

LIVING ~ LOVING ~ LEARNING ~ LAUGHING

FREE!

# EMBRACING CHANGE

VOL. 8 ISSUE 7

MARCH 2026



ON THE COVER:  
THE WATERLOT: RECLAIMED,  
RESTORED, AND REIMAGINED


OUR TRUSTED  
BUSINESS DIRECTORY  
LISTING: PAGE 27


COMMUNITY RESOURCE GUIDE  
EMPOWERING SENIORS TO EMBRACE THEIR LIMITLESS POTENTIAL





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- Waterloo **99 Northfield Drive E, Suite 304 1-888-721-2039**

\*Christensen et al. (2024). Evaluating Real-World Benefits of Hearing Aids With Deep Neural Network–Based Noise Reduction: An Ecological Momentary Assessment Study. American journal of audiology, 33(1), 242-253. \*See clinic for details. Offer expires February 28, 2026. \*\*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offers not valid in Quebec.

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### On The Cover

After two years of planning and almost two years of construction, the Waterlot at 90 Wilmot Street in downtown New Hamburg has been thoughtfully restored—and beautifully renewed. See the full cover story on page 12. The Waterlot: Reclaimed, Restored, and Reimagined.

Cover Story By: Elaine Birch

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# Embracing Change



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#### Editorial Policy & Disclaimer:

Embracing Change is proud to be a Community Voice. We hope to foster connections within the community in a positive way. The expressed or implied opinions of authors and advertisers are not necessarily those held by the publication, it's editor or publisher.



LETTER FROM THE EDITOR

**March is Fraud Prevention Month** — an important reminder for all of us to stay informed and protect ourselves from scams. Fraudsters are becoming increasingly sophisticated, using phone calls, emails, text messages, and even door-to-door tactics to catch people off guard. The best defense is awareness, education, and choosing to work with businesses you know and trust.

That's one of the reasons I'm so proud of our Embracing Change Directory.

This carefully curated listing features trustworthy local businesses you can count on — professionals who have built their reputations on honesty, integrity, and dependable service. When you choose businesses from our directory, you're choosing peace of mind while supporting local companies that genuinely care about our community.

And now, I'd love your help.

Do you know a reliable local business that consistently goes above and beyond? A company that treats customers with respect, communicates clearly, and stands behind their work? I'm inviting you to nominate them for a **FREE one-year listing in the Embracing Change Directory**.

Throughout the month of March, we'll collect all nominations. In our April issue, we'll showcase the nominated businesses and open voting to our readers. The winning business will be announced on **May 1st** and will receive a complimentary one-year directory listing.

If there's a business you trust and would confidently recommend to friends and neighbors, please reach out. Call or text **519-574-6428**, or email [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com) with the business name and a few words about why you believe they deserve to win.

Together, we can look out for one another, support ethical local businesses, and continue building a strong, informed, and connected community.

Thank you for being part of *Embracing Change*.

*Tara*



# 1940s St. Jacobs Happy Thought Club

## Written by: Marion Roes

A few years ago, I was given pictures to scan that had been sent to Vernon Martin while he served in the R.C.A.F. during World War 2. What I was told then was that letters and photos were sent to the men overseas to connect with them by showing the people and places in their home village. Who were the photographers and letter writers? No one I've asked had heard of this club or its members' activities from three-four generations ago. And then – finally, I found someone who had answers! A St. Jacobs senior told me she remembered it and that Alfred Holst was the photographer. She thinks he initiated it and was the only one who went around the village taking photos, and also was the letter writer. “He was a kind man,” she said. There are no names or locations with the photos. The recipients would have known who and where they were. Each snapshot had the logo on the reverse.

Might there be other families who have Happy Thought Club photos from their grandfather or great-grandfather? If you know of any and would like to share them, or if you have questions, would you contact me at [mlroes@sympatico.ca](mailto:mlroes@sympatico.ca)? Thank you! It is a part of St. Jacobs and WW2 history that can now be preserved.



Beside the Snider mill. On the truck door is W. H. Schaner Dial 2165

The Happy Thought Club  
St. Jacobs, Ontario, Can.



It looks like Alfred used his name “Alf” as part of the happy face logo!



Skating on the river



# FOUR DECADES OF QUALITY & SERVICE

For over 45 years we've done more than install new roofs, we've built a reputation in Oxford County and Waterloo Region with our honest, full-service approach and professional service.



Neil (left) and Jerred Wagner

In 1978 Neil Wagner, already a seasoned roofing professional, incorporated NW Roofing to focus on two simple principles: quality service and dependable workmanship. In 2014, Neil's eldest son Jerred took a more prominent role running the company with Neil still very much involved. When Neil retired in 2019, Jerred officially became owner of NW Roofing, carrying on the family-run tradition with the support of his wife, Kristi.

## FULL-SERVICE APPROACH

"At NW Roofing, we're dedicated to meeting all of your roofing needs," says owner Jerred Wagner. "While some roofers cut corners with service, it's an integral part of how we do business". This service includes a full roof inspection & a face-to-face conversation about your requirements, which allows us to tailor services specifically to our customers' needs. Jerred continues, "This professional service, together with quality workmanship, is why NW Roofing has been around for more than four decades - and we're not going anywhere!".

**"This professional service, together with quality workmanship, is why NW Roofing has been around for more than four decades!"**

## A SKILLED TEAM YOU CAN TRUST

The members of our roofing family are highly experienced, well-trained, long-term employees who believe in our principle of complete customer satisfaction. Our customers recommend us to their friends and family knowing our team will not only deliver a superior product, but will be courteous and respectful while working at their home.

