

FREE!

LIVING ~ LOVING ~ LEARNING ~ LAUGHING

# EMBRACING CHANGE

VOL. 8 ISSUE 5

JANUARY 2026



ON THE COVER:  
THANKS TO GUIDANCE FROM  
BETH MARTIN—AND A LOT OF  
PERSONAL HARD WORK—  
AT 62 ANGIE STACH IS LIVING  
HER BEST LIFE.

OUR TRUSTED  
BUSINESS DIRECTORY  
LISTING: PAGE 31

Feature Business  
of the Month

**PHARMASAVE**

COMMUNITY RESOURCE GUIDE  
EMPOWERING SENIORS TO EMBRACE THEIR LIMITLESS POTENTIAL

# New Year, New Goals, New Sounds.

Start the year feeling confident with better hearing.

**New Hamburg**

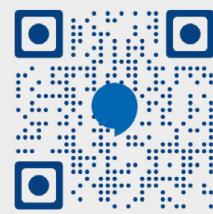
10 Waterloo St, Unit 5

**1-888-485-6006****Waterloo - Erb St W**

128 Erb Street W

**1-888-485-6003****Waterloo**

99 Northfield Drive E, Suite 304

**1-888-485-6007**

Mention code:

**MAG-TBYB-EMBRC**Book online: [HearingLife.ca/TBYB](http://HearingLife.ca/TBYB)

\*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. Some conditions apply, see clinic for details. Offer not valid in Quebec.

**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 Birch**Fred Parry**Anne Milne**Scott Dunstall**Schlegel-UW Research Institute for  
Aging (RIA)***CONTRIBUTORS****On The Cover**

Thanks to guidance from Beth Martin, and a lot of personal hard work at 62 Angie Stach is living her best life.

See the full cover story on page 12

**Cover Story & Photo By:** Elaine Birch

 **Embracing Change** 147 Arnold St  
New Hamburg, ON N3A 2C6 519-574-6428 [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com) [www.embracingchange.ca](http://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, its editor or publisher.



LETTER FROM THE EDITOR

Welcome to a brand-new year! January always arrives with a sense of possibility, inviting us to pause, reflect, and gently turn the page to the next chapter. As we welcome 2026, I hope you're able to look back on the past year with gratitude for the moments that brought you joy, growth, and connection—and with compassion for the challenges you may have faced along the way.

For many of us, the new year isn't about making big resolutions, but rather about embracing small, meaningful changes. This month, I encourage you to choose one simple practice that supports your well-being. It might be taking a short walk each day, calling a friend you haven't spoken to in a while, spending a few minutes journaling, or simply sitting quietly with a cup of tea. These gentle habits can help anchor us as we move through the seasons ahead.

January is also a wonderful time to reconnect with our sense of purpose and community. Social ties—whether through family, neighbours, volunteer work, or shared activities—remain one of the most powerful predictors of health and happiness as we age. Even a brief conversation or a friendly wave can brighten someone's day. Let's carry that spirit of kindness with us into 2026.

January is also Alzheimer's Awareness Month. Stigma remains one of the greatest challenges faced by people living with this disease. If you or someone you know needs support navigating the dementia journey, the Alzheimer Society of Waterloo Wellington is here to help. You can reach them at 519-836-7672 or visit [www.alzheimerww.ca](http://www.alzheimerww.ca) for guidance, resources, and programs that can make a meaningful difference. Be sure to check out page 9 with more information from the Alzheimer Society.

As winter settles in, I hope you stay warm, safe, and connected. May this year bring you renewed energy, meaningful moments, and opportunities to Embrace Change with confidence and hope.

Wishing you a peaceful and uplifting start to 2026!

*Tara*

## FLASHBACK PHOTO

## Checking the Mail

**Sophia Grande-Lawlor, Curator**  
**Wellesley Township Heritage and**  
**Historical Society**

After celebrating the holidays with loved ones this year, you may have noticed upon cleaning up how much extra mail you have for the season! Christmas cards, bills, and flyers. December and January were just as important sales periods for merchants in the past as they are today. This month, we look at some advertisements that were mailed out to entice and show appreciation to customers.

The Wellesley 5 Cents to \$1.00 Store mailed out a flyer to show off its wares to shoppers looking for the perfect gift. Flyers are an example of holiday ephemera that can be fascinating to look back on for the price, the popularity of the item, and the materials used in everyday objects during the time. Researchers can look to advertisements to trace what products, materials, and services were available during the period for locals shopping in Wellesley Township, to date when objects could have been produced, and to investigate trends in price and popularity.

To show appreciation and remind customers of their availability for goods and services during the holidays, merchants may have mailed items such as cards or calendars. Some examples of mailers from the past were quite beautiful and kept for longer than their intended lifespan. An example of this from the WTHHS collection is the Christmas card holder and calendar, sent by Kelterborn's Meat Market in Wellesley. The calendar was made in Germany and signed "Geo. Dietz". The calendar section of the holder was removed, but the card holder was kept in good condition, possibly to keep holding Christmas cards for years to come.

The WTHHS collection houses many interesting records from Wellesley Township, and welcomes visitors on the last Saturday of every month from 10-2, except December. If you have items you wish to donate, research you wish to conduct, or stories you would like to share, please feel free to drop in.



## FEATURE BUSINESS OF THE MONTH: PHARMASAVE

# PHARMASAVE

Home  
Health Care

## Town Square Pharmacy

100 Mill Street Unit D, New Hamburg P. 519-662-9995 F. 519-662-9984

### Finding the Right Walker With the ADP Program at Town Square Pharmacy

At Town Square Pharmacy, we know that staying active and safe is very important. Many people need walkers to help them move around with confidence. A walker can make daily life easier, but only if it fits your body properly. That is why we are proud to help our customers through the Assistive Devices Program, also known as ADP. This program can help pay for the cost of a walker, and we are here to guide you every step of the way.

The ADP program is a government program that helps people who need special medical devices, like walkers, wheelchairs, and scooters. Walkers can be expensive, but ADP can cover a large part of the cost if you qualify. At Town Square Pharmacy, we work with you, your family, and your healthcare team to make the process easier. We want to make sure you get the support you need without feeling stressed or confused.

Before you can pick a walker and apply for ADP, it is very important to visit an occupational therapist, also called an OT. An occupational therapist is a health professional who understands how your body works and what kind of equipment would help you the most. They do more than just guess which walker you need—they measure you carefully to make sure the walker fits your height, strength, and walking style.

Why is getting measured so important? Imagine wearing shoes that are the wrong size. If they are too big or too small, walking becomes uncomfortable or even unsafe. The same is true for walkers. A walker that is too tall can make you bend your arms and hunch your shoulders, and one that is too short can make you hunch your back. If the handles are in the wrong place, your arms might get sore. If the seat or brakes do not suit your needs, you may not feel secure. An OT makes sure all these details are correct so you can move with comfort and confidence.

During your appointment, the occupational therapist will talk to you about your daily activities. They may ask questions like: "Where do you walk the most?" "Do you get tired easily?" "Do you have any pain?" These questions help them understand which style of walker will support you best. For example, some walkers have larger wheels for rough surfaces, while others have smaller wheels for indoor use. Some have seats so you can rest, and others are more lightweight for easier lifting. With their expert knowledge, the OT will help you choose the one that matches your needs.

Another important reason to see an occupational therapist is that they must fill out part of the ADP paperwork. These forms show that you need a walker and that the one chosen is appropriate for you. The OT's assessment is required before ADP will approve funding. They also explain the costs, how much ADP will cover, and what you may have to pay yourself. This can seem confusing, but the OT and the pharmacy team work together to make the process simple and stress-free.

