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EMBRACING CHANGE

VOL. 7 ISSUE 9

MAY 2025

Feature Business of the Month

Alison Willsey
BROKER



ON THE COVER:
DETWEILER
MEETINGHOUSE &
THREE IN THE ROUND

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BUSINESS DIRECTORY
LISTING: PAGE 27

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Keep being you **Love your ears**

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On The Cover

Detweiler Meetinghouse – the only remaining stone Mennonite meetinghouse in Ontario. Performing in the Detweiler Meetinghouse is Three in the Round. Read the full cover story on page 12.

Photo credit: Russ Bishop

Cover Story written by: Marion Roes



Embracing Change



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As we welcome the warmth and renewal of May, we also embrace a month rich with gratitude, remembrance, and care. With Mother's Day approaching, many of us reflect on the profound love, strength, and guidance of the mothers and mother figures who've shaped our lives. It's a time to celebrate those remarkable women—past and present—whose care continues to leave lasting imprints on our hearts.

But for many, Mother's Day also brings a quiet ache. For those of you missing your mothers or mother figures this year, please know you're not alone. My heart goes out to you. I lost my own mother when I was just 8 years old, and even now, all these years later, I miss her every single day. Time softens the edges of grief, but it never truly takes it away. Special occasions like this can stir old emotions, sometimes unexpectedly, and that's okay. Grief and love are deeply intertwined—they both remind us of just how much someone meant.

As we honor our personal losses and celebrate our cherished memories, this month also offers an opportunity to thank those who care for others in quiet, powerful ways every day. From May 12th to 18th, we recognize Nursing Week—a time to honor nurses for their tireless compassion, skill, and dedication. These healthcare heroes are often a lifeline for seniors and families, offering not just medical support but deep emotional connection.

On May 19th, we celebrate Personal Support Worker (PSW) Day. PSWs are the unsung heroes who provide daily hands-on care and companionship, often becoming like extended family. Their kindness and patience make a meaningful difference in the lives of those they serve, especially in our senior communities.

So this May, let's celebrate all forms of caregiving—with gratitude, compassion, and open hearts. Whether you're honoring a mother, remembering one, or offering support in your own way, your presence matters more than you know.

With warmest wishes,

Tara

Robert Cathcart, Mail Carrier for the Ages

By Sophia Grande-Lawlor

Curator, Wellesley Township Heritage and Historical Society

Robert Cathcart of Linwood was truly a mail carrier for the ages. After briefly working as a school teacher and many years working on the family farm, he retired to Linwood in 1914 and became the postmaster at the age of 65. In 1936, he signed a four year contract renewal at the age of 85.

The village of Linwood was laid out in 1857, and soon after, a post office was established. Mail was a prominent feature in every day life: letters carried news updates, sentiments from loved ones far away, and information that impacted many lives. The first pieces of mail were brought to Linwood via St. Jacobs and Hawkesville. From 1859-1908, prior to the construction of the Canadian Pacific Railway in Linwood, mail continued to be brought by horseback and later stagecoach. Several postmasters and mail carriers worked to deliver mail to residents, including Robert Cathcart.

Born on the old Cathcart homestead two and a half miles west of Linwood on August 6, 1850 to Robert Cathcart and Jane Elliott, Robert attended school in Berlin (now Kitchener) and eventually qualified as a school teacher. As a young man, he worked as a teacher's assistant in Bridgeport and later Mannheim, where the salary at the time was \$300.

In 1873, Robert married Anna Jane Coulter. The couple had five children: Mary Jane, Minnie, James, Emma Alberta, and Wesley. The family were members of Linwood United Church.



After being a teacher for several years, Robert later returned to the family farm to assist his father, and remained there for 45 years before moving to Linwood. Robert first took on his job of delivering His Majesty's mail to the rural community surrounding Linwood on March 16, 1914.

Cathcart's horse, Old Dobbin, travelled over 100,000 miles completing a 15-mile daily route. In an interview upon his contract renewal in 1936, Cathcart noted that in 22 years of work he hadn't missed more than 20 days of work, half of which were due to no train service because of heavy snowstorms. Cathcart travelled his rural route faithfully, and in many dangerous winter storms. He continued to work as a rural carrier until 1936, and then relinquished that post. Even in retirement, he remained active in his postal career, he continued to meet the local trains and cart the mail to the office after giving up the rural delivery route. After a series of strokes in 1937, he passed away at the age of 87. He was buried in the Linwood Union Cemetery.



FEATURE BUSINESS OF THE MONTH: PEAK REALTY

Mid April, we were “teased” with a taste of summer temperatures. some people spent time pumping bicycle tires and getting their golf clubs out to prepare for the next sporting season. for others, they got the “itch” to get outside and enjoy the warm weather and to tinker away outside raking lawns and bringing patio furniture out. It’s also a great time to start a spring maintenance and checklist or for some a to do list of all the items they want to address before summer is here.

Here is a list of items that come to my mind. These are also based on some of the items that have been brought to my attention by home inspectors during the hundreds of home inspections I have attended over the years. They are also items that I address as a homeowner myself that I feel are preventative and important at maintaining the life of my home, and its mechanicals. I am sure many of you could add some valuable tips to this list, and I would love to hear from you! This is just based on my knowledge and experience throughout the years as a Realtor® and a homeowner.

These are a few reminder items related to exterior of the home.

- ☐ Clean the eaves troughs, check the roof, and ensure all downspout connections are fastened and directing water away from the foundation of your home.
- ☐ Check all exterior windows and caulking. Install and/or repair screens.
- ☐ Check for foundation cracks on the exterior and interior of the home some can be professionally injected from the outside or the inside of the home to prevent water penetration and its always good to ask if the company provides a lifetime transferrable warranty on the repair.
- ☐ Clean out window wells and install/repair screens
- ☐ Turn on exterior hose bibs (once the exterior temperatures are in the positive)

In the interior of the home, there are a few things that i am always reminded of to check during the spring months.