## UPFRONT, HONEST & GENUINE

As an owner-operated small business, NW Roofing is personally invested in your satisfaction and proud of our upfront, honest and genuine way of doing business. We come to every job properly equipped with our fully stocked cube van. With all of our tools on hand, we're always prepared to immediately address whatever we run into. The fact is, no one will come to your home as prepared and properly equipped as we do. We're ready to work!

## EXPERT ROOFING FOR EVERY STYLE

As full service roofing professionals, we repair and replace roofs of all styles including peaked, flat, turrets, steeples and everything in-between. In addition to traditional asphalt shingles, we're professional cedar shake and authentic slate installers too. Whatever the material, we go beyond the ordinary to deliver a worry-free roof with a sharp appearance and longevity.

## CUSTOM METALWORK

We're often asked by our customers to give their homes a distinctive look with custom copper flashing metalwork. In fact, with our "metal shop on wheels", we can customize fascia, soffits and eavestroughing on-site for a perfect fit.

Wondering if your roof will last another winter? We'll provide a complete assessment of your roof right down to the last detail and explain our comprehensive repair or replacement strategy so you can make informed decisions.





# Short and sweet reflections on life's complications

[www.annemilne.contentmentisforcows.com](http://www.annemilne.contentmentisforcows.com)



## My Spineless Yucca

I live with 25 houseplants of 19 different varieties. The oldest is a Spineless Yucca I purchased in 1978 at a Dominion grocery store. My grandmother loved Christmas cacti. She gave clippings to my mother, who in turn gave clippings to her three daughters. Mine is still growing strong. In 2004 my colleagues sent me a mini garden after my mother-in-law died; I still have two Dracaenas, a Hoya and a Pothos from that little arrangement.

My care-taking experience with my husband exhausted me to the point where, after he died, I didn't want to take care of anything. Anything. I sold our house because I didn't want to take care of our yard. I have deliberately avoided getting a dog or a cat. Too much caretaking.

Houseplants are not usually considered pets, but to me, they are like a group of old friends. They can be a bother sometimes. Some are needier than others. Some want extra watering, some drop leaves in hard to reach corners.

When the Hoya in my bedroom blooms, the scent is so strong it wakes me up. I have to move the whole unwieldy thing to a temporary location

out of my olfactory range. And then there are the tools, the potting soil, the extra pots, all taking up prime real estate in my front closet.

And then they surprise you with new growth or an unexpected flower. In the midst of weeks of never-ending snow squalls, my Dracaena has sprouted new growth, a reward for my efforts saving it from a strange mould and, oops, I over watered it. Even the heavily perfumed Hoya flowers are extremely pretty. They look like bundles of expensive candies.

Just for fun, re-read those paragraphs above as if I were talking about friends, family, or spouses.

My care-taking responsibilities have been reduced to 25 houseplants, myself, and my creative projects. No dogs, no cats. That feels like plenty. There is no such thing as zero care-taking. Everyone should have something outside of themselves to care for. I still don't want a dog. Or a husband.

Keep your joy.

Anne Milne is an every Sunday blogger, unless it's a holiday weekend. Or summertime.

[www.contentmentisforcows.com](http://www.contentmentisforcows.com)  
[www.blog.contentmentisforcows.com](http://www.blog.contentmentisforcows.com)

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MEMBER

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# Woolwich Community Health Centre

*Patient or not, all are welcome to attend our community programs!*

## The Value of Adventure

Clay Williams has spent his life chasing adventure - from moving his family across continents to running thousands of kilometres across Canada to raise money for good causes. In his inspiring talk, he shares how adventure, in any form, can awaken our spirit, renew our sense of purpose, and even slow the passage of time itself.

Thursday, March 5, 2026  
3:00 - 4:00 PM  
In person or Zoom



## Healthy Habits for Life

Healthy Habits for Life is a free 8 week program for adults who want to build healthy habits and lower their risk of long-term health problems. Each session is interactive and includes easy tips and tools you can use in your daily life. After each session, you'll get helpful resources by email to support your learning and help you stay on track. Registration allows you to join one, two or all sessions!

1. Small Steps to Better Health
2. Healthy Habits that Stick
3. Eat Well, Live Well: Simply Nutrition
4. Move for Health
5. Sleep and Stress: A Two Way Street
6. Health Info Without the Overwhelm
7. Decoding Health Info Online
8. Alcohol, Smoking and Screen Time

Tuesdays from March 3 - June 9  
Times vary, in person or Zoom



# WCHC

COMMUNITY  
HEALTH CENTRE

SERVING WOOLWICH WELLESLEY & WILMOT

## Nutrition Month Celebration

Drop by our St. Jacob's location to meet one of our Registered Dietitians, Katie. Say hello, pick up some healthy recipes, food samples, and ask your nutrition questions! Happy Nutrition Month!

