

EMBRACING CHANGE

Serving Boomers, Seniors & Caregivers in
Wilmot & Wellesley Township

COMMUNITY RESOURCE GUIDE TO HELP YOU AND YOUR LOVED ONES AGE IN PLACE!



Feature Business of the Month: **Soles Journey**

Issue 1 September 2018

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Dr Miyen Kwek, Dr Manning Chiang, Dr Ruth MacCara

Embracing Change

EDITOR'S LETTER



TARA BOTT (HELD), EDITOR-IN-CHIEF
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My Story... Hello and Welcome!

Embracing Change has been my life-long journey and now, a dream business venture. It's also a mindset I had to learn at a very young age.

Having lost my Mom when I was 8, I know first-hand how quickly life can change, and how we don't always have the tools and resources available to help us through life transitions. I became an instant "caregiver" to my 4-year-old sister, and a helping hand to my amazing Dad who was also grieving and adjusting. Thankfully taking care of people came naturally to me. And it was also something I thoroughly enjoyed. But being so young, I didn't know the "right" way to do it. Truth is, regardless of our age, most caregivers struggle to remember to take care of themselves while caring for others. Recognizing this is a common problem that can lead to stress and even burnout, I knew I wanted to

help caregivers receive the support they need. But I wasn't sure how.

It wasn't until I was working in the corporate world as a Director of Resident Services for a Retirement Home, that my vision for Embracing Change came to be. Turns out, there was a gap within our community and it was difficult for our local residents to find the right resources to help them and their loved ones' embrace all of the changes and challenges that come with an aging family.

Having lived in the New Hamburg area my entire life, I knew there were so many incredible businesses and support all around us but it wasn't easy for anyone to access this information. I felt an instant and strong commitment to be a voice in a voiceless market, and began working on a way to bridge that gap; addressing key issues that impact the health and well-being of older adults, and improve the overall experience for their families and caregivers. My goal with our monthly publication is to build a stronger, wiser, and more fulfilled community, and connect Wilmot and Wellesley Township residents, and their loved ones to all of the wonderful support and resources available locally.

I never could have imagined losing my mom as a child, but I feel so incredibly lucky to be blessed with the most amazing family. We all learned to lean on each other, and we forever adore and support one another to this day. In life, I believe we are always better and stronger together, and my hope is that Embracing Change serves as your support and guide; connecting and helping where and when you need it most.

In honour of my loving Grandparents who made a lasting impact on my life, and were my greatest inspiration behind this venture -- and for all of the special grandparents in our community, we will go live with our first issue just in time for Grandparents Day, this September 2018. Thank you for spreading the word.

We value your contribution so if you have anything to share, new resources, information that may be helpful, any questions or insights, our door is always open. We look forward to hearing from you and growing a stronger community together.

www.embracingchange.ca

ON THE COVER

This is the Bevers' pictured with their grandchildren photographed in front of their home in Wellesley. They had been looking for smaller town to settle into and have been very happy since moving to the area two years ago.

About the photographer:

Pamela Wideman has been photographing children, families and weddings in the Waterloo region since 2003. Based out of Wellesley, she is available for portraits year round. www.pwphoto.ca

Editorial policy & Disclaimer:

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

Embracing Change

Photo of the Month



Spanning the Nith River, the Hartman Bridge is the centrepiece of New Hamburg. Built in 1936 it replaced a single lane bridge of the same name that dated back to 1903.

Photo submitted by: Charles Okum from New Hamburg

HOW TO ENTER:

To submit your picture to be entered into our Photo of the Month feature, please send to embracingchangeinfo@gmail.com. Don't forget your name, location and the inspiration behind the picture. We thank all participants for entering, due to space restrictions only one selected photo can be featured in each issue.

MESSAGE FROM THE MAYOR

EMBRACING CHANGE What does that really mean? Does it imply that we must meet change with wholehearted acceptance as situations continually present themselves differently as we plod onward through our lives? Do we really have a choice when our everyday standard routine becomes disrupted due to circumstances beyond our control? Life really does happen while we are living it. And there is no magic age affixed to any one of us as to when and if these changes occur.

We can all reflect back to many instances in our lives when we have had to adapt to change whether it be in the physical realm, or changes in our thought patterns, changes to schedules, or modifications in general that may have a disturbing impact on our life. Changes and adjustments of any description are part of routine living and tend to disrupt our normal flow and most often trigger fear and anxiety until we have had time to implement them and work them out.

Life is full of beginnings and endings and this principle can be applied to most everyday functions no matter what they may be or how long they go on. Most people bristle at the thought of "change" as we are born creatures of habit. Along with that our sense of confidence becomes compromised as fear and worry tend to take over our well-being until we become comfortable again and see a new consistent pattern in our lives emerge.

We are a blessed and fortunate society in that we have many resources and avenues available to us to tap into when we need assistance. It is our expectation that you will find this new publication "Embracing Change" to be informative, enlightening, entertaining, and comforting as we embark on this new dimension in which we strive to serve you in your years of adjustments and amendments.

Les Armstrong,
Mayor, Township of Wilmot



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Ad submissions are due the 10th of every month



Senior Safety: Scam Awareness



Scams have many forms. Generally, the scam artist is attempting to get your personal information or money.

