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FEATURE BUSINESS OF THE MONTH



ON THE COVER:

Tammy Lee Hauser, founder of Light Haus Living, supports clients through life's transitions with compassionate organizing solutions.



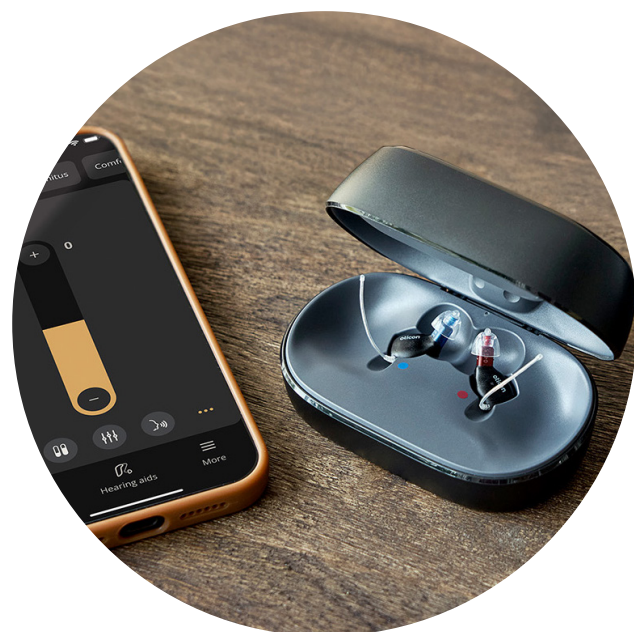
COMMUNITY RESOURCE GUIDE

Empowering older adults to embrace their limitless potential

VOL. 8 ISSUE 11 | JULY 2026



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On The Cover

Tammy Lee Hauser, founder of Light Haus Living, supports clients through life's transitions with compassionate organizing solutions.

See more on how she helps on page 12.

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LETTER FROM THE EDITOR

As we welcome July, many of us look forward to the simple pleasures that make summer such a special time of year. With Canada Day marking the beginning of the month, it's a wonderful opportunity to reflect on the communities we call home, the friendships we've built, and the many experiences that connect us as Canadians.

Summer often encourages us to slow down a little and enjoy the longer days. Whether it's spending time with family, attending a local festival, enjoying an ice cream cone on a warm afternoon, or simply relaxing in the backyard with a good book, this season offers countless opportunities to make meaningful memories.

For older adults, staying active and socially connected during the summer months can have a positive impact on both physical and mental well-being. Consider taking a stroll through a local park, visiting a farmers' market, joining a walking group, attending community events, or inviting a friend for coffee on a patio. Many local libraries, recreation centres, and community organizations also offer programs and activities designed specifically for older adults throughout the summer. Be sure to check out the many different activities and programs that Community Care Concepts and the Woolwich Community Health Centre have to offer.

July is also a great time to explore something new. Perhaps it's learning a new hobby, visiting a nearby town you've never explored, trying your hand at gardening, or volunteering with a local organization. Sometimes the smallest adventures can bring the greatest joy.

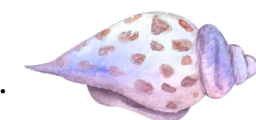
This month, you may notice that Embracing Change has a refreshed look. I would like to extend a special thank you to Jess McLachlan for her creativity and assistance in redesigning our cover. Her fresh perspective has helped give the publication a renewed appearance while maintaining the welcoming feel our readers have come to know and enjoy.

As always, I would like to thank our readers, advertisers, contributors, and distribution volunteers for their continued support of Embracing Change. Your encouragement and involvement help us continue sharing valuable resources, inspiring stories, and local information that matter to older adults throughout our community.

From my family to yours, I wish you a happy Canada Day and a summer filled with laughter, good health, and plenty of reasons to smile. Take time to enjoy the sunshine, connect with those you care about, and embrace all the opportunities this beautiful season has to offer.

Until next month, enjoy every moment of summer.

Tara



FLASHBACK PHOTO

Construction Season: The Excitement of the Wallenstein Bridge

With spring in our rearview, construction season lies ahead!

In 1905, Charles Ottman photographed a site of construction so popular, visitors were taken out to view the building process. The Wallenstein railway bridge was built for the Canadian Pacific Railway. In the early 20th century, railways in Ontario were an essential component to healthy communities. Railway extensions to rural communities like Wallenstein would have tremendous impact on the economic and social health of people who resided within the community. The ability to hop on a train allowed for quicker visits to family and for work, and being connected to the rail was an exciting new chapter for residents.



Construction near the Wallenstein bridge, photograph taken by Charles Ottman

Several issues of the Wellesley Maple Leaf note the excitement over the construction of such a monumental structure resulted in visitors from out of town being brought to the site to witness the construction, and Wellesley residents heading over to the site with a picnic to observe the process themselves. In January of 1905, the newspaper reported that a “Linwood gentleman who was in town” informed reporters that the surveyors on their trip from Wallenstein to Stratford remarked the trip route would be striking for the new railway. The surveying party, led by an engineer, set up shop in Wellesley and later St. Clements as they progressed on their work. By April 13th, the route had been decided upon at council meetings and the Canadian Pacific Railway agreed to commence construction in fall of 1905.