- ☐ Check and test your sump pump (if applicable).

Some people invest in a battery back up for pumps for times of power outages. There are also pumps that one can invest in that operate from the power generated from water entering the sump pit. they don’t rely on hydro electricity to run.

- ☐ Change light bulbs
- ☐ Check out smoke detectors and carbon monoxide detectors (battery life and age of the detectors)
- ☐ Declutter your home (make trips to the dump, goodwill stores and thrift stores with items no longer needed)
- ☐ Declutter and organize your garage (make trips to the dump, goodwill stores and thrift stores with items no longer needed)
- ☐ Check all windows and window cranks to make sure they are operational.
- ☐ Clean all windows and screens (inside and out and the tracks)
- ☐ Clean and service your heating systems & change furnace filters etc. (furnaces, woodstoves/fireplaces/chimneys/boiler systems), clean ducts (to rid your home of pet dander, dust etc. and help maintain the life of your furnace and/or heating system) and clean dryer vents (to prevent buildup and potential fire)
- ☐ Service your water softener and/or check settings and salt levels and ensure it is operating properly.
- ☐ Check your air conditioner units to ensure they are operating. Service if necessary.
- ☐ Change drinking water filters and bulbs (i.e., reverse osmosis system) and or uv light bulbs (ultraviolet drinking water systems)
- ☐ Clean your hrv system and filter (heat recovery ventilation system)
- ☐ Descale & clean your dishwasher and components and washing machine (run vinegar through or clr when you have hard water to attempt to clean and descale-some models suggest using special cleaning pucks etc.)
- ☐ Wash walls, trim and doors move furniture out to clean floors underneath etc. dust your home thoroughly

Enjoy the warmer temperatures!!





By Will Brubacher, Certified Grief Mentor

MAY: Feeling our Feelings

Part One

Welcome back to our Grief 'Journey' Series. Last time, we learned that those uncomfortable and often frightening feelings of grief are natural and always follow loss, and that we experience many kinds of different losses, every day.

This time, we're going to continue our exploration of the nature of feelings. Plus, I've got some new and surprising information about our feelings.

Let's begin with a couple of questions: what are you feeling right now?; and, how many of the 27 different categories, and 34,000 unique emotions can you name? (Not many, right?)

Needless to say, you may have been surprised to learn that we have so many.

However, you're not alone because, we don't check-in on them very often, unless our feelings are front-and-centre, like pain, anger, sorrow, and worry.

Now, let's take a different perspective on these widely diverse feelings. For example, stop and consider for a moment what it would be like to live without being effected by them. Life just wouldn't be the same would it?

You see, our feelings create our experiences in life, like a painter using colours to bring a painting to life.

It's through these miraculous feelings that all of us relate to, and experience our own incredible dimension, called life.

Moreover, all of us feel the effects of the same spectrum of feelings which binds us together as humans, and in that dynamic togetherness, we experience unity with all people across the planet, and across all time: past, present and future.

It's nearly impossible to think of the profound meaning of life without experiencing those energizing 'feelings', and almost magical sensations.

Yet, I believe we often take them for granted, because like our breathing, they come to us effortlessly, and automatically, and simultaneously.

The reason for this is that they are being triggered by the constant stirring of stimuli around us at all times.

We're not fully conscious of our feelings in that sense, and consequently, it's easy not to appreciate them. So it's natural that we don't realize that we can have some control over them, and that they can be put to even greater use and purpose.

Simply stated, we have two major categories of feelings: pleasant and unpleasant.

Like the weather, we've probably just accepted our feelings as they come, as things we cannot change.

Obviously, the darker and more painful feelings fall easiest into the second category of being 'unpleasant'.

So, like bad weather, we avoid those unpleasant feelings as best we can, and we run for cover. It's natural, isn't it? Bottom line is that it's not easy dealing with 'bad' feelings.

Now, by comparison, it's no problem at all dealing with sunny skies, and warm temperatures is it? We don't even have to think about it, other than to choose how we're going to make use of those times and feelings in the most pleasant way possible ie. like going for a walk, or maybe a drive in the country.

However, since this is a column about the subject of grief, and not about the weather, you maybe wondering what our feelings have to do with all this.

Well, frankly, everything, and that's why I wanted to draw your attention to them and to show you how little we actually know about them.

This relates directly to grief, and our feelings of loss whenever it occurs in our day, as it so frequently and surprisingly does as we learned last time.

So, knowing a little more about them, could make a big difference in your life, in understanding them better and learning how to use them.

But more about that fascinating part next time which I believe, you'll find even more and more interesting, the farther we go.

Meanwhile stay well, and drop me a line anytime you wish, even if only to say, "Hi".

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Will Brubacher

Family Conflict Coach
and Elder Mediator
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Anxiety & Uncertainty: Coping with Uncertainty

Dealing with uncertainty is an unavoidable part of daily life. Because we can't see the future, we can never be certain about what exactly is going to happen day to day. Research has found that people vary in their ability to tolerate uncertainty. If this is you, come to this workshop and we will talk about how to work with and overcome uncertainty.

Monday, May 5th | 6:30 – 7:30 PM | In person & Zoom options available

Promyse Home Care: Chocolate Meditation

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Thursday, May 8th | 1:00 – 2:00 PM | In person & Zoom options available

Self Compassion Series

Tired of judging yourself or hearing your inner self critic? Through mindfulness and journaling activities, we'll grow self-compassion and kindness towards ourselves. We'll address negative self-talk and nurture friendship with ourselves. Come to one, any, or all sessions.

Tuesdays starting May 13 | 12:30 – 1:30 PM | In person & Zoom options available

Young at Heart

Join us for an evening of fun! Lots of board games available and feel free to bring your own. Snacks included at each session. A great evening to socialize, meet new friends, learn new games, and enjoy time with others.

