

FREE!

LIVING ~ LOVING ~ LEARNING ~ LAUGHING

EMBRACING CHANGE

Empowering seniors to embrace their limitless potential

VOL 7 ISSUE 3 NOVEMBER 2024

www.embracingchange.ca



Feature Business of the Month



Community resource guide to help you and your loved ones age in place!



Hearing healthcare is not one-size-fits-all, by listening to our clients and asking questions, we can recommend the right solutions for your unique hearing and financial needs.

Katie Koebel,
Audiologist & Senior Manager, Audiology

Our Biggest Sale of the Year!

**BLACK FRIDAY
SAVINGS**

UP TO \$2,100 OFF

your purchase of a pair of the latest hearing aids**

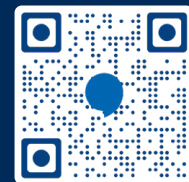
Experience the benefits of personalized **hearing care**
and **on-going support**.

Get started with a **FREE** hearing test today!*

New Hamburg 10 Waterloo Street, Unit 5
(Formerly Hemmerich Hearing)
1-888-485-5051

Waterloo - Erb St W 128 Erb Street W
(Formerly Hemmerich Hearing)
1-888-485-5047

Waterloo 99 Northfield Dr E, Suite 304
1-888-485-5055



Mention code: **MAG-BKFD-EMBRC**

Book online **HearingLife.ca/2100**

*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. If you request a copy of the Audiological Report, a fee will apply. **This promotion is valid for select premium or advanced hearing aid models and cannot be combined with any other discount. Applies to private sales of select premium or advanced hearing aids and discount is applied after any Government funding has been deducted. Some conditions apply, see clinic for details. Offer not valid in Quebec. Offer expires 12/31/2024.

Tara Held

EDITOR/PUBLISHER

Rich Held

DISTRIBUTION

Victoria Zinger

DESIGNER

Dr. Nicole Didyk

Community Care Concepts

Woolwich Community Health Centre

Alzheimer Society Waterloo

Wellington

Elaine Ballantyne

Fred Parry

William Brubacher

CONTRIBUTORS

On The Cover

Can you imagine what it would be like, living in downtown London during the Blitz in the second world war with Germany? Now try to imagine living as a fifteen-year-old girl in one room on your own in a rough part of downtown London during the Blitz? Jean Wright is that girl and now, at 94 years young, she is living in Morningside, New Hamburg. She has a story to tell. Read the full cover story on page 12

Photo credit: Scott Dunstall**Cover Story by:** Scott Dunstall**Embracing Change**

147 Arnold St
New Hamburg, ON N3A 2C6

**519-574-6428****embracingchangeinfo@gmail.com****www.embracingchange.ca***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

Remembrance Day goes beyond remembering wars and the lives lost; it embodies the ideals we cherish and the values we uphold. It invites us to honor our history while looking forward with hope. Most importantly, it is a time to pay tribute to all who have courageously served and continue to serve, safeguarding the freedoms we enjoy today. On Monday, November 11, let us unite in a moment of silence to acknowledge the sacrifice, bravery, and pride of our dedicated soldiers.

November is also Fall Prevention Month. Here are some statistics about falls among older adults, along with valuable resources in this issue to help you and your loved ones avoid unnecessary falls and injuries. Check page 30 for the steps to help prevent a fall.

- Falls are the leading cause of injury among older Canadians.
- 20-30% of seniors experience one or more falls each year.
- Falls are the cause of 85% of seniors' injury-related hospitalizations.
- Falls are the cause of 95% of all hip-fractures.
- 50% of all falls causing hospitalization happen at home.

Gadget of the Month - Grab bars

Make sure you or your loved ones have assistance getting in and out of the tub. When older adults enter and exit the bathtub or shower, grab bars can help them steady themselves as they use the toilet or step into the tub.

With each issue, we strive to educate and help you feel more connected to your community and its resources. Your feedback is invaluable in understanding what you find meaningful. If you have thoughts to share, I would love to hear from you (Email: embracingchangeinfo@gmail.com or call me at 519-574-6428).

Wishing you all a
 wonderful November!

Warm regards,

Tara



Wellesley Businesses Around the Turn of the (Last) Century

By Nancy Saunders Maitland, Interim Curator, Wellesley Township Heritage and Historical Society

In the hustle and bustle of people and information today, it is interesting to compare our lives to simpler times. The Wellesley Maple Leaf newspaper was launched in October 1900. The first issue lists many of the businesses and services active in the village at that time.

Dr. Glaister had pride of place at the top of the front page. The dentist, Dr. Hilts was next, announcing that he would be in Millbank on the second and fourth Tuesday of every month. Gustave Wiowade was one of the merchant tailors and George Bellinger was the issuer of marriage licences, promising that his work was “strictly confidential.” One wonders how many marriage plans had to be kept secret.

In those days of travel by horse, the Wellesley Stage was the primary people and information mover. Their ad read:

Leaves for Baden every morning at 7 o'clock returning immediately after the arrival of the Toronto Express. Passengers and Express Parcels carried; messages carefully delivered. Baggage and all kind of freight handled with promptness and at reasonable rates. Draying done.
PETER OTTMANN, Proprietor.

And what would a horse-based business rely on? A harness and saddle maker. As luck would have it, Peter Ottmann's father's ad said it all:

C. F. Ottmann

Harness Maker and dealer in all kinds of Harness Goods and Supplies. Repairing promptly done. Sole agent in Wellesley Township for the famous Dundee Pneumatic Horse Collar. All Sizes. Every horseman should see them.

Ottmann's harness shop was located on Queen Street, now Queen's Bush Road, where Pym's parking lot now stands.



C. F. Ottmann's harness shop, ca 1902, located beside where Pym's Village Market is now, 1192 Queen's Bush Road, Wellesley. Accession No. 2016-12-033

NEW HAMBURG
OFFICE **Pro**
Good People, Who Know

On Remembrance Day,
 we remember all those who
 have served Canada in times
 of war, conflict and peace

251A Huron Street, New Hamburg ON
 519-662-3710 | www.mnofficepro.ca

PROUD SUPPORTER AND PRINTER OF
Embracing Change

EXCEPTIONAL SERVICE
ADVANCED TECHNOLOGY
PREMIUM QUALITY

MORGAN MILLER www.ritzprinting.com
 New Hamburg • 519.662.2200 • info@ritzprinting.com

People Before Property: A Transition That's All About You

"I knew it was time to move, but that didn't make it any easier."

Moving is a big step, but it doesn't have to be overwhelming. Home is so much more than a place—it's where we've built memories, found comfort, and felt a sense of belonging. When it comes time to move, it's natural to feel a mix of emotions—nostalgia, excitement, and maybe even a little anxiety. But with change comes new opportunities for growth, new experiences, and the chance to build fresh memories.

Think of it as opening the door to a new adventure! Whether you're moving to be closer to family, exploring a new lifestyle, or simply looking to right-size, you're setting the stage for the next chapter of your life—one filled with connections, community, and the comfort of a space that fits your current needs.

Rightsizing: A Fresh Start, On Your Terms

Right-sizing your life means creating space for what matters most. For some, it's about leaving behind the responsibilities of yard work, home maintenance, or managing a larger house. For others, it's about rediscovering passions, simplifying, and focusing on what brings joy and fulfillment. While it can be tough to say goodbye to a familiar home—especially when it holds memories of milestones and family moments—it's also an exciting opportunity to embrace a future that better aligns with your lifestyle.

Imagine a life where you can focus on what truly matters to you, with fewer responsibilities and more time for the things you love. Right-sizing doesn't mean losing—it's about gaining a sense of freedom and control over your future. It's about creating a space that reflects your current values and supports the life you want to lead.

