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ON THE COVER:

Morningside will remember in a special way this poppy season, with more than 500 hand-crocheted poppies on display. Created by a dedicated group at the village, each poppy is a heartfelt tribute to those who served our country.

LOCAL & REPUTABLE BUSINESS DIRECTORY LISTING

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VOL. 9 ISSUE 3 | NOVEMBER 2026



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On The Cover

Morningside will remember in a special way this poppy season, with more than 500 hand-crocheted poppies on display. Created by a dedicated group at the village, each poppy is a heartfelt tribute to those who served our country. Pictured left to right: Evelyn Berg, Jane Eichler, Ross Eichler, Pat Fisher, JoAnne Schwass, Monica Lynn, Marion Cook. Missing from the picture is Marty Chambers, Ron Brander and Beth Stanley. See the full cover story on page 12.

Cover story and photo by: *Scott Dunstall*

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LETTER FROM THE EDITOR

November is a time of year when we begin to slow down a little, spend more time indoors and prepare for the colder months ahead. It's also a time to reflect on the people and things that matter most, and to remember those who have made sacrifices for our country.

With Remembrance Day on November 11, we take time to honour the brave men and women who served and continue to serve our country. This month's cover story is a wonderful example of how a community can come together to remember. At Morningside Village in New Hamburg, what began as simple beginnings has grown into something truly remarkable: more than 500 crocheted poppies, brought together in a beautiful tribute to those who served. Each poppy represents a small piece of time, care and thoughtfulness, and together they create a meaningful reminder that we must never forget.

November is also Fall Prevention Month, an important reminder that a few simple steps can help us stay safe, independent and confident in our daily lives. As the weather changes, wet leaves, icy sidewalks and slippery surfaces can increase the risk of a fall. Inside this issue, you'll find some great articles filled with helpful fall prevention tips and practical ideas you can put into action at home and in your everyday routine. Be sure to see page 20 for more information.

Sometimes, it's the little things that make the biggest difference, whether that means clearing a walkway, improving the lighting in your home, checking your footwear or taking a moment to slow down and watch your step. Taking care of ourselves is an important part of maintaining our independence, and it's never too late to make small changes that can help.

As we move through November, I hope you'll take a little time to enjoy this issue, learn something new and perhaps share an article with a friend or family member who might find it helpful.

From remembering those who came before us to looking out for one another today, this month reminds us how important it is to care for our community and the people in it.

Wishing you a safe, healthy and meaningful November!

Tara



Forsyth's and the Fire: A Snapshot of the Wellesley Shirt Factory

Provided by: Wellesley Township Heritage and Historical Society (WTHHS)

One of the most popular group photographs in the WTHHS collection is the Forsyth Shirt Factory staff photograph from 1951. The factory was an industrious and busy addition to Wellesley's landscape. On September 7th, 1950 a K-W Record Correspondent announced John Forsyth Ltd. had opened a Wellesley branch of the factory in addition to its other locations in Kitchener, Waterloo, and St. Marys. The Wellesley arm of the company set out to specialize in pyjamas and men's shorts, and was expected to have about 65 employees. The factory was housed in the two-storey brick building constructed by J. G. Reiner in the 1860s. Prior to its time as a shirt factory, the space was a knitting factory and housed a general store below.

The factory was infamously impacted by a fire in 1968. By this time, the factory employed 23 staff members and made thousands of men's sports shirts a year. The fire broke out on May 13th and caused more than $100,000 of damage to the building, making it the most expensive fire the village had recorded by that point in time. Locals were alerted to the fire by Mrs. Roth and Mrs. Moessner, who were cleaning the shirt factory when the fire broke out in the evening. Help quickly arrived with locals stepping up to move furniture and merchandise out of the building. Firefighters from Wellesley, St. Clements, Baden, Linwood, and Kitchener battled the fire for hours using thousands of gallons of water, including water from the Wellesley Pond and a nearby creek.



2010-14-001: Forsyth Shirt Factory Staff, 1951

A HOUSE IS WHAT YOU BUY. A HOME IS WHAT YOU BUILD.

Honouring the memories while preparing for what comes next.

By Jon Lambert | The Lambert Group

2026 marks 10 years since we formed The Lambert Group.

Looking back, I'm proud of what our team has built. But what stands out most isn't the number of homes we've sold. It's the people, the families and the stories behind those moves.

Over the past decade, we've sat at many kitchen tables throughout Wilmot, Wellesley, Woolwich and the surrounding communities. We've helped young families find homes where their children could grow up. We've watched those children grow older. We've helped parents become empty nesters, retirees move closer to grandchildren, and longtime homeowners face the difficult decision of leaving a place they've called home for 30, 40 or even 50 years.

And somewhere along the way, I learned something important.

A house is what you buy. A home is what you build.

After enough years, the bricks and sticks almost disappear.

What remains are the memories.

The bay window where the Christmas tree stood every December. The marks on the door frame showing how tall the children had grown. The backyard where leaves were raked into piles before hot chocolate appeared. The kitchen table where homework was finished, birthdays were celebrated and difficult conversations somehow worked themselves out.

Those things matter.

Which is why moving is rarely just about real estate.

It's about change.

Sometimes that change is exciting. Sometimes it's difficult. Quite often, it's a little of both.

For many people entering the next stage of life, the biggest question is simply:

Is it time?

Is it time to downsize?
Is it time to move closer to family?
Would life be easier without the stairs, the large yard or all the maintenance?
Or am I actually happier staying exactly where I am?

One of the lessons I've learned after 15 years in real estate is that there isn't one right answer.

In fact, sometimes our advice is not to move.

Your home isn't simply an investment. It's part of your history. And when a home has been part of your life for decades, leaving deserves some thought.

Before the move, I often think families should take time to properly say goodbye.

Take photographs of the places that matter.

Not just listing photographs of the rooms, but photographs of the home as you remember it.