4th Thursday monthly | 5:30 – 8:30 PM | 1401 Queens Bush Rd., Wellesley



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May 2025: Leave a Legacy Month

The Power of Charitable Giving in Your Will

“When Joan was ill the Alzheimer Society gave me so much,” says William. “I don’t have a lot of cash to give but my estate will be worth a lot. That’s why I put the Society in my will.” **The month of May is dedicated to thinking about ways to Leave a Legacy.** Taking time to learn about how to make a bequest can have a profound benefit for your estate.

Including charitable gifts in your will supports the causes that matter most to you, and benefits both you and the organizations you choose to support. Here are a few reasons to consider leaving a legacy gift:

1. Create a Lasting Impact

A legacy gift ensures that your support for a cause you care about endures for generations to come. Your contribution will continue to fund programs, research, and services, helping to shape the future of your chosen charity.

2. Support Causes Close to Your Heart

Through your will, you can leave a lasting mark on causes that resonate with you personally. Whether it's education, the environment, or healthcare, your legacy can reflect what you value most.

As you consider how you can create a lasting legacy, we invite you to think about the future you want to create—one filled with compassion, support, and hope. **Your legacy can make a real difference, today and for years to come.**

3. Tax Benefits

Charitable gifts made through your will can often result in significant tax advantages for your estate, no matter what your estate size. In many cases, these donations can reduce the taxable portion of your estate, allowing more of your assets to be passed along to your loved ones.

4. A Personal and Meaningful Gift

A gift made through your will is a deeply personal way to contribute to the well-being of others. Your legacy will show your commitment to making a difference and creating a better world.

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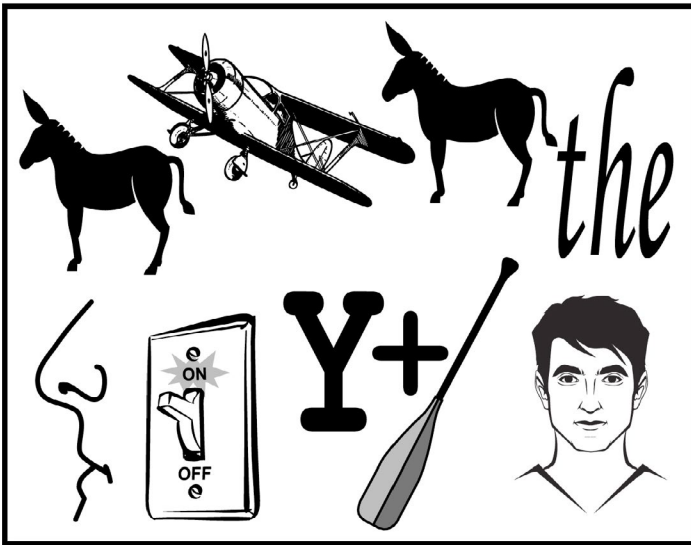
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Concentration Puzzle

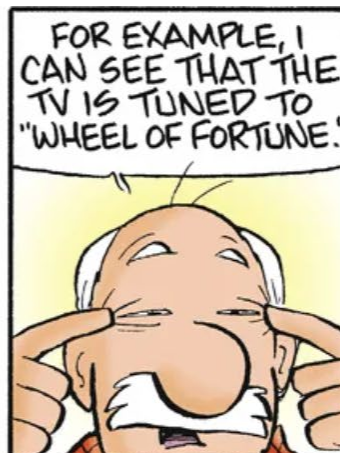
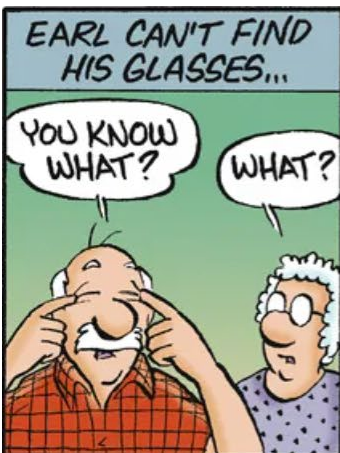
Use the visual clues in the puzzle to figure out what it says.



Can you find 6 differences?



Laughing Matters!



Solutions on page 30

COVER STORY



Detweiler Meetinghouse

The Only Remaining Stone Mennonite Meetinghouse in Ontario

BY MARION ROES

Where were the others, I wondered? And why was Detweiler the only one to survive? After following leads from fellow historians, my first question was answered. I am reasonably sure there were two, and both were in Wilmot Township. Mannheim Mennonite, originally known as Latschar Mennonite, was built in 1853 at 1494 Bleams Road, Petersburg. It was located behind and to the right of the current church. Shantz Meetinghouse, built in 1853 was at 2473 Erbs Road, Baden until it was taken down in 1929. Detweiler was built in 1855 at 3445 Roseville Road, Ayr. Early Mennonite congregations first met for services in homes, then built log meetinghouses or shared existing schoolhouses. They were replaced later with larger brick or stone churches as memberships increased. The Detweiler congregation expanded only to the stone meetinghouse. By the mid 1960s it was seldom used and gradually deteriorated. In 1987, ownership of the then-named Roseville Church and Cemetery was transferred to the non-profit corporation, Detweiler Meetinghouse Inc. Its history and restoration is described in Detweiler's Meetinghouse: A History of Mennonites near Roseville Ontario by Reg Good (1999).

The completely restored meetinghouse with its wonderful acoustics now hosts spring and summer musical programs and is available to rent. Residents of the surrounding communities enjoy the music and the lovely rural setting. Many have friends and family members buried in the cemetery.

Marion Roes is the board chair of Detweiler Meetinghouse Inc.

2025 SUMMER MUSIC AT DETWEILER

3445 Roseville Rd, Ayr

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Mark your calendars! More details coming soon.

