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EMBRACING CHANGE

VOL. 7 ISSUE 10

JUNE 2025

Feature Business of the Month

COMMUNITY
CARE
CONCEPTS



ON THE COVER:
TCMH RESIDENTS SHARE
THEIR STORIES

OUR TRUSTED
BUSINESS DIRECTORY
LISTING: PAGE 31

COMMUNITY RESOURCE GUIDE
EMPOWERING SENIORS TO EMBRACE THEIR LIMITLESS POTENTIAL

Keep laughing,
keep connecting,
& keep hearing

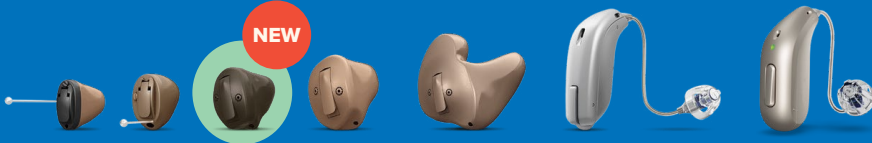
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Voices of Experience: Stories from TCMH Seniors. Pictured Left to Right are Ken Schmidt, Mary Cook, Sanford Bender. Read the full cover story on page 12.

Photo credit and cover story

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LETTER FROM THE EDITOR

June has arrived, and with it comes a double celebration—Seniors Month and Father's Day. It's a great time to pause, reflect, and show appreciation for the incredible people who've shaped our lives and our communities in so many meaningful ways.

Seniors Month is all about recognizing the wisdom, strength, and resilience of older adults. The stories they carry,

the experiences they've lived through, and the kindness they continue to share are truly inspiring. Whether it's through volunteering, caregiving, mentoring, or simply being present for loved ones, seniors continue to be the backbone of so many families and communities. We see you, we appreciate you, and we thank you.

This month, we also take time to celebrate Father's Day—a chance to honour the dads, granddads, stepdads, uncles, and all the father figures who've supported us with love, laughter, and guidance over the years.

I want to take a moment to thank my own dad. He's been one of my biggest supporters—always ready with advice, encouragement, and a helping hand. Each month, he's out there, helping to deliver Embracing Change with steady dedication and heart. He's also a wonderful grandfather, and watching him with his grandkids is one of life's sweetest joys. His patience, warmth, and quiet strength have made a bigger impact than he probably realizes. Thank you, Dad, for all the ways—big and small—that you've helped make this journey possible.

To our wonderful readers: thank you for being part of this community. Your continued support, feedback, and stories are what keep us going and growing. We hope this issue brings you a bit of joy, a few smiles, and maybe even some inspiration as we continue to embrace change together.

Wishing you a sunny and meaningful June!

Tara



The King Edward Hotel

P5084 WHS New Hamburg

Curator, Wellesley Township Heritage and Historical Society

The King Edward Hotel, on the left of the photo, was built in the early 1900s and owned by a list of people including Joseph Harman and Howie Meeker's father. In the summer of 1979, the hotel was gutted by fire. A year later the building was purchased by Riverside Brass and Aluminum Foundry Ltd. for expansion to its Waterloo Street location but was demolished July 10, 1985.

Riverside Brass was a successor to the original Hahn Brass Works on the right of the photo. The Hahn Brass Works began manufacturing brass hinges, pulls and handles for furniture in 1901. Rather than import these items from the United States, Lewis Hahn decided it was a unique opportunity for the New Hamburg factory on Waterloo Street. Buying Canadian was a reality even last century! This building still stands on Waterloo Street and houses the Wilmot Family Resource Centre among other businesses.

Now why are there two images of the photo? Well, if this double 2D image was viewed using a stereoscope, the resulting picture would look almost three-dimensional. These images were popular from the 1850s to the early 20th century.



FEATURE BUSINESS OF THE MONTH: CCC



The month of June provides a wonderful opportunity to profile, recognize and celebrate seniors in communities across Ontario. As a local non-profit that supports seniors across our rural townships of Woolwich, Wellesley and Wilmot to live independently in their own homes and in their communities, Community Care Concepts is incredibly grateful for the many seniors who interact with our organization and enrich our lives on a daily basis, through participation in our programs and services as well as through their contributions as volunteers. We continue to learn, grow and be guided by their experience, their wisdom, their approach to life and their incredible resilience.

In recognizing June as Seniors Month, it is also a great opportunity to encourage seniors to become or remain engaged in their communities and to build solid social connections. We know that for people to age well in the community, there are some key components that must be place – good physical health, good mental health, nutrition and physical exercise. However, the one element which is often overlooked and yet serves as one of the most important protective factors in helping people to age well, is the ability to maintain social connections. Maintaining social connections can look very different for each person. Many seniors have built many components of their life and well-being around these social opportunities, whether it be gathering with friends, attending clubs or activities or volunteering in the community. Others have benefitted from having a smaller circle of contacts that they spend time with or turn to for support. Regardless, the importance of maintaining social connections is a critical and valuable component to aging well.

Many seniors benefit from volunteer opportunities as a way to remain engaged and connected. There are many wonderful volunteer opportunities across multiple organizations in our Townships, including Community Care Concepts. We welcome many volunteers in roles such as delivering Meals on Wheels, driving seniors to medical appointments, friendly visiting with isolated seniors, supporting our community dining programs, assisting in our adult day programs or volunteering on our Board. Many other organizations offer many opportunities for volunteers to contribute to local programs and services, matching their interests and skills with opportunities to have an impact on our local communities. I would encourage you to explore these opportunities. Beyond the direct impact on supporting individuals in our communities, many would say that volunteering provides many personal rewards.

Across communities during the month of June you will witness increased promotion of opportunities to become active and engaged in your community, as many organizations and businesses acknowledge the significance of the month. I would encourage you to explore the many opportunities which are presented.

It is recognized that while many seniors would like to participate in their community, caregiving responsibilities or health limitations impact their ability to participate. As we celebrate Seniors Month we recognize the important role of caregivers as well as the many seniors who place their trust in us to support them to live independently.

On behalf of Community Care Concepts, we acknowledge and honour seniors across our Townships, not only in June but throughout the year! Our communities are so enriched by your presence and contributions!

