there is still blood consistently, speak to your dental and medical professionals.

References:

Ubertalli, J. (2022, May). *Gingivitis*. Retrieved August 7, 2022 from:

<https://www.merckmanuals.com/en-ca/home/mouth-and-dental-disorders/periodontal-diseases/gingivitis>

Self-Care for Care Partners

Alzheimer Society Waterloo Wellington

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 for managing care partner stress:

Find your outlet

It’s essential to have a safe place to express your feelings. Try talking to a friend or mental health professional, or contact us for counselling and support groups.

Ask for help!

Often, 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 rest each week.

Learn communication tips

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

Look for humour

While dementia is profound, you may find certain situations have a bright side. Maintaining a sense of humour can be an excellent 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, and legal and estate planning.

Breaking Down Myths of Self Care

Self-care can seem like an impossible term. Many care partners hear it all the time and sometimes react with exasperation at the mention. The lives of dementia care partners are usually highly focused on the ones they care for. It might be tough to imagine self-care, as many messages about self-care are often vague. They are left open-ended as self-care is different for every person and in every situation.

“I don’t have time.”

Self-care can be anything! They can be activities that make you feel accomplished, such as doing the dishes, tidying an area of your home, or as small as watering all your indoor plants. They can also be activities that give you a sense of pleasure. These can be bike rides, walks, movie trips, shopping - anything as long as it interests you!

“I feel fine.”

Everyone can benefit from stress reduction. Sometimes, self-care is engulfed in guilt, pressure or even more stress! People try to get the most out of self-care time because they know this is the time to ‘relax.’ Know that even short periods of self-care will be more beneficial than none. Perfect is often the enemy of the good; make sure to take time when you can!

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

COURAGE & CONNECTION

A Caregiver Information Series

A 4-week dementia-based education series featuring Dr. Didyk, Corrie Bradley, Melissa Malo, Robin Smart and Janine Wilson.

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COVER STORY



Growing Old is a Privilege

WRITTEN BY: MERCEDES KAY GOLD

PHOTOS BY: WILLIAM BUNN

Growing old is a privilege. Eleanor Roosevelt said it perfectly. **“Beautiful young people are accidents of nature, but beautiful old people are works of art.”** Prioritize health and paint your life a museum worthy masterpiece. Live vibrantly. Aging doesn’t imply acceptance, complacency or the time to retire to a rocking chair.

Reading this article is your official sign to rethink aging. Getting older equals embracing change in all areas of life and taking significant steps to minimize the bad while maintaining and maximizing the awesome aspects of aging. The fountain of youth is not a secret. Consistency is the name of the game. Staying physically active,

eating a nutritious diet, drinking ample water, sleep, sunshine, and limiting stress are the keys to slowing down Father Time.

As a personal trainer and nutritionist, I feel very grateful to be trusted with designing protocols to help people address health concerns and diagnosed conditions. Every client is unique and their journey one-of-a-kind. The stars aligned and I had the pleasure to be a part of a dynamic 64 years young woman’s journey in pursuit of holistic healing. Deborah is a former pharmaceutical rep who spent 30 years on-the-go, juggling work and family. It was a struggle at times to eat healthy and escape to the gym she admitted. Even in retirement not a lot changed but Deborah did trade her suitcase for a golf bag and city living for picture perfect New Hamburg. She even tapped into her artistic side by taking up jewellery design and makeup artistry.

Deborah was enjoying the retirement ride but bliss was short-lived. She was thrown the cancer curveball and two surgeries soon followed. With the onset of Covid, life was a series of hills and valleys, enduring five more surgeries. By the time our Covid world was winding down, Deborah had gained 43 pounds on her 5’2 frame. The woman in the mirror was now unrecognizable. No stranger to exercise and diet trends, she set out to take back control of her health. Although Deborah felt she was, “eating clean and managing calories”, it was proving harder than she imagined.

As a nutritionist, re-educating people about calories, carbohydrates, sugar, protein, and water requirements plus the importance of fabulous fibre can be frustrating at times. There’s an onslaught of new information, studies and trends at your finger tips. Reading and understanding labels is essential to mastering ones health. Designing a protocol that is catered to a client’s lifestyle, favourite foods and troubleshooting obstacles ensures long term success. After careful consideration of all her intake forms and Deborah open to change,

she welcomed the idea of intermittent fasting. This is not a diet but rather a lifestyle revolving around meal timing schedules involving fasting and non-fasting. Methods include alternate-day, periodic and daily time-restricted feeding. A 2019 review concluded that intermittent fasting may help with obesity, insulin resistance, dyslipidemia, hypertension, and inflammation. It appeared to be the perfect fit given Deborah's pattern of eating. She now maintains a daily food schedule that involves eating within an 8 hour window. Deborah and her super supportive husband dine at 6:30 or 7pm and enjoy a glass of wine no later than 9pm. After 9pm, nothing other than black coffee, herbal tea and water is allowed until 1 or 1:30 pm the following day. She has always prided herself on an endless supply of energy but admits she is shocked how intermittent fasting upped the pep in her step.



