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EMBRACING CHANGE

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

VOL 4 ISSUE 1 SEPTEMBER 2021

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Feature Business of the Month

Abundance
CANADA



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



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John & Bev Jacobs from Wellesley are pictured on the front with their beautiful Grandchildren. Read their full story on page 6 to see how the local couple helps people to heal.

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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

3 years...

Wow! It's hard to believe Embracing Change is celebrating our third year anniversary this September! I am so glad I took the chance and gave my business idea a try. My business idea 3 years ago wasn't absent of fear, but my desire to make a difference with a demographic I'm passionate about serving was stronger than my doubts. I have met so many wonderful people throughout these past 3 years and I look forward to making more connections along the

way.

Starting a new business always has its up and downs, and COVID has definitely made things a bit more challenging. But, thankfully I had great support from many local businesses that were able to continue supporting us throughout the pandemic, so we could continue producing an issue every month for our readers. I received many calls, emails and letters from readers saying how much they looked forward to reading a copy of Embracing Change every month during these difficult times. I can't thank these loyal businesses enough for supporting us from day one. Special thanks to the following for supporting every single issue of Embracing Change since we have started: Community Care Concepts, Town Square Pharmacy, Hemmerich Hearing, Woolwich & Wellesley Health Care Centre, Alzheimer's Society Waterloo Wellington, Alison Willsey ~ Peak Realty, Rudy Held Performance and Soles Journey.

I also want to thank each and every one of our advertisers and contributors, and a special thank you to Jessica, Dr. Nicole Didyk, Fred Parry, Elaine, Rich, Shirley, Don, Pat & Brian, for making this community resource what it is today. To all of our valued readers - thank you for the wonderful support you have given Embracing Change since the start of our publication. You are the reason I wake up every morning with enthusiasm and gratitude because I get to do the work that matters most to me.

This month we are recognizing National Grandparents Day on Sunday September 12, and World Alzheimer's Day on September 21st. To all of the cherished Grandparents out there, I wish you an amazing day making memories with those you hold dear - the values, beliefs and ideals of your future generations all began with you.

As always, I am open to new ideas and suggestions you as our readers may have. I have received so many wonderful ideas and suggestions over the past few years and I do really appreciate each and every one of you that have reached out.

Wishing you all a Happy & Healthy September!

Tara



HUBER CIDER MILL EXPLOSION

Submitted by Nancy Maitland, Wellesley Township Heritage and Historical Society



Wreck of Huber's Mill (Accession #2016-18-012; photo donated by Julie Schnurr of Linwood)

On September 10, 1908 Thomas Huber placed the following ad in the Wellesley Maple Leaf:

Notice

The undersigned will have his CIDER MILL in operation on or about the 15th September with the best improvements, when he will be prepared to manufacture Cider, Apple Butter and Apple Syrup on the shortest Notice.

Thos. Huber, 9th line, Wellesley, w.s.

A week later, the paper reported the explosion of the mill, the death of Huber and his business partner William Attig. What went wrong?

The Wellesley Maple Leaf of September 17, 190 reported

... The work was about finished and on Monday forenoon the boiler was steamed up for the first time. Mr. Attig, the well-known contractor, was assisting in installing the plant, and both men were working in the blacksmith shop when the hired man came in and reported that the boiler was "blowing off" although the steam gauge only showed 25 pounds pressure. Mr. Attig replied that he would soon fix that and started for the boiler room accompanied by Mr. Huber. The hired man, thinking Attig intended to regulate the safety valve, remained in

the blacksmith shop, and to this he probably owes his life, for a moment later there was a terrific explosion.

The cider mill building was completely wrecked. Attig was found nearby, with one side of his face completely torn off, probably by a piece of flying iron, and his body otherwise mutilated. Huber had been thrown a long distance into the field and against an elm tree fully 320 feet away. Every article of clothing had been torn from his body. Both men must have died instantly."

Related articles appeared in Berlin's Daily Telegraph and the Waterloo Chronicle Telegraph.

Thomas Huber had lived at "Huber's Corner" all his life, his father having kept tavern, a blacksmith shop, and a wagon shop there.

Today, the site of the explosion has been memorialized by Linwood resident Leonard Horst. He obtained permission from the owner of the abandoned Braendle cider boiler in Heidelberg to move it near where the explosion occurred, on the south-west corner of Schummer Line and Lichty Road. The landowner graciously allowed him to use a corner of his field.

Mr. Horst would like to contact Huber and Attig family members to let them know how their ancestors have been honoured. If you have any information, please contact WTHHS member Debbie Kroetsch at 519-502-4673 or by email at info@wellesleyhistory.org and we will get the information to him.



Braendle cider boiler near the site of the explosion on September 15, 1908.

Using Your Generosity Plan™ for Tax Efficient Giving

By Susan Yakabowich,
Gift Planning Consultant



The recent surge in real estate prices has inspired many Canadians to put property on the market. For those selling a property that does not qualify for the principal residence exemption, the resulting capital gain can mean a hefty tax bill. Making a donation to charity can help offset the capital gains tax but did you know choosing the right way to give can make a big difference?

When Anne's* husband passed away, she sold their cottage for \$300,000. Anne wanted to honour the wonderful memories of spending time there with her husband by making a significant donation to their favourite charities. Her accountant suggested she meet with Abundance Canada to develop a Generosity Plan™.

Weighing Different Ways to Give

Anne and I discussed her charitable ambitions and her financial position. She explained that she wanted to donate \$100,000 to her favourite charities. In addition to the proceeds from the sale of the cottage, Anne held significant publicly traded securities, which she planned to use to finance her donation. We quickly sketched out her options to determine the most tax-efficient solution.

In Option 1, we calculated what would happen if Anne were to keep the \$300,000 from the sale of the cottage and sell \$100,000 in publicly traded securities without donating anything to charity. In this scenario, she would owe \$50,000 in capital gains tax on the sale of the cottage and \$20,000 on the sale of her securities, leaving her with a net after tax position of \$330,000.

In Option 2, we looked at what would happen if Anne proceeded with her original plan to sell the securities and donate the cash. It soon became clear this was not a tax-efficient option. Even though she would receive a donation receipt for \$100,000, Anne would still owe capital gains tax on the sale of the cottage as well as incurring \$20,000 of tax liability on the sale of the publicly traded securities. Her net after tax position would be \$280,000. This was her least tax-efficient option.