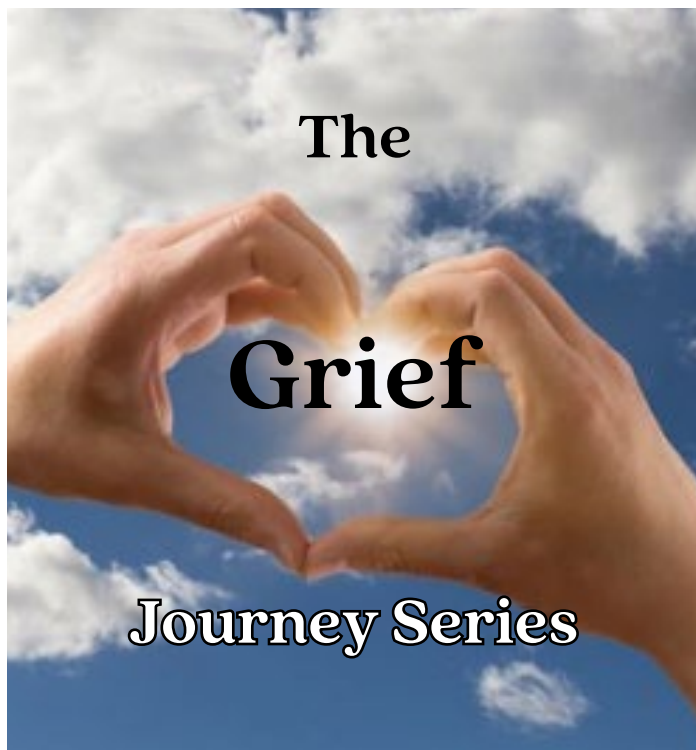
With gratitude,

Cathy Harrington, Executive Director

**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot





By Will Brubacher, Certified Grief Mentor

Anticipatory Grief

Last month we touched on the amazing plethora of universal emotions that we as humans have the potential of experiencing. We actually allow ourselves to feel so little, other than when we are overwhelmed, as in the grip of love, anger, and grief etc.

Emotions play a large part in our lives beyond what we fully understand and appreciate, and just being aware of that, could be a first step toward opening ourselves to recognizing them, possibly learning from them, and seeing life in an entirely new perspective. Yes, they are that significant and powerful.

This time we're going to explore a lesser-known and very common 'grief' that families and care-givers often experience when a loved-one is dying over a period of months or years. Examples would be loved ones with dementia, and also, those with serious life-deteriorating conditions such as some cancers.

The term anticipatory grief literally means someone living in the knowledge of a life slipping away from their loved one, with the emotions that are sparked from having little to no control over being able to do anything to stop the inevitability. This is the role of the caregiver.

The various stages of loss and grief experienced during the care-givers 'end -of- life' journey with a loved-one, does not make the grief experienced after the death any easier, as many people believe. It's a new grief due to the adjustment to different circumstances, and disruption of life patterns of service following the final reality.

One of the reasons for this is that anticipating the onset of death and serving the needs of the dying, is still very different from having to accept it, when the time comes.

What makes anticipatory grief unique is that the dimensions of care are always changing as the condition worsens, and each day can easily have different priorities with a wide range of challenges. In other words, so- called 'good' days and 'bad' days that are completely random and unpredictable.

The care-giver and their dependent have a very special relationship like no other, based on a learning curve that the care-giver has to adapt to on demand. Feelings are complex and run far deeper than most friendships because they are so intimate. This intimacy is beyond words and difficult for those 'outside' this unique relationship to understand, and even more difficult to share.

It's not uncommon for care-givers to take on far more responsibility than they can usually (or should) handle, and in some cases, there's no choice because there's no one else to replace them. There's considerable health risk in being a care-giver.

Moreover, there are sometimes feelings of guilt or reluctance for the care-giver to let go, or lessen their attachment to their role. In this case, the chance of burn-out is very high.

This highly personal relationship of responsibility and closeness can also, and easily lead to criticism, misunderstanding and painful judgment from the 'outside' circle of family.

So, the symptoms of anticipatory grief come from far more than the burden of care for a dying person since it can also affect family relations.

The symptoms of anticipatory grief affecting the care-giver on a daily basis can therefore be caused by a multitude of diverse and complex reasons, from serving the needs of the dependent, to straddling the requirements of the medical community, and the some-times unrealistic expectations of family.

If you know of anyone in this highly stressful role, please tell them or show them that you appreciate all they are doing that is not fully understood and often taken for granted.

Just a telephone call, a card, a small bouquet or offering a precious bit of respite would mean the world to them!

They deserve to know that you care.

Will Brubacher

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~ Talking Pictures ~



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1. Walk & Talk

Looking for a fun way to stay active and connect with others? Join us for a biweekly stroll on local trails in our townships. Open to all ages and abilities, this walking group is a great way to enjoy the outdoors and socialize.

When: *Spring–Fall | Tuesdays, 9:00–10:00 AM*

Where: *Various local trails in St. Jacobs*

2. HOPE 101: How the Four-Letter Word Can Help Us with What's Coming (In Person)

In a world of uncertainty, how can we hold onto hope? Join this inspiring and interactive workshop exploring the power of hope from multiple perspectives—psychological, political, medical, and artistic. Led by Matthew Bailey-Dick, a pastor of the Wellesley Mennonite Church, former educator, and hospice volunteer.

When: *Wednesday, June 11, 2025 | 6:30–8:30 PM*

Where: *Bill Gies Recreation Centre (1401 Queens Bush Rd., Wellesley)*

3. Seniors' Health & Nutrition (In Person & Online)

Join two registered dietitians to learn about the key nutrients needed as we age and how to eat well for better health in later life.

When: *Thursday, June 19, 2025 | 2:30–4:00 PM*

Where: *WCHC, 10 Parkside Dr.*

Online option available

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5 Myths of Dementia



There are many myths and misconceptions surrounding Alzheimer's disease and dementia: what it is, who gets it, and how it affects the people who have it. Not only are they often inaccurate, but they can also affect how we interact with and care for people living with dementia.

Here are some common misconceptions to consider:

Myth #1: Dementia only affects older people.

Reality: Dementia can affect younger people, too.

Dementia is a progressive disease, and research has found that the root causes of dementia can start very early in life. While people over 65 are more likely to get dementia, dementia does impact younger people, too. When this happens, it's known as young onset dementia and can be diagnosed in a person's late forties or early fifties.

Myth #2: Dementia is just a part of getting older.

Reality: Dementia is not a natural part of aging.

Most people do not develop dementia as they age. While we are not sure what exactly causes dementia, we know that certain risk factors and medical conditions (such as diabetes and stroke) can increase the risk of dementia. Some of the risk factors for dementia can be modified, which means they can be changed. Just like other conditions, if we take steps early to manage our risk, then we can reduce our chances of getting dementia.

Myth #3: I'm experiencing memory loss. That means I have dementia.

Reality: Memory loss can be a natural part of aging. It doesn't always mean that you have dementia.

People naturally forget things from time to time. If your memory loss is severe enough that it's affecting your day-to-day abilities and your quality of life, talk to your doctor or a qualified health-care provider as soon as possible. Memory loss isn't the only sign of dementia. Many forms of dementia do not have memory loss as their first symptom. If you're experiencing any unexplained changes in mood, behaviour or ability, talk to your doctor.

