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EMBRACING CHANGE

VOL. 8 ISSUE 3

NOVEMBER 2025



WCHC
COMMUNITY
HEALTH CENTRE

MAIN ENTRANCE

ON THE COVER:
NOVEMBER IS DIABETES AWARENESS
MONTH. THE WOOLWICH COMMUNITY
HEALTH CENTRE'S DEDICATED TEAM
SUPPORTS OUR COMMUNITIES WITH
DIABETES

Feature Business
of the Month



LAMBERT
GROUP



OUR TRUSTED
BUSINESS DIRECTORY
LISTING: PAGE 27

COMMUNITY RESOURCE GUIDE
EMPOWERING SENIORS TO EMBRACE THEIR LIMITLESS POTENTIAL



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Tara Held

EDITOR/PUBLISHER

Rich Held

DISTRIBUTION

Victoria Zinger

DESIGNER

*Dr. Nicole Didyk**Community Care Concepts**Woolwich Community Health Centre**Alzheimer Society Waterloo Wellington**Elaine Ballantyne**Fred Parry**William Brubacher**Scott Dunstall**Schlegel-UW Research Institute for**Aging (RIA)*

CONTRIBUTORS

On The Cover

November is Diabetes Awareness Month.

The Woolwich Community Health

Centre's dedicated team to supporting

our communities with diabetes include

registered nurses, diabetes educators,

registered dietitians, medical office

administrators, and more! Pictured from

Left to Right are: Em, Amy, Jane, Brittany
& Asilv.

See the full cover story on page 12

Cover Story & Photo By:

Woolwich Community Health Centre



LETTER FROM THE EDITOR

As the last leaves fall and the chill of November settles in, life in our rural townships finds a quieter pace. The fields rest, the days grow shorter, and we begin to slow down a bit ourselves — taking a moment to breathe before winter arrives. November often feels like a time for reflection and quiet gratitude, a calm pause before the busy holiday season ahead.

It's also Fall Prevention Month, an important reminder to take extra care of ourselves and those around us. A simple slip or fall can change so much, and yet so many accidents can be prevented with a few thoughtful steps — keeping walkways clear, adding good lighting, wearing sturdy footwear, or using handrails when needed. It's not about limiting what we do, but rather ensuring we can keep doing the things we love safely and confidently. See page 10 for the Alzheimer Society's article on Falls Prevention and Dementia: Staying Safe at Home and in the Community for some great tips.

November also holds deep meaning as we come together on Remembrance Day. It's a time to honour and reflect on the immense sacrifices made by the men and women who served — and those who continue to serve — for our country. Their courage, resilience, and devotion to community remind us of the strength that comes from unity and compassion. Whether we attend a local ceremony, wear a poppy, or share a quiet moment of reflection at home, we are part of a legacy of gratitude that continues to connect generations.

As we move through this month, may we carry that same spirit of care and remembrance in our daily lives — looking out for one another, embracing safety, and cherishing the small comforts that come with this season.

Wishing you warmth, peace, and steady steps wherever November takes you.

Tara

**Embracing Change**147 Arnold St
New Hamburg, ON N3A 2C6

519-574-6428



embracingchangeinfo@gmail.com



www.embracingchange.ca

Editorial Policy & Disclaimer:

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

Peter A. Wagner: A Man of Many Talents

Sophia Grande-Lawlor, Curator

Wellesley Township Heritage and Historical Society

As the winter approaches, you're probably thinking of making an appointment for your winter tires or car maintenance! In the early 1900s, and for many decades after, residents of Wellesley Township may have visited Wagner's Garage for their needs.

Peter Adleman Wagner was born in January of 1873 near St. Agatha. Travelling to Michigan as a young man, he worked at a sawmill and married his wife, Ada Federspiel, on October 22nd, 1895. Peter and Ada returned to Canada with their family, where Peter continued his work at a sawmill and contracting business before purchasing the Richter Hotel in St. Agatha in 1904. After a few years of operation, the Wagners sold the Richter Hotel in 1911 and purchased the Berdux Hotel in Wellesley. Business flourished, and Peter built the men's beverage room in 1914. In the 1911 census, Peter's occupation was listed as a hotel keeper, but by the 1921 census, the column listing his occupation read auto repair.

The hotel faced an obstacle in 1917 that many others faced in the area: prohibition. The new laws in place meant hotels could no longer serve alcohol, and Peter had to pivot in his career. With his earlier work experience in threshing, he had developed skills as a machinist and a mechanic. The men's beverage room was renovated to become a garage. Wagner's Garage proved to be a success, and was taken over by Peter's son, Joseph in 1933, and later Joseph's son, Wilbert. Post prohibition, the old garage was converted back to a men's beverage room, and the new garage was opened where the livery stable was.

By the 1930s, yet another career chapter was unfolding for Peter. Articles in the Wellesley Maple Leaf and Waterloo County newspapers note Peter's presence in the local political scene throughout the years. He was a councillor in 1924 and 1925, a deputy-reeve in 1926 and 1927. He later served as the reeve for Wellesley from 1930-1939. Active in local politics as a councillor for many years, he was then elected the warden for the County of Waterloo in 1936. An article by Vonnice Haner notes that Peter broke tradition by inviting his wife, family, and friends to the warden's banquet celebrating his victory, an event that previously only men were invited to. Peter passed away on August 29th, 1943.

The WTHHS collection holds thousands of photographs and records showcasing Wellesley Township history. If you have items you think would add to Wellesley's history, we would love to hear from you. Please email info@wellesleyhistory.org or visit us in the Historical Room at 1137 Henry Street on the last Saturday of every month except December.