Here for You, Every Step of the Way

At The Lambert Group, we're more than just Realtors—we're partners in your journey. For over a decade, we've had the privilege of helping individuals and families through transitions

just like yours. Our work with Nithview has shown us firsthand how moving into a new living environment can be a fresh start, offering a sense of community, engagement, and belonging. It's not just about finding a place to live; it's about finding a place to thrive.

We understand that moving can be emotional, and we're here to guide you through it with compassion and care. Over the years, we've developed personalized systems to make your transition as smooth as possible. Whether you're moving to a new town, province, or exploring a community like Nithview, we'll adapt to your pace—whether that means slowing down, speeding up, or pausing when needed.

But what truly sets us apart is our commitment to building real relationships with our clients. We take the time to understand your unique needs, listen to your concerns, and make sure you feel supported and valued at every step. It's not just about the move—it's about making sure you're settled in a place where you can truly thrive.

With The Lambert Group, you're not just making a move—you're opening the door to new opportunities, new connections, and a home that feels just right for you.

Jon Lambert- Realtor/Broker

The Lambert Group

49 Foundry Street, Baden ON N3A2P9

226-241-9479

Lambertgroup.ca



When Daydreams turn into Nightmares

Part Two



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

Previously in Part One

The economy was in deep recession, businesses where on the brink, people were losing their money and their jobs, and in our case, we owed millions to our bank and creditors, along with additional hundreds of thousands of dollars to the former owner of the business. There was no unifying plan. My partners had given up. It was just a matter of time when the ‘reaper’ would come knocking at our door.

From this point on, it would be up to me....

Next day, I went into work early, ready to initiate the plan that had somehow come to my mind the night before, which would change the rest of my life.

The company needed new leadership, and I had to take command. It was the only chance I had if I were to fight for the survival of the company, in spite of the near impossible odds of success.

I knew the over-riding negative and understandably debilitating mental states of my partners would be a further ill-wind in our corporate sails if not dealt with, and I didn’t want their dour presence ‘on board’ to compound the complexity of the oncoming dire circumstances with the already steep risk to our survival.

I wondered if I had lost my mind. How could I possibly take on the sole responsibility of being ‘Captain’ of a sinking ship in the midst of a devastating storm. As the youngest, least educated and least experienced in managing a national company our size, I had never before felt so intimidated and terrified. There was also the burden of maintaining staff morale, and most importantly, the courage to remain confident, and not to let my own fears show when conditions got really bad, as I knew they certainly would.

After all, regardless of my wishful thinking, in the clear light of day, the future of the company still looked about as bleak and black as it had felt the night before.

Mid-morning, I called my partners together, and quickly came to the point of our meeting. It was a surreal sensation: as I spoke, it was as though I was hearing my own words speaking themselves, through my own mouth, like a puppet.

“Bottom line” I said, “is that in spite of the dire circumstances facing all of us, I (was) willing to buy their shares at fair market value, as well as indemnify each of them, by assuming the personal liability of their individual outstanding debt (promissory note) to the previous owner of the company.”

I was giving them a chance to escape the daily stress of the potential negative consequences of the oncoming storm, including corporate bankruptcy and the equally overwhelming fears of subsequent personal financial losses.

Needless to say, that my three partners quickly accepted my surprising “too good to be true” offer, having nothing to lose, and being saved from the staggering struggle that lay ahead plus, including the potentially shaming stigma of a failed business.

As promised, all the legal work was swiftly completed, and about a month later, I was left owning all of the shares, along with the onerous responsibility of having sole control of the company. With my background, I would never have dreamed of getting the opportunity of being a partner in owning a national company at my young age (a ‘daydream’ come true) let alone, that it would turn into the raging nightmare it was, lying in wait for me just down the road.

But who does? As the poet said, “Could we but see the pattern of our days, we should discern how devious were the ways, by which we can to this, the present time...” From “No Other Way” B.M. Smock

My back was now up against the proverbial ‘main sail’ one with the ship, with no way to turn the vessel around, and with nowhere to run. The only direction I could now go was straight ahead into the full blast of the oncoming tempest.

Aside:

It’s been said that “There’s a reason for everything”, and in some cases, “It never rains but it pours”. Like yesterday, it was only a few short years before, that I found myself in the midst of another gale, where everything that could go wrong did go wrong with no easy explanation. Both of my parents died at a very young age in their 60’s, within months of each other. (My father died of a broken heart.) Also, my closest and best friend, and former retired secretary died suddenly and very unexpectedly. When I first started to work at the company, she somehow saw in me the future of the business. She had been my mother’s age at the time and was my ‘rock’ who believed in me when I was so deeply committed to climbing the corporate ladder. Her loss to me was unfathomable. And of course, my marriage had been in stress ever

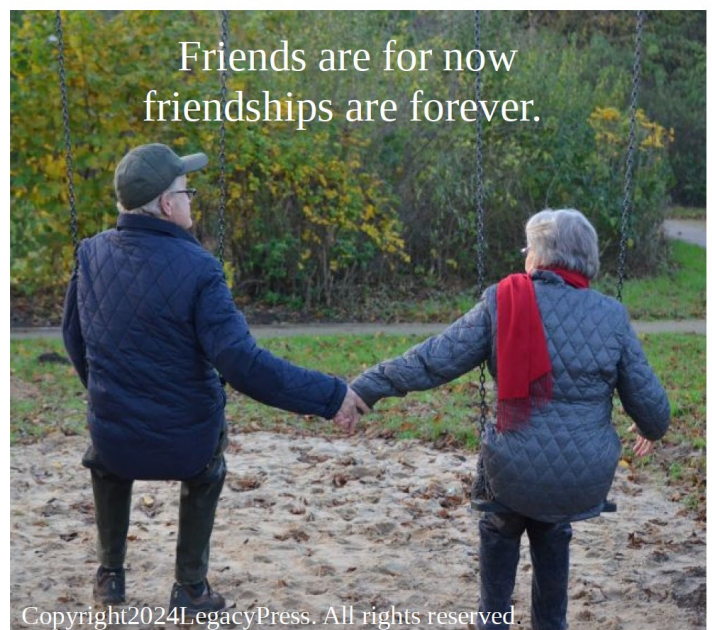
since my wife’s early diagnosis of M.S. And not long after, we were forced to give up our beautiful ‘dream’ home in the country, in the midst of the same recession that the company was now in. How could I possibly have known at the time, that I would need the sum of all that stamina, and more, to take on yet another previously unforeseen and devastating ‘storm’ stealthily creeping toward me like a black panther slinking over the horizon?

Written by: William H. Brubacher

Copyright 2024, williambrubacher/LegacyPress. All rights reserved.



Talking Pictures



Copyright2024LegacyPress. All rights reserved.

Tax Tips for the End of the Year

It's that time of year again – the time when the leaves change colour, the weather gets colder, and, in the last few weeks of 2024, the time to organize your finances to maximize your tax savings!

These helpful tips and hints will minimize your stress for the next time you file a tax return, and set you up to make tax season as prosperous and simple as possible.

- Make your **RRSP** contribution for the year. This year, you have until March 1, 2025 to make your contribution. This investment often results in a tidy little tax return in the spring! If you're short on cash, speak to your advisor about whether an RRSP loan might be right for you, in order to maximize your contribution.
- Maximize your **TFSA**. This is one of the best tax-sheltered investment vehicles in Canada. Your contributions must be made by December 31, 2024 and the maximum contribution for this calendar year is \$6,500. If you have leftover contribution room, try your best to maximize it, so that your investments can grow tax-free. Consider transferring non-registered investments to your TFSA, but consult with your advisor since you may have to pay capital gains.
- If you are saving for your children or grandchildren's education, the same holds true for their **RESP**. Do your best to save a total of \$2,500 per child per year, so that you get the maximum \$500 Canada Education Savings Grant from the Government of Canada. Your investments grow tax-free and you also get the grant.
- Ensure any expenses that qualify for tax deductions or credits are paid by the end of the year. Think in terms of **medical**

expenses, moving expenses, digital news subscriptions and employment expenses. Make sure to track down and organize all receipts and invoices.