The view from your favourite chair.
The spot in the backyard where the family gathered.
The doorway with the height marks.
The room where Christmas morning always happened.

Those photographs may become far more valuable than any picture taken for a real estate listing.

Circumstances do change, though.

A home that worked beautifully for one stage of life can eventually become more work than enjoyment. And when that happens, understanding your options can make the next step feel a lot less overwhelming.

That's why I believe good real estate advice should begin long before there's a For Sale sign on the lawn.

Often, it starts with a conversation around the kitchen table about what your home is worth, what options exist locally, what staying might look like, and what moving could make possible.

Ten years into The Lambert Group, I think that's the part of this business our team appreciates more than ever.

Homes change. Families change. Life changes.

But the best decisions usually aren't rushed. They begin with a conversation, a little planning, and a clear understanding of what matters most to you.

Here's to the next chapter.



More Than Keeping Busy: Finding Meaning in Everyday Activities

A cup of tea. A favourite song. A walk around the neighbourhood. Folding a basket of laundry. At first glance, these may seem like ordinary moments. But for a person living with dementia, they can offer something much more important than simply passing the time: a sense of purpose, connection, accomplishment and joy.

A diagnosis of dementia does not mean a person stops wanting to participate in life. People living with dementia continue to have interests, preferences, relationships and a desire to feel useful. Meaningful activities can help support those needs - and they don't have to be complicated. Often, the best activities are rooted in what someone has always enjoyed. A gardener might plant flowers or water the plants. Someone who loved cooking might measure ingredients or stir a mixture. A music lover might listen to favourite songs or sing along.

Craft activities, such as creating collages from magazines or knitting, can also be adapted to suit changing abilities. Someone who has been a skilled knitter may still enjoy knitting simple squares for a blanket. Likewise, someone who has always enjoyed crossword puzzles may continue to enjoy a puzzle book or other familiar brain-stimulating activity.

The activity doesn't have to look exactly as it once did. As abilities change, activities can be simplified or adapted so the person can continue to participate. **It's not about doing it perfectly. It's about doing it together.**

Music and reminiscing can be especially meaningful. A familiar song can bring back emotions and memories, encourage someone to sing or dance, or simply create a pleasant moment shared between two people. Looking through photographs or talking about a favourite vacation can also provide opportunities for connection. Rather than turning reminiscing into a memory test ("Do you remember who this is?"), share the memory together: "Look at this picture from the cottage. We had such a wonderful summer that year." The goal isn't to find the right answer; it's to enjoy the moment.

Meaningful activities can also give a person with dementia a sense of purpose and contribution. Folding towels, setting the table, sorting socks, dusting furniture or helping prepare a snack may seem like small tasks, but they can reinforce an important message: You still have something to contribute. Whenever possible, allowing someone to participate can help maintain independence, dignity and confidence. The finished product doesn't have to be perfect - the experience of being involved is what matters.

There is no universal list of "perfect" activities for someone living with dementia. What works one day might not work the next. Pay attention to the person's mood, energy and interests, keep instructions simple, and don't be afraid to change course if an activity causes frustration. Physical activity can also be incorporated into everyday life, whether it's a walk outdoors, gardening or a stroll through an indoor shopping centre.

Ultimately, meaningful activities aren't about keeping someone with dementia busy. They're about helping them continue to experience the things that make life fulfilling: purpose, pleasure, connection and belonging.

Often, it's the everyday moments that matter most.

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You will be asked to answer a few basic questions about your health care needs. You will then be connected to a doctor or nurse practitioner at the earliest opportunity.

Who Can Use the Program?

To use Health CareConnect, you must:

- Have a valid Ontario health card
- Have an up- to-date mailing address associated with your health card

Contact Information

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Ask the Doctor

with Dr. Nicole Didyk

After your joint replacement surgery

Joint replacement surgery, usually due to osteoarthritis, is a common operation in Ontario, with over 40.000 receiving a new joint every year (mostly a new hip or knee). But a successful recovery takes some work, which we might refer to as rehabilitation (or "rehab").

Here are some tips for a successful recovery from surgery:

1. A joint replacement is a major operation, even if it happens as a "day surgery". Complications are rare, but they can occur. Make sure you monitor for signs of infection, nerve damage, blood clots, or other serious issues that will need immediate attention. Know who to call, and keep in mind that 911 is there for emergencies.
2. Make sure your environment is set up for you to get access to the things you need (like a bathroom!). Rearrange furniture so there's space for a walker if needed, and make sure your chairs and beds are the correct height to make transfers easier.
3. Use your equipment! Many people are anxious to "walk normally" without a cane or walker, but don't be in a hurry to toss them. It's better to walk with a cane than risk a fall, or avoid moving altogether.
4. Continue to maintain a healthy eating plan and weight management strategy. For many, this means keeping weight in a lower range to take the pressure off the joint and reduce inflammation.
5. Manage pain as directed by your medical team. This can include medication, but also ice, heat, exercise, meditation, and other modalities.
6. Keep moving as much as possible. Doing the exercises recommended by your team will speed recovery and reduce the risk of injury from a fall.
7. Be patient. Recovery can take up to a year, which may seem like a long time! Over 90% of people are happy with the results of their operation one year later, and have maintained their function or returned to activities they couldn't do before. You'll get there, with some time and work!