Scam artists may have some information about you (your middle name or date of birth) but will not know much else. If you are suspicious, challenge the scam artist to identify themselves. Ask for their identification, who they work for, or ask to speak to a supervisor.

The best way to stop a scam artist is hanging up the phone or closing the door.

- If you don't recognize someone - don't open your door.
- If someone comes to your door soliciting money or posing as a company employee, ask to see their identification. If they can't produce it, close and lock your door - call the police.
- Do not send money responding to an Internet ad, offer, or sale unless it is from a reputable company website. These are often scams.
- If a caller poses as a credit card company or bank representative ask them to provide their information, your information, and ask to speak to a supervisor. Most scam artists don't have the information you and your credit card company / bank have. They also won't have a supervisor.
- Advise your credit card company or bank if someone calls. Your credit card / bank card information may have already been stolen.
- If you are asked to send money to a family member, relative, or family friend, it is likely a scam. Ask the caller to provide detailed information that only you and your family members know. Ask the caller about a family member that doesn't exist. If the caller insists they are doing well - they are obviously lying.
- If you identify a scam, report it:
 - Tell your neighbours.
 - Tell staff.
 - Tell the police.



For more information:
Waterloo Regional Police, www.wrps.on.ca



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Check us out at: www.embracingchange.ca



Embracing Change

BUSINESS OF THE MONTH: SOLES JOURNEY, CHRISTINA FLOOD, RRPR.



Relax. Recharge. Rejuvenate with Reflexology ...

Reflexology is a natural healing art; a hands-on technique for activating the healing responses of the body. Every part of the body has a reflex area on the feet. When the reflexes are stimulated, messages are carried along the neural pathways to the corresponding body part and this triggers the body to go to a state of balance or normal functioning. India, China and Egypt have been practicing foot work for thousands of years.



While Reflexology is not a cure, or a replacement for medical care nor can a Reflexologist treat or diagnose an issue, many of my senior clients have experienced profound results. Some of which include pain reduction, sleeping better, improved circulation, better moods, help with bowel movements, stress reduction, calming the nervous system overall relaxation, decrease in foot swelling and pain, overall sense of well being and so much more.

Not only is Reflexology convenient as you are fully clothed, but it gives the gift of Soul to to Sole human touch and contact via the feet which many Seniors are lacking. The power of gentle and positive touch given with respect and care cannot be underestimated. I've witnessed first hand the power of what attention, human contact and alternative healing therapies can do through my clients and while volunteering in a Hospice years ago.



Feel free to contact me for more information or to book your session
Christina Flood RRPr. www.solesjourney.ca 519-505-1616

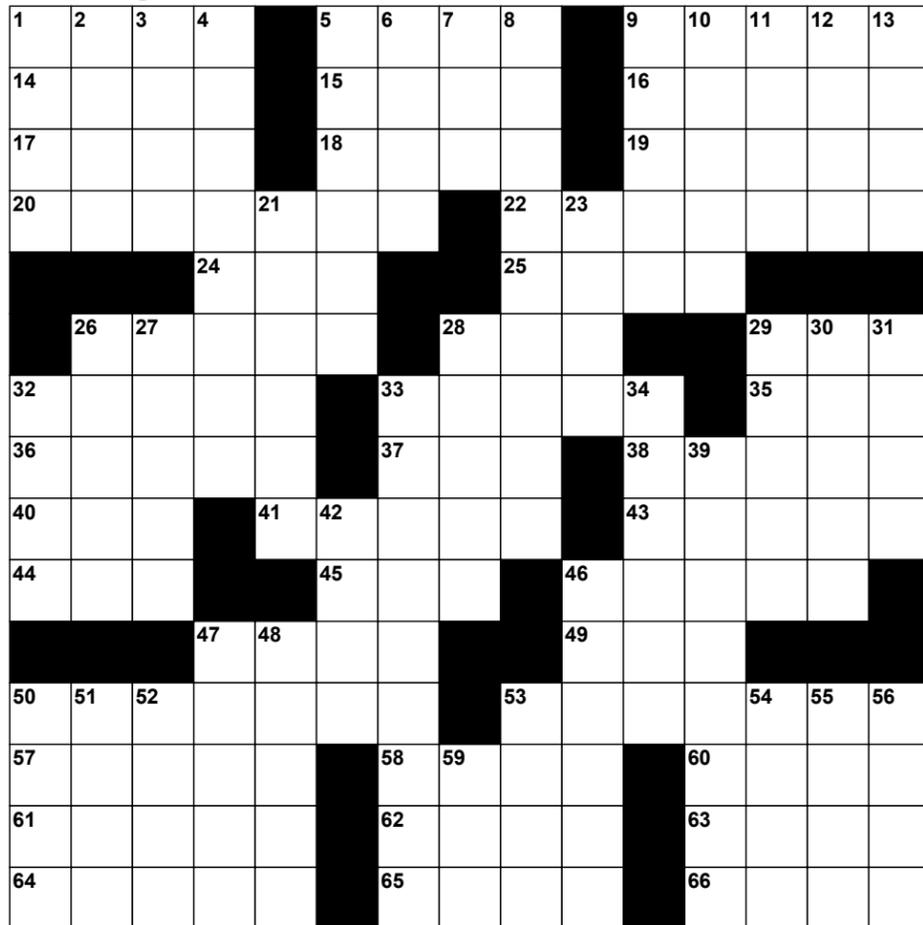
Connecting "Soul to Sole"

Helping you walk away more relaxed than when you arrived.

