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FEATURE
BUSINESS
OF THE
MONTH

COMMUNITY
CARE
CONCEPTS



ON THE COVER:

60 years of service and trust.
Mike Gilmore, current owner
of Hillcrest Service in New
Hamburg is proudly flanked by
Mom, Carol and Dad, Don

LOCAL & REPUTABLE
**BUSINESS
DIRECTORY
LISTING**

PAGE 26

COMMUNITY RESOURCE GUIDE

**Empowering older adults to embrace
their limitless potential**

VOL. 9 ISSUE 1 | SEPTEMBER 2026



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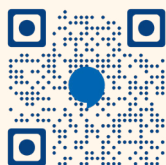
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On The Cover

60 years of service and trust. *Mike Gilmore*, current owner of *Hillcrest Service* in New Hamburg is proudly flanked by Mom Carol and Dad, Don. See the full cover story on page 12.

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**LETTER FROM THE EDITOR****Celebrating 8 Years of Embracing Change!**

September is always a special month for me because it marks the anniversary of *Embracing Change*. This year, we are celebrating **eight wonderful years** of connecting, supporting and celebrating older adults, caregivers and the communities we are so fortunate to call home.

When I started this journey in September 2018, I never imagined where it would lead. The idea for *Embracing Change* was inspired by my deep love for my

grandparents and the special place they held in my heart. **It feels especially fitting that September is also a month when we celebrate grandparents—a beautiful reminder of the love, wisdom and memories they leave with us.** I wanted to create something that recognized the value of older adults, share their stories, connect people with helpful resources and remind everyone that aging is something to embrace—not something to fear.

Eight years later, I am incredibly grateful for how this little idea has grown. Every month, I hear from readers who have discovered a local business, learned something new, found a helpful resource, been inspired by someone in our community or simply enjoyed an article that made them smile. Those moments make all the work behind the scenes worthwhile.

Embracing Change would not be what it is today without the amazing businesses, organizations, contributors, readers and supporters who have believed in this publication. I also want to recognize my **family**, who supported my idea from the very beginning and have continued to encourage me and lend a helping hand along the way. I am truly grateful for all the time, ideas and support that have helped bring each issue to life.

Your continued support allows us to keep putting this magazine into the hands of people who may not always turn to the internet for information. Whether you have advertised, contributed an article, shared an issue, offered an idea or simply picked up a copy each month, **thank you for believing in Embracing Change and being part of this journey.** It means more to me than you know.

September is also **World Alzheimer's Month**, making this issue especially meaningful. Throughout this issue, you will find informative and thoughtful articles about Alzheimer's, memory, caregiving and understanding dementia. I hope you find them helpful and that you can share them with someone who may benefit.

As we celebrate eight wonderful years, I am excited about all that lies ahead. While *Embracing Change* continues to grow and evolve, its heart remains the same: **celebrating older adults, strengthening our communities and helping people navigate life's changes together.**

Thank you for allowing me to continue this journey. Here's to many more!

Tara



Stahle's Bakery: A Family Legacy in Wellesley

As summer comes to an end and the weather starts to get colder, a baked good or two might be on the horizon. With autumn around the corner, this month we take a look at a prolific baking business in Wellesley Village: Stahle's Bakery.

John Stahle purchased a bakery in Wellesley from Alex Dingwall in August of 1903. This purchase and promise of continued good service was advertised in the Wellesley Maple Leaf in 1903. John's wife, Friedericka Hochstein had passed away a few months prior in April. With eleven children in the family, Stahle had many a helping hand he could employ in the business. The Stahle family moved into the same building that housed their bakery and set up shop.

Bread and pastries were delivered by Stahle's throughout the township and beyond, by truck in the good weather and by horse and sleigh in the winter. The bakery was noted for its white and whole wheat bread, its hearth loaf, coffee cakes, raisin buns, and cream buns. Special baking and wedding cakes were made to order.

Edward Stahle, one of John's sons, was heavily involved in the bakery from a young age. He worked alongside his father for many years and in 1912, took over the business when John retired at the age of 68.

Edward was very involved in the Wellesley community, particularly in sports. He began a

hockey team with his brother Johnny, which was active in the 1910s. He was the manager of the Wellesley hockey team when they won the Euler Cup in 1932-1933 and he won the Ontario Horseshoe Pitching Competition later. He and his wife, Martha Meyer, had three daughters: Paula, Ruth, and Gertrude.

Edward sold the bakery in 1917 to work in Kitchener, but returned to Wellesley to re-establish the bakery in 1921. With the help of Woody Faulhafer as head baker and employees Freddy Fleischauer and Ernie Hamel, the business (and delivery route!) expanded. Stahle's continued to be successful despite the Great Depression and harder years for local businesses into the 1930s.

On November 16, 1941 the bakery was destroyed by fire leaving the village without bread until arrangements were made to get bread from a Kitchener baker. Stahle's was soon rebuilt and operated as before. Another tragic turn came for the family in 1946 when Edward Stahle was diagnosed with tuberculosis. He passed away at the Freeport Sanitarium in Kitchener in October of 1946. Paula, the eldest daughter of Edward and Martha Stahle, and her husband Bob Warne returned to Wellesley and took over the bakery. They continued the Stahle legacy for another 15 years, running a successful bakery for the local community before selling to Clemens Stutz in 1959.



Wellesley
Bakery

Having purchased the Wellesley Bakery business from Mr. Alex. Dingwall I beg to announce that I will conduct it on the most up-to-date plan.

**First-Class Baking.
Prompt Delivery,
Full Supply.**

Orders for Special Pastry work Solicited.

My Delivery Routes to St. Agatha, Hawkesville and Linwood will shortly be published.
Give me a trial.

J. STAHL

Provided by: Wellesley Township Heritage and Historical Society

FEATURE BUSINESS OF THE MONTH: CCC

Connecting in the Community

For the past 40 years, Community Care Concepts has offered a variety of services and supports that assist older adults and seniors to live independently across the Townships of Woolwich, Wellesley and Wilmot. We understand that being at home and in the community is where all of us prefer to be, for as long as we are able to effectively do so. To age well in the community, there are many important components that need to be addressed including physical health, mental health, nutrition and physical exercise. Our organization has structured its programs and services around helping individuals to maintain these key elements. While all are important, both research and our experience has shown that one of the most protective factors in helping individuals to age well in the community is the ability to form and maintain social connections, whether it be one or two good friends to connect with regularly or having an active social life.