Thursday May 22 – 7 pm – Hymn Sing with Mark Diller Harder

Thursday May 29 – 7 pm – Canadian roots legend Ken Whiteley

Thursday June 12 – 7 pm – wonderful singer-songwriter who makes history fun,

Ian Bell

Thursday June 26 – 7 pm – grand trio in a glorious return performance,

Three in the Round

Thursday July 24 – 7 pm – Hoot '25 – the annual Hootenanny show,

come prepared to sing and smile

Thursday August 21 – 7 pm – the return of a smooth-singin', easy-goin', hard-pickin' neo old-time string band, Onion Honey

Thursday September 11 – 7 pm - No Discernible Key

Thursday September 25 – 7 pm – we welcome back Twas Now, for some folk and country soul for the beginning of autumn

We very much appreciate your generous donations!

We use them to pay for our wonderful musicians and the upkeep of this lovely restored building.

Three more dates are pending. See detweilermeetinghouse.ca and Facebook for updates and information. Email ruralnl@gmail.com to receive our newsletter.

Old Detweiler Meetinghouse no date,
Mennonite Archives of Ontario



Shantz Mennonite courtesy of Patty Clarke and Ralph Shantz. The inscription on the back of the photos is: "Xmas 1929. From Mother and Dad (Orphen and Sarah Wismer) to Ada (Wismer Shantz, Ralph's mother). The dear old stone church where Dad (Orphen) was ordained to ministry July 10 in the year of our Lord 1898. He preached in the building for 30 years and 8 months."



Mannheim Mennonite in Petersburg, originally the Latschar church. No date. Photo from Darryl Bonk from GAMEO.org.



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!



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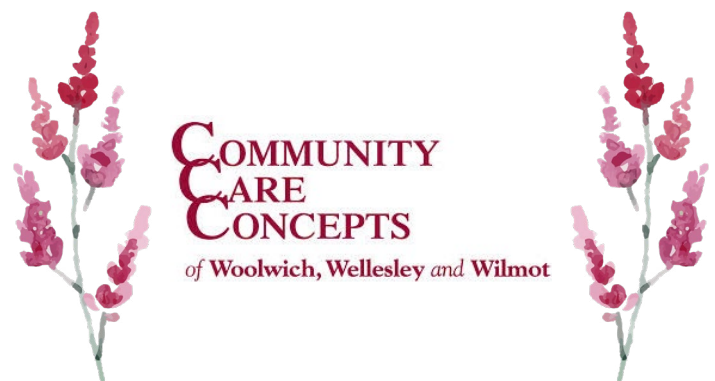
Caring for the Caregiver

The second Sunday in May provides us with an opportunity to recognize our Mothers or others who have played an influential role in caring for us over the years. At the same time, as our parents are aging, many adult children are finding themselves in roles where they are now caring for parents. Some are part of the “sandwich generation”, caring for both young families and aging parents. There is no doubt that fulfilling a caregiving role can be difficult. Here are some helpful tips that can help caregivers to cope with the level of stress that caregiving brings:

- **Take care of your own health.** It is hard to take care of someone else if you are not taking care of yourself. Get plenty of sleep. Make sure that you are eating well. Get plenty of exercise. This does not mean that you need to add another scheduled program to your hectic life. There are many free, flexible activities that you can access including exercise classes offered across the Townships, indoor walking tracks, drop in social and recreational activities, outdoor walking trails or simply taking a walk around the block.
- **Seek support from others.** There are many wonderful caregiver support groups across our communities that can provide information and support. In collaboration with our local counselling agencies, we offer opportunities for caregivers to connect with others over coffee and conversation while providing care for your family member. We also support our local counseling agencies in offering individual support. If individual or group support is not for you or if you want to add to this experience, there are many other options to get support and information from others including roles that help you to understand and navigate the healthcare system, online resources, training and peer support forums.
- **Accept offers of help.** There are often many people around you who want to offer their assistance, whether it be running errands or sitting with your loved one so that you can get a break. Sometimes people want to help but just don't know how to best help. Be open to accepting that help and suggest specific things that they can do to provide help. Our Caregiver Support Worker and our Senior Support Workers are available to offer free, practical support.

- **Organize medical and financial information so that it is easily accessible.** You may have multiple conversations or appointments that rely on you to provide information. You may be required to serve as the power of attorney for personal and/or financial needs. The more organized that you can be with having medical and financial information easily accessible, the easier it will be to reduce some of the stress associated with having to provide this information.
- **Learn how to best communicate with your physician and health care professionals.** Sometimes with limited time available in appointments, the stress that you are experiencing or a lack of understanding of our healthcare system, it is difficult to know what and how to best communicate with professionals that are there to support you. There are several roles in the community that can help to prepare you for these important conversations.
- **Caregiving is hard. Take respite breaks.** Sometimes you just need a bit of time away to recharge, take care of your personal needs or spend time with your family. Access the free services of a Caregiver Support Worker who can come into the home to provide a brief break for you; register your family member in an Adult Day Program; learn about overnight stay options that may be available to you; or, access the services of many private supports that can lend a hand.
- **Be kind to yourself and give yourself credit for doing the best that you can do!**

For information and assistance contact Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900. We are here to help!





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The Hearing Aid Trade-In That Helps *You* and *Someone* in Need

Local hearing aid wearers are being invited to quite literally change lives, as well as benefit from stepping into brand new high-performing hearing technology, for a significant savings.

Local hearing aid wearers are being invited to do something extraordinary: change someone's life while upgrading to the latest high-performance hearing technology – with significant savings.

Arnold Hearing Centres, the longest-standing independent hearing care provider in the region, has teamed up with the local charity Friends for Life for a mission to Yamasà, an underserved community in the Dominican Republic.