Publicly Traded Securities Can Be the Most Tax-Efficient

In Option 3, I explained how Anne could donate the publicly traded securities in kind to charity. She would still receive \$300,000 in cash from the sale of her cottage, and the tax owing would be the same. However, the \$20,000 of tax liability in the investment portfolio would be eliminated. Her net after tax position would be 300,000; \$20,000 higher than if she were to donate cash.

Anne decided to proceed with Option 3: donating the securities in-kind.

Consider the Best Ways to Give

Anne created an Abundance Canada Generosity Plan™ and seeded her Gifting Fund™ by donating \$100,000 of publicly traded securities in-kind. She was so happy she took the time to investigate the best way to give.

*Pseudonym used to protect identity.

Abundance Canada is a public foundation that offers donor-advised funds. Since 1974, Abundance Canada has help people with their charitable giving at all stages of life. To learn more visit abundance.ca or call 1.800.772.3257.

	Option 1: No donation to Charity	Option 2: Donate cash from cottage sale to Charity	Option 3: Donate publicly traded securities to Charity
Proceeds from sale of Cottage	\$300,000	\$300,000	\$300,000
Market Value of Publicly traded securities	\$100,000	\$100,000	\$100,000
Capital Gains tax* owing on sale of Cottage	(\$50,000)	(\$50,000)	(\$50,000)
Capital Gains tax* owing on Securities	(\$20,000)	(\$20,000)	\$ 0.00
Donation to Charity	\$0.00	(\$100,000)	(\$100,000)
Donation tax credit	\$0.00	\$50,000	\$50,000
Net Balance (After tax cash position)	\$330,000	\$280,000	\$300,000

*50% Marginal Tax Base

Abundance
CANADA

Generosity changes everything

COVER STORY



John and Bev Jacobs: Helping People Heal

WRITTEN BY ELAINE BALLANTYNE

In 1991, Bev Jacobs was a very sick woman. The Wellesley resident suffered from chronic fatigue, extreme sore joints, and unexplained stomach pains. Bev went from doctor to doctor. She was put on many different medications, but nothing helped. Her husband John, a mechanic, felt helpless. “They didn’t know what to do with her anymore,” he recalls. “We struggled for years. With a car, I could always fix it and if I couldn’t, I could always put it in the boneyard. It’s not the same with a human life. We would do anything to improve a loved one’s human life. We just kept trying.”

Surprisingly it was a footbath that changed her life. “Blood tests showed that Bev had high metal levels. A cousin in Fort Erie who owned a Wellness Clinic there heard of Bev’s health woes and asked Bev to try out a treatment known as an Ion Cleanse. Using a footbath, the detoxification technology uses a machine to pull toxins out of the body.”

“We had never heard of it before,” tells Bev. “My cousin knew I was going through a lot and asked if

I wanted to try it.” Initially the Jacob’s were leary, especially John. “I was a skeptic for sure,” tells John when Bev first started going for treatments.

But quite quickly Bev started seeing positive health improvements. Her energy level increased, her joints didn’t seem to ache as much, and her stomach even felt better.

I clearly remember Bev coming home that first day and told me I tried something today and really cannot explain as she put her feet in nice warm clear water and after 30 minutes the water was disgustingly dirty and had an offensive odour but she felt so much better... It gave her hope again.

New blood tests showed that her previously high metal levels had dropped significantly. At this time, Bev also got into taking vitamins.

“The footbath treatment is a piece of a puzzle--it’s not just one thing that cured me. I do take vitamins as well as being aware of toxic foods and lifestyle,” she explains. “I kept going, I kept pushing through.”

How the Ion Detox works

An array is placed into the footbath that is filled with water. Once turned on, the unit delivers a small current into the array which causes the metals that are within



the array to react with the water and added sea salt. This generates positively and negatively charged ions. These ions create an osmotic field that pulls neutralized toxins from the body through the sweat glands of the feet. Evidently when the ion foot bath is set on positive, the current is being directed to the positive pole in

the array, producing negative ions in the water which are believed to raise blood pH from acidic to a more alkaline status. Also our bodies naturally produce hydrogen peroxide in our bodies and the ion process elevates the level in our bodies for 24-72 hours after the Detox session meaning we are putting more oxygen into all cells and tissues of our bodies.

Users of the ion foot bath can also use a far infrared belt. This belt can be worn wrapped around the user’s lower back to increase circulation in the major organs of the body, or wherever else it could be advantageous.

The heat is conducted from a low voltage which releases far infrared rays that are absorbed by human cells. This phenomenon is called resonance and this improves blood circulation and metabolism.

Why the crazy colours?

Since the Industrial Revolution, the levels of toxicants in our water, air and soil have risen dramatically. Studies show that newborn infants are born now with **over 200** toxic elements and chemical pollutants in their tiny bodies.

“We eat it, we breathe it, we drink it,” says Bev. “We’re not meant to have all these toxins in our bodies.” During an ion foot bath session, many colours and smells can emerge from the water.

“It can be quite offensive,” tells John.

Regional toxins in bath water contribute to 20-40% of the residues found in the water after a footbath. 60-80% are from the participant.

Experience and observation helps determine which toxins are coming from an individual and which are coming from the array. Readers will find the following chart interesting to check out.

I want to help others

Today John, Bev and family tell others everyday about how beneficial alternative health solutions are. In 2004 they founded the Healthier Living 4 You (HL4Y) Company and have made it into their family business.

Color or Particle	Material or Area of the Body
Yellow - Green	Detoxifying from kidney, bladder, urinary tract, female prostate area
Orange	Detoxifying from joints
Brown	Detoxifying from liver, tobacco, cellular debris
Black	Detoxifying from liver
Dark Green	Detoxifying from gallbladder
White Cheese-Like Particles	Most likely yeast
Black Flecks	Heavy metals
Red Flecks	Blood clot material
White Foam	Lymphatic System

Then in 2007 is when John and son Craig designed and developed the Hyperbath Footbath that combines Far Infrared and Ion Detox that is light years ahead of any footbaths currently on the market. The Far Infrared Heat increases levels of oxygen in the blood for improved blood circulation. The Ion Detox accelerates the removal of toxins from the body through the process of osmosis which improve mobility and speeds healing. The Hyperbath Footbath System, is very simple to use and it only requires someone to fill the

Footbath with warm water turn the unit on and after 30 minutes empty the dirty water. This is an excellent opportunity for you to enhance you and your family’s health now and for future preventative health while relaxing in your favorite chair

“We really want to help people. There are many others struggling with health problems out there like I was,” Bev says.