Once the OT has completed the paperwork and chosen the right walker, you can bring the forms to Town Square Pharmacy. Our team will help you order the walker and send the ADP application. When your walker arrives, we will make sure everything is set up safely. We want you to feel confident using your new device from the very first step.

At Town Square Pharmacy, we care about your safety, comfort, and independence. With the help of the ADP program and an occupational therapist, you can find the perfect walker for your lifestyle. We are here to help you through the process, answer questions, and make sure you feel supported every step of the way. Our goal is simple: to help you move with confidence and live your life to the fullest.



# Short and sweet reflections on life's complications

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

## Thoughts on Vinyl

There is a peacefulness to old-school analog technology that is sorely missing from the data-mining, invasive smart technologies we have become accustomed to. Specifically, I'm talking about playing vinyl albums versus using a streaming service.

Sometime in the early 1990's, when music production shifted from albums to CDs, my late husband and I packed up our beloved vinyl collection and stowed the boxes away. When I moved, those boxes moved to a friend's. Recently, I brought them home, found a mini record player, and have been listening to memories ever since.

Flipping through the boxes looking for which music I'm in the mood for, checking out the album art, playing side one, manually flipping to side two, all these actions form a ritual before the needle even hits the groove. It's so peaceful. It's like taking a deep breath before a long walk. I can't help but compare this mini ceremony to the quick scroll for a playlist on my phone; hit play, hit shuffle, oops, don't feel like that song, hit skip. My impatience and ever shortening attention span is easily indulged with a quick tap. Albums require, request even, a bit of patience; slow down, listen to what was intended to be a musical journey.

I will admit to making all kinds of new discoveries through streaming. I'm not a complete curmudgeon. I have a techno-crush on my Shazam app. However, consider the feeling of shared experience when you discover that someone you just met loved the same album you did. What two people have the same playlist? A discussion about a shared love of music becomes distilled to preferences of genre, which platform is best, which artists.

There is no "smartness" to my little mini record player; my listening choices remain a private experience. There is no algorithm operating in the background, guessing my mood, cueing up the next selection, working to satisfy my streaming dollars. Data mining does not offend everyone to the degree it offends me. And, I'm well aware that the music industry has always been a marketing machine. The difference is, when I put that needle down, there are no eyes on my wallet.

Albums, like the books we collect are a snapshot of who we were when. I will argue that playlists, or any digital collection, don't carry the same gravitas. Looking at music from both sides now, I appreciate that streaming services offer a broader, global range, even if it means accepting the algorithm. But... tapping open a streaming service can't compare to the physicality of putting an album on; the anticipation, the hiss of the needle on the wax... I recall parties where I was in charge of the music, making the choices, flipping to side B; it was so personal and so deliberate. Such a responsibility.

Keep your joy.

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



# Woolwich Community Health Centre

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

## FREE Health Promotion Workshops!

We host many FREE workshops year-round on topics of self-care, health education, and special guests from the community. Contact us for more information!

Please visit our website to register for the free workshops.



## Newsletter

Our bi-annual newsletter has lots of information about all of our upcoming programs. If you don't receive our newsletter in the mail feel free to drop by one of our sites to pick up a copy, or you can view and download a digital copy from our website.



## Older Adult Fitness Program

We have a variety of fitness classes geared towards older adults. Classes are available in person at our St. Jacobs location, or online via Zoom - and range in difficulty from introductory classes like Better Bones to Strength Training and Yoga. Classes range from \$5 - \$8 / class. Please visit our website to see the class schedule and register for the January - June 2026 season.

## Immunization

Do you or someone you know need to catch up on their immunizations? We've got you covered! Whether it's routine, flu, or COVID vaccines. Please call our nurse Paula at 226-338-4132.

# 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)



# January is Alzheimer's Awareness Month

**Société Alzheimer Society**  
WATERLOO WELLINGTON

Each January across Canada we observe Alzheimer's Awareness Month. It's a time to learn about dementia, show support, and break down the stigma and misunderstanding that often surrounds it.

Dementia is a term for more than 25 different brain illnesses that change how people think, remember and behave. A common cause of dementia is Alzheimer's disease, but there are many other kinds too.

In our region more than 41,000 people are already impacted by dementia in some way. As Canada's population ages, the number of people living with dementia is expected to grow, making awareness more urgent than ever.

### Why Awareness Matters

- Awareness helps dispel stigma. Misconceptions about dementia are common and can lead to judgement, isolation, or discrimination for people living with dementia, as well as for their caregivers. A better-informed community can treat people living with dementia with dignity and respect.
- Knowledge can spark early action and support. Learning about dementia – its symptoms, what it is (and what it isn't), and how to support someone living with it – can help with early diagnosis, better care, and improved quality of life.
- Hearing directly from people living with dementia, and from care partners or family members, helps us appreciate the daily realities, hopes, and challenges involved – and motivates

### How You Can Help

- Share information about dementia with family, friends, co-workers or neighbours.
- Learn more – read about dementia, debunk myths, understand risk factors and supports.
- Listen to lived experience – read or watch stories told by people affected by dementia.
- Support local initiatives — get involved with your local Society through volunteering, donating, or simply spreading awareness.

### Support from the Alzheimer Society

If someone you know – a parent or grandparent, a friend, a neighbour – is living with dementia, or if you just want to learn more, the Alzheimer Society Waterloo Wellington offers help. They provide education, social-recreation groups, counselling, and support for care partners.

Reaching out early makes a big difference, even if you only have questions. The Alzheimer Society will connect you to resources, help you understand what's happening, and give you tools to support a person living with dementia.

Join us this month in helping to start meaningful conversations and raise awareness throughout our community. Together, we can help build a community where people living with dementia are understood, supported, and respected – not just in January, but all year long.

# AGING WELL IN WOOLWICH

## INFORMATION & ACTIVE LIVING FAIR

WEDNESDAY FEBRUARY 4, 2026

10AM - 2:30PM

BRESLAU COMMUNITY CENTRE (100 ANDOVER DR., BRESLAU ON)

RSVP by Wednesday January 21, 2026

To RSVP, please call:  
519-664-1900 | 1-855-664-1900

Door prizes will be drawn throughout  
the events of the day



### Special Guest Speakers:

Greg Shaikevich - Brain Injury Association of Waterloo-Wellington

Heather Zschocke - Waterloo Regional Police

Kristy Kastelic - Ministry of Transportation

### Agenda

Theme: Digital Literacy and Cyber Security Awareness

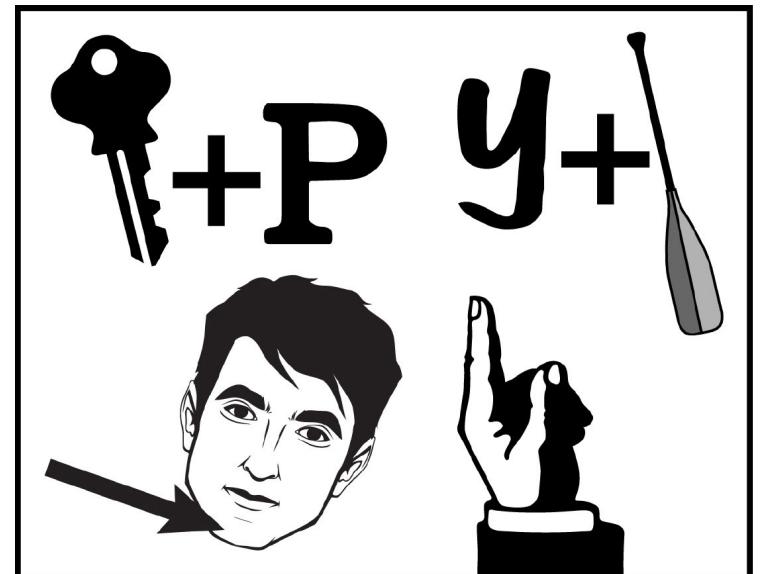
9:30-10am	Arrival & Vendors
10 - 10:15am	Opening Remarks
10:15 - 10:45am	Greg Shaikevich - Staying Safe Online: Internet Safety and AI Basics
10:45-11:15am	SMART Exercises
11:15am - 11:30am	Stretch Break / Vendors
11:30am - 12:30pm	Constable Heather Zschocke - Scams & Fraud
12:30-1:15pm	Complementary Lunch
1:15 - 1:45pm	Kristy Kastelic - Safe Driving for Seniors
1:45 - 2:30pm	Closing Remarks & Vendors

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



### Concentration Puzzle

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



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

# January Puzzles



### Spot The Difference Game

Can you spot the 8 differences?