Deborah has increased her water intake massively and realized fibre is a friend not foe. **“My GI system has never been healthier!” she pointed out.** Knowing how she suffered with irritable bowel syndrome (IBS) for years, I am smiling ear to ear. The daily addition of raw nuts and seeds, fresh fruit and the goodness of greens has me gushing! I did recommend a few key supplements that are also an astounding addition for supporting the aging process. Probiotics promote overall gut health and

boost immunity. Medications, antibiotics in particular wipe out good bacteria and probiotics are fabulous for feeding the flora. Magnesium is found in fresh produce but unless you are eating abundance, 7-10 cups daily, you too are deficient. Magnesium is not just for stress, sleep and relaxation. Do you suffer from high blood pressure, constipation, fatigue, insomnia, muscle spasms, restless leg syndrome or an irregular heartbeat? The list of ways this marvellous mineral supports optimal health is endless. It's an inexpensive game changer as Deborah quickly learned.

Aging is unavoidable. Staying physically active, eating a nutritious diet and choosing supplements to support deficiencies in an ever-changing body is a first class ticket to awe-inspiring aging! There's no magical potion to drink, but rather a powerful pull within you to glow brightly and go strong at any age. It takes a brave person to step out of their comfort zone. You just may need to shake up your world in pursuit of optimal health.

Don't wait to start taking care of yourself but rather set a new self-love standard and be an extraordinary example for those who cross your path... along a dirt trail, at the gym and definitely wandering the produce aisle!

*Always consult your MD, ND or health practitioner before starting any health program.

Mercedes Kay Gold is a Certified Holistic Nutritionist, Certified Personal Trainer and a published writer who loves helping others live their best life when not spending time with her children and grandson Theodore.

Resources:

<https://binged.it/3AhoaNK>

<https://binged.it/3cb1qXM>

<https://www.webmd.com/digestive-disorders/probiotics-risks-benefits>

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Support for Those Struggling with Mental Health and Loneliness

Mental Health Wellness is important to individuals, to families and to the communities in which we live. How we support people and receive help for our own mental health is critical to the healing journey and to the health of our communities. My name is Linda, and as a certified Peer Support Worker (Mental Health) I have much experience supporting people on their own recovery journey to wellness. I am so happy that because of my unique combination of training and experience, I can offer the support people need to get well, be well and stay well.

Mental health struggles impact people of all ages. In my work as a Peer Support Worker, I walk with individuals who are on their own path to recovery providing extra support and helping them navigate the resources that are available to them. It is often helpful to talk to someone who has lived experience with mental health issues and who has knowledge of the services that are available in the Region of Waterloo for persons with mental health challenges. I also work with families to understand how to best support their loved one.

I also offer support to seniors. Seniors are particularly vulnerable when they are unable to access government supports or, for whatever reason, they do not have regular contact with family or support

services. Lacking consistent support can have a profound affect on an individual's mental health.

Covid has created an awareness in our community of the strain that our service agencies are under. Individuals often wait months to be assessed and to receive the help they need and be able to access services offered in our community. As a result, many seniors and people with disabilities are waiting for access to reliable, consistent support. To help bridge the gap, I offer independent, reliable and safe support for individuals. I am trained as a Health Care Worker and have a diploma in Developmental Services and have had, through the years, the pleasure of helping seniors with their daily needs and individuals with intellectual challenges to live more independently and be self sufficient.

If you have a loved one that could use some extra support during these challenging times either with their mental health and/or addiction or you have an older person who could benefit from support, please call or email me at inspiring2022@gmail.com or 226-748-3258 and let's talk about how I can help.

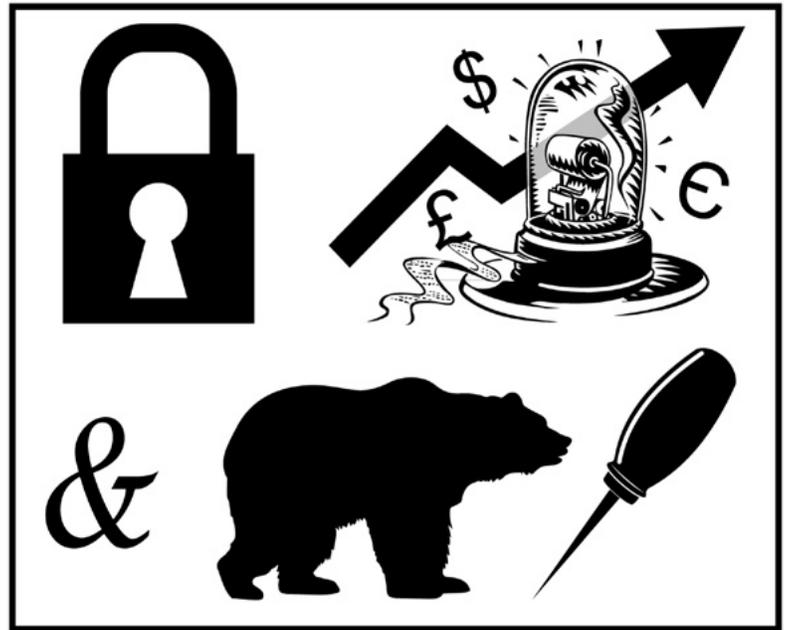


September Puzzles!



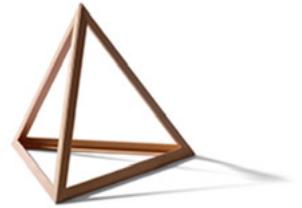
Concentration Puzzle

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



Word Pyramid #12

Answer the clues to fill in the pyramid.