Myth #4: Because someone in my family has dementia, I am going to get it too.

Reality: For most people, family genetics do not cause dementia.

While genetics do play a role in the development of some forms of dementia, the majority of people living with dementia do not have a strong, known genetic link. For example, less than 5% of all people living with Alzheimer's disease inherited it through a family member.

Myth #5: If I'm diagnosed with dementia, it means my life is over.

Reality: You can live with dementia and live meaningfully and actively for many years.

Many people diagnosed with dementia have meaningful, active lives for a number of years. They have a sense of purpose and do not feel their lives are over. How do people live well with dementia? Research indicates that making brain-healthy choices can help slow the progression of dementia. Earlier diagnosis and medications also help. While medications may not work well for everyone, they are most effective in the early stages. That's why early diagnosis is important.

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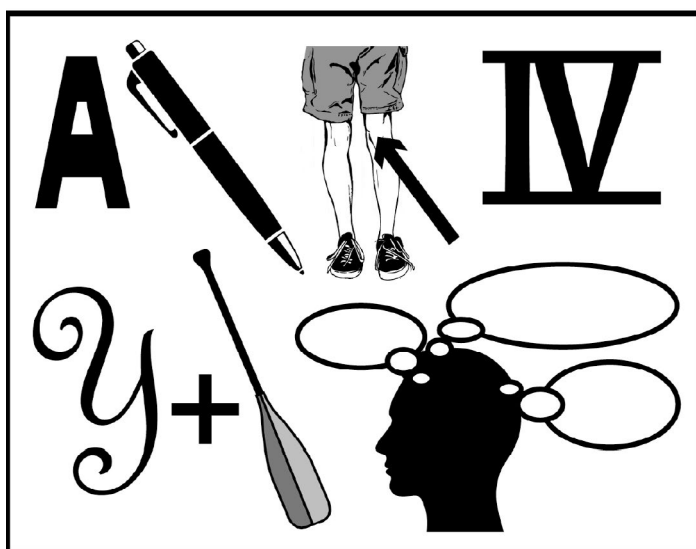


June Puzzles



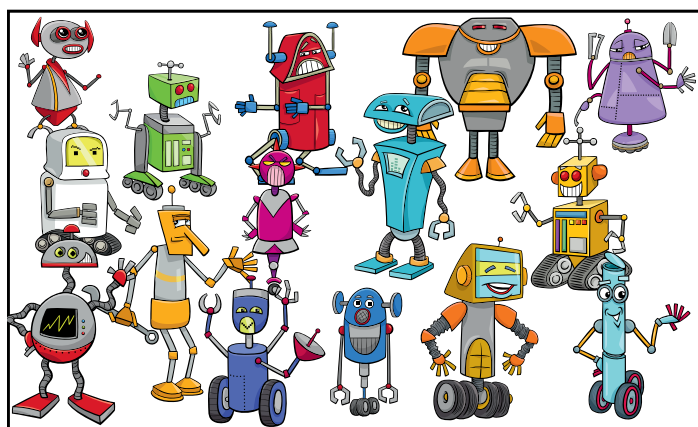
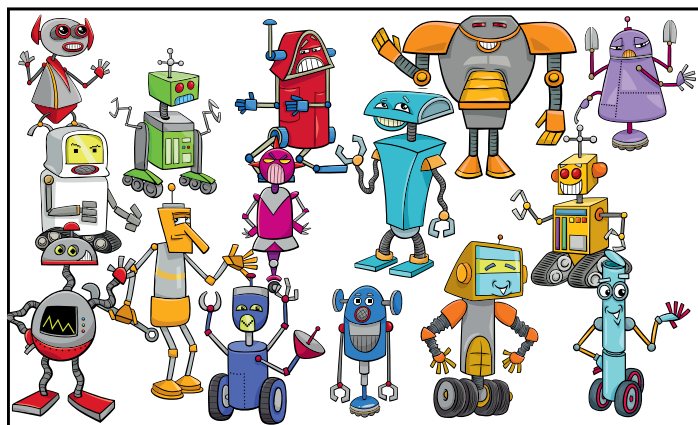
Concentration Puzzle

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

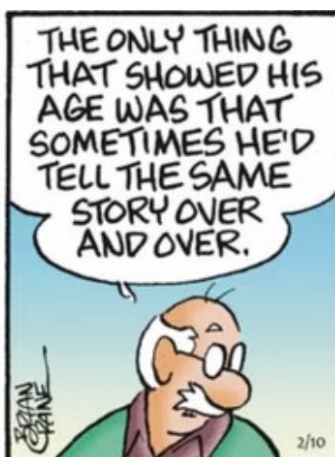


Spot the Difference!

Find 10 differences between the two pictures.



Laughing Matters!



Solutions on page 34

COVER STORY



Voices of Experience: Stories from TCMH Seniors

BY: EMILY SHANNON,
TRI-COUNTY MENNONITE HOMES (TCMH)

There is a wealth of knowledge and experience within the walls of TCMH Nithview Community. As a Seniors campus of care, there are people living independently, while others live in retirement or long-term care. Each has a unique perspective on aging and what it means to be a senior. I was fortunate to have the opportunity to sit and chat with a person from each level of care at Nithview: Sanford Bender from independent living, Mary Cook from retirement assisted living, and Ken Schmidt from long-term care.

Sanford's story starts 8km south of Punky Doodles Corner, where three townships meet on his family's farm. After finishing school and leaving the family farm, Sanford took a job at Canadian Tire in the automotive department, where he worked for 13 years. He also attended University of Waterloo and Conestoga College. He did not receive a degree, but he remembers taking business courses so he could be in charge in any future job he took – which ended up being the case! He worked as a program director, general manager, and sales manager over the course of his career.

Mary also grew up in a rural setting. Once married, she worked as a stay-at-home farmer's wife for many years. Hailing from Wellesley, Mary remembers leaving school after the 10th grade to take a job at the Wellesley branch of Elmira Shirt and Overall. When it closed, she worked in textiles in Kitchener at Forsyth Shirts. But farm life was the bulk of Mary's career. As a young couple, she and her husband worked on her father-in-law's farms until they purchased the farm years later. Eventually, they owned 300 acres of land, and she made all manner of jams, jelly, preserves, and syrups from their farm fresh produce.

Ken was also raised on a farm, but he admits farm life wasn't much for him. He did work on the family farm for a few years after finishing school but quickly moved on to a job making butter. He quipped that there's more dough in bread, so he changed jobs to be a baker at the Weston Bakery where he worked for 15 years. Eventually, he came to New Hamburg when he purchased the Imperial Hotel, which he happily ran for 10 years. Ken's career was varied. His final change was to sell the hotel and take a job in parts delivery where he remained until his retirement.