Solutions on page 34

## COVER STORY



## Living Her Best Life

WRITTEN BY: ELAINE BIRCH

Thanks to guidance from New Hamburg personal trainer Beth Martin--and a lot of personal hard work--Angie Stach is living her best life.

Angie has lost over 50 pounds.

At 62 years old, Angie is now in the best shape of her life.

"When I couldn't get up off the floor from playing with my dogs, I knew I needed to do something," she tells.

And do something, she certainly did.

"Angie started to eat healthy and reasonable," explains Beth. "Our workouts definitely helped, but her diet and lifestyle are so important as well."

### Choosing herself every day

Making her health a priority involved a lifestyle change.

"It can't be rushed," explains Angie.

Consistent work every day is key—but it's also normal and okay to enjoy eating birthday cake sometimes.

Angie explains:

"I've battled with my weight my whole life. If I gain 2 pounds this week, it's oh-well! Maybe this week it was my son's birthday and I ate cake, but most of the time I'm doing what I need to be doing. This is an everyday thing for me—it's the effort you want to make and that's self-care."

Likewise, trainer Beth feels passionately that choosing a positive attitude is also key in living a healthy lifestyle.

"It makes a big difference," Beth says.

It's as important as it is to be eating healthy, drinking water, getting enough sleep, exercising and managing stress.

"You have to have all 5 areas in line," Beth endorses. "You may have worked out today—so that's an hour. What do you do with the rest of your time? That makes a big difference."

### Do what you can

Beth applauds Angie for sticking with it.

One of her frustrations is when people have an all or nothing mentality.

"It's thinking I can't work out all the time so I'm not going to do it," explains Beth. "But it doesn't have to be 100% all the time—who can do that?"

In the heart of losing over 50 pounds, Angie was also working as a caregiver for a family member, but she kept doing what she could do.

Angie is grateful that Beth was willing to come to her, and often at short notice.

"She comes to my house and that's awesome! She walks downstairs and I've already done my warm-up," shares Angie.

Angie also exercises by walking her dogs, doing aquafit, dancing and yoga.

Sometimes Angie and a friend will team up and have a reduced-rate session with Beth at the same time.

### Weight training and balance work is vital for seniors says Beth

Since 1987, Beth has been leading and helping people in their fitness goals. She is a certified trainer and has been operating Be Energized Fitness and Wellness, her own personal training business in New Hamburg since 2013.

Beth also specializes in teaching yoga and regularly leads local classes.

Having a heart and a passion for helping and protecting senior citizens, Beth's message is simple:

"Weight training is going to keep your muscle mass and as you get older that's so important," she says.

By doing weight training with Angie, Beth reports that Angie is metabolically better than how she used to be.

"She is going to avoid those falls that seniors have when they are too weak," Beth tells. "It's your muscle mass—your balance—your core strength—that's what is going to keep you upright."

Beth has incorporated the use of a bosu ball into Angie's workouts as it helps improve balance, strength and stability.

Bosu stands for both sides utilized and has an inflated rubber dome on one side and a flat, rigid platform on the other.

When Beth has seniors work with this ball, she has them use it by a wall, so they have hands-on support.

On the bosu ball, Angie will do things like doing squats with weights, she will stand on one foot and kick stand with the other foot, and do push-ups.

### Just begin

"This magazine is called *Embracing Change* and I'm doing my best to embrace change—for me! I'm worth it," says Angie.

Angie encourages others to start small and do things they enjoy.

Readers can reach out to Beth if they need assistance with their weight loss journey, they want to get physically stronger, or need help getting over an injury.

**Beth Martin**

(519) 588-5325

[Beth@beenergized.ca](mailto:Beth@beenergized.ca)



Before Photo

## Setting Yourself Up for Success with New Year's Resolutions

The new year is often a time for making resolutions. Common new year's resolutions tend to focus on:

- Getting more exercise
- Losing weight
- Changing eating habits - eating more healthy foods or cutting out sweets
- Taking care of our health
- Self care, or personal wellbeing
- Getting organized
- Learning something new – perhaps a new skill or hobby
- Spending more time with family and friends

One of the challenges with new year's resolutions is that we often set such a high standard for a goal, or set too many goals, that it is next to impossible to achieve them. Here are a few tips that can help you to achieve success:

- Start with small steps. Set goals that are within reach and that you can achieve. This will give you encouragement to keep going with them.
- Start with one main thing that you want to change. We can't change all of our habits in a short timeframe. If we try and achieve everything at once, it can be overwhelming with little success.
- Surround yourself with others that you can share your goals with. Moral support is a great encouragement to remain focused on our goals.
- Don't get frustrated with yourself or give up if you slip up. No one is perfect. Minor setbacks are a normal part of the process.
- Ask for help. Don't take on too much or try to fulfill tasks that will impact your health.

Community Care Concepts offers a variety of activities at community-based locations, at no or very limited cost, that can help you achieve your new year's resolutions:

- Free gentle exercise programs. These classes help you build strength and balance, minimize the risk of falls and meet others. Classes are available in both an in-person and online format.
- Community dining programs offer an opportunity to come together for food, fellowship and entertainment or information.
- Meals on Wheels provides hot, nutritious meals delivered to your door at noon on weekdays. Nutritious frozen options are also available.
- Free active living programs at several community centres. Programs range from gentle exercise, cards, games, crafts, guest speakers, art programs to coffee and social hours. Based on the interests of those attending and offered in partnership with our Townships, these centres offer a variety of programs and activities to support you in taking a more active approach to your health, learn a new skill or hobby, focus on personal wellbeing or spend time with others in your community.
- Practical in-home support that can help you with daily tasks or to organize your home. Depending on the task, many supports are available at no or little cost.

For more information or to get started on achieving your new year's resolutions, contact Community Care Concepts at 1-855-664-1900 or 519-664-1900

**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**

**COMMUNITY  
CARE  
CONCEPTS**

of Woolwich, Wellesley and Wilmot

- 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

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**

**Bill Gies Recreation Centre**  
(Township of Wellesley 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

Guest Speakers  
Displays  
Lunch Included  
Door Prizes

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:



## How Better Hearing Can Support an Active Life This Winter

Winter in Waterloo Region is easier to enjoy when you feel connected and active

Staying active looks different for everyone, especially in the winter months. For some, it means bundling up for a daily walk, joining exercise classes, or meeting friends at the local community centre. For others, it is simply keeping up with family gatherings, enjoying hobbies, or staying socially engaged while the days feel shorter and quieter. No matter what active living looks like, good hearing plays a bigger role than many people realize.

Aside helping you stay active and connected, better hearing is closely tied to your safety especially during the winter season. When sidewalks are icy or conditions are unpredictable, hearing what is happening around you matters. The sound of approaching vehicles, someone calling your name, a warning from a friend beside you, or even the simple cues of your environment can make a real difference in how comfortable and secure you feel outdoors.