Soles Journey
Reflexology by Christina Flood, RRPr.

Fun & Games

Daily Crossword



ACROSS

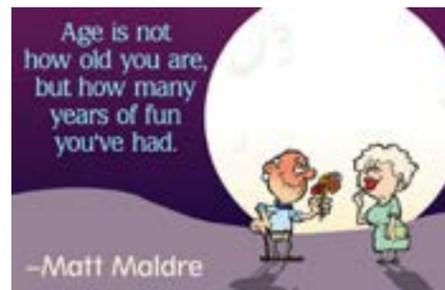
- | | | |
|---------------------------------|-----------------------------|----------------------|
| 1 Slants | 33 Winter neckwear | 61 Large instrument |
| 5 Defunct football league | 35 Toilet | 62 Tub spread |
| 9 Diamond weight unit | 36 Seasoning | 63 Evils |
| 14 Rolled chocolate candy brand | 37 Little bit | 64 Threaded nail |
| 15 Zilch | 38 One-celled water animal | 65 Bearing |
| 16 Witless | 40 Lodge | 66 Thought-provoking |
| 17 On top | 41 Inscribed stone | |
| 18 Chowder ingredient | 43 Fasten with a metal bolt | |
| 19 Prima | 44 Children's game | |
| 20 Loves their country | 45 Strike sharply | |
| 22 Promises | 46 Cunnings | |
| 24 American sign language | 47 Tuber | |
| 25 Wized | 49 Writing liquid | |
| 26 Elite intellectuals' society | 50 Tutor | |
| 28 That girl | 53 Blazing | |
| 29 Curve | 57 Fervor | |
| 32 Marsh | 58 Canoe propellers | |
| | 60 Land mass | |

SOLUTIONS FOUND ON PAGE 26



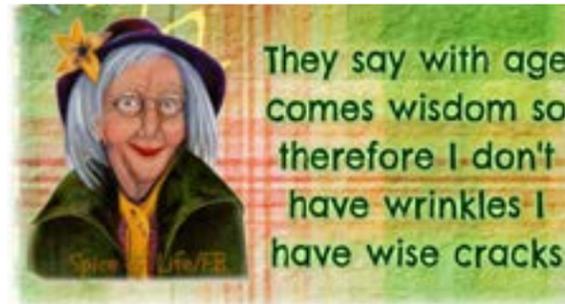
DOWN

- 1 Entrap
- 2 Small particle
- 3 Devise
- 4 HBO mob show
- 5 Brand of clear soft drink
- 6 Sodium
- 7 Those who make the food laws (abbr.)
- 8 Lamp part
- 9 Apple drink
- 10 Positive electrode
- 11 Called
- 12 Green Gables dweller
- 13 What Celestial Seasonings makes
- 21 Supplies
- 23 Stare
- 26 Miraculous food
- 27 Looking at
- 28 Sell illegally
- 29 Pain reliever brand
- 30 After shower attire
- 31 Winter outerwear
- 32 Lure
- 33 Sauna (2 wds.)
- 34 Hot cereal
- 39 Female milker of cows
- 42 Maple
- 46 Denis the Menace's neighbor
- 47 Quick bread
- 48 Cast away
- 50 Raps lightly
- 51 Little Mermaid's love
- 52 Jewish calendar month
- 53 No charge
- 54 Island
- 55 Egyptian river
- 56 Pant
- 59 Boxer Muhammad



Embracing Change

Laughing Matters!



FUNNY SENIOR MOMENT:

There was a bit of confusion in the store this morning. When I was ready to pay for my wine, the check-out assistant said to me, 'Strip down facing me.'

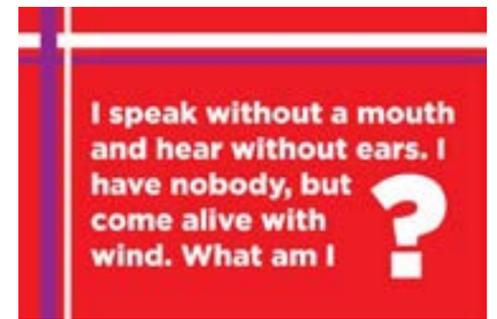
Making a mental note to complain to my Member of Parliament about excessive security running amok, I did just as she had instructed.

When the hysterical shrieking and alarms finally subsided, I found out that she was referring to my debit card.

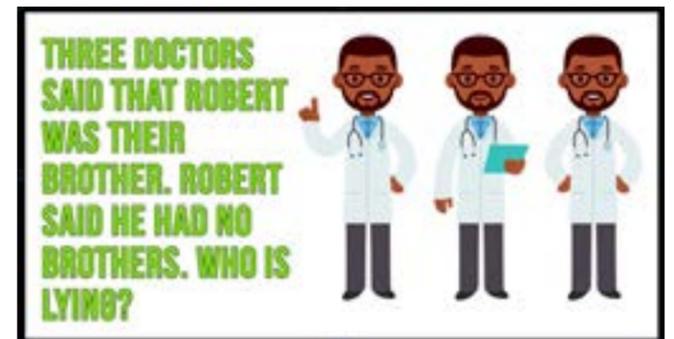
I have been asked to shop elsewhere in the future.