1. A, E, __, O, U

2. You and I

3. Animal-filled attraction

4. Winter migrator

5. Land of the Rising Sun

6. Late morning meal

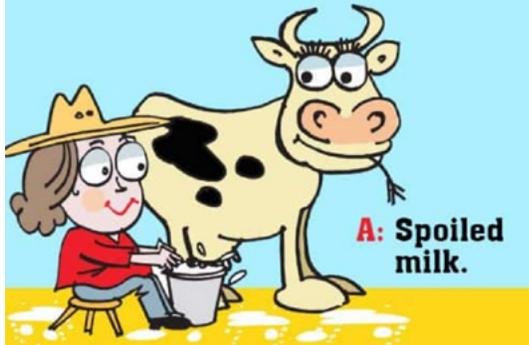
7. Marital event

8. The last month

9. Up at night, like owls

Laughing Matters!

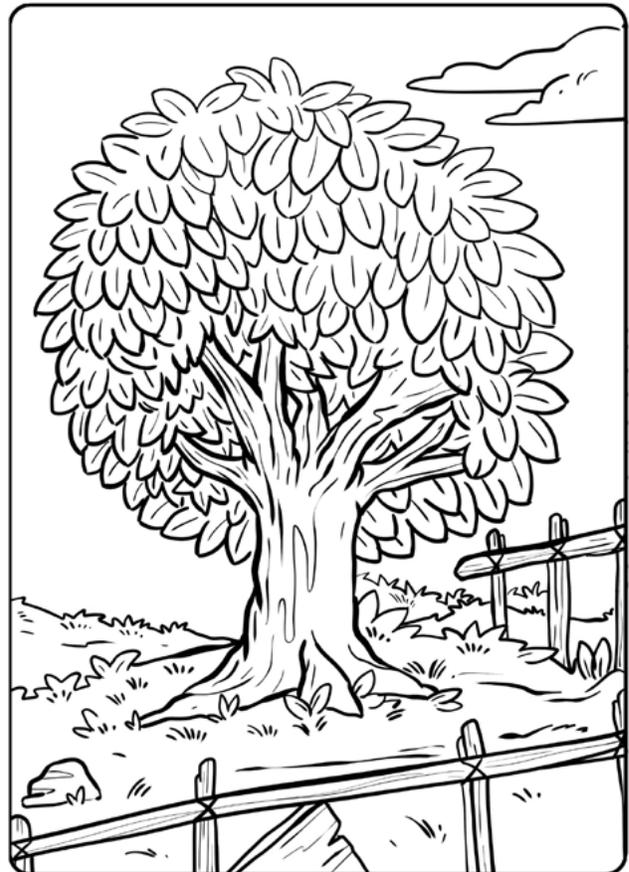
Q: What do you get from a pampered cow?



"The only time I live life in the fast lane is when I have eight items or less."

SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?





Ask the Doctor

with Dr. Nicole Didyk

As a person over the age of 65 should I be worried about the Monkeypox virus, and should I be getting a vaccination for it?

We're hearing a lot about monkeypox in the news, and my take is that older adults are generally at very low risk of getting it, and don't need a vaccine.

- ▶ Monkeypox virus (MPXV) is an Orthopoxvirus, like smallpox.
- ▶ It's a DNA virus unlike COVID, which is an RNA virus. Mutations happen much more slowly in DNA viruses.
- ▶ Monkeypox symptoms include headache, backache, muscle pain, swollen lymph nodes, chills, and fatigue, along with a rash that resembles chicken pox (small fluid filled bumps that eventually crust over) typically on the hands and face.
- ▶ MPXV is transmitted by contact with open pox sores, respiratory droplets, and contact with clothing or sheets used by a person infected with MPXV. It is more difficult to transmit than COVID. You would need to be in close contact with an infected person's droplets for about 3 hours to "catch" monkeypox.
- ▶ There have been outbreaks of monkeypox (MPXV) in the past, most in the Congo. More recently, cases of monkeypox have been reported around the world, including 326 cases in Ontario (as of end of July 2022).

There are currently 2 vaccines against MPXV, including the newest one, JYNNEOS, which is derived from a cowpox virus. MPXV vaccination isn't recommended for the public, and I wouldn't suggest the MPXV vaccine for older adults in my community. There are very few local cases of monkeypox and only 2% of cases in Ontario are in older adults, so your risk of acquiring MPXV is very low. Any medical intervention,

even a vaccine, can carry some risk, and it's best to avoid unnecessary procedures.

It's worth noting that older adults may have some immunity to monkeypox if they've ever received the smallpox vaccine (which was discontinued in 1980), although this protection would have waned over time.

As usual, good hygiene practices can reduce the risk of any infection, so keep washing your hands, staying home if you're sick and avoiding contact with people who are unwell if possible.

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

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

Disclaimer:

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

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Understanding the Eye of the Tiger



As the story goes, when two dominant jungle cats – a tiger and a lion – met in the wilderness, the lion slowly retreated. Was it afraid? No. Each had the potential to kill the other; but each valued life more.

My mother use to say Uncle Lyle, “... had a temper if he wanted to use it.” Her deference for acting out in anger might have come from her dad who enjoyed a good donnybrook. I’m sure he seldom used human relations skills. No, to grandpa, it was his way or the highway – period! People learned not to provoke him or “poke the eye of the tiger.”