The September 28, 1905 issue of the Maple Leaf noted, “Messrs. C.F. and P. Ottmann, John Schupp and Chas. Koehler, sr., visited the Wallenstein bridge the other day and like everyone else who has seen it they were surprised at the tremendous undertaking.” Pictured in this month’s flashback is a photograph from the WTHHS collection taken by Charles Ottman of the construction in 1905. Construction was completed in 1907, and the route became part of the Guelph and Goderich Railway. In 1988, the route was decommissioned by the Canadian Pacific Railway due to declining ridership. The rails were removed and sold in 1990. Today, the site where the bridge once stood is being considered for construction once more as a pedestrian bridge as part of the Guelph to Goderich Trail.

FEATURE BUSINESS OF THE MONTH: PHARMASAVE - TOWN SQUARE

Summer Wellness Tips

The sun is out and so are you! The bright and sunny outside is a glorious place. However, we should make sure that we are taking care of ourselves out there in the heat. Especially the older we get. We need to remember that our aging bodies should be properly cared for during these bright and shiny days.

To start off your “summer wellness” tips, let’s start with dressing properly. It is time to trade in your warm woolies for flowy shirts and pants. Choosing light and airy clothing is the best decision you can make on summer days. An assortment of these garments can be found right here at the pharmacy in the front shop!

The next tip would be to keep that sun at bay. Yes, soaking up the rays can feel good in the moment. But the next thing you know, you are taking a cold shower to reduce the pain from your less than fun sun burn. Avoiding the sun directly for long periods of time and using your handy dandy Pharmasave sunscreen will save you a lot of time that you may have spent applying aloe (which we also sell by the way). It comes as a lotion or a spray!

Town Square’s next tip is to wear sunglasses! Now, now, not everyone can look like Tom Cruise in their sunnies. But you can sure as heck try! Town Square sells a wide variety of the coolest sunglasses that will have you sippin’ iced tea out back in style! Nothing is better than Foster Grant saving your eyeballs one pair at a time.

To keep up with the extreme heat you will also need to be super hydrated. Good thing our Town Pantry sells only the best of the best when it comes to electrolytes. From flavours such as lemonade, raspberry, and bursts of citrus, you are sure to find a flavour you will love. Adding these to your water can help to increase your water intake throughout the day by adding a little something to your regular, boring water.

Okay, so you are outside, sunnies on your face, hydrated, and you have your sunscreen on. All is well. Or so you thought. All of a sudden a swarm of mosquitoes invades your peaceful oasis. Name something worse than that. I bet you can’t!. If only there was some way to avoid such a scenario. What to do, what to do... oh wait! You must have forgotten that Town Square Pharmacy also stocks an abundance of bug sprays! How handy is that? Your summer is saved! Spray those pesky skeeters’ away and enjoy your summer to its fullest.

Now that we have mentioned a few ways to stay summer safe and unbothered, you can relax on these sunny days with a smile on your face! Town Square has your back. Just do not forget to invite us to your backyard BBQ. We will bring the sauce! (Yep, we sell that too).

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Dilemma Over a Tea Cup

Not having kids of my own, it can be fun for me to get to know the sons and daughters of friends of mine. One such daughter I'm thinking of is a young woman, still in school, not even yet twenty, in the midst of sorting out all the decisions that occur during those years. Given her stage in life, I was more than a tad surprised when I heard her asking her mother to give her a tea cup; a young woman with important life decisions on her plate, with lots of moves ahead of her, why would she covet ownership of a tea cup? Not a mug mind you, a traditional tea cup with matching saucer.

A young woman wants a tea cup? Hmmm. What if I gave her one of mine? Would it mean the same to her as if her mother gave her the tea cup she was asking for? Or would my tea cup end up in the back of a cupboard and she's too polite to pass it on to Goodwill?

I have a plethora of tea cups. Most of them are antiques from my grandmother and great-aunt's Victorian/Edwardian lifestyle. Rarely do I actually drink tea out of them. I keep my favourites on a dressing table filled with various bits of jewelry, earrings dangling off the edges, necklaces trailing out. It all looks rather decadent.

But how many tea cups do I actually need? I chose one from my collection that I thought this young woman might like. It has a black background similar to the one she wanted. I hesitated. What if it was not the type she wanted? What if it was too old fashioned?

The safer choice would be to just not bother, no? With these sorts of small acts it is so easy to just let it slide. Neither the young woman nor her mother would know that I ever considered the question. To give or not to give? Seriously, what was I risking? Why was I hesitating? Get over yourself.

I wrapped it in tissue paper, put it in a small bag and gave it to her with the caveat she was under no obligation to keep it if it was not to her taste. Which is a nice thing to say—I gave her an out, but really I was still hedging my bets. Such a small thing to get so tangled up in my mind. Good grief.

She was, of course, rather puzzled that I had brought her a gift. But when she reached into the bag, she literally shouted, "Aww, No Way!!" A huge hug followed.