Each person had a different tale of how they came to live at Nithview. For Ken, he'd been living at Morningside when he had a mini stroke and started falling. His health moved him up on the placement list for long-term care and he moved into Nithview Home within 3 months of his falls. The hardest part of moving into Nithview was the loss of his driver's licence. When he had his stroke, they suspended his licence, and he was not able to get it back due to his age. At 90 years young, Ken keenly felt the loss of independence that comes with driving. Now, he's been at Nithview for 3, almost 4 years, and he jokes that he has a mini car – his mobility scooter.

Mary came to Nithview's retirement home in a very different fashion. 9 years ago, her kids started to mention that she might want to put her name on a list for a place in retirement. She knew she wanted to stay in the area and thought New Hamburg would be a great choice because it's close to her kids. She got a call much sooner than expected and decided to snap up the opportunity so she could make sure she lived where she wanted to, rather than getting stuck somewhere else. Overall, she was ready for the move and didn't have any trouble downsizing into her new home.

Sanford on the other hand put his name on the list for independent living at Nithview and had to

wait a while before he could get in. He lived with his brother while he waited for the ideal unit to become vacant. He hoped he would move here with his wife, however her care needs meant she needed long-term care placement before a space became available at Nithview. She lives at the Elliot House in Guelph now, and Sanford makes the trip twice a week to go see her. About a year and a half ago, a unit opened, and Sanford quickly accepted it. He was ready to downsize and gave nearly two-thirds of his belongings to the thrift store. He doesn't miss any of his old stuff.

When considering moving into a Seniors Campus, each of the three had something different to suggest. Mary mentioned the importance of knowing what you need and if you will have space for your belongings in the new place. She selected her unit because it had good storage options and allowed her to keep her stuff close by. Ken suggested that knowing about the cost of retirement was important. He also thought that knowing about the people who lived there was also useful given they would form a new social circle. Sanford told us that being proactive was the most important part of getting ready to move into a retirement setting. Call regularly and make sure not to miss a chance when it comes by.

Retirement is something to look forward to and each of them did in their own way. For the people out there who are thinking about retirement, the group unanimously said that finances was the most important aspect. Making sure to save enough money to live well is key. Mary added that the only other piece to really consider is what you want to do with your time, then, to go ahead and do it! For Sanford, filling his time meant traveling the world – and he travels still. For Ken, he looked forward to collecting a pension and taking time to relax without worrying about things like mowing the lawn or shoveling snow. And for Mary, she looked forward to feeling like she was eating at the restaurant every day and not having to cook any more.

Ultimately, the stories of Sanford, Mary, and Ken remind us that retirement is not just an end, but a new beginning filled with opportunities to live life to the fullest. Their experiences at Nithview Community highlight the importance of planning, adaptability, and embracing change as we navigate the journey of aging.

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Celebrating Seniors Across our Townships

Proclaimed by the province as Seniors Month, the month of June provides an opportunity to recognize and celebrate seniors in communities across Ontario. As a local non-profit with a mission focused on supporting seniors across our Townships to live independently, Community Care Concepts, is incredibly thankful to the many seniors which interact with our organization and enrich our lives daily. We are forever indebted to the many seniors who volunteer with our organization, opening their hearts and hands to support their friends and neighbours in need. Each year, more than 100 individuals, many whom are seniors, contribute over 8,000 hours to our work. Seniors support our work through driving seniors to medical appointments, delivering Meals on Wheels, preparing and serving meals in our community dining programs, facilitating activities in our adult day programs and active living programs, visiting isolated seniors, helping with community events, serving on our Board of Directors and in many other capacities. Volunteering not only has a direct impact on supporting seniors in our communities, but many volunteers would say, also provides an opportunity for volunteers to gain a sense of purpose and satisfaction through contributing to service to others. We could not do the work that we do and have the impact that we do without the support of our many senior volunteers in our communities.

We are also incredibly thankful to the many seniors who are providing caregiving responsibilities to friends and family. Across Ontario it is estimated that there are 3.3 million caregivers, many whom are seniors, that are providing care for friends and family members. These individuals are often the unsung heroes of our health care system, providing unpaid help with things like personal care and transportation,

reducing demands on other parts of our health care system. While there is no doubt that caring for a friend or family member can be personally rewarding by giving a sense of purpose, pride, self-worth and joy, we also know that caregiving is not without its challenges, causing physical and emotional challenges and sometimes financial and social burden. We salute our senior caregivers across our communities while also encouraging them to reach out to ensure that they are taken care of. Staff at Community Care Concepts are committed to supporting caregivers through respite options such as our Adult Day Programs, our Senior Support Workers, who can step in to help with caregiving responsibilities, our caregiver support programs or our many other services and supports.

Finally, we would like to salute the many seniors in our communities who place their trust in our staff and our organization through inviting us into their homes to allow us to understand their needs and offer support through programs such as Meals on Wheels, transportation to medical and other appointments, homemaking, home help services, visiting, Adult Day Programs, practical in-home support or support in transitioning from hospital to home. Many others are active participants in our social and recreational programs. In addition to the practical support offered, these activities help to keep seniors socially connected and engaged in their communities, key components to aging well in the community. We value our relationship with you and are grateful for the faith that you have placed in us!

On behalf of the staff, board and volunteers of Community Care Concepts, we salute seniors across our Townships, not only in June but throughout the year! For information or access to services or volunteer opportunities, please do not hesitate to contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.

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Local hearing aid wearers are being invited to quite literally change lives, as well as benefit from stepping into brand new high-performing hearing technology, for a significant savings.

Local hearing aid wearers are being invited to do something extraordinary: change someone's life while upgrading to the latest high-performance hearing technology – with significant savings.

Arnold Hearing Centres, the longest-standing independent hearing care provider in the region, has teamed up with the local charity Friends for Life for a mission to Yamasà, an underserved community in the Dominican Republic.

During their trip, a group of hearing care professionals will be testing hearing and fitting donated, professionally reconditioned hearing aids to people who have no access to treatment. These trips are life-changing; both for those receiving hearing aids and those delivering them. In places like Yamasà, something as small as a hearing aid can be the difference between a child receiving an education or being left behind.

The team hopes to help over 200 people in need of better hearing – but they're short on devices. Arnold Hearing Centres has vowed to help them reach their goals.

To help bridge that gap, Arnold Hearing Centres has launched a special trade-in program. Hearing aid wearers are invited to visit their Elmira or New Hamburg location to have their current devices professionally valued.