During their trip, a group of hearing care professionals will be testing hearing and fitting donated, professionally reconditioned hearing aids to people who have no access to treatment. These trips are life-changing; both for those receiving hearing aids and those delivering them. In places like Yamasà, something as small as a hearing aid can be the difference between a child receiving an education or being left behind.

The team hopes to help over 200 people in need of better hearing – but they're short on devices. Arnold Hearing Centres has vowed to help them reach their goals.

To help bridge that gap, Arnold Hearing Centres has launched a special trade-in program. Hearing aid wearers are invited to visit their Elmira or New Hamburg location to have their current devices professionally valued.

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Life and Death Conversations

Advance Care Planning for Seniors

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

I'm honored to join the *Embracing Change* family for a series of meaningful conversations about one of life's most profound—and often avoided—topics: death.

Our senior years can be a time of deep reflection, growing wisdom, and greater self-awareness. It's also a powerful time to begin preparing for the end of life—not out of fear, but as an act of care for yourself and for those who may speak on your behalf when you are no longer able to do so.

Taking time to prepare isn't just practical—it's one of the most loving, empowering things you can do. It ensures that your voice is heard and your wishes honored. It also offers tremendous relief to those left behind, who won't be burdened with guesswork during a time of grief.

One of the most essential steps in this journey is **Advance Care Planning**. While many of us believe that having a Will and Power of Attorney is enough, there's often so much more to consider. I invite you to reflect on questions such as:

- What kind of care would you want in your final weeks, days, or hours?
- What types of rituals or ceremonies would bring meaning and comfort to your loved ones after your passing?
- Who do you trust to carry out your wishes?

As a **Critical Illness / End-of-Life Doula**, I provide non-medical, emotional, spiritual, and practical support to individuals and families navigating serious illness and dying. My role is to help ease fear, guide conversations, and ensure that your

values and desires are clearly communicated and honored.

A gentle way to start a conversation with loved ones is by using the phrase: **"I wish, I worry, I wonder..."**

You might say: "I wish we didn't have to talk about this because I know it can be uncomfortable. But I worry that if something happens, no one will know what I want or need. I wonder if we could sit down together and talk about these things, so we can support one another when the time comes."

Once that door is open, you can begin thinking through your Funeral or Celebration of Life. Start simple: Who will be involved? What kind of gathering do you envision? What do you want done with your body—burial, cremation, green burial, or another method? Who will be in charge of facilitating these wishes?

Rituals and ceremonies have evolved over time, but what remains constant is the importance of intention and clarity. Whether guided by spiritual beliefs or personal meaning, documenting your preferences in writing will offer peace of mind and protect your loved ones from making hard decisions in moments of sorrow.

In future articles, we'll explore more tools and resources to support you in this important work—including deeper looks into Wills, Power of Attorney, and body disposition options.

If you'd like to connect, feel free to reach out to me at: sphillips5519@gmail.com or visit www.suephillips.ca to learn more about my work.

Reflections on the Melodies and Rythms of Life



'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

The Power of One

I don't know how many have considered the power of one – person, place or thing – to influence, or in my case, totally salvage my life. It's not something that you can easily point to and say, "Yes, that's where it happened!" But, you often can remember the people involved.

Looking back, I remember a handful of unrelated – but dedicated individuals – who, during times of trouble, helped me see the bigger picture.

As a 27-year-old, that still hadn't found his calling, it was with growing elation, I applied (barely completing a two-hour general knowledge exam) and was accepted into the six-month training program of a "Fortune 100" corporation. However, the hard part followed.

The typical person in my class was a recent university graduate; I'd been in the workforce for four years.

They picked up on things and learned fast; I had nothing but questions.

They seem brilliant; I felt stupid.

But, I had something they didn't have – desperation! With a young family to support, this had to work.

Eventually, the time arrived. As the training centre's clock ticked long into the evening, I tried to absorb the previous six months of learning for the morning's final exam. Thoughts of failure engulfed me. Worry replaced sleep. Panic struck; I was lost. Still, I remembered president Lincoln confessing, "I have been driven many times to my knees by the overwhelming conviction I had nowhere else to go." I prayed.

Then, a man happened to walk in and casually asked how I was doing. That did it! I unloaded all my bleak prospects onto this poor chap. After patiently listening, he said, "You know, whenever I'm faced with a similar situation, I concentrate on the review questions... they're there for a reason, right?"

The clouds lifted... that's it! With renewed heart, I took his advice and passed the exam – beginning a secure, financially thriving 24-year career. All because someone cared.

It reminds me of the Starfish story, by Loren Eiseley, about a man who was walking along the beach when he noticed a boy gently picking up starfish and throwing them back into the ocean, knowing they would otherwise die. The man explained to the boy that, with miles of beach and hundreds of stranded starfish, there was no way he could make a difference. After listening politely, the boy threw another starfish back into the sea, saying, "I made a difference with that one."



Power – In the Palm of Our Hand Image by [Gerd Altmann](#) from [Pixabay](#)

So, what's the commonality behind people like these? I learned it's love – good people who are true to their calling.

"Away you go sailin', In a race among the ruins,
If you plan to face tomorrow, Do it soon" Race
Among the Ruins by Gordon Lightfoot <https://youtu.be/36nGftw221k>

You know, there are lots of things in this world that make people like me lose faith sometimes. I just don't want to be the cause of it. If someone cared what I thought about the "power of one" I'd say be that difference... see how you feel.

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

Understanding the Full Cost of Hearing Aids: What You Need to Know

When it comes to purchasing hearing aids, one of the most common questions people ask is, “How much does a hearing aid cost in Canada?” While the price of hearing aids can vary depending on various factors, it’s important to look beyond the sticker price and understand the full picture. Investing in hearing aids is not just about buying a device; it’s about enhancing your quality of life and reconnecting with the world around you. In this post, we’ll break down the costs of hearing aids, what you get for your money, and why it’s important to make an informed decision about where and how you purchase them.

