

EMBRACING CHANGE

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

VOL 6 ISSUE 1 SEPTEMBER 2023

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Feature Business of the Month

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CARE
CONCEPTS**

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

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On The Cover

Cover story author Scott Dunstall enjoys a moment with his two-year-old grandson, Jin, and his mom, 95-year-old Joan. With National Grandparents Day falling on Sunday September 10th this year, this month's cover story reveals the personal stories of grandparents in our community regarding their own grandparents....and their grandchildren.

See the full cover story on page 8

Cover story and photos by:
Scott Dunstall

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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

It is with great joy and gratitude that I write to you this month as we celebrate a significant milestone – the 5th anniversary of Embracing Change. This journey has been a remarkable one, and your unwavering support has been at the heart of our success.

To our valued advertisers, your belief in our vision and your partnership have been the driving force behind our growth. Your advertisements have not only filled our pages but have also filled our hearts with appreciation for your commitment. Your contributions have allowed us to continue delivering meaningful content to our readers and to expand our reach in ways I

couldn't have imagined five years ago.

To our dedicated contributors and writers, your expertise, passion, and creativity have been the substance of our publication. Your articles, insights, and stories have resonated with our readers, sparking discussions, and providing valuable information to our senior community. Each piece you've shared has contributed to our mission of empowering and enriching the lives of seniors in our Community. Special thanks to our amazing designer Jessica Uttley. It's not just the design itself, but the passion and effort you put into every issue that truly shines through. Your work has undoubtedly elevated the quality of our publication, and for that, I am immensely grateful.

As we celebrate this milestone, we reflect on the journey we've undertaken together. The challenges we've overcome, especially during Covid; and the successes we've achieved have solidified our bond as a community. Embracing Change has become not just a platform for information, but a hub of connection, inspiration, and growth, thanks to your collective contributions.

Looking ahead, we are excited about the opportunities that lie before us. With your continued support, we envision a future where we continue to expand our impact, provide even more relevant and engaging content, and further strengthen the relationships that make our publication a vital resource for seniors and their loved ones.

In closing, please accept our heartfelt gratitude for being a part of our journey. Whether you've advertised with us, shared your expertise, or simply been a dedicated reader, you've played a crucial role in our success. As we celebrate the past five years, we eagerly anticipate the chapters yet to be written, and we're thrilled to have you by our side as we embark on the next leg of this incredible journey.

With deepest appreciation,

Tara

P.S. – thank you to my wonderful Father, Rich Held for your help with distribution every single issue for the past 5 years. I could not have taken this on without your help! ♥



FLASHBACK PHOTO

Wellesley Apple Butter & Cheese Festival

Lara Carleton, Wellesley Township Heritage and Historical Society

Dating back to 1976, the Wellesley Apple Butter and Cheese Festival has been a community favourite. Whether you wake up early to stand in line for the pancake breakfast, shop at the artisan and vendor booths, browse antique cars, or go on a wagon ride, the ABC has always had something for everyone to enjoy.

The festival was named after the town's two major producers at the time, A. W. Jantzi and Sons (now Wellesley Brand Apple Products) and J. M. Schneider's Cheese Factory. In 1980, the festival faced some uncertainty when Schneiders moved out of Wellesley, but now approaching almost 40 years later, it is clear that the festival continued to thrive.

Over the decades since the festival began, the ABC has supported local initiatives to benefit the community. With the construction of the township's new Recreation Centre well underway, it seems timely to reflect upon the goal of the festival's inaugural year. In 1976, the ABC aimed to raise funds to support the building of a new arena (what is now Wellesley's current arena on Catherine Street). Specifically, organizers had hoped to raise money for

the arena's artificial ice. Due to the festival's overwhelming success, approximately \$5 000 was raised for the new arena, and it was quickly decided that the festival would become "an annual event" held on "the last Saturday in September" as reported in a newspaper clipping from October 20, 1976.

In 1979, the continued success of the annual festival was evident as there were conversations about how the proceeds would be spent as almost \$16 000 had been made. Ultimately, it

was decided that the funds would contribute to the cost of paving a parking lot around the arena as the ABC brochure handed out that year stated that proceeds would go towards the "New Arena Fund."

In the early years to follow, proceeds from the ABC festival contributed to community improvement projects like supporting costs associated with the ballpark and soccer field at the arena, renovating the community centre, and the start of the Parkland development (the area around Queen's Bush Road and Hutchinson Road).

In large part, the Wellesley community has festival volunteers and their dedication over the years

to thank for these improvements too as such proceeds would not be possible without them. It is easy to forget how much work goes into planning the ABC. For example, the first festival took almost four years of planning before running.

Where will you be on the last Saturday of September?

Do you have a visitor's guide, T-shirt, or other souvenir from Wellesley's first Apple Butter and Cheese Festival in 1976? If so, please contact us at info@wellesleyhistory.org



Join Us for Our Fall Events!

As the busy pace of summer begins to settle in the fall, it is an ideal time to be thinking of activities across our communities that provide a great opportunity to get out of the house. In addition to its core services to assist seniors and adults with unique needs to live independently, Community Care Concepts offers a variety of programs and activities that can keep you active and connected.

Community Dining – From September to June each year, community dinners are hosted over the lunch hour at a variety of community-based settings. These provide an opportunity to enjoy a hot lunch, connect with others and often include entertainment. Individuals must pre-register by calling our office in advance. Payment is accepted at the door. We are looking forward to welcoming everyone back this fall for food and fellowship!

Gentle Exercise and Falls Prevention Classes – Research has shown that by participating in 45 minutes of exercise three times each week, older adults significantly reduce their risk of falls, a leading cause of health decline. Each week, FREE gentle exercise classes are offered across our communities. Designed by a health professional for older adults to be conducted either standing or sitting, these exercises are based on everyday movements that you would do around your home. No pre-registration is required. Simply attend on the scheduled day and time and we would be happy to have you participate. A series of falls prevention classes are also offered to provide information and strategies to keep you safe and healthy.

Social and Recreational Programs – Across multiple communities, Community Care Concepts provides opportunities for older adults to come together to participate in a

variety of activities that keep you active and connected. Organized based on the interests of the group, activities range from cards, games, crafts, guest speakers, coffee hours, book clubs, gardening groups, walking groups and so much more! Activities are offered FREE or at minimal cost (pending supplies required).



Hold the Date for our Fall Health Fair! – Community Care Concepts will be hosting a FREE health fair on Thursday November 23rd from 9 am to 2 pm at the Wilmot Recreation Complex in Baden. The event offers an opportunity to gather information and resources from local service providers that support the needs of older adults, hear from guest speakers on informative topics and join us for a complimentary lunch. Pre-registration, which will begin shortly, is required. A similar event is planned for the new calendar year in Woolwich Township.

For information on schedules and locations for the activities listed above, or for additional programs and services that support older adults and adults with unique needs to live independently in the community, please contact us. We look forward to welcoming you this fall!