Her spontaneous and genuine response confirmed how foolish I had been to deliberate over such a small thing. Her shout made me laugh and her hug confirmed that my first instinct was right. Sometimes, the things our minds choose to waste time on...



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Wilmot Raises First Seniors' Month Flag

Written by: Scott Dunstall

In December 2024, the province of Ontario legislated the month of June as Seniors month in the province. For the first time, a Seniors' Month flag is flying over the Wilmot Township Municipal Offices in Baden, marking June as a month dedicated to recognizing the contributions seniors have made and continue to make throughout the community.

The flag was raised on June 1st at Castle Kilbride with township staff, Mayor Salonen and councilors Steve Martin and Lillianne Dunstall attending. Mayor Salonen spoke eloquently about the contributions of seniors in Wilmot by saying "it's so important to acknowledge our seniors in our community for everything that they did prior to being senior citizens and now the knowledge carriers that they are today".

Also in attendance were several staff members as well as Cathy Harrington, Executive Director for Community Care Concepts a non for profit organization that covers many programs dedicated to the health and well-being of seniors in Wilmot, Wellesley and Woolwich. She noted "The number of seniors is growing steadily in the communities we serve so the need to support them grows as well. Having something like this flag shines a light on this segment of our population and the contributions they have made and continue to make."

Also present was Tara Held, Publisher of Embracing Change magazine which also serves the senior community and their caregivers in the three townships. She offered her perspective "As the Publisher of Embracing Change, I am grateful to the Township for helping celebrate and recognize the invaluable contributions, resilience, and impact of older adults in our community." The design of the flag itself is a collaboration between Tara and Community Volunteer Scott Dunstall and is an extraction of the Embracing Change logo rising from a flower. The E and C from Embracing Change are embedded in the butterfly wings. And what a perfect phrase to hold as we all make (if we are lucky) this transition in life.

A reflective example of our dynamic seniors community are Ross and Jane Eichler who were invited to attend. He, a former member of the famous New Hamburg Hahns and NHL draft pick, is now a recent President of the New Hamburg Legion and Morningside Homeowners Association. He also plays a vital role in organizing the annual Morningside Terry Fox Walk and is past chair of their annual Summer Games. She, a dynamic force volunteering in Morningside, has also been the key figure in organizing the New Hamburg Legion's yearly Youth Education Program which unites students across the township in submitting poetry and artwork recognizing the sacrifices of our service members. Winning selections are awarded and then submitted for the provincial and national finals. Regarding the flag raising Ross commented "We are grateful to be in attendance today

and for this beautiful flag that represents so many in our township and surrounding areas."

Ward 4 Councillor Lillianne Dunstall, who helped champion the initiative locally, said the flag represents more than a ceremonial gesture. "As Canada's population continues to age, communities are increasingly looking for ways to recognize seniors while also ensuring they have access to programs, services, transportation, social opportunities, and support systems that allow them to remain engaged. This flag may be a simple symbol, but I hope it will become a visible reminder of the gratitude communities feel toward those who helped build them. Not only here but across the province and perhaps the entire country." Dunstall added that letters have been written to provincial representative Mike Harris Junior and federal MP Tim Louis requesting that this flag be tabled to adopt it as a province and countrywide symbol.

As the flag now waves over the municipal offices throughout June, it stands as a reminder that while communities often celebrate youth, innovation, and growth, they are equally built upon the experience, dedication, and service of those who came before.

In Wilmot, Seniors' Month is now flying proudly for all to see.



Mayor Natasha Salonen, Councilors Lillianne Dunstall and Steve Martin, Wilmot Township staff and a number of community volunteers stand by the first ever Seniors Flag raised in the municipality.

Reprinted with permission. This article originally appeared in the Wilmot-Tavistock Gazette in June 2026.



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Wandering and Dementia: Staying Safe During the Warmer Months



As the weather gets warmer and people spend more time outdoors, families caring for someone living with dementia may notice an increased risk of wandering. For people living with Alzheimer's disease and other dementias, wandering is a common behaviour that can happen at any stage of the disease, although it is more common in the middle and later stages.

Wandering occurs because of physical changes in the brain that can affect memory, judgment, orientation, and communication. A person living with dementia may become confused or disoriented, even in familiar places, and may not be able to find their way home if they become lost.

During the spring and summer months, wandering risks can increase. Open doors, warmer temperatures, more time spent outside, and increased activity in neighbourhoods may encourage someone to leave the house unnoticed. Longer daylight hours and disrupted sleep patterns can also contribute to confusion and restlessness.

There are many reasons why a person living with dementia may wander. They may be too hot or uncomfortable, overstimulated by noise or activity, bored, restless, or looking for something familiar. Some people may believe they need to go to work, pick up children, or return to a former home. Others may simply be continuing a lifelong habit of walking regularly.

One of the most common and emotional experiences for caregivers is when a person repeatedly says they want to "go home" - even when they are already home. Often, "home" represents comfort, security, or a time in life that felt familiar and safe. **Rather than correcting or arguing, it can help to respond to the emotion behind the request.** Gentle reassurance,

distraction, reminiscing with photos, offering a snack or tea, or going for a supervised walk may help reduce anxiety.

