

FREE!

EMBRACING CHANGE

Serving Boomers, Seniors & Caregivers in Wilmot, Wellesley & Woolwich Township

VOL 6 ISSUE 3 NOVEMBER 2023

www.embracingchange.ca

Feature Business of the Month

Millers Mercantile



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

Aging Well In Wilmot

Information & Active Living Fair



FREE EVENT!

Thursday November 23, 2023
9 am - 2 pm
Wilmot Recreation Complex
(1291 Nafziger Rd, Baden)

Guest Speakers
Displays
Lunch Included
Door Prizes

“Your Safety, Your Health, Your Community”

Agenda

9 - 9:15 am	Opening Remarks
9:15 - 10:30 am	Guest Speakers
10:30 - 11 am	Stretch Break/Coffee/Vendors
11:00 - 11:20 am	SMART Exercises
11:20 am - 12:30 pm	Panel: Older Adult Services in Wilmot
12:30 - 1:15 pm	Complementary Lunch
1:15 - 1:30 pm	Door Prizes and Closing Remarks
1:30 - 2:00 pm	Vendors

You must register for this event

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

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



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On The Cover

Well loved former Wilmot Township Councilor and Mayor Les Armstrong takes this Remembrance Season to share his life and times.

See the full cover story on page 8

Cover story and photos by:

Scott Dunstall



LETTER FROM THE EDITOR

As the cool winds of November envelop us and the leaves surrender to the inevitable embrace of winter, we gather once again to honor and remember. In this solemn month, our hearts turn to the significance of Remembrance Day, a time to reflect on the sacrifices made by those who have served and continue to serve our nation with unwavering dedication. As we observe Remembrance Day, let us take a moment to express our



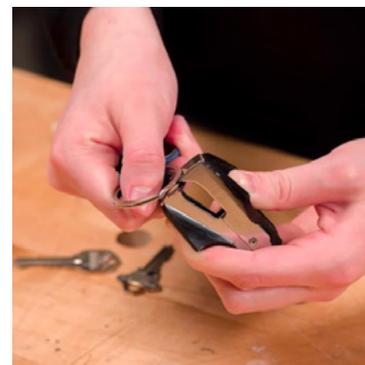
deepest gratitude to those who have selflessly defended the principles of freedom, justice, and peace.

As seniors who have weathered the storms of life, let us share the stories of courage and camaraderie that have shaped our collective journey. Together, we stand as witnesses to the ebb and flow of time, carrying the torch of remembrance forward. Our experiences, like the leaves of autumn, may fall away, but the roots of our shared history run deep.

May this November serve as a reminder that our duty to remember is not only an obligation but a privilege. Let us cherish the memories of those who stood shoulder to shoulder in the face of adversity, and let us instill in the generations to come the importance of preserving the legacy of sacrifice.

Tip of the Month: Staple Remover Hack

A staple remover has perfectly sized thin teeth that make them perfect to easily slide between the rings of a key ring. When you clamp them down, it spreads the key rings apart and makes it easy to slide a new key on. This saves you the hassle of trying to pry open the key ring with your nails.



As we turn the pages of this month's edition, may we find inspiration in the stories of resilience and courage that continue to shape our world.

With deepest respect and gratitude,

Tara



Embracing Change



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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.





Flashback Photo

Remembering Doctor Deborah Glaister Hannay

By: Lara Carleton

Curator, Wellesley Township Heritage and Historical Society

In November, and always, we remember.

From a woman once recognized in a Toronto newspaper as “one of the girl graduates in medicine” during a commencement exercise at the University of Toronto in 1932, to being Freeport Hospital’s Chief of Staff in Kitchener, Doctor Deborah Glaister Hannay (warmly known as Doctor Debbie) achieved an outstanding career.

Born on August 19, 1906, to Doctor William

Glaister and Mary Louise Morton, a nurse, Deborah grew up in Wellesley eventually moving to Toronto for high school and university. Deborah earned multiple medical degrees from the University of Toronto and completed post-graduate research in London, England before practising family medicine with her father in Wellesley, and later with Doctor Harry Lackner in Kitchener.

With World War II raging in Europe, Deborah began to serve as a medical officer in the Canadian Women’s Army Corps in October of 1942. She started off in Ottawa but was then sent to work at Chorley Park Military Hospital in Toronto. By May of 1944, Deborah was making history as one of the first Canadian female doctors to be sent overseas during World War II with the Royal Canadian Army Medical Corps, where she even became a Captain. Deborah supported the No. 20 Canadian General Hospital in England until she went to Belgium in December of 1944. In May of 1945, Deborah was in Nijmegen, Holland (Netherlands) working at the No. 1 Canadian General Hospital. During her wartime efforts just behind the front lines in Europe, Captain Deborah cared for Allied troops and further supported the Canadian liberating forces.

Upon returning to Canada, Deborah later became the Chief of Staff at Kitchener’s Freeport Hospital until her retirement in 1977, yet another feat for a woman at that time as she was one of the first women in the area to hold such a position.

Deborah passed away on July 31, 1986, at the age of 79, leaving behind an extraordinary legacy. Posthumously, Wellesley Township named a country road in her honour, Deborah Glaister Line, and in 2010, she was inducted into the Waterloo Region Hall of Fame to recognize her significant community contributions.