Thursday, March 5, 2026  
2:30 - 4:30 PM  
In Person Only

## Music For Your Health

Music is everywhere- it is on the radio, on your drive home, it plays in the stores, we sing, we tap our toes, etc. Music is a powerful tool that engages our mind, body and spirit. Join us as we explore how music contributes to our emotions, health, and our lives. We will look at practical ways to incorporate music into your day to improve your:

- Mood
- Productivity
- Health

Thursday, March 12, 2026  
11:00 - 12:00 PM  
Zoom only



If you would like to register, please visit our website at [www.WCHC.on.ca](http://www.WCHC.on.ca), or email Tariq at [tabdulhadi@wchc.on.ca](mailto:tabdulhadi@wchc.on.ca), or call at 519-664-3794 ext. 222



# A Reputation for Helping Thousands of Unsatisfied Hearing Aid Users to Finally Achieve The Performance That They've Been Seeking

Arnold Hearing Centers is a highly rated, independent, family-owned hearing aid clinic with a 75-year reputation for helping thousands of people to achieve optimal performance from their hearing technology.



**Advanced hearing evaluations:**  
Following industry best practices for accurate testing



**Earwax removal:**  
Helping people in a 'sticky situation' through cerumen removal



**Access to all levels of hearing technology from all manufacturers:**  
Proudly independent to find the right solution for patients



**Same day appointments:**  
Our team is available to help you as soon as we can with same day services.



**Hearing aid repairs and rejuvenation:**  
Specialists in helping unsatisfied hearing aid wearers to achieve better and maximize performance



**Central Auditory Processing (CAP) testing:**  
For residents of Elmira, we offer CAP testing to understand your auditory processing abilities.

## MEET OUR EXPERTS

### **Emily Giau, Audiologist**

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

**Education:**

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

### **Selina Mauro, H.I.S**

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

**Education:**

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



## CONTACT US

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

**Elmira:**

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

**New Hamburg:**

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





# Long-Distance Caregiving

## Staying Connected and Arranging Support

Caring for someone living with dementia is never easy — and when distance is involved, it can feel even more challenging. Whether you live across the province, the country, or beyond, there are meaningful ways to stay connected and ensure your loved one has the support they need.

### Staying Connected from Afar

#### Create a regular routine

Consistency is reassuring for people living with dementia. Scheduling regular phone calls, video chats, emails, or letters can help maintain emotional connection and provide comfort — for both you and your loved one

#### Build relationships with local supports

If possible, try to meet your loved one's doctor or care providers in person. When that's not feasible, establish regular communication so you can stay informed about changes in health or care needs.

#### Stay in touch with people nearby

Neighbours, friends, and community members often play a vital role in long-distance caregiving. Regular check-ins with those who see your loved one in person can offer valuable insight into how things are going day-to-day.

#### Share responsibilities when you can

If other family members are involved, open communication and shared responsibilities can ease stress and prevent burnout. Working together helps ensure your loved one's needs are met while supporting one another.

### Arranging Help from a Distance

#### Learn what supports are available locally

Community services such as home care, transportation, meal programs, and adult day programs can help your loved one remain independent and safe. Knowing what's available can make a big difference.

#### Include your loved one in decisions

Whenever possible, involve the person living with dementia in discussions about their care. Respecting their preferences helps preserve dignity and promotes smoother transitions if additional support is needed.

#### Set up regular safety check-ins

Arranging scheduled visits or phone calls from neighbours, friends, or volunteers can provide peace of mind. Some communities also offer check-in services to ensure someone is doing well each day.

#### Prepare for emergencies

Personal emergency response systems — such as wearable alert devices — can allow your loved one to call for help if they fall or need urgent assistance, offering reassurance when you can't be there in person.

### Planning Ahead

Early planning is an important part of long-distance caregiving. While your loved one can still participate, it's helpful to discuss legal and financial matters, including future care wishes. Having plans in place can reduce stress and uncertainty later on.



# 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

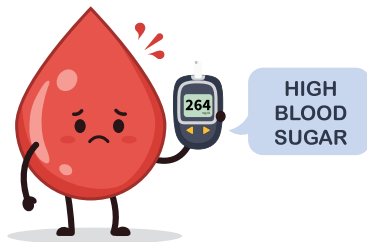
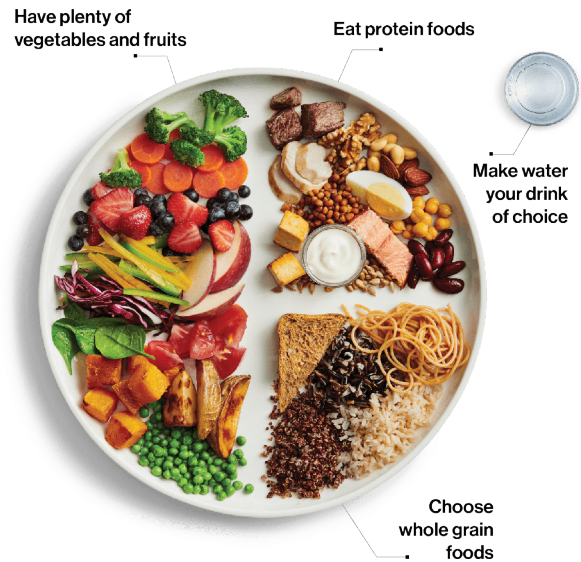
- Unusual thirst and/or frequent urination
- Weight gain or loss
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in hands or feet

## 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](http://www.diabetes.ca)  
Government of Canada – <https://bit.ly/diabetesgov>

### Healthy Living Resources:

24 Hour Movement Guideline – [cseppguidelines.ca](http://cseppguidelines.ca)  
Canada Food Guide – [food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)