**COMMUNITY
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CONCEPTS**

of Woolwich, Wellesley and Wilmot

929 Arthur Street South, Elmira | 519-664-1900
23 Church Street, New Hamburg | 519-662-9526
1-855-664-1900

COFFEE HOUSE TALKS

LEARN, CREATE, SHARE

Coffee House Talks is a group for adults over 55 years old. It provides an opportunity in our community for us to learn new things, share information and create new relationships. Individuals can come together in various ways and have some fun!

- Past events included healthy living, craft activities, gardening and financial safety
- Join us at our next event! Visit our website for upcoming events or contact us for more information



OUR CONTACT:

☎ WFRC: 519-662-2731 ✉ info@wilmotfamilyresourcecentre.ca

🌐 <https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/> ✉ coffeehousetalks2020@gmail.com



This project is funded in part by the Government of Canada's New Horizons for Seniors Program



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Nutritional Needs for Dental Health

Kelly Durst, IRDH

Owner and Hygienist: Health First Dental Hygiene

We are all aware that a healthy diet makes for a healthy body. The foods we choose and how often we eat them can affect your general health and the health of your mouth. It's important to note that there are no "bad" foods, but some should be eaten with a side of awareness. We should also keep in mind that aging adults need less calories so choosing nutrient dense foods continues to be the best choice.

For good dental health, keep these tips in mind:

- ✓ Drink plenty of water. A no calorie choice. It is great for dry mouth, which can be a problem for the aging adult.
- ✓ Limit snacking. Older adults need fewer calories. Choosing nutrient dense foods instead of "snack" foods, which tend to be high in simple sugars, will help keep tooth decay to a minimum.
- ✓ Choose foods high in phosphorus. Found in lean meats, eggs, fish, dairy, nuts. This is an important nutrient for keeping your teeth and bones strong.
- ✓ Calcium and Vitamin D. Three servings a day of low-fat milk, yogurt, cheese will help keep teeth and bones strong. There are dairy-free options available for those with allergies.
- ✓ Vitamin C. Promotes gum health. Fruits, spinach, peppers, broccoli, citrus fruits

As much as there are foods that promote a healthy mouth, do you know there are also foods we should limit?

Things such as:

- ✗ Too much citrus: the acid erodes enamel over time. Rinse with water after eating citrus fruits and drinks will help rinse these acids away
- ✗ Dried fruits / trail mix: high in sugar and sticky for the teeth, increasing your chances of cavities
- ✗ Coffee and tea: are drying, staining and acidic
- ✗ Starchy snacks: potato chips, crackers. Tend to stick in the teeth, which increases your risk of cavities
- ✗ Soda / fruit juices / sports drinks: are acidic and drying if they contain caffeine
- ✗ Alcohol: reduces salivary flow which leads to increased risk of teeth and gum issues

As mentioned, even "bad" foods can be consumed in moderation. Rinsing your mouth with water will help neutralize acids and rinse away stickier foods. Ensuring proper brushing and cleaning between the teeth, along with a healthy diet and regular trips to your dental hygienist, will help keep your mouth healthy as we age.

Do you have a question or concern about your oral health? Reach out to Kelly @ 519-897-7341 or kelly@myhealthymouth.ca.

Dentistry Today (2020, March). Older Patients May Need Reminders About How Nutrition Impacts Oral Health. Retrieved August 7, 2023 from: <https://www.dentistrytoday.com/older-patients-may-need-reminders-about-how-nutrition-impacts-oral-health/>



Grandparents: The Continuing Story

WRITTEN BY: SCOTT DUNSTALL

Grandparents Day in Canada takes falls on Sunday September 10 this year. We thought it might be fun, thought provoking or even moving to hear stories from local grandparents about their grandparents AND grandchildren. We wanted them to give us a story about each and see what they came up with. Here now are the stories of the Grandparents among us.

Jim Logan grew up in Windsor and recalled the many weekends he spent driving fifty miles down the road to Chatham with his family to visit his grandparents. He recalled that Saturday night was card night at their house. Often a game would just start between two, then four and then next thing you know the entire family was around the dining room table playing Poker... always with his grandma “Lizzy Barker” presiding with her pail of pennies and sun visor on. His story about his

grandchild is one I can relate to. He told me that he had no problem telling people that his daughter was married but when he found out she was pregnant it really bothered him that he would have to tell people that he was old enough to be a “grandfather”. And what would he or she call him...Grandpa, Gramps, Popa or even grandfather? Nope none of those words made him feel any younger. They settled on “Jimmy” a nickname he was called when he was a kid. Now, nothing thrills him more than when he runs toward him yelling “Jimmy” with arms wide open.

Gail McMullen is volunteer royalty in New Hamburg. Selfless in every way. She told me about a cherished memory that will last forever. It was Christmas 1999 and she and Robin had all 5 grandkids at the time sitting on the couch. Looking pretty grumpy because they all had the same gift, a bag with a pack of Micky Mouse bandages in them. When they asked her what it was all about, she told them they were all going to Disney World! Five kids, Ages 4-11 along with one of the parents, Robin and Gail boarded a plane for Orlando that following July. 15 years later she presented each of those kids with a photo album documenting the trip. If you know Gail, that’s Gail.

As a child Gail recalls that she was 1 of 9 grandkids. One of her fondest memories was the many weekend sleep overs she would have at her grandparents’ home in Preston. They owned a shoe store and would take her there during the day to mind her. She told me that her grandmother would set up a makeshift store in the back where she could play and gave her nickels to use. Those nickels usually ended up in the till of the Candy Story up the street. She also told me that she cherished these memories with her grandpa (apparently she was his favourite) every year until she was seventeen when he passed away. Grandma was left alone. She didn’t drive so Gail made sure she visited her at least once every week until

she passed away 26 years later. She called her every day.

Judy Brown is a key volunteer in The Village of Morningside. She had a close and special connection to her grandpa despite competing for his time with 16 other grandkids. One of the special memories she has was during the summers at Shadow Lake. Her parents had a cottage next to her grandparents and the entire summer was spent there. She remembered a time when he would swing her in his hammock when she was little and would narrate the activity as if she was in a car race. That love of cottage life has carried over to her days as a grandparent. Every year they rent a cottage over the summer and through their own design, there is simply not one day when that cottage is not filled with the laughter of kids. And making memories, especially like the ones where her 2-year-old grandson was standing on the dock and reached out with his hands covered in Cheesie powder to help her out of a kayak.