In return, they'll receive an elevated trade-in credit towards upgrading to groundbreaking 2025 hearing technology. Afterwards, their existing devices will be refurbished and donated to someone in urgent need.



It's a chance to upgrade your hearing and give someone else a life-changing gift; all while enjoying significant savings.

Appointments are now available in Elmira and New Hamburg. If you'd like to get a valuation on your current hearing aids and discover what stepping into new technology – and changing a life – looks like, contact Arnold Hearing Centres today.



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One of the most valuable aspects of my work as a Critical Illness / End of Life Doula is helping people feel informed, empowered, and supported—long before a medical crisis arises.

This month, let's look at two key components of Advance Care Planning in Ontario: **Wills**, and **Powers of Attorney**. This legal documentation ensures that your wishes are known and respected, and they make things easier for the people who care about you.

What Is a Will? ~ a legal document that outlines how you want your property, finances, and possessions to be handled after your death. It also allows you to name:

- An **Estate Trustee** (executor) to carry out your wishes
- A **guardian for any minor children**

Key Points:

- A Will must be signed properly and witnessed to be valid.
- You must be 18 or older (with some exceptions) and mentally capable of understanding what you are doing.
- If you die **without a Will**, Ontario law calls this - died intestate. The Ontario government will distribute your estate according to **provincial law**, which may not reflect your personal wishes.

What Are Powers of Attorney (POA?) ~ are legal documents that give someone you trust the authority to make decisions on your behalf if you're no longer able to.

There are two types of POA in Ontario:

1. **Power of Attorney for Property** ~ handles finances, property, and legal matters. It can be effective immediately or only if you become incapable.

2. **Power of Attorney for Personal Care** ~ covers health care, housing, end-of-life decisions, and more. It comes into effect if you can't make personal decisions yourself.

Why They Matter:

- POAs help avoid court-appointed guardianship.
- You control **who** makes decisions and **how** they're made.

It's important to get in the habit of updating your documents after major life events like marriage, divorce, or a new diagnosis. Consider reviewing them each year on your birthday or other significant date.

It is also very important to store all documents in a safe but accessible place (e.g., with your lawyer or in a fireproof safe. Let your Executor and POA know where the documents are. You may also consider providing a copy of the documents to them.

Note: Check with your lawyer to confirm whether they will retain a copy of your Will. While many do so as a professional courtesy, **lawyers are not legally required** to keep Wills on file.

Coming Next Month: Body Disposition

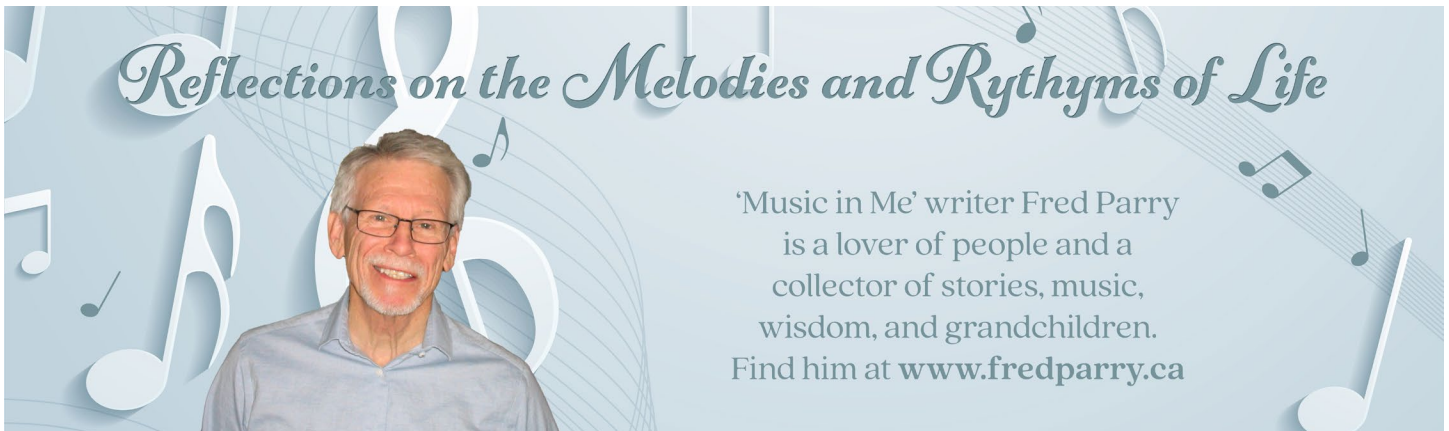
An important part of end-of-life planning is deciding how you want your body to be cared for after death. Today, we have more options than ever before—including newer methods like **aquamation (alkaline hydrolysis)**—that are shaping how we approach this final step.

We'll explore the available options, legal considerations in Ontario, and how to communicate your wishes clearly with those who will be carrying them out.

If you'd like to connect about any of the topics covered here please feel free to reach out:

E: sPhillips5519@gmail.com W: www.suephillips.ca

"The end of life deserves as much beauty, care and respect as the beginning" ... Anonymous



'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

The Music in Me Here, There & Everywhere

I love writing stories about genuine individuals who live out their lives with purpose. These people increase my responsibility to give them proper recognition—like a portrait artist who captures the spirit, as well as the image of his subjects.

Now, as I'm reading this, a request to reprint a story of mine (The Power of One) —originally written almost a decade earlier—just chimed into my email from a long-time publisher of my work. I kid you not! Wow... the things that make you go hmmm!

What are the odds of having this re-appear at the same time I'm writing about the quality of my current work? As I read it again, I can honestly say the original intention has stood the test of time... at least my time.

So, I ask myself: am I maintaining and increasing my link to that same standard, today? It's like being reminded of the bigger picture. As President Abraham Lincoln said, "I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go."

So, why would anyone rush the process when so much of it is out of our hands? Is this about self-revival?

Sometimes I feel that I should write faster and produce more. But then I would have to deal with personal disappointment if the piece didn't measure up to my own standards: get good; then fast.

My blog stories also has appeared in various publications including 'The Morcom Report and Laffs' by Editor / Publisher, Pat Moauro.

When I reached out about this, he graciously responded with words of wisdom, saying "We often are our own harshest critic—never quite satisfied... one's writing is never 'finished'—we can always improve."

Paraphrasing Ernest Hemingway, Pat added, "Easy reading is hard writing."

Leonard Cohen also advised against perfectionism... waiting for our perfect offering. Plus, everyone must deal with deadlines which leaves me wondering... do I lose something by rushing?

Or, maybe, the sparse time allowance is a blessing since it forces me to more efficiently produce my 500+ words per stories – so well they're still acceptable by offering something of value. If so, every word must help make the main thing, the main thing: nothing wasted

A seasoned author once asked me if anything can be said in just 500 words? I said I didn't know, but it takes all my time.