As the warm summer weather turns to fall, it is often easier to stay inside and hibernate rather than venture out into the unpredictable weather. However, we would encourage you to continue to pursue activities that get you out of the house and around others. There are many wonderful opportunities for older adults to participate in, to not only meet their essential needs, but most of all connect with others in the community, many of which are at no or very little cost.

Take advantage of the many FREE gentle exercise and falls prevention classes that are offered for older adults across our communities. With no pre-registration or commitment required and designed based upon everyday movements, regular participation is found to reduce the risk of falls, the leading cause of health decline, while providing an opportunity to connect with others who share a common interest.

Tired of thinking of options to cook for yourself? Join one of our many community dining events. Providing a hot, nutritious meal, these events also provide an opportunity to get out of the house, socialize with others, be entertained and to learn about your community.

**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot



Community Care Concepts also sponsors a variety of social and recreational activities including fitness, cards and games, arts and crafts, health and well-being activities, educational events and other activities that provide opportunities for older adults to come together with others that share common interests. Visit our Active Living Centres at the Wellesley and Wilmot Recreation Complexes or join our many activities that are offered at community centres across the Townships.

Our friendly visitor program matches volunteers with individuals in the community who may be isolated, offering a friendly call, home visits or someone to join in a community outing.

Looking for program options for a family member who requires a bit of support or that will give you a break from caregiving? Our adult day program provides a full day of supervised activities, connections with others, lunch and transportation, while providing individualized support.

Wanting to connect with other caregivers? We offer a variety of opportunities for caregivers to come together to connect with others.

Needing help with transportation to access programs? Please connect with us for assistance.

Staying connected with others is an important component of thriving at home and in the community. Contact us today to learn about the many opportunities that are available.



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

Current Treatments for Dementia: What You Should Know



Although there is currently no cure for Alzheimer's disease or other irreversible forms of dementia, treatment options continue to improve. Today's treatments focus on managing symptoms, supporting quality of life, and, for some people with early Alzheimer's disease, slowing disease progression.

Medications to Manage Symptoms

Several medications approved by Health Canada can help manage symptoms such as memory and thinking difficulties. While these medications do not stop or reverse the disease, they may help some people maintain their daily functioning for a period of time. The benefits vary from person to person, and treatment decisions should be made in consultation with a healthcare provider.

New Disease-Modifying Treatments

More recently, Health Canada approved two disease-modifying therapies for early Alzheimer's disease: lecanemab (Leqembi™) and donanemab (Kisunla™). These medications target amyloid plaques in the brain and have been shown to slow the progression of Alzheimer's disease in eligible individuals with mild cognitive impairment or early-stage Alzheimer's dementia. They are given by intravenous infusion and require careful monitoring because of potential side effects, including brain swelling or bleeding. These treatments are not suitable for everyone and require assessment by a dementia specialist.

These medications are intended for people with mild cognitive impairment due to Alzheimer's disease or early-stage Alzheimer's dementia who meet specific criteria. While these therapies are not a cure,

they represent an important step forward by offering some people the opportunity to slow the progression of Alzheimer's disease during its earliest stages.

The Importance of Non-Drug Approaches

Medication is only one part of dementia care. Healthy lifestyle habits - including the triangle of regular physical activity, social engagement, and mental stimulation - plus a balanced diet and good overall management of other health conditions can help you live well for a longer period of time. Other therapies, such as music therapy, massage, and aromatherapy, may also help reduce stress or improve comfort for some individuals.

Many people wonder about natural products or alternative treatments. At this time, there is not enough scientific evidence to recommend supplements, herbal remedies, medicinal cannabis, or similar products as effective treatments for dementia. Anyone considering these options should discuss them with their healthcare provider to avoid possible interactions with prescribed medications.

Looking Ahead

Research continues to advance, offering new hope for people living with Alzheimer's disease. While newer therapies represent an important step forward, personalized care, healthy living, and ongoing support remain the foundation of dementia treatment.

To learn more, visit the Alzheimer Society Waterloo Wellington at AlzheimerWW.ca, and click on About dementia to find out more about dementia treatment options and developments.

Cognitive Care Support at Your Local Library

Do you know someone living with dementia, memory loss, or declining cognitive skills who could use a little extra support? The Region of Waterloo Library is pleased to announce the arrival of a new collection designed to provide just that: Cognitive Care Kits!

These kits are intended to help people make meaningful social connections while promoting brain health through simple and engaging activities that encourage interaction, conversation, sorting, problem-solving, and the exploration of familiar objects and memories.

Each Cognitive Care Kit contains a variety of items such as:

- Sensory activities
- Puzzles
- Games
- Books
- Photographs
- A Caregiver's Guide to Dementia by Laura N. Gitlin and Catherine Verrier Piersol
- A communication pamphlet from the Alzheimer Society of Canada



Three different Cognitive Care Kits are designed for early to mid-stage dementia under the themes Animals, Great Outdoors, and Farm Life. An additional three kits are designed for middle to late-stage dementia under the themes Seasons, Tools, and Family Life. Each kit may be borrowed for up to three weeks at a time and can be placed on hold like a regular library item for pick up at any Region of Waterloo Library location.

To celebrate the launch of this new collection and support lifelong brain health, the Region of Waterloo Library is hosting a special community event called Supporting Brain Health Together at the Bloomingdale Branch on Wednesday, October 28 from 6:30-8:00 p.m.

The event will begin with a presentation by Janine Wilson, of The Alzheimer Society of Waterloo Wellington, who will share evidence-based strategies for maintaining brain health. Drawing on landmark research, participants will learn about 12 key lifestyle factors that can support brain health and reduce the risk of cognitive decline. Janine will provide practical information and everyday strategies that can be incorporated into daily routines, helping participants make informed choices to support lifelong cognitive wellness. The presentation will be followed by a question-and-answer period to give attendees an opportunity to explore these topics further.