Today's hearing aids are built with your lifestyle in mind. They are small, comfortable, and nearly invisible, which makes them easy to wear throughout the day. Many models include features that automatically adjust to your surroundings so you can move from quiet spaces to busy social settings with ease.

Support should not end once you are fitted with hearing aids. Hearing care providers like HearingLife offer hands-on guidance to help you feel confident using your devices, along with follow-up appointments to ensure everything continues to work smoothly. Their commitment to ongoing care means you always have someone to turn to with questions or adjustments as your hearing needs change.



This season, as many people set goals to stay active, feel healthier, and stay connected, your hearing deserves a place on that list. Taking the first step with a free hearing test can open the door to clearer communication, renewed confidence, and an active lifestyle that feels more joyful and comfortable year-round.

To learn more or to book your free hearing test, visit HearingLife.ca or stop by the clinic near you at

### Waterloo - Erb St W

128 Erb Street W

Call : 1-888-347-4940

### Waterloo

99 Northfield Drive E, Suite 304

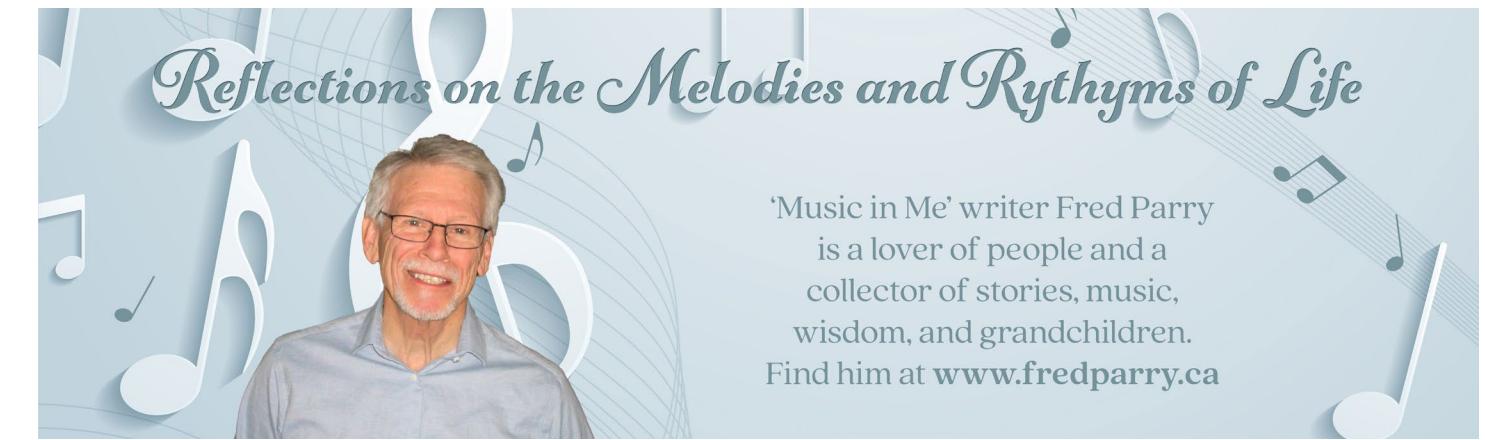
Call : 1-888-446-1767

### New Hamburg

10 Waterloo St, Unit 5

Call : 1-888-347-5011

 **HearingLife**



'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](http://www.fredparry.ca)

## Grace Under Pressure

I think we've all known folks who fall under the category of 'Everyday Heroes'. It could include family, friends or complete strangers – doing things for others.

However, I would like to expand that list to include those who carry on despite what, in the normal scheme of things, would debilitate most others.

This is marvellously illustrated in the 2014 movie, 'The Theory of Everything', about world-famous theoretical physicist Stephen Hawking and his fight with (ALS), or motor neuron disease, that has gradually paralyzed him over the decades – only able to communicate now through a speech-generating device.

*"When I find myself in times of trouble  
Mother Mary comes to me/ Speaking words of wisdom  
Let it be" – Let it be by The Beatles*

And, most of us never fully understand how some people suffer from non-visible afflictions, every day.

I talked to some folks in a pain clinic waiting room – all of whom have some internal issues not normally experienced by the general population. One thirty-something woman spoke of having to "divorce" herself from the person she was in her 20's. She said that it's taken ten years to realize that simple fact. She had a top laboratory job as a forensic scientist and that she, and her teacher husband, had an active outdoor sports lifestyle: skiing, running, canoeing, and trips to expensive resorts in Europe.

Then she developed gallstones that just seem to materialize overnight – leaving her incapacitated. Normal laser treatment to crush the stones isn't effective and her body keeps producing them non-stop... meaning the pain is non-stop.

She said that although her friends have been supportive, they can't possibly understand why someone who looks so "normal" can't do the things she used to do. In fact, going out socially is something that requires special planning, as well as, good luck.

*"And after it rains, there's a rainbow/ And all of the colors are black  
It's not that the colors aren't there/  
It's just imagination they lack"  
– My Little Town by Paul Simon*

Her family and friends never see the consecutive "down" days – days whereby she finds herself confined to bed – immobile, waiting out yet more excruciating rounds of piercing pain. Most can't go far beyond their pharmaceutical tether or their medical support team: risking certain daily deterioration of their physical condition.

They're so finely attuned to their powerful drugs, that even a slight formulation change can aggravate their overall condition – mentally and spiritually – not wanting to talk to anyone.

And, the strange thing is, that when they're having a "good" day, they feel guilty. Why? Because, these days are so rare – so fantastic by comparison – they feel like imposters when with others.

*"Give me hope/ Help me cope, with this heavy load  
Trying to, touch and reach you with, heart and soul"  
– Give Me Love by George Harrison*

Nietzsche said, "He who has a 'why' to live can bear with almost any 'how'." But how can we be a bigger part of their why? If not, how can we help the helpers?

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



## Advance & Comfort Care Planning for Seniors

### Strength in Support: Caring for the Caregiver

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: January 2025

As a new year begins, I'd like to acknowledge and honour the work of caregivers in today's communities.

Caring for someone is a profound act of love—but it can take a toll, and we are then faced with the question – who is caring for the caregivers?

What we do know is – a caregiver needs care as well – to be held, to have space without expectation, an acknowledgment that someone is “thinking of you”. Only with this compassion can their support continue to flow.

Some of the most common signs of caregiver burnout are:

- Constant fatigue or trouble sleeping
- Feeling overwhelmed, helpless, or hopeless
- Neglecting personal needs or health
- Withdrawing from friends and family
- Physical symptoms (headaches, stomach issues, etc.)
- Losing interest in activities once enjoyed

Experiencing burnout can lead to guilt, resentment, isolation and grief before and after loss.

Where do we start in our support of caregivers?

Emotional support can be one of the most important ways to show we care. We can start by encouraging emotional check-ins and peer support circles or counselling.

Some practical tools to support caregivers:

- Create a care team: share the load
- Help them find and access respite services and volunteer programs
- Suggest they use a care journal or schedule for self-monitoring

#### What is self-care?

Self-care is being responsible for your own wellbeing so that you can fulfill responsibilities and it does not equal forsaking responsibility. The old saying goes, “You are no good to others unless you are good to yourself”.