Abe Lincoln wrote the Gettysburg Address in roughly 300 words; John Lennon wrote his defining song "Imagine" in approximately 130 words (plus creating the song!)

Maybe it isn't fair to compare myself to pure genius, but their example shows how you can learn to say more with less—be it plain hard work or catching lightning in a bottle.

In the end, love must be the greatest hit of all... we're always coming back for more: here, there and everywhere.

That's the way I figure it. – by Fred Parry

Medication Management Made Simple

Schlegel-UW Research Institute for Aging (RIA)

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert recommendations to simplify the process and improve medication safety for older adults.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects or allergic reactions and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs

- Swallowing pills
- Reading medication labels
- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

- Does this interact with any medications or supplements I take?
- What side effects should I watch for?
- When will I start to feel its effects?
- What time of day should I take it, and should it be taken with food?
- How should I stop taking it safely?
- How often will I need a refill?
- What happens if I miss a dose?
- Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become a safer and more manageable part of daily life.

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Tips for Managing your Medications

Checklist of questions to ask when being prescribed a new medication:

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|--|--|
| <input type="checkbox"/> What is the brand and common name of the medication? | <input type="checkbox"/> What should I expect from it and by when? |
| <input type="checkbox"/> Why is it being prescribed? | <input type="checkbox"/> What side effects should I look for? |
| <input type="checkbox"/> How long should I be taking it for? | <input type="checkbox"/> What should I do if I experience side effects? |
| <input type="checkbox"/> How many times should I take it in a day? | <input type="checkbox"/> Does it interfere with anything I am taking right now? |
| <input type="checkbox"/> When in the day should I take it? | <input type="checkbox"/> When should I stop taking it? |
| <input type="checkbox"/> How many pills should I be taking at any one time? | <input type="checkbox"/> How should I stop taking it? |
| <input type="checkbox"/> Should the medication be taken with food? | <input type="checkbox"/> What should I do if I forget to take a dose? |
| <input type="checkbox"/> Is there a food or supplement I should not take it with? | <input type="checkbox"/> Do I need refills? |
| <input type="checkbox"/> How do I store my medication? | <input type="checkbox"/> Is there anything I should or should not do while taking the medicine (for example, driving)? |
| <input type="checkbox"/> What should I do if I am travelling with this medication? | |

Inter-generational Family Conflict

Written by: Will Brubacher

Part One: Choosing your Powers of Attorney Should Never be a Popularity Contest

Be sure to always keep your Powers of Attorney options open because circumstances can change when you least expect it, and you always want to retain the right to change your mind, and review your choices from time to time. Also, it's wise to make that clear to your family; so they don't ever think it's written in stone and take it for granted. Remember, the rights you're granting are 100 % legally binding as soon as the papers are signed, until you choose otherwise, possibly later (in sound mind)!

Last month we talked about the importance of being very clear and honest about your personal needs and wants with your family, regarding those times when you are unable to make those significant life and death decisions yourself, for example, if you're in a coma, or too sick to think clearly etc. This advanced knowledge goes a long way in helping your family to know what to do on your behalf should the time ever come, and gives both them and you the peace of mind knowing that your wishes will be met in those dire circumstances.

Today's subject about Powers of Attorney is one of the most serious and consequential issues in estate planning, and an unfortunate common cause of family conflict later in life.

I'm going to be blunt about this matter, because the potential for making major critical mistakes is higher than you wish to know, and the later, combined cost in money, time and energy is higher than you could ever imagine.

Nothing can affect intergenerational relations more deeply, and profoundly than the two highly sensitive and complex subjects of: control and money over your personal affairs.

The choice should never be a 'popularity contest'.



That cautionary caveat may come as a shock, and only because it's the biggest pitfall that most senior parents can most innocently fall into, both naturally and blindly.

And it happens with predictable regularity which is the reason for my warning, and bringing it to your attention. Even if you've already made your choices and feel confident that nothing can go wrong, it's still worth keeping your mind and options open.

Case in point: I recently referred an estate case to a Family Law lawyer. Out of curiosity I asked how much of her business is related to battles over Powers of Attorney rights being abused. Her immediate response was that those were the most common.

I asked her how long such cases generally took to settle, and at what cost? Her short answer was at least 3 years and roughly around \$35,000. on average.

That response was about to be tested. You may wish to know the issues that were being turned over to her and why.

The relationship was between a father and his two middle-aged daughters. Initially, the father assigned his POA's to both daughters, ostensibly on good terms with each other. One lived in the same neighbourhood as him, and could drop in to the house when needed, which was handy.

The other lived in a town close by, and dropped in when needed, otherwise, generally on weekends.

Later, the father's mind was changed by the daughter living in his neighbourhood who gave her full rights of his Powers of Attorney. He did not inform the other daughter at the time, which he said would have complicated things unnecessarily. He hated confrontation.

There was a family cottage used more by the neighbourhood daughter and her family. Its use became an issue of disagreement between the two daughters at which point the fact that the one daughter no longer had the same 'rights' as the other came to light.

This surprise inequality seriously fractured the previously unquestioned trust in the family and the father contacted a family mediator to try to resolve the issue on his behalf.

The mediator started meeting with the sisters and was continually faced with delays and excuses regarding the discussion of a number of significant issues. When he went to the father for assistance, the father was reluctant to get between his daughters, loving them both, expecting them to work it out between them, naturally, with the mediator's guidance.

By this time, ulterior motives became evident, and co-operation between the sisters fell away. The case finally came to an unresolved close with the father still unwilling to intervene.

Meanwhile, the daughter living in the town close by, got in touch with the mediator to seek his personal counsel since he was already familiar with the issues though no longer officially engaged by the father.

The mediator suggested a few confidential strategies to try to restore the previous relationship between the sisters, hoping they might lead to re-opening reasonable negotiation between the two.

However, by this time, the daughter with full POA rights, controlled the 'balance of power'. She knew it, and therefore didn't have to co-operate.

Time went by, and the case was shelved.

Later, the mediator got a call from his former confidential client telling him that her sister was stealing money from their father and that she was intending to put the cottage up for sale – and buying it herself from the estate.

By this time, the father's physical health was seriously deteriorating, and he was developing dementia.

The situation was getting worse with lessons that should have been learned earlier left to unfold on their own.

Could anything change the outcome?

More about this interesting and intricate case next month...