2016-04-005: A view of the hotel on Queen Street, 1914



2016-04-004: Peter A. Wagner, 1936

FEATURE BUSINESS OF THE MONTH: THE LAMBERT GROUP

After 15 Years and 800 Homes Later, We Finally Made Our Own Move

*By Jon Lambert, Realtor, Broker & Team Leader –
The Lambert Group, RE/MAX Twin City Realty*

After fifteen years and more than 800 homes later, I finally went through the process myself — and it completely changed the way I see real estate.

For over a decade, I've stood beside countless families as they packed up their lives, said goodbye to neighbours, and took that emotional leap into something new. I've always understood the logistics — the paperwork, the timelines, the strategy. But this time, I felt what my clients have felt all along: the tug between excitement and nostalgia that comes with closing one chapter and opening another.

Leaving our home of 15 years wasn't easy. It's where my wife and I built our life together and where our daughter grew up. The street was filled with incredible neighbours who had become more like family. Saying goodbye brought back so many memories — backyard gatherings and those everyday moments that quietly add up to a life well lived.

Then came the practical side — preparing our home for sale. Suddenly, I was the one decluttering closets, touching up paint, and wondering if buyers would see the same warmth we always felt there. Even as a seasoned Realtor, I found myself riding the emotional rollercoaster that comes with every showing and offer. It was humbling — and oddly refreshing — to be on the other side.

Our daughter also had to say goodbye to her school and friends, which was another reminder of how deeply a move affects the entire family. Children feel the change in their own way, and as parents, you're balancing your own emotions while helping them embrace what's ahead.

Thankfully, we had a strong support team — friends, family, and my own Lambert Group team — who helped us navigate each step with care. Their encouragement and expertise made all the difference, reminding me how important it is to have good people around you during times of transition.

This experience has given me a renewed appreciation for what my clients go through. It reminded me that every move is about far more than square footage and contracts — it's about people, stories, and new beginnings.

Since moving, I've looked for ways to build even more empathy and personal support into our already robust Lambert Group process. From thoughtful communication to small details that ease the stress of moving, I want every client to feel genuinely cared for — because now I truly know how much that matters.

Change can be daunting, but it's also full of opportunity. Standing in our new backyard, watching my wife and daughter explore the space that will soon hold new memories, I realized something important: every move, no matter how bittersweet, is a step forward. And sometimes, embracing change is the best way to rediscover what “home” really means.



We've been there - house hunting can be stressful! As industry professionals, it's our job to make the process smoother, so you can focus on your very own fresh start.

JON LAMBERT - BROKER/REALTOR
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The Quiet Link Between Hearing Loss and Mental Health

At HearingLife New Hamburg affordable, professional care and customized hearing aids make better hearing more accessible



HearingLife's Hear Now, Pay Later program makes hearing care accessible with smaller monthly payments, zero per cent financing, no credit check and no hidden fees.

In New Hamburg, some of life's best moments happen in conversation – catching up with friends over coffee, chatting with neighbours downtown or enjoying family gatherings. But when hearing becomes harder, those simple exchanges can feel exhausting.

Even mild hearing loss can carry surprising effects. Conversations take more effort, noisy restaurants feel overwhelming and slowly, some people begin stepping back from the activities they once loved. Over time, that disconnection can lead to feelings of loneliness, fatigue and low self-esteem.

“Hearing isn't just about sound – it's about staying connected to the people and activities that give us joy,” says Katie Koebel, Audiologist, M.Cl. Sc., Reg. CASLPO. “When someone treats their hearing loss, we often see improvements not only in communication, but also in their overall confidence and well-being.”

Research supports this connection. In Canada, nearly two-thirds of adults between 40 and 79 experience some form of hearing loss and those who leave it untreated are more likely to report higher levels of psychological distress. By contrast, people who use hearing aids or other support tools often describe a renewed sense of independence and belonging.

At HearingLife's clinics, care begins with a comprehensive hearing test. From there, the

team recommends hearing aids matched to each person's needs and lifestyle. Fittings include real-ear measurements – a gold-standard process that ensures devices deliver sound accurately for each individual's ear canal.

Hands-on support is another priority. Clients leave with the skills to clean, use and care for their devices confidently, and follow-up appointments within the first few months ensure a smooth transition. Ongoing support remains available whenever adjustments are needed.

Affordability is also key. HearingLife's Hear Now, Pay Later program makes hearing care accessible with smaller monthly payments, zero per cent financing, no credit check and no hidden fees.

Untreated hearing loss can quietly affect not just how we hear, but also how we feel. By seeking help early, Salmon Arm residents can protect both their hearing and their mental well-being.

Learn more online and book your free hearing test at HearingLife.ca or visit them in-store at (Clinic address)

If you are planning to show some love to your ears, now is a good time! This month, HearingLife is offering up to \$2,100 off the latest hearing aids. And you can also get support with accessing government funding.



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MEET OUR EXPERTS



Emily Giau, Audiologist

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

Education:

Bachelor of Science in Honours Health Studies/Aging Studies Option – Psychology Minor (University of Waterloo)

Master of Clinical Science in Audiology (University of Western Ontario)

Selina Mauro, H.I.S

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

Education:

Bachelor of Science in Biology/Psychology Trent University

H.I.S. Diploma Conestoga College

CONTACT US

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

Elmira:

(519) 669-3131 | elmira@arnoldhearing.ca

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New Hamburg:

519-662-3277 | newhamburg@arnoldhearing.ca

3 Waterloo St. New Hamburg, ON N3A 1S3 (Inside the Affinity Health Clinic)





By Will Brubacher, Certified Grief Mentor

Part Three: Can We Stay Connected After Death?

Last month, I asked whether it was possible to experience a kind of 'dual death', at the moment that a loved one leaves their physical body.