#### Principles of self care: (Adapted from Philip Aziz Centre for Hospice Care)

- Care for yourself before you care for others
- Acknowledge and deal with your feelings so they don't get in the way of your caregiving
- Establish and maintain healthy boundaries by acknowledging and accepting your limitations

#### Steps to good self care:

- Care for your physical, social, emotional and spiritual life. Utilize available supports.
- Explore what each of these mean to you, ie; does going for a walk in nature help you feel calm? do you have a close friend who provides a safe space for you to share? do you have a faith or spiritual practice that guides you? Spending just 10 minutes a day on each of these can be very helpful.
- Acknowledge and set limits, learning to say yes and no with purpose
- Set realistic expectations – good enough is good enough

Care for the caregiver begins not with grand gestures, but with gentle presence – a listening ear, a hand on the shoulder, a simple, heartfelt question: “How are you, really?” Caregiving is not a solo act, you are not alone and caring for self does not equal selfishness.

#### Resources & Referrals

- Local hospice or community support services
- Ontario Caregiver Organization ([caregiversupport.ca](http://caregiversupport.ca))
- Tools like [MyGrief.ca](http://MyGrief.ca), Caregiver Compass, or respite care directories

#### Next month: Love, Loss, and Loyalty: When Pets Grieve With Us

Sue Phillips, [www.suephillips.ca](http://www.suephillips.ca),  
[sphillips5519@gmail.com](mailto:sphillips5519@gmail.com)

## Trouble Seeing the Fine Print? Here are Your Options...

Every good pair of eyes eventually develops a condition called presbyopia. Presbyopia occurs sometime after the age of 40 when the lens of the eye begins to stiffen, making near vision (such as reading books, menus, and seeing your phone) blurry. Fortunately, there are a few good options to restore clear vision. But first, let's look at the symptoms of presbyopia.

#### Signs of Presbyopia include:

- Difficulty focusing on small print on close objects
- Eyestrain, headaches or fatigue, especially when reading or doing close work
- Holding reading material at a distance to see properly
- Needing brighter light to see close objects clearly

Presbyopia can be diagnosed through a comprehensive eye exam.

#### Treatments for Presbyopia

There are several options for presbyopia which include glasses or contact lenses.

#### Glasses

The most common form of presbyopia correction is eyeglasses. For many, reading glasses are sufficient to improve close vision. Others, especially those with distance glasses or who struggle on the computer, require more complex spectacle lenses.

Bifocal and multifocal lenses, including progressive addition lenses, offer a functional solution for those with nearsightedness, farsightedness, and / or astigmatism. These lenses have two or more prescriptions within the same lens, in different zones. Progressive Add Lenses provide a progressive transition of lens power creating a smooth, gradual change in focus from distance to near.

#### Contact Lenses

Contact lenses offer a very convenient option to clear the near vision blur of presbyopia. When successful, contact lenses can provide the freedom of clear vision at all distances without the limitation of head position. Although

multifocal contact lens technology has improved considerably, it's not uncommon to try several lenses before finding the combination that provides the best level of vision and comfort for your needs.

#### Medication - On the Horizon

There are clinical trials with promising early results for eye drops which restore the flexibility of the human lens. It could be possible that eye drop prescriptions will be used in the future to reduce the dependence on reading glasses or multifocal contact lenses.

As presbyopia becomes increasingly prevalent, ongoing research continues to improve available treatments. If the font on your phone is as large as you can make it and you are taking pictures of labels in the grocery store to read the fine print, see your eye doctor to discuss the best option for you.

**Howard Dolman BSc OD**  
With thanks to EyeCarePro



Our team of eye doctors and staff will tend to all of your vision needs. We handle everything from adults' and children's eye exams to eye emergencies, and provide treatment for eye diseases, hard-to-fit contact lenses, and co-management of eye surgery such as LASIK.

**Dolman**  
Eyecare Centre  
Progressive care that can enhance your quality of life  
Call (519) 662-3340 to schedule an eye exam  
251 B Huron Street, New Hamburg, ON, N3A 1K2  
[www.DolmanEyecare.com](http://www.DolmanEyecare.com)



## Building Dementia Capable Communities: How We Can All Help

Laura Middleton, Schlegel Research Chair in Dementia and Active Living



Imagine living in a community where everyone understands dementia, where people living with dementia feel safe, supported and included. That's the goal of a dementia capable community – a place where awareness and understanding lead to better inclusion, accessibility, and quality of life.

Many of us know someone who has dementia, and as Canada's population ages, it will only become more prevalent. Each of us has a role to play in helping our neighbourhoods and public spaces become more dementia friendly.

### What does it mean to be dementia capable?

A dementia capable community recognizes and respects the experiences of people living with dementia. It ensures that everyone, from a local business to a community organization, is equipped to support participation and belonging.

This can include:

- Accessible spaces:** Clear signage, good lighting, and easy-to-navigate environments.
- Informed people:** Staff and neighbours who understand what dementia is and how to communicate respectfully and patiently.
- Inclusive attitudes:** Recognizing the value of people living with dementia as active members of the community, not just recipients of care.

### Small actions make a big difference

You don't need to be an expert to make your community more dementia friendly. Here are a few ways to start:

- Learn about dementia and how it affects people differently.
- Take time to listen and communicate calmly with people who may seem confused or disoriented.
- Support local initiatives or volunteer with organizations focused on dementia awareness.
- Encourage your workplace, community group or club to become more inclusive and supportive.

Even small changes, like allowing extra time at the checkout counter or offering a friendly smile, can help reduce stigma and isolation.

To help communities across Canada take concrete steps toward becoming dementia capable, the **Dementia Capable Communities (DCC) initiative**, led by Laura Middleton, Schlegel Research Chair in Dementia and Active Aging, offers evidence-based tools and resources for organizations, municipalities, and community groups. These include journey maps, guides, and examples to help you plan and implement change.

Explore the DCC resources at the [Building a Dementia Capable Community Webinar](#) on January 12.

Together, we can build communities where everyone – including those living with dementia – can thrive.

Learn more about Dementia Capable Communities at the [Building a Dementia Capable Community Webinar](#) on January 12.

**Where:** Zoom

**When:** Monday January 12, 2026

**Time:** 12 – 1 p.m. EST

**Cost:** Free

People living with dementia have a right to participate in their communities, but stigma and exclusion are common.

The Dementia Capable Community project assembled people living with dementia, care partners, diverse community members and leaders, and multidisciplinary researchers with the vision of creating actions so people living with dementia can participate and are valued, respected, safe and belong in their communities. In this webinar, learn about the new Dementia Capable Community resources created from this work to build community capacity related to dementia.



ONE BREATH AT A TIME



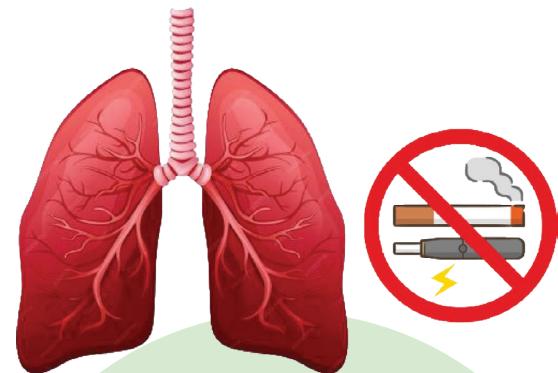
## Prevent Chronic Obstructive Pulmonary Disease (COPD) Today

**COPD** makes breathing hard. It slowly damages the airways of the lungs, making them swollen and blocked. COPD can often be prevented.

1. Do you cough regularly?
2. Do you cough up mucus regularly?
3. Do even simple chores make you short of breath?
4. Do you wheeze when you exert yourself, or at night?
5. Do you get frequent colds that persist longer than those of other people you know?

If you answered "YES" to one or more of these questions, ask your doctor about a test for COPD.