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Gift Making

November 12th from 2:00-3:30 pm

Grandmother's Circle Social

November 26th from 2:00-3:30 pm

Wilmot & Wellesley Resource Centre

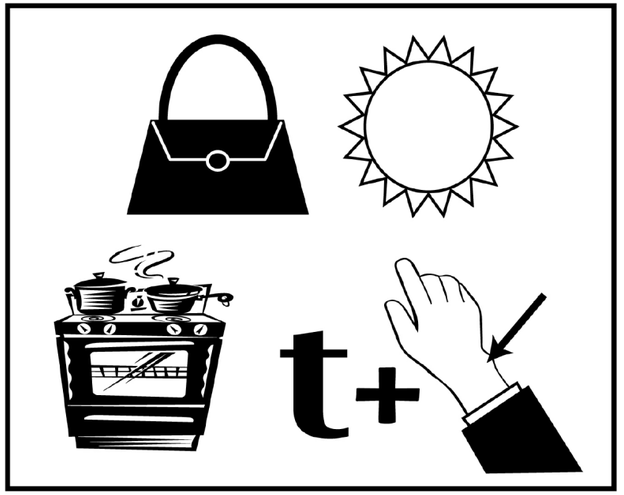
Join us on the 2nd and 4th Thursdays of the month
WWRC - 175 Waterloo St., New Hamburg

Pre-registration is required
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November Puzzles

Concentration Puzzle



Sudoku

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5		9	2					
7		6	8			2	5	
9		8	5		3			
	5						9	
			6		8	5		2
	8	5			2	3		7
					6	8		5
	6	7			5	9		









SPOT THE DIFFERENCE

CAN YOU FIND THE 6 DIFFERENCES BETWEEN THESE TWO IMAGES?

Solutions on page 30

COVER STORY



Stitched with Gratitude: Morningside Remembers

WRITTEN BY: SCOTT DUNSTALL

A black centre. A circle of red petals. A few quiet hours at home. At Morningside Village in New Hamburg, these simple beginnings have become something remarkable: more than 500 crocheted poppies, brought together in a tribute to those who served.

Outside the Village Centre, the flowers brighten the railings and frame the entrance. In the foreground, a bench carries more poppies and a dedication to veterans. Nearby, dark silhouettes of soldiers and dogs stand against the grass. Together, they create a place to pause, reflect and appreciate the people behind the freedoms we enjoy.

Behind this display is a homegrown group of women who put their hands, their time and their hearts into remembering. Led by resident Jane Eichler, their work honours those who died in service, those who returned with disabilities, and the veterans who continue to share everyday life with their neighbours in Morningside.

Jane's commitment to veterans is rooted in the service of her father, Cameron Shantz, who served in the Navy during the Second World War aboard HMCS Kootenay, escorting convoys to and from the British Isles and pursuing submarines in the English Channel. His service continues to inspire her work honouring veterans throughout the community, including the crocheted poppy display.

The project also has a personal meaning for the village. Remembrance can bring to mind distant battlefields and names engraved on monuments. Here, it also means recognizing neighbours whose service is part of their lives, even when it is not part of everyday conversation.

The veterans identified on the group's list are Cameron Shantz, Al Jones, Reg Kirby, Mike Disney, Ernie Loiselle, Jack Wallace, Jim Vogel, John Cleat and Gibb Huff. Including their names brings the tribute closer to home. These are individuals who belong to this community, and whose service deserves acknowledgment alongside the remembrance of those who never returned.

Jane's leadership brought the effort together, but she is quick to recognize the hands that made it possible. In her written thank-you, she singles out Evelyn Berg, who taught her the art of making the poppies and contributed generously to the growing collection. Marion Cook, Pat Fisher, Monica Lynn, Jo-Ann Schwass and Beth Stanley also devoted hours to crocheting. Each finished flower added to the display, whether it came from someone with years of experience or someone still learning how to handle the hook and yarn.

Much of that work happened during ordinary evenings, often while watching television. A skilled crocheter could sometimes complete two poppies in an hour. Someone new to the craft might spend an entire evening finishing one. Both contributions were welcome. The value of a flower was in the willingness to make it and the respect it represented.

The process begins at the centre, using black yarn, before moving outward into the red petals. Although the finished flower looks simple from a distance, making one calls for coordination, concentration and patience. The crocheter must follow the pattern, count stitches, change colours and keep the yarn tension reasonably consistent as the shape develops.

Common poppy patterns use combinations of chain stitches, single crochet, double crochet and slip stitches. Increasing the number of stitches around the centre gives the red portion room to expand; the arrangement of stitches shapes the petals. For beginners, learning that rhythm can take time. With practice, the sequence becomes more familiar, and a recognizable poppy emerges from a length of yarn.

Viewed up close, the flowers reveal the work that went into them. Their raised stitches and curved petals give the familiar remembrance symbol a handmade character, inviting visitors to notice the care behind it.

Making the flowers is only part of the undertaking. Individual poppies must be attached securely to a backing before they can become a larger outdoor display. Some installation patterns deliberately leave long yarn ends so the flowers can be tied to netting. At Morningside, plastic mesh provides the backing for the poppies along the front railings, bringing separate contributions together into one visible expression of gratitude.

Ross Eichler played an important role in that transformation. He assisted Jane in fastening the poppies to the mesh and attaching them at the Village Centre. He also arranged the poppy display on the bench and assembled the soldier silhouette, giving the tribute a thoughtful focal point in front of the building.

Woodworkers Marty Chambers and Ron Brander contributed another essential element, making the soldier and dog figures. Their work adds a different texture to the scene: solid silhouettes beside soft yarn flowers, each helping communicate the purpose of the display without needing a lengthy explanation.

What makes this effort moving is the way it brings different abilities together. Teaching, crocheting, woodworking, painting and putting everything in place all have a role. A person does not have to do every task to make a meaningful contribution. One flower, one lesson or one practical helping hand becomes part of something larger.

The result is also a reminder of what neighbours can accomplish through a shared purpose. More than 500 flowers represent many individual decisions to give a little time. Seen together, they turn that generosity into a tribute the whole village can appreciate. As November 11 approaches, the Morningside display invites us to look beyond the beauty of the red petals. It asks us to remember lives lost, recognize the lasting effects of service, and thank the veterans who are still here to receive our gratitude.

Jane's written message expresses the spirit of the project plainly: "We Love our Veterans and Thank them for their Service."