Not only do they sell a top of-the-line ion foot bath called the HyperBath Detox System, but HL4Y sells a wide variety of alternative health-maintenance products. From Alkaline water pitchers and alkaline ionized water machines to self at home heavy metal tests and Caribbean Clear Automatic Pool Purifier System.

The Caribbean Clear Automatic Pool Purifier is very popular right now. Using custom engineered electrodes, copper and silver are exacted into the water by an adjustable constant current control panel box. Monitoring is done by a simple once-a-week test of the copper level to the normal pool water maintenance.

“The water is always sparkly clear,” says Bev. “You don’t get red stinging eyes bleached out hair or stretched out bathing suits or the harsh smell of chlorine”

The Jacob’s themselves have used the Caribbean Clear Automatic Pool Purifier in their inground pool since the mid 80’s. For them it has proven to be an easy, safe and effective alternative to harmful chemicals like algacides and chlorine and using 80% less chemicals in your pool.

Did you know that copper is the most powerful natural algacide on the planet? Or have you heard that small amounts of silver are sufficient to sterilize water and control pathogens? It is fascinating to know NASA developed the technology using copper and silver aboard the APOLLO to recycle and purify the water on its ship. Since 1982, thousands of Caribbean Clear systems have been installed worldwide with a history of proven performance. The ionization leaves the copper/silver residual in the water and is not effected by sunlight or temperature so always assured of keeping your pool safe unlike chlorine can dissipate out of your water within 2 hours in hot direct sunlight.

Salt water Pools are very popular but did you know... They are Chlorine Generators?

Salt doesn’t keep water clear, if it did the ocean would be free of algae and bacteria and life as we know it wouldn’t exist. Salt is turned into chlorine by these systems. This generated chlorine is no different than the chlorine you are currently using... so how



WILMOT TERRY FOX RUN

SUNDAY, SEPTEMBER 19
One Day, Your Way

Register as an individual, family or virtual team at **WilmotTerryFox.ca**, and start fundraising. Do your Terry Fox Run wherever you are: around your neighbourhood, your backyard, down the street, or around the block. Walk, ride, wheel, or run!

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Sign up at WilmotTerryFox.ca
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Continued from page 7

is that a chlorine alternative? It's simply a play on words, misdirection, an omitted detail, or some have considered it an outright deception.

After a lot of research and trial and error, we found that swimming pool ionization systems are by far the best. The Caribbean Clear Pool System is our brand of choice, and we have been using this family of healthy swimming pool water treatment products since the early 80's.

The Jacobs stand behind all their products and their mission is to bring quality alternative healthcare products and equipment to individuals, businesses and healthcare providers

For John and Bev, their business is an extension of their life's journey. In 2009, John co-authored a book in the series "Wake UP... Live the Life You Love" with the American self-help and spiritual author, Dr Wayne Dyer. Titled "Wake Up Moments," John writes, "I have learned much during my journey, and continue to learn more every day. Each bit of knowledge I gain and each new experience opens my eyes to how much I really don't know. Life is such a mystery--a wonderful, confusing, terrifying, joyous mystery."

For more information about John and Bev and their HL4Y business, check out:

www.healthierliving4you.com

There's a new club in your community!

Wilmot Lions /Lioness

There's a club with a new name in your community! The New Hamburg Lions, New Hamburg Lioness and St Agatha Lions are excited to announce the clubs have recently merged to form the Wilmot Lions/Lioness.

Each of the clubs have enjoyed long standing relationships in their respective communities. The New Hamburg Lions were established in 1967, The New Hamburg Lioness in 1980 and the St Agatha Lions in 1983 giving many years of combined community service. Our communities were supported by fundraising events which included Tree of Light ceremonies, Legion dinners, Moparfest activities, Welcome Home Tours, Fashion shows, Outdoor Farm Show food preparations, Strawberry Fest, Cruise Nights, Golf Tournaments and parades.

The timing is right for all three clubs to make this transition. Our merged membership will allow us to continue with established events and activities which are held throughout the year. The name change reflects our desire to open our doors to all of Wilmot Township for both membership recruitment and recognition of opportunities to give support.

The Wilmot Lions/Lioness is a name you will see in your community in the near future!

Please note our new mailing information: Wilmot Lions/ Lioness, PO Box 6181, New Hamburg, Ontario. N3A 2K6.