ANIMAL RIDDLES!

1. He's small but he can climb a tower.
2. I have a pet, his body is full of coins.
3. What always goes to bed with its shoes on?
4. I have eight to spare and am covered with hair.
5. There is a kind of fish that can never swim. What is that?



OH ECHO



SISTERS - THE DOCTORS WERE ROBERTS SISTERS

1. ANT 2. PIGGY BANK 3. HORSE 4. CAT 5. DEAD FISH

GET INVOLVED!

make a difference

MAREP'S Alzheimer and Dementia Research Database (MADRID)

Are you living with dementia, young-onset, or mild cognitive impairment (MCI) and interested in participating in research?



MAREP'S Alzheimer and Dementia Research Database (MADRID) is a participant pool that researchers at the University of Waterloo can use to recruit people living with dementia or MCI when conducting a study. The participant pool allows users to avoid lengthy recruitment processes, which in turn allows the research to progress faster.

Getting involved is simple! All it takes is one phone call to the MADRID Project Coordinator. Following this phone call there will be a time set to go over an intake interview. This intake interview contains personal information, including medical information; this will help determine your eligibility for different studies. The intake interview can be done in person, over the phone or by video conference call. The information collected from the intake interview will be stored on a secure database at the University of Waterloo, that only the MADRID Project Coordinator will be able to access.

When researchers are conducting a study, they will contact the MADRID Project Coordinator. Researchers will outline the criteria for participation in the study; the MADRID Project Coordinator will determine who is eligible and pass along contact information for those participants to the researchers. If you are eligible, the researcher will contact you and explain the study and what it will involve (time commitment, purpose of the research etc). Participation is always voluntary.

If you would like to get involved, contact the MADRID Project Coordinator, Lisa Loiselle.

Lisa Loiselle
Email: loiselle@uwaterloo.ca or Phone: (519) 888 4567, Ext. 35040

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Dispersing your cherished mementos

In honour of Grandparent's day this month, we want to share some ideas for creative ways to make memories AND disperse some of your cherished mementos. When I was a little girl, I remember receiving some special items from my grandfather after he passed away. He loved horses, so I remember receiving a horse figurine and my siblings each received some special items from Grandpa.

As we work with our dear senior clients, we encourage them to also share some of their cherished possessions with their family but not to wait until they have passed away. Why not experience the joy of being generous. Why not create memories that their children and grandchildren can associate with these special items.

Are you a grandma that has collected beautiful tea cups and saucers over a lifetime? Why not host a grand tea party for your grandchildren or nieces and nephews! My mom loved the idea, so she decided to plan a special day for all of her grandchildren. She planned a special party, including tea, treats and you can't forget about candy! Her grandsons and granddaughters were all invited- it didn't matter their ages. They had a wonderful afternoon of fun and fellowship and then at the end of their time together, they each picked their favourite tea cup and saucer from her collection.

My daughters cherish this tea cup and saucer to this day. They look at it and they associate it with the wonderful memories made that day. They also were able to pick a tea cup and saucer that they liked, according to their tastes. This alternative was much more meaningful than receiving a designated tea cup and saucer after their grandmother passes away. This is a memory that will be cherished forever.

Are you a grandma who likes to quilt or crochet afghans? Why wait to give these to your grandchildren - make memories instead. Plan for a special slumber party or a "fort making" party. Invite your

close family members over for an evening of fun. Have the children pick out their favourite quilt or afghan and then use them to make an extravagant fort. Add candy and some favourite snacks. You could have a movie night and plan to eat your popcorn from inside your fort or the children could curl up in their special blankets around the television. You are adding the special memories to these special keepsakes. The children will always remember this special party with their grandparents every time they look at their quilt. You also get to experience their joy as they receive these handcrafted creations. It is a memory to be cherished by all.

So we encourage you to look around your space and see if you have any special items or a collection that you would like to share. Use your creativity to come up with a theme party in which to share with the next generation!!

"At the end of the day all that matters is love and the memories so make sure you give it and make sure you make them" – Trent Shelton

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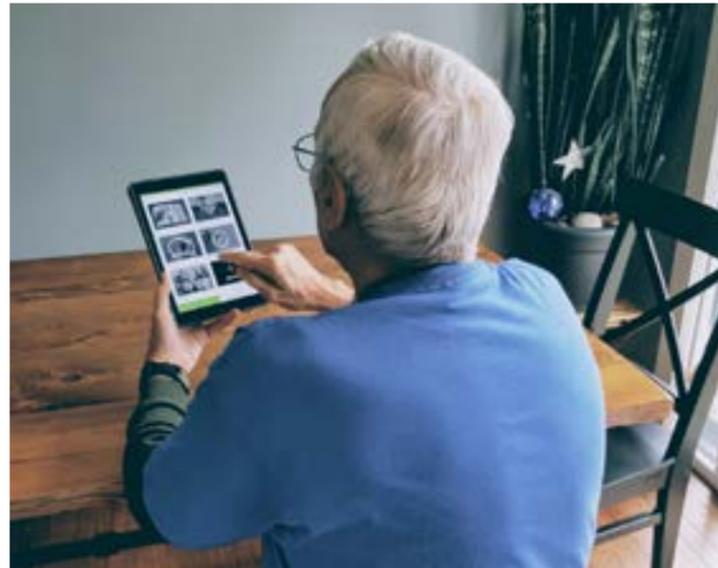


Technology

The Subject No One Wants to Talk About

Have you ever noticed that people treat the topic of memory loss like a dirty secret? There is such a stigma attached to it that no one wants to admit to experiencing memory loss or point out their concerns about a loved one's memory loss. In reality, memory loss is something that we all experience to different degrees and for different reasons. The more we talk about it, the more we can remove that stigma and learn how to live WELL with memory loss.