The Basics of Hearing Aid Pricing

Hearing aids typically fall into different price ranges, which are determined by factors such as technology, features, and the level of professional care you receive. Generally, hearing aid costs in Canada can range from around \$5 to over \$20 per day over 2-3 years per device. However, understanding what is included in that price is crucial.

What’s Included in the Cost of Hearing Aids?

When you purchase hearing aids, you’re not just paying for the physical device. The cost includes several key elements that contribute to the overall value of your hearing aid experience:

1. The Hearing Aid Device

The most straightforward part of the cost is the hearing aid itself. Prices can vary depending on the technology and features you choose, such as:

- **Basic models:** Typically, these offer basic amplification and limited features.
- **Mid-range models:** These offer enhanced features like better noise reduction, directional microphones, and more customization options.
- **Premium models:** These feature advanced technology, such as wireless connectivity, automatic adjustments, and highly personalized sound processing.

2. Personalized Fitting and Adjustments

One of the key reasons why buying hearing aids from a hearing care professional like HearingLife is beneficial is the personalized fitting. A hearing care professional will:

- Conduct a thorough hearing test to assess your specific needs
- Program your hearing aids based on your unique hearing loss

- Fine-tune the settings for optimal performance. These customizations ensure that you get the best possible benefit from your hearing aids, which is something you won’t get from generic over-the-counter devices.

3. Follow-Up Appointments

Hearing aids require regular follow-up visits for adjustments, maintenance, and repairs. These appointments help ensure that your hearing aids continue to perform well over time, and they are usually included in the cost of hearing aids from a hearing care professional. After all, your hearing needs may change, and your hearing aids need to adapt to ensure continued comfort and effectiveness.

4. Ongoing Support and Care

In addition to follow-up visits, ongoing support is another crucial part of the cost. Professional hearing aid providers, such as HearingLife, offer customer service to help with troubleshooting, device repairs, and updates. This support gives you peace of mind, knowing that if anything goes wrong with your hearing aids, you’re covered.

5. Warranties and Insurance

Most hearing aids come with a warranty, which is typically included in the initial price. This warranty covers potential repairs or replacement within a specific period. Some warranties also cover loss or damage to the device, giving you added protection and value.

The Hidden Costs of Over-the-Counter Hearing Aids

While hearing aids purchased from a professional may seem like a more significant investment at first glance, over-the-counter (OTC) hearing aids may actually end up costing you more in the long run. Here’s why:

- **Lack of Personalization:** Over-the-counter hearing aids are not custom-fit to your specific hearing needs. These devices often come with preset settings, which may not address your unique hearing loss. As a result, you may experience discomfort, poor sound quality, or not hear certain frequencies that are important to your hearing health.
- **No Professional Guidance:** When purchasing OTC hearing aids, you’re essentially on your own. There’s no hearing test to evaluate your needs, and there’s no professional who will help you adjust the device for optimal performance. You may find yourself frustrated with poor results, leading to unnecessary additional costs for repairs or replacements.

- **Limited Support and Maintenance:** OTC hearing aids typically don't come with the same level of ongoing support as professionally fitted ones. If something goes wrong with the device, you're left to troubleshoot on your own, which can be both time-consuming and expensive.

What About Government Assistance and Payment Plans?

The cost of hearing aids can be a concern for many people. The good news is that there are several ways to help offset these costs:

1. Government Funding

In Canada, various government programs and health insurance plans may provide financial assistance for hearing aids. These programs vary by province, so it's a good idea to check with local resources or talk to a hearing care professional about available funding options.

2. Insurance Plans

Many private insurance plans offer coverage for hearing aids, which can significantly reduce out-of-pocket expenses. Be sure to check with your insurance provider to see what's covered and whether hearing aids are included in your plan.

3. Payment Plans and Financing

Some hearing care providers offer flexible payment plans or financing options, making it easier to manage the upfront cost of hearing aids. These plans can help spread out the cost over time, allowing you to focus on improving your hearing without financial stress.

It's About More Than Just the Price Tag

The cost of hearing aids can vary widely, but it's important to consider the value that comes with purchasing from a professional hearing care provider. The price covers not only the device but also personalized fitting, ongoing support, and peace of mind through warranties and financing options. Choosing hearing aids that are specifically tailored to your needs ensures that you can reconnect with the world around you and improve your quality of life.

If you're ready to explore the options available to you, book a free consultation at your nearest HearingLife clinic today and start your journey to better hearing.



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Communication

As a therapist communication, especially effective communication regarding difference, is frequently on my mind. Effective communication is an incredibly challenging process to enact. Feeling understood is a very necessary and foundational experience. Misunderstandings can cause a lot of emotional pain and inner turmoil. As a society, I wish we better recognized how difficult effective communication can be and as such prioritized learning how to listen and understand others. Here are some ideas I have adopted as a therapist, through my training and lived experiences, that could be helpful for those wanting to learn to communicate more effectively with family and friends.

1) Slow things down. Don't rush. Communication is challenging, especially when it's around emotionally charged topics. Set aside time to exclusively focus on communicating without (or with limited) disruption. Make sure everyone is as well rested and fed as possible. Take breaks when needed, even if that means revisiting the conversation another day. Communication around challenging topics and differences often requires multiple discussions over a longer period of time.

2) Start with simply focusing on understanding the various perspectives present. Before we can effectively communicate about an issue, we need to understand what is being said. This stage usually involves lots of listening and asking clarifying questions to make sure we are aware of what's being discussed. One of the many benefits of starting from a place of mutual curiosity is that it will likely help people stay more emotionally regulated as the process unfolds. Feeling like others want to understand our perspective, even if they do not agree with it, often correlates with experiencing care. Feeling cared for helps us feel safe and when we feel safe, we are more likely to stay calm and present.