Helpful strategies to reduce the risk of wandering:

- Identifying patterns or triggers for wandering
- Encouraging regular physical activity to reduce restlessness and agitation
- Keeping items like keys, jackets, or shoes out of sight
- Installing door alarms or motion sensors
- Informing neighbours, local businesses, and nearby family members about the situation
- Reviewing medications with a healthcare provider if confusion or agitation increases

It is also important to be prepared in case a wandering incident occurs. Families are encouraged to complete an identification kit with current photos, medical information, emergency contacts, and places the person may try to visit. A good idea is to register the family member on the **Vulnerable Persons Registry**, at www.vulnerablepersonsregistry.ca. Having this information ready can save valuable time if the person goes missing.

If a person living with dementia wanders away, it is considered an emergency. Caregivers should immediately search nearby areas, contact police by calling 9-1-1, and notify authorities of familiar places the person may try to reach, such as a previous home, workplace, or favourite location.

Caring for someone who wanders can be stressful and emotionally exhausting, but support is available. The Alzheimer Society Waterloo Wellington offers education, resources, and support for families living with dementia. Learn more at www.Alzheimerww.ca.

Soci t  Alzheimer Society
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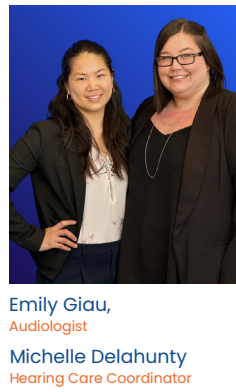
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Would highly recommend this clinic, Jenna is fabulous. She cares, she is patient, she takes her time and goes above and beyond to help clients. I had a very positive experience.

Alberto B.
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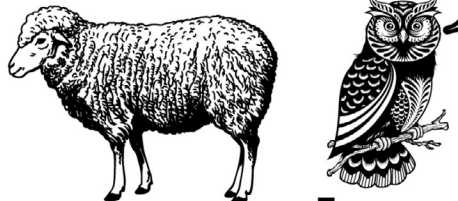
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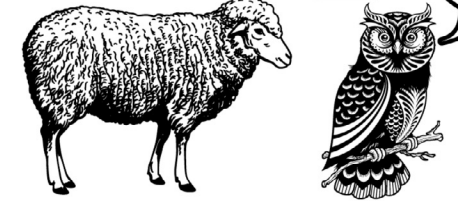
Concentration Puzzle

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

sn + [] + z



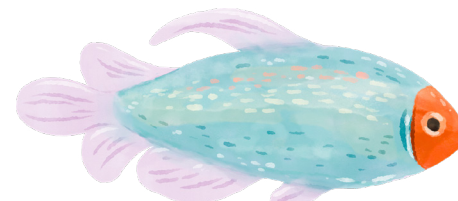
L + [] + z



Sudoku

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

July Puzzles



SPOT THE DIFFERENCE
CAN YOU FIND THE 6 DIFFERENCES BETWEEN THESE TWO IMAGES?

Panel 1: YOU EVER THINK ABOUT WORDS, EARL?
Panel 2: I MEAN, SOMETIMES YOU'LL HEAR A WORD YOU'VE BEEN SAYING YOUR WHOLE LIFE, AND SUDDENLY IT MAKES NO SENSE.
Panel 3: TAKE "RECKLESS," FOR EXAMPLE. WHAT THE HECK IS "RECK"? AND WHY ISN'T THE OPPOSITE OF "RECKLESS" "RECKFUL"?
Panel 4: I AM SO GLAD I DIDN'T WEAR MY HEARING AID TODAY!

Solutions on page 30

 LIGHT HAUS LIVING

Compassionate Organizing for Life's Next Chapter

For many people, change can feel overwhelming. Whether downsizing after retirement, preparing for a move, helping aging parents transition to assisted living, or simply trying to regain control of a cluttered home, life's transitions often come with emotional and physical challenges.

"Tammy helped me create systems to organize the items I was storing in my basement and provided mindset shifts that have helped me maintain those systems. I now have an additional living area/playroom where my children can play safely and independently."

– Light Haus Living Client



Creating Calm Through Organization: How Tammy Lee Hauser is Transforming Lives One Space at a Time

For Tammy Lee Hauser, founder of Light Haus Living, helping people navigate those changes has become both her passion and her purpose.

Based in Waterloo, Tammy Lee has built her business around a simple but powerful belief: an organized home creates peace, clarity, and freedom. Through compassionate organizing services, she helps clients transform not only their physical spaces but also the way they feel in their homes and lives.

More Than Organizing

What sets Light Haus Living apart is Tammy Lee's understanding that clutter is rarely just about "stuff."

"Every item has a story," Tammy Lee explains. "Many of my clients are going through significant life transitions. They're not simply organizing belongings; they're processing memories, making difficult decisions, and embracing a new chapter."