All information shared in this article was found in the Wellesley Township Heritage and Historical Society’s Collection, with much of the material referenced being donated by Deborah’s nephew, Burns Proudfoot.

Learning from Our Grandparents and The Great Depression

Life can be tough nowadays, but those of us that did not live through the Great Depression, do not know the hardship that our grandparents and great grandparents faced during these years. But despite how hard life was back then, where there was a will, there was almost always a way.

“Use it up, wear it out, make do or do without” was the way of life. Saving, reusing and repurposing everything. What one might not think twice about tossing today was as good as gold back then.

Today, this concept is still a need for many for financial reasons, but also a critical need to protect and sustain our planet. The trend of Vintage, Re-purposing and Upcycling is thankfully shifting to way of life.

Let’s look back at some examples from the past and how they are shifting to modern day trends and ways!

Old clothing, sheets and towels If there was fabric that could be salvaged, it was. Any and all were repurposed into new clothes and linens.

Sustainable fashion! Today, upcycled clothing and accessories, using old fabrics and garments to create one-of-a-kind new items.

Flour and grain sacks were versatile during the Depression. Made of cotton some with prints and patterns, made for excellent fabric to make clothes, linens, aprons and diapers. Who recalls the “flour sack dress”? Today, flour and grain sacks are sought after for creating gorgeous bags, pillows towels and blankets

Old rubber tires were used in a variety of different ways. From patching soles on worn-out shoes to garden beds, and in construction. Old tires continue to be recycled into things like children’s playgrounds. Check out the Ontario Used Tire Recycling Program at CanadianTire.ca.

Soap and candles used to the very last drop.

All the odds and ends were saved, collected and remelted to make new candles and soap.

Timeless Wicks at Millers Mercantile, offers hand poured natural soy candles in beautiful vintage repurposed vessels, like antique creamers, cups and dishes

Buttons were as good as gold coins. Reused and doubled as game pieces and Bingo markers too! Who remembers bingo as “Beano” because beans were often used as markers! Vintage buttons are still as good as gold and sought after to repurpose onto clothing and housewares.

Paper & magazines. Every scrap was saved and used for writing, wrapping and even turned into little hand-sewn notebooks for gifts. Paper Mache a popular trend in home décor that transforms everything from old lampshades, dishes and picture frames, into new gorgeous décor and keeps them out of landfill.

Water the most important commodity of all that many people didn’t have access to during this time. We need to be just as water conscious as our ancestors. Even little things like keeping your indoor watering can beside your sink. Fill it with clean water that might otherwise be dumped down the drain.

Unfortunately, many still live in a throwaway society where we produce more waste and waste more money than ever before, money we often don’t even have to begin with.

A lesson from our ancestors: Live frugally, within our means to help prepare for whatever the future may hold, because you never know what tomorrow will bring.

Let’s honour the past and live by the most important rules of the Great Depression: Use it up, wear it out, make do or do without. And always be grateful for every little thing.

Lest we forget



TIM LOUIS

Member of Parliament, Kitchener-Conestoga

519-578-3777 | Tim.Louis@parl.gc.ca



DAYLIGHT SAVING TIME INFO

Fall Back

November 5, 2023
at 2:00 am

- Set your clocks back one hour.
- Check and replace smoke detector batteries.



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Oral Cancer Facts and Self-Screening

Kelly Durst, IRDH

Owner / Operator: Health First Dental Hygiene

Oral cancer, like any cancer, is scary. The good news is that when detected early, it has an 80% survival rate. Oral cancer affects thousands of Canadians each year. Performing routine self checks and knowing the signs and symptoms are the first steps in early detection.

Oral cancer can develop in any of the following areas:

- ▶ Lips
- ▶ Oral Cavity (tongue, under tongue, sides of tongue, roof of mouth, inside of cheeks and lips, gums, uvula)
- ▶ Oropharynx (back of mouth, throat and tonsils)
- ▶ Salivary glands

Those at greater risk for developing oral cancer include:

- Smokers - nicotine and/or marijuana in any form
- HPV infection (human papillomavirus)
- Lack of proper nutrition
- Excessive exposure to sunlight
- Excessive alcohol consumption
- Signs and Symptoms Include:
 - White or red patches anywhere in the mouth / throat
 - Mouth sores that don't heal within two weeks
 - Mouth sores that bleed easily
 - Persistent ulcers
 - Swelling and lumps
 - Indentations, particularly on tongue or lips
 - Cauliflower-like lesions
 - Pain and / or difficulty speaking or swallowing
 - Colour changes to the oral tissues

Oral Cancer Self-Screening:

Perform regular self checks, ideally every month. You will need: something to pull tissues

out of the way (spoon, tongue depressor, gauze, finger), a flashlight and a mirror.

<http://cancerindia.org.in/oral-cancer/>



Ensure you stick your tongue out as far as you can and really check the base of your tongue as shown in the last picture. Saying “ah” while depressing your tongue gives you a better look at your throat. Use a flashlight to ensure you can see all the areas of your mouth and throat.

It is important to note that mouth sores and suspicious areas in the mouth should heal within two weeks. If your lesion has not healed, it is of utmost importance to have it checked by your dental professional. Again, early detection is key. Your oral health team should do a thorough oral cancer screening at each visit.