- If you have non-registered investments that have gone down in value, you may benefit from selling them at a loss before the end of the year. These capital losses allow you to offset capital gains you may have made in the year, resulting in a potential tax savings.
- Organize receipts for any **charitable donations**. Take the time to go through your email or postal mail and ensure that you have all of your receipts in order. This will leave you enough time to ask for replacements for any that may have gone missing.

Every life stage comes with new questions. Kindred's Wealth and Investment Team in partnership with Aviso Wealth is here to answer all your questions and offer personalized advice that helps you make the most of your retirement.

For detailed advice on how to take advantage of these tax savings strategies, and a few others, drop by your local Kindred branch and talk with a member of our Wealth and Investment Team in partnership with Aviso Wealth.

Mutual funds and other securities are offered through Aviso Wealth, a division of Aviso Financial Inc. The information contained in this article was obtained from sources believed to be reliable; however, we cannot guarantee that it is accurate or complete. This material is for information and educational purposes and it is not intended to provide specific advice including, without limitation, investment, financial, tax or similar matters.

Do You Know...

November is Diabetes Month

November is a time when communities across Canada comes together to bring attention to diabetes. Diabetes is a chronic, often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. According Diabetes Canada, more than 11.7 million Canadians are living with diabetes or prediabetes, and every three minutes, another Canadian is diagnosed. Chances are that diabetes affects you or someone you know.

Signs and Symptoms

There are many signs and symptoms that can indicate diabetes.

Signs and symptoms can include the following:

- Unusual thirst
- Frequent urination
- Weight change (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 the hands or feet
- Trouble getting or maintaining an erection

If you have any of these symptoms, it is important to contact your health-care provider right away. Even if you don't have symptoms, if you are 40 or older, you should still get checked.

Types of diabetes:

Type 2 diabetes: this type of diabetes occurs when the body can't properly use the insulin that is released (called insulin insensitivity) or does not make enough insulin. As a result, sugar builds up in the blood instead of being used as energy. About 90 per cent of people with diabetes have type 2 diabetes. Type 2 diabetes more often develops in adults, but children can be affected. Depending on

the severity of type 2 diabetes, it may be managed through physical activity and meal planning, or may also require medications and/or insulin to control blood sugar more effectively.

Type 1 diabetes: occurs when the immune system mistakenly attacks and kills the beta cells of the pancreas. No, or very little, insulin is released into the body. As a result, sugar builds up in the blood instead of being used as energy. About five to 10 per cent of people with diabetes have type 1 diabetes. Type 1 diabetes generally develops in childhood or adolescence, but can develop in adulthood. Type 1 diabetes is always treated with insulin. Meal planning also helps with keeping blood sugar at the right levels.

Gestational diabetes: A type of diabetes, gestational diabetes, is a temporary condition that occurs during pregnancy. It affects approximately two to four per cent of all pregnancies (in the non-Aboriginal population) and involves an increased risk of developing diabetes for both mother and child.

Diabetes can be managed. Self-management (lifestyle changes to help control diabetes - exercise, eat a well-balanced food, reduce stress, quit smoking, cut back on alcohol, take notes on

your progress and report to your health care providers) and building relationships with your health care providers are key to managing diabetes.

To learn more about diabetes, check the Diabetes Canada website at www.diabetes.ca

Diabetes contributes to



30% of strokes

Leading cause of blindness

40% of heart attacks

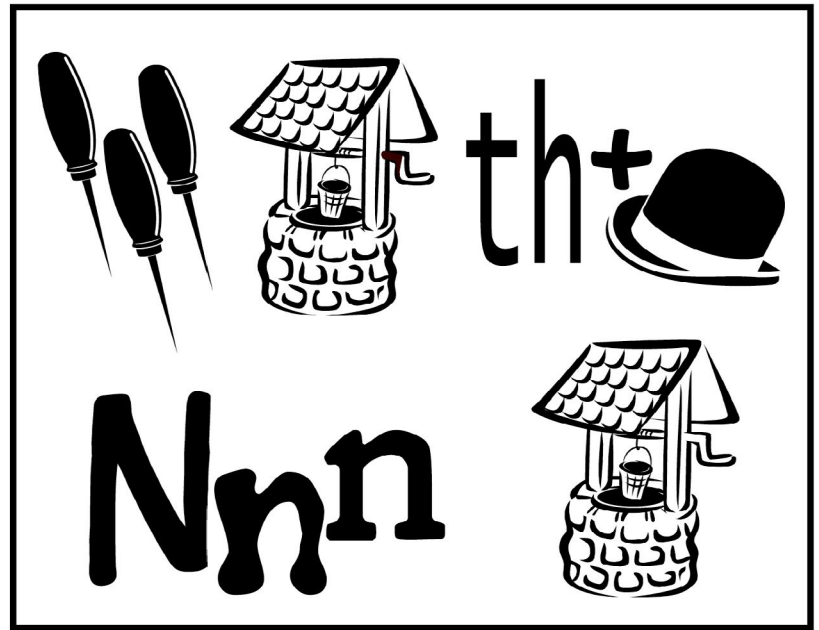
50% of kidney failure requiring dialysis

70% of all non-traumatic leg and foot amputations



Concentration Puzzle

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



Wacky Wordies

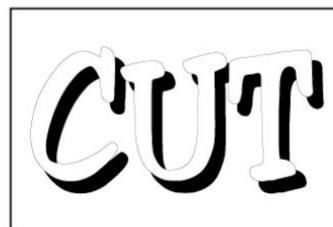
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. _____



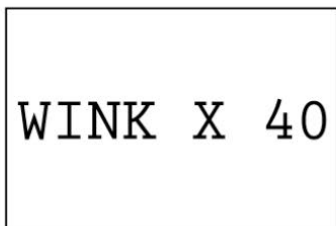
2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



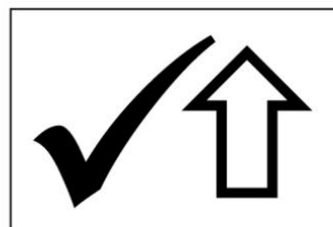
8. _____



9. _____



10. _____



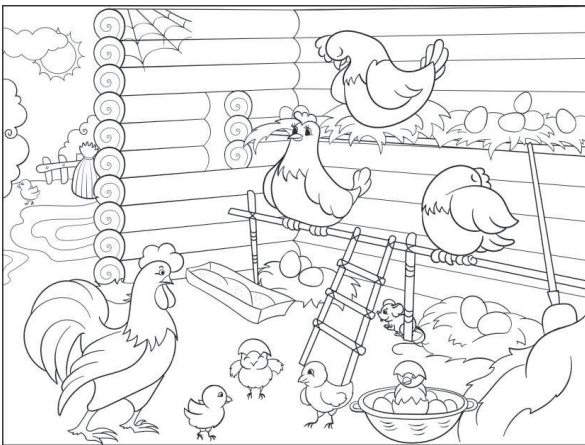
11. _____



12. _____

Spot the Difference!

Find 10 differences between the two pictures.



WHY COULDN'T THE BIKE
STAND ON ITS OWN?



