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VOL 7 ISSUE 2 OCTOBER 2024

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On The Cover

Last year, local service clubs and others volunteered to raise funds for the Christmas Good Will Food Fund Drive and succeeded in raising nearly \$30,000! They will be out again in November asking for your support.

Pictured in the photo are:

Hugh Weltz [Elmira Kiwanis Club], Nancy Booth [Woolwich Community Lions Club], Steve Bisbee [Elmira Optimists], Tina Reed [Woolwich Community Services], Kelly Christie [Woolwich Community Services], Deb Cserhalmi [Floradale Friends of Dog Guides], Rob Perry [St. Jacobs Optimists], Mike Leacy [St. Jacobs Lions Club]

See the full cover story on page 12.

Photo credit: The Observer

Cover Story by: Wayne Vanwyck

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LETTER FROM THE EDITOR

As the crisp autumn air settles in and the beauty of fall surrounds us, I find myself embracing this favorite time of year. The cozy sweaters, the rich hues of falling leaves, and the comforting warmth of pumpkin-spiced everything make autumn truly special.

As autumn settles in, we approach two significant observances this October: Thanksgiving and Fire Prevention Week™. These occasions offer a perfect opportunity to reflect on what we're thankful for and ensure the safety of all our loved ones.

Thanksgiving is a time for gathering and giving thanks, but it's also a moment to focus on important safety measures. This October 6–12, Fire Prevention Week™ highlights a crucial aspect of home safety with the theme "Smoke alarms: Make them work for you!™" For many, smoke alarms are essential for detecting fires, but it's important to recognize that traditional alarms may not be effective for everyone, particularly those who are deaf or hard of hearing.

For individuals with hearing loss, typical smoke and carbon monoxide alarms might not provide adequate alerts. Thankfully, there are specialized alarms and devices designed to address this need. See page 30 for more information on these specialized alarms and devices.

If you or someone you care about is deaf or hard of hearing, consider upgrading to these specialized alarms. Testing and maintaining these devices regularly is key to ensuring they function effectively when needed.

By taking these steps, we can help create a safer environment for everyone, allowing us to enjoy our holiday gatherings with peace of mind.

Gadget of the Month – Sketchers Slip-Ins

If you have difficulty tying laces or bending down to get your shoes on or off, Skechers Slip-Ins can help. They feature a firm heel design that we found allows you to easily and effortlessly slip them on and off. While the laces are just for show, the supportive, stretchy upper gives the shoes a secure yet comfortable fit. Hands free shoes designed with an exclusive Heel Pillow™ that allow you to step in without bending over.



Wishing you a safe and joyful autumn season.

Warm regards,

Tara

FLASHBACK PHOTO

Emmanuel Lutheran Church in Petersburg circa 1885

This photo shows the Emmanuel Lutheran Church in Petersburg circa 1885. The church opened its doors in 1878 with an impressive steeple that reached 60 feet. From its position up on the hill it could be seen for kilometres and could accommodate up to 200 people. On the evening of July 4th, 1915, the tall spire was struck by lightning and the wood-frame building burnt to the ground. The Emmanuel Lutheran Church was rebuilt in 1916, designed by W.H.E. Schmalz, but sits on the north side of Snyder's Road instead of the south.



Courtesy of the Grace Schmidt Room, Kitchener Public Library

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Staying Healthy During Cold and Flu Season: A Guide for Seniors

As the days grow shorter and the weather gets chillier, cold and flu season arrives. For seniors, it's especially important to stay healthy during this time. Colds and the flu can be more serious for older adults, so here are some helpful tips to stay well and avoid getting sick.

What Are Colds and the Flu?

Colds and the flu are both caused by viruses, which are tiny germs that make us sick. A cold usually means a runny or stuffy nose, a sore throat, and a cough. It's not usually very serious but can be quite uncomfortable. The flu, however, is more severe. It can cause high fever, body aches, and extreme tiredness. The flu can sometimes lead to complications that are especially risky for seniors.

How Do You Catch Them?

Viruses spread through the air when someone who is sick coughs or sneezes. The germs can also land on surfaces like doorknobs or handrails. If you touch these surfaces and then touch your face, you can catch the virus.

How to Protect Yourself

1. **Get Vaccinated:** One of the best ways to protect yourself from the flu is to get a flu shot. Vaccines are safe and can help prevent you from getting the flu. It's a good idea to get your flu shot every year, especially for seniors.
2. **Wash Your Hands:** Regular hand washing is very important. Use soap and water, and scrub for at least 20 seconds. If soap and water are not available, use hand sanitizer. Keeping your hands clean helps prevent germs from spreading.

3. **Avoid Close Contact:** If someone around you is sick, try to stay away from them to avoid catching their germs. Also, try to avoid touching your face, especially your eyes, nose, and mouth, as this is how germs can enter your body.
4. **Stay Hydrated and Eat Well:** Drinking plenty of fluids like water, herbal teas, and soups helps keep your body hydrated and supports your immune system. Eating a balanced diet with fruits, vegetables, and whole grains can also help keep you strong.
5. **Stay Active and Rest:** Regular exercise can help keep your immune system strong. Simple activities like walking or stretching can be very beneficial. However, getting enough rest is also crucial, so make sure to get plenty of sleep.
6. **Keep Your Home Clean:** Regularly clean surfaces that are touched often, like doorknobs and light switches. This helps reduce the number of germs in your home.

What to Do If You Get Sick

If you do get sick, it's important to take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicines can help with symptoms, but it's a good idea to talk to your doctor before taking anything. If you have a high fever, trouble breathing, or feel very weak, contact your healthcare provider right away.

Conclusion

Cold and flu season can be challenging, but by following these tips, seniors can stay healthier and enjoy the season more. Remember to get your flu shot, wash your hands often, and take good care of yourself. With a little extra care, you can stay strong and enjoy the cooler months!

When Daydreams turn into Nightmares

Part One



Life is meant to be played from beginning to end regardless of the number of mistakes.

Here is another daunting true story that might also surprise you, and all I can say is, that there is wisdom and mercy in not knowing what the future holds, because if we did, we might not want to go there, for fear and dread we might not survive.

So come with me to an earlier time in my life, to where the path and price of ambition intersected, and took me far beyond into a 'nightmare' realm I could never have imagined possible to happen to me.

When I was in public school, I was bullied, and again later, as a teenager. The psychological wounds of replacing childhood innocence with the trauma of deep fear, and self-worth with the weight of overbearing shame, were far worse, and longer lasting than anything physical at the time.

Moreover, instilling the thought of living in an unsafe and unpredictable world, with the ever-present possibility of unexpected assault, became a much greater part of my life than any real physical threat.

Worse still was the 'seed' of that the self-molesting, monster embedded and awakened within me, that I would have to live with, like my 'bully' shadow, for the rest of my life.

And since I was threatened with further consequences if I ever told anyone of the traumatic bullying incidents, I was destined to live with that inner tug-of-war between my insecure fears and my desires, for many years to come.

It was a tight rope that I would somehow have to find a way of walking, without falling off into the endless and terrifying abyss below.

Inner trembling fear would arise in any circumstances involving risk or drawing attention to myself, and I always felt insecure around people, particularly strangers.