As always, oral cancer exams are complimentary at Health First Dental Hygiene, located at 91 Peel Street, New Hamburg.

Myhealthymouth.ca; 519-897-7341.

Dental Hygiene Facts, Ontario Dental Hygienists Association. Oral Cancer Self Evaluation. Retrieved Oct 4, 2023 from: odha.on.ca/wp-content/uploads/2016/08/Oral-Cancer-Self-Exam14-1-final.pdf

COVER STORY



Reflections & Remembrance of a Past Mayor

WRITTEN BY: SCOTT DUNSTALL

It's hard to believe that it has been nearly a year since the Municipal elections were held on October 24, 2022. As I get older it seems the years are flying by. Weeks evaporate right before my eyes. So, Embracing Change wanted to pause for a moment during the Remembrance season and reflect on the life and times of a great man in this community, Mayor Les Armstrong.

Most newcomers to the community or those born here within the last 20 years know Les as Mayor Les. As Les would say, his political career lasted 28 years, 24 of those were some of the best years of his life. I had so many places to go with this article. Given that we are in the Remembrance Season I thought it

would be appropriate to write about the things he remembers.

He joined the Canadian Royal Navy in 1967 as an ordinary seaman. After boot camp and Basic Training as a Marine Engineer he received his first assignment on the Destroyer/ Escort HMCS St. Croix, and he served in the Steam Room for four years. Tough, hard yet extremely formative years. I asked him if he ever had an encounter with a foreign vessel during this time and he said that they received their orders to follow a Russian Trawler that had just entered Canadian waters after being tracked by a US ship. It had been identified as a spy ship which they "tailed" for three days until it anchored in the Queen Charlotte Islands then headed out to sea. Interesting note as I was putting this together. He served on that ship during the year my dad was transferred to Vancouver. At some point we were only miles apart, 53 years ago and on the other side of the country and now here I am sitting across the table at EJ's restaurant in Baden interviewing him.

After a five year tour Les wanted to pursue something else in his career. Policing always interested him, and he served our community nobly for 13 years doing so. What turned out to be a punishment of sorts turned out to be one of the best things to ever happen to him. You see, he started out walking a beat in Kitchener but according to his superior he was not writing enough tickets and infractions. So, after some "pleasant conversation" between the two he was "demoted" to New Hamburg. This is where he built his roots, and this is where he found his home. I asked him what his most memorable moment was, and it surprised me in some ways and in others, it did not. He was called out to a party taking place in town. When he got there, they were all kids he knew from around town and through their parents. The organizer of the party told the group to shut it down and what

Les says goes. BUT there was a group of kids from the city there and they were encouraging the others to overtake Les. Those hometown kids formed a wall around him and told the others to take a hike.

He left the force in 1985, six months after his stepson Bradley committed suicide in their family home. After a period of grief and mourning he took a variety of jobs including Tin Smith and School Bus Driver. At this time, he entered the political arena and was voted into his first three-year term (it was three years back then) as New Hamburg Councilor. This was not the first-time that tragedy and sorrow came to Les Armstrong

He came from a family of five kids without a lot of money. His Dad was an Anglican Priest who began with a congregation in Kerwood, then Milverton and then Cambridge. Back in the day, clergymen rarely earned enough for themselves let alone support a family so his father left the church and took a job selling insurance. It meant that he was often travelling back and forth between Kitchener and Toronto. Late one afternoon in the Winter he stopped at the service center on the 401 in Cambridge to have a coffee and let a winter storm blow over. Two elderly folks walked in with a young man they picked up as a hitchhiker. They asked if anyone could take him to Kitchener as they were heading straight to London. His dad was headed that way and because he was a good man he volunteered to take him. After all, he was a practicing Anglican priest and served as padre to Royal



Canadian Legion branches in Waterloo and Hespeler. The next morning, they found 44-year-old Joseph Armstrong, father of five, behind the wheel of his car on the shoulder of Highway 7/8 near the Fairview Road exit. He had two gunshot wounds in the side of his neck.

I could tell that Les had a great amount of admiration for his older brother Richie. He was a Vice Principal of a local High School in Moosonee/ Moose Factory. In the early Fall, Settlers and Indigenous in town would harmoniously join together in their annual fishing “pilgrimage” to James Bay in order to stockpile for the winter. On one of the first nights a large and unseasonal front moved south from Hudson’s Bay into the smaller James Bay causing the temperature to drop and the water to rise. Many got out on foot before it was out of control. For those that did not, some where

found a day later at the top of a tree using their Coleman stoves to keep them warm. Only one did not survive. They found his older brother in a pool of water with his head lay resting on a log.

When you talk for the first time to this past Mayor of Wilmot Township you quickly realize that he is one of the most accommodating, affable, and knowledgeable people in these parts. The first to lend a hand; and the first to offer words of encouragement. And we have all been the benefactors. Thank you Mayor Les Armstrong. Godspeed good and gentle man.

Letter to the editor from Wayne Vanwyck

Neighbours Helping Neighbours



What a year it has been! To listen to the news, you'd think we were all going to hell in a handbasket. But, in spite of the wildfires, the opioid crisis, the weather and homelessness, many of us in Waterloo Region are doing just fine. Yes, it's us who I'm addressing in this article.