Wilmot Lions/Lioness
Bill Roth
President
wilmotlionslioness@gmail.com



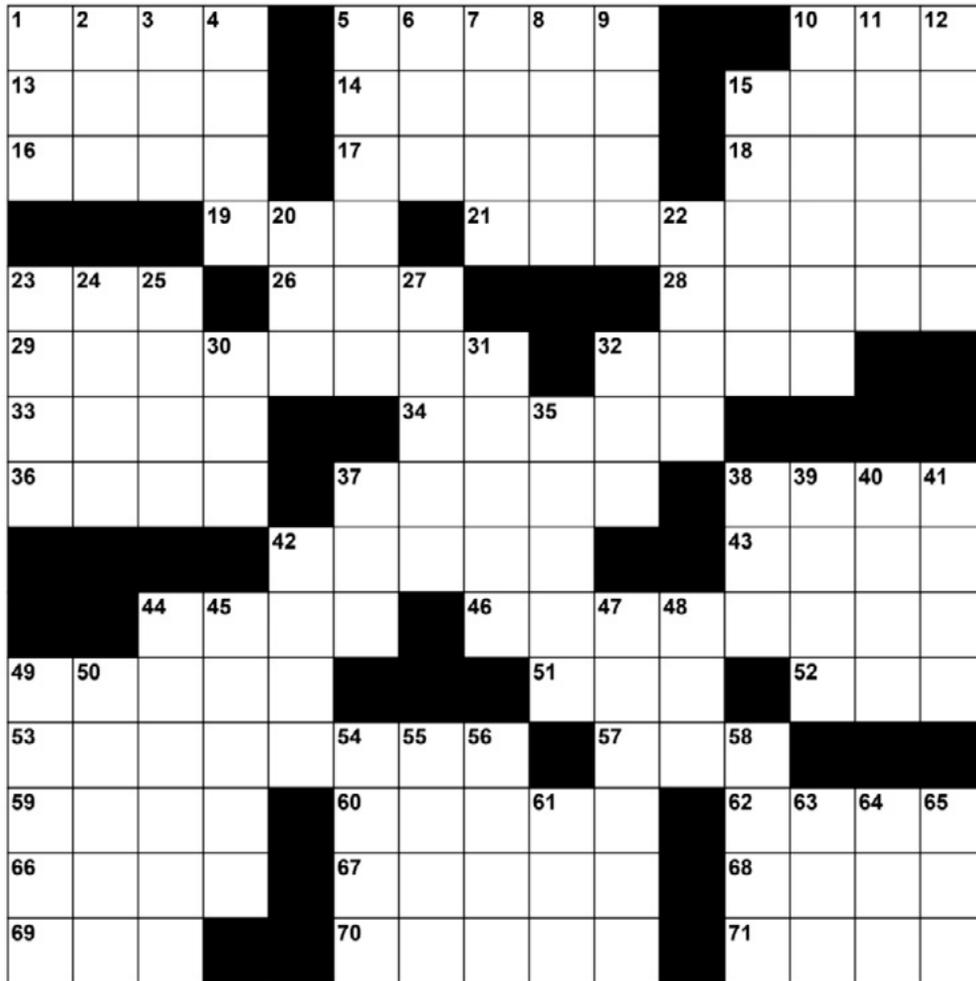
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SEPTEMBER CROSSWORD

TRAVEL



Solutions on Page 14

DOWN

- 1 Not good
- 2 Vane direction
- 3 Estimated time of arrival
- 4 "First in, first out"
- 5 Rock salt
- 6 Gone by
- 7 Lasso
- 8 Writer Bombeck
- 9 Back talk
- 10 Removing from the surrounding paper
- 11 Heavenly lights
- 12 Light cake
- 15 Quaking tree
- 20 Large motor vehicle with many seats
- 22 Indecent language
- 23 Saclike structures filled with fluid or diseased matter
- 24 One who gets things done
- 25 Bass horn
- 27 Jostle
- 30 Rapid eye movement
- 31 Gave a lavish party
- 32 Cause of sickness
- 35 Boat used to carry people and vehicles across a body of water
- 37 In what manner
- 38 Ship initials
- 39 Popular stadium
- 40 Soil
- 41 Niche
- 42 Allowed to borrow
- 44 Electric __
- 45 Connected series of railroad cars
- 47 Spring holiday
- 48 Resort hotel
- 49 Devil
- 50 Climate
- 54 Rodents
- 55 A wager (2 wds.)
- 56 Subdivide
- 58 Remove dirt
- 61 Manipulate
- 63 Luau dish
- 64 Antlered animal
- 65 Female deer

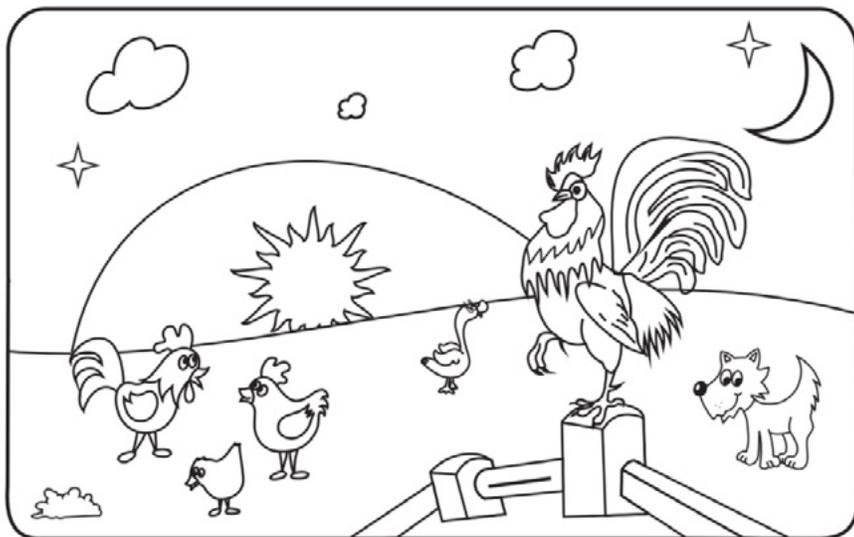
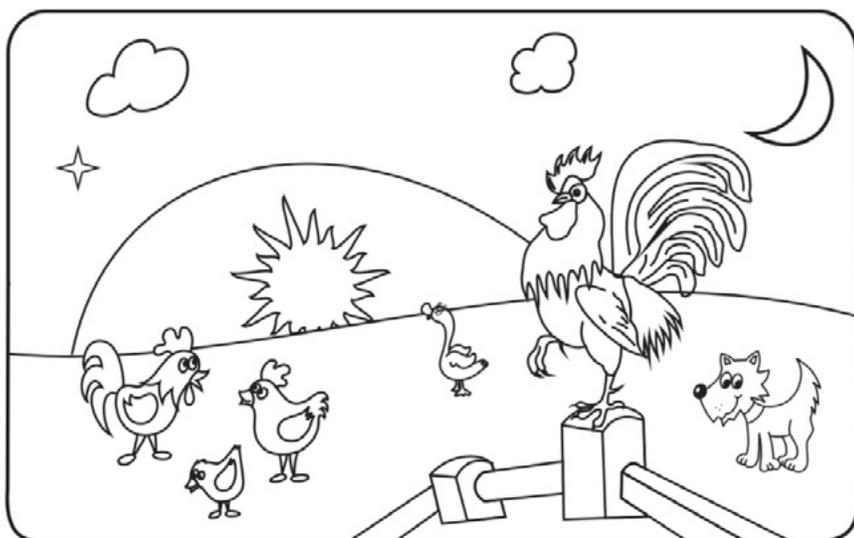
ACROSS