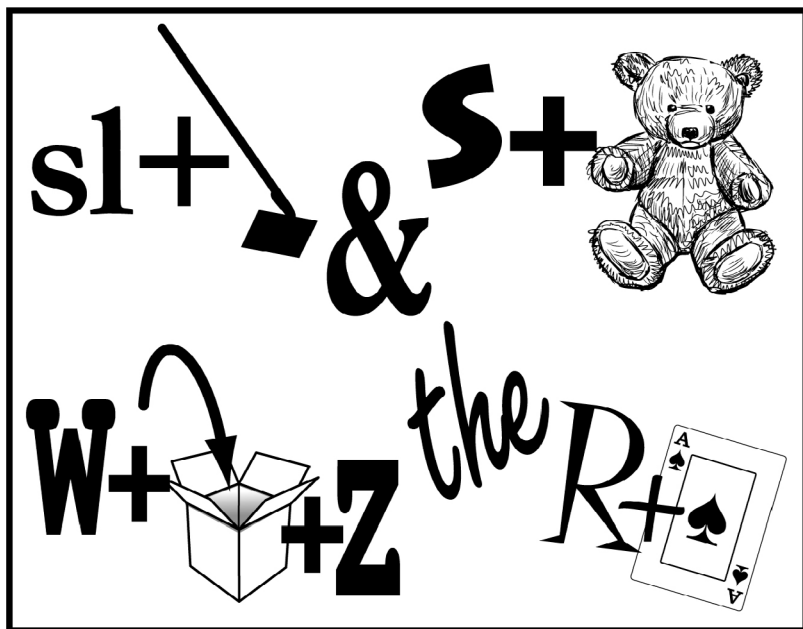
### Local Resources:

Self-Management Program – [bit.ly/waterloowellington](http://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.**

### Concentration Puzzle



### Sudoku

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

# March Puzzles



### Spot The Difference Game

There are eight differences in the images below. Can you spot them all and win the game?



Solutions on page 30

COVER STORY



## Waterlot: Reclaimed, Restored, & Reimagined

“It’s a place to gather,” says owner Lynn Hall

BY ELAINE BIRCH

After two years of planning and almost two years of construction, the Waterlot at 90 Wilmot Street in downtown New Hamburg has been thoughtfully restored—and beautifully renewed.

For owners Lynn Hall and her sons, Ryan and Jay Fried, the project was driven by a deep respect for history and a clear vision of what could be in the future.

“It was a very challenging project because we wanted to enhance the original 1847 heritage house, not insult it,” Lynn explains.

Architecturally, mechanically, and electrically complex, the restoration was undertaken in collaboration with Bob Zehr of Nith Valley Construction and David Thompson Architect

Ltd. Every decision reflected an unwavering commitment to preserving the integrity of the original structure while ensuring the new addition met the same standard of excellence.

“It was restored with huge attention to detail” says Jay. “We fell in love with everything—the landscape, the location, the river, the waterwheel.”

### A Historic Residence with a New Purpose

Originally constructed in 1847 by Scottish pioneer William Scott. The prized property transferred only four additional times when the sixth owners, Gordon Elkeer and Don Marriott transformed it into a five-star restaurant known as The Waterlot, with guest accommodations above. The restaurant enjoyed many years of success and prestige and many in the community share memories of dining at The Waterlot.

When Lynn visited the property in 2021 with her family, Ryan & Gill, Jay & Shayna and a few little grandchildren, they saw more than just a run down building - they immediately recognized its potential.

“It was such a beautiful, historic place,” Lynn recalls.

### Designed for Gathering

As a family, they began discussing how living spaces have changed.

“So many people now live in apartments, townhomes, condos and semi’s,” Ryan says. “They don’t always have the space to host family functions or social gatherings.” “We saw an opportunity to offer something New Hamburg needed—a place for more intimate occasions.” Lynn said.

That idea became the foundation of the Waterlot’s new vision.

### The Crystal Room

The Crystal Room was created in memory of Crystal Brenneman, one of Lynn’s closest friends who lost her hard fought battle with cancer midway through the project.

“She was our biggest cheerleader and we wanted to create something warm and classy just like her.” Lynn says.

The space was created in a solemn tribute to Crystal with warm inviting features like the grand fireplace made of original beams and the soft crystal lighting. The room holds up to 30 people and opens to a beautiful patio that overlooks the iconic waterwheel, offering guests a seamless indoor-outdoor gathering space and stunning sunset views.

It is the perfect space for Micro Weddings, Engagement Parties, Rehearsal Dinners, Bridal & Baby Showers, Birthday/Anniversary or Retirement Parties, Celebration of Life, Family Celebrations or Corporate Seminars / Team Building.



### **The Waterlot Lounge**

The Waterlot Lounge is fully wheelchair accessible on the second floor and was created as the ultimate game-day and entertainment destination. With 11,565 movies (old & new) to choose from, as well as all your live sports to enjoy the big game in style.

The lounge features a massive screen, a state-of-the-art golf simulator, nine luxurious recliners, and seats up to 15 guests comfortably. Additional amenities include an elevated games table, refrigerator, ice machine, Bluetooth audio, and a secondary screen—allowing guests to enjoy multiple activities simultaneously.

This room is perfect for Birthday/Anniversary/Retirement parties, Girls Night Out, Boys Night

Out, Bachelor/Bachelorette parties, Diaper parties, corporate team building, Book Club “Read it & Reel it” experience.



### **Chef Adam Brenner and the Garden Stand**

The Waterlot is also home to Chef Adam Brenner and his retail concept, the Garden Stand. Born and raised in New Hamburg, Brenner trained in acclaimed kitchens including Langdon Hall and the original Waterlot before building a highly successful culinary business rooted in community and quality.