We're the lucky ones. There are lots of us. Never before in the history of humankind have so many of us been so well off. The average income per capita in this region is higher than most. In spite of that, there are still neighbours in our community who suffer from food insecurity. The Food Bank is experiencing an increase of 50% in the number of hampers being requested! They are real people with real challenges. They need our help. And isn't that what good neighbours do? Turn on the water hose when their neighbour's house is on fire?

We have an opportunity to help with the fourth annual Food Fund Drive for Woolwich Community Services (WCS) Christmas Goodwill.

Due to the pandemic in 2019, the normal fall Food Drive organized by the Kiwanis Club of Elmira had to pivot like many other organizations. Instead of going door-to-door with over 200 volunteers and collecting your food, they invited other local service clubs to help by receiving financial donations at tables stationed around the community.

The money collected is converted by WCS directly into grocery gift cards that are then shared with individuals and families who need them. Last year, our community contributed over \$30,000, and that's great, but we need closer to \$45,000 this year.

We've just enjoyed Thanksgiving. Thanks for the bounty. Let's share some of it with those in need. Please give generously when you see a service club member in your community on November 3 & 4, or give in an even more efficient manner by donating online at www.WoolwichCommunityServices.Org

This is a not food drive. We don't want your food. (We need your money.)

As an alternative, at any time before December 2nd:

A. donations of cash, cheques or gift cards for Foodland or Food Basics will be accepted at WCS' office located at 5 Memorial Ave, Elmira, or

B. Use the QR Code below for WCS; please use the dropdown under FUND as Christmas Goodwill (Food) to donate.



Wayne Vanwyck is a long-time member of the Kiwanis Club of Elmira.

COFFEE HOUSE TALKS

LEARN, CREATE, SHARE

Coffee House Talks is a group for adults over 55 years old. It provides an opportunity in our community for us to learn new things, share information and create new relationships. Individuals can come together in various ways and have some fun!

- Past events included healthy living, craft activities, gardening and financial safety
- Join us at our next event! Visit our website for upcoming events or contact us for more information

OUR CONTACT:

☎️ WFR: 519-662-2731

🌐 <https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/>

✉️ info@wilmotfamilyresourcecentre.ca

✉️ coffeehousetalks2020@gmail.com



Wilmot Family Resource Centre



Coffee House Talks

This project is funded in part by the Government of Canada's New Horizons for Seniors Program




DO YOU KNOW? NOVEMBER IS DIABETES MONTH

November is a time when communities across Canada comes together to bring attention to diabetes. Diabetes is a chronic, often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces.

According to Diabetes Canada, more than 11.5 million Canadians are living with diabetes or prediabetes, and every three minutes, another Canadian is diagnosed. Chances are that diabetes affects you or someone you know.

SIGNS AND SYMPTOMS

There are many signs and symptoms that can indicate diabetes.

Signs and symptoms can include the following:

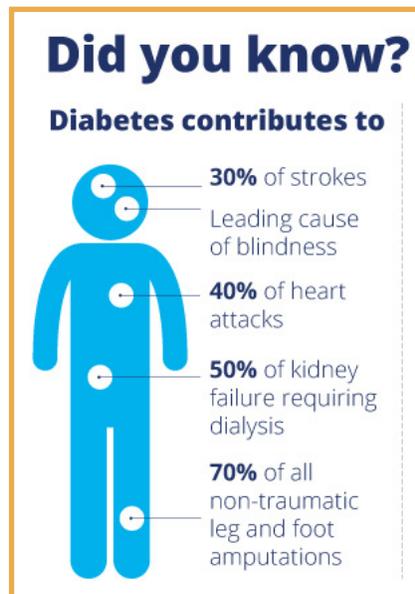
- ▷ Unusual thirst
- ▷ Frequent urination
- ▷ Weight change (gain or loss)
- ▷ Extreme fatigue or lack of energy
- ▷ Blurred vision
- ▷ Frequent or recurring infections
- ▷ Cuts and bruises that are slow to heal
- ▷ Tingling or numbness in the hands or feet
- ▷ Trouble getting or maintaining an erection

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

TYPES OF DIABETES:

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

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



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

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

Diabetes can be managed. Self-management (lifestyle changes to help control diabetes - exercise, eat a well-balanced food, reduce stress, quit smoking, cut back on alcohol, take notes on your progress and report to your health care providers) and building relationships with your health care providers are key to managing diabetes.