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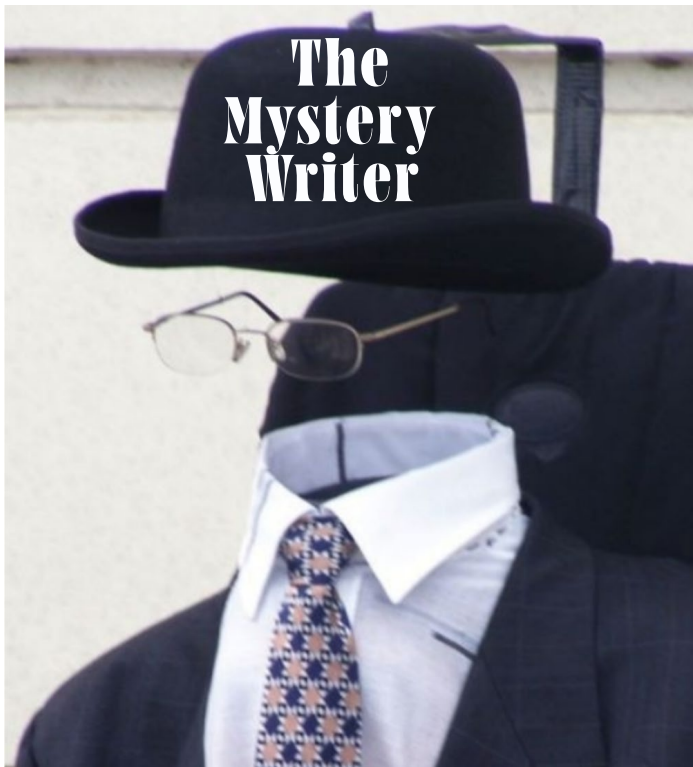
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Born to ride... What kid doesn't think he was 'born to ride?'

Well not me, that's for sure, because as soon as I laid eyes on my friend speeding past me on his new red bicycle, I knew I had to have one too.

But not so fast. Both of my parents worked two jobs and those were the days, you didn't get what you wanted when you wanted it, and you didn't borrow to buy something sooner than you could afford it. I'm sure you remember.

Since, I was too young to work. All I could do was dream, that is, until that day, I saw a bike just lying on the ground outside a friend's house (just waiting to be taken for a ride ...by someone...) and can first recall falling prey to the temptation of rationalizing/justifying my actions.

Next thing I knew I was on the bike, wobbling up the street, doing my best to balance it – better than I expected, if weaving from one side of the road to the other without falling off, was any indication.

However, sooner than I had expected I had gone farther than I had planned, and suddenly was approaching a main intersection with a bus coming straight at me.

I can still see myself in my mind's eye, splayed on the ground, looking up at the front fender of the bus inches from my head, lost in the cacophony of cars encircling me, horns blaring their guts out!

And that's where my memory fades out. Fortunately, in some cases, we develop amnesia for certain critically embarrassing events in our lives to protect us from (having to relive them endlessly. re-living every last painful detail.

I had since graduated to 4-wheel vehicles, and gotten over my rather juvenile, 'born to ride' mentality, until about 70 years later....

And I'm sure many of you, especially the men, can relate to the natural phenomenon of being repossessed by our younger 'state of mind' that makes us believe we're much younger than we are.

And of course, we have to do things to prove it to ourselves and others, until we learn better. And hopefully we don't kill ourselves in the meantime! Which I suppose is why we have 'wives', to protect us from ourselves.

Ok, I still fall prey to random temptations from time to time...; so, they were asking residents in our building to claim any bikes from the growing collection that were being stored in the basement garage, and in the end there were a number left over, for anyone who wished to take them.

Since I was never a man to pass up a good opportunity or two, or '3 for the price of 1', I gratefully claimed one of the bikes.

It had flat tires and looked 'worn' – or should I say 'ridden', but it was FREE!

What could I lose?

Of course, I needed to get the bike 'road-worthy' if I was going to re-learn (at my age) how to ride it, and \$28.50 later, with freshly pumped up tires, I felt like a kid again, who had opened the present he dreamed all year, of getting for Christmas.

Naturally, part of the thrill of discovering bargains is asking someone what it's worth.

The service guy looked at me somewhat apologetically and said, "Well for a 35 year old bike, I'm sure you got a deal." Silence. And that was enough for me to know that I had lucked out and got a 'steal'. (You see, I'm an optimist.)

SO I tried it out as soon as I got home, and wouldn't you know it, fell. Well, I just scraped my arm a bit – not enough to dampen my spirit. It just gave me all the more incentive to get back on, and push off a little harder....

Well, that was good, though still a bit reckless, and enough for that day, while I could still walk. I'd be back!

Now at my 'enhanced' age, I have learned some common sense, and not wanting to fall again, unprotected, I decided I needed to buy a helmet from Amazon – and then, some elbow pads – knee pads, hand pads and a pair of pant 'guards'. I'd definitely be 'damn' Good to go! Born to ride!!

Next day, my new gear arrived, and I quickly put them on, then fully 'bubble-wrapped', strutted into the kitchen to show off my new – younger self.

Naturally, I scared the 'bejesus' out of my wife, who had no idea what I had been up to, let alone able to stop it!

Well, after such off-colourful comments as "Are you crazy?", "You'll deserve whatever happens to you, you know!" and "What got into you, at your age", I no longer felt as young as I had.

But, being the adult I am, I felt even more determined!

Now that was just a few days ago, and I'll have to up-date you as to my new 'adventures', which I'm sure there will be plenty of.

Hopefully you won't be reading about any of them on the front page of the newspaper.

Born to Ride!

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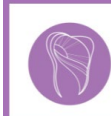
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How Does a Separation Impact your Estate Planning?

Clients that have separated from a married or common law spouse will occasionally ask us to include in their Wills wording along the following lines:

“My former spouse, [Name], shall not, for any reason, receive any funds, resources or possessions belonging to me or my estate.”

However, a Will cannot eliminate a former spouse's claims against your assets and estate. The best way to conclusively deal with claims by a former spouse against you or your assets (including your estate) is through a Separation Agreement.

Absent a Separation Agreement, a former spouse can remain entitled to your assets and/or estate as follows:

Your former married spouse may be entitled to make a claim against your estate for equalization of net family property.*

Similarly, a former common law spouse may be entitled to make a trust claim against your estate.*

Your former common law or married spouse may be entitled to make a dependent's relief claim against your estate, particularly if you were paying support during your lifetime.

Note also that a Separation Agreement can provide that you are obligated to maintain your former spouse as the designated beneficiary of your pension and/or specified insurance policies.

Upon separation from a married or common law spouse, it is important to seek the advice of a family law lawyer regarding a Separation Agreement.

When making plans for your estate, it is important to advise your estate planning lawyer of your past relationships, how they concluded and the family law agreements, if any, that were put in place to address the end of the relationship.