This month, we're going to pursue that fascinating question from the perspective of being able to engage in an inter-dimensional connection between this world and the next.

You may be surprised to hear that it's not such an unusual question after all, and often arises as a natural part of the normal grieving process.

We know that the mind is very powerful, having amazing potential far beyond what we ever thought possible, and that we still know very little about its capabilities.

So, for someone grieving, being curious about any possible means (including the mind) of connecting with the spiritual realm is both valid and worthy of exploring.

Since love is one of the most powerful energies known to man, emanating from the very source of our existence, it should never be underestimated in its potential capacity for outreach.

One way I've heard of reaching into that inter-dimensional 'gap' is through a means called 'automatic writing', and here's a basic introduction to how it works. Simply stated, our brain is divided into three parts: our conscious; our subconscious; and our unconscious mind.

Our subconscious uses approximately 95% of our brain and the rest is used by our conscious and unconscious mind. Of course, our unconscious is the deepest and

hardest to access, where dreams, hidden desires, and automated skills like typing without conscious thought, is managed, along with so much more, of course.

So to explore the possibility of spanning the physical and non-physical dimensions though the mind, I believe the intent must be positive (love) and purposeful. In preparation, you should spend some deeply introspective time formulating the clear purpose for connecting in the first place.

For example, you may wish to deliver a message, or to receive a message (perhaps to a question).

Are you ready?

To begin: get settled in a quiet place with a pad of paper and pen on your lap or table to write with.

Relax by breathing naturally: gently inhaling through your nose and exhaling through your mouth. Observe your breath as it gets comfortably slower and goes deeper into your diaphragm.

Speak softly to your mind in third person ("You"), telling it to let go of any uneasy thoughts to make open space for anticipated communication, for example, saying "You're now relaxed, receptive and open to connect with (person you wish to connect with) when you are absolutely ready."

Close your eyes and picture the person with whom you wish to connect. Feel that person's presence.

Allow your pen hand to begin writing words randomly on the paper. Pay no attention to them. Just keep writing, automatically without even looking.

When you're ready, tell the person you wish to connect with, that you have a question or that you want them to know something important.

Keep writing whatever words come to mind without any thought or control of them; and when you feel the session is over, then thank the spirit who came to you and slowly return to your own awareness, ever expanding into your body, then into your sitting position and then into the room and beyond.

Take another slow breath and smile, then thank your unconscious for letting you into its depths.

Look at the words you have on the pad, which will be the 'automatic writing' response you were waiting for.

You can do this as often as your wish, even if it's only to feel that special closeness with the departed one you love.

If you're interested in exploring this method further, then don't hesitate to do your own research to learn more that may be helpful.

Wishing you success in your connection with the other side.

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Ask the Doctor

with Dr. Nicole Didyk

DID YOU KNOW? November is Fall Prevention Month

Falls can have life-altering consequences for older adults. Falls are the leading cause of injury-related hospitalization in those over 65, and the cause of over 50% of injury-related deaths in seniors. Almost 30% of older adults living in the community fall per year, and the rates are much higher amongst those living in long-term care homes.

We know a lot about the risk factors for falls. Some are unavoidable, but other risk factors can be reduced with lifestyle changes and collaboration with your health care providers.

Ways to reduce your risk of falling:

1. Review your medications. Your pharmacist and primary care provider can review your list of medications and work with you to reduce or stop those that increase fall risk: sleeping pills, some anxiety and depression pills, opioid pain relievers and others. Also, let them know if you drink alcohol and find out how that could be interacting with your medications.
2. Exercise for better balance. Regular exercise reduces the risk of falls and injuries. Tai chi is especially good to enhance core strength and balance skills and can be done standing or in a chair. Join a class to add a social element to the activity!
3. Check your environment for tripping hazards (cords, low tables, clutter, loose rugs), poor lighting and slippery walking surfaces. Consider having an occupational therapist review the need for grab bars or other equipment in bathrooms and on stairs.
4. If a professional recommends a "gait aid" (a cane or a walker) – use it! Using a gait aid means a person can move safely and is more likely to go out of the house and participate in activity. Moving more and staying active, even with a walker is a huge part of aging well.

If you have a fall, it's natural to be worried about your risk for having another one. Try out the above tips to boost your confidence, and stay on your feet and in the game!

For more information about aging and health, go to www.TheWrinkle.ca!

If you have questions for Dr. Didyk, please email them to embracingchangeinfo@gmail.com. You don't need to give any identifying information.

Disclaimer:

Any comments Dr. Didyk may make regarding an individual's story should not be construed as establishing a physician-patient relationship between Dr. Didyk and a caregiver, or care recipient, and should not be considered a substitute for individualized medical assessment, diagnosis, or treatment.

LEST WE FORGET

Honouring those who gave so much for our freedom



Mike HARRIS
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Falls Prevention and Dementia: Staying Safe at Home and in the Community

November is Fall Prevention Month, a time to raise awareness about one of the most pressing health concerns for older adults. Falls are the leading cause of injury-related hospitalizations among Canadian seniors, with 20-30% of older adults experiencing a fall each year.

For people living with dementia or other cognitive impairments, the risks are even higher. Research shows that older persons with dementia are 2-3 times more likely to fall and sustain a fall-related injury compared to those without cognitive impairment.

Why are people living with dementia at higher risk?

Several factors contribute to this increased risk:

- Poor balance and changes in gait make walking more difficult.
- Vision and visual perception problems affect how individuals see their surroundings and judge distances.
- Dehydration and nutritional deficiencies can lead to weakness and dizziness.
- Medications that affect memory and cognitive function may also impact alertness and coordination.
- Memory challenges can make it harder to remember safety precautions, like using mobility aids.