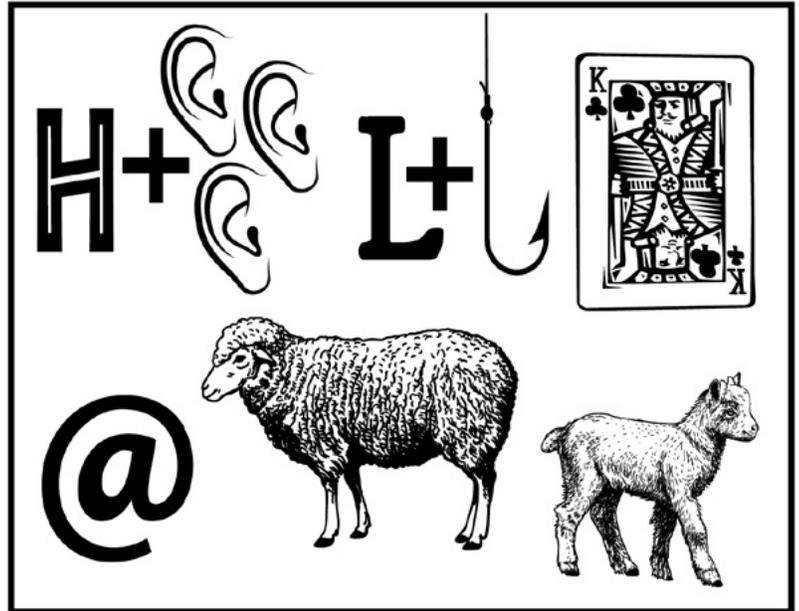
To learn more about diabetes, check the Diabetes Canada website at <https://www.diabetes.ca>

November Puzzles!



Concentration Puzzle

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



Wacky Wordies #13

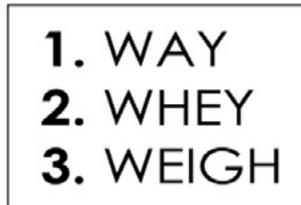
Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. _____



2. _____



3. _____



4. _____



5. _____



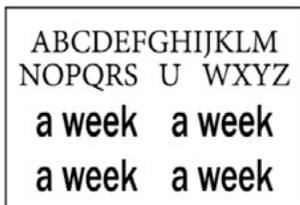
6. _____



7. _____



8. _____



9. _____



10. _____

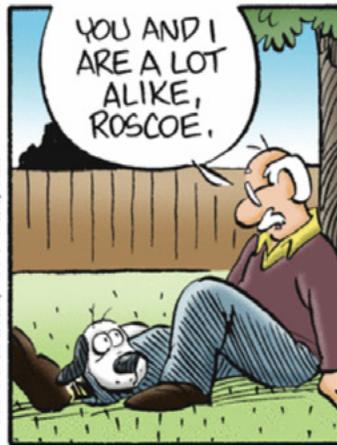
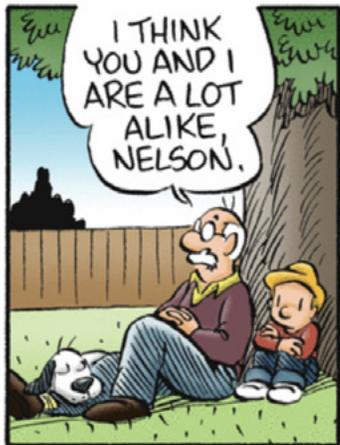


11. _____



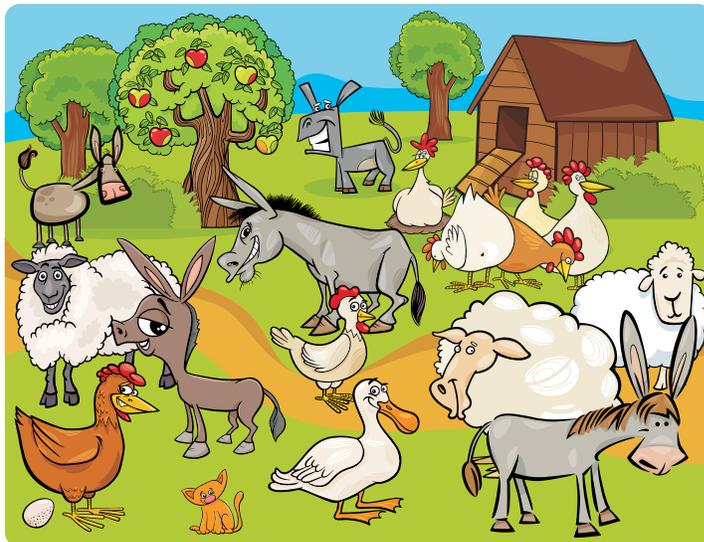
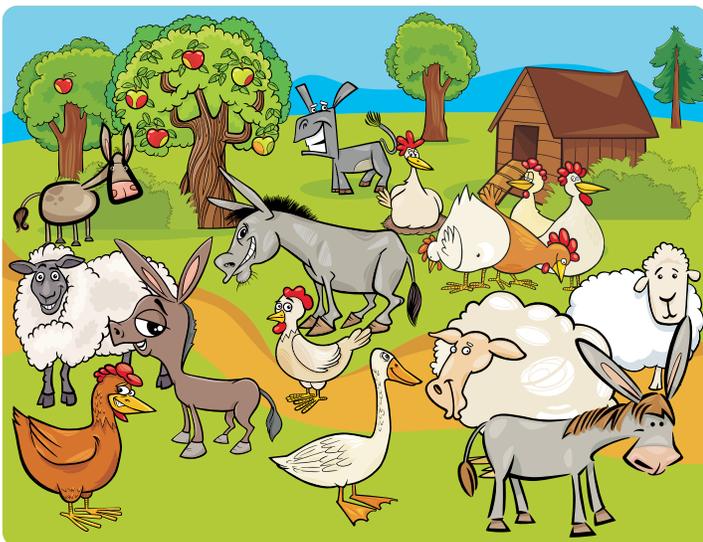
12. _____

Laughing Matters!