Finally, I spoke with Jane Eichler. She and her husband Ross are pillars of volunteerism in our community. She currently serves on the executive of the Royal Canadian Legion New Hamburg Branch 532, while he is a very well-respected executive member as well and sitting President. She first recounted the story about her grandfather, Abiah Shantz. He was a successful farmer in Plattsville and had four children that are all now deceased. The sense of community that Jane has today came from her grandfather through her own dad. He was a well-respected member in the area so when he fell to his death in a farming accident, his family and the area residents were devastated. You can tell what kind of life a person led by the whole they leave behind. Jane's father was only nine years old at the time. She then moved to her story about her grandson, Hunter. She said the best way to show you what Hunter was like was through a story that her friend

Ruth recalled. Ruth was driving through New Hamburg one day and noticed a pile of free stones on the side of the road.. She stopped and as she attempted to lift them into her trunk, a young man bounded out of the apartment building across the street yelling for her to stop and to let him do it. She agreed and he loaded what she needed. He then offered to follow her and help her unload the stones at her destination. She said that it was in the Village of Morningside, and he exclaimed that was where his grandma Jane and grandpa Ross lived. They helped unload the stones and as it turns out, Ruth lived two streets over from them.

Hunter passed away in 2019 from a drug overdose. Just 21 years old, he had been clean and sober for months and had been working up north with his dad. When he came home, he hooked up with some friends and took it when he got home. I went home and cried when she told me this

Some of these stories are just heartbreaking. Some are uplifting. And some are just humorous. But they are stories of real people with real experiences that face the same situations we all do, some of them right next door.



THE LEGION GAZETTE

Legion Weekly Events Starting in September Legion

Tuesday Night: Ladies Darts!

September 5: 7:00 PM is the first meeting

Wednesday Afternoons: Restless Seniors! (50+)
(Darts/Solo Euchre/Marbles!)

September 6: 1:00 PM is the first meeting

Wednesday Night: Men's Darts!

Contact Derek at teddsword@hotmail.com

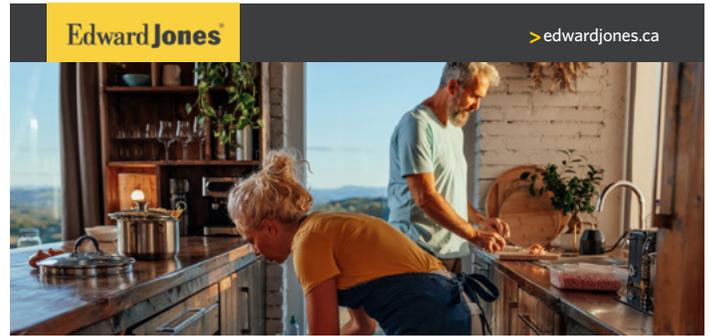
Wednesday Night : Euchre!

Contact Gail at smiley6696@bell.net

Friday Night: Fun Darts

September 29th at 7:30

Contact Mholden1953@gmail.com



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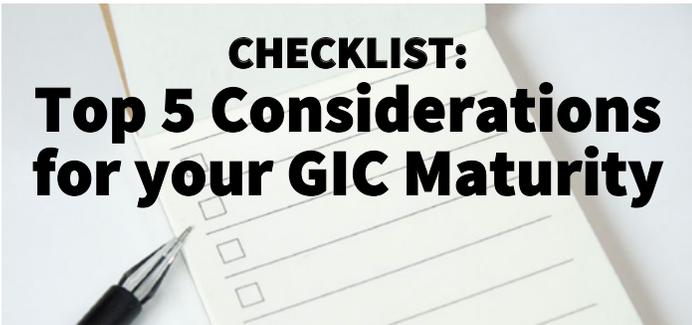
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CHECKLIST: Top 5 Considerations for your GIC Maturity

Higher interest rates have caused the popularity of Guaranteed Investment Certificates (GICs) to surge in recent years. If you've bought a GIC recently, it may be maturing soon. This presents you with a new opportunity and a decision to make. Let's look at five key factors to consider when making your decision.

Risk Tolerance

We often think of GICs as low-risk investments, where both the original investment and the rate of return are guaranteed. In terms of volatility and principal protection, GICs are very low risk investments. But the flip side is that you're also likely to receive a relatively low rate of return, and poor tax efficiency. This can contribute to other risks like running out of money in retirement, and not earning a rate of return that keeps pace with inflation. With this broader view of risk, we can see that all investors, even GIC investors, are exposed to risk in some form or another.

Time Horizon

A time horizon generally refers to the period of time you expect to hold an investment, or until you need that money. Time horizons are often linked to investment goals and strategies, for example to retire in 15 years or buy a house next year. However, time horizons can also be associated with certain types of investment products, such as a 10-year government bond or a 2-year GIC. GICs are generally short-term investments with terms of 5 years or less and are typically more suitable for shorter-term goals and time horizons.

Current Debts

If your GIC maturity date is soon approaching, it may make sense to use the proceeds to pay down some of your debts, in particular high-interest debt. For example, many credit cards charge interest

rates approaching 20% or more, which far exceeds GIC rates currently available. If you're carrying a balance on your credit card or have other forms of high-interest debt, it may be advantageous to use the GIC proceeds to pay down those debts.

Tax Efficiency

This is a priority for many investors and building a tax-efficient investment portfolio can help you keep more of what you earn. When it comes to tax-efficient investing, it's important to remember that different types of investments generate different types of income – interest, dividends, and capital gains. In turn, each type of investment income is subject to different tax treatment. While capital gains enjoy favorable tax treatment, interest earned from GICs is subject to full income inclusion and taxed accordingly. As such, investments such as GICs have very poor tax efficiency. When choosing your investment products, remember that all investment returns are not treated equally, and it's not just what you earn, but what you keep that matters most.

Need for Liquidity

Liquidity refers to how easy it is to buy or sell an investment without significantly impacting its price. Liquid investments are easily accessible and can be bought and sold easily and efficiently, whereas illiquid assets or assets with low liquidity may be inaccessible, take longer to sell, and may have higher transaction costs. Many traditional investments such as mutual funds and stocks on major exchanges are considered highly liquid, while hedge funds and real estate are often much less liquid. Other than cashable or redeemable GICs, most GICs must be held until maturity, and cannot be sold, redeemed, or transferred from one account to another until they mature.

Like other investments, GICs are not universally good or bad investments, but rather, may be more appropriate for certain investors at certain times, while being less suitable for others. If you have a GIC maturing soon and wondering what to do next, your Edward Jones advisor can help you assess your overall financial situation, and together you can determine the best path forward for you.