Preventing falls at home and in the community

The good news is that many falls can be prevented. The Alzheimer Society Waterloo Wellington recommends the following strategies to support people living with dementia:

- Create a safe home environment by improving lighting, removing clutter and loose rugs, and installing grab bars and handrails where needed.
- Wear well-fitting, non-slip shoes to reduce slipping hazards.
- Simplify routines to minimize confusion and keep spaces predictable.
- Consult health professionals regularly about medications, vision, hearing, balance, and the use of mobility or assistive devices.

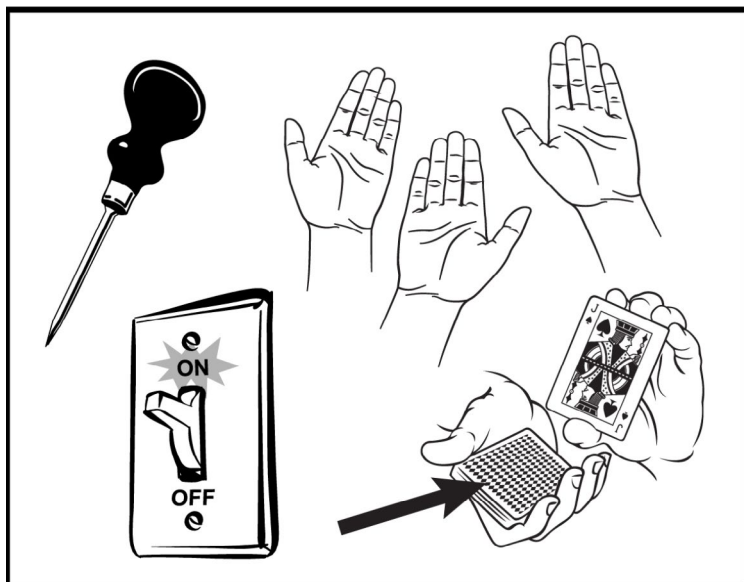
Working together to prevent falls

Falls are not an inevitable part of aging. Start fall prevention habits early. With the right precautions, support, and awareness, we can significantly reduce risks and help people living with dementia remain safe, independent, and active in their communities.

At the Alzheimer Society Waterloo Wellington, we are committed to supporting individuals and families by providing education, resources, and practical guidance to improve quality of life.

Concentration Puzzle

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



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

November Puzzles

Imagination Spot the Difference

See if you can see the 5 differences between these two pictures



Solutions on page 30

COVER STORY



Empowering Individuals to Live Well with Diabetes

WOOLWICH COMMUNITY HEALTH CENTRE

Every three minutes, someone in Canada is diagnosed with diabetes. This condition affects millions of Canadians and is often invisible and complex. In recognition of **Diabetes Awareness Month**, the team at Woolwich Community Health Centre (WCHC) is proud to highlight the work of our **Community Diabetes Program (CDP)**. This program is dedicated to supporting individuals living with prediabetes and type 2 diabetes through education, empowerment, and personalised care.

The impact of diabetes goes far beyond numbers on a blood glucose meter. It touches many aspects of daily life. At WCHC, our approach is to meet people where they are, providing the tools and support they need to manage their health with confidence.

A Collaborative Team Approach

Community Health Centres prioritise holistic and accessible health care. We are proud to have a diverse team that can serve our communities as a “one-stop shop” for health care and beyond. At the heart of the CDP is a caring and knowledgeable team. **Registered Nurses** Amy and Emily bring a wealth of expertise in diabetes care, working closely with patients to help them understand their diagnosis and create realistic, meaningful goals. They know that each person’s journey is unique and are committed to offering guidance that fits individual lifestyles rather than a one-size-fits-all solution.

Alongside are **Registered Dietitians** Asil, Brittany, and Katie who help patients navigate one of the most important parts of diabetes management: nutrition. They offer practical advice, helping people make small, sustainable changes to the way they eat—without sacrificing the joy of food. By focusing on balanced meals, portion sizes, and mindful eating, folks can learn strategies that support stable blood sugar levels and overall health.

“Our role isn’t to lecture,” says Tariq, Health Promoter and Team Lead. “It’s to work with people, help them understand their options, and support them in making choices that feel right for them.”

Learning Together Through Group Classes

Living with diabetes can sometimes feel isolating, but it doesn’t have to be. The CDP offers group classes for individuals with prediabetes and type 2 diabetes. These sessions are designed not only to provide important information but also to foster connection.

Participants learn about key topics such as understanding blood sugar levels, setting achievable goals, managing medications, meal planning, and staying active. Just as importantly, they have a chance to share experiences, ask questions, and learn from one another in a supportive environment.

“Group sessions can be incredibly empowering,” says Amy. “People realise they’re not alone—others are going through similar challenges, and together they can find solutions.”

Many participants describe these classes as a turning point in their diabetes journey. Whether it’s learning practical tips that makes daily life easier or simply feeling seen and understood, the sense of community can make all the difference.

Personalised Care That Puts People First

While group education is powerful, one-on-one support remains a cornerstone of care. We also provide personalised appointments and follow-ups, where the focus is entirely on personal health goals. Whether someone wants to better understand their blood sugar readings, explore food options that work for their lifestyle, or dispel myths and other factors that influence their health, the team is there to help.

The approach is patient-centred—meaning care is built around the person, not the condition. This can include helping someone set small, achievable steps toward a larger goal, addressing day-to-day challenges, or celebrating progress.

“We listen first,” says Emily. “Diabetes isn’t just about numbers. It’s about people’s lives, families, and hopes. We tailor our support to what matters most to each individual.”