3) Examine your own ideas about truth. Stop focusing so much on conveying a universal truth when communicating your experience. We are impacted by our experiences of reality. Our experiences and perspectives are unique and shaped by our personalities and lives. No single person on the planet has lived the same life as you. Therefore, no person will have the exact same perspective as you. Know to expect this. I have found repeatedly that the better we understand someone and their life the more we are likely to comprehend why they are having the experience

that they are having. When someone is sharing something with you, approach it with curiosity or simply neutrality. While difference usually equals discomfort, it does not automatically indicate danger or threat, and it is important we remember this.

4) Agree to disagree while also figuring out how to navigate your differences. You do not have to immediately agree on something to be willing to compromise or accept certain boundaries. Focus on exploring how to protect and sustain the relationship even while difference is present. Take time to be conscious of the care and love that exists.

Danielle Lancaster, Registered Psychologist
(qualifying)
Interfaith Counselling Centre



~ Talking Pictures ~



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Inter-generational Family Conflict

Written by: Will Brubacher

Part One: An Ounce of Prevention...

What can be learned from the story regarding mom's family selling her house and arranging new accommodation in a local retirement home, without her participation in the decision (while she was in the hospital)?

There is only one thing more common in our lives than misunderstanding, and that's poor communication. These are two of the main causes found at the root of most conflict.

Both paint a painful picture of the often chaotic history of 'mankind' that we are all a part of, and still experiencing today.

So welcome back – to ageless stories of common family conflicts, and/or inter-generational misunderstandings, representing typical causes of the ever-changing, and ever-present source of valuable life-lessons that have so much to teach us. Sometimes it only takes a small example to prevent a major mistake.

I know that mom's unexpected move after leaving the hospital sounded pretty insensitive and heartless; so what can be learned from this story when we take a closer, more deeper look at why it happened, and how it could have been prevented?

For the sake of simplicity, my 'lens' will focus on mom's perspective, because: one, as seniors, we're running out of precious time at our ages, and mistakes take time to resolve, and two, the issues we have to deal with, can have a long-lasting effects on the future of our families.

So, let's begin.

In this case, there's no doubt that the family over-reached both their responsibility and good judgment, thereby causing a negative, life-changing effect on mom.



So, how could this common yet unfortunate situation have been prevented?

The lesson for mom to understand: as seniors we need to be reminded of the importance of knowing and sharing with our families how we wish to be treated or looked-after in our senior years.

I can't stress strongly enough how very important this is, yet often difficult to accomplish, depending on both family and our own personalities. For example, speaking of our needs and wants openly and honestly can easily be considered too sensitive a topic for discussion; also too much bother; or we're shy; or that people won't listen to us anyway; or even, that our families should already know us well-enough by now; or a dread that it might even start an argument based on misunderstanding. And if any of this is the case, then it's all the more reason to have such a conversation sooner, rather than later.

Our families deserve the right to know, and it begins with us, to tell them, regardless of whether they want to know or not. If they are not informed then that's the risk we take when surprise things happen beyond our control, when we least expect them.

It begins with us, and the risk is ours when we don't plan ahead.

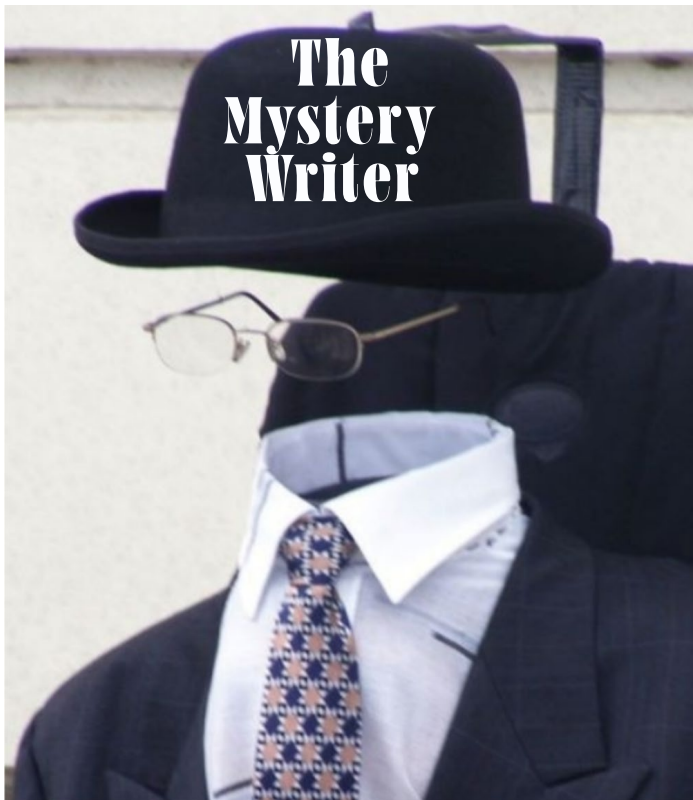
I'm going to stop here because I want you to begin recognizing our roles and responsibilities in the matter of identifying our needs and planning for them in advance.

You'll be glad you did when the time comes.

More about this critical subject next time.

Don't hesitate to write to me, c/o the magazine with any questions at any time if you wish.

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The 'Bane' of a Cane

I'm walking with a 'stick'/cane now to give my body a little support in the form of a 'keel', to stop me from 'keeling over', if you know what I mean.

It's a new appendage affecting my outward appearance, and also my coveted inner image. Those of you using a cane, know what I mean by that. (But I'm also bald, so who am I trying to kid?!)

Remember when you were first 'fitted' for one, no not for a hair piece, but a 'stick'?

Let me tell you, how strange this is, because somehow I must have known years ago, when I first heard that 'inner voice' foretelling me of this day.

And from that time on, I was for some unknown reason, attracted to ornate canes of various kinds and woods – never really believing I'd ever need one. They were for 'old' people.... weren't they?