Those words are reflected in every contribution, from the first black stitch to the final flower secured in place. At Morningside, remembrance has taken shape through the care of neighbours, offering a heartfelt thank-you to those who served.

Lest we forget.



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10:30 - 11:30 AM
In person
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Grocery Store Tour with a Dietitian: Nutrition for Your Bones

Join us to learn how to adjust your grocery shopping habits to build strong bones. Bring your questions about calcium, vitamin D and vitamin K!



Thursday, November 19, 2026
1:00 - 2:00 PM
At a local grocery store,
register for more information

Accepting New Patient Applications!

We are now accepting new patients! If you are looking for a healthcare provider, please visit our website to fill in the registration, or email us at intake@wchc.on.ca

Helping Dietitian Drop In: Let's Talk About a Balanced Plate

What does a balanced meal or snack look like? What if I have food allergies or intolerances? Join a dietitian to discuss healthy eating for kids and adults. Have a cup of tea and take home some budget-friendly recipes!



Thursday, December 3, 2026
1:00 - 2:00 PM
In person
10 Parkside Drive, St. Jacobs

Young at Heart: Adult Games Night

Join us for an evening of fun! A great opportunity to socialize, meet new people, learn new games, and enjoy time with others. Bring a favourite game to teach others, or play from the games provided. Snacks are included at every session.



4th Thursday Monthly
5:30 - 8:30 PM
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If you would like to register, please visit our website at www.WCHC.on.ca, or email Tariq at tabdulhadi@wchc.on.ca, or call at 519-664-3794 ext. 222

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You Can Prevent Falls!

As the calendar turns to November, individuals and organizations across the country are joining together to raise awareness about falls prevention. While falls can happen to anyone, the risk of a fall increases with age, representing the leading cause of injury and health decline in older adults. The great news is that falls can be prevented! Here are some adjustments that you make to ensure that you remain safe:

Keep Fit – Participating in a physical activity each day is your best defense against falls

- **Attend a free gentle exercise class** - Three 45-minute sessions of exercise each week builds strength and balance and significantly minimizes the risk of falls. Community Care Concepts offers free gentle exercise classes across the Townships. No preregistration is required!
- **Walk –** Enjoy some of our many trails or take a stroll around the neighbourhood.
- **Find an activity that you enjoy –** There are many activities that are offered across our communities, including community dining and social and recreational activities at our Active Living Centres. These events will get you out and moving and help to connect you with others.

Eat Healthy Meals – Nutritious meals help to keep up strength and balance. Skipping meals can cause weakness and dizziness. If cooking healthy meals is a challenge, Meals on Wheels or our menu of nutritious frozen entrees may be an option for you.

Use Medication Wisely

- Ask your doctor about possible side effects of prescription or over-the counter medications.
- Read directions carefully to understand reactions with other medications.
- If your medication makes you dizzy or sleepy, adjust your activities.
- Don't mix alcohol with medication. On its own or combined with drugs, alcohol can cause falls.

Look Around Your Home for Hazards

- Ensure that you have non-slip surfaces in your tub or shower.
- Install devices that help you to sit and stand in the bathroom including grab bars, bath seat or raised toilet seats.
- Wipe any moisture or spills as soon as they occur.
- Get rid of clutter and ensure a clear path.
- Ensure you have good lighting installed inside and outside, including night lights.
- Remove scatter mats or ensure that they are non-slip.
- Store supplies in easy to reach locations.
- Avoid step stools or use a stable step stool with a rail if you need to reach something.
- Have solid handrails on both sides of stairways.
- Keep outside steps and walkways in good repair and free of snow, ice and leaves.

Use Safety Aids

- Wear glasses and hearing aids if needed.
- Appropriate, comfortable shoes can provide support.
- Consider using a walker or cane, if needed, making sure they are the correct height.
- Need help in figuring out what you can do to reduce your risk of falls? Contact Community Care Concepts today at 519-664-1900, 519-662-9526 or 1-855-664-1900 for information and assistance. There are many programs and practical supports to help keep you safe in your home!

COMMUNITY CARE CONCEPTS
of Woolwich, Wellesley and Wilmot



Living Life / Balancing Nature

Many of my rural neighbours would be shocked to find out that when I came across a nest of little field mice, I let them go. And, it's not because I'm squeamish – I'm a natural-born killer when it comes to vermin on our property – but, on this one sunny day in fall, the situation seemed different.

Maybe, it was the way the mother scurried around, despite being exposed, gathering her wee frightened mouse-babies to herself – with no thought for her own safety. She consoled her little family… licking them and reassuring them … almost as if she wasn't fully aware of my presence and the danger I represented to her family. Cornered, they had no way out.

Amazed by her courage, I admired her single sense of purpose. But letting them go in the forest, doesn't free her from her duties.

"The woods are full of danger. But the bear mouse must find food. If she does not, her hungry babies will die." – from 'Bear Mouse' by Berniece Freschet.

I know it sounds strange, but just then I thought of our own family situation: empty nesters, we're stunned by how fast life has gone by. Where once there were school buses to catch and horse riding lessons to keep, where are they now? Or, what happened to those band practices with so much hope of "making it" in the music biz, and martial arts moves by a little man who wanted and eventually got his black belt. Having gone through teenage angst, they're all gone – having new secure family units of their own… which, as parents, is as good as it gets. Yet, I'm both happy and sad that time has moved us all along.

Maybe at a different time, on a different day, I might have thought differently, but as I looked down on that little mother mouse and her tiny brood – she was only trying to be like a good mom – and it's also about survival and balance, right? Objectively, I realize that it's all part of nature's way – just another day in the food chain of life.