Supporting Foot Health and Overall Wellness

An important part of diabetes care is preventing complications, and foot health is a key piece of that puzzle. Krista, our chiropodist, provides foot assessments to help identify concerns early and prevent serious problems down the road.

In addition, Brittany, Katie, and Natalee, our Registered Dietitians, offer free community workshops that help people build a healthy relationship with food. Topics range from introducing solids to infants to exploring different kinds of soups, personalised grocery store tours, and so much more.

The Heart Behind the Scenes

Every great program has someone working hard behind the scenes to make it run smoothly. For the CDP, that person is Jane, our dedicated CDP Administrative Assistant. She plays a crucial role in scheduling appointments, triaging inquiries, and supporting patients over the phone with warmth and kindness. For many patients, Jane’s voice is the first they hear—and she ensures that every interaction starts with compassion.

“Jane keeps us organised and makes sure people get the care they need,” says Amy. “She’s the glue that holds everything together.”

Empowering Change, One Step at a Time

Diabetes management can seem overwhelming at first, but with the right support, people can—and do—thrive. The CDP team believes in empowering individuals to take charge of their health in a way that’s realistic and sustainable. That might mean learning a new skill, adjusting a daily routine, or simply having someone to talk to who understands.

This November, during Diabetes Awareness Month, WCHC encourages community members to learn more about diabetes and the resources available to support them. Whether through education, foot care, nutrition guidance, or personalised goal setting, WCHC is here to help individuals live well with diabetes—not just manage it.

For more information or to register for a class or appointment, connect with the Community Diabetes Program or Woolwich Community Health Centre.



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Celebrating the Spirit of Giving

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

As a non-profit charitable organization, we are reliant, and have been reliant for the past 40 years, on the support of our communities through both volunteering and donations to fulfill our mission of helping seniors and adults with unique needs to live independently in their own homes and communities. In fact, the roots of our organization are grounded in this philanthropic spirit, when local churches volunteered to prepare and deliver meals to seniors in their local communities. It was when the volume of this work became too much that the organization was formed to continue this tradition through our Meals on Wheels program.

Today, we continue to rely on this philanthropic spirit. More than 120 volunteers contribute over 8,000 hours of service, supporting 5,000 members of our community annually. Volunteers contribute in many ways including delivering Meals on Wheels, driving seniors to medical and other important appointments, visiting isolated seniors, preparing and serving meals in our monthly community dining programs, helping in community social and recreational programs, supporting individuals in our adult day programs, helping to organize community fundraising events or participating on our Board of Directors. We simply could not do the work that we do and have the impact that we do without this support from our community. As the demand for our services continues to grow, we are experiencing a strong need for additional volunteers and would welcome the opportunity to introduce more community members of our work.

Beyond the many incredible volunteers engaged in our work, we have many members of our community who contribute financially to our work. While we are thankful to our many funders for their financial support of our work, government funding does not cover the demand nor the full cost of service delivery. We are

reliant on the philanthropic spirit of our local communities for this support. We are so thankful for the many members of our communities who make annual donations, donate through monthly giving programs or organize events with proceeds supporting our work.

While we cannot possibly recognize all who contribute to our work and are equally thankful for all who contribute either through their time or financial resources, we wanted to highlight one of our most recent contributors – Stonecroft's Golf Tournament Committee (pictured above). In August, Stonecroft, an adult lifestyle community in New Hamburg, organized a Charity Golf Tournament with all proceeds going to local charities. Community Care Concepts is so thankful to be one of the recipients of those proceeds, with \$7,500 donated to support music therapy and specialized activities within our Wilmot adult day program as well as support available through the Wilmot Resident Fund.

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



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



Dear Readers: November 2025

“Legacy” is one of those words that carries both a practical and a deeply emotional meaning.

In its most basic sense, *legacy* refers to something handed down from one generation to the next. Historically, this often meant material inheritance—money, property, or possessions left to loved ones.

Over time, the concept has expanded to include non-material gifts:

- Values and Beliefs – the principles you lived by, the wisdom you shared, the example you set.
- Stories and Memories – the narratives of your life that give insight, guidance, and connection to future generations.
- Acts of Kindness and Service – the way you treated people, the causes you supported, the compassion you showed.
- Creative Contributions – art, writing, music, or projects that reflect your essence and continue to inspire.
- Relationships – the love and care you poured into your family, friends, and community.

Legacy is essentially the story others will tell about you when you are gone, and the ongoing ripple effect of your presence in their lives. It holds the power to strengthen family ties – whether with your biological or chosen family

Where can you start?

Take a gentle first step by *writing a heartfelt note*

or letter to someone dear to you. If you’re unsure where to begin, consider these five simple yet powerful prompts: “I love you. Thank you for ... I forgive you. Please forgive me. My wish for you...”

Sharing your story can be a powerful gift—for yourself and for those in your circle. You may wish to write a life story, capturing the milestones and moments that shaped you. These stories not only honour your own journey but can also inspire others. And don’t hesitate to begin at the very beginning—your childhood—where so much of who you are was formed.

Artistic and creative projects can be symbolic – reflecting your values. Consider composing a song, poem or piece of music dedicated to loved ones. Curate a “legacy box” with items, notes or mementos representing your life journey.

Acts of service – plant a tree, establish a scholarship or charitable project or pass along a skill by teaching or mentoring someone.

Shared wisdom – leave behind journals or reflections that capture your inner world.

Community and ritual – establish a tradition for loved ones to continue, design a farewell ceremony that reflects your spirit,

No matter what you choose to share - legacy is not only what you leave *behind*, but also what you leave *within* others—your love, teachings, and example.

Have you received an unusual legacy from someone and want to tell us about it? Feel free to contact me to explore sharing your experience: sphillips5519@gmail.com.