BECAUSE IT WAS JUST TWO TIRED!

Laughing Matters!

PICKLES



Solutions on page 34

COVER STORY



“Jeanie out of the Bottle” Interview

WRITTEN BY SCOTT DUNSTALL

Can you imagine what it would be like, living in downtown London during the Blitz in the second world war with Germany? Now try to imagine living as a fifteen-year-old girl in one room (13' x 10') on your own in a rough part of downtown London during the Blitz, no father and an alcoholic mother for protection, then finding yourself doing whatever you could to survive? Jean Wright is that girl and now, at 94 years young, she is living in Morningside, New Hamburg. She has a story to tell.

I sat down with Jean to discuss her most complicated and, in many instances, heartbreaking life. I found it difficult to find a theme in this story that would underpin everything she has experienced without giving away the all-too-important thread that in many ways binds the story together and which is revealed in her book called, **“Jeanie out of the Bottle.”**

From the day she was born until age seven, she lived with her grandmother who was a guiding light and influence not only in the early years but until this very day.

When war broke out she was in her ninth year. At this point the government sent her and thousands of other children to be evacuated to non-targeted towns and villages outside London in order to protect them. Many times these children were shuttled from one place to the next. She never encountered any abuse during this time, never-the-less, it was frightening and very unsettling for a nine-year-old.

As the war continued, Jean returned to her parents in 1944. Four months into this reunion, after a five-year separation, her father left, leaving her with an alcoholic, mentally abusive mother. She recalls chilling memories when Hitler's “V1 Buzz Bombs” would hum overhead. When they ran out of fuel, it was horrifying because when the “buzz” stopped, the bomb also stopped then fell to the ground, randomly destroying whatever was in its path.

The “V2” were more powerful and deadlier. Silent throughout their journey over the English Channel, they would land unexpectedly and destroy anything in their path; no prior warning. Either your home or the buildings close to you would explode. As I said, can you imagine being a child on her own experiencing this hell?!

While still not sixteen-years-old, Jean went out on her own and supported herself by taking clerking jobs. One day, at age 18, the manager of the store where she worked called her into his office. He went on to explain that he had been told she had been seen talking to an older man on the stairway of the store. “Was this correct?” he asked. The reply she gave, and the subsequent action the following week, revealed once again another challenging, thought-provoking take on the adult world.

At 22 years of age, Jean married and immigrated to Canada for a “new beginning.” On November 11th, 1952, they arrived in Toronto, then caught a train to Barrie, Ontario. They started a family and welcomed two boys. Jean began to perform in local play productions and also used her song-and-dance talent. She, with others, formed the “Barrie Little Theatre.”

Before leaving Barrie in 1969 with her two sons, Jean taught “Theatre Arts” from Grade 9-12 at St. Joseph’s High School. Jean met her second husband, John, who was the love of her life and the anchor that she desperately had hoped for since she was a little girl. John became a father figure to the boys and they loved him. He was an exciting man to be married to . . . not perfect, but then she, too, had imperfections.

Jean continued to act, with her final performance taking place in a production performed by TCP (The Community Players) groups in New Hamburg, just before COVID hit in 2020. While residing in the Waterloo area, she received several honours for her acting as well as three prestigious Ontario Awards, also for acting. Not bad for 89!

Jean & John had previously embarked on a journey into the very sad life that Alzheimer’s Disease brings to families. After nine years, it came to a merciful end, in 2023, with John bringing Jean’s hand up to his lips and saying: “I love you.”

Jean is also a master gardener whose talent is revealed in all its splendor when you visit her beautiful home located on the banks of the Nith River.

And now, Jean continues to be a writer. I would link her writing to her entertainment thread that she began decades ago.

To discover more about the threads in Jean’s life, you’ll have to read her book, **“Jeanie out of the Bottle,”** soon to be available on the shelves in various locations.

It’s a fascinating read.

For anyone interested in reading first hand about Jean’s experience, her book “Jeanie Out of the Bottle” is available from Ardith Publishers. Please contact: Mike@Ardith.ca, or go to www.ardith.ca, or write to Ardith Publishing, 520 Princess Avenue, London Ontario N6B 2B8. She is also open to groups who are interested in discussions about “Jeanie Out of the Bottle.” You may contact her at jeanjosephinewright@gmail.com.



For all the things that move you.™

Jim Miller Broker
519-580-5061

Tricia Miller Sales Rep.
519-590-5995
www.millerhomes4u.com

Twin City Realty Inc., Brokers
106 Huron St.
New Hamburg, ON N3A 1J3
519-662-4955



www.millerhomes4u.com




Specialized transportation for seniors (65+), physically/mentally challenged, CNIB registrant, or temporarily disabled residents of WELLESLEY, WILMOT & WOOLWICH TOWNSHIPS

519-669-4533 or 1-800-461-1355



- Shopping
- Medical Appointments
- Social activities
- Meetings
- Day Programs
- Recreation
- Employment

For information or to purchase tickets call or visit us at www.k-transit.com

KIWANIS TRANSIT
13 Industrial Drive Unit #C
Elmira, Ontario N3B 2S1
www.k-transit.com

Office Hours
Mon to Fri 8am-5pm
Saturday 9am-3pm
Sunday Closed
Charitable #13447 4410 RR0001



Tips for Celebrating Winter Holidays for Families Living with Dementia

The winter holidays can be a joyful time but living with dementia or being a care partner can bring unique challenges. The good news is you can still participate in meaningful moments with loved ones, even if adjustments are needed.

Here are some tips to help you navigate the holiday season with ease:

Timing & Scale: Long events and lots of people may be upsetting for a person living with dementia.

- Keep celebrations short and focus on the most meaningful parts.
- Plan events at times that are best for the person with dementia.
- Opt for smaller gatherings to reduce feelings of being overwhelmed.
- If meeting in person, provide a quiet space for the person with dementia to take breaks.

Location & Technology: People living with dementia may become disoriented.

- Choose familiar places for in-person gatherings to avoid confusion.
- For virtual events, use technology that displays names for easy identification.

Participation: Dementia can be isolating; you can take steps to ensure that does not happen.

- Involve the person with dementia in holiday preparations—simple tasks like stirring batter, wrapping gifts, or choosing music can help them feel included.
- Share meaningful activities, like looking at family photos, decorating together, or singing favorite holiday songs.

Additional Tips

- Make sure you have enough medication for times when stores may be closed and know which pharmacies or clinics will be open in case of an emergency.
- Understand that the holidays may bring up both joyful and bittersweet emotions; allow yourself and others to feel what comes up.
- If a person with dementia talks about past holiday memories, engage in conversations about those events rather than correcting them.
- Even with changing abilities, the person with dementia remains an important part of the family and should be included in holiday celebrations.

Remember, you are not alone. If you are in need of support this holiday season, please reach out to Alzheimer Society Waterloo Wellington.

**For more information
about our programs and
services, call us
at 519-742-1422.**

Alzheimer Society
WATERLOO WELLINGTON

November 2024 FREE Programs & Workshops!



WCHC
COMMUNITY
HEALTH CENTRE

SERVING WOOLWICH WELLESLEY & WILMOT

Cancer Screening

Thursday, November 7th, 2024

1:00 – 2:30 PM

Woolwich Community Health Centre (10 Parkside Dr., St. Jacobs)

Join us for a brief yet impactful workshop led by a Primary Care Doctor from the KW4 Ontario Health Team. Discover the importance of regular cancer screening, demystify the process, and empower yourself with knowledge that can make a life-saving difference.

Walk & Talk!

Bi-weekly on Tuesdays (November 12th & 26th)

9:00 – 10:00 AM

Register to get updates on which trail we will walk each week

Do you enjoy going for a stroll and looking for a group to walk with? Join us as we meet up at local trails around our community to enjoy a nice brisk walk and socialize together.