Spot the Difference

Can you find 10 differences?



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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)
- Sobey's New Hamburg (outside magazine stand)
- 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

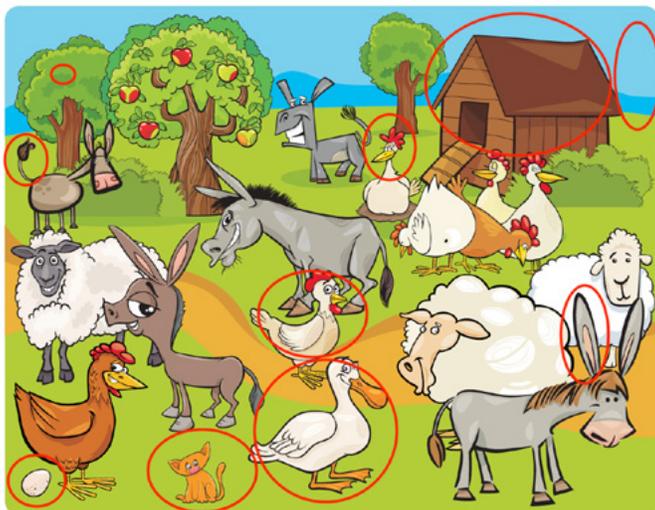
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
- In Season Home & Garden St Clements
- Len's Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

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

Solutions

Concentration Puzzle:
Here's looking at you kid



Wacky Wordies #13

1. Deviate
2. Quarterback
3. Count the ways
4. Right between the eyes
5. No one to blame
6. The stakes are high
7. All in all
8. Forfeit
9. No TV for a week
10. Foreign policy
11. Midwife
12. Eiffel Tower



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Ask the Expert: Mercedes Kay Gold

CNP, CPT and Published Writer

@Mercedeskaygoldfitness



I am trying to cut down on my coffee intake. Are there options that have health benefits?

- Sent by E. Williams from Baden

Yes, tea! Herbal tea offers heaps of holistic help and it has been around longer than coffee. Herbs from top to bottom offer unique benefits. Whether you brew a pot, boil leaves, cold brew or simply a tea bag in a to-go mug tops your list, find one that supports your health concerns. Tea is an anytime all-season body-boosting beverage best sipped without added sugar or sweeteners. Savor the flavor or add a splash of milk or unsweetened plant-based alternative.

Taking a stroll down the tea aisle at your local market or health store can be quite overwhelming. Avoid naturally flavored teas and opt for leaves, roots and flowers.

Green tea is a great go-to for early risers needing to add pep to their step. Green tea does contain caffeine but significantly less than a cup of java. One 8oz cup of green tea contains somewhere between 30 and 50mg, whereas coffee has 80-100mg. Green tea has been a steeped superstar for quite some time. Reducing weight and visceral fat is more than a rumor. Stress is soothed thanks to L-theanine, an amino acid naturally occurring in green tea. Green tea is loaded with antioxidants called polyphenols. The two main polyphenols, epigallocatechin and chlorogenic acid are linked to anticancer effects.

Chamomile is associated with relaxation and sleepiness. Tummy troubles are tamed with this top-notch tea.

Peppermint tea is heavenly for headache relief and menthol makes it a must for combatting a cold. Peppermint also helps banish bloating and gas.

Hibiscus tea is a humungous helper for those with high blood pressure and fatty liver disease. High in antioxidants, hibiscus flowers help fight free radicals in the body.

Lavender is a cup of calmness. In the middle of chaos, reach for a mug of the pretty purple dried flowers. Studies suggest it's a magical mood-booster.

Dandelions are plant perfection rather than a pesky lawn weed. They have a rich history as a natural remedy in ancient China as far back as 659 B.C. Dandelion leaf tea is by far the best natural diuretic. Easing edema is easy breezy without depleting precious potassium if you are currently on a blood pressure medication. Dandelion root tea has a chicory flavor, reminiscent of coffee and a great gentle daily detox for loving your liver.

Elderberry and echinacea are winter wonders, super-duper for preventing a cold and speeding up recovery.

Ginger is connected to gut health and turmeric is top-notch as an anti-inflammatory.

As much as I love supporting the tea industry, I am old fashioned and a huge fan of hot water with a squeeze of fresh lemon. For extra vitamin C, add grated lemon peel. Another trick of the trade to increase immunity while reducing inflammation is lemon plus grated fresh turmeric and ginger plus a teaspoon of unpasteurized honey in hot water.

Optimal hydration supports the body inside and out and tea counts towards your daily water intake so brew a pot today!

Always consult your Medical Doctor, Naturopath or health practitioner before adding herbal remedies to your daily protocol.