Now, decades later, I’m face-to-face with a tiger’s rage.

At first, I didn’t know what was causing the commotion. Along with adults, and a disembarked school bus of secondary students, we were standing on the sidewalk waiting for the theatre doors to open. Unhappy with this, a man armed with a walker, was ramming his way through the crowd – people scrambling to get out of his way.

Some stuff fell off his walker when he ran over a friend’s foot. Instinctively, I bent to help pick up his things when – with a serene expression – he asks me for some spare change. I was incredulous. Considering his rude behavior, I said, “You picked the wrong time.”

“It’s the eye of the tiger / it’s the thrill of the fight / risin’ up to the challenge of our rival”

– The Eye of the Tiger by Survivor
<https://youtu.be/zRHZWrWIXog>

His outrage was explosive! Publicly chastised, his eyes glared with resentment. And, there I stood – guilty of poking the eye of the tiger with a judgement stick.

So now, standing up straight, to the full extent of his six-foot-plus frame, he rained down on me a tirade of expletives... a fearful symmetry snarling out the words, “Then when is the right time?” I stood transfixed: my mind playing a Lightfoot soundtrack... about waves turning minutes to hours.

Locked within each other’s gaze, I searched his eyes to discern what he was truly feeling. What I saw haunts me still: a belittled man fighting for survival... with precious little to call his own, except his dignity, which I’d just trashed.

“He’s not selling any alibis / As you stare into the vacuum of his eyes”

– Like a Rolling Stone by Bob Dylan
<https://youtu.be/IwOfCgkyEj0>

What was the right time? It was what he, me and everyone knew: “Not today.” Only now, I wish I had been the bigger person; but was slow of heart.

By contrast, I interviewed Order of Canada recipient Anna Kaljas. For years, hundreds of homeless people have stayed in her Kitchener homes – that include homemade meals. She asked, “Why do people put them down? – they’ve been put down all their lives.” Saying, they’ve places for stray cats and dogs; yet no room for those unlucky enough to find themselves out on the street... looking for shelters and food banks.

And even though we may not have homes to offer; may we still have room in our hearts for understanding and kindness.

That’s the way I figure It – FP



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

Find him at www.fredparry.ca



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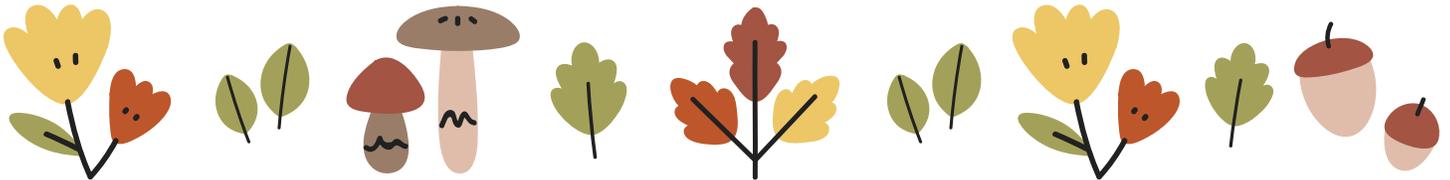
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What are the Differences Between Retirement Residences & Long-Term Care Homes?

Dispelling the Confusion

Seniors' homes are all about the same, right? Not at all. While retirement residences and long-term care are terms that are often used interchangeably to describe a seniors home, the truth is that each option offers different types of services based on the amount of care a person needs.

A retirement residence is typically in an independent living community that offers housekeeping services, meals, activities, and more care as needed. This should not be confused with long-term care (LTC). LTC homes cater to individuals who require the highest level of care which might include 24-hour support. In Ontario, LTC homes are subsidized by the provincial government, while most retirement homes are not.

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 What care services are available?	A range of care services. Residents can also supplement with private providers	Specifically for seniors who need care 24/7, funded by government
 Who chooses where the resident will live?	The resident and their family choose the best option for them	The resident and their family indicate their preferred homes and based on <u>availability</u> , regional health services will assist with transitioning to a long-term care home.
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Memories of Terry Fox in Wilmot

On July 20, 1980, the Marathon of Hope arrived in Wilmot, passing through New Hamburg, Baden and Petersburg. 42 years later, Bill Vigars, Terry's PR director and friend, spoke to us from his home in British Columbia, sharing his memories of Terry's time in our community.

By Nigel Gordijk, Wilmot Terry Fox Run co-organizer

Can you tell us about your role with the Marathon of Hope?

In 1980, I had just joined the Canadian Cancer Society, and within six weeks of me becoming the public relations and fundraising director, I was asked to find out what I could do for a young man named Terry Fox. I spoke to him very early into his run, but from Montreal to Thunder Bay, I was with Terry, and it was the greatest experience of my life. What he did every day was absolutely amazing.

How did you plan Terry's visit to Wilmot?

When I met him in New Brunswick, I learned his routine, and I saw that he was going to run 25 miles every day. I became a disciple, I believed that he was going to actually do it, right from the very first day I met him.

I went back to Ontario, and I simply laid out 25 miles, 25 miles, 25 miles, so that when we came to Wilmot, he was literally one day behind from the schedule that had been set up two months prior.

By the time we got to Wilmot, it was happening.



Terry ran past The Blue Moon in Petersburg in 1980. Photo by Shelley Vollmer.