I subsequently dropped out of high school. It was not so much as a casualty of academia; but rather being the victim of those two earlier devastating bully incidents.

My parents had warned me that without an education in those days, which was their standard of social respect and success in the world, a young man would have a difficult time in life. As loving parents, they had desperately wanted me to rise about their humble station in life, both working two jobs, all of their lives.

It turns out that my parents were somewhat right, but for a different reason.

I went to work for a company, starting as most young people do with minimum education, on the bottom rung, and unbeknownst to me, I was as much afraid of my parents' prediction coming true as I was of failing at my new entry-level job.

However, I was to about to learn the first simple, and yet significant life-lesson, that anything is possible if we can find that right motivation, stronger than the fear holding us back. And to find that, we must be willing to try, again and again.

Anyone who has experienced bullying knows the ongoing struggle it is being in conflict with oneself: trying to believe in yourself on the one hand, while on the other hand living under the tyrannical role of bullying yourself.

Proving our self-worth to ourselves, must surely be one of the most difficult and challenging tasks we can undertake, especially for the young. It takes blind courage and wide-eyed vigilance, patience and perseverance, which we don't think we have, or are too afraid to put to the test. What a dilemma!

But the thing is, most of us do have what it takes within us, without really knowing it. We just need to find the right circumstances that draw it out of us. And we know those circumstances, because those are the ones we want to run from to avoid being hurt, shamed, and/or beaten down.

I believe that there is a mystical moment in time, when our spirit or intuition speaks to us, calling us to take courageous action in the face of fearful circumstances. To be clear, it's not just once in a lifetime, it can speak to us many times because it hopes that one time, in one life-changing moment, we will hear the challenge, and be ready and willing to respond in a new and courageous manner.

Everyone's situation will be different; but the common denominators will always be overwhelming fear and our freedom of choice.

This is the story of my journey through a terrifying situation that called on me to confront and rise above my ingrained trepidation and test my faith against fear.

Little did I know at the time that this transition to working for a living would be the bridge from youth to adulthood. It's different for everyone, and for me, it was the 'dawn' of a new day with new opportunities to continue to test my reluctant growth into manhood in a very real and meaningful context.

I worked humbly and hard at the company that hired me, and my accomplishments were one day surprisingly recognized by being made the youngest partner, one of four, in the ownership of the business. I was the 'quiet one' that people could depend on, who simply went about his work as bravely and best I could do, every day.

However, after a few years, the economy was moving into a recession that was deeply disturbing. A fearful and unsettling storm was coming, and we all felt it. Our business, like so many, was failing.

I was petrified because while I was doing well as the entrepreneurial manager of one of the company's smaller departments, it was not sufficient to make the necessary difference in our overall financial stability. Meanwhile, the recessionary storm was gathering its formidable strength and speed spreading across the country.

I felt completely helpless under the seemingly hopeless and darkening circumstances of the deteriorating economy.

The fear of such an uncertain future was a vivid reminder of how it felt when I was young and had been bullied, and hid out alone in the dark, in the school basement, hoping the bullies wouldn't find me before having to return to class.

The past memories came back to me with a vengeance, and once again I felt the threat of emotional victimhood. This time, as an adult, they were of an even greater magnitude, compounded because I also had additional major issues of deeply personal concern at home.

My young wife had been diagnosed with an equally frightening and threatening condition called Multiple Sclerosis (M.S.). with its own ongoing and critical consequences as you can well imagine.

As a young couple this added a most serious and dramatic health issue into an already entangled business situation.

Being the one with most of the ideas, I proposed that we hire a professional business consultant who could apply his valuable experience and knowledge to our growing problems. My partners agreed; however, to make a long story short, the unfortunate result was a costly failure which only added to our downfall, as well as cementing the deepening negative fears of my fellow colleagues.



Continued on page 8

We were now, even closer to the brink of disaster. The handwriting was clearly on the wall.

As you can imagine, I had many sleepless nights caught up in the overall fear and confusion of complex circumstances far above my 'pay grade' that once again I had no control over. Moreover, none of my older more professional business partners were coming up with any survival strategies. They were reconciling their minds and hearts to fully surrendering to the devastating circumstances.

This engulfed me in even greater dread of the possibility of losing everything that each of us had invested in the business.

The company owed the bank and creditors nearly three million dollars, as well as a large sum of unpaid debt, still due to the prior owner of the business. And our liability to him was not "limited" to the company but rather, secured with our homes, savings, personal possessions, as collateral. It meant the potential bankruptcy of each of us as well.

The future looked dire for all of us, specially for the two older (senior) partners.

Confusion and fear flooded into my trembling mind and sweat-soaked body, when I thought with dread of what I could possibly say to my wife whose life was already in turmoil. So, I waited till things were official before giving her the bad news.

One night as I lay in bed trying to fall asleep with my eyes wide open, heart pounding and my mind spinning, I knew that if things were left unchanged, the company would go under like so many others. Bankruptcy was a stark reality.

The company had been in business for 61 years at that time, having a staff of 70 people, a branch office in Ottawa, a subsidiary in England, and exclusive distributors of our publications catalogue in 10 countries of the world.

I knew the time had come for me to take another stand against my incessant insecurities.

If I didn't do something to change the course, we would all sail into the massive wall of the advancing storm, helpless to save ourselves, or the business. My worst fears would materialize. Deja-vu.

Then to my amazement, as I lay staring into the unknown, all of the fear suddenly disappeared like mist evaporating in the warmth of the early morning rising sun. The storm clouds were replaced with hope and the coming of a new day, and a very clear picture started to emerge of what I had to do.

Have you ever felt such a sublime moment of clarity when in the grip of your fears against foes seemingly larger than you, that inexplicitly your fears receded, like the ebb tide returning to the sea leaving you in a state of peace and calm?

The moment was magical.

How can we move from one extreme to the next in a matter of seconds with such seeming effortlessness? (Could it possibly be similar to the mystical transformation from life to death – or in this case, the reverse?)

Of course, the overall reality and seriousness of the situation hadn't changed a bit. The economy was in recession, businesses were already being lost, people were losing their money and their jobs, and in our case, we owed millions to our bank and creditors, along with additional hundreds of thousands of dollars to the former owner of the business. There was no unifying plan. My partners had given up. It was just a matter of time when the 'reaper' would come knocking at our door.....

Written by: William H. Brubacher

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FALL ROOF MAINTENANCE CHECKLIST

Whether you write it down or make a mental note, we all have a list of home maintenance projects to complete before the seasons change. Now that cooler weather is here, you're protecting outdoor plants, inspecting your furnace and preparing your yard for ice and snow; but is your roof ready for another long, Canadian winter?



With its damaging freeze/thaw cycle and ice accumulation, winter is the harshest season for your roof. It's also difficult for us, roofing professionals, to repair any issues when snow is on the ground (and roof). A little prep-work and investigation now can save you headaches (and money) later. Our tips below will guide you through a recommended roof maintenance and inspection checklist, preparing you for winter and helping you identify any warning signs that may need to be addressed.

✔ TREAT SAFETY SERIOUSLY

Can you climb, crawl, squeeze and reach? Depending on your home, you may need to do all sorts of acrobatics in order to adequately inspect and maintain your roof. If you have any concerns, ask a professional roofing contractor to perform the inspection for you.