Emmetros is a Waterloo company founded by Mary Pat Hinton, whose grandmother Jean's dementia journey inspired her to help people who live with memory loss do more for themselves. After careful research, Mary Pat created MemorySparx One – an easy-to-use app for iPad that helps people remember important details about their day, their life, and their health.



This app is only available on the App Store for iOS devices.

Do you keep a calendar or a whiteboard on the wall to track the day's events? The MemorySparx One app has a section called My Day that helps you create a customized agenda and take it with you to reduce anxiety about what's next. You can even add photos to assist in recognizing the people and places you encounter each day.

Are you shying away from socializing with friends and family because conversations are a bit more of a challenge? The My Life section of MemorySparx One features personalized photo albums that you can caption with text and voice recordings, a combination that people find very powerful for memory recall. Give yourself a boost of confidence by checking your Grandkids album to help remember that Emily just turned 12 and loves soccer.

Do you find yourself juggling papers and relying on a companion at health care appointments? The My Health section of MemorySparx One can store your health history, medications and supplements, a care journal to track how you're feeling, and a directory of your health care team (with photos) so that you can feel more prepared for appointments and speak for yourself.

If you would like a little help with remembering things and communicating throughout the day, we would love for you to try MemorySparx One. The first 30 days of use are free, just search for MemorySparx One in the App Store.

We are proud to be a part of the local community that believes in "technology for good".



Embracing Change



Footprints in Time, By Fred Parry

When you look back on life, is there anyone in your past who is responsible for your being who you are today?

I particularly remember my fraternal grandfather in this way. Always laughing and cheerful, he made me change my sluggish adolescent mind into one that took pride in a sense of accomplishment, as a reward for a job well done. I mean what 14-year-old likes work, right? Well, I wasn't any different.

Of course, I was used to my grandfather's 'whistle while you work' attitude, but I thought that that was unique to him. So, when he asked me to help clean our outside family home windows, I thought he was crazy. Yeah, right ... crazy like a fox ... he really pulled a 'Tom Sawyer' on me! (You know the kid who talked his friends into painting his fence for him?)

"Freddie", my Grandfather said, "just think how sparkling those windows will be ... all shiny in the sunlight!" He went on and on, telling me how much fun this was going to be and eventually sold me on the idea. And, looking back, he was right. I can still feel how good I felt looking at all those gleaming windows.

"He earned his love through discipline, a thundering velvet hand, His gentle means of sculpting souls took me years to understand" – Leader of the Band by Dan Fogelberg

As a result, this way of looking at things has been the cornerstone of my life ever since.

If my grandfather whistled while he worked, my wife's dad, 'Dodie', positively danced and sang his way through life ... his and ours!



Growing up poor, over 90 years ago in Edinburgh – in an environment that seemed straight out of Dickens – Dodie was orphaned from an early age. Living like a street urchin, he learned to survive using only his wits. "Nothing colder than charity!" he would instruct our kids, as he regaled us with his sense of humour and charm.

I can still see him now during one of his weekend stays - making Sunday morning pancakes for the grandkids ... dancing a jig in a night shirt that would have made Scrooge proud... and singing his heart out to an old folk tune, 'Mother Brown: "Knees up mother Brown, knees up mother Brown; knees up, knees up, don't let the breeze up; knees up mother Brown!" And, like the Pied Piper, he had the whole family joining in before he was through.

"My life has been a poor attempt to imitate the man I'm just a living legacy to the leader of the band"

Both these men were vastly different from one another; but shared some basic similarities.

They were mere mortals like all of us, but unlike many of us, they resolutely failed to give in to life's problems. In this, they shared the qualities of infectious happiness and caring, shunning negativity and thoughtlessness. Being both navy men during wartime, maybe they valued life more than most; and took it for granted less.

I can't help but be reminded of a verse from H.W. Longfellow's poem, A Psalm of Life:

In the world's broad field of battle,
In the bivouac of Life,
Be not like dumb, driven cattle!
Be a hero in the strife!

I'm sure that they would laugh at me writing this now. I'm smiling now, just thinking that they would.

"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

What's Happening *55+ Active Adults & Seniors*

Restless Seniors

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.

When: Wednesdays from 1:30 to 3:30 p.m.

Where: New Hamburg Legion, Branch #532, 65 Boullee Street, New Hamburg

Contact: George Schmitt 519-696-3037; Joan Fulton, secretary 519-662-4821

The Rook Players

We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us.