Terry had taken off. The traffic was bumper to bumper in both directions as he came down the road, and we had a lot of kids running with us, which led to some interesting times.

Can you tell us about Terry's rest break in New Dundee?

(It) was at a house owned by a woman named Carolyn Beck. People were very considerate, because some of the places he'd stay in, there would be party going on outside while he's trying to have a nap. That wasn't the case at Carolyn's.

But more importantly, what many people do not know was that days before I joined the run, the Ontario division (of the Canadian Cancer Society) was not involved. They had not committed, (and) they were not going to get behind Terry Fox. It came down to a meeting in Toronto, with people from across Ontario. Carolyn was one of probably less than 10 people at that meeting, who were emphatic, and they stood their ground.

Because of Carolyn, the Ontario division got behind Terry Fox, and the rest was history. Without Carolyn Beck and those other people, I don't know what would have happened. I know I wouldn't have been on the run. I know whatever I contributed would not have been there.

What are your favorite memories from Wilmot?

There was one kid who would not stop running next to him. Terry had been tripped a couple of

times early on in his run, very innocently, by enthusiastic 8, 10, 12-year-old kids wanting to run with Terry, which was okay. But what we would say is, “You’ve got to run back a distance from him. Please don’t get near to him.”

In Wilmot, or someplace very close to that vicinity, we were at an intersection. I had told this kid probably five times in every way I could – nice, angry, strict, pleading. Finally, I leaned

Bill Vigars was Terry Fox’s public relations director during the Marathon of Hope. He recalls Terry’s visit to Wilmot on July 20, 1980.



down to him, and I said, “I’m calling the cops on you if you get near to him one more time!”

But what happened was, with great authority, I spun around and ran smack dab into a telephone pole. There goes authority!

Thanks, Wilmot. You really were an embarrassment for me!

By the way, I want to mention this shirt. I’ve been wearing the 2022 version, and I keep giving my shirts away to friends who have cancer. I’ve given the new one away already. But this is my favourite, and this is how I remember Terry – the smile.

Have a great run, and thank you Wilmot for everything you’ve done for Terry over the years.

Register, collect pledges and donate to the Wilmot Terry Fox Run at <https://run.terryfox.ca/wilmot>, then join us on Sunday, September 18 at the New Hamburg Arena. This is a non-competitive event, so do as much or as little as you wish. Run, walk, wheel or bike. But most importantly, have fun!

WILMOT TERRY FOX RUN



Sunday, September 18

Registration/opening ceremony 12:45pm. Run start 1:30pm.

Join us and take a step towards realizing Terry’s dream of a world without cancer. Run, walk, bike or wheel - just have fun!

Sign up or donate at WilmotTerryFox.ca

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World Suicide Prevention Day

September 10

September 10th is World Suicide Prevention Day, and this is a time that we take to recognize the tragic losses of our communities and band together to protect our futures. It is a difficult issue to discuss, but this discourse is completely necessary because as we have learned, there is a role in suicide prevention for everyone. There are 20 million suicides attempted per year, but with proper education, this number would be significantly lower.

As with other symptoms of mental illness, those experiencing suicidal thoughts are in a vulnerable space and need support from those closest to them. In some situations, their intentions may be voiced, but in others, the individual will show no signs of a problem at all. It's because of this that it is so important to regularly check up on your loved ones and peers. This action need not necessarily be met with a heartfelt conversation, but your intentions by checking in will go a long way. Not to mention, this is something that will only strengthen your friendship with the individual and give both of you a deeper look into the other's life. They might need encouragement to seek out help, or they might just benefit from a conversation.

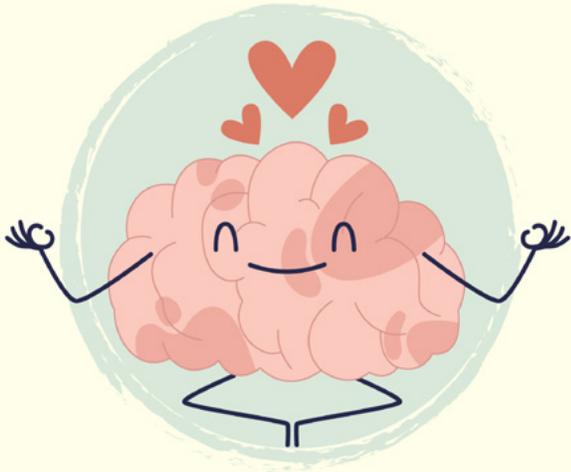
When doing this, it is important to establish trust between each other. Both sides need to recognize that what is said is personal or confidential and that the other may not want it shared. This trust shouldn't be broken unless the individual appears to be a harm to themselves or to others. Simply said, it is important to be considerate of their feelings and provide care in the best interest of their health. If they share frightening information, seek out some assistance, and if they are struggling then listen to them and show your emotional support. People who are in crisis need to be reminded of their own value and be empowered to see the good in things again. In



these situations, don't hesitate to contact one of many such as Talk Suicide Canada (1-833-456-4566), which is available at the click of a button.