Thankfully our lives are richer than that of a mouse, yet we can learn from nature, too. Animals act and re-act the way they do because they have no choice; we're given freewill, and so, have choices. We can choose to live with faith or fear. And, if we want to live free of fear, there's actually only one choice. It's not pre-programmed; it's self-programmed. We can adapt.

http://youtu.be/0yEItbal4ac

"Pools of sorrow, waves of joy, are drifting through my open mind"
— Across the Universe by the Beatles

To help us better appreciate this life process, there's a story told of a ship departing from a harbour – with people watching it until it finally sails out of sight. Does it mean it's gone? No! Others are watching that same ship (just a speck on the new horizon), slowly coming into view… safely to a new harbour of our making.

That's the way I figure it.





Dear Readers: November 2026

In my work as a Serious Illness/ End of Life Doula I have the privilege of supporting individuals and groups on their grief journey as a peer.

What this means Is I provide compassionate care that complements rather than replaces professional counseling or mental health services. It is based on the understanding that healing often begins when people are heard by someone who has also experienced loss.

This relationship is based on empathy, mutual respect and lived experience.

Connecting with others who have navigated loss can reduce feelings of isolation, normalize our grief responses and provide hope.

We do not focus on diagnosis, treatment, or psychotherapy. Instead, we provide a safe, non-judgmental space to explore our emotions without pressure to "move on"

Research consistently demonstrates that social connection and compassionate presence are protective factors following bereavement. Peer support strengthens these protective factors by fostering belonging, resilience, and hope while helping individuals integrate their loss into their ongoing lives.

Effective peer grief support is guided by clear boundaries, confidentiality, active listening, cultural humility, and appropriate referral pathways when grief becomes overwhelming or when specialized clinical care is needed. When delivered within these principles, peer support becomes an important part of a community-based continuum of bereavement care.

At its heart, peer grief support reminds people they are not alone, their stories are welcome, and their reactions are understandable. We want people to know that they can find their way and that grieving is a lifelong process.

As a facilitator of a Peer Grief Support Group – some of the themes I offer in session might be: "you are not alone", "there is no right way to grieve – only your way", "the healing power of being heard", "living with what cannot be changed", and "caring for ourselves while we grieve".

The goal of each session is not to fix or change experiences but rather to listen and to share. There is also no expectation that everyone shares. Some people are more comfortable listening. Group members may also be invited to bring photos or memorabilia that comforts them. We introduce the use of art, music, spoken word, journaling and simply the 'art of silence' during a session.

Peer grief and bereavement support extends the circle of care every person deserves.

Resources:

1. Bereaved Families of Ontario (BFO)

Bereaved Families of Ontario is one of the most prominent provincial models for grassroots, peer-led grief support.

The Model: They provide closed 8-week peer support groups and informal drop-ins.

2. MyGrief.ca (By Canadian Virtual Hospice)

For those who cannot access physical peer groups, MyGrief.ca is Canada's premier national digital resource.

The Model: It is a self-paced online platform built collaboratively by grief specialists and Canadians with lived experience.

3. Seasons Centre for Grieving Children

For youth, Canada utilizes peer-to-peer programming like the Seasons Centre for Grieving Children.

The Model: Founded on the belief that children heal best when surrounded by peers who "get it", they host structured peer-to-peer development circles for children aged 4 to 24 who are navigating the death of an immediate family member.

4. Provincial & Crisis Directories

If you are looking to find localized peer care quickly across Canada:

The CHPCA Directory: The Canadian Hospice Palliative Care Association hosts an interactive support map to find peer programs by territory or province.

Indigenous Helplines: Culturally safe peer and crisis counseling can be accessed 24/7 nationally via the Hope for Wellness Helpline or the Talk 4 Healing hotline (supporting Indigenous women in 14 languages

Next month: When Merry and Bright Doesn't Feel Quite Right: Making Space for Grief During the Holidays

Sue Phillips, www.suephillips.ca, sphillips5519@gmail.com

Understanding Falls and Aging

RIA Schlegel-UW Research Institute for Aging
Enhancing Life

One fall can change an older adult's life in an instant.

While falls account for about 85 per cent of injury-related hospitalizations among older adults, taking a proactive approach to fall prevention can make a world of difference.

November is Fall Prevention Month. Researchers at the Schlegel-UW Research Institute for Aging (RIA) want to help you lower your risk of falling.

Understanding the factors that contribute to falls, from things around your house to vision changes or even medication side effects, helps you take positive steps toward safer, more confident living.

Practical Tips for Fall Prevention

Small, intentional changes to your home and daily routine do make a difference.

- **Remove hazards** at home by clearing clutter, securing loose rugs, and making sure stairs and hallways are well lit.
- **Do balance and functional exercises** two or three times a week. These exercises should challenge your balance but still feel safe.
- **Ask** your pharmacist or health care provider to check whether any of your medications could cause dizziness or increase your risk of falling.
- **Drink enough water**, eat regular meals, and talk to an occupational therapist about making your home safer.
- **Take care of your bones** by doing strength and impact exercises, and making sure you get enough calcium and vitamin D.

How the RIA is Advancing Fall Prevention in Canada

The RIA is leading new projects with teams from different fields to improve fall prevention and safety in Canada.

- **Cardiovascular & Syncope Research:** Under Dr. Richard Hughson, the RIA is establishing Canada's first Falls and Syncope Research Lab. With one-quarter of emergency room fall visits remaining unexplained, this lab investigates underlying cardiovascular causes, such as drops in blood pressure upon standing, and tests interventions like lower-leg compression cuffs to maintain blood flow to the brain.
- **Impact Reduction & Infrastructure:** Dr. Andrew Laing and his team work with long-term care homes to test safety flooring and wearable devices like hip protectors. These tools help reduce the risk of injury if someone falls.
- **Exercise & Bone Health:** Dr. Lora Giangregorio and her team at the RIA create exercise plans to help people with osteoporosis improve their balance and strengthen their bones.

To learn more about fall prevention, visit the-ria.ca.