Next month’s topic: Coping with Grief Through the Holidays and Special Days



No Sharks in the Village

The iconic 'The Village Idiot' in London's Wortley village has shut down. After 23 years of ups and downs – including being closedown for seven months during the height of the economy-stopping Covid-19, things are changing.

Like many retailers, the owner, Robert and staff, have had to survive the best they could. But then again, the Village Idiot has a "cool" factor. I mean, with inventory to sell like vintage vinyl records, CD's and musical accessories, you're never really out of the game – whether it's having unique products or a reason for being.

In Robert's case, his experience started as a love story, to his wife, when she wanted him to drop his very successful Toronto music career to start the new business. He did. Love will do that. (He also felt he could help by avoiding the "sharks and weasels" so prevalent in the music biz.)

"You know it's true, It's all because of you

And, if we make it through, It's all because of you"

– Now and Then - by the Beatles

<https://youtu.be/Opxhh9Oh3rg?si=NGn4kTTw-J3NCdW>

Suddenly she past – just two years after opening the store. As one can imagine, his world was devastated. Thereafter, he dedicated the store to her memory. Every disappointment was tenaciously met head on; every success celebrated. "He could always pay the phone bill!"

Maybe that's why, before agreeing to an interview, he wanted to know what my particular slant on life was. I told him I see life as having our glass half full, not half empty. At that, Robert exclaimed!

"What! you've got a glass... and there's something in it? Telling me, I wasn't asking the right questions: how many and varied people are worst off today, than ever before?"

If I needed further proof of the increasing need, the roots of the London Food Bank run deep in the village with – their mission remaining – 'Helping a generous community share its food resources.'

For me? – I'm grateful for Robert's friendly rebuke. Sometimes, it takes others to make us see our own wrongful assumptions. We're all in our own bubble to some degree. But when, as a boomer, I think of the life we've been blessed to live and to give... I smile and think... love is all you need.

Once I asked some musical friends, why they enjoy playing so much. One bandmate said that he was grateful to be playing, especially here in Canada. "The worst thing that can happen to me is that I break a guitar string. In the vast majority of countries, there's no hope: millions living in quiet desperation."

"If you are the dealer, I'm out of the game

If you are the healer, it means I'm broken and lame

If thine is the glory, then mine must be the shame...

We kill the flame"

– You Want It Darker by Leonard Cohen

So, thanks Robert for reminding us to try and share, even more, from our collective glass – even when there's seemingly nothing in it. It's a wise person that keeps the flame of caring alive!

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



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A Community That Shows Up: Service Clubs Pay It Forward

With all the news about tariffs, strikes, and 'elbows up', it's easy to miss the more positive, granular information about what is happening in our own community.

Here's the good news. People in need, those who are hungry and can't afford to buy groceries after paying for a roof over their heads – or even no roof at all, are getting help.

Woolwich Community Services in Elmira continues to meet 100% of requests for food hampers and fresh food thanks to local donors, farms and volunteers.

Many families are giving back by volunteering, fund raising, or donating produce from backyard gardens.

Last year over \$38,000 was donated to support the Christmas Goodwill Hampers, through the combined efforts of these Woolwich service clubs and community groups:

1. The Kiwanis Club of Elmira
2. The Elmira Optimists
3. St. Jacobs Optimists
4. Woolwich Community Lions
5. Glenrose Lodge Masons
6. Knights of Columbus Council 8192
7. St. Jacobs Lions
8. Floradale Friends of Guide Dogs
9. Elmira Scouts
10. First Robotics Team (4917) EDSS

On November 14th and 15th you'll see volunteers at stations in various locations throughout Woolwich. You'll have an opportunity to donate money or if you prefer, gift cards to local food stores. That way, the Christmas Goodwill Hampers from Woolwich Community Services will enable many families in need to enjoy a real holiday meal. Please, stop and say hi.

Kiwanis Club president, Tony Dowling said, "We can't fix everything, but we can make sure everyone can have a Christmas meal."

All proceeds will be used by the Woolwich Community Services Christmas Goodwill Hamper Program to buy gift cards to Food Basics and Foodland so that those in need can purchase a special holiday meal for their family. To make a donation now, go to www.woolwichcommunityservices.org Or scan this QR code:



To volunteer, please contact John Kendall at: jkendall@ggfilaw.com or Hugh Weltz at hgweltz@sympatico.ca



Aging with Art – Why Creativity Matters as We Age

When it comes to healthy aging, we often hear the same advice from experts: eat well, exercise, and stay socially active.

But can flexing our creative muscles also help us thrive as we age?

The answer is yes.

Our later years are often marked by major transitions, such as retirement, loss of loved ones, and changes in mobility and health. Research shows that engaging in creative activities, such as painting, singing, reading, or dancing, helps lower stress, improve cognitive function, strengthen our bodies, address mental health concerns, and provide a greater sense of purpose and community.

Kate Dupuis, Schlegel Innovation Leader in Arts and Aging at the Schlegel-UW Research Institute for Aging (RIA) and Sheridan College's Centre for Elder Research, focuses on the connection between the arts, health, and aging, and how active and passive participation in the arts can benefit all areas of our health and well-being.

Engaging in the arts, creativity, and self-expression represents a unique opportunity to encourage learning, purpose, and connection in older adults. For older adults living with dementia, the arts help people connect and communicate when spoken language becomes difficult or impossible. Long-held musical memories may be restored, or songs from younger years may be sung to support reminiscence and social bonding. For care partners, engaging in the arts is an excellent source of stress release and a way to find respite in a difficult time.