### **A Place Built on Connection**

At its core, the Waterlot is all about the people.

“We really want to pride ourselves on accommodating people on their special occasions,” says Lynn.

This new space also features 4 newly built suites, each exquisitely crafted and occupied by members of the local community.

Ryan echoed that sentiment, noting that clients can choose how involved the team is throughout the planning process. “We have preferred vendors and can provide one-stop-shop if you want us to take care of it all”, Jay said.

The family’s vision is simple: to offer a place where the community can come together, celebrate life’s milestones, and create meaningful memories. Deeply rooted in the community that has supported it for generations, the Waterlot honours its past while looking confidently toward the future.

For bookings, feel free to call, email, or reach out via Instagram or the website below.

(519) 575 8522 | [waterevents@gmail.com](mailto:waterevents@gmail.com)

@the.waterlot1847 | [www.thewaterlot1847.com](http://www.thewaterlot1847.com)

## Maintaining a Healthy Diet

During the month of March, dieticians across Canada are celebrating Nutrition Month. We hear a lot about the importance of maintaining a healthy diet. Monitoring what we eat and ensuring that we are eating well is key to not only helping us to function well, but also to provide our bodies with the necessary nutrients and energy that we need. Maintaining a healthy diet is also important in lowering our risk, as well as managing many health conditions.

While we hear a lot about the importance of eating well and recognize the importance of a good diet, it is often easier said than done. Many older adults struggle with maintaining a healthy diet. Limited access to grocery shopping, particularly during the winter months, makes it difficult to access core essentials or ingredients to prepare a healthy meal. We also know that financial limitations can impact our food choices. For others, medications may reduce appetite. It can take a lot of energy and work to prepare a meal for 1 or 2. Eating is also a very social event that is best when shared. For many living on their own, eating alone is not as enjoyable as when you can join in a meal with others.

While we cannot control all of these factors, there are options in your local community to support you in maintaining a healthy diet as well as to reduce some of the loneliness associated with eating alone.

Meals On Wheels - Volunteers through Community Care Concepts are available to deliver a hot, nutritious meal at noon on weekdays throughout the Townships. A hot meal consists of a soup, salad, entrée and dessert. Special diets can be accommodated. Hot meals in Wilmot and Wellesley Townships are prepared by Schmidtsville Restaurant in Wellesley. In Woolwich Township, Bonnie Lou's Café in Floradale prepares the meals. Registering is simple. You can call into Community Care Concepts' main office, provide a minimal amount of information and be set up to receive meals within 48 hours. You can select the number of meals each week and can start or stop based on your schedule. Beyond the nutritional value, the visit by the volunteer provides an important safety check and also a friendly source of social contact during what can be a long day.

For those not wanting to commit to a noon delivery or those requiring meals for evenings or weekends, a wide assortment of frozen entrées, soups and desserts – all fresh food that has been frozen and can be heated in an oven or microwave – are available. Frozen meals can be ordered in advance and picked up from Community Care Concepts' main office. Home delivery is also available.

Lunch Dates - Volunteers are available to join you in your home during lunch time on weekdays to share a meal and conversation. This serves as an important social contact for isolated individuals while also ensuring access to a nutritional meal.

Assistance with Grocery Shopping – Individuals are available to do grocery shopping on your behalf, delivering groceries to your door.

Practical In-home Support – Individuals are available to come into your homes to assist with meal preparation, either on your behalf or with you.

Attend a Community Dining Event – Food is always better when shared with others. Join older adults for food and fellowship at one of Community Care Concepts' community lunches, offered at multiple sites throughout the Townships.

Options are available in your community to support you in eating well. To learn more about these and other services, contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900.

COMMUNITY  
CARE  
CONCEPTS

of Woolwich, Wellesley and Wilmot



We're Online!

Missed an issue?  
You can find our past issues online!

Check us out at: [embracingchange.ca](http://embracingchange.ca)



# COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

Helping Seniors and Adults with Disabilities  
to Live Independently in their own Home

- Meals on Wheels • Transportation
- Day Programs • Homemakers
- Maintenance • Friendly Visitors • Community Meals
- Transportation from Hospital to Home
- FREE Community Exercise and Falls Prevention Classes
- FREE Short Term Home Support

**COMMUNITY  
CARE  
CONCEPTS**

*of Woolwich, Wellesley and Wilmot*

929 Arthur St. S.  
Elmira  
519-664-1900

**1-855-664-1900**

info@communitycareconcepts.ca  
www.communitycareconcepts.ca

23 Church St.  
New Hamburg  
519-662-9526

# We Need Your Help! Volunteer With Us!

**Driving seniors and adults with unique needs to appointments.**



**Delivering Meals on Wheels**

**Friendly visiting in homes and supporting in our Adult Day Programs.**



## **Community Care Concepts**

**Helping seniors and adults with unique needs to live independently in their own homes across Woolwich, Wellesley & Wilmot Townships.**

**519-664-1900      519-662-9526      1-855-664-1900**

# Aging Well In Wellesley

## Information & Active Living Fair



**FREE EVENT!**

**Wednesday March 11, 2026  
10 am - 2 pm**

**Guest Speakers  
Displays  
Lunch Included  
Door Prizes**

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

Funding provided by:





## John Lennon: A Man for all Seasons

When I was a teenager, I couldn't understand my dad who seemed lost in his generation – the Big Band sound of the Second World War – like being trapped inside a dream. Not that the music wasn't great, it just wasn't meant to shape who you were for all time.