Her work often involves helping seniors and their families navigate downsizing, estate preparation, home organization, and transitions into retirement communities or assisted living residences.

Supporting Seniors Through Change

As people age, maintaining a home can become increasingly challenging. Years of accumulated possessions, changing mobility needs, and emotional attachments can make organizing feel impossible.

Tammy Lee's approach is centered on dignity, respect, and collaboration. Rather than rushing the process, she works

alongside clients, ensuring they feel empowered every step of the way. Families frequently express relief knowing their loved ones are receiving compassionate support during what can often be an emotional time.

"Seniors have incredible stories and experiences," says Tammy Lee. "I consider it a privilege to help preserve what matters most while creating safer, more functional living spaces."

Building a Legacy of Service

Light Haus Living has become known for delivering personalized solutions tailored to each client's unique needs. Whether organizing a single room, preparing a home for sale, or supporting a complete downsizing project with professionalism and care.

What We Offer

- Home organization
- Decluttering services
- Functional storage solutions
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- Lifestyle and routine support
- Personalized organizing systems



Tammy Lee Hauser



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Glaucoma – The Silent Thief of Sight

Glaucoma is one of the leading causes of progressive, permanent vision loss, affecting more than 450,000 Canadians.

Unfortunately, glaucoma is challenging to diagnose in the early stages. 1.7 million Canadians are considered glaucoma suspects.

There are two main types of glaucoma:

Open-Angle Glaucoma and Angle-Closure Glaucoma

Open-angle glaucoma develops slowly. By the time people perceive symptoms, such as peripheral vision loss, they already have severe irreversible optic nerve damage.

In **angle-closure glaucoma** elevated eye pressure damages the optic nerve. This can happen gradually over time or quite suddenly. A sudden increase in eye pressure has the hallmark symptoms of eye pain, redness, and cloudy vision - all at the same time. This is an absolute eye emergency, potentially causing blindness within hours!

Let us sort fact from fiction by debunking the most common glaucoma myths.

MYTH 1: Glaucoma is only caused by abnormally elevated eye pressure.

Measurement of the pressure within the eye is a critical part of a routine eye exam and yet 50% of glaucoma patients have 'normal' eye pressure!

An assessment of the optic nerve appearance and function, including peripheral visual field testing, are critical components of glaucoma diagnosis.

MYTH 2: Glaucoma shows symptoms early on

Open-angle glaucoma has virtually no signs or symptoms until the later stages when permanent vision loss has developed.

Peripheral vision is affected first, and thus you may not recognize vision loss until your vision has become significantly impaired.

MYTH 3: Nothing can be done once you have glaucoma

While there's currently no cure for glaucoma, many effective treatment options exist.

Medicated eye drops, as well as laser and surgical procedures can help protect the optic nerve and slow glaucoma progression.

MYTH 4: You can't prevent glaucoma

Significant vision loss can be prevented if the disease is diagnosed and treated in the early stages. That's why routine comprehensive eye exams which include specialized glaucoma testing are so important.

Newer technology such as OCT imaging (optical coherence tomography) can detect glaucoma-type optic nerve changes many years before damage is observed through a traditional eye exam.

Contact your optometrist to book your comprehensive eye exam today!

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Taking Advantage of the Summer Weather

The arrival of summer brings longer days, sunshine, and an ideal opportunity to get out of the house – especially after a long fall, winter, and spring that we have just experienced! There are many free, or low-cost activities for older adults to enjoy across the Townships:

- **Get out of the house and get moving!** Depending on your abilities, go for a walk, run, or roll around the block. For those that are more adventurous, there are many great walking trails to enjoy. Not only does this get us out of the house but it keeps our mind and body moving. Need support or want company on a walk? There are volunteers who will take a walk with you.
- **Enjoy the warmth of the sun but please use caution!** – Whether it be sitting on a porch or patio, taking a walk, enjoying the beach, or participating in activities, summer provides a great opportunity to get out and enjoy the warmth of the sunshine. Vitamin D provided by the sun often makes us feel better. It has also been proven to be good for our bones and muscles to function while reducing the risk of fractures. However, too much direct exposure to sun and strong UV indexes can create health difficulties. Please wear sunscreen and a hat and try and adjust your hours in the direct sun to avoid the hottest period of the day, from noon to 3 pm.
- **Cool down with a swim!** Whether it be swimming outdoors or enjoying one of our community pools, swimming relaxes the body and is easier on joints than other forms of exercise. Check out public swim sessions or classes offered through our Townships.
- **Create or tend a garden.** Whether it be planting a few flowers in a pot or tending a flower bed, working with soil, and watching plants and gardens grow can be very therapeutic. Need help with gardening? We have programs to help get plants started or to support you as your plants grow!
- **Attend a community event, festival, or the farmer's market.** As the warm weather arrives, there are many activities and community events across our Townships that provide an opportunity to get out amongst others.