In the second part of the evening, participants will be introduced to the library's new Cognitive Care Kit collection. Attendees will have the opportunity to explore the kits through a fun, interactive activity, allowing them to experience firsthand how these resources can help foster meaningful connections while supporting brain health.

Through this initiative, the Region of Waterloo Library hopes to make it easier for its residents to access tools that support connection, engagement, and quality of life. Caregivers, family members, healthcare professionals, and anyone interested in supporting healthy aging are warmly invited to attend.

To register for the event, please visit www.rwlibrary.ca, call 226-748-8030, email RWLPrograms@regionofwaterloo.ca, or scan the QR code below.

To learn more about the Library's Cognitive Care Kits or to place a hold, please visit www.rwlibrary.ca/cognitivecarekits, call 226-748-8030, or scan the QR code below.



Supporting Brain Health Together

Come join us as we learn about 12 key lifestyle strategies to support brain health and have fun exploring the Library's new Cognitive Care Kits! Advance registration is required.

Wednesday, October 28 • 6:30–8:00 pm • Bloomingdale Library





WCHC
COMMUNITY
HEALTH CENTRE

SERVING WOOLWICH WELLESLEY & WILMOT

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



Mindfulness in ACTION

Join us for a 4-part series introducing the principles of Acceptance and Commitment Therapy (ACT), an evidence-based approach to building psychological flexibility. Through mindfulness and values-based strategies, you'll learn practical skills to respond more effectively to difficult thoughts and emotions, change your relationship with them, and take meaningful action toward a richer, more fulfilling life.

Fridays, September 11 - October 2, 2026
1:00 - 2:00 PM
In person or ZOOM
10 Parkside Drive, St. Jacobs



Managing Cholesterol with Nutrition

This workshop will help you learn which foods raise your cholesterol and which ones help to lower it. Learn practical tips from a dietitian to take control of your heart health today.

September 3rd, 2026
10:00 - 11:30 AM
In person or ZOOM
10 Parkside Drive, St. Jacobs



The Art of Wellbeing: Creativity for Mental Wellness

A monthly creative wellness group exploring the connection between creativity and mental health. Through guided creative activities, participants can support emotional well-being, mindfulness, self-expression, and stress management. No artistic experience is needed.

3rd Friday monthly
2:00 - 3:00 PM
10 Parkside Drive, St. Jacobs



Fire Safety for Seniors

Join this workshop with Woolwich Fire Department to build and reinforce life-saving fire safety knowledge, increase your confidence in responding to fire emergencies, and reduce fire risks in your home.

September 24, 2026
1:00 - 2:30 AM
In person or ZOOM
10 Parkside Drive, St. Jacobs



Accepting New Patient Applications!

We are now accepting new patients! If you are looking for a healthcare provider, please visit our website to fill in the registration, or email us at intake@wchc.on.ca

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tabdulhadi@wchc.on.ca, or call at
519-664-3794 ext. 222

Staying Comfortable as You Age: Understanding Dry Mouth and the Value of Dental Hygiene Care

By Lisa Schaadt, Owner & Registered Dental Hygienist at Wilmot Smiles



As we age, our mouths can change in ways we don't always expect. One of the most common changes is **dry mouth**, also called xerostomia. Many seniors experience it daily, and it can make eating, talking, and even smiling feel uncomfortable. The good

news is that dry mouth can be managed, and your local dental hygienist can help.

What Is Dry Mouth?

Dry mouth happens when your body doesn't make enough saliva. Saliva keeps your mouth moist, helps you chew and swallow, and protects your teeth from cavities. When saliva is low, your mouth may feel sticky, dry, or sore. Some people notice trouble tasting food or wearing their dentures comfortably.

Why Does Dry Mouth Happen?

Dry mouth is very common in older adults. Many everyday medications can reduce saliva, including those for blood pressure, allergies, anxiety, and sleep. Certain health conditions, dehydration, and habits like drinking alcohol or caffeine can also make dryness worse.

Dry mouth is more than just annoying. Without enough saliva, your teeth are more likely to get cavities, especially near the roots. Your gums may feel tender, and dentures may rub or cause sore spots. Paying attention to dry mouth is an important part of staying healthy.

Simple Ways to Feel Better

There are many easy ways to reduce dry mouth symptoms and protect your smile. These small habits can make a big difference in your comfort:

- Sip water often throughout the day
- Use sugar-free gum or lozenges
- Avoid alcohol-based mouthwashes
- Limit caffeine
- Keep dentures clean and well-fitted
- Use saliva-supporting products recommended by your dental hygienist

How an Independent Dental Hygienist Can Help

At **Wilmot Smiles**, clients receive warm, personalized care in a calm and friendly setting. As an independent dental hygiene practice, we can spend time with you, listen closely to your concerns, and help you understand how your mouth is changing.

Here's how we support clients with dry mouth:

- **Thorough dental hygiene appointments** to help reduce cavity risk
- **Dry mouth assessments** and personalized comfort tips
- **Denture checks** to prevent rubbing and sore spots
- **Oral cancer screenings**, which are important as we age
- **Clear education and encouragement** to help you stay confident and healthy

Independent dental hygienists focus on prevention, comfort, and building long-term relationships. You receive care that feels personal, relaxed, and tailored to your needs.

Your Smile Deserves Care at Every Age

Dry mouth is common, but you don't have to live with discomfort. With the right support, you can keep your mouth healthy and enjoy the foods, conversations, and moments that make life meaningful.

At Wilmot Smiles — **Where Smiles Are Contagious** — we're here to help you feel your best, one smile at a time. Visit our online booking page at www.wilmotsmiles.ca or call 226-880-1648 to book your next dental cleaning.



Beth Martin
personal trainer

519-588-5325
Beth@BeEnergized.ca
www.BeEnergized.ca

Growing to Meet the Needs of Our Community

TCMH Working Towards Second Long-Term Care Expansion in New Hamburg

Tri-County Mennonite Homes (TCMH) is looking to grow its long-term care services in New Hamburg. It has applied to the Ministry of Long-Term Care for a 224 bed home located on TCMH's property at Neville Street, the site commonly referred to by locals as Peterson Hill. If approved, this new Home would improve much needed access for Elder Care in our community.