Navigating Increased Feelings of Fear

We have just finished up with the spooky season, and a topic that I'm left reflecting on is fear. Fear is a normal and adaptive human emotion; however, this is often not well understood. Emotions are a normal part of being human. Emotions can give us valuable information about our experiences in the world and in relationships. While one should never assume that all feelings are facts, it is helpful to be curious about what our feelings may be trying to communicate. As we age, or as we support those who are aging, fear is a common experience. Therefore, it is important to understand how to navigate fear in healthy and supportive ways.

How to support older adults who are navigating increased feelings of fear:

Listen: Older adults need to be able to talk about their feelings. Talking about fear can be helpful in reducing the intensity of fear. Fear is a normal feeling, and one should be able to freely discuss their experience of fear just as they could any other emotion.

Empathize and Validate: Take a moment to let the other person know that their feelings matter to you. Older adults navigate a lot of difficult life transitions, including the loss of independence, concerns about aging and death, potential financial insecurity, and changes in profession and personal relationships. Reflecting on times when you have experienced similar challenges can help guide your response and strengthen your ability to provide meaningful support.

Problem Solve: Sometimes fears can be reduced. We don't want to eliminate a person's experience of fear entirely, as fear serves an important protective function. Fear is our body's alarm system. However, not all fear needs to be as intense as it might be. Explore if there is something within your control that you can do to try and reduce the fear for the older adult in your life. Perhaps it is as simple as visiting them regularly, accompanying them to medical appointments, or reassuring them that it's okay to feel afraid.

Be patient: Most of us struggle with fear at some point in our lives. Fear is an uncomfortable thing to experience in our minds and feel in our bodies. It can be hard to watch someone experience fear. Sometimes watching someone we love feeling fearful can trigger fear within us. Remember that it's okay for people to feel afraid. Reducing the intensity of one's fear is usually a journey and not a one-time event. Be patient with yourself and the person you are trying to support. The process likely is not easy for either of you.

Hopefully, these tips will enable you to better support an older adult that you care about who is experiencing fear.

ICC Interfaith Counselling Centre



By Colleen Martin, Registered Social Worker for Lassen Counselling

The Veranda Within: Creating Space For Anxiety

Recently I met a client who said she has been "struggling with anxiety for decades". She sought assistance for her symptoms including receiving input from a medical team. This client said when she felt worried, it was difficult to breathe and sometimes she was breathing too quickly. Then she would suppress everything trying to avoid these feelings of worry and anxiety.

The client told me about her rich and full life including her relationships with her spouse, children and grandchild. She travelled widely and enjoyed culture and diversity. As she aged, she found it increasingly difficult to manage her fears and anxieties. They would pop up unexpectedly and she would feel immobilized and struggled to do activities that gave her meaning and purpose. This client's children and friends were concerned about her.

Dealing with fears and anxiety is very common. In fact, if you are a breathing human, you will most likely be facing anxiety at some level. But here's something you may not be aware of; anxiety is very treatable! Sometimes people require medication to help regulate their anxiety. Seeing a therapist can also provide you with new tools to give anxiety some space so you can continue to live a meaningful life.

At a session in this client's home, I introduced her to a grounding exercise to try when she felt fearful or anxious. The client had a lovely picture hanging on her wall of a large veranda with wicker furniture including a rocker and a swing. I invited the client to imagine physically stepping onto this veranda and picturing what she would see, hear, smell and feel there. We stayed there for a few minutes and the client noticed an inward shift and said that the anxiety did not seem as strong. A few weeks later, the client reflected that after practicing "going to her veranda", she felt protected, safe and comfortable sensing a release and stated that her fears did not feel so powerful and overwhelming. The client exuded energy and excitement when describing this change and said that her friends and family noticed the transformation.

Learning new ways to respond to anxiety can take time. At Lassen Counselling, our therapists provide clients with a variety of different strategies to help them unhook from anxiety so that it doesn't pull them around as much allowing them to engage in life more freely.

My spouse, Andy and I chose the name Lassen Counselling to reflect our German roots. Lassen is a German verb that translates to let or allow. Our tag line, "Let go, let be" reflects our work with our clients. Letting go is an important part of finding what is most genuine within us. On the other hand, when we find what is real, we also need to hang on to it. Andy and I see clients who struggle with stress, anxiety, grief, loss, relationship challenges, caregiver burden and addictions. Feel free to reach out to book a free consultation or appointment. We can see you in our office, in your home or online.

**Permission received from client to anonymously share her story*

Lassen Counselling
Andy Martin, Registered Psychotherapist
Colleen Martin, Registered Social Worker
16 John St. West, Waterloo, ON
226.909.6786

https://www.lassencounselling.ca/



Sarcopenia

Why Strength Training Matters as We Age

Sarcopenia is age-related progressive loss of muscle mass, strength, and function. While it is a natural part of the aging process, it can make everyday tasks more difficult and increases the risk of falls and fractures. As you age you gradually begin to lose muscle mass in your 30's and 40's. This process picks up between the ages of 65 and 80. You may lose as much as 8% of your muscles mass during these years.

Common Symptoms

- Muscle weakness and decreased muscle size
- Loss of stamina and fatigue
- Difficulty performing daily activities
- Slower walking speed
- Trouble climbing stairs
- Poor balance and frequent falls

What can I do?

- Resistance Training – Lift weights and get stronger
- High Protein Diet – helps support muscle repair. Try to aim for 20 – 35 grams per meal.
- Staying physically active

The benefits of lifting weights are huge when it comes to sarcopenia. But there are a few other ways your life could improve:

- Better sleep
- Improve your metabolism
- Enjoy a mood boost
- Building strong bones

My name is Beth Martin, owner and founder of Be Energized Fitness and Wellness.