Young at Heart: Adult Board Games Night

Every 4th Thursdays of the month (Thursday, November 28th, 2024)

5:30 – 8:30 PM

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

Join us for an evening of fun! Different games every month, with the option to bring your own game to teach the group. Snacks are included at every event. A great night to socialize, meet new friends, learn new games, and enjoy time with others.

Plenty more workshops during the month of November, check out our newsletter, website, or social media pages (Facebook, Instagram, Twitter/X, LinkedIn, TikTok) for more!



www.wchc.on.ca



@woolwichchc



Woolwich
Community
Health Centre



@woolwichchc



Celebrating the Spirit of Giving Across our Communities



On November 15th, across Canada and many other parts of the world, we recognize National Philanthropy Day. The day is designed to celebrate those who dedicate themselves to doing good deeds and philanthropic actions, including volunteering in their community and donating to charities. On this day, and throughout the year, we are so thankful for those who contribute to the work of Community Care Concepts.

As a non-profit charitable organization, we are reliant, and have been reliant for the past 39 years, on the support of our communities through both volunteering and donations to fulfill our mission of helping seniors and adults with unique needs to live independently in their own homes and communities. In fact, the roots of our organization are grounded in this philanthropic spirit, when local churches volunteered to prepare and deliver meals to seniors in their local communities. It was when the volume of this work became too much that the organization was formed to continue this tradition through our Meals on Wheels program.

Today, we continue to rely on this philanthropic spirit. More than 110 volunteers contribute over 8,000 hours of service, supporting 5,000 members of our community annually. Volunteers contribute in many ways including delivering Meals on Wheels, driving seniors to medical and other important appointments, visiting isolated seniors, preparing and serving meals in our monthly community dining programs, helping

in community social and recreational programs, supporting individuals in our adult day programs, helping to organize community fundraising events or participating on our Board of Directors. We simply could not do the work that we do and have the impact that we do without this support from our community. As the demand for our services continues to grow, we are experiencing a strong need for additional volunteers and would welcome the opportunity to introduce more community members of our work.

Beyond the many incredible volunteers engaged in our work, we have many members of our community who contribute financially to our work. While we are thankful to our many funders for their financial support of our work, government funding does not cover the demand nor the full cost of service delivery. We are reliant on the philanthropic spirit of our local communities for this support. We are so thankful for the many members of our communities who make annual donations, donate through monthly giving programs or organize events with proceeds supporting our work.

While we cannot possibly recognize all who contribute to our work and are equally thankful for all who contribute either through their time or financial resources, we wanted to highlight one of our most recent contributors – Stonecroft's Golf Tournament Committee (pictured above). In August, Stonecroft, an adult lifestyle community in New Hamburg, organized a Charity Golf Tournament with all proceeds going to local charities. Community Care Concepts is so thankful to be one of the recipients of those proceeds, with \$7,000 donated to support our services in Wilmot Township, including New Hamburg.

As we recognize National Philanthropic Day, we pause and give thanks for all members of our community who contribute to many charitable causes through volunteering or charitable donations. Our communities are stronger due to this philanthropic spirit. For more information on how you can support Community Care Concepts' work through volunteering or donations, please contact us at 519-664-1900 or 1-855-664-1900.

**COMMUNITY
CARE
CONCEPTS**
of Woolwich, Wellesley and Wilmot



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

Aging Well In Wellesley

Information & Active Living Fair



FREE EVENT!

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

**Guest Speakers
Displays
Lunch Included
Door Prizes**

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

You must register for this event

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

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

LEST WE FORGET

Honouring those who gave so much for our freedom



Mike
HARRIS
MPP KITCHENER-CONESTOGA

519-669-2090 • mike.harrisco@pc.ola.org
mikeharrismpp.ca

Fall Back

Don't forget to set your
clocks back one hour
NOVEMBER 3, 2024



The Wilmot-Tavistock Gazette

Your Weekly Newspaper Serving New Hamburg, Tavistock, Baden, Wellesley, New Dundee,
St. Agatha, Shakespeare, Petesburg, Hickson, Punkeydoodle's Corner and more!

SINCE 1895

PUBLISHED EVERY THURSDAY

FREE

LOCAL NEWS LOCAL REPORTERS

Regular Features Include
Local "People" Stories
Community Calendar
Local Wordsearch

Local Junior Hockey and Minor Sports
Family Announcements
And So Much More!

Pick-Up your FREE copy on Thursday at many local stores OR have your
Gazette in your mailbox every week with a subscription:
\$49 per year (includes tax)

HAVE A STORY IDEA?

Contact Galen Simmons at 519-949-1480 or email galen@granthaven.com

Advertise contact Sharon Leis 519-580-5418 or sharonleis@gmail.com

Call: 519-655-2341 or email: thewtgazette@gmail.com
Read online anytime at www.granthaven.com

COFFEE HOUSE TALKS

LEARN, CREATE, SHARE



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

Refreshments Provided!

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



519-662-2731



coffeehousetalks2020@gmail.com



<https://wilmotfamilyresourcecentre.ca>

Funded in part by the
Government of Canada's
New Horizons for Seniors Program



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 74-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



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



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



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



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



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
315 Arthur Street South, Unit E3
Elmira, ON, N3B 3L5

New Hamburg:

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

Trinity Village STUDIOS



No matter what stage of life you are at, life is about continuing to grow and we pride ourselves on embracing you for who you are.



Suites & Studios



Two Room Suites

Enjoy over 11 acres of beautiful grounds, walking paths, and gardens, plus community amenities like a games room, and hair salon

BOOK A TOUR TODAY!

519-896-3112 Ext: 300

www.trinityvillage.com

Enjoy all the benefits of living in a retirement community:

- ✓ Room emergency alerts
- ✓ Nursing care available 24/7
- ✓ En-suite shower bathroom
- ✓ Home-style meals & snacks
- ✓ Recreation program
- ✓ Weekly housekeeping & linen services





JOANNA BAECHLER

+1 (519) 588-2579



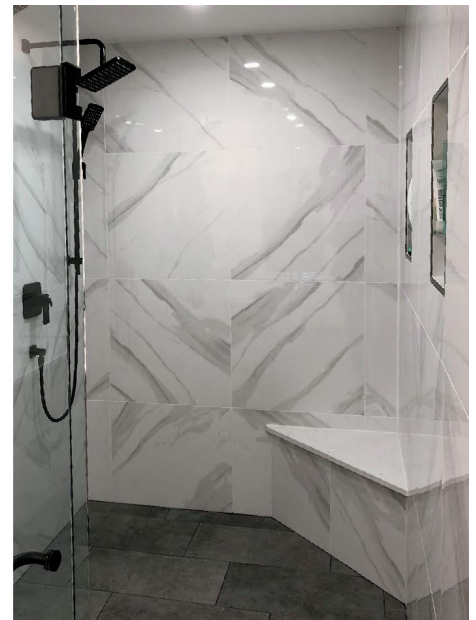
JEFF BAECHLER

+1 (519) 722-6600



KIM BIDDISCOMBE

+1 (519) 497-6334



FROM CURBLESS SHOWERS TO ELEGANT GRAB BARS

Schweitzer's
Bath & Kitchen

1768 ERBS RD, ST. AGATHA • WWW.SCHWEITZERS.CA • 519•747•1819



Lest We Forget 

Their Sacrifice, Our Freedom
Honouring Canadian Heroes



TIM LOUIS
Member of Parliament, Kitchener-Conestoga

@TimLouisKitCon Tim.Louis@parl.gc.ca TimLouisMP.ca 519-578-3777



**We Care For You
Like Family**

martinspharmacy.ca

martin's
Guardian Pharmacy+
(519) 664-3785
10 Parkside Dr. St. Jacobs
Woolwich Community Health Centre



 &  DIECAST

CAR & TRUCK ACCESSORIES

TIRES AND WHEELS, CAR CARE PRODUCTS, RAIN GUARDS,
HOOD SHIELDS, FLOOR LINERS, PROGRAMMERS & MORE!