Design work is ongoing, and TCMH is planning for the new Home to have all the amenities to function separate from the existing Home on Nithview Campus. Each resident home area (RHA) will have a living room, dining room, program space, and spa tub rooms. The RHAs are being designed for the modern long-term care resident who prefers access to individualized care that meets their personal needs and expressions. Features like outdoor access in the RHA and natural light are all being factored into the design to make the building feel like a home. State-of-the-art considerations are being put in place to serve the increasingly complex care needs of new residents.

The 224 bed Home is in addition to the current 160 bed long-term care expansion work at Nithview. Once completed, TCMH will operate 384 long-term care beds that will help alleviate pressure on the long-term care system in Wilmot and the surrounding areas. With the increasing number of elders seeking local, close to home, long-term care accommodations, TCMH is not worried about the demand for services.

By 2051, Ontario anticipates there will be 2.7 million people aged over 75 in this province – a 135% increase from current numbers. By 2040, 1 in 13 Ontarians will be over the age of 80. Of the current individuals on the long-term care placement waitlist, nearly three out of four identify a not-for-profit home as their first choice for Elder Care. Ontario currently has over 50,000 people waiting for a long-term care bed, with an average wait time of 165 days. The waitlist has doubled in the past 10 years and will continue to grow as the population lives longer and complex care needs increase.

TCMH's expects to complete the application process with the Ministry of Long-Term Care in the coming year. It anticipates construction on the new Home to begin in early 2028. During the interim year, TCMH will complete design work, site approval work, and other permit-related work as needed. Once all approvals are in place and the design is completed, TCMH is estimating construction will take approximately 2.5 years. That would potentially see the new Home welcoming residents in late 2030.

TCMH was founded in 1968 as a not-for-profit organization. It opened the doors of Nithview Home in 1972. For nearly 60 years, TCMH has remained dedicated to providing quality care and accommodations to the people in Wilmot and the surrounding areas. TCMH is committed to its mission Making Every Day Matter and they are bringing this philosophy and belief into the Neville Street project. Their goal is to remain leaders in the field of long-term care and senior services for many years to come.

HAPPY GRANDPARENTS MONTH



At TCMH, we are proud to recognize and celebrate the grandparents within our communities and how they *Make Every Day Matter*.

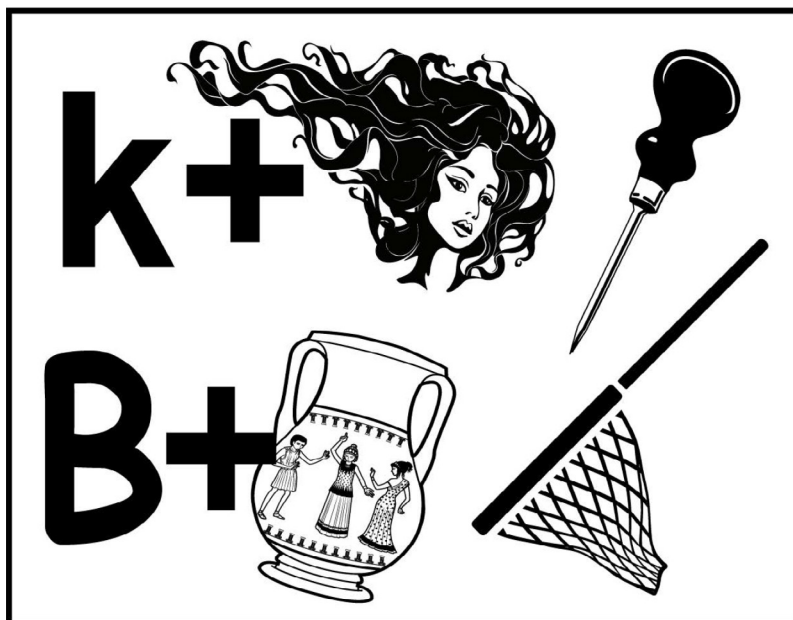
 Tri-County
Mennonite Homes

September Puzzles



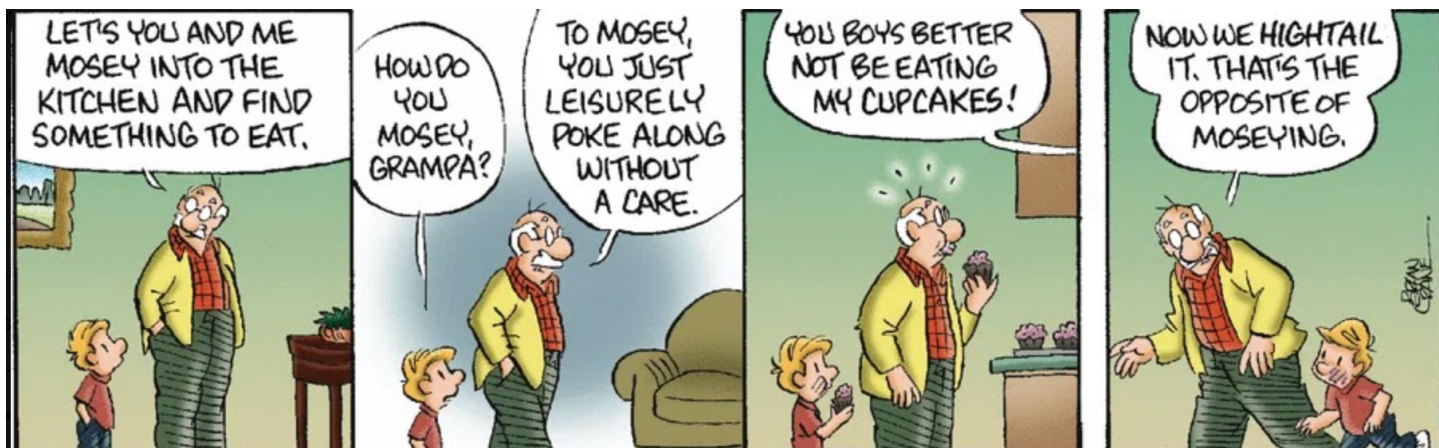
SPOT THE DIFFERENCE

Concentration Puzzle



Sudoku

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



Solutions on page 30

COVER STORY



The Hillcrest story: 60 Years of Family, Service and Trust

HILLCREST SERVICE
WRITTEN BY: SCOTT DUNSTALL

Sixty years is a remarkable milestone for any business, but especially for a family business that has survived changing economies, changing technology and an automotive industry that looks very different from the one Don Gilmore entered in 1966. This year, Hillcrest Service Ltd., providing sales, service and towing in New Hamburg, is celebrating its 60th anniversary, and after sitting down with current owner Mike Gilmore and his parents, Don and Carol Gilmore, it became clear that this story is about much more than automobiles. It is a story of family sacrifice, determination and the kind of trust that can only be built one customer at a time.