In people who are suicidal, the warning signs include being antisocial, hopeless, loss of purpose, extreme changes to their emotional state, and or substance abuse. If you observe any of these things, try to talk with or find someone qualified to talk with the individual, you will not be criminalized for showing care and do not need to worry about this. It is important that these people are made to feel like they are not alone, that they are capable, and not a burden on those around them. Even generic actions such as a smile or a good deed to people you meet throughout the day can go a long way if the individual is facing distress. Remember, not everyone reacts the same way, and different people will be more positively affected by certain actions than others, the main principle though, is to show general kindness, care, and vulnerability as it will help them to at least know they have an ally by their side.

Showing compassion and care is not meant to be a difficult process for the caregiver, they are not expected to give more than what they are able to. Even though the effects can be so drastic, it really doesn't need to take more than a moment of your time to show your support. That is why this September, and this October, and this November, December, etc... Check in on those around you, and show appreciation for them. Together we can be stronger than our hardships.



WORLD ALZHEIMER'S MONTH

Despite the large number of Alzheimer affected families, there are still many misconceptions surrounding the disease. September is World Alzheimer's month, and we hope to clear some of these misinterpretations at this time.

Alzheimer's is a form of dementia and results in memory loss or changes to one's mood. While it is progressive, care centers have methods of reducing the symptoms associated with it. Some drugs have been developed to increase nerve communication, such as the use of cholinesterase, but maintaining a safe environment for the individual can also reduce triggers and hazards. For example, it may be possible for them to continue living in their house for longer and opt for at-home care which might increase their comfort.

The actual cause of Alzheimer's is degeneration of the brain from plaques and tangles that form throughout neurons. Scientifically, nerve cells lose their structure when different proteins begin clumping together, and this either prevents communication between nerve cells or damages them beyond normal functioning. Without this proper communication pathway, the brain

does not act as effectively, thereby leading to Alzheimer's symptoms.

When monitoring for Alzheimer's, it is important to look out for changes in memory or behavior. Due to this damage to brain functioning, patients may show signs of memory loss or misjudgment. They may also forget common items or tasks. Dementia is not a normal sign of aging and this behavior should be monitored. Additionally, one may notice the onset of emotional changes, loss of personality, aggressiveness, or impulsiveness as Alzheimer's arises. If these occur, make sure to pay a visit to your local doctor so that they are aware and can provide tips for care.

As a family member or caregiver, it is important to show respect and climatize yourself to changes in their personality. Some of these effects can be reduced by simply making sure that the individual is comfortable and by avoiding confrontation with them. Overstimulation can be a trigger, and it is important to gauge the individual's reaction and not stimulate them too far. Keep an eye out for their metabolic needs but try not to force aid upon them and instead understand why they are refusing. Any harm done by their actions should not be taken personally as this is a neurodegenerative disease.

As a caregiver, it is always important to keep your well-being in mind and seek out others to share your feelings with. Life with dementia is not only difficult for the individual but can be strenuous for those around them as well. In these moments try to remember the positive times had with that person because even though a disease stands between you, they are still the same individual that you have known them to be.

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What to do about the overwhelm of moving



You've decided it's time to make a move. You've got your new home lined up, and you're looking forward to living there. But there's just so much to do, and you don't know where to start, so instead of looking forward to it, you are feeling stress and anxiety. And that is casting a long, dark shadow over the whole process. This sense of overwhelm is understandable, and coming from a very human place. After all, there truly is much to be done.

Here are some steps that can make the process smoother and less stressful for you.

Make a plan

To help break down this process of moving, you're going to want to make a plan. You'll need to set aside the time for decluttering, but also time for researching moving services and time for packing. Think about the steps involved and write them down. Try to estimate how much time each will take, and then double it. Yes, double it. Things always take longer than we think, and you don't want to be in the position of throwing things into boxes at the last minute. Schedule time for this on your calendar so that you are working on one small step every day. And then if you end up finishing most things ahead of schedule, you can relax and enjoy some free time.

Declutter

It's always a good time to declutter, but before a move is the best time to declutter. That's because the return on your decluttering

investment is at its highest: your home will show better to prospective buyers, you will have less to pack and move, and you'll have less to set up and maintain in your new home. Here are some specific things to consider prior to a move:

1. Declutter by category (not by room). This way, you get to see how much you have in any one category, and that can provide motivation to declutter. What will you be doing at your new place? Envisioning this next stage of life can help you bring the right amount of things along.
2. Select new homes for your things. Perhaps you know of a family who has recently arrived in Canada who could use the things you no longer need, or you have grandchildren or young family members who are just launching into adulthood and moving who would appreciate receiving things from you (ask them first!). If not, you can donate them to a trusted charity in your community.
3. Tell yourself that a storage unit is not an option. Storage units often provide a way, an expensive way, to defer decisions. Make your decisions now so that you don't pay for them later.

Floor Planning

This is so important if you're moving to a smaller home. You want to be sure that you only bring the furniture and things that will fit into your new space, leaving enough space to maneuver around, and open doors comfortably. Take measurements of the furniture and plot

them on graph paper, moving them around until you have found a configuration that gives a good flow to the space.

And if you can't seem to make it all fit, then it's time to think about bringing less. For example, if you have four bookcases, you may find out during your floor planning that it would be best to bring only one. Then you need to go back to repeat a step of decluttering your book collection to ensure that all your favourites fit on that one bookcase.

Packing

In order to do this well, you need to have a certain level of organizational skills. Label them carefully – what room they're going into, the contents, and whether it needs to be opened immediately or not. Make sure that you also think about what you're going to do with the used boxes once they are unpacked.