✔ GUTTERS & DOWNSPOUTS

These important systems keep water from pooling near your home. Ensure both are running smoothly by removing loose debris

in the gutters and flushing both with water. Double check that the downspouts are pointing away from your home.

✔ BRANCHES

Trim branches that are close to your home. This helps to prevent abrasions on your roof and limit access for any animals who may be looking for a warm place to spend the winter.

✔ PAINT OR STAIN

Touching up wood trim around the roof and gutters helps to seal the wood and prevent rot.

✔ SEAL OPENINGS

Use caulking, screening or other materials to seal any openings where wildlife can come in. Remember, even the smallest cracks can be used to gain entry!

✔ INSPECT INSIDE

Look for water damage (stains, peeling/bubbling paint) on walls, ceilings and pipes that vent through your roof. If you have attic access, ensure your roof isn't sagging.

✔ INSPECT OUTSIDE

From the ground or using a ladder, check your roof for deteriorating, loose or missing shingles. Check your metalwork for loose gutters, downspouts and rust or stains on the flashing.

If you decide to enlist the help of a roofing professional, be sure to do your research. Many fly-by-night "roofers" have given our industry a bad rap! Before hiring anyone, we recommend looking for unbiased testimonials from Google Business or Facebook, checking BBB listings or asking friends for a referral. We're so pleased that most of our new business comes from past customers who recommend us to friends and family.

For more tips on roof maintenance, follow us on Facebook or Instagram. If you're looking for a second opinion or pricing for your roof, please get in touch!

A little prep-work and investigation now can save you headaches (and money) later.

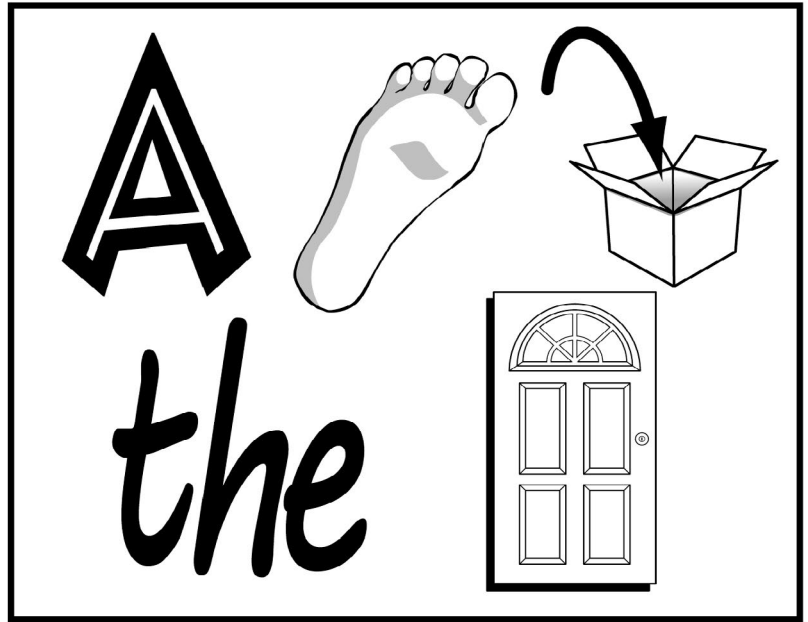
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Concentration Puzzle

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



Wacky Wordies

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



1. _____



2. _____



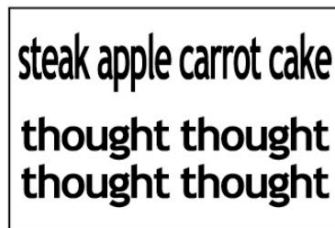
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5. _____



6. _____



7. _____



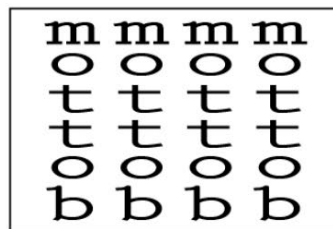
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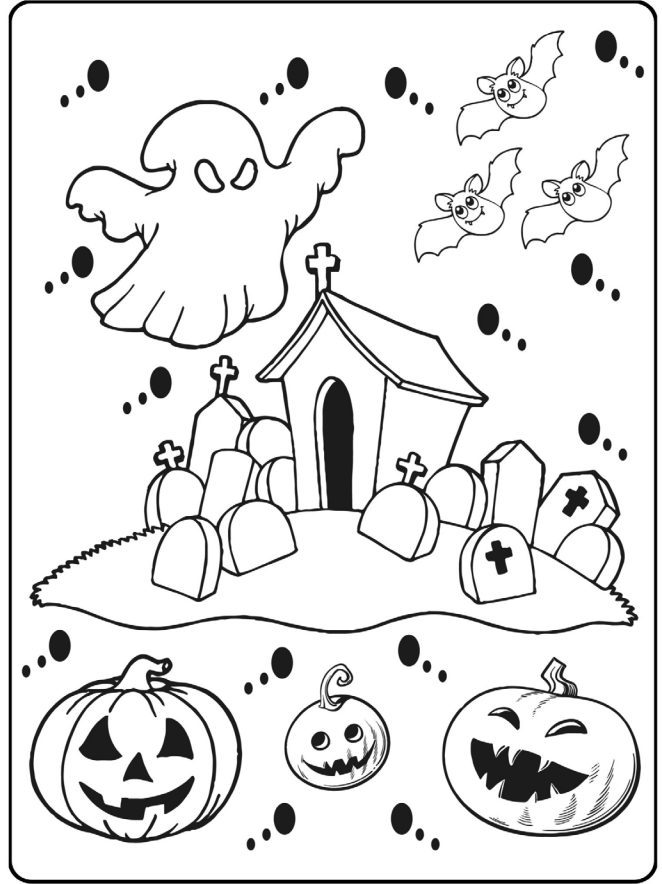
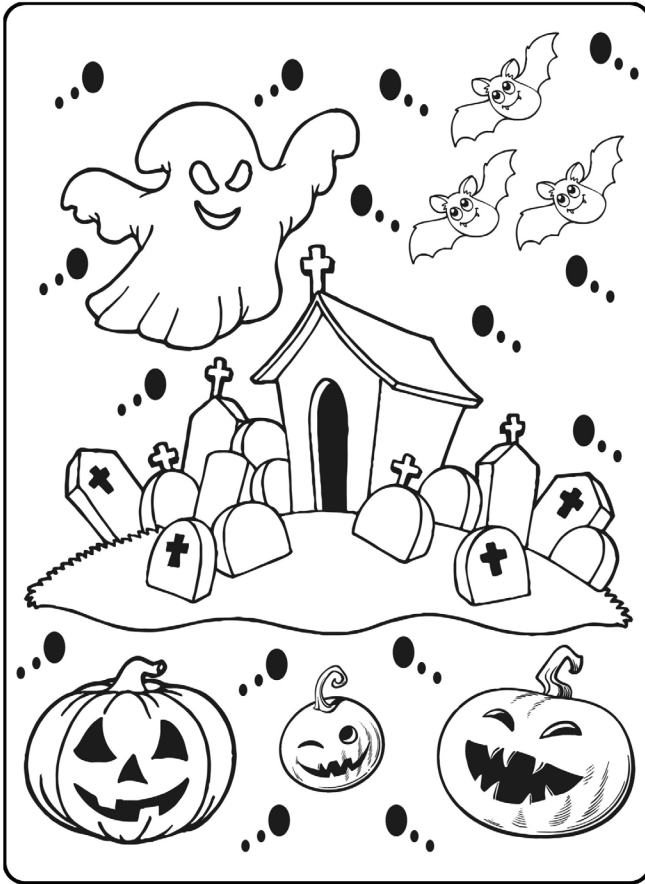
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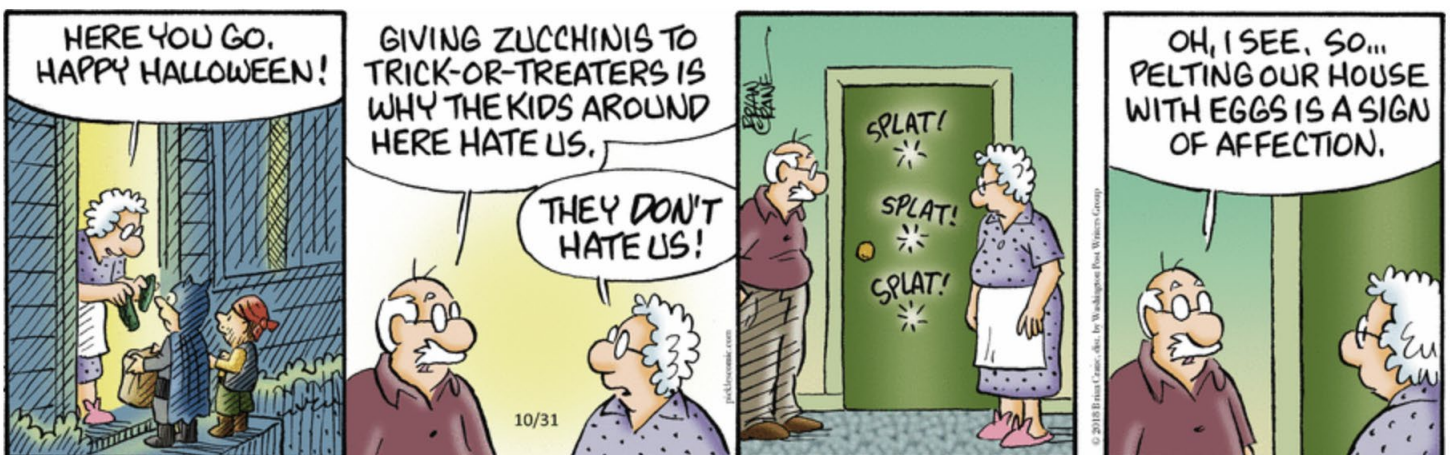
12. _____

SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Laughing Matters!



Solutions on page 34

COVER STORY



“Mom, Dad, I’m starving! What’s for lunch?”

WRITTEN BY WAYNE VANWYCK

“Mom, Dad, I’m starving! What’s for lunch?”

If you have kids, you have heard this, right? My own kids, and now my granddaughter have often repeated this refrain. In truth, they were never really starving; just hungry leading up to a healthy lunch, lovingly prepared by their parents. Most of us are fortunate. We have never really gone hungry or been unable to feed our children. That is not part of our life experience.

How about you? Have you ever ‘starved’? Have you ever had to look your children in the eye and tell them that there is no food in the fridge or the cupboard? That, because you just paid the rent, there is nothing left over for food until Friday, never mind a Christmas turkey dinner with all the trimmings?

I could bore you with statistics about food banks and the increase of people who use them. How inflation and the cost of living has had a devastating impact on many families. But you have already heard that. The bottom line is that people are going hungry. In this rich nation, in this wealthy province, in this abundant community, children are missing meals. Frankly, it beggars belief.

Even 60 years ago when I was ten, and my family

was as poor as church mice, with five kids, we never went hungry. We always ate well - maybe even too much, at Christmas. At that time, there were no food banks. There were no drives to collect food or money. What has changed?

It is easy to cast blame: poor parenting, laziness, bad choices, addictions, social media, government incompetence... the list of possible ‘faults’ is endless. We could say that we worked harder and deserve our fortunate circumstances. And perhaps some of that is true. Or maybe we just happened to be born at the right time, in the right place and had advantages that are no longer available to many people.

But frankly, it doesn’t matter. A hungry child does not care about cultural mores, politics, or excuses. While many children will wake to a Christmas tree nearly buried in presents, some may simply wish for a festive, family meal. We can’t let them go hungry. This isn’t Charles Dickens’ London! This is Waterloo Region, one of the wealthiest areas in Canada! Can we just turn a blind eye?

Some of us can’t. The service clubs of the region are banding together to offer a solution. I’m a member of the Kiwanis Club of Elmira and for over 20 years we have been doing what we can to help, but times have changed, and the problem has gotten bigger. So, in the past four years we have invited other community minded volunteers to pitch in, and boy have they ever! The Elmira Optimists, St. Jacobs Optimists, Woolwich Community Lion’s, Glenrose Lodge Masons, Knights of Columbus, St. Jacobs Lions, Floradale Friends of Guide Dogs, Elmira Scouts and the Robotics Team at Elmira District Secondary School have joined together to address this urgent and ongoing need.

What is so exciting, is the cooperation and support of these organizations! For many decades, service clubs have been independent, key players in supplying vital community projects. You see evidence of this in the plaques and names everywhere. All driven without taxpayer’s dollars, but instead from the hearts and wallets of well-meaning volunteers who want to be part of a kinder, healthier, more vibrant community. Rob Perry, a member of the St. Jacobs’ Optimist’s Club, says, “This food fund drive is an excellent way for us to help improve the lives of kids in our community. We want our kids to hunger for knowledge, not food.” Barb Gaudet, teacher, and leader of the

EDSS Robotics team says, "Robotics is all about overcoming challenges. The food fund drive is important because it is supporting people in the community who are facing challenges and helping them move forward. As a team, we strongly believe that by actively helping each other we make the world a better place."

On November 1st and 2nd, you will see volunteers throughout the community. They are generously giving their time and money to help because that is what good neighbours do. We help each other when needs arise.



Photo Credit: Barb Gaudet

When you see them, please help through your financial donation or offer to volunteer and be a positive force in your community. Our community is stronger, kinder, more resourceful, more resilient, and more fun when people are part of service clubs. All the clubs listed above would welcome more members.

Who knows. Someday you may need help too. And when we work together, we have each other's back.

All proceeds will be used by the Woolwich Community Services Christmas Goodwill Program to buy gift cards to Food Basics and Foodland so that those in need can purchase a special holiday meal for their family. To make a donation now, go to www.woolwichcommunityservices.org

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To volunteer, please contact John Kendall at: jkendall@ggfilaw.com or Hugh Wertz at hgwertz@sympatico.ca

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Ask the Doctor

with Dr. Nicole Didyk

I used to really enjoy walking for exercise but over the last year my legs get tired so quickly. I am always worried and nervous to walk too far now as I don't know if my legs will be too tired to get me back home. Is this normal? Is there something I can do to help this?