Hillcrest began in 1966 when Don took over the garage business then operated by Joe and Bernice Kienapple. Don had originally come to the area and worked painting barns with Joe while also helping in the repair and body shop. When the opportunity came to make the business his own, success was far from guaranteed. Don approached a local New Hamburg bank looking for a \$500 start-up loan and was turned down. Instead of ending the dream, the rejection seems to have made him even more determined to make the business work.

Those early years demanded tremendous resourcefulness. Don did body work and repairs, sold vehicles and became increasingly involved in towing. Mike remembers his father buying truck chassis and fabricating parts of tow trucks himself rather than simply purchasing finished units. "Dad was a body man," Mike said. "He worked with lead. He worked with steel." That attention to detail eventually became part of Mike's education too, as Don taught him how to spot previous body repairs, recognize paint work and identify a genuinely good used vehicle.

One old family photograph captures those years particularly well. Carol is sitting at the kitchen table doing the books, surrounded by paperwork. Behind her is a refrigerator covered with hundreds of small stickers, each one representing a vehicle auction Don had attended. He would come home, peel the dealer identification sticker from his lapel and stick it on the fridge. Eventually they became a remarkable visual record of the countless hours, miles and auctions involved in finding good vehicles for Hillcrest customers. While Don was attending auctions, repairing vehicles and answering tow calls, Carol was helping keep the entire operation organized.

When Don and Carol married in 1973, Carol became an integral part of Hillcrest. She dispatched tow trucks, kept the books, detailed vehicles and later served for 12 years as secretary of the local towing association. In those days, towing companies may technically have been competitors, but they also helped each other when a recovery was too difficult for one operator to handle alone. "We all worked together," Carol recalled. That same cooperative spirit existed among local vehicle dealers, who travelled together to auctions, brought one another's vehicles home and referred customers to people they knew and trusted.

Because the family home was connected to the business, there was often little separation between work and family life. Carol remembers answering late-night tow calls, taking down the information

and running into the garage to start the tow truck so it would be ready when Don came out. In the days before cell phones, reaching him could mean calling the garage where she thought he was headed and asking someone there to have him phone home. During severe winter storms, stranded motorists were sometimes brought back to Hillcrest, where Carol would feed them while they waited.

There were difficult years too, including Don's health problems and the punishing interest rates of the early 1980s. Those experiences later became important when Mike was considering whether to take over the business. Carol remembered what survival had meant during the toughest periods: "You didn't have to make any profit. You had to be there to help each other, and be there for the customers." It is a simple philosophy, but it says a great deal about how Hillcrest managed to survive and grow.

Mike grew up around the business and later studied automotive marketing at Georgian College, graduating in 1998. He spent years attending vehicle auctions with his father and admits that "car sales was sort of my passion." By 2006, however, Don's health had reached the point where the family had to decide what would happen next. Don and Carol did not assume Mike and his wife Darolyn would take over. "We didn't want to expect him to have to take it," Carol said. Mike and Darolyn eventually chose to continue the family business, with Don and Carol helping make the transition financially possible.

Mike then began preparing Hillcrest for another generation. The shop was rebuilt and expanded, and the service side of the business grew significantly. Today sales, service and towing remain the foundation of Hillcrest, with service becoming an increasingly important part of the operation. Mike says one of the challenges today is simply keeping up with demand while continuing to look after customers who have relied on Hillcrest for years. "We're very, very fortunate," he said. "We have a tremendously loyal customer base."

The used-vehicle business has changed dramatically as well. Where Don and Mike once walked auction lots inspecting vehicles in person, much of that process is now online. Mike estimates that about 80 per cent of the vehicles he sells are sourced specifically for customers who give him a wish list. The technology has changed, but the goal really hasn't: find a quality vehicle that you are comfortable putting the Hillcrest name behind.

Throughout our conversation, one word kept coming up: trust. Mike told me about a newer employee who had previously worked in larger automotive operations and quickly noticed something different at Hillcrest. "People just trust us here," he told Mike. That trust isn't created by an advertisement. It is earned over years by treating people fairly, standing behind your work and understanding that in a small community, reputation matters.

After 60 years, Hillcrest has changed enormously, but the values behind it have remained remarkably consistent. Don and Carol built the foundation through hard work and sacrifice, while Mike and Darolyn have carried it forward and adapted it to a changing industry. For New Hamburg, Hillcrest has become more than simply a place to buy or repair a vehicle. It is one of those family businesses whose history has become part of the community itself, built over six decades on service, relationships and trust.



1966



2026



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Redefining Freedom: Embracing New Paths with Kiwanis Transit

Life is a beautiful collection of chapters, each bringing its own set of shifts and surprises. As the pages turn, one of the most significant transitions we face is how we choose to get around our communities. For many of us, a personal vehicle has long been the ultimate symbol of self-reliance. The thought of stepping away from the steering wheel—or even just choosing to drive a little less—can feel daunting. It is completely natural to worry that relying on a transit service might mean losing a bit of your hard-earned independence.

But what if we looked at this change through a different lens? What if, instead of a restriction, it is actually an invitation to greater flexibility, less daily stress, and a whole new kind of freedom?

That is exactly the philosophy behind Kiwanis Transit. We believe that embracing change doesn't mean slowing down; it means discovering smarter, more relaxing ways to keep moving forward.

A New Way to Travel

If you are **65 years of age or older**, a wonderful community resource is right outside your window. Kiwanis Transit is available to anyone who has reached this milestone birthday and resides in Woolwich, Wellesley, or Wilmot townships. It isn't just a transit service; it is your personal gateway to staying connected to the people and places you love, without any of the hassles of modern driving.