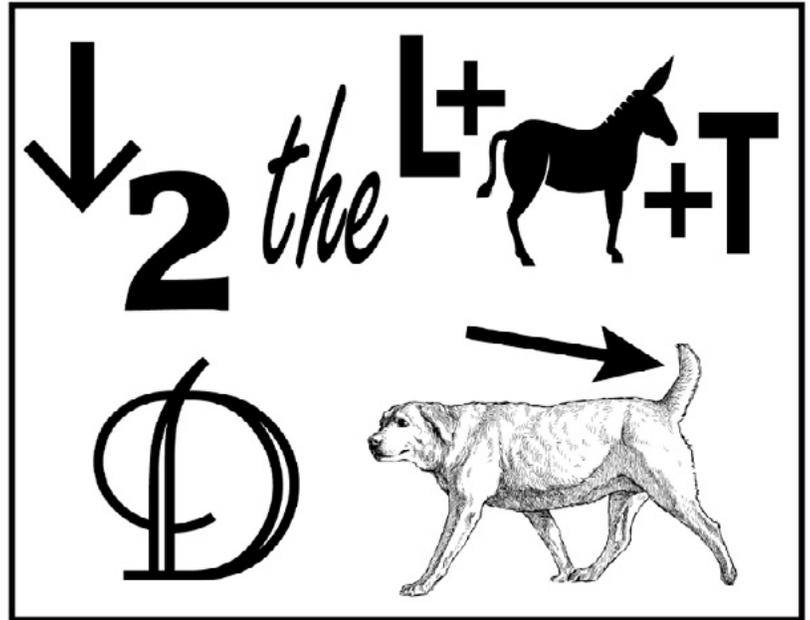
This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

September Puzzles!



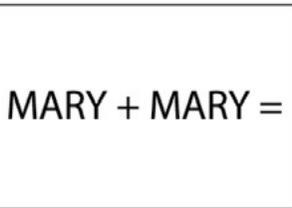
Concentration Puzzle

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



Wacky Wordies #11

Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. _____



2. _____



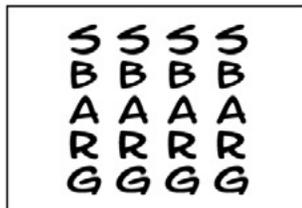
3. _____



4. _____



5. _____



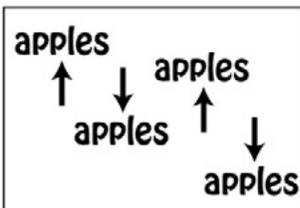
6. _____



7. _____



8. _____



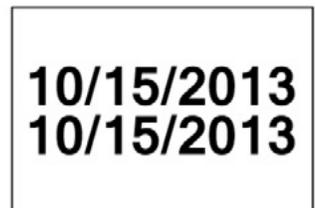
9. _____



10. _____



11. _____



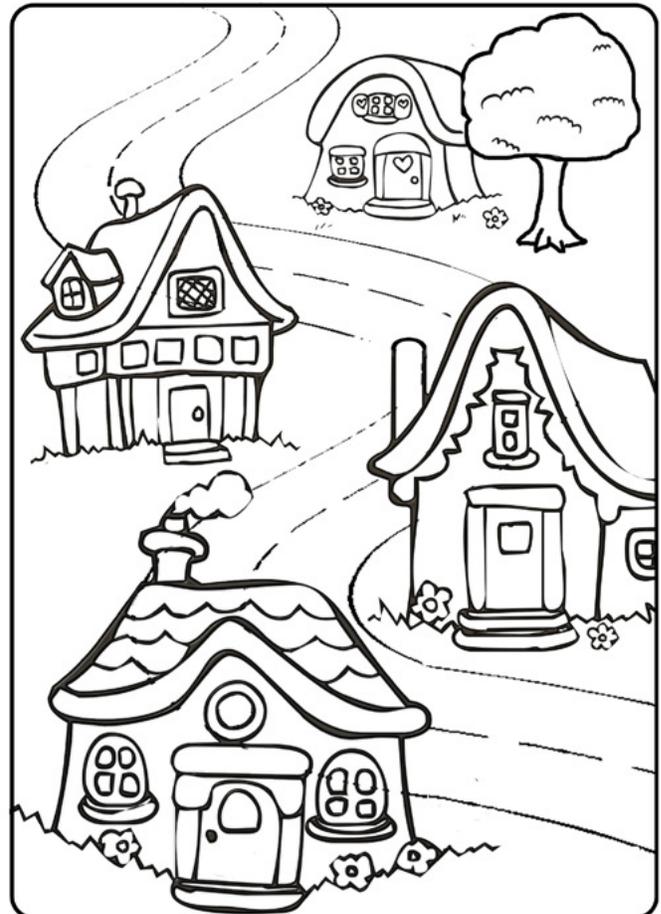
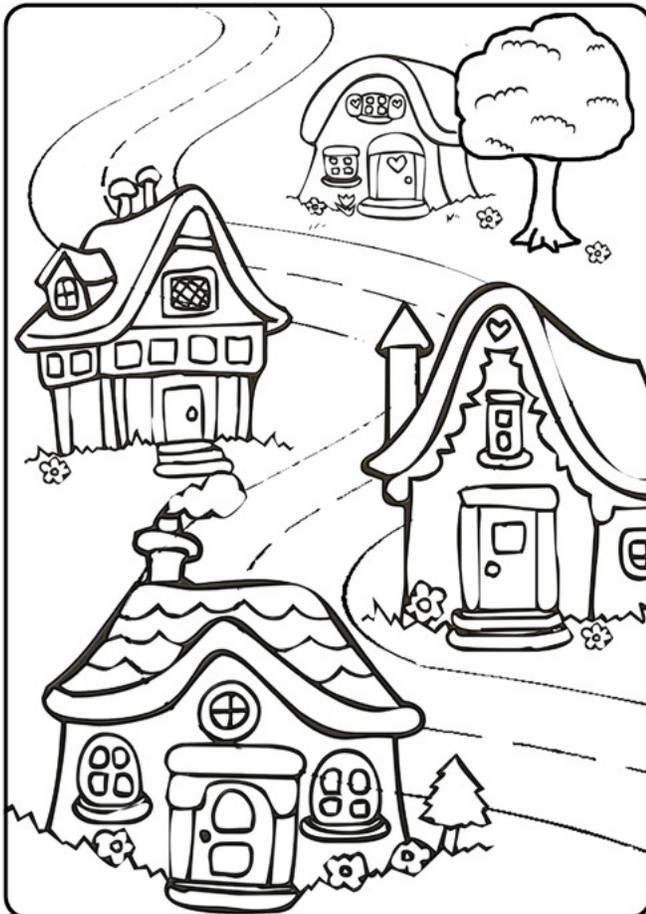
12. _____

Laughing Matters!



SPOT THE DIFFERENCE

Can you spot the 14 differences between these two pictures?



WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

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

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

WOOLWICH TOWNSHIP:

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

Solutions



Concentration Puzzle: Down to the last detail

Wacky Wordies #11

1. Summary
2. Look both ways before you cross the street
3. Read between the lines
4. Rest in peace
5. Go up in smoke
6. Up for grabs
7. Forensic
8. Once upon a time
9. Bobbing for apples
10. Seize the day
11. Tourniquet
12. Double date



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Ask the Expert: Mercedes Kay Gold

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Is there a way to prevent constipation naturally? I don't want to use over the counter laxatives.