WWW.RUDYHELD.COM | 519-662-2821 | 147 ARNOLD ST. NEW HAMBURG

The More Things Stay the Same

I was re-visiting some 35 year old poems I wrote and was intrigued by how those words have, at least for me, stood the test of time.

One poem is called Two Things and begins:

Two things I have learnt in life, I wish we all could be.

To neither desire untold riches, or the dearth of poverty.

Who wouldn't want to be rich? Yet, we've all heard stories of the "relatives" showing up as soon as someone acquires a great deal of money. For example, consider the instant millionaires created by government lotteries. I almost feel sorry for them. Now that they're rich, they've a hard time measuring people's true motives in being with them?

My father-in-law's homespun philosophy was one that showed true understanding: a person can only wear on one pair of pants at a time ... can only eat three meals a day. As The Band sang in The Night They Drove Old Dixie Down, "Take what you need and leave the rest."

But rather to be content, with what's right for us today.

And learn to share, in every possible way.

There's a big difference between wants and needs; and when we really look at it, most of us want a great deal more than we need.

"For who needs a God, when we have our hearts content?"

Yet who do we blame when we can't pay the rent?

It's easy to find "believers" when times are tough... not so much when life's sailing along nicely. I'm reminded that whatever our beliefs, life is not about us. To quote Albert Einstein, "Only a life lived for others is the life worthwhile."

And both lead to vanity with the lies we say,

Where our lives are so dark by night or day.

When we have no purpose in our lives – except to serve ourselves – we lose that light from within... defining our humanity.

But tomorrow's a new day, and may it always be.

Thank God for that; it will set us free!

There are many reasons to justify our inactions... until we compare our situation to others: those with less, but who give more. Why? Can they better relate to the plight of others? Or, as Holocaust survivor and psychiatrist, Victor Frankl said, "Life is never made unbearable by circumstances, but only by lack of meaning and purpose."

I also remember these words that come to mind:

Love – The ABC's of (My) Life

**Dear Lord forgive me when I rage,
I should be put into a cage.**

**Like some wild animal or beast,
Who has no respect for anyone in the least.**

"You remember only about the brass ring / you forget all about the golden rule"

- Gonna' Change My way of Thinking by Bob Dylan

Help me see, I must be blind,

Not to feel your love sublime.

"Truth is like the sun. You can shut it out for a time, but it ain't goin' away" – Elvis Presley

And help me realize kindness, as the only way

To grow a little every day.

That's the way I figure it. – FP



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

Find him at www.fredparry.ca

Tips to Survive Family Visits over the Holiday Season:

The holidays are often a time when families gather to celebrate. While these visits can create many enjoyable moments, they can also be stressful and contain uncomfortable interactions. Family gatherings consist of many people from multiple generations with their own unique lived experiences and perspectives. This can contribute to both a lot of richness and complexity. Here are some practical and emotional tips to help navigate the complexity that we encounter when visiting with our families.

Try giving each other the benefit of the doubt. Most people are doing the best they can with the awareness that they have. Relationships and healthy communication are difficult things. Families can be a place where deep pain occurs. Unresolved hurts and unhealed brokenness get passed on. When we get close to people our imperfections collide with their imperfections. Consider someone's intention as separate from their impact. Consider that someone might not have intended to cause pain even though they did. Reflect on how you might have said or done something with good intentions that left someone hurt.

Remember that family gatherings do not have to be perfect. Families are not perfect. People are not perfect. Gently reminding ourselves that it is okay when things do not go exactly as planned can help us manage expectations and process disappointments. Having realistic expectations for a family gathering will likely reduce frustration. Flexibility and patience are helpful qualities to embody when spending time with family.

Be mindful about what is discussed. Keep the conversation simple and focused on surface level topics. Family gatherings aren't usually the space to rehash disagreements or try and convince someone about how their perspective is wrong. People are different and experience the world uniquely. Differences of opinion or perspectives are a normal thing. The world is constantly changing and shapes each generation differently.

For example, parenting practices continue to evolve, and you might find yourself disagreeing with another family member's way of parenting. However, a holiday gathering is generally not a good place to initiate a productive discussion around this. Instead focus on talking about simple things such as the weather or common interests. Additionally, it may be helpful to remind yourself that while difference often feels uncomfortable it does not automatically equal wrong or bad. Different can simply be different.

Take breaks. Family gatherings can last several hours or days. Intensive socializing can be exhausting. Being in someone else's home can feel disorienting. Normalize going for walks, solo trips to the grocery store, taking naps, and planning relaxed group activities such as watching a movie. Taking care of yourself will help you better navigate stress and exhaustion. Allowing ourselves to rest will increase our capacity to regulate our emotions and decrease the possibility of someone saying or doing something harmful.

Written by Danielle Lancaster, Registered Psychotherapist (qualifying)

Interfaith Counselling Centre



How To Get Up

Stay Independent.  Prevent Falls.



If you have a fall:

- Lie still a minute.
- Stay calm.
- Check yourself for injuries.
- If you are not injured, use a sturdy piece of furniture to get up.
- If you are injured, call for help.

After a fall, talk to your doctor or a family member to lower your risk of falling again.

1

Roll onto your side, and then push up onto your elbows.



2

Use your arms to push yourself onto your hands and knees.



3

Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support.



4

Slide or raise the foot of your stronger leg forward so it's flat on the floor.



5

Lean forward and push up using your arms and front leg, slowly rising to a standing position.



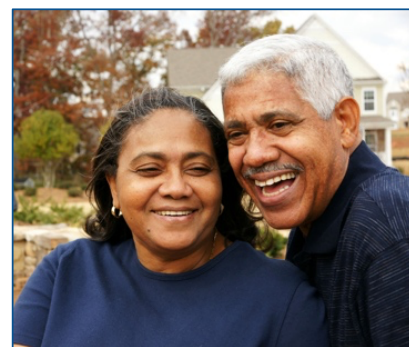
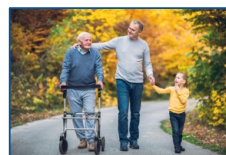
6

Turn around and sit down. Sit for a minute or two and catch your breath.



Staying Independent

Falls are the main reason why older people lose their independence.



Are you at risk? Check each statement that is true for you.

Check your risk of falling	Actions to staying independent
<input type="checkbox"/> (2) I have fallen in the last 6 months	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
<input type="checkbox"/> (2) I use or have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
<input type="checkbox"/> (1) Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
<input type="checkbox"/> (1) I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
<input type="checkbox"/> (1) I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
<input type="checkbox"/> (1) I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.
<input type="checkbox"/> (1) I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
<input type="checkbox"/> (1) I often have to rush to the toilet.	Talk with your primary healthcare professional or incontinence specialist about solutions to decrease the need to rush to the toilet.
<input type="checkbox"/> (1) I have lost some feeling in my feet.	Talk with your primary healthcare professional or podiatrist, as numbness in the feet can cause stumbles and falls.
<input type="checkbox"/> (1) I take medicine that sometimes makes me feel light-headed or more tired than usual.	Talk with your primary healthcare professional or pharmacist about medication side effects that may increase the risk of falls.
<input type="checkbox"/> (1) I take medicine to help me sleep or improve my mood.	Talk with your primary healthcare professional or pharmacist about safer alternatives for a good night's sleep.
<input type="checkbox"/> (1) I often feel sad or depressed.	Talk with your primary healthcare professional about symptoms of depression and help with finding positive solutions.
TOTAL	Add up the number of points in parentheses beside each checkbox you checked. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your primary healthcare professional to find ways to reduce your risk.