When: Monday evenings 6:00-9:30 p.m. First Monday after Labour Day till the last Monday in April (Sept. 10, 2018 - April 29, 2019)

Where: Wilmot Recreation Complex (Wayne Roth Room)

Cost: No charge **Contact:** Cecil Wagler 519-662-2758

St. Agatha Seniors

Our group of friendly folk meet once a week to play solo. We celebrate birthdays on an irregular basis with best wishes and goodies. A Christmas Party in mid-December concludes the years activities. Come join us - you'll be warmly welcomed! **Cost:** .50¢

When: Every Thursday from 1:00 to 4:00 p.m.

Where: St. Agatha Community Centre

Contact: Bert Lichti at 519-634-8411

Wilmot Senior's Woodworking & Craft Club

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills

When: Weekly, Monday to Friday: 9 a.m. - 5p.m., Sat. 9 a.m. - noon

Where: 27 Beck St., Baden

Cost: Initial Membership \$80, yearly \$60

Contact: Diana Gruhl at 519-634-5357

Wilmot Seniors

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.

Special events include: - soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, and christmas banquet. Visitor's are always welcome!

When: Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)

Christmas Banquet: Nov. 28 2018

Where: Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg, On.

Cost: A free will offering is taken at each meeting.

Contact: Church 519-634-8687 for more information

Wilmot Senior Shuffleboard

When: Tuesday and Wednesday from 9:30 - 11:30 a.m. and Tuesday 1:00 - 4:00 p.m.

Where: Wilmot Recreation Complex

Contact: George Schmit 519-696-3037.

New Hamburg Lanes Bowling

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

When:

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

Where: 182 Union Street, New Hamburg

Contact: James Aoki at 519-662-1938

Email: james@newhamburglanes.ca



TechKNOW Program

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

Drop in during the times listed below for help with the basics and functioning.

When: Every Thursday from 9:00-11:30 am from September - June

Where: Wilmot Recreation Complex Active Living Centre

Cost: No Charge

Contact: 519-634-9225 ext: 340 for more information

Alzheimer Society

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

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

Contact: 519-742-8518 ext 2090 for more information or to receive the Program Guide

Website: www.alzheimerww.ca

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Word of Mouth – Your Oral Health

If you want to stay healthy, don't forget about your teeth. Dental health is generally not considered a priority and often forgotten. People often wait until a toothache develops before booking an appointment. Whether the reason is time, money, or the fear of going to the dentist, preventative care often is ignored.



Excessive bacteria in the mouth due to poor oral health has been linked to cardiovascular disease such as heart attacks and strokes. In addition, bacteria inhaled from unhealthy teeth and gums can cause respiratory infections which is concerning for those suffering from chronic obstructive pulmonary disease (COPD).

Research has shown that diabetics are more susceptible to periodontal (gum) disease and tooth loss. Also, serious gum disease can affect blood glucose control and contribute to the progression of diabetes. Additionally, individuals with diabetes experience compromised healing and as a result, they must be extra careful about their oral and overall health.

Dry mouth is another major issue that many patients complain about. It is a common side effect of many prescription and over the counter medications, or the result of radiation treatment or chemotherapy. Saliva is protective to teeth, therefore dry mouth should never be ignored as it leads to rapid tooth decay and infections.



Proper oral hygiene practices including brushing, flossing and rinses at home are essential but they are no substitute for regular visits to the dentist for cleanings and check-ups.

Preventive dental care actually benefits your health and your pocketbook in the long run. For example, the cost to replace one single tooth is the equivalent cost of seeing your dentist for check-ups and cleanings twice a year for 10 years!

A healthy mouth can definitely improve your overall health and well being. Visit your dentist before you have a problem.

If you have any questions related to your dental health, please contact Dr. Miyeon Kwak or Dr. Manning Chiang at:
newhamburgdental@communitydentalgroups.com
or visit newhamburgdental.ca

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www.communitycareconcepts.ca**

Supporting Seniors to Age Well Across the Townships

For the past 33 years, Community Care Concepts, a local non-profit charitable organization, has supported seniors to adapt to many transitions that they experience as they strive to live independently in their own homes across the Townships of Woolwich, Wellesley and Wilmot. While everyone's situation is unique, the organization believes that there are five core components that support individuals to positively deal with transitions that they experience as they age – physical health, mental health, nutrition, physical exercise and maintaining social connections. The organization's services have expanded over the years to address each of these dimensions.

Each year more than 7,000 individuals and their caregivers turn to the organization for assistance. The organization works collaboratively with WWLHIN care coordinators, physicians, hospitals, community health centres and mental health and counselling agencies to ensure that individuals have access to services and supports that can address their physical and mental health needs.

Community Care Concepts' transportation program supports many residents to access medical and other important appointments within and beyond our communities. Many individuals also benefit from the organization's Home At Last program which provides free transportation and settling in services for individuals visiting emergency departments, scheduled for day surgeries or procedures or staying overnight in local hospitals and requiring support in getting home from hospital, picking up prescriptions, assistive



devices, groceries or other needs that support a smooth transition home.

With these important supports many can reduce their hospital stays and receive the necessary support to recuperate well at home. With their physical and mental health needs addressed through these supports, individuals can focus on accessing other supports that help them to maintain their independence.

Ensuring access to proper nutrition is also a key focus of Community Care Concepts. Through the organization's Meals on Wheels program, volunteers deliver hot meals at noon on weekdays to seniors in the community. Meals include soup, salad, main entrée and dessert. A wide assortment of nutritious frozen entrees, soups and desserts is also available for evenings, weekends or during poor weather. Volunteers are also available to join a senior for a meal, which can be helpful for those who struggle with eating on their own.