- Sent by Barbara B
in New Hamburg
via Facebook

One in 4 Canadians experience symptoms of constipation, but 1 in 3 adults over the age of 60 experience occasional constipation. Dehydration, stress, nutrition, lack of exercise, and a myriad of medications can all make stools hard to pass. Pooping fewer than three times a week is a sure sign healthy happy holistic changes are needed pronto. Let's look at your current lifestyle choices and tweak your daily routine.

Water is essential. Topping the list of essential life style choices is water intake. Focus on drinking at least 30ml of water or caffeine-free herbal tea per kg of body weight daily. Take a quick peek at your urine. Straw yellow and smell-free is the goal. To get everything moving, move your body. Exercise maintains healthy digestion. Rebounding is a low-impact safe way to jump the whole body into tip-top shape at any age. Limiting alcohol and dealing with stress supports the body inside and out.

Nutrition is often overlooked, but one of the easiest ways to super-size your stool and speed up transit time. Fiber is your friend. Canadian women need a minimum of 25 grams of fiber daily while men need 38 grams daily. Fiber is easily found in fresh produce, legumes, nuts and seeds plus whole grains. Eating a wide variety of plant-based options ensures you obtain both insoluble and soluble fiber. Animal products contain zero and a processed diet is an epic failure. Fiber is your best friend.

Eating the rainbow equals adults consuming 7-10 cups of produce daily without exception. Pears, prunes, fresh figs, dates, apples, and citrus fruits top the list. Veggies are vital. Go for greens! Lettuce, cucumbers and spinach are stupendous salad bases. I'm in awe with the add-on awesomeness of

avocados for fantastic fiber and healthy fats. Stock up on ground flax seeds. Sprinkle one tablespoon onto dry cereal, oatmeal, add it to a smoothie or swap out eggs in baking. Chia pudding is one trend here to stay. Mix a quarter cup of chia seeds into a serving of your favorite yogurt with half a cup of fresh fruit. Store in the refrigerator overnight, and wake up to fresh and flavorful fiber!

Consistency is key to living your best life. The power of plants will have you on the potty pain-free.

Sources:

<https://cdhf.ca/en/digestive-conditions/constipation/>

<https://www.canada.ca/en/health-canada/services/nutrients/fibre.html>

<https://www.heartandstroke.ca/-/media/pdf-files/canada/2017-position-statements/vegetableand-fruit-consumption-ps-eng.pdf?rev=374631abde6145868e80fb07f5e52299>

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Sweet Street Love

2023

Almost a decade ago, I wrote about a street person who because his dog wasn't welcome in soup kitchens or overnight shelters, would forgo eating and a secure night's sleep. But, he was happy to do so. Happy?!

Think about that for a moment. How many of us can endure the harshness of going hungry – let alone living on the street – especially during frozen winter nights... knowing there is no guarantee, or expectation, of having a next meal?

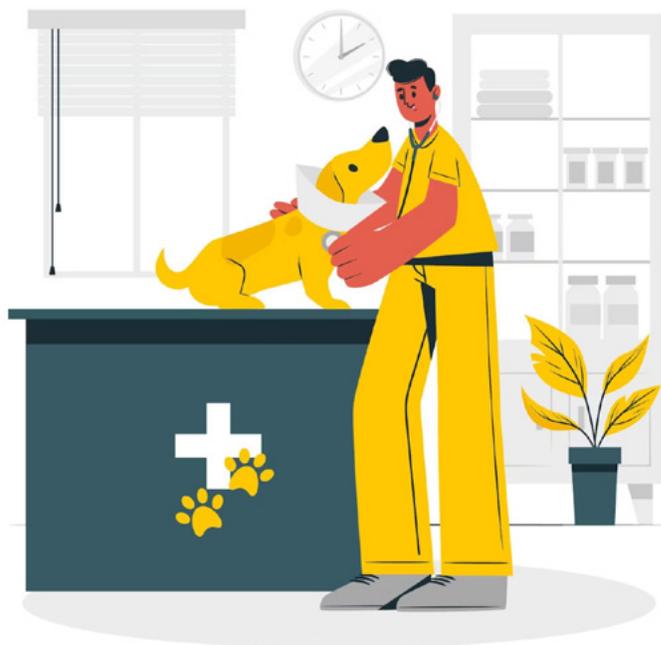
The more cynical among us would say it's ridiculous. Putting the welfare of a dog above your own is like not having the sense to 'come in out of the rain.'

But, back in 2013, the Toronto Star interviewed a street person who explains his strong feelings for his dog this way: "She's the only thing I've got in this world, besides my life, and my life ain't going anywhere. I'm there for her and she's there for me." To some, pet ownership means survival is possible. Christianity explains it this way, "Greater love has no one than this: to lay down one's life for one's friends." Pets give people purpose and meaning.

Seeing this need, Veterinarian Michelle Lem, MSc, started her free mobile clinic Community Veterinary Outreach (CVO) a registered charity to treat the pets of the homeless... estimated at 20% of the street people population. Today, CVO has expanded to five communities. Theirs is 'servant leadership' in action.

Today, her volunteer / veterinarian team still provide pro-bono basic pet care services in collaboration with healthcare and community connections that matter to their clients. As a number of intake specialists have noted: There's no judgement: "We don't know what they've been through"... "marginalized people don't trust people easily"... and, "we have to build trust – zipping your lips and listen."

But what about now, with the ravages of COVID-19



all around us, what happens if the owner is too sick to care for their pet? CVO provides shelter, food and basic care until the owner recovers.

Holocaust survivor and psychiatrist Victor E. Frankl in his book, *Man's Search for Meaning*, validated philosopher Friedrich Nietzsche's quote, "Those who have a 'why' to live, can bear with almost any 'how'."

It's about the love the dog brings. Hopefully the homeless and housing vulnerable people won't have to choose between their personal well-being or that of their pets.

What this means to me is that we're missing a piece of the puzzle. Yes, let's teach people to help themselves – a helping hand, not just a hand out. But, let's not lose sight of the fact that the offering, or not offering of love ... says more about us than about them, "To whom much is given..."

"Blackbird singing in the dead of night / Take these sunken eyes and learn to see"

– Blackbird by The Beatles [Watch on YouTube](#)

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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Connecting in the Community



For the past 38 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 one of the most protective factors in helping individuals to age well in the community is the ability to form and maintain 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 recent past when many of us were limited in our ability to maintain contact with others.

As the warm summer weather turns to fall, it is often easier to stay inside and hibernate rather than venture out into the unpredictable weather. However, we would encourage you to continue to pursue activities that get you out of the house and around others. 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.

Take advantage of the many FREE gentle exercise and falls prevention classes that are offered 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.

Our friendly visitor program matches volunteers with individuals in the community who may be isolated, offering a friendly call, home visits or someone to join in a community outing.

Looking for program options for a family member who requires a bit of support or a break from caregiving? Our adult day program provides a full day of supervised activities, connections with others, lunch and transportation, while providing individualized support.