- 1 Angus
- 5 Compels to go
- 10 Time zone
- 13 Opposed
- 14 Ancient Greek marketplace
- 15 Passenger car
- 16 Hard-of-hearing
- 17 Threatens
- 18 Nova
- 19 Kimono sash
- 21 Government travel document
- 23 Central daylight time
- 26 Shoshonean
- 28 River
- 29 Reflexive pronoun
- 32 Father's sister
- 33 Compass point
- 34 Suitable
- 36 Streetcar
- 37 Commercial establishment that provides overnight lodging
- 38 U.S. Department of Agriculture
- 42 Let down
- 43 Vessel build to carry people and goods through deep water
- 44 Thick soup
- 46 Bureaus
- 49 Contempt
- 51 Talk incessantly
- 52 Dined
- 53 Prison in San Francisco Bay
- 57 Beheld
- 59 Carved Polynesian pendant
- 60 Out and __
- 62 Imitated
- 66 Prayer ending
- 67 Edgy
- 68 Go at it alone
- 69 Fisherman's tool
- 70 Maneuver
- 71 Take a long walk in the country

Laughing Matters!



Can you spot the 10 differences?



An elderly couple who were childhood sweethearts had married and settled down in their old neighborhood.

To celebrate their 50th wedding anniversary, they walked down to their old school. There, they held hands as they found the desk they shared and where he'd carved "I love you, Sally".

On their way back home, a bag of money fell out of an armored car practically at their feet. She quickly picked it up, but they didn't know what to do with it, so they took it home.

There, she counted the money - it was \$50,000! The husband said: "We've got to give it back". "Finders keepers!" his wife said, and put the money back in the bag and hid it up in their attic.

The next day, two FBI men who were going from door-to-door in the neighborhood looking for the money showed up at their home. One knocked on the door and said: "Pardon me, but did either of you find any money that fell out of an armored car yesterday?"

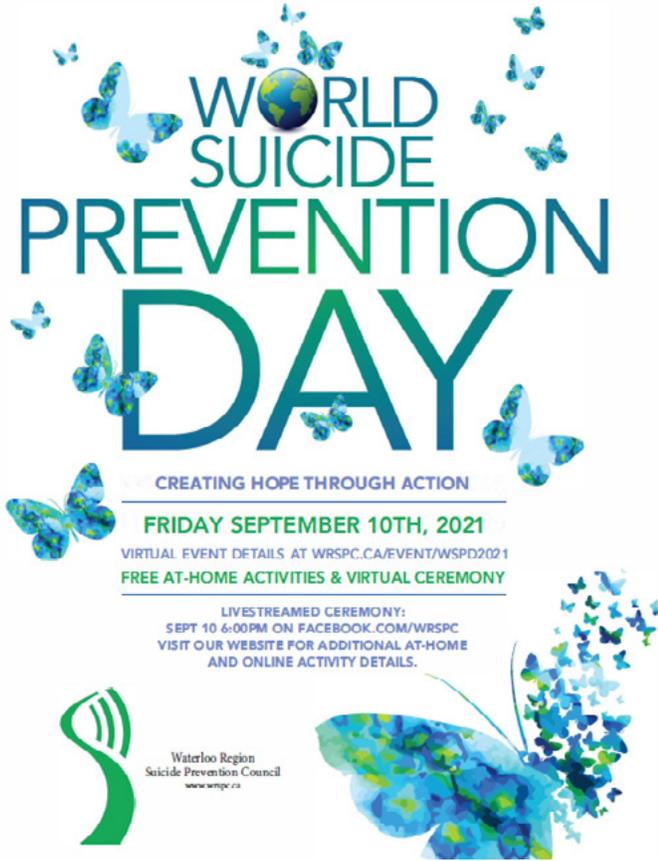
"No." She said. The husband said: "She's lying. She hid it up in the attic."

She said: "Don't believe him, he's getting senile," but the agents sat the man down and began to question him.

One said: "Tell us the story from the beginning."

The old man said: "Well, when Sally and I were walking home from school yesterday ..."

At this, the FBI guy looked at his partner and said: "We're outta here!"



WORLD SUICIDE PREVENTION DAY

CREATING HOPE THROUGH ACTION

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VIRTUAL EVENT DETAILS AT WRSPC.CA/EVENT/WSPD2021
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LIVESTREAMED CEREMONY:
 SEPT 10 6:00PM ON [FACEBOOK.COM/WRSPC](https://www.facebook.com/wrspc)
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SINCE 1978



by Ellen Bleaney, Library Clerk at RWLibrary

The Region of Waterloo library's online resources have expanded exponentially during the pandemic. In our rural townships, internet access can be patchy, slow, or non-existent. If you're struggling to access online resources due to inadequate internet access, the library can help: thanks to Mobile Hotspot technology provided by CDW Canada, anyone with a library card can take home a small, easy-to-use device that lets you "borrow the internet."

These Mobile Hotspots work anywhere in Canada that has an electrical socket and cell reception. "Setup is easy," says Carolyn Weber, Assistant Supervisor at the New Hamburg Branch. "It only takes a couple of minutes." Just plug the Mobile Hotspot into an electrical socket, follow the simple step-by-step instructions in the included quick start guide, and enjoy unlimited internet access for the length of the loan.

Staff at the Ask a Library line are happy to help troubleshoot for patrons who run into trouble. Contact them by phone at (226) 748-8030 or by email at askrwl@regionofwaterloo.ca for help with mobile hotspots, online resources, or other library questions.

"The hotspots are a popular item," says Beth Potter, Assistant Supervisor at the Wellesley Branch. "We have many patrons who place holds again as soon as they return them." Fortunately she says there isn't usually too long of a wait, as the library has many units in circulation.

If you need a Mobile Hotspot for a specific event or trip, talk to the library's Ask a Librarian staff at for help with placing a hold now and suspending

it until closer to the date when you need the unit. Although the library can never guarantee you a Hotspot for a specific date, staff will do what they can to help tip the odds in your favour.

Hotspots are particularly popular during the summer months, when we all want to get outside and go exploring. "Folks have mentioned how much they love taking the hotspot to their cottage," says Potter. She noted that the devices are also great for camping trips, provided you have a site with an electrical hookup or another way to plug them in.

Others use the units to help with the internet demands of online coursework and learning. "We have students who use them for writing exams where a solid internet connection is essential," says Weber. "My daughter even used one this year during her spring exams."