<https://ncbi.nlm.nih.gov/pmc/articles/PMC3769684/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7600517/>

<https://apjcn.nhri.org.tw/server/APJCN/17%20Suppl%201/167.pdf>

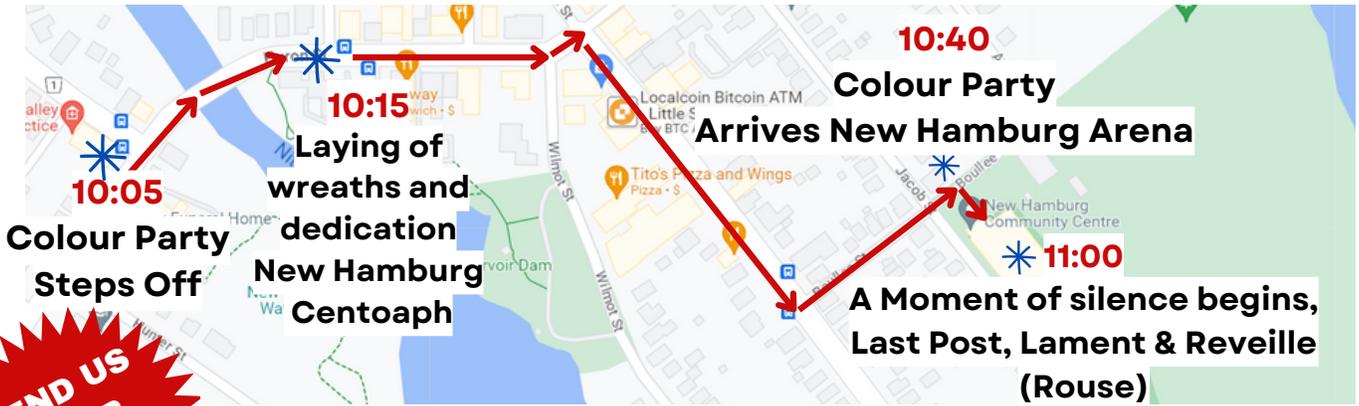
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What's it all about, Alfie?



Barbara Streisand had it right when she sang the words from Alfie.

“I know there’s something much more/ something even non-believers can believe in”

Every time a religious holiday comes along, people wonder if any of it is true. And, although the vast majority of the world’s population believe in something, even that is to an uneven degree.

Aside from atheists, who deny the existence of a God; agnostics who want proof before they can – versus believers who do – there are various denominations and sects that vary widely among each other: from literalists, to those who believe in the overall picture ... not hanging on to every word.

“I dream of such humanities, such insanities... I’m lost like a kid in a maze” – *Old Habits Die Hard* by Mick Jagger, Dave Stewart

With so many derivations, who is right? Well, you won’t get the answer from me, but I do feel it’s easier to not believe, than to believe. I mean, who can prove you wrong if no one can prove they’re right?

“Old habits die hard/ Old soldiers just fade away ... Harder than November rain ... Hard

enough to feel the pain” – *Old Habits Die Hard* by Mick Jagger, Dave Stewart

As someone once said, it comes down to personal belief; it’s a decision not a discussion. Personally, I can’t believe there’s nothing: that there’s no power greater than our selves.

“If that’s what it’s all about... Momma, if that’s moving up... I’m moving out” – *Movin’ Out* by Billy Joel

I look at a blade of grass and think that no human can make it. Nonetheless, there are so many contradictions: it’s hard for me to believe that I must accept every word that’s written down without the benefit of context.

“But it’s all right now, I learned my lesson well /You see, ya can’t please everyone, so ya got to please yourself” – *Garden Party* by Rick Nelson

So, like a great novel, the true meaning remains unwritten ... stirring the soul ... which is the basis of all religions.

“But if I really say it, the radio won’t play it/ Unless I lay it between the lines!” – *I Dig Rock and Roll Music* by Peter, Paul and Mary

In that sense, there’s more that unites us than divides us: the spirit of the word rather than the letter of the law. For believers, in the end, none of it really matters, if we don’t practice what we preach: the universal and eternal themes of love, hope, charity, forgiveness, peace and understanding ... more than just Nature.

“You wanna save humanity/But It’s people that you just can’t stand” – *I Don’t Wanna Face It* by John Lennon

Otherwise you may, as well, believe in nothing at all.

“I believe in love, Alfie/ Without true love we just exist, Alfie”

That’s the way I figure it. – FP



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

Find him at www.fredparry.ca



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Grandma: You Matter.



This article is written to honor my grandmother and is dedicated to all grandparents who wonder about their purpose as they age.

My grandmother was a wonderful grandparent for as long as I can remember. She loved her grandkids more than almost anything else. She was a grandmother to ten grandchildren, and three great grandchildren. Grandma lived until 93 when she suddenly passed away due to age related health issues. Grandma played a pivotal role in all her family's lives, and I am constantly reminded of how much she mattered to me.

I often recall my grandmother wondering about the purpose of her existence, especially as she aged. Grandma lost many of her friends and often spoke about feeling lonely and disconnected in the last decade or two of her life. I watched how hard this stage of life felt at times for her. I believe it was challenging for my grandmother to understand that she still mattered as she was able to contribute fewer tangible things to society, such as money and productivity. The research supports this idea and reveals that society has failed to adapt and support older adults as they navigate their changing reality.