I'm glad you enjoy exercise – it's a very healthy habit - but getting tired while walking isn't a normal part of aging. The most common causes of leg tiredness involve one or more of three things:

Blood vessels: Arteries take blood from the heart to the body and veins return blood to the heart. If the valves in leg veins are loosening, there can be swelling, varicose veins, heaviness and fatigue. This can affect up to 30% of older adults and compression stockings and elevating the legs can help. Arteries can become blocked, called "claudication", related to things like smoking, diabetes, high blood pressure and high cholesterol. This causes pain and fatigue in the legs with activity that gets better quickly with rest. Your doctor may want to check your blood pressure in your arm and your leg (a procedure called the ankle-brachial index) and may advise you to adjust your medications or see a surgeon.

Muscles: plain old muscle fatigue can be deconditioning, which is the medical term for being "out of shape". If a person spends a lot of time sitting or reclining, muscles can weaken and reduce endurance and strength.

Nerves: Damaged nerves in the legs and feet (due to diabetes, reduced blood flow or another cause) can cause weakness which is often accompanied by pain or numbness.

Whatever the cause, exercise is an important part of the treatment plan, so keep moving and check with your doctor to find out more about the cause and management of your leg fatigue.

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.



The Canadian Dental Care Plan has already helped over 500,000 seniors.

For more information and to apply, visit:
www.canada.ca/dental.



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Aging Well In Wellesley

Information & Active Living Fair



FREE EVENT!

**Wednesday November 13, 2024
9 am - 2 pm**

**Guest Speakers
Displays
Lunch Included
Door Prizes**

**Bill Gies Recreation Centre
(Wellesley Township Recreation Complex)
1401 Queens Bush Road, Wellesley
(Corner of Hutchinson and Queens Bush)**

You must register for this event

Please contact
1-855-664-1900 or 519-664-1900 to RSVP
1-855-664-1900 to RVSP

This event is hosted in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.

Celebrating Community Support Services

October marks Community Support Month across the province of Ontario. Across Ontario, more than one million people benefit from home and community support services that support seniors and adults with disabilities to live independently in their own homes. Home and community support services include a broad range of programs, including programs that help individuals to remain connected to their community, services that help individuals navigate the health and social services system and services that support individuals and caregivers. By customizing services to individuals' needs and supporting immediate needs, services often help to prevent or delay further challenges while supporting caregivers and helping other parts of our health system. This month provides an opportunity to pause and recognize the more than 20,000 staff, 100,000 volunteers and thousands of caregivers who support the ability of people to live independently in communities across Ontario.

For the past 39 years, Community Care Concepts has provided home and community support services across Woolwich, Wellesley and Wilmot to more than 5,000 individuals and caregivers each year. A variety of services are provided, including:

Programs that help individuals connect with others in a variety of community locations

- Community Dining – A hot nutritious lunch, fellowship and entertainment
- Exercises – Free, drop-in free gentle exercise classes
- Social and recreational programs – Free programs offered in community settings.

Services that help individuals to live independently

- Meals on Wheels - Hot, nutritious meals delivered at noon on weekdays
- Assisted Transportation – Rides to medical and other important appointments
- Senior Support Workers – Practical, customized, responsive in-home support

- Home Help – Help with grocery shopping, housekeeping, meal preparation and outdoor maintenance/yard work/snow removal
- Friendly Visiting – Visits by screened volunteers
- Hospital discharge support – Transportation home, settling in and support after a visit to a hospital or clinic
- Adult Day Programs – A day filled with activities, games, music and crafts
- Caregiver Support Services – Practical supports to reduce the challenges of caregiving
- Information and Referral – Help in navigating the health and social service system

Opportunities to give back to your local community

- A variety of volunteer opportunities are available including:
- Delivering Meals on Wheels
- Driving individuals to medical appointments
- Preparing and serving meals in our dining programs
- Visiting isolated seniors
- Helping with programming in our adult day programs or community programs.

As we celebrate Community Support Month, we extend our heartfelt thanks to our many volunteers, our staff, our community donors and partners, our funders and most importantly the individuals, families and caregivers who continue to place their trust in us. Working together we have been able to support our family members, friends and neighbours to live independently. For more information on services or volunteer opportunities, call 519-664-1900, 519-662-9526 or 1-855-664-1900.

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of Woolwich, Wellesley and Wilmot



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www.communitycareconcepts.ca**

**23 Church St.
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519-662-9526

Are You Suddenly Seeing Dark Spots? Here's What You Should Do!

It isn't a couple of insects following you around. The black spots, squiggly lines and drifting cobweb shapes in your visual field are called floaters.

Thankfully, the sudden appearance of these moving specks in your vision are usually a sign of a normal, harmless, change within the eye. However, new floaters, especially if there are a great number or if they are large in size, could indicate a more serious problem.

What Are Floaters?

The dark spots that you are seeing are caused by a shadow cast onto your retina, which is located at the back wall of the inside of your eye. Over time, proteins in the gel-like fluid that fills the eye, called the vitreous, begin to clump together and move around. These protein lumps block incoming light from reaching the retina, projecting the appearance of a floater in your vision.

What Causes Floaters?

The primary cause of eye floaters is simply the aging process of the vitreous.

However, other conditions can cause an increase in floaters, including:

- Posterior vitreous detachment (PVD)
- Eye infections and inflammation
- Bleeding within the eye
- Retinal tears
- Retinal detachment
- Eye injuries

Are Floaters Normal?

Seeing the occasional floater is normal and nothing more than an annoyance.

But a sudden increase in floaters can indicate a more serious condition that requires immediate attention such as those listed above. Floaters that are accompanied by flashes of light also warrant an urgent phone call to your eye doctor because they could indicate a torn or detached retina which could lead to permanent vision loss, unless treated quickly.

With dilation of your pupils and a thorough assessment of your retina, your optometrist can evaluate the cause of your floaters and recommend a treatment plan for you if necessary.

FAQ: Can eye floaters cause blindness?

Eye floaters themselves cannot cause a person to go blind. However, floaters can signal an underlying sight-threatening condition that can lead to partial vision loss or blindness unless treated promptly. Always discuss any changes in your vision with your local optometrist during your comprehensive eye exam to rule out potentially harmful changes within your eyes.

Will eye floaters go away on their own?

In most cases of mild to moderate floaters, no treatment is needed at all. If nothing serious is causing your floaters, your brain will usually adjust and learn to ignore them. Persistent floaters should be addressed as soon as possible by your optometrist.

Howard Dolman BSc OD

Dolman Eyecare Centre

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Health and Wellness Sessions at Woolwich Community Health Centre

During the fall, Woolwich Community Health Centre is offering a combination of virtual (on zoom), in-person programs/groups and hybrid sessions. Groups meeting in-person will be at 10 Parkside Drive, St. Jacobs or 1401 Queen's Bush Rd., Wellesley. All health and mental health education events are FREE.