So, when the future caught up with me, and I needed a 'keel' to keep me somewhat on the 'straight and narrow', I simply went to my ample supply, and selected the one most inauspicious.

Now, I was sensitive to the difference between being 'old', and looking old!

I didn't want to draw attention to it, or to my need for one – no matter how novel looking the stick was!

It was no longer a badge of 'style' worn or rather, used by 'gentlemen'. Those days were long gone!

Funny how things change as we age, isn't it?

And, it just so happens that I now also have a 'handicapped' sign in my car window. Talk about an assault on one's self image!

Felt like I was falling apart.

The young man at the water refill depot offered to carry my water jug (50 lbs) to my car for me. Initially, I accepted, but felt so 'old' hobbling after him with my 'stick' that I knew this had to stop.

So I started to lift weights in my small condo gym.

Last time I went in for a refill, the young man offered again and I said, "No thanks – you can do it when I'm old." He just chortled.

Well, that's two 'strikes' against me... the stick and the handicapped sign. So what more can I add to my 'life style'?

Well, you know what they say, "If you've been given onions, then make onion soup". (Ok, I just made that up); however, the point is we can either grumble like a stereotypical cynical senior, or, accept what can't be changed, and look on the positive side.

So rather than hide my 'stick' which I discovered I couldn't anyway, I find novel ways of using it ... like sitting on it (hands behind me), when I'm standing for a while.

And when in a mall for example, I make sure to smile at all the girls I pass, (which takes many of them by surprise), and they often smile back at me. Mission accomplished. I may look old; but in that magical moment, I feel young!

Moreover, I can also intentionally look for the parking space closest to the front door to where I'm going, to take full advantage of my 'handicap' status. (I'm sure I'm the envy of any seniors who don't have one. :)

Now, if that doesn't prove that there's a silver lining in every 'shadow' then what does...

My cane has come in use after all – in more ways than one! :)

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Mental Health in Older Adults

Submitted by the Schlegel-UW Research Institute for Aging (RIA)

Mental health is a topic that many people are hesitant to talk about, particularly when it comes to older adults. The stigma surrounding depression in seniors can prevent many people from seeking help, leading to feelings of isolation and loneliness.

Depression is not a natural part of aging, yet according to the **Canadian Coalition for Seniors Mental Health website**, up to 20 per cent of older adults have symptoms of depression. That number doubles for people in hospitals and long-term care (LTC) homes.

There are many reasons older adults may be reluctant to talk about their mental health, including generational stigma, social isolation, and thinking the feelings of sadness, hopelessness, and fatigue are “just part of getting older”.

We all have bad days and times when we feel down. But clinical or major depression is not just about feeling sad; it is a serious condition where you may feel sad all the time and lack interest in activities that used to bring joy.

Several factors can increase the risk of developing depression as one ages:

- The loss of a friend or loved one
- Loneliness
- Ongoing medical problems
- Struggles with thinking, focusing, and memory
- Long-term hospital stays or life-changing medical diagnoses, such as Parkinson's disease.

Seeking help

It can be challenging to start a conversation about depression, especially if someone feels ashamed to open up. If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms,

provide a diagnosis, and develop an individualized treatment plan. The severity of symptoms may vary from mild to severe, and the signs and symptoms can vary from person to person. Below is a checklist to help you talk to your healthcare provider.

Symptom Checklist

- I am experiencing sleeping issues (too much or not enough)
- My eating habits have changed (loss of appetite, excessive eating)
- I have feelings of guilt or worthlessness
- I no longer find joy in activities or my favorite things
- I am not maintaining my hygiene like I used to
- I have trouble concentrating or focusing (cannot finish a task)

Normalizing conversations around mental health helps us shift societal perceptions. This shift can help older adults feel more comfortable addressing their mental health without fear of judgment.

To learn more, watch this previously recorded webinar, **Demystifying Depression in Older Adults** featuring Sophiya Benjamin, Schlegel Chair in Mental Health and Aging.

Related Resources:

- **Supporting Your Neighbour: A Community Conversation Guide**
- **By Us For Us: Enhancing Wellness**



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

PROFESSIONAL SERVICES

Futher-Franklin Funeral Home

Christopher Franklin, Owner/Director
1172 Henry St., Wellesley
519-656-2880 | www.futher-franklinfuneralhome.com
chris@futher-franklinfuneralhome.com

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

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Angela Baas, Royal LePage Wollé Realty

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Jim & Tricia Miller

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100 Mill St, New Hamburg
519-662-1374

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519-656-2430

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Tri-County Mennonite Homes (TCMH)

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info@tcmhomes.com

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Emergency (Fire/Medical/Police)
911

Waterloo Regional Police Non Emergency
519-570-9777

Crime Stoppers
1-800-222-8477

Ontario Poison Centre
1-800-268-9017

Ontario Problem Gambling Helpline
1-888-230-3505

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

Waterloo Wellington LHIN
519-310-2222

Community Care Concepts
519-664-1900

Retirement Homes Regulatory Authority
1-855-275-7472

Elder Abuse Response Team
519-579-4607

Interfaith Community Counselling
519-662-3092

Hospice of Waterloo Region
519-743-4114

Alzheimer Society of Waterloo Wellington
519-742-1422

Senior Safety Line
1-866-299-1011

Township of Wilmot
519-634-8444

Township of Wellesley
519-699-4611

Township of Woolwich
519-699-1647

Region of Waterloo Public Health
519-575-4400
Ontario Caregiver Organization Helpline
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- Sobey's New Hamburg (outside magazine stand)
- HearingLife formerly Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
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- Nithview Community
- Foxboro Green
- Community Care Concepts
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- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
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- Little Short Stop New Hamburg



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

WELLESLEY TOWNSHIP:

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

- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
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- Kiwanis Transit
- Woolwich Health Care Centre
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