*“The past is a place of reference not a place of residence” – Dr. Willie Jolly*

Now, I understand what John Lennon, leader of the 60's pop group The Beatles, meant when said in one of his last interviews, “People who are hung up on the Beatles and the Sixties dream miss the whole point... to live in that dream is the twilight zone ... it's an illusion.”

**“Don't you miss the big time boy / You're no longer on the ball?”**

– *Watching the Wheels*, by John Lennon

He said that people shouldn't be so quick to put their faith in “leaders” and “parking meters” or any kind of supposed leadership – whether it's the Beatles or anyone else – because there's nothing new under the sun. He further went on to say that the message of the Beatles was to make your own dream.

He was asked, what is it that causes that simple message from getting fully accepted? He said it was the fear of the unknown. And that fear causes everything from wars to love to hate – further adding that once you accept that everything about the future is unknown, then anything is possible.

**“Life is what happens to you while you're busy making other plans.”**

– *Beautiful Boy* by John Lennon

I was involved with a Beatles-type retro band, but not anymore – the magical moment vanished. We can't go back; but, we can treat others with respect, love and peace – of which Lennon said wasn't just something from the Sixties... “peace and love are eternal.” I believed that then; I still believe it now.

As Jazz musician great Charlie Parker said, “If you don't live it, it won't come out of your horn.” It's about being who you are versus acting what you're not.

**“You wanna save humanity**

**But it's people that you just can't stand”**  
– *I Don't Wanna Face It* by John Lennon

Lennon's (along with his wife, Yoko) created their last album, *Double Fantasy*, including the #1 hit ‘Starting Over.’ He talked, through his songs, about taking five years off to raise their son; that he was in love with a beautiful person; and, that her struggles – as a woman in modern society – were now his struggles; that he had matured as a man.

**“Woman, I know you understand / The little child inside the man”**

– *Woman* by John Lennon

Reflecting back, his last interviewed words were: “I can't wake you up.

You can wake you up. I can't cure you. You can cure you.

**“You may say I'm a dreamer, But I'm not the only one /**

**I hope someday you'll join us, And the world will live as one”**

– *Imagine* by John Lennon



## Advance & Comfort Care Planning for Seniors

### Living with Dementia: What Helps, What Harms and What Still Matters

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: March 2026

Dementia is an umbrella diagnosis with several forms of dementia falling under that umbrella, Alzheimers being the one we are possibly most familiar with.

It is important to remember that dementia is NOT a memory illness, it is a brain illness.

#### Here are just a few warning signs:

- Short term memory loss – long term memory loss goes later
- Hygiene problems – clothing, cleansing, toileting
- Driving challenges – accidents, getting lost, maneuvering the car
- Spending money on things they’ve never been interested in or used
- Speech and language issues can start to happen
- Anxiety & depression

**There are 7 stages to Alzheimer’s** – around Stage 4 is when people become incontinent:

#### Some hygiene strategies / tips:

- Toileting – have people use incontinence underwear / briefs as soon as possible. Do not refer to them as diapers. Normalize the need for them.
- Showering / Cleaning Body – people with dementia have a hard time changing clothes or taking showers for many reasons. They do not know they are dirty, or that they may smell. You might have to improvise if they are resistant to the shower – saying things like, “the water is going to be cut off, so we best clean ourselves now”.
- Brushing teeth – dementia patients may have a problem with mint toothpaste. They often are craving sweet things. It is best to use flavoured toothpaste such as children’s toothpaste. It is also okay for them to swallow the toothpaste. Alcohol-free mouthwash is best as well.
- Also use hard bottom slippers – no open back.

#### Calming strategies

- YouTube has incredible resources for dementia care. If your person likes babies, look for a video with babies laughing. If they like animals consider videos

with cats or dogs. Spa music with ocean sounds can calm. Lastly, physical touch can be very helpful – holding a hand, stroking an arm, and brushing hair can all be calming. Sitting in quiet is good as well. We don’t always have to be talking. Just having a favourite snack or drink is a great idea.

- Sundowning is a particular time of day where things can be more challenging for people. The term refers to a state of confusion occurring in the late afternoon and lasting into the night. Sundowning can cause different behaviors, such as confusion, anxiety, aggression or ignoring directions. Sundowning can also lead to pacing or wandering. This may be a good time to apply calming strategies.

#### Do’s and Don’ts:

##### DO

- Make eye contact and use person’s name
- Listen and be open to the person’s concern
- Try using different words if the person doesn’t understand at first
- Ask Yes or No questions

##### DON’T

- Exclude the person from conversation
- Speak with an angry or tense tone
- Talk about the person as if they aren’t there
- Interrupt or argue with the person
- Ask if they remember something or someone

Dementia changes how the brain processes information, but it does not erase a person’s worth, identity, or need for connection.

In dementia care, presence often matters more than performance, reminding us that compassion, not perfection, is the true measure of good care—for all involved, together.

Resource: <https://alzheimer.ca/>

Sue Phillips: E: [sPhillips5519@gmail.com](mailto:sPhillips5519@gmail.com)

W: [www.suephillips.ca](http://www.suephillips.ca)

Next month: Understanding the Body’s Natural Dying Process

## Opinion: Canada Needs More Research on Aging, Nutrition, & Well-Being in LTC

Heather Keller | RD, PhD, FDC, FCAHS | Schlegel Research Chair in Nutrition and Aging



As Canada’s population of older adults continues to grow, a significant number are living in long-term care (LTC) homes. Yet, despite the increasing demand for quality elder care, one critical aspect of well-being — nutrition — is often overlooked.