Community Care Concepts' community dining program is also an important service in helping seniors to meet their nutritional requirements. From September through June each year, the organization hosts a variety of community lunches providing an opportunity for seniors to come together for a hot meal, fellowship, entertainment and information.

While meeting physical and mental health and nutritional needs is critical to aging well, research also suggests that three forty-five-minute sessions of physical exercise each week is critical to maintaining strength, stability and reducing the risk of falls, the leading source of health decline in seniors. Community Care Concepts offers free gentle exercise programs across the Townships. The exercises mimic daily movement and routines, are customized to unique needs and support seniors in meeting their physical exercise needs and reducing the potential for falls.

While these popular programs are important in meeting suggested requirements for physical exercise, they also serve as an important source for maintaining social connections. Community Care Concepts has expanded on this program to provide a diversity of social and recreational programs through the Active Living Centre at the Wilmot Recreation Complex.

Beginning this fall, a variety of social and recreational programs for seniors will be launched at community centres across Wellesley Township including St. Clements, Hawkesville, Linwood and Wellesley. These activities will form an important opportunity for seniors to develop social connections, one of the most protective factors in helping people to age well in the community.

In addition to its social and recreational programs, Community Care Concepts is also expanding its adult day programs in Wilmot and Woolwich Townships. For many years Community Care Concepts has offered a day program at Nithview Community in New Hamburg and at Barnswallow Place in Elmira. In addition to supporting many individuals with dementia, the program provides an opportunity for all seniors from the Townships to socialize with others, participate in games and activities, listen to music and reminisce. A hot lunch, snacks and transportation are provided. Beyond providing a great environment for seniors and others with unique needs, the program provides an important break for caregivers. In September, the program will be expanding to 5 days a week with new programming being introduced.

Adding to these key supports are a variety of other programs and services including practical in-home support, homemaking, home maintenance and friendly visiting programs which support seniors to stay in their home.

Through this range of service and supports, seniors living across Woolwich, Wellesley and Wilmot Townships can receive the necessary supports, customized to their unique needs, that assist them to successfully adapt to the multiple transitions that they will experience while helping them to age well in their community.

Information on these and other services is available by contacting Community Care Concepts at : 519-664-1900, 519-662-9526 or 1-855-664-1900.

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Active Living Centre

New Dundee Community Centre
Mon & Wed 1:00-2:00
1028 Queen St, New Dundee

Wellesley Township
Wallenstein Bible Chapel
Tues & Thurs 9:30-10:30
4522 Herrgott Rd, Wallenstein

Pond View
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Linwood Community Centre
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Trouble Seeing the Fine Print?

Here are Your Options...

Every good pair of eyes eventually develops a condition called presbyopia. Presbyopia, which usually begins to set in some time around 40, occurs when the lens of the eye begins to stiffen, making near vision (such as reading books, menus, and seeing your phone) blurry. These days there are a number of good options to restore clear vision. But first, let's take a look at the symptoms of presbyopia.

Signs of presbyopia include:

- Blurred near vision
- Difficulty focusing on small print on close objects
- Eyestrain, headaches or fatigue, especially when reading or doing close work
- Holding reading material at a distance to see properly
- Needing brighter light to see close objects clearly



Presbyopia can be diagnosed through an eye exam.

Treatments for Presbyopia:

There are a number of options for presbyopia treatment which include glasses or contact lenses.

Glasses:

The most common form of presbyopia correction is eyeglasses. Reading glasses adjust the focal point of the target to reduce the focusing demand on the eyes. A side effect of this type of lens is that they also magnify. For some, reading glasses are sufficient to improve close vision. Others, especially those with another refractive error, require more complex spectacle lenses.

Bifocal and multifocal lenses, including progressive addition lenses (PALs), offer another functional solution for those with nearsightedness or farsightedness. These lenses have two or more prescriptions within the same lens, in different zones. Progressive Add Lenses provide a progressive transition of lens power creating a smooth, gradual change from distance to near.

Contact Lenses:

Like glasses, contact lenses are also available in bifocal and multifocal correction. It's not uncommon to try several lenses before finding the combination that provides the best level of vision and comfort for your needs.

Medication - On the Horizon

Currently, there are clinical trials with promising early results that are testing eye drops which restore the flexibility of the human lens. It could be possible that in the near future eye drop prescriptions could be used to reduce the dependence on reading glasses or multifocal contact lenses.

Presbyopia is affecting a greater percentage of the population and more research is being done into treatments for the condition. If your arm is getting tired from holding books further away, see your eye doctor to discuss the best option for you.

The Big Picture

Our team of eye doctors and staff will tend to all of your vision needs.
We handle everything from adults' and children's eye exams to eye emergencies, and provide treatment for eye diseases, hard-to-fit contact lenses, and co-management of eye surgery such as LASIK.