Library Assistant Maria Andrei-Gedja says some patrons have relied heavily on the Hotspots to help manage the demands of working from home in areas where high-speed internet isn't available, or is just too expensive. For some patrons, the Mobile Hotspots "work better than their home internet providers ever did, and it's free," Andrei-Gedja says. She also shared the story of a patron who borrows hotspots to attend virtual church services.

Each Mobile Hotspot provides internet access for up to 20 Wi-Fi enabled devices, so households can get online with phones, laptop, and tablets, all at the same time. Hotspots are available for one-week loans, with no renewal. Hotspots can be returned at the circulation desk when the library is open for in-person visits, or by appointment at the door if current COVID-19 restrictions limit interior building access. For those who need Mobile Hotspots for longer than one week, stay tuned – three-week loan hotspots are in the works, and may be available at the library as early as Fall 2021.

For more information on Mobile Hotspots and other library offerings, please visit us at www.rwlibrary.ca.



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:

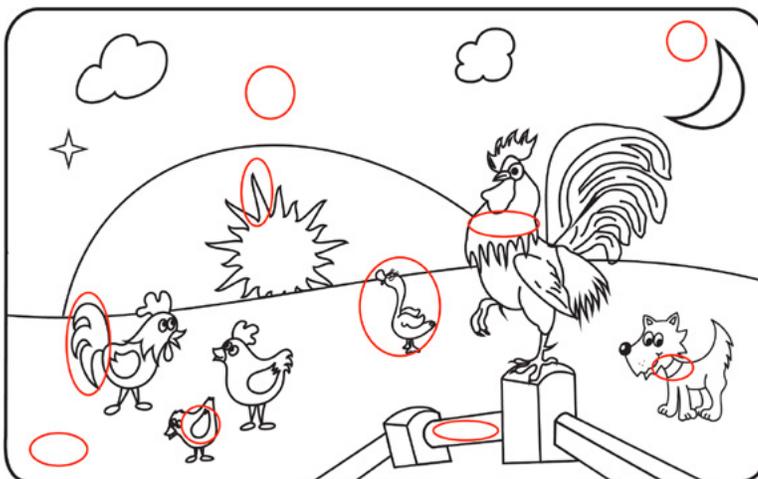
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

- 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)

Solutions



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Ask the Doctor

with Dr. Nicole Didyk

I am a senior working in a retail store and I clean my hands with alcohol-based sanitizer to avoid COVID-19 constantly: all day, every day. A co-worker informed me this solution penetrates through skin and can weaken the immune system. Is this true?

Hand hygiene is a critical part of infection control, and proper handwashing can reduce the risk of transmitting an infection by around 30%! Health Canada recommends using soap and water, or an alcohol-based hand sanitizer with at least 60% alcohol (also called ethanol) or 70% isopropanol for that purpose.

With repeated use of alcohol-based hand sanitizer (ABH) the lipid barrier on the outer skin layer of the hands is disrupted, making skin drier and allowing irritants to more easily penetrate. This can lead to dermatitis due to inflammation, or even an allergic reaction. Dermatitis is less likely if you use a sanitizer with moisturizing ingredients or apply a moisturizer after sanitizing, even a few times a day.

The other risk with ABH is if it's ingested in large amounts (more than 200 ml or so). This can cause intoxication and more serious issues in a child or someone who consumes a very large quantity – but that's unlikely in the scenario of cleaning one's hands in a retail shop.

Some have also suggested that overuse of hand sanitizer can lead to the emergence of more antibiotic-resistant “superbugs”, just like can happen with inappropriate antibiotic medication use. This potential risk is outweighed by the need to limit the spread of COVID currently.

I'm not aware of any evidence that hand sanitizer can damage the immune system, and right now, the risk of getting or transmitting COVID when

providing an essential service is still very real. Thanks for helping the community by doing your job and please continue to use the best infection control practices you can, including hand washing and sanitizing!

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

References

1. List of Health Canada approved hand sanitizers: COVID-19: List of hand sanitizers authorized by Health Canada - Canada.ca
2. How to wash your hands: (printable poster) Reduce the spread of COVID-19: Wash your hands infographic - Canada.ca

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

Disclaimer:

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

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Every September countries around the world celebrate World Alzheimer's Month, with September 21st serving as World Alzheimer's Day. Coordinating efforts around the world provides an opportunity to bring attention to this serious health issue, educate people about Alzheimer's disease and challenge the stigma that is associated with the disease.

The Alzheimer Society of Ontario estimates that within Canada there are more than 500,000 individuals living with Alzheimer's and dementia today with more than 76,000 diagnosed annually. While these numbers provide an estimate, it is anticipated that numbers are higher. There are many individuals that suffer in silence, with symptoms ignored, individuals or families not sure of signs to look for or the disease left undiagnosed.

Approximately 40% of individuals over 65 experience some form of memory loss. When there is no underlying medical condition, and forgetting things such as an event, a name of an acquaintance or details occurs on an occasional basis, this can be considered a normal part of aging. However, Alzheimer's and dementia are not a normal part of aging. The Alzheimer Society of Canada indicates that there are symptoms to look for, that would suggest that you speak to a doctor:

- Memory loss that affects abilities
- Problems with abstract thinking
- Difficulty performing familiar tasks
- Mislacing things

- Experiencing problems with language
- Changes in mood and behaviours
- Disorientation in time and space
- Changes in personality
- Impaired judgement
- Loss of initiative



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

A diagnosis is a first step to understanding, developing strategies and seeking help and support in moving forward.

There are many great sources of support available for individuals and their care partners through organizations such as Community Care Concepts of Woolwich, Wellesley and Wilmot. Services include practical in-home support, assistance with transportation or running errands, visiting programs, adult day programs, support groups, individualized support and help with system navigation among many other services.

Call 519-664-1900 or 1-855-664-1900 for information on services and supports.



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UNDERSTANDING THE EYE OF THE TIGER



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

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

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

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

Some stuff fell off his walker when he ran over a friend’s foot.

Instinctively, I bent to help pick up his things when – with a serene expression – he asks me for some spare change. I was incredulous. Considering his rude behavior, I said, “You picked the wrong time.”