Think about the relief of letting go of the steering wheel: no more navigating busy traffic, no more hunting for a close parking spot, and no more worrying about unpredictable winter roads or skyrocketing gas prices. Instead, you get to sit back, relax, and let someone else do the heavy lifting while you enjoy the scenery.

True Freedom is Door-to-Door

One of the features our riders appreciate most is our dedicated **door-to-door service**. We understand that a journey doesn't start at a street corner bus stop—it starts right at your front door.

Our friendly, professional drivers will meet you at your home, help you safely into our comfortable, specialized vehicles, and ensure you arrive directly at the entrance of your destination. Whether you are heading to a medical appointment, doing some grocery shopping, visiting friends, or attending a local community

event, we ensure your trip is seamless, safe, and stress-free from start to finish.

Welcome on Board

Joining our community is simple, warm, and welcoming. There are no complicated hoops to jump through. We pride ourselves on being a neighborly team that treats every passenger like family. Our vehicles are fully accessible and meticulously designed to prioritize your comfort, easily accommodating your mobility aids to ensure a smooth ride every single time.

Giving up the stress of the driver's seat doesn't close your world—it opens it up. It frees up your energy so you can focus on the joy of the outing, rather than the anxiety of the commute.

Change can be intimidating, but it also brings wonderful new opportunities to live life more relaxed. We invite you to take that first step with us. Let Kiwanis Transit handle the road while you enjoy the journey. Give us a call today to learn how easy it is to get started. We look forward to welcoming you on board!

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Woolwich, Wilmot and Wellesley

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Building Community Through Volunteering

This year marks the 41st anniversary of Community Care Concepts of Woolwich, Wellesley and Wilmot. As a local non-profit, charitable organization, we are focused on services and supports that help older adults and adults with unique needs to live independently in their own homes across the rural townships of Woolwich, Wellesley and Wilmot. Volunteers have been the foundation of our work and community, long before the organization started, when members of local churches were preparing and delivering meals to elderly members of their congregations. This volunteer led initiative evolved into the Meals on Wheels program, with additional services evolving based on community needs. As we reflect on our history, we are reminded of the essential role that volunteers have and continue to fulfill in our organization. Each year, more than 120 volunteers contribute more than 8,000 hours, reflecting the equivalent of four full-time staff. We simply could not do the work that we do and have the impact that we do as an organization without our volunteers.

As the seasons turn from the heat of summer to the cooler temperatures and unpredictable weather of the fall, we witness the impact on the changing needs for services. As the weather changes, many retreat indoors. The hectic pace of fall combined with the return to routine and many activities for our families also means that many older adults may not have access to the same level of support that they may have enjoyed over the summer. It's during this season that we witness an increasing level of demand for our services. This demand directly translates into an increased demand for volunteers to support our many programs and growing number of individuals that we support.

As the seasons and weather change, and you are seeking ways to get out of the house and among others, I would encourage you to considering volunteering with Community Care Concepts. There are many opportunities that can help you to connect with your community including delivering Meals on Wheels, providing rides to medical and other appointments, visiting isolated seniors, serving meals in our dining programs, helping with programming in our adult day programs and active living centres, helping with special events or participating on our Board of Directors. As we think about the colder weather on the horizon, we also think about those that are able to help with snow removal for their neighbours. Hours and tasks can be adjusted to reflect time and interests. Mileage is paid for those individuals delivering meals or driving older adults to appointments. Many of our volunteers would say that in addition

to the value of the direct service that they are able to provide to members of their community, they benefit personally from the ability to share their hearts, hands and talents with others and the sense of community and purpose that they are able to create and to be a part of.

We would welcome the opportunity to connect with you to determine how we can create opportunities for you to become involved. Not only will it greatly support the unprecedented demand for our services, but it will also provide many personal benefits. Volunteering is definitely good for the heart and soul, providing a wonderful opportunity to build community with others.

Please reach out if you are interested in learning more about how you can become involved by calling **519-664-1900** or **1-855-664-1900**.

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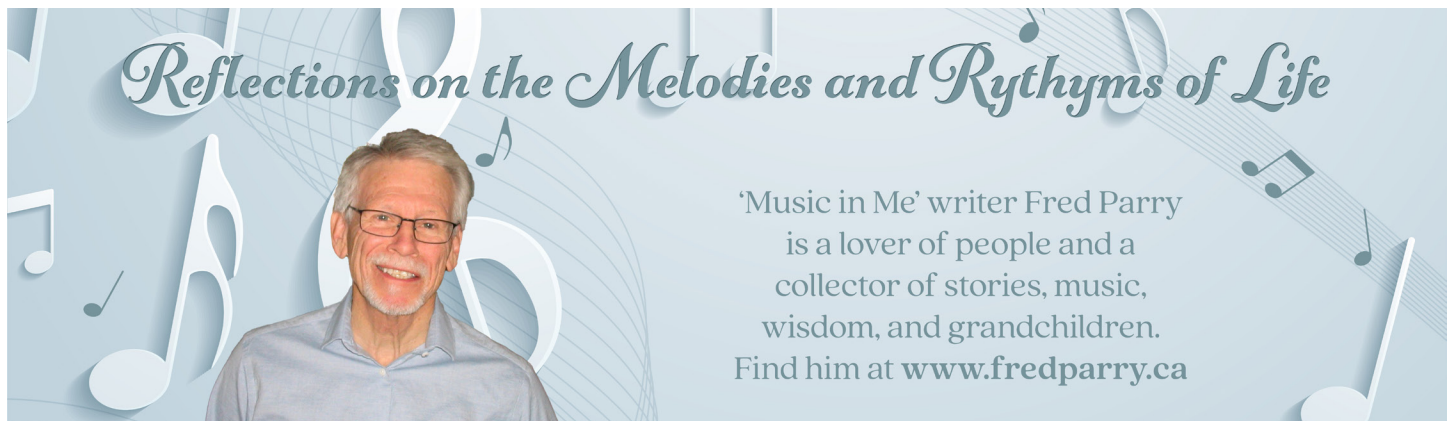
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Now and Forever

*"Bows and flows of angel hair and ice cream castles in the air
And feather canyons everywhere, I've looked at clouds that way"*

– Both Sides Now by Joni Mitchell

I wonder if you would join me in a little experiment. No matter where you're reading this-- at home, in a coffee shop, wherever. Simply close your eyes for ten seconds and then slowly re-open them again.