If you are over 40 and smoke or used to smoke, you may be at risk for COPD. This test does not replace a complete medical examination.  
(The Canadian Lung Health Test)



### Common Symptoms

- ✓ A cough that lasts a long time (longer than 3 months)
- ✓ A cough with mucus
- ✓ Shortness of breath, especially during physical activity
- ✓ Wheezing (a whistling sound when you breathe)
- ✓ Feeling tired
- ✓ Losing weight without trying

### Prevention Tips

- ✓ Do not smoke. If you do smoke:
  - Ask healthcare professionals for a simple breathing test
  - It is never too late to quit!
- ✓ Avoid lung irritants, such as:
  - Occupational dust and chemicals
  - Biomass smoke from burning coal, wood or charcoal
  - Second-hand smoke

### Risk Factors

- ✓ Second-hand smoke exposure
- ✓ Air pollution
- ✓ Workplace dusts and fumes
- ✓ Genetic factors
- ✓ Cooking and heating with wood in homes with not enough ventilation

**Local Resources – Waterloo Wellington:**  
Self-Management Program – [bit.ly/waterloowellington](http://bit.ly/waterloowellington): 866 337-3318

**Global Resources:**  
Government of Canada – <https://bit.ly/govcopd>  
Canadian Lung Association – [www.lung.ca/copd](http://www.lung.ca/copd)

**Healthy Living Resources:**  
BREATHE Better Stay STRONG – [www.lung.ca/breathebetter](http://www.lung.ca/breathebetter)  
COPD Nutrition – <http://bit.ly/41HPzOB>

**Smoking Cessation Resources:**  
Smoking Cessation Program (CAMH) – [intrepidlab.ca/en/stop/](http://intrepidlab.ca/en/stop/)  
Smokers Helpline – [www.smokershelpline.ca/s/?language=en\\_US](http://www.smokershelpline.ca/s/?language=en_US)

Don't ignore the signs – check your lungs.

**Talk to your healthcare professional about how to prevent COPD.**

# WHAT I LEARNED FROM TRAVEL IN 2025

By Stewart Grant

Now in my eighth year as a travel professional, I've never been more grateful to have gotten into this profession. Through a combination of hosting group trips or just traveling leisurely with friends and family, I spent about one-fifth of the year exploring new places in 2025. As this year draws to a close, I've decided to look back and see what useful takeaways I can share. Hopefully some of these will be helpful to you as you plan your next getaway.

## 1. Find the right balance between sightseeing and just relaxing

We are all different. Some people's ideal trip is sitting for a week at an oceanside pool in the Caribbean at an all-inclusive resort with a book and a pina colada. Others might try and squeeze as many sights as possible into a week away, thinking "this is probably the only time I'll be here."

However, I think most people, including myself, are in between these two extremes. The one thing in common that my favourite trips this year had was an ideal blend of sightseeing and relaxation.

In Japan, the fascinating cities of Tokyo and Kyoto bookended a very relaxing night's stay at the tranquil Kowakian Ten-yu resort in Hakone, with views of Mt. Fuji and a variety of hot springs to savour. After the spas, we enjoyed a variety of Japanese cuisine in our own private dining area. We loved every day of our Japan trip, and can't wait to return, and but experience in Hakone was our very favourite.

Our trip to Western Canada with Rocky Mountaineer also struck the perfect balance. We started our trip with two days in Vancouver, highlighted by a city tour, Capilano Suspension Bridge Park, and views atop Grouse Mountain. We then set off on two incredible days of fine dining and the best in customer service aboard the world-renowned Rocky Mountaineer train which led us to Jasper. Two nights in Jasper and two more in Banff were a wonderful conclusion to this trip.

## 2. Embrace the local cuisine

You might just find your new favourite food by trying something new while traveling.

In Japan, we knew we would love the sushi, but we also discovered okonomiyaki, gyoza, tonkatsu, yakisoba, and 7-Eleven spicy chicken (yes, seriously, it's great!).

In Portugal, we went back twice for the chicken piri piri while their traditional egg custard, the pastel de nata, was almost a daily treat.

One of the best ways to experience a new culture is through their food. So get outside your comfort zone and try something new. You'll likely love it, and even if you don't, you had the experience.

## 3. Find ways to avoid the crowds

The world is getting smaller and tourism is up everywhere. You can make your trip more peaceful (and more affordable) by traveling slightly off-season. Our Western Canada trip was timed in mid-May, which was well before the insane crowds appear in the Rocky Mountains. While the view of Lake Louise wasn't quite as pretty with it still partially frozen, it was a different look than most get to see, and this was an easy trade-off that I'd take any time to avoid fighting tourists for a view.

When traveling with professional tour operators, like we did this year with Globus (coach tour of Portugal) and Scenic Cruises (our river cruise to Eastern Europe), they will utilize their experience and their connections to minimize your exposure to large crowds. Our tour leaders knew when to arrive to get ahead of the groups, and in some cases, we were provided special access to immersive cultural experiences that a regular traveler cannot achieve. For example, our visit to Belgrade, Serbia included a world-class private choir performance in the crypt of the Church of St. Sava. Two days later in Romania, Scenic arranged for us to have a private tour of the Spring Palace of Nicolai & Elena Ceausescu. We've over the years that going with a professional company truly enhances the experience in terms of the quality of what you see combined with their strategies to avoid the crowds.

## 4. The most interesting places aren't always the ones you've heard of

## 5. Know what you love

- History: Black Cab Tour in Belfast, Eastern Europe trip
- A-Bomb Dome in Hiroshima
- Tito's Memorial
- Spring Palace of Nicolai & Elena Ceausescu

## • Golf in Scotland

## 6. Bad weather can enhance an experience

Windy golf in Scotland; downpour in Aran Islands

## 7. Avoiding the crowds

St Sava Cathedral for amazing choir performance

## 8. Don't sleep on the places close to home

Be a tourist in your own province (June Globus)

## 9. Travel while you can

Travel is more fun than paying off the mortgage

## 10. Experiences, people, and food are paramount

## 11. The world really is small

We had three different instances this year where we met up with old friends in unfamiliar places, and each time was very special. Our daughter Sydney made plans for us to visit the town of Uji so she could reconnect with her friend Reena who had previously been an exchange student in St. Marys. Then when we were in Portugal, we heard from friends we knew who live in Australia but were visiting Portugal at the same time, and we shared a lovely visit in Porto – the first time we'd seen them in 23 years. Finally, I randomly bumped into someone I knew while walking the streets of Kyoto. You just never know.



**STONETOWN TRAVEL**

**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



**PASSPORT**



## The Wilmot-Tavistock Gazette



**Your Community.  
Your Stories. Your Trusted  
Local News Source.**

When you want news you can trust, you turn  
to the people who know your community best.

The Wilmot-Tavistock Gazette brings you reliable  
reporting on local news, community events, and  
sports across New Hamburg, Tavistock, Baden,  
Wellesley, New Dundee, St. Agatha, Shakespeare,  
Petersburg, Hickson and Punkeydoodle's Corner.  
**Real stories. Real people. Real local journalism.**

Contact us at: [thewtgazette@gmail.com](mailto:thewtgazette@gmail.com)

[www.granthaven.com/wilmot-tavistock-gazette](http://www.granthaven.com/wilmot-tavistock-gazette)



**\$49.99/year**

Information seniors need to know -  
LOVE to read!

**HOME  
DELIVERY**

**SUBSCRIBE TODAY**

Call or Text: 519-574-6428

Email: [embracingchangeinfo@gmail.com](mailto:embracingchangeinfo@gmail.com)



Providing accessible transit to Woolwich, Wilmot and Wellesley

## KIWANIS TRANSIT

Specialized transportation for

- 65 years of age or older (proof of age required)
- CNIB registrant (proof of registration required)
- Physically disabled
- Developmentally disabled
- Have a temporary disability

**CONTACT US**

www.k-transit.com  
519-669-4533

EMPLOYMENT    SOCIAL ACTIVITIES    MEETINGS  
 MEDICAL APPOINTMENTS    SHOPPING & SOCIAL    DAY PROGRAMS AND MORE...!