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

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

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

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

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

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

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

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

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

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

That’s the way I figure it. – FP



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

Find him at www.fredparry.ca

Considering the Move to Long-Term Care

This article is for you if you are caring for someone with Alzheimer's disease or other dementias and you are considering moving them to a long-term care (LTC) facility. Alzheimer's disease and other dementias are progressive, degenerative diseases, which means the person's symptoms will gradually get worse over time. There may come a time when you can no longer provide adequate care in your own home.



Reasons for Considering a Move

- The condition of the person with dementia has worsened. They may have been in the hospital and their needs are becoming more complex so they require more help on a day to day basis.
- You are concerned about the person's safety and wellbeing.
- You no longer feel able to provide the full time care that the person requires to enjoy the highest possible quality of life.
- Your own health and abilities have changed or you are exhausted.

As a care partner you should not consider a move as a failure or selfishness. This is a very common step in the overall progression of the disease. When considering how to best meet the needs of the person with dementia, you need to remember to balance their needs with your own well-being.

Different Types of Care in Our Community

The move to long-term care may seem inappropriate at this stage in your progression. There are options in our community to help assist you during this time. There is no simple rule to tell when it's time to apply to LTC.

- Community Based Services such as meal programs, social visiting, and adult day programs are options to help relieve some of the duties of the care partner while offering support and assistance to those living with dementia.
- Respite Care is available for caregivers who would benefit from temporary relief, or patients who need temporary care in order to continue to reside in the community and are likely to benefit from the stay.
- Convalescent Care is short-term residential services that is available for people who have been released from acute hospital care but may need longer time to recover.
- Retirement Homes are privately owned and operated rental accommodations. They are designed to best accommodate people 65 years or older who need less medical or nursing care than LTC home residents. These homes can offer meal services, laundry and housekeeping and/or social/recreation programming.
- Long-Term Care Homes may be what you need if you require: 24-hour nursing care, assistance with activities of daily living, and/or on-site supervision for safety and wellbeing.

As you consider the move, you may experience a broad range of emotions. For example you may feel fear, loss, guilt, anxiety, sadness, shame, anger or even a sense of failure. You may also feel relieved, or have second thoughts about your decision. Recognize that this is normal and ok. At the Alzheimer Society Waterloo Wellington we have care partner support groups focusing on care in long-term facilities that may be of assistance to you. We also offer one-on-one support as well as Enhancing Care programs specialized in long-term care support. Please call our First Link Coordinator at 519-742-1422 ext. 2090 to be directed to the best support for your specific situation.

Alzheimer Society
WATERLOO WELLINGTON

Look at Your Financial Situation Holistically

What's the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement? Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically – that is, not bringing into the picture all the elements of yourself.

Let's consider some of them:

Your views on helping your family – Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to put away money for their post-secondary education, and, if so, how much, and in what investment vehicles. When they're young adults, you may also need to decide how much financial support you're willing to provide for things such as the down payment on a new home. And when you're drawing up your estate plans, you'll need to consider how to distribute assets to your children, grandchildren or other family members.

Your personal beliefs – As someone with civic, ethical and moral concerns, you want to positively affect the world around you. And that's why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you'll need to work with your tax and legal advisors.

Your purpose in life when you retire – When you retire, you may be stepping off a career path, but you're also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you'll need to

accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your Registered Retirement Savings Plan (RRSP) and Tax Free Savings Account (TFSA).

Your health – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous.

It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically – because, when putting together a lifetime's financial strategy, every part of your life matters.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. For more information contact Mary Friesen at 519-578-4141.

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Is something missing from your retirement plan?



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Key Terms You'll Need to Know About Senior Home Care

provided by Bayshore Home Health

If you're embarking on a home care journey, you may feel like you need an encyclopedia to define all the words, terms and phrases you hear from doctors, professionals, friends and local resources. It's true, there is quite a bit to know when discussing in-home senior care. Bayshore HealthCare wants to simplify your journey, so read on to see our convenient glossary of terms and phrases that you need to know while considering in-home assistance for yourself or an aging loved one.

Aging in place is a term used to describe the act of staying at home through one's senior years. The opposite of aging in place is moving into assisted living, a retirement community or a nursing home.

Elder Care is an umbrella term for the many types of assistance that can be provided to seniors as they age. Types of care that can be classified as elder care include health care, home care, occupational therapy, transportation assistance and more.

Home care is, simply, care administered at home. Home care can refer to many different types of care, including personal care, housekeeping, respite care, nursing, injury care, therapy, and hospital transition assistance. Home care is also not limited to seniors – people of all ages receive care at home due to a variety of limitations or circumstances.

Activities of daily living (ADL) are defined as eating, bathing, dressing, using the toilet, transferring (being able to get in and out of bed or a chair unassisted) and maintaining continence. These activities of daily living are often referred to in documents like insurance policies, but are also used to assess one's ability to live alone, or their need for in-home care.

Professional Caregivers are certified personnel who enter the home to administer care. There are many

different types of professional caregivers, all serving different purposes and specializing in different types of assistance. **Personal Support Workers** (known commonly as PSWs) are professionals who seniors can rely on for help with hygiene, housekeeping tasks, medication reminders and more. **Registered Nurses** (RN) and **Registered Practical Nurses** (RPNs) are healthcare professionals who can administer treatments in the home. Bayshore HealthCare offers a Companion Plus program – our **companions** engage aging loved ones in meaningful, positive experiences to stave off feelings of loneliness.

A **geriatrician** is a doctor who evaluates and treats the unique healthcare needs of people aged 65 and older. A geriatrician is usually just one member of a team of healthcare professionals, therapists and specialists who treat seniors as they age.

Family Caregivers are a senior's family members or loved ones who assist them as they age at home. Over 8 million Canadians act as caregivers for a loved one. Many of these family caregivers are at risk of caregiver burnout, which occurs when a family caregiver is overwhelmed and exhausted by the responsibilities of caregiving.

Respite care is the introduction of a professional caregiver to provide a family caregiver with a break, or respite, from their caregiving responsibilities. It is critical to the health and well-being of family caregivers that respite be an option for when they are too burnt out to take care of themselves.

Dementia is a term that refers to a variety of brain disorders, including **Alzheimer's disease**, which impact a person's personality, behavior and memory. While dementia is not a normal part of aging, it does unfortunately affect many seniors. Bayshore's professional caregivers are trained to assist with the unique health and lifestyle challenges that dementia presents.