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

Session Description	Date	Location
Osteoporosis 101 Unlock the secrets to bone health in our upcoming Osteoporosis 101! Join us for an informative session designed to empower you with essential knowledge about osteoporosis and its prevention. Facilitated by Liz, fitness instructor and Osteoporosis Canada volunteer. Facilitated by: Osteoporosis Canada Volunteer Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222	Monday, October 7th, 2024 1:00 - 3:00 PM	In person & Zoom 10 Parkside Drive St. Jacobs
Resilient Retirement Are you retired or about to retire? How do we transition and experience retirement to the fullest? How do we navigate changes, loss, stress, joys, and challenges in this phase of life? In this workshop, we'll explore current evidence on what helps people thrive during retirement and live a resilient life. We'll also look inside to reflect on what each of us needs in our unique journey to experience retirement in a rich and fulfilling way. With retired physician, Dr. Fred Tudiver and Registered Psychotherapist Jannah Tudiver Facilitated by: Dr. Fred Tudiver & Jannah Tudiver Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222	Tuesday, October 8th, 2024 11:00 AM - 12:00 PM	In person & Zoom 10 Parkside Drive St. Jacobs
Lanark Village Retirement Residence in Kitchener Join Margaret Smith, RPN (Director of Care) and Michael Kramer (Marketing Director) to learn more about the continuum of care offered at Lanark Village retirement residence. A community that has been supporting seniors to age in place for over 35 years. Learn and ask questions about Respite Stays, Independent Living, Assisted Living and Enhanced Care. Leave the workshop with a tote bag filled with goodies! Facilitated by: Lanark Village Retirement Residence Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222	Thursday, October 10th, 2024 2:00 - 3:00 PM	In person & Zoom 10 Parkside Drive St. Jacobs

<p>Canadian Dental Care Plan (CDCP) Information Session</p> <p>Did you know our Wellesley site has a dental team now? Join us at the Woolwich Community Health Centre as we discuss the different programs available for assisting with the cost of dental care, who is eligible, and how to apply.</p> <p>Facilitated by: Margret Gohl</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, October 17th, 2024</p> <p>2:00 - 4:00 PM</p>	<p>In person & Zoom</p> <p>10 Parkside Drive St. Jacobs</p>
<p>Healthy Eating: A Doctor's Perspective</p> <p>With all the different diets out there, what are the one's with the most medical evidence? Why is intermittent fasting now considered unsafe? Who is it safe for? Come learn with Dr. Naik about healthy eating, with a doctor's perspective!</p> <p>Facilitated by: Dr. Neil Naik</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Tuesday, October 31st, 2024</p> <p>1:00 - 2:30 PM</p>	<p>In person & Zoom</p> <p>10 Parkside Drive St. Jacobs</p>
<p>Cancer Screening</p> <p>Join us for a brief yet impactful workshop led by Dr. Neil Naik from the KW4 Ontario Health Team. Discover the importance of regular cancer screening, demystify the process, and empower yourself with knowledge that can make a life-saving difference.</p> <p>Facilitated by: Dr. Neil Naik</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, November 7th, 2024</p> <p>1:00 - 2:30 PM</p>	<p>In person & Zoom</p> <p>10 Parkside Drive St. Jacobs</p>
<p>WATCH YOUR STEP! (FALL PREVENTION MONTH)</p> <p>As we age, the risk of falling increases. However, there are proactive steps you can take to protect yourself. Join us for two informative sessions where we will explore various strategies to enhance your safety and well-being with our physiotherapy team!</p> <p>Session 1: Understanding Your Risk</p> <p>Learn how to conduct a self-assessment to identify potential risks.</p> <p>Session 2: Community Resources and Support</p> <p>Explore available resources within the community. Engage in interactive discussions to enhance your understanding and preparedness.</p> <p>Facilitated by: Bernadette Vanspall, Kenrick Walsh</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Wednesday, November 6th and 13th, 2024</p> <p>2:00 - 3:30 PM</p>	

THANKSGIVING FOOD DRIVE

It's that time of year again when the New Hamburg Firebirds ask for your continued support and be part of the team in their you annual Thanksgiving Food Drive.

Since its inception, the New Hamburg Firebirds' Thanksgiving Game Night, along with the students' and their school's participation, have been able to collect 37,891 lbs of non-perishable food for the shelves of the Wilmot Family Resource Centre.

The New Hamburg Firebirds' Thanksgiving Food Drive's huge success only becomes reality because of the phenomenal help of people in a community that just continues to give. Last year with the Poor Boys Luncheon, the "Early Bird Meet the Players" at both grocery stores, The "Shopping Cart Challenge" from the participating schools and the night of the game, 9,391 lbs. of food as well as over \$3,565.00 in monetary donations were collected!

Unfortunately this year is no different than past years . . . the fact is we are in greater need of your help and support more than ever. Wilmot has a well deserved reputation for its welcoming attitude and kindness. While we don't know what changes and challenges lie in the future, we do know that we are resilient, we can adapt to whatever comes next, and continue to learn from the past. One of the things that make Wilmot such a great place to live is the way residents come together to assist, and support each other if the need presents itself. I see this evidence in every part of the community, especially this time of year.

Our official launch for the New Hamburg Firebirds' Thanksgiving Food Drive will be at the Wilmot Family Centre's Poor Boys Luncheon on Thursday, September 26. The Thanksgiving Food Drive Early Bird Meet the Players will be at both Sobeys and Mackay's NoFrills on Saturday, October 5 from 10 am to 2 pm and of course our main event is the Firebirds' Thanksgiving Friday Night Game on Friday, October 11. The New Hamburg Firebirds always strive to do their best in giving back to the community and this is why we truly need you to be part of our team to help us help the Wilmot Family Resource Centre.

Please give whatever you can and we hope to see everyone at the Thanksgiving Friday Night Game on October 11.

Hopefully we can give everyone a Happy Thanksgiving



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Coffee House Talks is a monthly program adults 55+ in Wilmot or Wellesley townships. Each month provides an opportunity to learn new things, share information and create new relationships!

Refreshments Provided!

Past topics have included gardening, healthy living, financial safety, or hands-on arts and crafts activities!



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Some of my Favourite People – Don't I know it! (Bob the Mechanic)

When I look back on my favorite people, they all have a different story with the same message:

My Uncle Jim & Aunt Mamie, Grandpa Coll, Grandpa & Grandma Parry, Uncle Lyle (just to name a few), and Bob the mechanic.

Bob has been my mechanic for over thirty years. He has taught me a lot about cars, but much more about life.

In all the time that I've known him, I've never seen him lose his temper; and as a younger family man, I remember how hard that was when you're trying to balance family responsibilities and job pressures.

One day, I asked him about it. He told me that the secret was to only work half days.

Half days? I didn't get it. I mean, over the years I have always dropped off my car off to him for repairs by 7AM, took his loaner car and left. I also knew that he and his family worked well into the evenings, as well. He looked at the puzzled expression on my said, "Well, like I said— half days. That's 12 hours isn't it Fred? That Bob... he was the funny one!

He also would like to think another mechanic would treat his wife in the same helpful way. The way he lives his life inspired this bit of prose: *Life, As I Know It*

I met a writer, a fine one who ... earned a couple of MA's and a PhD too.

I listened to him narrate his poems — with a quick turn of phrase or three, admiring his technique, I told him so after the read.

Now having his book, it occurs to me: Is this an 'angry young man'; or is he simply angry?

His words are well chosen and flow like wine ... far beyond anything of mine.

Although, I couldn't write like that— it's just not my scene; with satire and sarcasm running too free?

Tearing things down (Yet, some gave me glee!) it's just not that deep — far within me.