- **Participate in free drop-in gentle exercise programs for older adults across our Townships.** Did you know that participating in regular physical activities has been proven to enhance strength and balance while minimizing the risk of falls, one of the leading causes of health decline in older adults? There are several free gentle exercise programs designed especially for older adults across our Townships. Call to determine a location that may be close to you!
- **Attend social and recreational programs for older adults across the Townships.** There are many free or low-cost activities for older adults to enjoy both through our organization and a variety of groups across our Townships. Whether it be playing a game of cards or games, enjoying common interests with others, coffee hours, music or guest speakers, these programs offer a great way to get out, meet others and stay connected to your community.

Summer provides an ideal opportunity to get out of our house and stay active, improving our physical health, keeping us sharp and mentally engaged and connecting with others. However, the heat can sometimes become too much for us. If you are finding that your home is too hot and need support with cooling down, please reach out.

For information on these and other activities, contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.





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Footprints in Time

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

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

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

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

"He earned his love through discipline, a thundering velvet hand

His gentle means of sculpting souls took me years to understand"

– Leader of the Band by Dan Fogelberg

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

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

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

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

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

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

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

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

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

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

fredparry.ca2011

Advance & Comfort Care Planning for Seniors

End of Life Doula: Following the Work That Found Me

Written by Sue Phillips, Serious Illness/End of Life Doula

"When we plan for our senior years & end-of-life journey, we reclaim choice, ease fear, and honour what matters most."



Dear Readers: July 2026

I thought my thirty years as administrative support in the public school system were all I had in me—and quite enough for one working life. After all, I wasn't Jane Fonda with three acts and counting... was I?

As it turns out, I may be closer to that script than I ever imagined.

In 2019, an End-of-Life Doula course found me—seriously, found me. I wasn't looking for it. Or was I?

While scrolling through my iPad, I came across an advertisement for a course focused on supporting people living with serious illness and approaching death. My reaction was immediate.

"I found it!" I practically shouted to my partner. "Found what?" "I think I need to take this course."

I could hardly sleep that night. Why had something I'd never heard of sparked such a profound response? I decided to trust my intuition—something that had taken me years to learn.

By then, I had been retired for three years and was enjoying it. I had more time with family and friends, more time with my partner, and the freedom to travel. A second career wasn't even on my radar.

Yet retirement had followed a difficult ending. My last few years at work left me feeling depleted and disconnected. For a time, I blamed management, co-workers, and workplace culture. Eventually, I realized I also needed to examine my own role in that experience.

I remembered being a younger employee, impatiently wondering when someone older might retire so others could move ahead. Years later, I found myself on the receiving end of that same attitude. It was an uncomfortable but important lesson in perspective.

Looking back now, nearly ten years into retirement and six years into my doula journey, I can see that course arrived exactly when I needed it.

I was the assignment.

The next morning, I called a friend who happened to be the executive director of a hospice.

"Do you think this is something our communities need?" I asked. Her answer was immediate: "Absolutely."

That was all I needed.

I enrolled in the course and signed up to become a hospice visiting volunteer. A few months later, I hung out my doula shingle.

The very same week, COVID shut everything down.

I had only visited one hospice client a handful of times before in-person support stopped. As a new doula, I suddenly couldn't meet people face-to-face.

At hospice, I shifted to serving as a front-desk greeter. Wearing full PPE, we welcomed visitors while navigating heartbreaking restrictions that limited family access to loved ones.

Like many others during that time, I had to adapt.

I built a website, learned Zoom, developed resources, and created virtual opportunities for connection through storytelling, legacy work, and community education. I also joined organizations including the Bereavement Ontario Network, Death Doula Ontario Network, and the End-of-Life Doula Association of Canada, where I continue to find learning, mentorship, and community.

Supporting people facing serious illness, end of life, and grief has become the most meaningful work of my life.

People sometimes question how this work could possibly make me happy.

The answer is simple: being able to provide a safe place for people to land during some of life's most difficult moments is a profound privilege. That support extends not only to the person who is ill, but also to the family and friends surrounding them.

It is truly a circle of care.

Next month: Why are we afraid to talk about death—and what can we do about it?

Who Says You Can't Stay Active as You Get Older?



Who says you can't stay active as you get older? After all, age is just a number. Staying active isn't only about our physical health; it's about maintaining independence and staying connected to our communities.

Whether you are looking to change your routine or help a loved one get more involved, here are a few simple ways to help you stay healthy, social, and active this summer.

Keep Your Body in Motion

Note: Before getting started, be sure to speak to your healthcare provider to ensure physical activity is right for you.

- [Walk at least 30 minutes every day.](#) Be sure to include stair climbing, uphill walking, or faster walking at least 5 days per week.
- Break up long periods of sitting or lying down with a short walk or stretch.
- [Participate in moderate-to-high-intensity strength training for major muscle groups at least twice a week.](#)

Moving Together

- Try painting, singing, reading, or dancing to reduce stress, improve brain function, strengthen your body, and feel more connected to the community.
- [Each week, make an effort to spend time with people and make new friends to keep your brain and social network active.](#)

Keep Your Mind Moving

- Take a different route to the store, complete tasks in a different order, or shift your daily routine to see what you might discover.