General moving tips

There are lots of other things to think about such as change of address notifications and canceling or changing memberships, meal planning and using up things in your freezer, etc. Keep a list of these things as they come to mind, and check them off as you go.

If all of this still seems overwhelming to you, it's time to get help. Senior's Move specializes in taking care of every last detail so that you can relax during the process. We can help you with floor planning, decluttering, packing, brokering the movers, and unpacking so everything is set up and ready to go in your new place.



Bethany Mazereeuw is the Co-Owner of Senior's Move, which helps seniors to rightsize and relocate.

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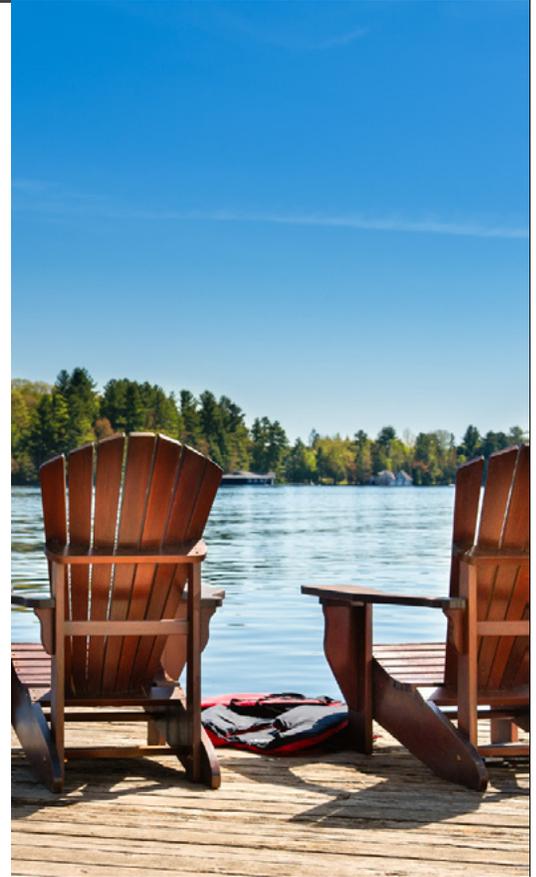
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Unretirement and the new retirement

In February 2022, the greatest quarterback of all time announced his retirement from professional sports at the age of 44. After more than 20 years in the National Football League he said on his podcast that he was going to do things that he enjoyed and spend time with people with which he enjoyed spending time.

However, only forty days later, he tweeted his return: “These past two months I’ve realized my place is still on the field and not in the stands. That time will come. But it’s not now.”

Although 44 is far from the average retirement age, this “unretirement” represents a growing trend among Canadians living in and approaching retirement.

Why do Canadians unretire?

According to The Four Pillars of the New Retirement, a study conducted by Edward Jones and Age Wave, thirty-three percent of recent retirees struggle to find a sense of purpose in retirement with new-found free time. Most Baby Boomers want to be more active, engaged, exploratory and purposeful in retirement than their parents and grandparents. They enjoy more opportunities and more choices than any previous generation for shaping retirement to suit their needs and expectations.

One in three non-retirees say they are interested in working in some capacity after retirement and nine percent say that they plan to never stop working. Individuals between the ages of 55 and 64 currently represent the highest proportion of the workforce – more than one in five working

individuals (21.8%).¹ This highlights the importance of – and employer demand for – experienced workers in the workforce and may contribute to the gradual increase in average retirement age among Canadians in recent years.

Going back to work

When retirees stop working, it can create a void, often more social than financial. When asked what they miss most about their work life, 39% of retirees say it’s the people and social stimulation, with only 22% saying it’s the pay. The loss of social connection can lead to harmful isolation.

More and more retirees are filling part of the void by continuing to work, typically part-time, in retirement. Work, and the social connections it brings, can remain an important source of purpose.

Planning for the retirement you envision

Your needs and expectations for retirement are as unique as you are. Whether you’re planning to continue to work in retirement, spend more time with loved ones or enjoying your hobbies, your Edward Jones advisor can help you plan for the retirement you envision.

Even as life changes and your expectations change, your strategy can be adjusted to meet your needs to help you achieve the retirement that you envision.

This article was written by Edward Jones for use by your local Edward Jones financial advisor.

Nearly everyone has heard of common law spouses. A new court ruling makes it less easy to know when that definition applies. Most people are aware that a common law relationship is usually the result of sharing a home together for a number of years. However, the Ontario Court of Appeal has recently found that a couple who never lived together in the same house, met the definition of a common law spouse.

This couple never shared a bank account, maintained separate houses, and only spent the occasional weekend at the other's home. However, they took lavish international vacations together, spent two months each year together at a cottage, and Christmas vacations annually in Florida over a 14-year relationship. One provided the other with expensive gifts and helped with the other's mortgage payments, they wore rings they had exchanged, and presented themselves publicly as a couple. Even though they never lived together in the traditional sense, the judge found that all of the circumstances put together fit within the meaning of spouses under the Family Law Act, meaning that spousal support might apply.

Spousal support is usually a monthly payment to a former spouse after a divorce or separation. Typically, it is paid by the higher income earner and received by the lower income earner. It can sometimes be payable all the way until the lower-income spouse dies.



Can you be a spouse if you haven't lived together?