Here are a few tips to easily incorporate creativity into your life:

Take an Art Class or Workshop (in person or online): Many community centers and local art studios offer beginner-friendly classes and workshops (check your local listings), and online platforms, such as YouTube, offer free or low-cost at-home learning in everything from painting to photography to music lessons.

Start a Daily Creative Habit: Dedicate 10 minutes a day to colouring, journaling, collaging, dancing, or singing. This can help support brain health and emotional well-being.

Intergenerational Engagement: The arts can support opportunities for intergenerational interactions, such as singing nursery rhymes with a toddler or sharing newly learned painting techniques with an older grandchild.



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How To Let Go of Difficult Emotional Experiences:

As we go through life, we accumulate stuff. This 'stuff' can consist of physical items, titles, relationships, and experiences etc. Some of this stuff we easily let go of, but others can be more difficult. Painful experiences are often particularly hard to release or move through. When something feels unconcluded, our brains struggle with wanting to fixate on this issue until it feels resolved and therefore less distressing. Perhaps you were bullied as a child, felt misunderstood by a caregiver, were betrayed in a relationship, or had a breakdown in family dynamics. Painful experiences often stay with us long after the encounter has concluded. In my work as a therapist, I occasionally find myself supporting older adults, and the content of the sessions often touch on childhood memories. It doesn't matter how many years have passed since the painful event; the encounter is still present and alive in the mind. Here are some suggestions for reflection to assist you in trying to let something painful go:

Is this something you can do to fix the issue? Reach out? Apologize? Write a letter? Sometimes there is something we need to attend to before we can detach ourselves from something painful that we experienced. Be curious about what that thing might be.

Has this painful experience touched some deeper unresolved wounds from your past? When difficult encounters activate unhealed wounds, they can be more difficult to let go of. Exploring what this past wound might be/the 'root' of the pain can

reduce the emotional charge of the secondary experience. An example of this might be experiencing rejection in a friendship that touches on a rejection wound initially created because of rejection by a parent early on in life.

Are there any possible downsides to letting go of this painful memory? Perhaps there is a valid reason that you are unable to let this incident go. Sometimes remembering how something impacted us equips us with valuable information regarding how to engage with it more safely. Forgetting something could open us up to repeating the same thing over and experiencing more pain.

Give yourself permission to not let the distressing experience go at this time. Often the more we try to force ourselves to release something, the more we end up directing our attention towards it, which makes it harder not to think about. It's nearly impossible to let go of something when we are ruminating about it. If we can allow something to just be in our minds and have compassion for ourselves and how challenging it is to let go of, tolerating the uncomfortable memories will likely feel less distressing. Perhaps in a few years, as things evolve, letting go of the painful encounter will come more easily. Often letting things go, especially distressing experiences that have had long-term impacts, is an ongoing process, not a single event. Perhaps you could reflect on letting go of a piece of the experience each year so that you aren't left carrying something so heavy.

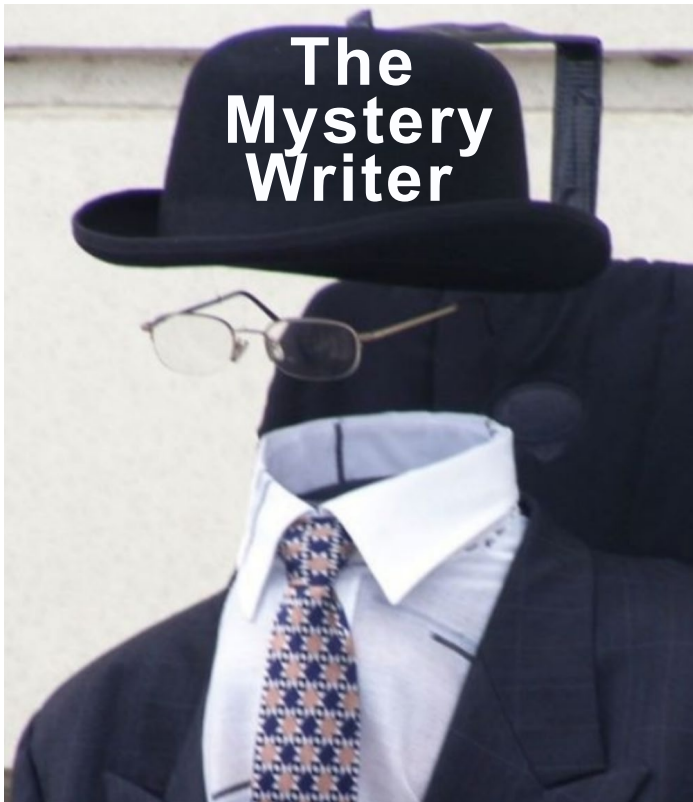
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Running Out of Time?

PART TWO:

I hate to say this but, here it is November and in just two short months it will be Christmas, and my back still aches from the memory of last years tree-raising enterprise.

Last month as you might recall, the topic was about what I suspected as time speeding up, inexplicably, since I became a senior. So, I decided to look into the matter and try to solve the mystery, once and for all.

Well, here's what I learned.

Who would have thought that over a billion years ago, a day on earth, was only about 18 hours long? And our days are longer now, because the moon's gravity is causing the Earth's spin to slow down.

And do you wonder if that little problem ever played havoc with calculating the accuracy of time?

WE need only go as far back as the original Roman calendar to discover keeping time was in a bit of a mess.

So much so that in 46 BCE Julius Caesar mandated a 445-day-long year to help bring the calendar back in sync with the seasons.

And wouldn't you know it by 1577, the Julian calendar was off by 10 days, meaning key Christian holidays were being celebrated on incorrect dates. Heaven forbid!

Imagine what this must have done to the chronical of our history....