251A Huron St  
New Hamburg  
519-662-3710  
[nhorders@mofficepro.ca](mailto:nhorders@mofficepro.ca)  
[mofficepro.ca](http://mofficepro.ca)

MITCHELL &  
NEW HAMBURG  
**OFFICE PRO**  
Good People, Who Know  
A division of B & V Enterprises Inc.

Online Photo Service  
[mofficepro.photofinale.com](http://mofficepro.photofinale.com)

## RITZ PRINTING

(519) 662 2200 | [info@ritzprinting.com](mailto:info@ritzprinting.com)

27 Peel Street, New Hamburg ON N3A 1E6

Morgan Miller [www.ritzprinting.com](http://www.ritzprinting.com)

**Exceptional Service  
Advanced Technology  
Premium Quality**

Jason Zinger  
HANDYMAN

Call or Text: 519-577-4258  
Email: [jzinger0419@rogers.com](mailto:jzinger0419@rogers.com)

LIFELONG RESIDENT OF WOOLWICH TOWNSHIP

[www.millerhomes4u.com](http://www.millerhomes4u.com)

Jim Miller Broker  
519-580-5061  
Tricia Miller Sales Rep.  
519-590-5995  
[www.millerhomes4u.com](http://www.millerhomes4u.com)

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

[www.bechtholdhome.com](http://www.bechtholdhome.com)  
Since 1982

Windows • Doors • Retractable Screens

1239 Notre Dame Drive Petersburg, ON  
519-634-5852  
[www.bechtholdhome.com](http://www.bechtholdhome.com)  
[sales@bechtholdhome.com](mailto:sales@bechtholdhome.com)

GENTECK  
PREMIUM  
RENOVATOR  
MEMBER

**RUDY HELD'S  
R.H. PERFORMANCE  
CENTRE**  
ONTARIO'S 1<sup>ST</sup> SPEED SHOP

## CAR & TRUCK ACCESSORIES

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

**519-662-2821 | 147 ARNOLD ST. NEW HAMBURG**

# Message from Tim Louis

## Member of Parliament for Kitchener-Conestoga

One of the most rewarding parts of my work as your Member of Parliament is connecting with seniors in Kitchener-Conestoga. I do this by visiting communities to share music and meaningful conversations, joining coffee chats with organizations like Community Care Concepts, and meeting you at local events. These moments let me hear your stories, answer questions, and talk about what matters most. I'm always grateful for the phone calls and letters that keep the dialogue going.

Our conversations guide the work I do in Ottawa every day. I know rising costs and staying healthy are top of mind for many. That's why our government is focused on making life more affordable, healthier, and more fulfilling for seniors.

**Putting Money Back in Your Pocket** - We've strengthened Old Age Security and the Guaranteed Income Supplement to help with the cost of living. These benefits are a lifeline for many, and we're committed to keeping them strong.

**Better Care, Close to Home** - We've expanded dental care to over six million Canadians through the Canadian Dental Care Plan and are moving forward with Pharmacare for essential medications like those for diabetes.

**Supporting Those Who Care for You** - Budget 2025 includes a new tax credit for personal support workers, recognizing the vital role they play in helping seniors live with dignity and comfort.



# TIM LOUIS

Member of Parliament for Kitchener-Conestoga



@TimLouisKitCon

Tim.Louis@parl.gc.ca

TimLouisMP.ca

519-578-3777

**Staying Active and Connected** - Isolation can be a challenge for many older Canadians. Programs like New Horizons for Seniors fund local projects that keep seniors engaged, active, and connected; whether through fitness classes, community gardens, or social clubs.

**Protecting Seniors from Scams** - Fraud and financial abuse are growing threats. That's why Budget 2025 introduces Canada's first-ever National Anti-Fraud Strategy and a voluntary Code of Conduct for banks to prevent economic abuse and protect seniors' financial security.

These investments aren't just numbers on a page; they're about people. They are making sure you can enjoy retirement with peace of mind, good health, and strong connections.

If you have ideas or concerns, please reach out. My door is always open.



## We Care For You Like Family

[martinspharmacy.ca](http://martinspharmacy.ca)

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

Keep your dentist, elevate your hygiene! All ages welcome.

**Wilmot Smiles**  
Independent Dental Hygiene Clinic  
Where smiles are contagious!  
SERVICES: dental hygiene cleanings & exams, polishing (stain removal), professional teeth whitening, custom sport mouthguards, denture cleanings, & more!  
NEW HAMBURG, ON 226-880-1648 [www.wilmotsmiles.ca](http://www.wilmotsmiles.ca)

**Traveling Reflexologist**  
Jody Vleeming RRP, RRCO  
519-616-4055 (Text or call)  
  
Reflexology can help to:  
~ Alleviate Pain  
~ Bring the Body into Balance  
~ Promote Healing  
~ Boost Circulation & Lymphatic System  
~ Improve Sleep & Digestion  
~ Reduce Stress & Improve Mood  
~ and Much more...  
[Thegroundedsoulstice@outlook.com](mailto:Thegroundedsoulstice@outlook.com)

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

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



**LINDA LANGENEGGER**  
ADVANCED SKIN CARE

Medical Aesthetician &  
Qi Beauty Practitioner

519-741-4662  
[lindalangenegger@gmail.com](mailto:lindalangenegger@gmail.com)  
[www.LuvYourSkin.ca](http://www.LuvYourSkin.ca)



# Meet Your Local Realty Experts

Helping you right-size your home to create space for what matters most. We're here for you, every step of the way!

**JON LAMBERT - BROKER/REALTOR**  
49 Foundry Street, Baden, ON - (226) 241-9479



**Timeless Style for All Stages of Life**

**50**  
YEARS  
SINCE 1975

**Schweitzer's**  
Bath & Kitchen

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

# COMMUNITY BUSINESS DIRECTORY

## AUTOMOTIVE

**Expressway Ford Lincoln**  
1554 Haysville Rd., New Hamburg | 519-662-3900  
751 Erie St., Stratford | 519-271-3900  
[www.expresswayford.com](http://www.expresswayford.com)  
**Rudy Held Performance Centre**  
Car Parts & Accessories  
147 Arnold St. NH | 519-662-2821

## EVENT VENUES

**The Waterlot**  
Venue for intimate Celebrations  
90 Wilmot St | New Hamburg  
519-575-8522 | [www.thewaterlot1847.com](http://www.thewaterlot1847.com)  
Email: [Waterlotevents@gmail.com](mailto:Waterlotevents@gmail.com)  
Instagram: The.waterlot1847

## DENTAL

**Wilmot Smiles**  
Independent Dental Hygiene Clinic  
Online booking at [www.wilmotsmiles.ca](http://www.wilmotsmiles.ca)  
New Hamburg, ON | 226-880-1648

## HEALTH & WELLNESS

**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  
[fitwithlynne@gmail.com](mailto:fitwithlynne@gmail.com) | 226-751-2994

**Healthier Living 4 You**  
Holistic health products for a healthier life  
John Jacobs | Wellesley, ON | 519-656-3369  
<https://healthierliving4you.com/>

**HearingLife Canada Ltd.**  
5-10 Waterloo St., NH | 519-662-6884  
[hearinglife.ca/centers/ontario/new-hamburg](http://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

**The Grounded Soulstice (Reflexology)**  
Jody Vleeming, RRPr, RRCO | 519-616-4055  
[thegroundedsoulstice@outlook.com](mailto:thegroundedsoulstice@outlook.com)