This is especially concerning given that many older adults living in LTC homes experience feelings of isolation and loneliness. When these emotional challenges are compounded by poor food intake, it becomes clear that there is much work to be done to improve the senior care environment in ways that uphold dignity and enhance overall well-being.

As a dietitian and researcher having spent more than two decades working in LTC settings, I’ve witnessed firsthand that we need to do better with respect to the food provided to residents. This observation sparked a deep curiosity in me:

### What truly drives food intake among older adults in these homes?

Through years of research, I’ve come to understand that while nutritional content is undeniably important, the social and emotional

context in which food is consumed plays an equally vital role in well-being.

For older adults in LTC, mealtime should not just be the food on the plate, but the whole experience. The difference between eating alone and sharing a meal with others is profound. That’s why mealtimes should be moments of connection, comfort, and dignity.

Recognizing this, I developed CHOICE+, an eLearning program designed to empower LTC staff to create more enjoyable, resident-centered mealtime experiences. Grounded in the principles of relationship-centered care, CHOICE+ encourages staff to observe dining environments, reflect on resident interactions, and implement changes that foster a sense of belonging and respect.

If you’ve ever visited an LTC facility, you’ll notice that while some residents can still participate in recreational activities, others may be more limited in mobility or cognitive function. However, one universal experience remains: everyone participates in meals. This shared activity presents a powerful opportunity to shift the perception of food in LTC from a basic service to seeing it as a meaningful form of care.

By doing so, we can reduce the prevalence of micronutrient deficiencies that contribute to poor health outcomes while also ensuring that residents receive meals that are both nourishing and pleasurable to them.

Teaching has allowed me to pass on this knowledge to students, inspiring them to explore the intersection of nutrition, aging, and care. Unfortunately, research in this area remains limited in Canada.

That’s why mentoring graduate students and encouraging them to pursue LTC-focused projects has become a cornerstone of my career. My hope is to expand interest in this field and uncover innovative approaches that help older adults live with dignity, joy, and optimal health as they age.

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# Did you know ...

## Skin Barrier and Transdermal Waterloss

Water naturally evaporates through our skins surface. This process keeps our skin hydrated, but it becomes a problem if our skin barrier is compromised. This can lead to dryness, flaking, redness and tightness. High transdermal water loss (TEWL) indicates a weakened skin barrier often from low humidity, harsh skin care or skin conditions like eczema. A healthy strong skin barrier regulates the TEWL, and a damaged skin barrier loses too much water resulting in dehydration.

Signs of increased transdermal water loss include:

- Dry rough skin
- Tightness and irritation
- Increased redness

Causes:

- Cold dry climate
- Harsh skincare and over exfoliating
- Under moisturizing
- Skin conditions like dermatitis, rosacea

To reduce TEWL:

- Use hydrating products
- Gentle skincare
- Protect your skin from extreme weather
- Add a humidifier to your home

Keeping a balanced skin barrier is the key to maintaining hydration.

Dehydrated skin is a condition not a skin type but can exist with all skin types



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# Message from Tim Louis

## Member of Parliament for Kitchener-Conestoga

March is Fraud Prevention Month, a good time to pause and talk about something that affects too many Canadians. Fraud and scams can happen to anyone, but too often I hear from seniors who feel they are being singled out. When someone falls victim to a scam, the financial impact can be overwhelming and the emotional toll can be difficult, bringing feelings of stress or embarrassment.

Scams today are much more convincing than they used to be. They don't always come as obvious "too good to be true" emails. Fraudsters may phone pretending to be a bank, a government program, a utility company, or even a grandchild who needs help right away. They often try to create panic or urgency, hoping people will act quickly before they've had a chance to stop and think.

One of the most important things to remember is this: you're allowed to slow things down. Real organizations will not pressure you to send money immediately, threaten legal action, or demand personal information over the phone, by text, or by email. If something doesn't feel right, trust that feeling. You can hang up. You can ignore the message. You can take time to check with someone you trust before responding.

Never share personal details like your Social Insurance Number, banking information, or passwords unless you started the conversation and are completely sure who you're dealing with. Be careful with unexpected calls or messages, even if they look official. Messages that create fear or urgency are often warning signs.

Support is available. The **Canadian Anti Fraud Centre** offers clear, up to date information about current scams, collects reports, and helps law enforcement understand new threats. In our community, local programs like **New Horizons for Seniors** run activities that help build confidence in technology, improve financial literacy, and reduce isolation, important steps in protecting against fraud.

Canada already has tools in place to fight fraud, and more are being proposed. Recent federal budget announcements include plans for a **National Anti Fraud Strategy**, stronger expectations for banks to help detect scams, and the creation of a **Financial Crimes Agency**. These measures reflect a growing commitment to protecting Canadians, especially seniors.

Fraud thrives when people feel alone, but talking about it makes a difference. By staying informed, trusting our instincts, and looking out for one another, we can help keep our community safe, confident, and connected.



# TIM LOUIS

Member of Parliament for Kitchener-Conestoga



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## WHY CHOOSE INDEPENDENT DENTAL HYGIENE

Hello neighbours, I'm Lisa, the owner and Registered Dental Hygienist at Wilmot Smiles. I work independently—without a dentist—out of my rural New Hamburg home, offering preventive dental hygiene services such as cleanings, professional teeth whitening, denture care, oral cancer screenings, custom sport mouthguards and more. After years in busy clinics, I wanted to create a calmer, more personalized dental experience. At Wilmot Smiles, you'll find unhurried, thoughtful care in a peaceful country setting just minutes from town.