- [Watch a movie, visit an art gallery, journal, colour, or dance around the house.](#)
- [Engage in self-care activities to help prevent burnout and reduce stress.](#)

For more tips and resources to help you stay active and connected, visit the-ria.ca/news/26-research-backed-tips-for-aging-well-in-2026.

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Prevent Diabetes Today

Type 2 Diabetes is a condition where your body cannot use or make enough insulin. Over 1 in 3 Canadians live with diabetes or prediabetes – and many don't even know it.

Common Symptoms

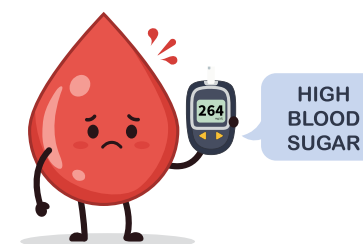
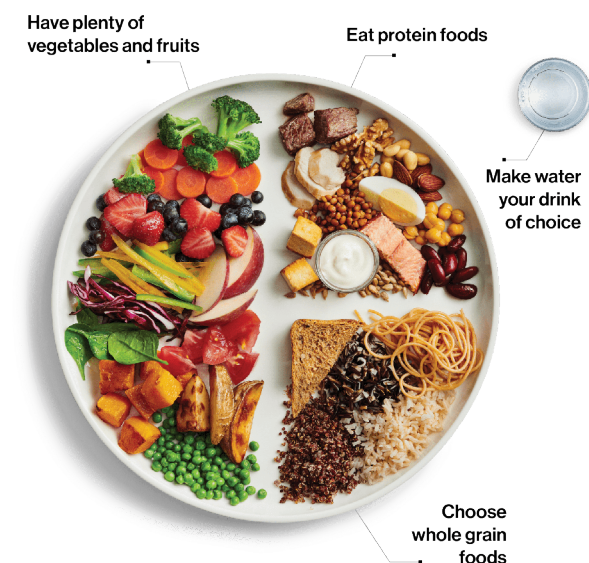
- Unusual thirst and/or frequent urination
- Weight gain or loss
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in hands or feet

Prevention Tips

- Eat a variety of healthy foods
- Stay active – 150 minutes per week
- Maintain a healthy weight
- Limit alcohol and do not smoke
- Get 7-8 hours of restful sleep

Risk Factors

- Prediabetes
- Advanced age
- High cholesterol
- Physical inactivity
- High blood pressure
- Being overweight or obese
- A history of gestational diabetes
- A family history of type 2 diabetes



Global Resources:

Diabetes Canada – www.diabetes.ca
Government of Canada – <https://bit.ly/diabetesgov>

Healthy Living Resources:

24 Hour Movement Guideline – csepguidelines.ca
Canada Food Guide – food-guide.canada.ca/en/

Local Resources:

Self-Management Program – bit.ly/waterloowellington: 866 337-3318
Take Charge Workshop (WaterlooWellington) – <http://bit.ly/45HHZgE>

Take charge of your health before diabetes does!

Talk to your healthcare professional about how to prevent Diabetes.

Keeping You Moving: A Senior's Guide to Healthy Feet

Article provided by: Active Alignment, New Hamburg

Many people believe that foot pain is simply a part of aging. We are here to tell you that this is not true. Staying mobile and pain-free is possible, and it often starts with simple daily habits and timely professional care.

Understanding Common Foot Changes

As we age, our feet change. The natural fat pads that cushion our heels and soles thin out. Skin loses elasticity and becomes drier. These changes, combined with a lifetime of activity, can lead to conditions that make walking uncomfortable or even difficult. Common concerns we see in our clinics include:

Structural Changes: Bunions, hammertoes, and fallen arches can alter how your foot hits the ground.

Painful Pressure Points: Corns and calluses are often your body's way of signaling that your shoes are not providing the right support or fit.

Arthritis and Inflammation: Joint stiffness or conditions like gout can cause sudden, intense pain that limits your activity.

Nail and Skin Issues: Reduced flexibility can make it hard to trim your nails properly, leading to ingrown toenails or fungal infections.

Systemic Indicators: Problems like diabetes or poor circulation can cause numbness, swelling, or slow-healing wounds that require urgent attention.

Daily Tips for Healthy Feet

You can manage many foot concerns at home by making foot care a part of your daily routine.

Perform a Daily Check: Take a few minutes each day to look at your feet. Use a long-handled mirror if you have difficulty bending over. Look for redness, swelling, cuts, or changes in skin color.

Wash and Dry Carefully: Wash your feet daily in lukewarm water. Dry them thoroughly, especially the spaces between your toes, to prevent moisture-related infections.

Moisturize Correctly: Keep your skin healthy with

a daily moisturizer, but avoid applying cream between your toes.

Select Supportive Shoes: Always wear supportive, well-fitting shoes, even inside the house. Avoid walking barefoot or in slippers that lack heel support or grip.

Trim Nails Properly: Trim your toenails straight across. If you cannot reach them comfortably or if your nails are thickened, seek help rather than risking an injury.