If you are in a marriage, common-law relationship, or have circumstances that might suggest a relationship of that type, you might want to consider a 'domestic contract', sometimes otherwise known as a marriage contract, or pre-nuptial agreement, to clarify rights and expectations. If you need advice or have

questions regarding your obligations in your particular relationship, the area has many lawyers happy to assist.

Douglas Pateman is an articling student 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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Supporting Your Neighbours

The seriousness of social isolation was heightened during the pandemic as provincial restrictions and shut-downs prevented social connections to help prevent the spread of the COVID-19 virus. Although necessary, it left many older adults alone, unable to connect with friends and family, and putting them at a great risk of mental decline, loneliness, depression, anxiety, and more.

Would you know what to do if you thought someone - your neighbour, friend, grandparent - was socially isolated? Would you know how to start the conversation and offer support?

Knowing what to say or do isn't always obvious.

3 Tips to Help You Identify and Support People Experiencing Social Isolation

- Are they getting dressed? Or are they staying in the same clothes/pajamas for long periods of time?
- Is their garbage out on the side of the curb on garbage day?
- Has their behaviour changed, or have they recently stopped going to social events they used to enjoy?

The Supporting Inclusion through Intergenerational Partnership (SIIP) program at the Schlegel-UW Research Institute for Aging (RIA) recently developed a [Conversation Guide](#) to help identify and support older adults and care partners in Woolwich township who may be socially isolated.

Woolwich is a tight-knit community that prides itself on the connections and generosity of its citizens. The [Conversation Guide](#) is designed to help neighbours support neighbours by:

- sharing the risks and impacts of social isolation;
- identifying what to watch out for and how to identify social isolation;
- providing tips to start a conversation with someone who may be experiencing social isolation;
- listing the barriers to participation
- providing a list of available resources.

Is this resource for you? The answer is yes!

Everyone has a part to play in supporting their community and an opportunity to make a difference in someone's life, especially if that person has been struggling with social isolation. This resource was developed for older adults and care partners within Woolwich Township, and it can be adapted for many other situations.

Find the Guide at: intergenerationalpartnerships.ca/community-conversation-guide

For a physical copy, please contact Michaella at m29miller@uwaterloo.ca

Every September countries around the world celebrate World Alzheimer's Day on September 21st. Coordinating efforts around the world provides an opportunity to bring attention to this serious health issue, 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
- Problems with abstract thinking
- Difficulty performing familiar tasks
- Misplacing things
- Experiencing problems with language
- Changes in mood and behaviours
- Disorientation in time and space
- Changes in personality
- Impaired judgement
- 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.

Celebrating World Alzheimer's Day

There are many great sources of support for individuals and their care partners available through organizations such as Community Care Concepts of Woolwich, Wellesley and Wilmot or the Alzheimer Society Waterloo Wellington. Call 519-664-1900, 519-662-9526 or 1-855-664-1900 for information on services and supports available in your community.



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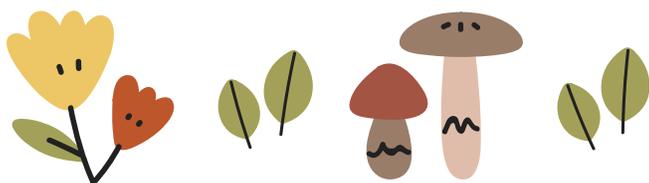
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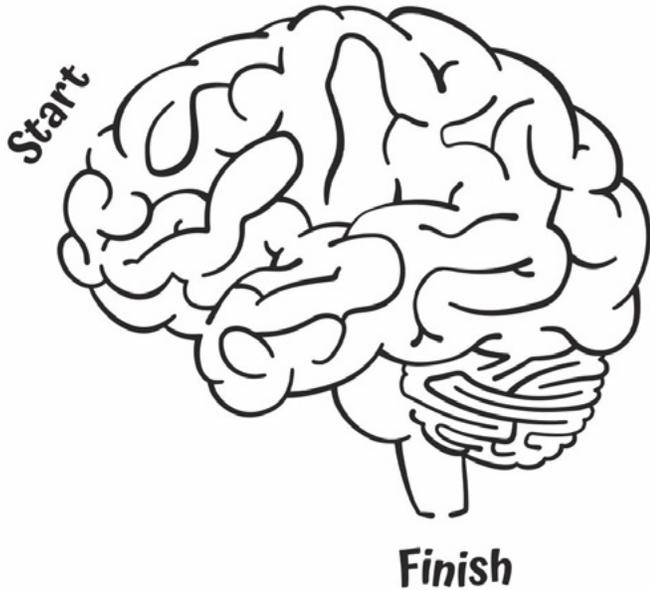
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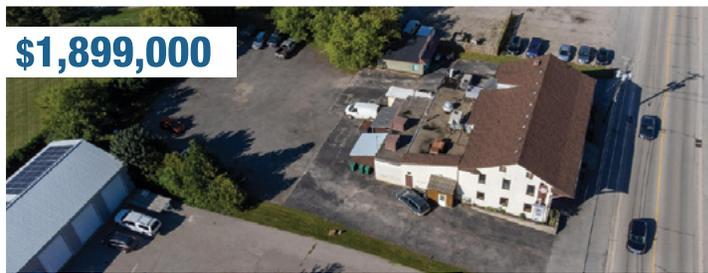
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