Now look around at your surroundings and imagine yourself simply not being there. What would be left?

If you're lucky, what you'd be feeling is a perspective that many don't often stop to consider: whether here or not, life will go on with or without you – always has, always will. As an old friend was fond of saying, "What will it matter, 50 years from now"?

"It's cloud illusions I recall / I really don't know clouds at all."

Some years ago, I was back in my childhood home cleaning up my dad's estate, and was struck by the feeling that, with him gone, the old house seemed to be no more than a few sticks of desperately lonely furniture.

Up in the attic, I found some childhood toys and school books of mine and although I was obviously important to him, he never showed it.

*"Tears and fears and feeling proud / To say "I love you"
right out loud."*

It was like I still lived there, so whose house was this, anyway?

*"Dreams and schemes and circus crowds / I've looked at
life that way."*

Another time, we were viewing some old family videos of our three children as youngsters. There they all were, racing around the house full of laughter, while playing with a litter of new-born pups. What excitement! What joy! What chaos! It filled me with pleasure, but when I turned the VCR off they were all gone... along with that magical feeling.

I mean, we've lived in this old farm house for thirty years, but what of the families before us? Did they walk these same floors? Of course they did. So, whose house is this, anyway?

"It's life's illusions I recall / I really don't know life at all."

Recently I was one of many locals who attended an 'open house' – courtesy of a new couple to the area. They recently bought and, with great care, renovated the old village church.

Many memories were shared among former parishioners, of when our collective families attended services and community-based events over the past decades. Also joining in the fun was a retired minister representing a rich heritage of pastoring the 'flock'. And as the laughter and joyous commotion rose to the rafters, I found myself wondering again: whose house is this anyway?

Canadian educator Marshall McLuhan famously predicted our interconnected world as a "global village"... like a house with many rooms. Yet no matter where we live, home really resides in our heart.

Fifty years, or fifty minutes from now, how would you like to be remembered?

Would you be a loving parent or loyal friend; a decent person who contributed to society; or someone who made a contribution that also benefited the whole world? If someone is better off because you lived, then yours is a legacy that will be missed ... now and forever.

"So many things I would have done / But clouds got in the way".

I think we pay back for the love we received by showing others that we care. As Gandhi noted, "Where there is love, there is life". Not that I'm any expert; through salty tears I have seen love, fear, loss... and love again.

"It's love's illusions I recall / I really don't know love at all."

Advance & Comfort Care Planning for Seniors

The Shortest Distance Between Two People is a Story: The Power of Human Connection

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: September 2026

I have held very close the emotions I felt at a live storytelling session I went to a few years ago. The 12 storytellers shared incredible experiences – some very sad, some funny, some shining a much needed light on society’s need for improved mental health supports. Each and every one of the tales moved me and I immediately contacted the organizer and asked to be part of an upcoming session. I will have to use the cliché, “the experience lit a fire inside me”

Thankfully she said yes!

While I have always dreamed of being a memoir writer I have yet to fully commit to the dedication it takes to complete “the story”. The reasons for not getting there yet are varied and complex, deeply personal. “Who will want to read my story?” “Who will want to publish it?” “What will make my memoir more interesting than someone else’s?” Procrastination? You bet. Fear? Oh yes. Concern for others in “my story” – yes that as well.

What I do know and what I have learned in my doula work is that our stories keep us connected. Deeply connected.

We find comfort knowing someone’s grief journey mirrors ours. We explore assistance and support with others who may have resources we’ve never encountered. Knowing someone has walked the path we are on creates meaningful connections. Conversations begin and often continue through friendships and community gatherings.

How can we use the power of story in our journey of navigating a life-limiting illness, or a grief journey? Simply sharing a small piece of what you are coping with or discovering can be all it takes to open a door to more.

Whether we are seeking support, validation or hope to help others it is simple yet profound. Five powerful words, “how can I help you?” can be all it takes and perhaps we can switch that up to six powerful words “how can we help each other?”

You can start to reach out to someone by asking, “where are you at in your grief journey” or “what do you understand about your illness right now” or a very simple question and what I have found to be one of the best (learned in my hospice volunteer training), “how are you TODAY?” Sometimes that’s all a person can answer. Sometimes it’s all they need to hear.

A story doesn’t have to be long to be meaningful. It simply needs to be shared.

Because perhaps the shortest distance between two people really is a story.

Resource: YouTube – Search for: The Moth StorySLAM, TED Talks on storytelling, Donald Davis storytelling, StoryCorps Interviews

Next month: Holding Space for Regret, Relief and Everything in Between



Kris Wilkinson
FOR MAYOR

kris4wilmot.com
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The Earlier You Know: A Dementia Diagnosis Matters



After being diagnosed with dementia, Myrna Norman was told to go home and get her affairs in order. For her and so many others, diagnosis is incorrectly painted as “the beginning of the end”.

In reality, an early dementia diagnosis can empower people and their care partners to create a new way forward for living well with cognitive changes.

That message of early awareness is the focus of this September’s [World Alzheimer’s Month](#): “The Earlier You Know, The More You Can Do”. With early diagnosis comes the opportunity to access support and resources that can transform a person’s experience with dementia.

Changing the Perception of a Dementia Diagnosis

Dementia describes a set of symptoms that can be caused by various disorders. About 50 to 70 per cent of all people living with dementia have Alzheimer’s disease, a diagnosis typically characterized by problems with short-term memory, concentration, problem solving and thinking.

The time leading up to and after a dementia diagnosis can be confusing and stressful. Some people avoid sharing their experiences for fear of rejection, isolation, or cultural stigma. Others may dismiss cognitive changes as a normal part of aging and delay seeking help.

As difficult as it can be, reaching out to healthcare professionals and trusted family and friends as early as possible may positively impact long-term well-being.