Needing help with transportation to access programs? Please connect with us for assistance.

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 that are available.

Health and Wellness Sessions at Woolwich Community Health Centre

During the fall/winter, Woolwich Community Health Centre is offering a combination of virtual (on zoom), in-person programs/groups and hybrid sessions. Groups meeting in-person will have the location indicated in the session description. All health and mental health education events are FREE.

Registration is required. To register for the health and wellness sessions, email/call or visit our website www.wchc.on.ca and click on the Register Online tab.

SESSION DESCRIPTION	DATE & TIME	LOCATION
<p>Technology Literacy Assistance Do you need assistance in keeping up with the fast-paced technology world? Book an appointment with Tariq and bring in your device to get hands-on help with how to use your device. Tariq can help you with things like how to use your device, email, browse the internet, or whatever you need help with! Please Call/Email to Register: Tariq Abdulhadi: tabdulhadi@wchc.on.ca or 519-664-3794 ext. 222</p>	Ongoing	Decided upon registration
<p>Alzheimer's Care Partner Support Group In partnership with the Alzheimer Society Waterloo Wellington, Woolwich Community Health Centre will be hosting a Care Partner Support group for individuals supporting someone living with dementia. Join us (either virtually or in person) the 4th Wednesday of every month for group support and discussions. Registration required. Please Call/Email to Register:</p> <ul style="list-style-type: none"> • Lauren Kells: lkells@wchc.on.ca or 519-656-9025 ext. 224 • Colleen Martin: cmartin@alzheimerww.ca or 226-314-0949 ext. 2015 • Rachel Estok: restok@alzheimerww.ca 	4th Wednesday of every month, beginning March 22nd, 1:00 – 3:00 PM	Online via OTN or in-person at 10 Parkside Drive, St. Jacobs
<p>Motion is Lotion – Getting Started with Exercise Looking to get into fitness but unsure where to start? With our expert physiotherapy and diabetes team, Bernadette, Kenrick and Donna will help you to understand the importance of motion on your joints and muscles. Donna will explain to us the importance of exercise for diabetics and pre-diabetics. This in person program will help you gain the confidence to transition into some light fitness exercises. Come with comfortable clothing and footwear for some light group exercise! Please Call/Email to Register: Tariq Abdulhadi: tabdulhadi@wchc.on.ca or 519-664-3794 ext. 222</p>	Thursday, Sept 14th & 21st, & 28th 1:30 – 3:00 PM	10 Parkside Drive, St. Jacobs
<p>Internet Safety for Seniors Seniors are a target for internet fraud and scams. Nizar Kubursi, a Wealth Advisor, from CIBC is an expert on this topic and will share with you some helpful strategies and advice on internet use for seniors. Join us! Please Call/Email to register: Tariq Abdulhadi: tabdulhadi@wchc.on.ca or 519-664-3794 ext. 222</p>	Thursday, November 2nd, 12:30 – 2:30 PM	Online via Zoom or in-person at 10 Parkside Drive, St. Jacobs

SESSION DESCRIPTION	DATE & TIME	LOCATION
<p>Caregiver Support Group</p> <p>In partnership with the Woolwich Counselling Centre. Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. We are here for you. Please join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. We welcome you for one or all sessions.</p> <p>Please Call/Email to Register: Woolwich Counselling Centre woolwichcounselling.org info@woolwichcounselling.org or 519-669-865</p>	<p>1st Thursday of every month, starting October 5th, 2023 – June 6th, 2024 1:00 – 2:00 PM</p>	<p>65 Memorial Ave, Elmira</p>

Mental Health Series (In-Person & Zoom)

Anxiety is something many of us experience. Join our expert health promotion, counselling, and dietitian team in this series to learn about what anxiety is, the stress cycle, anxiety avoidance, relaxation strategies, and how food can affect your mood. All health and mental health education events are FREE. Register for one or all topics!

To register email/call Tariq Abdulhadi at tabdulhadi@wchc.on.ca or 519-664-3794 ext. 222 or visit our website www.wchc.on.ca and click on the Register Online tab.

List of Classes:

1. Untangling Anxiety: Leaning into Community Support | *Facilitated by Tariq Abdulhadi, Health Promotor, WCHC*

Thursday, October 5th 12:30 – 2:30 PM

Understand what anxiety really is, and more importantly, where you can find support right in your own community. You'll learn about the many resources available, and how to tap into them for managing stress and worry. Come join us to unmask anxiety and discover how your community can be a powerful ally in your journey to calm.

2. Taming Tensions: Unravelling the Anxiety and Stress Cycle | *Facilitated by Jannah Tudiver, Psychotherapist, WCHC*

Thursday, October 12th 12:30 – 2:30 PM.

Join us in exploring not only the 'why', but the 'how' as well. We will help you understand why stress and worry happen and teach you simple, everyday techniques to stay calm and relaxed. You'll learn

how to break the cycle of stress and the importance of using relaxation methods that work for you. Come learn how to replace worry with calm in your daily life.

3. Mind Mapping: Navigating Anxiety Avoidance through Thought Logs | *Facilitated by Penny Bedford MSW, RSW*

Thursday, October 19th 12:30 – 2:30 PM

Learn to recognize when you're avoiding things that make you anxious and use the power of writing to explore your thoughts. By keeping a simple journal, you'll uncover patterns and learn new ways to cope. It's like having a diary that helps you feel less stressed. Join us to make your anxiety something you can manage, not avoid!

4. Food for Mood: Mastering Mood & Food for Anxiety Relief | *Facilitated by Natalee Miller, Registered Dietitian*

Thursday, October 26th 12:30 – 2:30 PM

Discover how the right food choices can influence your mood and help reduce anxiety. Learn about nourishing foods that naturally calm the mind, and how to make them a part of your daily meals. This session is like a recipe book for less stress and better moods. Start your journey to a calmer, more balanced life with every bite!



Hearing Health in your Golden Years



Selina Mauro, BSc, H.I.S.
Owner & Specialist at Lemonade Hearing



Maintaining healthy hearing as we age is essential for our quality of life and overall well-being. Seniors commonly face hearing issues like age-related hearing loss, tinnitus, noise-induced hearing loss, conductive hearing loss, and sensorineural hearing loss. These conditions can significantly impact communication, relationships, cognitive function, safety, and mental health. Preserving your hearing health through regular check-ups and timely intervention is crucial to prevent social isolation, cognitive decline, safety risks, and emotional distress. By addressing hearing loss early, we can maintain fulfilling lives, strong connections with loved ones, and active engagement in daily activities!