So Pope Gregory XIII took issue with this not-so-small detail, and established a commission to get the calendar back on track.

And in 1582, the Gregorian calendar was created.

But wouldn't you know it, there was another problem concerning the delicate matter of keeping time on time; so finally with a lot of time adjustments, it was decided that 365 days, 24 hours a day would do the trick.

But that wasn't quite right either, and to make up for the fact that the earth's revolution around the sun doesn't take exactly 365 days, leap years had to be installed.

And, it doesn't stop there. You see, until the 19th century, towns and villages synchronized their clocks according to the local solar moon.

This created **thousands of local times** that all varied and made scheduling transportation a major headache.

So on November 18 (or thereabouts...), 1883, we have the railroad companies in the United States and Canada to thank for beginning to use a system very similar to the standardized time zones we still use today.

Oh, and I can't overlook informing you that there are also various kinds of time such as: astronomical time and atomic time, Cosmic time, Universal time, etc.

Moreover, from a global perspective, in the Western world, we tend to think of time as linear and flowing from left to right. However, in some cultures, like The Aymara who live in the Andes Mountains in South America, they consider the future to be behind them, while the past is ahead. No kidding!

And dare I say that in some Indigenous Australian cultures, which rely heavily on direction terms like north, south, east, and west in their languages, they visualize the passage of time as moving from east to west.

Naturally, Albert Einstein had to have had a hand in all of this. And according to Einstein's theory of

special relativity, the faster you move, the slower time moves.

And by the way, according to Einstein's theory, travelling back in time is possible, theoretically, at least.

For those one or two of you still with me and interested, I could tell you so much more about time, however, at the risk of wasting your time, I think it's best I conclude with what now seems completely obvious, which is that time is complicated. Plus, there's really no point worrying about it because there's absolutely nothing we can do to change it, at least until we have to, which I hope won't be necessary in my lifetime.

Finally, I have some good news for you, as promised!!

Here is my reliable, researched scientific, or is it psychological, answer to the question of where time goes when we're not looking:

It only seems that time speeds up when we're working under a deadline or, get this, having fun. And time tends to move slower when we're bored and our brain is being less stimulated.

So it's really that simple!

Now I can only hope that you found that worth your time! And for what it's worth, I also discovered that in the end, I have a better appreciation of the significance of "Ignorance is bliss!" (In this case, it could have saved me a lot of time.)

And now I gotta run – don't want to be late for supper!

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FIGHT FRAUD

With Christmas approaching, the scourge of fraud, in person and online, is growing. Common targets are the elderly and those with little or no understanding of the sophisticated threats used by the perpetrators that target these vulnerable groups.

Our Legion is getting together with the Waterloo Regional Police to host an awareness seminar to teach basic skills and spotlight current and common scams being used in this region.

Topics covered:

- Common Fraud/Scams seen in region
- Computer safety for banking, shopping, personal information
- Phishing in Mass Marketing and socially engineered Fraud
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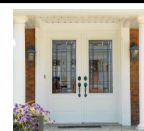
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519-896-3112 | www.trinityvillage.com

SOCIAL SERVICES

Woolwich Community Services

Information Centre, Individual Support, Food
Supports and more
519-669-5139

TRANSIT

Kiwanis Transit

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

TRAVEL

Stonetown Travel Ltd.

210 Mill St. New Hamburg
226-333-9939
www.stonetowntravel.com



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



www.LetUsFloorYou.ca

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

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

EMERGENCY CONTACT NUMBERS

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

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

Crime Stoppers
1-800-222-8477

Ontario Poison Centre
1-800-268-9017

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

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

Waterloo Wellington LHIN
519-310-2222

Community Care Concepts
519-664-1900

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

Elder Abuse Response Team
519-579-4607

Interfaith Community Counselling
519-662-3092

Hospice of Waterloo Region
519-743-4114

**Alzheimer Society of
Waterloo Wellington**
519-742-1422

Senior Safety Line
1-866-299-1011

Township of Wilmot
519-634-8444

Township of Wellesley
519-699-4611

Township of Woolwich
519-699-1647

**Region of Waterloo Public
Health**
519-575-4400
**Ontario Caregiver
Organization Helpline**
1-833-416-2273

This space is generously donated by:

TOWN SQUARE PHARMACY

PHARMASAVE 100 Mill St. Unit K, New Hamburg
P: 519-662-9995 F: 519-662-9984

WHERE TO GET YOUR FREE COPY

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

WILMOT TOWNSHIP:

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



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

WELLESLEY TOWNSHIP:

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

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

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin's Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou's Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)
- Harvest Moon St. Jacob's

Solutions



Concentration Puzzle: All hands on deck

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



20th Anniversary



CELEBRATING 20 YEARS IN REAL ESTATE IS SUCH A MEANINGFUL MILESTONE, AND I COULDN'T HAVE DONE IT WITHOUT THE INCREDIBLE SUPPORT OF MY CLIENTS, FAMILY, FRIENDS AND TRUSTED COLLEAGUES.

To my clients — thank you for trusting me to guide you through some of the biggest decisions of your lives. Your confidence and referrals have been the foundation of my career, and I am so grateful for every relationship built along the way.

To my family and friends — your encouragement, patience, and unwavering support have been my constant source of strength and motivation.

Here's to the past 20 years of growth, learning, and connections — and to many more years of helping people find their place to call home. The years have flown by, and I look forward to many more filled with new opportunities, new relationships, and new beginnings.

From the bottom of my heart, thank you for being part of this journey with me.

With much gratitude, Alison

ALISON WILLSEY

REALTOR®

Real Estate Broker

Direct: (519) 275-4900
Office: (519) 662-4900
willseyalison@gmail.com

www.willseyrealestate.com

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