Living Well with Dementia

While dementia is progressive, meaning that symptoms will continue to develop over time, medication and a healthy lifestyle may slow the

progression of symptoms. When these tools are combined with strategies for day-to-day living and support from care partners, people living with dementia can lead full and meaningful lives.

After her diagnosis, Myrna discovered that feeling joy, being involved in her community, and even taking up brand-new hobbies were all possible. As an advocate for living well with dementia, she found purpose in sharing her story through [Forward with Dementia](#), an online resource that helps people find hope, answer questions and learn from others as they navigate their own dementia journey.

For Myrna, it was [empowering to acknowledge](#) that “things can be better. We can actually take steps to make them better. We know that there are certain tools that we can use, from going for a walk in nature to listening to music, that can actually improve our life.”

To learn more about navigating a dementia diagnosis, visit forwardwithdementia.ca

The Canadian arm of the Forward with Dementia initiative has been hosted at the [Schlegel-UW Research Institute for Aging](#) since 2023. The program’s development was led by [Carrie McAiney](#), Schlegel Research Chair in Dementia, and co-designed with people living with dementia, family and friend care partners, and health and social care providers.

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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

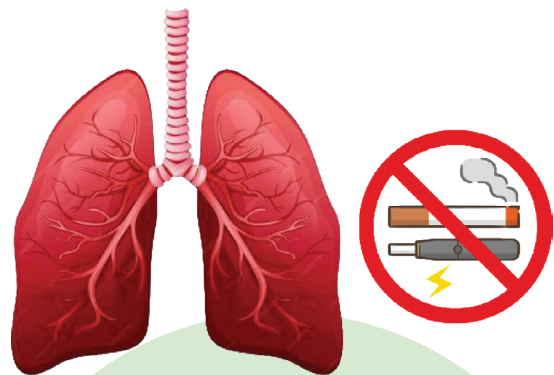
- ✓ A cough that lasts a long time (longer than 3 months)
- ✓ A cough with mucus
- ✓ Shortness of breath, especially during physical activity
- ✓ Wheezing (a whistling sound when you breathe)
- ✓ Feeling tired
- ✓ Losing weight without trying

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
 866-337-3318

Global Resources:

Government of Canada — <https://bit.ly/govcopd>
 Canadian Lung Association — www.lung.ca/copd

Healthy Living Resources:

BREATHE Better Stay STRONG — www.lung.ca/breathebetter
 COPD Nutrition — <http://bit.ly/4IHPzOB>

Smoking Cessation Resources:

Smoking Cessation Program (CAMH) — intrepidlab.ca/en/stop/
 Smokers Helpline — 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.

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Alberto B.



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The Grounded Soulstice



Reflexology, you may have heard about it, but do you actually “know” what it is?

Hello, my name is Jody Vleeming and I am a certified traveling reflexologist.

While running my business, one thing I have noticed is that many are still not aware of what reflexology is and today my goal is to help shed light to my line of work and its benefits.

Being a “traveling” reflexologists means that I come to you. I live local to the area, and I will come to where you live (or work) and bring everything I need with me for your session while you get to stay in the comfort of your surroundings.

Reflexology is a manual method of stimulating reflexes in the feet (or hands) that correspond to every gland and organ of the body. This stimulation effectively reduces stress and tension in the body, bringing it into a state of balance and homeostasis. When the body is in balance our natural healing process can occur better. Sessions have been known to help improve many aspects of the body. A few of these things are helping with circulation, lymphatic, and nerve function which in return helps the body to function more efficiently.

During your session, you may find some of the reflex points are more tender than others. But rest assured, that the pressure used on your feet (or hands) is one that feels best for you. Every session is tailored towards the clients needs and how I can best assist you.

Sadly, reflexology is not yet recognized for coverage by all insurance companies even though it has been utilized for centuries. **Investing in yourself however is the greatest gift you can give your body, and you are worth it!**

These are just a few of the wonderful benefits that reflexology can help with. To discuss it more, or to book a session, please contact me to have a personalized discussion towards your wellness journey.

The Grounded Soulstice
Traveling Reflexologist
Jody Vleeming RRPr, RRCO
519-616-4055 call or text



Traveling Reflexologist

Jody Vleeming RRPr, RRCO

519-616-4055 (Text or call)

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

Ontario Poison Centre
1-800-268-9017

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

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

Ontario Health atHome
1-833-515-1234

Suicide Crisis Helpline
Call or text 988

**Retirement Homes Regulatory
Authority**
1-855-275-7472

Elder Abuse Response Team
519-579-4607

Interfaith Counselling Centre
519-662-3092

Hospice of Waterloo Region
519-743-4114

**Alzheimer Society of Waterloo
Wellington**
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Senior Safety Line
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- Dolman Eyecare
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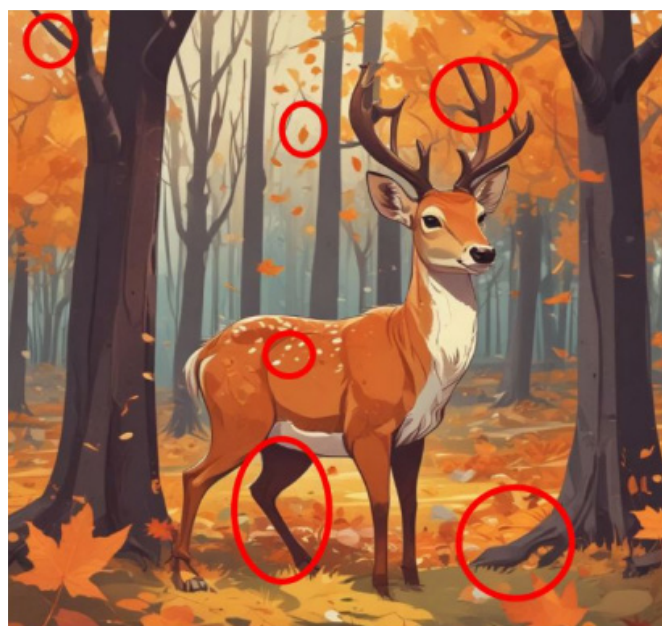
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Solutions

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

Concentration Puzzle: Carol Burnett





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