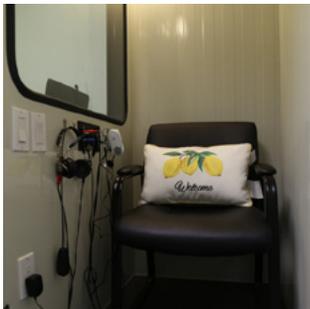
Age-related hearing loss, or presbycusis, is a gradual and permanent decline in hearing ability that commonly affects older adults. It occurs due to inner ear changes, auditory nerve degeneration, reduced blood flow, noise exposure, genetics, and certain health conditions or medications. Symptoms include difficulty hearing high-pitched sounds, trouble in noisy environments, muffled speech, and frequent misunderstandings.

Prevalence increases with age, with approximately **one in three** people between ages 65 and 74, and nearly **half** of those over 75 experiencing some degree of hearing loss. Gradual hearing loss may go unnoticed, which is why it is so important to go for regular hearing screenings to detect changes early and implement interventions, like hearing aids, to improve communication

and overall well-being. A recent study published in The Lancet showed **that wearing hearing aids can cut the risk of cognitive decline and dementia by 48%** for those at higher risk. This first-of-its-kind study highlights the crucial link between hearing loss and dementia risk. Early intervention with hearing aids, even for mild impairment, can significantly preserve cognitive health.

Hearing aids are not solely for older individuals but can benefit people of all ages. While they may not restore hearing to normal, they significantly improve communication and stimulate the brain. Modern hearing aids are discreet and small, fitting inside the ear canal. They are comfortable and utilize incredible signal processing for better sound quality, speech clarity and noise reduction. Wireless connectivity allows for direct streaming from smartphones and other devices. Rechargeable batteries, AI integration, and tinnitus management are among the other advancements that enhance the effectiveness and convenience of hearing aids, providing a more personalized experience for users and promoting better hearing health overall.

Seniors can safeguard their hearing by using ear protection in noisy environments, lowering electronic device volumes, and limiting exposure to loud places. Overall health should be maintained to reduce the risk of hearing impairment. Please avoid inserting objects such as Q-Tips or bobby pins deep in the ear. (Ouch!)



At Lemonade Hearing, our dedicated specialist, Selina, can provide full hearing health assessments including reports to your Doctor, safe and effective ear wax removal, ear impressions for custom ear protection, recommendations, programming, fitting, repairs, troubleshooting and counseling for all types of hearing aids and dedicated ongoing care. If you want to hear first hand from other patients- check out our google reviews. We truly care about making personalized care plans for each individual.

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ACUPUNCTURE

for Pain Relief

Dr. Laura Hoffmann, Naturopathic Doctor
at Affinity Health Clinic, New Hamburg

Acupuncture is a great natural way to help relieve pain. It is very effective. There is a lot of research to support using acupuncture, and it doesn't interact with medications! Acupuncture can be a safe stand-alone treatment or add-on treatment to help relieve pain and other health concerns.

During acupuncture, extremely thin needles are used at specific points on the body. Most of the time you do not feel the needles being placed. They are kept in place for 15-30 minutes, and then removed at the end of the treatment. This is very effective to relieve pain, as the needles will increase blood flow to the area to support pain relief and encourage healing. Acupuncture sessions are very calming and a great time to do some meditation, deep breathing, and relaxation.

TYPES OF ACUPUNCTURE:

Did you know that there is more than one type of acupuncture? Many people assume that all acupuncture is the same, no matter where you go for it, but there are actually two distinct forms of it.

Western acupuncture is common in North America, whereas Eastern acupuncture is common in China, and many parts of Asia.

In simple terms, Western acupuncture focuses on "place the acupuncture needle where it hurts" for pain relief.

If you've ever been to see a healthcare practitioner for pain relief and had acupuncture done only at the area of your pain, you've likely experienced the Western version of acupuncture. This is commonly what Chiropractors, Physiotherapists, Naturopathic Doctors, Massage Therapists and other regulated care providers are trained to do.

Eastern acupuncture, or Traditional Chinese Medicine (TCM) acupuncture, focuses on healing the whole body and treating a wide variety of health conditions, including pain. This may mean needles are placed on your hands, feet, legs,

arms, and other areas depending on what is being treated.

If you've been to see a TCM Doctor, an Acupuncturist, or a Naturopathic Doctor and you've had acupuncture needles placed all over your body, not just the area of pain, you've experienced the Eastern version of acupuncture.

The two do not need to be mutually exclusive and any practitioner trained in TCM acupuncture can also perform the Western acupuncture. This means, if you go to see your Naturopathic Doctor, TCM Doctor, or Acupuncturist, they can provide pain relief AND treat the underlying cause of the pain.

BENEFITS OF TCM ACUPUNCTURE:

TCM acupuncture can treat pain, as well as: insomnia, anxiety, depression, stress, constipation, diarrhea, heartburn, IBS, headaches, migraines, fibromyalgia, hypertension, diabetes, menopause, PCOS, menstrual cramps, and the list goes on.

If you have a health concern, chances are TCM acupuncture can assist in treating it. It has been around for more than 2000 years and the research supports its use too.

When being assessed for TCM acupuncture, your practitioner will ask you lots of questions about your health concerns, and assess other areas of health (sleep, digestion, energy). Typical acupuncture treatments involve 6-8 weekly sessions.

In some cases, acupuncture is all that is needed to help treat the condition. In other cases, acupuncture is used alongside other treatments (nutrition, lifestyle counselling, supplements, herbal medicine, blood work, medications) to help achieve health goals.

If you've tried acupuncture before and it hasn't worked for you, you may have only had the Western version of acupuncture. Consider trying a combination of both Western and TCM acupuncture with a Naturopathic Doctor to see the difference it makes. Have any questions about your health? Reach out at wecare@affinityhealthclinic.ca, 519-662-2123, or book online at www.affinityhealthclinic.ca.

Affinity Health Clinic offers Naturopathic, Chiropractic, and Massage Therapy services.

Everyday Exercises: Ways to Get Active this Month

Regular physical activity can help you:

- Maintain independence and quality of life
- Improve your mood, manage stress and reduce the risk of depression
- Improve your heart, lung and bone health
- Reduce your risk of falling
- May improve general cognition among people living with dementia

Balance Exercise

Challenge Your Balance Safely

Activities that challenge your balance, and make you do a little work to maintain your stability.



Heel Raise



Toe Raise

Activity Level: Low to Moderate



Everyday Movement

Get moving to get the blood flowing

Gentle movements with a regular heartbeat and minimal additional effort. You can carry on a conversation without strain.



Break Walk

Activity Level: Low



Strength Training

Feel your arms, legs, back, and abdomen working. Can be done sitting or standing.

Exercises where you are contracting muscles against resistance until they are fatigued.



Sit to Stand



Hamstring Cur.

Activity Level: Moderate to High



Aerobic Exercises

Breathe harder and sweat a little!

Getting up and using your whole body. Your heart is beating fast and you can still talk, but not sing



Marches



Knee to Hips

Activity Level: Moderate



How Often Should I Be Active?

Exercising regularly improves your mood, helps to manage stress and reduces your risk of depression.