As we mature, we become wiser about many things — including our health. Yet one area that's often overlooked is preventative dental hygiene care. For decades, dental care was seen as something you dealt with only when a toothache struck. Modern research paints a very different picture: preventative dental hygiene care isn't just about keeping your smile bright. It's about protecting your overall health, comfort and quality of life!

### INDEPENDENT DENTAL HYGIENISTS OFFER MORE TIME AND PERSONALIZED CARE

One of the biggest advantages of seeing an independent dental hygienist is the experience itself. Some offer mobile services as well. Here are some advantages to joining the Wilmot Smiles family:

- The SAME dental hygienist every visit. Your care is always with me—no surprises, no switching providers, and no repeating your history.
- A calm, rural environment. My home-based clinic is quiet, private (no waiting room), and without the hustle of a traditional office. Many clients tell me they feel more relaxed here than anywhere else they've gone for dental care.
- Unhurried, gentle approach to care. I take the time to ensure your comfortable, explain what I'm doing, and work at a pace that feels right for you.
- Comprehensive appointments and flexible scheduling. There's room for questions, conversation, and building a relationship—not just a quick in-and-out cleaning.
- Cost-effective preventive services. As an independent hygienist, I can offer care at a lower cost than many dental offices.

### A HEALTHY SMILE CAN BOOST CONFIDENCE

There's no age limit on wanting to feel good about your smile. Confidence is part of health too — and it's never too late to invest in it.

Routine dental hygiene care keeps your smile looking and feeling its best by helping to:

- Reduce staining and discoloration
- Minimize halitosis (bad breath)
- Lower the risk of gingivitis and periodontitis (gum inflammation and bone loss)
- Keep dentures or partials fitting comfortably
- Maintain a natural, healthy appearance
- Support easier eating and clearer speech
- Encourage social engagement and overall well-being
- Reduce discomfort or sensitivity that can affect daily life

Know you have the right to choose your dental hygiene provider and choosing an independent dental hygienist means receiving comprehensive care that's truly centered around you. With a calm environment, consistent one-on-one attention, and a provider who takes the time to understand your needs... care becomes more personal, more comfortable, and more effective! It's an approach that supports your health, confidence, and independence — all delivered in a thoughtful setting that can be hard to find in traditional dental offices.

Whether you've been diligent with dental care your whole life or you're getting back on track, taking that step toward prevention today can protect your health for years to come. Elevate your hygiene experience and keep your dentist... choose an independent dental hygienist today!

Lisa Schaadt, RDH

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### MCC New Hamburg Thrift Centre

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

### MCC Thrift & Gift

59 Church St. W. Elmira, ON | 519-669-8475

### Sobeys New Hamburg

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

## RESTAURANTS

### MeMe's Cafe

Delivery & Curbside Pickup

102 Peel St., NH | 519-662-2828

### Pizza Arca

98 Peel St, NH | 519-662-2583

# COMMUNITY BUSINESS DIRECTORY

**Schmidtsville Restaurant & Gift Shop**  
3685 Nafziger Rd, Wellesley | 519-656-2430

**The Imperial Restaurant**  
60 Huron St | New Hamburg  
519-390-6000 | www.imperialmarketeatery.ca

## SENIOR CARE FACILITIES

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

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

## SOCIAL SERVICES

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

## TRANSIT

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

## TRAVEL

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



- Carpet
- Tile
- Vinyl
- Hardwood
- Custom Window Blinds
- Kitchen Cabinets
- Bathroom Vanities



[www.LetUsFloorYou.ca](http://www.LetUsFloorYou.ca)

**1011 Industrial Cres. Unit #2 • 519-699-5411**

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

## EMERGENCY CONTACT NUMBERS

**Emergency (Fire/Medical/Police)**  
911

**Waterloo Regional Police Non Emergency**  
519-570-9777

**Crime Stoppers**  
1-800-222-8477

**Ontario Poison Centre**  
1-800-268-9017

**Ontario Problem Gambling Helpline**  
1-888-230-3505

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

**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

**Senior Safety Line**  
1-866-299-1011

**Township of Wilmot**  
519-634-8444

**Township of Wellesley**  
519-699-4611

**Township of Woolwich**  
519-699-1647

**Region of Waterloo Public Health**  
519-575-4400

**Ontario Caregiver Organization Helpline**  
1-833-416-2273

This space is generously donated by:

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

# WHERE TO GET YOUR FREE COPY

Copies will be available around the first Wednesday of every month at the following locations:

## WILMOT TOWNSHIP:

- MeMe’s Café New Hamburg (outside magazine stand)
- Sobeys New Hamburg (outside magazine stand)
- HearingLife formerly Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg



- Heart & Home Creations NH
- McDonalds (outside magazine stand)

## WELLESLEY TOWNSHIP:

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

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

## WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin’s Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- 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



Concentration Puzzle: Slow and steady wins the race.

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

Welcome Home



**\$1,037,500**

MLS#40746925 116 Stonecroft Way, New Hamburg, 2 bedrooms plus Den on main, 3 full baths, vaulted ceilings, open concept, fully finished w/out (Adult Lifestyle Condo Community with Rec Centre, Pool, Tennis Court and more! )

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