**UltraScan Medical Diagnostic Imaging**  
338 Waterloo St. Unit 10-11 | New Hamburg, ON  
519-390-7226 (SCAN)

**Woolwich Community Health Centre (WCHC)**  
Serving Woolwich, Wellesley, & Wilmot at 3 sites!  
St. Jacobs - 10 Parkside Drive - 519-664-3794  
Wellesley - 1401 Queen's Bush Rd. - 519-656-9025  
Linwood - 377 Manser Road - 519-656-9025

## HOME IMPROVEMENTS

**Bechthold Home Improvements**  
1239 Notre Dame Dr. Petersburg, ON  
[www.bechtholdhome.com](http://www.bechtholdhome.com) | 519-634-5852  
[sales@bechtholdhome.com](mailto:sales@bechtholdhome.com)

**C&A Kitchen Refinishing**  
Baden, ON  
[www.cakitchenrefinishing.com](http://www.cakitchenrefinishing.com) | 519-590-4986  
**Generations Heating and Air Conditioning Ltd.**  
Serving KW and Surrounding Area for 20+ Years  
[www.generationsheating.com](http://www.generationsheating.com) | 519-635-4561

**Jason Zinger - Handyman Services**  
Call or Text 519-577-4258  
**NW Roofing of New Hamburg Inc.**  
59 Albert Street West | Plattsburg  
[www.nwroofing.ca](http://www.nwroofing.ca) | 519-684-7693

**St. Clements Heart & Home**  
1011 Industrial Cres., St. Clements  
[LetUsFloorYou.ca](http://LetUsFloorYou.ca) | 519-699-5411  
**Schweitzer's Bath and Kitchen**  
1768 Erbs Rd, St. Agatha | 519-747-1819

**W Plumbing**  
Jordan Eby, Plumbing, Heating & Septic Services  
[jordan@wplumbing.ca](mailto:jordan@wplumbing.ca) | 519-575-5639  
[www.wplumbing.ca](http://www.wplumbing.ca)

## HOME ORGANIZATION & CLEANING

**Tammy Lee Hauser | Organizing Expert**  
Organizing/Decluttering/Downsizing/Coaching  
519-521-LESS (5377) | [www.lighthausliving.com](http://www.lighthausliving.com)

# COMMUNITY BUSINESS DIRECTORY

## Wilmot Window Cleaners

Since 2013 | 519-572-9645

<https://www.wilmotwindowcleaners.com/freequote>

## HOME SUPPORT SERVICES

### Articulate Nursing Ltd. - Cheri Petch

Footcare, Hair Care & Housekeeping  
Waterloo: 519-503-5134

[www.articulatenursing.com](http://www.articulatenursing.com)

### 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](http://www.promyse.ca)

### Right at Home - Kitchener/Waterloo

Home Health Care & Assistance | 519-279-0888  
[www.rightathomecanada.com/kitchenerwaterloo](http://www.rightathomecanada.com/kitchenerwaterloo)

## 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

### Compassionate End-of-Life Ceremonies - Angie Hallman

519-574-1572 | [www.angiehallman.com](http://www.angiehallman.com)

Funeral & Life Celebrant Services

MAID Bedside Ceremonies

### Futher-Franklin Funeral Home

Christopher Franklin, Owner/Director

1172 Henry St., Wellesley

519-656-2880 | [www.futher-franklinfuneralhome.com](http://www.futher-franklinfuneralhome.com)

[chris@futher-franklinfuneralhome.com](mailto:chris@futher-franklinfuneralhome.com)

### Mark Jutzi Funeral Home

291 Huron St., New Hamburg

519-662-1661 | [newhamburgchapel@mjfh.ca](mailto:newhamburgchapel@mjfh.ca)

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

## REAL ESTATE

Alison Wilsey | Peak Realty  
New Hamburg | 519-275-4900

### Luke Shantz, Broker

Re/Max Solid Gold Realty (II) Ltd.  
180 Weber St S. Waterloo ON  
519-584-4400 | [luke.shantz@outlook.com](mailto:luke.shantz@outlook.com)

### Jim & Tricia Miller

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

### PEAK REALTY LTD New Hamburg

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

### The Lambert Group

49 Foundry St. Baden, ON  
226-241-9479 | [www.lambertgroup.ca](http://www.lambertgroup.ca)

## RETAIL

### EasyWear Adaptive Clothing

Mobile Boutique | Cambridge, ON  
(888) 908-7177 | [Easywearadaptiveclothing.com](http://Easywearadaptiveclothing.com)

### Focus Computers

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

### MCC New Hamburg Thrift Centre

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

### MCC Thrift & Gift

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

### 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](http://www.imperialmarketeatery.ca)

## SENIOR CARE FACILITIES

### TCMH (Tri-County Mennonite Homes)

200 Boullee Street, New Hamburg | 519-662-2718  
[www.tcmhomes.com](http://www.tcmhomes.com) | [info@tcmhomes.com](mailto:info@tcmhomes.com)

# COMMUNITY BUSINESS DIRECTORY

## Trinity Village

2727 Kingsway Dr., Kitchener | 519-893-6320  
Adult Day Program, Independent and Assisted  
Living, Long Term Care | [www.trinityvillage.com](http://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](http://www.stonetowntravel.com)

## 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

- 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.

### 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



# PHARMASAVE

Home  
Health Care

## Town Square Pharmacy

100 Mill St, New Hamburg P. 519.662.9995 F. 519.662.9984

**Front Store** • Cosmetics • Cards & Gifts • Vitamins & Supplements • Special Orders • Mail & Receiving Parcels • Processing Postal Transactions

**Pharmacy Services** • Phone, Online & Mobile

- Medication Sync • Compliance Packaging
- Injection Administration • Specialty Compounding

**Post Mastectomy Products** • Certified Fitters for Compression, Lymphedema & Post Mastectomy

**Home Health Care** • Assisted Device Vendor (ADP)

- Personal Aids to Daily Living • Lift Chairs • Ostomy

Bath Safety • Mobility Aids • Hospital Beds

**RENTAL OR PURCHASE**



FREE WEEKDAY  
DELIVERY!

*It's easy to transfer your prescriptions here!*

# Town Pantry Health Food Store

- Weekly Fresh Bread
- Bulk and Natural Food Items
- Natural Personal Care and Household Cleaners
- Natural Supplements and Vitamins
- Keto and Specialty Snacks
- Sports Nutrition

100 Mill Street, Unit D, New Hamburg, Ontario  
519-662-9995 | [townpantryhealthfoodstore.ca](http://townpantryhealthfoodstore.ca)

# PHARMASAVE

Specialty  
Compounding

## Baden Village Pharmacy

18 Snyder's Rd, Baden, ON P. 519.214.4000 F. 519.214.4001

### Pharmacy Services

- Phone, Online and Mobile
- Medication Sync
- Compliance Packaging
- Injection Administration
- Specialty Compounding

### Front Store

- Cosmetics
- Cards and Gifts
- Vitamins and Supplements
- Special Orders



DAILY DELIVERIES  
MONDAY - FRIDAY

*It's easy to transfer your prescriptions here!*

# PHARMASAVE

Medical  
Pharmacy

## Breslau Commons Pharmacy

10 Townsend Drive, Unit 10, Breslau, Ontario  
P. 226.243.5200 F. 226.646.7847

### Pharmacy Services

- Specialty Compounding
- Online Prescription Refills
- Natural Health & Wellness Products
- Free Transfers, Medication Alignment, Reviews, and Disposal
- Wednesdays Seniors Save 15%

**Hours: Mon-Fri 9-6 Sat 9-3**



FREE WEEKDAY  
DELIVERY!

*It's easy to transfer your prescriptions here!*