Aerobic Exercises - 2.5 hours / week

Strength Training - 2 days / week

Balance Exercises - Daily

Everyday Movement - Every 2 hours

Living an active lifestyle can be as easy as joining an exercise class or group!

How to Make it Stick?

Do it often and with others!

Being active with others provides a great outlet for socialization, support and friendship. It also helps to keep you on track. Start small, join an online class and with time you will see the benefits of physical activity!

What Can I Join?

Our Minds in Motion® exercise program is designed for people living with dementia and their care partner!

With 45-60 minutes of gentle physical exercise and 45-60 minutes of social programming, Minds in Motion® might be right for you! This 8-week class is offered everyday. This program is offered in-person in multiple locations around Waterloo Wellington, and on line, over Zoom. Meet others who are on the same journey as you, follow along with certified instructors with exercises designed for seniors, and classes adapted to participants activity level. Next session starts in September!

Call our office at 519 - 742 - 1422 to find the best services available for you and your loved ones!

Source: *It's Time to Get Active*, Ontario Brain Institute, 2020.

Grandparents & Grief

Celebrating Grandparent's Day this year will be much harder for those who have lost a much-loved grandparent recently. Often this can be a young person, teen, or even young adult's first encounter with mortality and the death process. Dealing with loss is difficult but it still can help them grow in maturity and understanding. This kind of event in my experience often reveals questions and concerns that are very troubling to their parents.

Children will ask very specific questions following the loss of someone so dear. It is important to offer very honest and direct responses using language appropriate to the age of the child/teen. It is also very important to not use euphemisms like "rest" or "sleep" in explanations. This can cause uncalled for fear or worry to the child. They need to understand that death is final. The depth of your responses should be led by the child. They will make it known if they need more information at which time further conversation should be offered.

Parents often struggle whether a child should come to a visitation, funeral, burial, or celebration. There is no rule here and there is no easy answer. Think how mature your child is or how they grasped discussions about death. Trust your own instincts and do not be deterred by the judgement of others. Weigh the benefits of allowing them to be a part of this special goodbye versus the unknown of what really happened. Also, if the parents have a large or emotional part of the services it would serve them well to have a calm and trusted adult to be with their child or children.

Remember to reassure your child. Guilt often accompanies death, and they need to know it is not their fault or a punishment when they lose a grandparent. Death is not a consequence but rather a beautiful thought-provoking part of life. Continue to talk about their loss and share meaningful memories, pictures, and stories. Don't forget to talk with them about what you as an adult also miss about them.

Every grandparent is different from the rest and every child will perceive their death differently. The rate and process of their own grief will also be individual to the child. Loss is often more intense when there has been a close and loving relationship.

Generally, children aged 8 and older have an adult understanding of the concept of death. They require the same attention and patience provided to a younger child. They will need to heal their own grief, but your help is valuable.

It is important to allow an older child or young adult to participate in whatever form of planning that has been deemed by others. Whether doing a reading at a service or preparing a video tribute, to offering special music if that is a gift they have. They may remember much that their grand parent taught them. They must be encouraged to be gentle with themselves and to understand that the depth and level of their grief is directly related to the amount of love and connection they had in their relationship. Yes, it is true we no longer have them in a physical presence but will always have the love, experiences, and memories of them in our life and that they can be accessed at any time. Assure them it is not disloyal to their loved one if they are happy or have fun with their peers.

No matter what age child or young adult is working through grief, any unusual behavior or questionable actions that do not seem to be subduing should be referred to an outside adult or teacher, clergy, therapist, or an age specific support group.

Reframe the experience. This requires seeing something in a different way and allows us to recognize and appreciate the positive aspects of the entire experience.

"We talk about them because we are proud. We talk about them because they deserve to be remembered. We talk about them, because even though they are not physically with us, they are never far from our mind. We talk about them because they are a part of us, a part that we could never ignore or disown. We talk about them because we love them still and always will. Nothing will ever change that."
(Unknown)

IRENIC
Debbie Yantzi
Certified End of Life Doula
519-580-4312
debbieyantzi@hotmail.com



New Hamburg Firebirds Thanksgiving Food Drive



The New Hamburg Firebirds are once again asking for your help and continued support for their annual Thanksgiving Food Drive.

Since its inception The New Hamburg Firebirds Thanksgiving game night, along with the students and their schools participation have been able to collect over 28,500 lbs of non-perishable food to the shelves of the Wilmot Family Resource Centre

After being very restricted for a couple of years as to what we were able to do, Last year we were back in full force and by the end of the food drive 8,530 lbs of food donations and over \$3,000.00 in monetary donations were collected. The New Hamburg Firebirds Thanksgiving Food Drive's huge success only becomes reality because of the phenomenal help of people in a community that just continues to give.

Unfortunately this year is no different than past years..., the fact is we are in greater need of your help and support more than ever. New Hamburg has a well-deserved reputation for its welcoming attitude and kindness. While we don't know what changes and challenges lie

in the future, we do know that we are resilient, and we can adapt to what ever comes next and continue to learn from the past. One of the things that make New Hamburg such a great place to live is the way residents come together to assist , and support each other if the need presents itself. I see this evidence in every part of the community, especially this time of year.

Our official launch for the New Hamburg Firebirds Thanksgiving Food Drive at the Wilmot Family Centre's Poor Boy Luncheon on Thursday September 28. The Thanksgiving Food drive Early Bird Meet the Players will be at both Sobeys and Mackay's NoFrills on Saturday 30 from 10:am to 2:pm and of course our main event is the Firebirds Thanksgiving Friday Night Game on October 6.

The New Hamburg Firebirds always strive to do their best in giving back to the community and this is why we truly need you to be part of our team to help us help the Wilmot Family Resource Centre.

Please give whatever you can and we hope to see everyone at Thanksgiving Friday Night Game on October 6.

Best wishes to you for a safe and happy Thanksgiving

Morgan Miller

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911

Waterloo Regional Police Non Emergency

519-570-9777

Crime Stoppers

1-800-222-8477

Ontario Poison Centre

1-800-268-9017

Ontario Problem Gambling Helpline

1-888-230-3505

TeleHealth

1-866-797-0000
TTY: 1-866-797-0007

Waterloo Wellington LHIN

519-310-2222

Community Care Concepts

519-664-1900

Retirement Homes Regulatory Authority

1-855-275-7472

Elder Abuse Response Team

519-579-4607

Interfaith Community Counselling

519-662-3092

Hospice of Waterloo Region

519-743-4114

Alzheimer Society of Waterloo Wellington

519-742-1422

Township of Wilmot

519-634-8444

Township of Wellesley

519-699-4611

Township of Woolwich

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519-576-2140

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519-904-0650 ext. 8248

The Village of Winston Park

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519-576-2430 ext 8008

Woolwich Seniors Association

24 Snyder Ave. Elmira
519-669-5044

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