True confession: Living a healthy, active lifestyle has always been a deep passion of mine. I realize this isn't the case for everyone—but for me, it's always felt natural. I started teaching fitness classes in my 20s, and from the moment I stepped in front of a group, I knew I had found something special. I discovered how much I love connecting with people, getting to know their individual needs, helping them improve their fitness, and creating personalized plans that truly support their goals.

Now, in my late 50s, that passion has only grown stronger. I specialize in one-on-one and couples personal training. I especially enjoy introducing (or reintroducing) people to the gym, guiding them through the benefits of exercise, and crafting realistic plans that work within their unique abilities and lifestyles. My mission is simple: to support and empower my clients to reach their goals, whatever they may be.

I can come to your home or your gym. I also work locally at Evoke Fitness, at 332 Hamilton Road, New Hamburg, Ontario. Evoke is a great gym that offers physiotherapy right on site, massage, personal training, yoga, hot classes, kids programming and much more. Making those first steps can be hard, but it's one step at a time. After a while all the steps will add up to real measurable progress.

Beenergized
fitness & wellness

Beth Martin
personal traniner
519-588-5325
Beth@BeEnergized.ca
www.BeEnergized.ca

WCS Holiday Giving: A Community Tradition with a New Name

For many households, making ends meet has become increasingly challenging. Rising everyday expenses and financial pressures can make difficult choices even harder, During the holiday season, those challenges can feel especially heavy.

Here in our community, individuals and families are feeling those pressures too. But the holiday season is also a time when Woolwich and northern Wellesley have shown, year after year, just how much can be accomplished when neighbours, businesses, service clubs, and community organizations come together.

This holiday season, a familiar community tradition has a new name.

WCS Holiday Giving, in support of Woolwich Community Services' Christmas Goodwill Program, is the new name for the campaign many residents may remember as Funds for Food.

While the name has changed, the heart behind the campaign remains the same: our community coming together to support low-income individuals and families in Woolwich Township and northern Wellesley Township during the holiday season.

Each November, Woolwich Community Services (WCS) has the privilege of working alongside local service clubs throughout Woolwich Township to make this campaign possible. These dedicated volunteers put an incredible amount of time and effort into supporting the campaign, including delivering door hangers to approximately 5,000 homes throughout the community.

On Friday, November 13 and Saturday, November 14, local service club volunteers will be stationed at participating businesses throughout Woolwich Township, accepting monetary donations for WCS Holiday Giving.

In years past, many residents will remember volunteers collecting non-perishable food. Since COVID, the program has evolved. Today, funds collected through WCS Holiday Giving are used by WCS to purchase local grocery store gift cards for low-income individuals and families registered for the Christmas Goodwill Program.

Grocery store gift cards provide recipients with something especially important: choice. Individuals and families can select the foods that best suit their household, dietary needs, traditions, and the way they choose to celebrate the holiday season.

Although the campaign has a new name, the generosity behind it has not changed. WCS is incredibly grateful to the local service clubs who give their time and energy, the businesses that welcome volunteers, and the many community members who contribute each year.

Together, these efforts help make the Christmas Goodwill Program possible and remind us what can happen when a community comes together to care for one another.

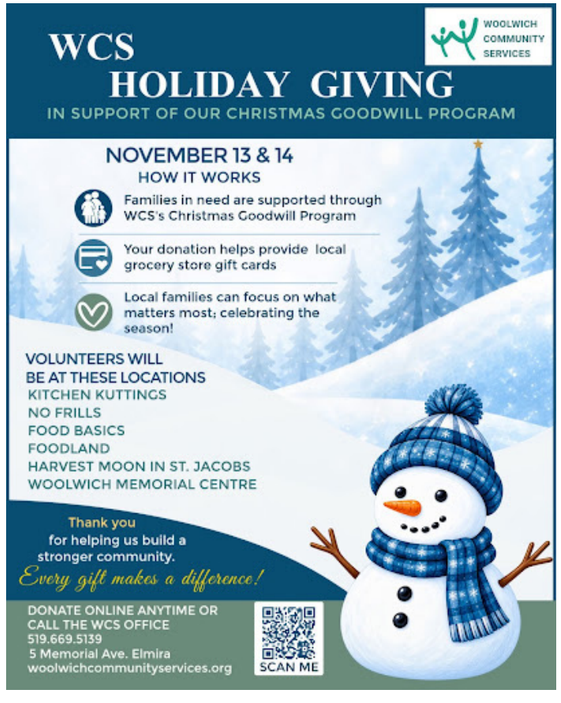
Watch for WCS Holiday Giving volunteers in the community on **November 13 and 14**.

To learn more about WCS Holiday Giving, the Christmas Goodwill Program, participating locations, or ways to donate, please visit the Woolwich Community Services website www.woolwichcommunityservices.org

Thank you for helping us build a stronger community.

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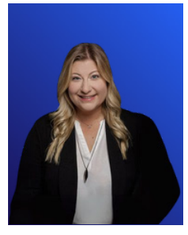
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MCC Thrift & Gift
59 Church St. W. Elmira, ON | 519-669-8475
http://www.mccthriftontario.com/elmira

Sobeys New Hamburg
100 Mill St, New Hamburg | 519-662-1374

ROOFING

Allan Beach Roofing
1136 Notre Dame Dr, Petersburg, ON
Office: 519-746-0752 | Cell: 519-741-6296
Email: stephanie.s.goertz@gmail.com
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NW Roofing of New Hamburg Inc.
59 Albert Street West | Plattsville
www.nwroofing.ca | 519-684-7693

If you would like to be added to our growing list of valued local businesses, please contact us at embracingchangeinfo@gmail.com so our readers can be reminded of your services and support local.