When to See a Professional

If you experience persistent pain, limited mobility, or notice a wound that does not heal within 24 to 48 hours, it is time to call a professional. At Active Alignment, our specialists provide a range of clinical services to get you back on your feet:

Professional Nail and Skin Care: Our foot care nurses safely manage corns, calluses, and difficult toenails using sterilized, medical-grade tools.

Biomechanical Assessments: Our pedorthists analyze your gait and posture to identify why your feet are experiencing pressure or pain.

Custom Orthotics: When your feet need extra support, we can design custom orthotics to correct your alignment and offload pressure points.

Diabetic Foot Screenings: We provide specialized monitoring for those with diabetes to prevent complications before they start.

Footwear Guidance: We can help you select the right shoes that provide the proper depth, width, and stability for your specific foot shape.

Let Us Help You Stay Active

Your feet carry you through every day of your life. They deserve the best care possible. If you are experiencing discomfort or simply want to ensure your feet stay healthy as you age, the team at Active Alignment is here to support you.

Stay tuned for our next article, where we'll take a deeper dive into specific foot care topics and explore practical strategies to help keep your feet healthy, strong, and functioning at their best.

Online Dating & Romance Scams

Tips for Seniors

(Infographic)



Romance fraudsters use dating and social networking sites to contact their victims. They create accounts using stolen photos and back stories that often suggest they work in the military, overseas or in business. They profess their love to gain victims' trust and, eventually their money.



What are the signs?

Beware of:

- 01 Profiles that seem too perfect.
- 02 Someone you haven't met in person professes their love to you.
- 03 People who claim to be wealthy, but need to borrow money.
- 04 Any attempts to meet in person get cancelled.
- 05 A person who discourages you from talking about them to friends & family.

What to do:

- **Slow down.** Don't send money or invest with someone you just met online and have never seen before in-person.
- **Talk to a trusted friend or family member for their opinion.** A friend or family member can give you valuable, objective feedback.
- **Ask them for a recent photo or do a video call.** If the person is real, they should be open to sharing their real photo with you or by video call.
- **Don't share any compromising material** that can be used to blackmail you.
- **Be very careful** about how much personal information you share on social nets and dating sites.

STATISTICS:



Source: Canadian Anti-Fraud Centre Bulletin (CAFC) - 2024-01-17

For more information

Elder Abuse Prevention Ontario
416-916-6728 | www.eapon.ca
admin@eapon.ca | @EAPreventionON

Sources:

Getsmarteraboutmoney.ca
<https://www.getsmarteraboutmoney.ca>
Government of Canada
www.cyber.gc.ca



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New Hamburg | 519-275-4900

Jim & Tricia Miller

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519-580-5061 | miller@netflash.net

COMMUNITY BUSINESS DIRECTORY

REAL ESTATE

Luke Shantz, Broker

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180 Weber St S. Waterloo ON
519-584-4400 | luke.shantz@outlook.com

Peak Realty Ltd. New Hamburg

Joanna Baechler (Broker) 519-588-2579
Jeff Baechler (Sales Representative) 519-722-6600

The Lambert Group

49 Foundry St. Baden, ON
226-241-9479 | www.lambertgroup.ca

RESTAURANTS

Pizza Arca

98 Peel St, NH | 519-662-2583

Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley | 519-656-2430

Imperial Restaurant

60 Huron St | New Hamburg
519-390-6000 | www.imperialmarketeatery.ca

RETAIL

EasyWear Adaptive Clothing

Mobile Boutique | Cambridge, ON
(888) 908-7177 | Easywearadaptiveclothing.com

Focus Computers

73 Peel St., New Hamburg | 519-662-6720

MCC New Hamburg Thrift Centre

41 Heritage Drive New Hamburg, ON | 519-662-2867

MCC Thrift & Gift

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Sobeys New Hamburg

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

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Waterloo Regional Police Non Emergency
519-570-9777

Crime Stoppers
1-800-222-8477

Ontario Poison Centre
1-800-268-9017

Ontario Problem Gambling Helpline
1-888-230-3505

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

Waterloo Wellington LHIN
519-310-2222

Suicide Crisis Helpline
Call or text 988

Retirement Homes Regulatory Authority
1-855-275-7472

Elder Abuse Response Team
519-579-4607

Interfaith Counselling Centre
519-662-3092

Hospice of Waterloo Region
519-743-4114

Alzheimer Society of Waterloo Wellington
519-742-1422

Senior Safety Line
1-866-299-1011

Township of Wilmot
519-634-8444

Township of Wellesley
519-699-4611

Township of Woolwich
519-699-1647

Region of Waterloo Public Health
519-575-4400

Ontario Caregiver Organization Helpline
1-833-416-2273

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- Sobeys New Hamburg (outside magazine stand)
- HearingLife formerly Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
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- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
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- Heart & Home Creations NH



- McDonalds (outside magazine stand)
- LifeLabs/UltraScran Plaza (outside magazine stand)

WELLESLEY TOWNSHIP:

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

- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
- In Season Home & Garden St Clements
- Len's Mill Store - Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

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

Solutions

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

Concentration Puzzle: You snooze, you loose.





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