So, I'll stumble along — me and my little game. Building up here, encouraging there too — or is that playing too much the fool?

When you look at all the injustice, it's like a bullet to the head. And though some things won't change, our words must be said.

Yet, the truth I feel, is that we must needs them all — the 'good' guys, the 'bad' guys — and us, most of all.

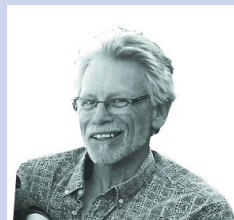
To sing from the same hymn book of life, you and me, although the world's still beautiful — it's trying hard not to be.

But 'shooting back', one must take care to see, if no one's left standing, then what will be: Maybe not you, and maybe not me, and talk is cheap — surely you must agree?

For lack of rhyme, pentameter ... whatever. Imperfect is all I can be. Born with it, maybe — the best part of me.

And, that's the challenge, (Would you not say?), trying to save a world that others would throw away.

That's the way I figure it. – FP



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

Find him at www.fredparry.ca



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Young Care Givers and Dementia

Ask someone to picture a dementia caregiver. Most people will describe a person in their 40's or 50's caring for their parent with dementia. But not all dementia caregivers look alike. Often children, teenagers, and/or young adults help care for people with dementia. And this is not talked about enough.

The most recent available statistic from 2012 reported that there were 1.25 million young caregivers in Canada. These young caregivers help friends, family, and community members with many different conditions – including dementia. And the number of young caregivers is even higher today.

Young caregivers have a lot going on in their lives. And this can include a lot of emotional, physical, and social challenges – particularly when society at large does not acknowledge that many children, teens, and young adults include caregiving.

It is important for young caregivers to get access to help, information and supports when needed. No matter what the situation your local Alzheimer Society is here to help.

Many young caregivers are at different stages of their lives than older caregivers, and caregiving can have important impacts on their futures.

Young caregivers may have to balance caregiving with attending school. Balancing schoolwork with caregiving can become overwhelming for some. Young caregivers may also miss school or paid work to help with care. This can have negative consequences both financially and professionally. One young caregiver told researchers that she felt “guilt” for not visiting her parent with dementia as much as she wanted, and at times choosing to visit her mom was “a priority above school,” which caused her to not complete schoolwork on time.

Young caregivers may not be able to join social activities. For some, it can be hard to develop and maintain close relationships with friends due to time constraints.

Young caregivers may have to balance providing care to multiple people. For example, they may have young children of their own, while also supporting a grandparent or parent living with dementia.

Some young caregivers have shared that their role puts a “strain on their marriage due to difficulties balancing their commitments.” One young caregiver said, “I visit my mom every night which means my wife does all the parenting of our children.”

Young caregivers may have to adapt their career to their care responsibilities. Some may choose to remain living with or near the person living with dementia. This can cause missed opportunities (education, extracurricular, professional) that would improve their career.

It is so important for young caregivers to feel like they have a community that is supportive.

Alzheimer Society Waterloo Wellington can link you to helpful resources, workshops, counselling, support groups, and more. To learn more about support for young caregivers for people living with dementia call the office at 519-742-1422.

Video link: [But I'm also a Caregiver - Kath Films](#)

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What To Do When You Feel Like Your Power of Attorney is being Misused?

If you suspect that your power of attorney (POA) for property and personal care is being misused, it's crucial to take immediate action. A power of attorney is a legal document that give someone else the authority to make decisions for you. Usually, when you're unable to make decisions yourself. Unfortunately, there are instances where the appointed person may misuse this power for personal gain or neglect their responsibilities.

1. Gather Evidence

Before taking action, gather as much evidence as possible to. This might include financial statements, medical records, or witnesses indicating inappropriate actions, such as unauthorized spending, or neglect in personal care decisions.

2. Seek Legal Assistance

Contact a lawyer or legal aid immediately to explore your options. They can help file formal complaints, initiate legal action, or make new or replacement power of attorney documents for you.

3. Revoke the POA

If abuse is confirmed or if you no longer trust the person named, you can revoke the powers.

You can also choose to name someone else to act in their place instead. To make or revoke a financial POA, you must be mentally capable of understanding what kind of property you have and its value. To make or revoke a POA for personal care, you must be mentally capable of understanding whether your attorney has a genuine concern for your welfare; and that they may need to make decisions on your behalf.

If you revoke a POA document, you should alert anyone who you think might have a copy of the old one, including possibly a bank, investment advisor, care facility, and doctor. Give them a copy of the revocation.

4. Involve Authorities

If financial exploitation or harm is suspected, you may need to report the abuse to local authorities or elder protection services for further investigation.

Manuela Jimenez Bueno is an Associate Lawyer working at GGFI Law 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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The Untold Truth About Hearing Loss at Every Age

Written by Chris Arnold, H.I.S. and Owner of Arnold Hearing Centres

When you think about eyeglasses, what pops into your mind? Probably your own pair, maybe those of friends or family. If you're a bit of a fashionista, you might even think of those stylish frames you saw on a celebrity. But chances are, you don't immediately associate glasses with old age. Now, let's switch gears for a moment. What do you think of when you hear the term "hearing aids"? I'm betting your mind jumps straight to images of older folks.

A Public Relations Problem for Hearing Aids

Here's the thing: more than half of Canadian adults have some form of vision problem, and about 40% deal with hearing loss. Both eyeglasses and hearing aids help us navigate the world by correcting sensory impairments. So why is it that glasses have become a trendy accessory, while hearing aids still carry a bit of a stigma? On average, people wait a whopping seven years from the time they notice a hearing issue to when they actually get tested. Why is that?

Hearing Loss Knows No Age

The truth is, hearing loss isn't just an issue for the elderly. It affects people across all age groups, from babies to seniors, and everyone in between.

Kids and Teens

- **Babies:** Did you know that 4 out of every 1,000 Canadian babies are born with a detectable hearing loss?
- **School-Aged Kids:** Around 1 in 11 Canadian children between 6 and 11 years old have some degree of hearing loss.
- **Teens:** About 1 in 12 Canadian teenagers also experience hearing loss.

Young Adults

The numbers don't improve much as we age. The World Health Organization reports that half of millennials are at risk of hearing loss due to the loud volumes on personal audio devices. And 40% are exposed to dangerous noise levels at concerts and other loud venues.

Adults

- **Middle Age:** Nearly 2 in 5 Canadians between the ages of 20 and 79 have some level of hearing loss.
- **Workplace Noise:** A staggering 42% of Canadians aged 16 to 79 have been exposed to dangerous noise levels at work.
- **Tinnitus:** 42% of Canadians aged 3 to 79 have experienced tinnitus, a ringing or buzzing in the ears, with about 90% of these cases accompanied by hearing loss.

Breaking Down the Stigma

Clearly, hearing loss affects more people than vision problems and spans every age group. Yet, the stigma around hearing aids persists. Only 1 in 5 people who could benefit from hearing aids actually use them. But there's hope on the horizon. A growing online community is working to change perceptions, sharing their stories and experiences to normalize hearing loss and the use of hearing aids.

- **Living With Hearing Loss:** Written by Shari Eberts, this blog aims to change how people view hearing loss.
- **Hearing Loss Live! Podcast:** A podcast where hosts and guests with hearing aids share experiences, tips, and discuss hearing aid technology, stigma, and accessibility.