SENIOR CARE FACILITIES

TCMH (Tri-County Mennonite Homes)
200 Boullee Street, New Hamburg | 519-662-2718
www.tcmhomes.com | info@tcmhomes.com

Trinity Village
2727 Kingsway Dr., Kitchener | 519-893-6320
Adult Day Program, Independent and Assisted Living, Long Term Care | www.trinityvillage.com

SOCIAL SERVICES

Wilmot Active Living Centre
Free Drop-in Centre for Ages 55+, Crafts, Exercise, & more | 519-634-9225 ext. #9340
1291 Nafziger Rd, Unit #1, Baden
alc@communitycareconcepts.ca

Woolwich Community Services
Information Centre, Individual Support, Food Support and more | 519-669-5139

TRANSIT

Kiwanis Transit
Serving Wilmot, Wellesley & Woolwich
(519) 669-4533 or 1-800-461-1355

TRAVEL

Stonetown Travel Ltd.
210 Mill St. New Hamburg
226-333-9939 | www.stonetowntravel.com

WINDOWS & DOORS

Bechthold Home Improvements
1239 Notre Dame Dr. Petersburg, ON
www.bechtholdhome.com | 519-634-5852
sales@bechtholdhome.com

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COMMUNITY BUSINESS DIRECTORY

EMERGENCY CONTACT NUMBERS

Emergency (Fire/Medical/Police)
911

Waterloo Regional Police Non Emergency
519-570-9777

Crime Stoppers
1-800-222-8477

Ontario Poison Centre
1-800-268-9017

Ontario Problem Gambling Helpline
1-888-230-3505

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

Ontario Health atHome
1-833-515-1234

Suicide Crisis Helpline
Call or text 988

Retirement Homes Regulatory Authority
1-855-275-7472

Elder Abuse Response Team
519-579-4607

Interfaith Counselling Centre
519-662-3092

Hospice of Waterloo Region
519-743-4114

Alzheimer Society of Waterloo Wellington
519-742-1422

Senior Safety Line
1-866-299-1011

Township of Wilmot
519-634-8444

Township of Wellesley
519-699-4611

Township of Woolwich
519-699-1647

Region of Waterloo Public Health
519-575-4400

Ontario Caregiver Organization Helpline
1-833-416-2273

This space is generously donated by:

TOWN SQUARE PHARMACY
PHARMASAVE
100 Mill St. Unit K, New Hamburg
P. 519-662-9995 F. 519-662-9984



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PLUMBING AND RENOVATIONS

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)
- Sobeys New Hamburg (outside magazine stand)
- HearingLife formerly 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
- Heart & Home Creations NH
- McDonalds (outside magazine stand)



- LifeLabs/UltraScran Plaza (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 – St Jacobs
- Food Town IFT St Clements (Outside Magazine Stand)
- Sunny Crest Home Baking - Hawkesville

WOOLWICH TOWNSHIP:

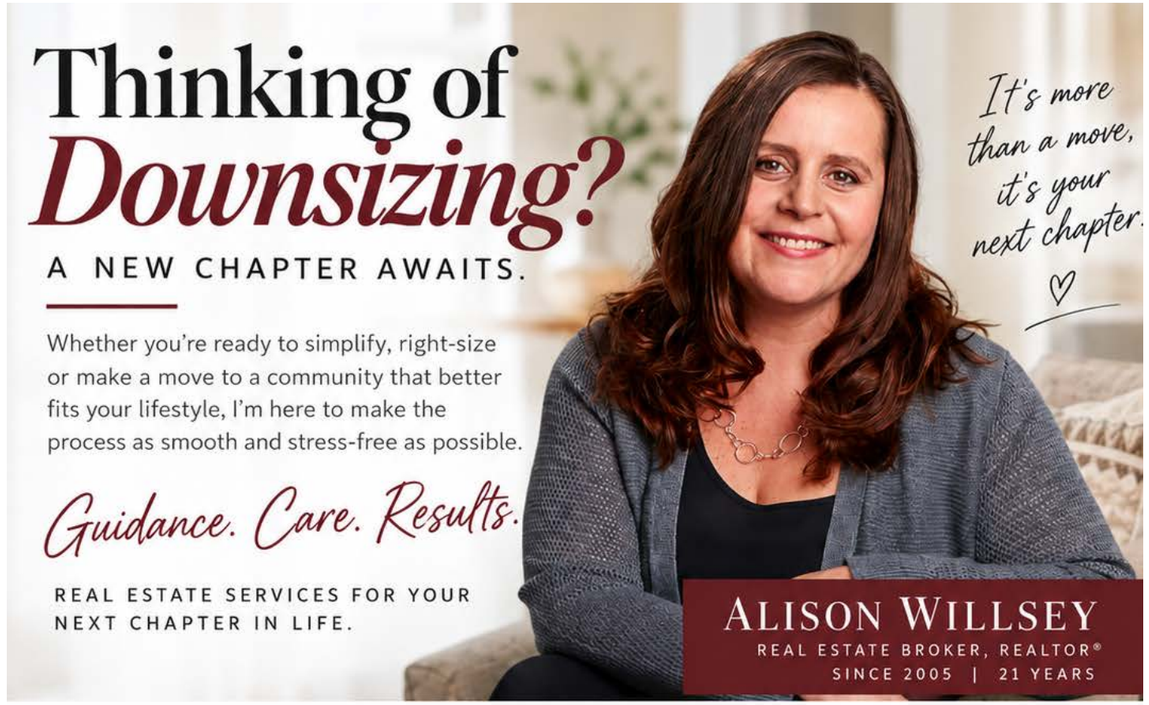
- Community Care Concepts
- Martin's Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou's Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)
- Harvest Moon St. Jacob's

Solutions

8	3	2	4	5	7	6	1	9
5	4	9	2	6	1	7	8	3
7	1	6	8	3	9	2	5	4
9	2	8	5	1	3	4	7	6
6	5	3	7	2	4	1	9	8
4	7	1	6	9	8	5	3	2
1	8	5	9	4	2	3	6	7
3	9	4	1	7	6	8	2	5
2	6	7	3	8	5	9	4	1

Concentration Puzzle: Person of interest









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