For more information, please visit:

- Parachute: <https://parachute.ca/seniorsfalls>
- 519-208-2000 | www.promyse.ca



This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011). Adapted with permission of the authors.

Personalized Hearing Care: Why It Matters

Hearing is such an important sense that connects us to the world around us. That's why personalized hearing care is so important. Everyone's hearing needs are unique, so it's essential to have solutions tailored specifically for you to ensure the best possible hearing health.

Think about it: just as no two people are the same, no two cases of hearing loss are identical. Personalized hearing care means taking the time to thoroughly understand your hearing abilities, your lifestyle, and your personal preferences. This way, professionals can create a customized treatment plan that perfectly fits your needs.

Early intervention and its benefits

Addressing hearing issues at their earliest stages can prevent them from developing into more severe problems. Research has consistently shown that early intervention leads to better long-term hearing outcomes. Jillian Price, Chief Audiologist at HearingLife Canada, emphasizes this point: "All kinds of research shows that people who get amplification earlier are more successful with hearing aids later on. Loving your ears means being proactive, getting your hearing checked, and if there is a problem identified, treating it at its earliest stages and not waiting until it's a significant problem in your life."

The role of technology in personalized hearing care

Utilizing the latest technology and research, audiologists create customized hearing solutions tailored to individual needs. Advances in hearing aid technology have made it possible to develop devices that are more effective, comfortable, and discreet. These modern hearing aids can be adjusted to match the specific frequencies and volumes that an individual needs to hear better.

Hearing care professionals use detailed hearing assessments and diagnostic tools to understand the exact nature of your hearing loss. This information is crucial in designing a hearing solution that not only improves your hearing but also fits seamlessly into your daily life.

Comprehensive services included in personalized hearing care

Providers like HearingLife offer a range of services as part of their personalized hearing care:

- Full-service warranty and aftercare services
- In-depth hearing assessments
- Personalized care plans
- Custom-fitted hearing aids
- Client education and support
- Ongoing monitoring and adaptation

"Have you heard?"

Q&A

Question: *How do hearing aids work?*

Katie's answer: Hearing aids are like little sound boosters for your ears! They amplify the sounds around you, making speech and everyday sounds clearer and easier to understand.

Hearing aids are mini computers that you wear on your ears! They take the sounds around you, and amplify them based on your unique hearing needs to make speech and everyday sounds clearer and easier to understand.

Question: Can hearing aids help with ringing in the ears, or tinnitus?

Katie's answer: Yes! Many hearing aids have

features that can ease tinnitus, making the ringing less distracting so you can focus on everyday sounds.

Yes! Many find that treating their hearing loss with hearing aids alone decreases the annoyance of tinnitus. For those with more severe cases, there are additional features in modern hearing aids to make the ringing less distracting so they can focus on the sounds they want to hear.

Question: Why should I consult a hearing care professional when buying hearing aids?

Katie's answer: Hearing care professionals ensure the right fit and fine-tuning for your specific hearing loss because there's no one-size-fits-all solution. Take the first step toward better hearing by booking a free trial at your nearest HearingLife clinic today!

Does the government help pay for hearing aids in Canada?

Yes, there are government programs that can help with the cost of hearing aids, but the type and amount of assistance vary by province. The clinic staff at HearingLife can help you understand what's available in your area and guide you through the process. There are also flexible payment plans to help you find the right solution without any financial stress.

Thanks to HearingLife Canada's nationwide presence of over 350 hearing centres, it has never been easier to get access to personalized hearing care. Visit hearinglife.ca to book a free appointment at a clinic near you. Visit one of our clinics in New Hamburg or Waterloo!

Visit HearingLife.ca or call 1-888-514-9515



We're Online!

Each issue is uploaded as a full colour online edition.

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

Check us out at:

embracingchange.ca



Qi beauty.

LINDA LANGENEGGER
ADVANCED SKIN CARE

Medical Aesthetician &
Qi Beauty Practitioner

519-741-4662
lindalangenegger@gmail.com
www.LuvYourSkin.ca



BECHTHOLD
HOME IMPROVEMENTS
Since 1982

Windows • Doors • Retractable Screens

1239 Notre Dame Drive Petersburg, ON
519-634-5852
www.bechtholdhome.com
sales@bechtholdhome.com

GENTEK
PREMIUM
RENOVATOR
MEMBER



FOCUS
computers inc.

**73 Peel St,
New Hamburg,
519-662-6720**

- **ONSITE AND IN-STORE SERVICE**
- **COMPETITIVE PRICING ON NEW & USED COMPUTERS**
- **AFTER SALE SERVICE THAT CAN'T BE BEAT!**
- **VIRUS REMOVAL, UPGRADES & MORE!**

Steps to Prevent a Fall

**MOVE
IMPROVE
REMOVE®**

Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can keep enjoying the fun things in life.

1 MOVE your body

- ▶ Build your balance, strength and flexibility with regular physical activity
- ▶ Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi
- ▶ Increase the intensity of your physical activity over time to build stronger muscles

2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- ▶ Keep up your social activities
- ▶ Routinely clean your teeth and gums so you can eat a nutritious diet
- ▶ Check your eyesight and hearing regularly

3 REMOVE hazards

- ▶ Keep your floors clutter free
- ▶ Install grab bars in the bathroom
- ▶ Use handrails and turn on lights on all staircases
- ▶ Wear well-fitting and supportive footwear inside and outside



Move, improve, remove®, Stay On Your Feet®, State of Western Australia 2023, adapted by Parachute with permission.

For more fall prevention information and resources, visit parachute.ca/fallprevention



COMMUNITY BUSINESS DIRECTORY

AUTOMOTIVE

Rudy Held Performance Centre

Car Parts & Accessories
147 Arnold St. NH | 519-662-2821

DENTAL

Kelly Durst, Health First Dental Hygiene

In-Office and Mobile Services for Personalized Dental Hygiene Care
91 Peel Street, New Hamburg (with New Hamburg Denture Clinic) | 519-897-7341

FINANCIAL

Kindred Credit Union

100 Mill St., New Hamburg
1-888-672-6728

KLT Wealth Management - Joe Figliomeni, CIM, CFP, CPA

148 Peel Street, Unit 1B, New Hamburg
519-662-4001 | joe@kltwealth.ca

HEALTH & WELLNESS

Arnold Hearing Centres

3 Waterloo St, New Hamburg
(inside Affinity Health Clinic)
519-662-3277

315 Arthur St. S. Elmira
226-241-9897

Cooks Pharmacy

75 Huron St. NH | 519-662-2640
1201 Queens Bush Rd., Wellesley | 519-656-2240

F.I.T. with Lynne - Functional In-Home Training

Safe, fun and effective exercise at home
Lynne Rutledge, Certified Personal Trainer
fitwithlynn@gmail.com | 226-751-2994

Healthier Living 4 You

Holistic health products for a healthier life.
John Jacobs | Wellesley, ON | 519-656-3369

HearingLife Canada Ltd.