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Wilmot Active Living Centre

The Wilmot Active Living Centre is a gathering place where older adults (ages 55+) can participate in recreational, leisure, social and education opportunities. Located at the Wilmot Recreation Complex, the Wilmot Active Living Centre is a 2500sf facility features a billiards area, lounge area, gaming area, lending library and kitchen facilities. Activities offered include:

- Nintendo Wii
- Billiards & Crokinole
- Cards & Games
- Shuffleboard
- Special Interest Programs
- Community Lunch Programs
- Bi-Weekly Crafts
- Gentle Exercise Classes



For more information, drop by the Customer Service Desk at the Wilmot Recreation Complex and pick-up a monthly Calendar of programs and activities; or phone the Wilmot Recreation Complex at 519-634-9225 to speak to a Customer Service Representative.

Hours of Operation

Monday 10:30am-4:00pm
Wednesday 10:30am-4:00pm
Thursday 9:00am-4:00pm

Location & Contact Information

Wilmot Active Living Centre,
1291 Nafziger Road, Baden, ON, N3A 0C4
Phone: 519-634-9225 ext. 340

Closed on Statutory Holidays.

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Owner/Consultant

Traci Jutzi
Consultant

Kristina Ziegler
Consultant

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Tai Chi, a Fall Prevention Strategy for Older Adults by Alanna Roy, PT Resident

In clinical practice many folks come into the clinic requiring physiotherapy treatment after having had experienced a fall. Many of these individuals experience a number of injuries resulting from their fall, including wrist and hip fractures. Often patients inquire about ways in which they can help prevent falls from occurring apart from their regular prescribed exercise program. One emerging strategy to help reduce the risk of falling that we recommend for patients is tai chi (TC).

A recent growing body of research evidence has shown TC to be an effective exercise source to help improve balance, balance confidence, and for fall prevention in older adults. TC helps to increase strength and flexibility of the lower leg muscles. TC is a good way to strengthen leg muscles due to its constant need for knee flexion, wide stance widths, and its steady slow pace of activity. Multiple studies have shown that TC provides statistically significant improvement in balance within older adults who participated in TC for an extended period of time.

Through several systematic reviews done by Liu & Frank (2010), as well as Schleicher, Wedam & Wu (2012), it was found that the following categories saw significant increases due to TC training: static balance, anticipatory dynamic balance, functional performance, muscular strength and flexibility. Moreover, subjective measures such as fear of falling had decreased from the studies discussed within these reviews. Varying duration and frequencies in TC practice will consequently result in different outcomes for each individual. It has been noted that through prolonged TC practice, tests and scales that are good indicators of potential fall risks including, single leg stance, stepping reaction time and the Berg balance test, all demonstrated improvements (Liu & Frank, 2010). Furthermore, in a review done by Wu (2002), it was found that TC practice benefitted postural stability in both young and older individuals, with ages ranging from 20 to 45, and 61 and older. This would also suggest that the practice of TC would be beneficial to an individual, regardless of age.



TC has been shown to help prevent falls, improve health and quality of life. Additionally, it may prevent and/or improve the management of chronic diseases, particularly for the ageing Canadian population, and potentially reduce the strain on the health care system in Canada.

Tai Chi is a wonderful way for folks to improve balance, strength and to help to prevent falls. If anyone is interested in practicing TC or learning more about it, please contact your local Tai Chi business in New Hamburg or Stratford.

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 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 or 1-855-664-1900
 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
 Region of Waterloo Public Health..519-575-4400

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September 21 is World Alzheimer's Day. Do you know the warning signs?



The Alzheimer Society works with community organizations to find fun and easy ways to provide much needed financial support to their local programs and services. Money raised in the community stays in the community.

Host a Coffee Break with us! It can be as simple as brewing a pot of coffee and inviting friends, family, colleagues to enjoy a cup with you.

Call for information:
519-741-1422

Get involved!

1. **Memory loss affecting day-to-day abilities** – forgetting things often or struggling to retain new information.
2. **Difficulty performing familiar tasks** – forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.
3. **Problems with language** – forgetting words or substituting words that don't fit the context.
4. **Disorientation in time and space** – not knowing what day of the week it is or getting lost in a familiar place.
5. **Impaired judgment** – not recognizing a medical problem that needs attention or wearing light clothing on a cold day.
6. **Misplacing things** – putting things in strange places, like an iron in the freezer or a wristwatch in the sugar bowl.
7. **Changes in mood and behaviour** – exhibiting severe mood swings from being easy-going to quick-tempered.
8. **Loss of initiative** – losing interest in friends, family and favourite activities.

If you are concerned about any of these signs, talk to your doctor.

WHERE TO GET YOUR FREE COPY:

Copies will be available around the first Wednesday of every month at the following locations throughout Wilmot & Wellesley Township:

Wilmot Township:

- Wilmot Recreation Complex
- Town Square Pharmacy
- Baden Village Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobeys New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - Baden
- Tim Hortons - New Hamburg
- New Hamburg Library
- Baden Library
- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg



Wellesley Township:

- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

You've got to be joking!

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising... I decided to take and aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



Solution:

1	T	2	I	3	P	4	S		5	U	6	S	7	F	8	L		9	C	10	A	11	R	12	A	13	T
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61	P	I	A	N	O					62	O	L	E	O						63	I	L	L	S			
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Check us out at: www.embracingchange.ca

SEND US YOUR JOKES!

Do you have a joke, riddle or something just too funny not to share? Feel free to spread the laughs with us here at embracingchangeinfo@gmail.com. We thank all participants for their submissions, due to space restrictions only selected entries can be featured in each issue.



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