*Subject to applicable limitation periods

Carly Bauman and Rachel Lenaghan are Associate Lawyers working at GGFI Law LLP, with offices in Kitchener (519-579-4300), New Hamburg (519-662-2000) and Waterdown (905-689-6869).

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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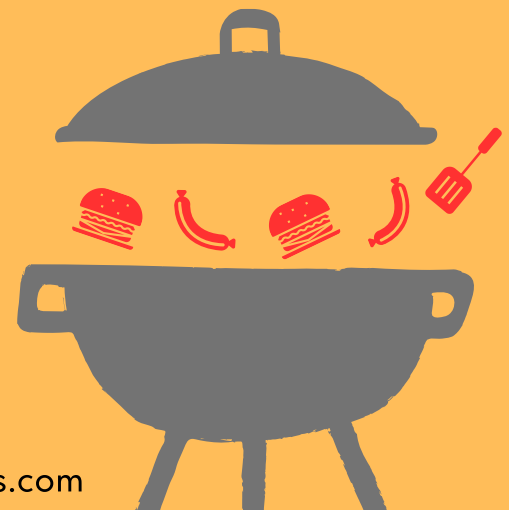
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Remembering Loved Ones on Special Days

Holidays and special days can be challenging and stressful, especially when grieving the death of a loved one. They stir up memories, evoke powerful feelings and emotions, and can leave us feeling very disoriented.

Mother's Day and Father's Day can be extremely difficult. These suggestions are intended to provide some tips, ideas or "food for thought" on how to cope with these special days.

As grief is unique to each person, some of these suggestions will work, others may not work so well. This is a time where you get to experiment and begin to determine what works best for you.

It's important to remember not to compare your grief to others because it won't be the same. As well, be sure to treat yourself with patience and kindness throughout this time.

Remember...

- Not everyone will approach these special family honouring days with fondness or positive memories.
- Regardless of the relationship to their parent, this day may activate some strong emotions and thoughts, memories, and that's okay.
- Strong emotions are just that – emotions. They are not a sign of weakness, or not "dealing well" with grief. They will come and go and over time, they will lessen in their intensity.

If Your Parent Has Died

- As with all special days, it's good to make a plan, even if the plan is to do nothing.
- Expect to have emotions and lean into them when they arise – this is healthy.
- Have a "plan B" in case you change your mind about plan A that day.
- You might want to honour your parent on that day. It doesn't have to be elaborate; it could be as simple as lighting a candle with their picture beside it for the day. Or it could be preparing or ordering a favourite meal or dessert.
- Talk about your parent to others. Let them know you'd like to hear their memories if

this would bring comfort. Remember that memories are bitter-sweet, bitter in that your parent has died and sweet because you have memories of them.

- If your relationship to your parent was difficult you may want to not memorialize them and that's okay. Plan to do something that is good for you that day, that will bring some healthy distractions and comfort.

How to Support Someone Who Has Lost a Loved One

- Say their name – people want to hear the name of their person spoken. It reminds them that others are thinking about their person.
- Take time to listen.
- Remember that you don't need to "fix" the person's sadness.
- Acknowledge that this is a hard day for them.
- Remember that the journey of grief is unique for each person. Each will grieve in their own way as well as in their own time.
- Not everyone cries. If the person did not usually cry before their person's death, it's likely they will not cry afterward. This is important to remember as one may tend to think that the person is not "grieving the right way."

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Pharmasave

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519-662-9995

Baden Village Pharmacy | 18 Snyder's Rd. W. #6A

519-214-4000

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chris@futher-franklinfuneralhome.com

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Crime Stoppers
1-800-222-8477

Ontario Poison Centre
1-800-268-9017

Ontario Problem Gambling Helpline
1-888-230-3505

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

Waterloo Wellington LHIN
519-310-2222

Community Care Concepts
519-664-1900

Retirement Homes Regulatory Authority
1-855-275-7472

Elder Abuse Response Team
519-579-4607

Interfaith Community Counselling
519-662-3092

Hospice of Waterloo Region
519-743-4114

Alzheimer Society of Waterloo Wellington
519-742-1422

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Township of Wilmot
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Township of Wellesley
519-699-4611

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- Sobey's New Hamburg (outside magazine stand)
- HearingLife formerly Hemmerich Hearing
- Dolman Eyecare
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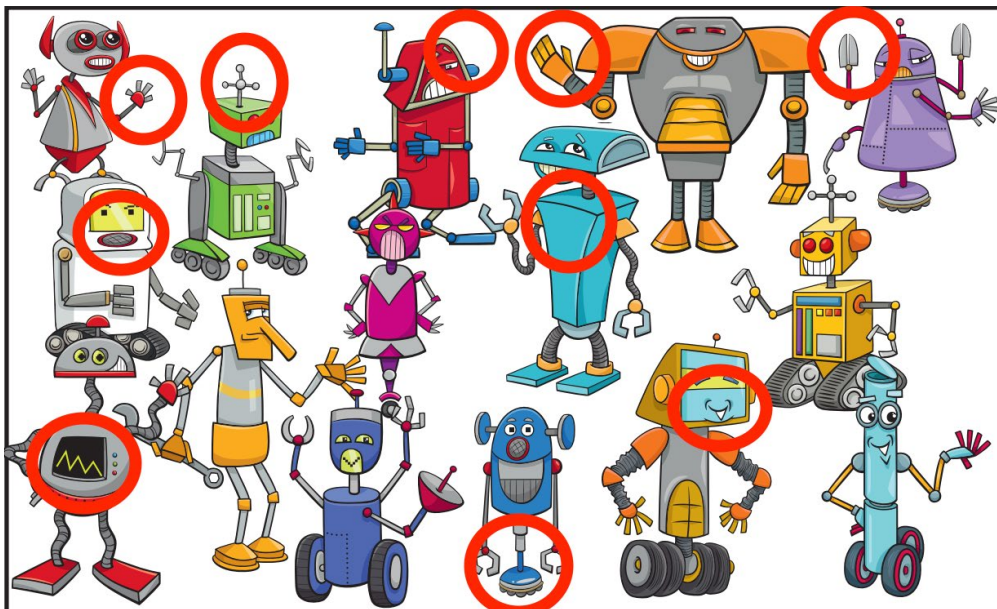
- Schmidtsville Restaurant (outside magazine stand)
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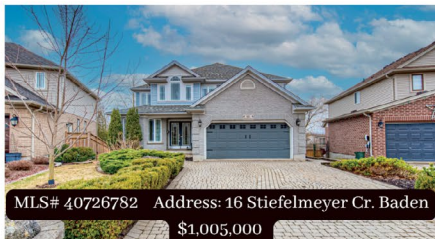
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