Palliative care is a unique type of care that is provided when someone faces a life-limiting illness and begin to approach end of life. Palliative care is designed to help maintain quality of life, improve comfort, ease psychological symptoms and provide a peaceful and dignified death. Bayshore provides palliative care at home, which allows patients to be in a familiar environment, and allows families to play an active part in their loved one's care.

Your home care journey is bound to be filled with new discoveries, difficult decisions and fulfilling victories. Let Bayshore be there every step of the way; our trusted caregivers have been enabling seniors to age at home for 50 years. Give us a call at 1-877-289-3997 to learn more about getting started with home care or visit our website at www.bayshore.ca

Morris and his wife Esther went to the state fair every year, and every year Morris would say, "Esther, I'd really like to ride in that helicopter."

Esther always replied, "I know Morris, but that helicopter ride is 50 dollars, and 50 dollars is 50 dollars."

One year, Esther and Morris went to the fair, and Morris said, "Esther, I'm 85 years old. If I don't ride that helicopter, I might never get another chance."

To this, Esther replied, "Morris that helicopter ride is 50 dollars, and 50 dollars is 50 dollars."

The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word, I won't charge you a penny! But if you say one word it's fifty dollars."

Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word.

When they landed, the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know, 50 dollars is 50 dollars!"



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COVID-19 VACCINE: What you need to know

Vaccination is one of the best ways to prevent the spread and reduce the impact of viruses such as the one that causes COVID-19. You may hear and read a lot of confusing information about the vaccine and it is very important that you get your information from trusted sources.

The information below from the Waterloo Region Public Health will help you to make informed decision about vaccination for you and your family.

COVID-19 is still a serious risk to Waterloo Region

- Most people who get COVID-19 do not have the vaccine. Serious illness may result in hospitalization and death.
- The vaccine protects you and your family. It also protects your neighbours. It will stop the spread of COVID-19 in your community.
- You can safely gather with others after two doses of the vaccine. Your family and neighbours need two doses of the vaccine too. Please follow public health precautions when gathering with others.

The vaccine has been proven to work by helping your body fight the virus

- The vaccine is safe and effective. All vaccines are carefully tested.
- The vaccine does not give you COVID-19. It does not change your DNA. It does not cause problems getting pregnant. These are myths.

The vaccine is free for everyone 12 and older

More than 3.93 billion doses of the vaccine have been given worldwide.

The vaccine is available at:

- Family doctors' offices (for patients)
- Local pharmacies
- Community clinics

You may need the vaccine if you travel outside of Canada.

For more information

Talk to your family doctor or pharmacist for more information. Talk to a real person 24/7 in over 200 languages: 519-514-1499
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regionofwaterloo.ca/COVID19vaccine

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Remote Witnessing

The Covid-19 pandemic has forced all of us to make significant changes in our lives. The law has also developed and responded; evidenced by changes made to the witnessing of Wills and powers of attorney (POA's) in Ontario.

In April, 2020, shortly after the pandemic began, the Government of Ontario passed a law temporarily allowing for Wills and POA's to have the witnesses watch from a different location, by webcam technology.

As of April 19, 2021, those temporary changes became permanent, allowing for a Will and POA to be signed and witnessed 'remotely', if certain requirements are met.

What are the requirements?

1. Each document still requires two witnesses, plus the person signing. The audio-visual technology that is used must allow each person to see, hear

and communicate with one another in real time. So it's not enough to have video alone, or to tape someone signing a Will and then watch it later.

2. The person making the Will or POA must also be able to see, hear and communicate to watch the witnesses sign an identical document at the same time.
3. At least one of the two witnesses is either a lawyer or paralegal licenced by the Law Society of Ontario.

None of the other requirements of a legally binding Will or POA have changed, but this change has allowed for a new option. These are much-needed changes allowing for those who may find it difficult or impractical to attend at their lawyer's office to sign, or who are subject to a quarantine and may not be able to have visitors safely.

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

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Town Pantry Juice Bar
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Maple Peach Crumble

NUMBER OF SERVINGS: 6

Ingredients

Filling

- Ontario peaches, ripe, peeled and sliced
6 cups (1.5 L)
- Brown sugar 3 Tbsp (45 mL)
- Maple syrup 3 Tbsp (45 mL)
- Lemon juice 2 Tbsp (30 mL)
- Cornstarch 2 Tbsp (30 mL)
- Butter, unsalted, melted 2 Tbsp (30 mL)
- Cinnamon, ground 1 tsp (5 mL)
- Vanilla extract 1 tsp (5 mL)
- Nutmeg, ground Pinch

Topping

- Large flake oats ¾ cup (175 mL)
- Brown sugar ½ cup (75 mL)
- Almonds, slivered ½ cup (75 mL)
- All-purpose flour ¼ cup (60 mL)
- Butter, cold, unsalted, cut into cubes ¼ cup (60 mL)
- Maple syrup 1 Tbsp (15 mL)

Directions

1. Preheat oven to 350°F (180°C).
2. Make filling by tossing peach slices with brown sugar, maple syrup, lemon juice, cornstarch, butter, cinnamon, vanilla extract and nutmeg.
3. Spread into a 9-inch (2 L) square baking dish.
4. Make topping by stirring oats with brown sugar, almonds and flour.
5. Cut butter into the topping mixture with your fingertips until crumbly.
6. Toss maple syrup into the topping mixture.
7. Sprinkle topping mixture evenly over the peach mixture.
8. Bake for 60 to 70 minutes or until topping is golden brown and filling is bubbling. Cool slightly before serving.

NUTRITION PER SERVING

Calories 319 | Protein 4g | Fat 12g | Carbohydrates 59g | Fibre 4g | Sodium 10mg

Recipe Resource for Healthy Aging © 2016. For more information: www.aha.the-ria.ca/reciperesource

Desserts



Fresh Ontario peaches are available in July, August and September.



The skin of fruits and vegetables are high in fibre. Save the peach skins and add them to a smoothie to increase the fibre content and help maintain bowel regularity.



To easily peel peaches, score the bottom with an "X" and blanch in boiling water for 30 to 60 seconds or until skins start to loosen. With slotted spoon, transfer to a bowl of ice water and slip off skins.

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