Continued on page 28

- **Hearing Like Me:** A community platform where people with hearing loss share stories about their experiences using hearing aids and the impact on their lives.
- **The HoH View:** A blog and YouTube channel where a hearing aid user shares personal experiences, tips, and practical advice for living with hearing loss.

Today's Hearing Tech: Sleek, Smart, and Sophisticated

Gone are the days of bulky, beige hearing aids. Today's devices are sleek, discreet, and loaded with tech. They can minimize background noise, enhance speech clarity, and even connect wirelessly to your smartphone. Imagine streaming your favourite playlist or taking a call directly through your hearing aids – all while controlling everything with a simple app on your phone!

Hearing loss isn't just an "old age" issue. It's a common part of life for many people of all ages, and it's time we start treating it that way. By embracing hearing technology, we can improve quality of life, stay connected, and finally put an end to the stigma.

If you're noticing any signs of hearing loss, don't hesitate to seek help. The expert hearing care professionals at Arnold Hearing Centres in New Hamburg and Elmira are ready to discuss your hearing health and find the best solutions tailored to your needs. Contact us today and take the first step toward better hearing!

Arnold Hearing Centres New Hamburg
3 Waterloo Street (inside the Affinity Health Clinic)
(519) 662-3277
newhamburg@arnoldhearing.ca

Arnold Hearing Centres Elmira
315 Arthur Street South
(519) 669-3131
elmira@arnoldhearing.ca

We also have locations in Kitchener, Waterloo, Simcoe and Guelph. See our website for more information, www.arnoldhearing.ca.

Sources: Labrie Y. *Eye Care in the Private Sector: Innovation at the Service of Patients*. Accessed March 12, 2019. Canadian Hearing Society. **Facts and Figures**. Accessed March 12, 2019. Statistics Canada. *Health Fact Sheets: Hearing Loss of Canadians, 2012 to 2015*. Hearing Loss Association of America. **Hearing Loss Facts and Statistics**. Accessed March 6, 2019.





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Emily Giau, Audiologist

Emily has extensive experience working with older adults which has led her into the hearing care industry for the last 5 years. As an audiologist, Emily has mainly worked in private practice settings and has traveled to retirement, long-term care and personal residences to provide exceptional hearing health care.

Education:

Bachelor of Science in Honours Health Studies/Aging Studies Option – Psychology Minor (University of Waterloo)
Master of Clinical Science in Audiology (University of Western Ontario)

Selina Mauro, H.I.S

Selina has 10 years of experience in the hearing industry as a Hearing Instrument Specialist and has also been certified in ear wax removal for 10 years as well. Selina also has experience working directly at a hearing aid manufacturer doing audiology support and training for all of Canada. Working as direct sales and training support for clinics traveling all over Ontario.

Education:

Bachelor of Science in Biology/Psychology
Trent University
H.I.S. Diploma Conestoga College

CONTACT US

If you or a loved one requires support with their hearing health or hearing devices or want to start their journey to better hearing, we are here to help.

Elmira:

(519) 669-3131
elmira@arnoldhearing.ca
315 Arthur Street South, Unit E3
Elmira, ON, N3B 3L5

New Hamburg:

519-662-3277
newhamburg@arnoldhearing.ca
3 Waterloo St. New Hamburg, ON N3A 1S3
(Inside the Affinity Health Clinic)



Smoke and CO Alarms

for People who are Deaf or Hard of Hearing

Working smoke and carbon monoxide (CO) alarms save lives. People who are deaf or hard of hearing may not be able to depend on typical alarms to let them know there is danger.

There are special alarms and devices to ensure everyone can be alerted in case of fire or high CO levels.

- ▶ When the smoke alarm sounds, strobe lights flash to alert people who are deaf or hard of hearing of a possible fire when they are awake.
- ▶ When they are asleep, a pillow or bed shaker should be used to wake and alert them to fire conditions so they can escape. This device is activated by the sound of a standard smoke alarm. People who are deaf may find that the shaker paired with a high-intensity strobe light is helpful to wake them.
- ▶ Smoke and CO alarms can be installed that use a low-frequency sound. These will work better to wake a sleeping person who has mild to severe hearing loss.
- ▶ These special devices and alarms can also signal when the battery is low.

Research the different products and select the ones that fit the needs of the people in your home. These can be easily installed without a professional. Products can be found in home improvement stores, online, and on manufacturer websites. Pick devices that are listed by a qualified testing laboratory, which is often disclosed on the product's packaging.

Did You Know?

According to the National Institute of Health, one in eight people in the United States (13 percent, or 30 million) aged 12 years or older has hearing loss in both ears, based on standard hearing examinations.

Smoke Alarms

- ▶ Install smoke alarms in every bedroom, outside each sleeping area, and on every level of the home, including the basement.
- ▶ For the best protection, choose interconnected smoke alarms. When one sounds, they all sound.
- ▶ Test alarms at least once a month using the test button.
- ▶ Replace smoke alarms if they are over 10 years old.

Carbon Monoxide (CO) Alarms

- ▶ Install CO alarms outside each separate sleeping area and on every level of the home. This includes the basement and attic. Do not place alarms near fireplaces or fuel-burning appliances. Check to see what the law is in your community for placement.
- ▶ Replace CO alarms between 5-10 years or as stated in the manufacturer's instructions.

Reduce Your Risk!

Installing both smoke alarms and fire sprinklers reduces the risk of death in a home fire by 82 percent, compared to having neither installed.

Make a Plan

Everyone in the home should know the sounds and signals of the smoke and CO alarms. When the alarm sounds, get outside and stay outside. Have an outside meeting place to make sure that everyone gets out safely. Call 9-1-1 from outside your home from a mobile phone or a trusted neighbor's phone.



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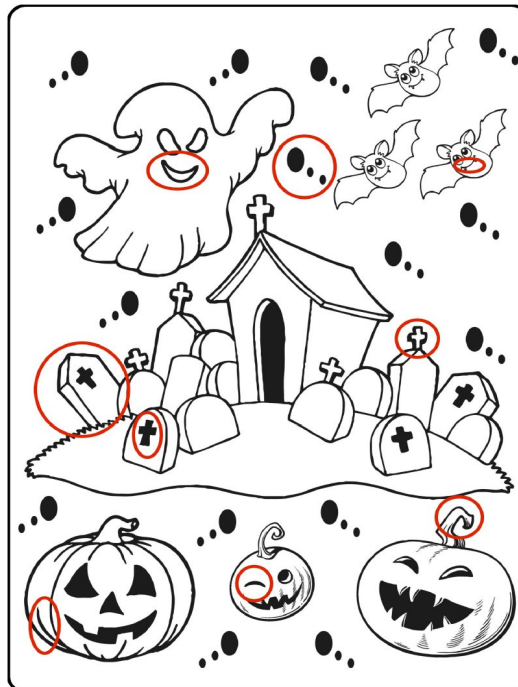
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Solutions

Concentration Puzzle: A foot in the door

Wacky Wordies

1. Blessing in disguise
2. Ante up
3. Big enchilada
4. Chips are down
5. Live high on the hog
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8. Dollar for dollar
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