5-10 Waterloo St., NH
519-662-6884
hearinglife.ca/centers/ontario/new-hamburg

Martin's Guardian Pharmacy

10 Parkside Drive
St. Jacobs ON | 519-664-3785

Pharmasave

Town Square Pharmacy | 100 Mill St. NH
519-662-9995
Baden Village Pharmacy | 18 Snyder's Rd. W. #6A
519-214-4000
Breslau Commons Pharmacy | 10 Townsend Dr.
#10 | 226-243-5200

Soles Journey Reflexology

147 Arnold St. | New Hamburg
519-505-1616

Wellesley Township Community Health Centre

1401 Queens Bush Rd. Wellesley
519-656-9025

Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs
519-664-3794

HOME IMPROVEMENTS

Bechthold Home Improvements

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

St. Clements Heart & Home

1011 Industrial Cres., St. Clements
LetUsFloorYou.ca | 519-699-5411

NW Roofing of New Hamburg Inc.

59 Albert Street West | Plattsville
www.nwroofing.ca | 519-684-7693

Richmond Heating and Air Conditioning

2633 Herrgott Rd, St. Clements, ON N0B 2M0
519-699-1118

Schweitzer's Bath and Kitchen

1768 Erbs Rd, St. Agatha
519-747-1819

HOME ORGANIZATION

HALO Home and Life Organizers Waterloo

Region

1-833-777-HALO (4256)
www.homeandlifeorganizers.com

Continued on page 32

COMMUNITY BUSINESS DIRECTORY

HOME SUPPORT SERVICES

Community Care Concepts

Meals, Rides & Home Help
519-664-1900 or 519-662-9526

Promyse Home Care

Nurse Managed In-Home Care
519-208-2000 | www.promyse.ca

Right at Home - Kitchener/Waterloo

Home Health Care & Assistance
519-699-1118

LAWYERS

GGFI Law LLP

82 Huron St. Unit B | New Hamburg
519-662-2000

515 Riverbend Drive, Suite 200, Kitchener
519-579-4300

PET CARE

Pet Valu New Hamburg

100 Mill St., NH | 519-390-0265

PROFESSIONAL SERVICES

Futher-Franklin Funeral Home

1172 Henry St., Wellesley
519-656-2880

IRENIC | Debbie Yantzi

Certified End of Life Doula
519-580-4312 | Debbieyantzi@hotmail.com

Mark Jutzi Funeral Home

291 Huron St., New Hamburg
519-662-1661 | newhamburgchapel@mjfh.ca
www.markjutzifuneralhomes.ca

REAL ESTATE

Alison Wilsey | Peak Realty

New Hamburg | 519-275-4900

Angela Baas, Royal LePage Wolle Realty

Resident of Wilmot Township
519-747-2040

Jim & Tricia Miller

Remax Twin City Realty
New Hamburg | 519-590-5995

Joanna Baechler, Broker

Peak Realty Ltd
New Hamburg | 519-588-2579

The Lambert Group

49 Foundry St. Baden, ON
226-241-9479 | www.lambertgroup.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 Thrift & Gift

59 Church St W, Elmira, ON
519-669-8475
www.mccthritfontario.com/elmira

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

Schmidtsville Restaurant & Gift Shop

3685 Nafziger Rd, Wellesley
519-656-2430

SENIOR CARE FACILITIES

Tri-County Mennonite Homes (TCMH)

200 Boullee Street, New Hamburg
519-662-2718 | www.tcmhomes.com

Trinity Village Studios & Terraces

2711 Kingsway Dr., Kitchener
519-896-3112 ext 300 | www.trinityvillage.com

COMMUNITY BUSINESS DIRECTORY

Woolwich Seniors Association

24 Snyder Ave. Elmira | 519-669-5044

SOCIAL SERVICES

Woolwich Community Services

Information Centre, Individual Support, Food Supports 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

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 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
- Little Short Stop New Hamburg
- Heart & Home Creations NH



- McDonalds
(outside magazine stand)
- Hasty Market - St. Agatha

WELLESLEY TOWNSHIP:

- Schmidtville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner

Office

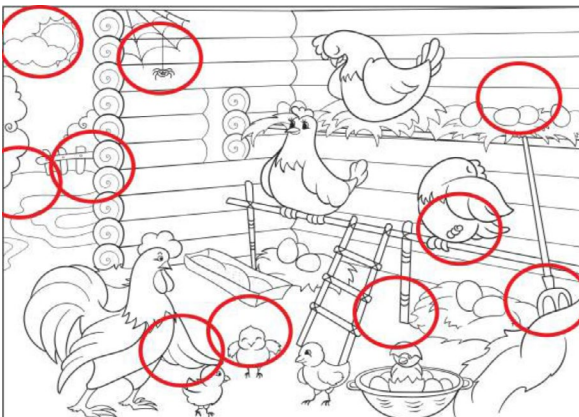
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
- In Season Home & Garden St Clements
- Len's Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin's Guardian Pharmacy
(outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- 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: All's well that ends well



Wacky Wordies

1. Right as rain
2. Many hands make light work
3. Clear cut
4. Down and out
5. Forty winks
6. Two peas in a pod
7. Budget crunch
8. Main entrée
9. Bigwig
10. Face to face
11. Check-up
12. Look after number one



As an experienced Real Estate professional with the **Lifestyle Fifty Five+ Affiliate** designation, I have the training and skills to assist mature & senior clients with safety and confidence in all aspects of the downsizing process of buying and selling homes.

Angela Baas
Sales Representative

OFFICE
519-747-2040

Angela@AngelaBaas.com

ROYAUME DU MAROC

WOLFE REALTY BROKERAGE

www.AngelaBaas.com



\$818,000

250 HOSTETLER Road Unit #9, New Hamburg, Ontario N3A 0E4
 ~Listing ID: 40656876

Welcome Home



2+1 bed



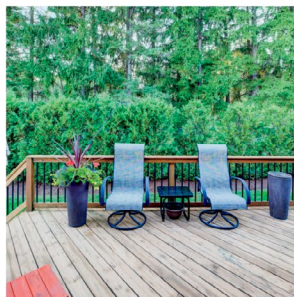
3 baths



1422 sq. ft.

Property Features

Welcome to the Quaint Condo Community of Wrens Arbour. This sought after end-unit bungalow style condo townhome boasts 2+1 bedrooms, 2 +1 baths with a single garage and a driveway for two vehicles! Upon entering the home through the front door you will find a large open concept main floor space with 9 ft. ceilings and an abundance of natural light and many custom finishes and features throughout. The kitchen offers granite countertops, tile backsplash, ceramic tile floors, stainless appliances and a generous island with seating for 2-3. There is an entrance from the garage into a spacious laundry room with lots of storage space, built in cabinets and laundry sink. The main floor is carpet free and features both ceramic tile and engineered maple hardwood flooring. Other highlights include California Shutters throughout and a sliding door to the 2-tier deck with gas BBQ hookupready for enjoying summer time barbeques while entertaining. The view out the rear yard is very private and mature. The end unit offers additional space and privacy on the East side of the home.



ALISON WILLSEY
PROFESSIONAL HONEST

www.peakrealtyltd.com

www.willseyrealestate.com

Real Estate Broker
EXPERIENCED

willseyalison@gmail.com

WORKING TO SERVE BUYERS AND SELLERS SINCE 2005

RURAL *RESIDENTIAL *COMMERCIAL *AGRICULTURAL-WATERLOO REGION, PERTH & OXFORD COUNTIES



Direct 519-275-4900
Office: 519-662-4900

The Lambert Legacy



*Jon and Jen Lambert with their daughter Emme, along with Jon's parents Richard and Marilyn Lambert, all long time New Hamburg Residents.

Be sure to check out more about people over property, and how Jon loves working and giving back to the community that raised him inside the magazine.

JON LAMBERT - BROKER/REALTOR

49 Foundry Street, Baden, ON

(519) 897-1507