It's been two years since her passing, and I still wish I could visit with her. I would want to emphasize how much she meant to me and

how I admired her. When I reflect on what I would express I find myself wanting to tell my grandmother that she shaped my love of history. My grandmother grew up on a prairie farm in a small place called Margaret, Manitoba. This town meant a lot to her, and she would take all her grandkids out to visit. Grandma always made sure to take us to the cemetery and give us a family history lesson. Grandma was particularly proud of the veterans in our family. After visiting the cemetery, we would usually stop at the family farm. Here she would share her memories of the home. Finally, grandma would take us to visit whatever family we had left in Margaret, where we would be fed all the sweets.

I would want my grandmother to know she taught me about bravery and resilience. My grandmother grew up during the great depression. Unfortunately, she lost her father at a young age and her husband suddenly in midlife due to a heart attack. This left my grandmother raising three kids on her own. She often reflected on the challenges she encountered as she tried to continue on after the loss of her husband. My grandmother wasn't afraid to let me see the pain she'd encountered. Watching her display courage and vulnerability deeply shaped my perspective of her.

I hope my grandmother understood all that she taught me about love. My grandmother was my primary grandparent due to a variety of factors such as death and family estrangement. She was the only grandparent I was able to consistently visit multiple times per year. My grandmother helped me to feel like I mattered and was deserving of love and care. This is something I will carry with me forever. Numerous studies support the positive impact of grandparents and the mutually satisfying relationships that exist between grandparents and grandchildren.

So, for every grandparent feeling lost and disconnected, know that you are likely more important than you realize to your family. Please never forget how much you matter to us.

Danielle Lancaster,
Registered Psychotherapist (qualifying)
Interfaith Counselling Centre



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Staying Active and Connected

While we know that maintaining good physical and mental health and eating well are important parts of aging well, we often underestimate the importance of participating in recreational activities and in maintaining social connections. This is especially hard as the weather cools down. It is easier to hibernate rather than to bundle up, get out and stay active.

Beyond using weather as a reason, many people dismiss their ability to participate in recreational programs assuming that if they have never been athletic that this will not change. Others assume that recreation needs to consume a high amount of energy. Many assume that cost will create a barrier. Others make assumptions that participation will not be healthy for them. In many ways these assumptions limit us in our ability to stay active and have the potential to negatively impact our health. Participating in recreation does not need to imply high-impact, rigorous activities. Research has shown that participating in gentle exercises 3 times a week for 45 minutes each time, minimizes the risk of falls, in older adults. With falls being the leading cause of health decline, gentle exercises serve as a great source of falls prevention and support people to age well.

Community Care Concepts offers free gentle exercise classes for older adults at a variety of locations across our Townships. Designed to mimic everyday movements, and to be done sitting or standing so that all individuals can participate, with no commitment of a set number of classes or weeks, many older adults are staying active in across our Townships and minimizing their risk of falls. New classes are being launched this month in an effort to promote the importance of gentle exercise.

We have also introduced a series of free falls prevention classes with our exercise classes to provide helpful information to keep people safe.

If participating in exercise classes is not for you, check out the many opportunities offered across our Townships for individuals of all abilities to help to keep you active including pickleball, shuffleboard, walking groups and other activities. There is something for everyone!

While remaining active along with good physical and mental health and eating well are key, the importance of maintaining social connections cannot be underestimated as a critical component to aging well. In fact, maintaining social connections is one of the most important, or protective, factors in helping people to age well, often helping people to get through many other challenges. In an effort to help individuals to get out and socialize with others, Community Care Concepts is hosting free seniors' drop-in programs across our Townships. The drop-in programs offer exercises, cards, games, crafts, activities, music, guest speakers and much more. Call us for the current schedule and drop in today to participate! No preregistration is required!

We are also offering monthly community dining events at a variety of community locations, to provide an opportunity for a hot nutritious lunch and fellowship.

These programs provide a great opportunity to get out of the house, stay active and connect with others in your community. Contact Community Care Concepts at 519-664-1900, 519-662-9526 or toll free at 1-855-664-1900 for information on programs in your community.

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GICs

Guaranteed Investment Certificates, or GICs for short, have surged in popularity lately. Recent increases in interest rates have boosted GIC rates, making them an attractive option for investors seeking refuge from volatile stock and bond markets. Should you consider GICs for your investment portfolio? Let's take a closer look.

What are GICs?

GICs are short-term savings products issued by institutions such as banks, trust companies, and credit unions. It may be helpful to think of a GIC as an 'I owe you' – you loan an institution a sum of money for a specified period, and in return, the institution pays you a specified rate of interest and returns your original principal on the stated maturity date. GICs are considered short-term products as they typically have holding periods between one to five years.

Advantages of GICs

Some key advantages of GICs include:

- GICs are insured up to \$100,000 by the Canada Deposit Insurance Corporation (CDIC) and are generally considered to be of high credit quality.
- With a GIC, your principal and interest are both guaranteed – not only are you guaranteed to keep your original capital, but you're also guaranteed to make money as well.
- Unlike stocks and bonds, which can be volatile and can rise and fall in value, GICs do not change in value, and are insulated from market ups and downs.

Disadvantages of GICs

Some key disadvantages of GICs include:

- Apart from cashable or redeemable GICs, most other GICs must be held until maturity, and cannot be sold, redeemed, or transferred from one account to another.
- Not all investment returns are taxed equally, and unlike capital gains and dividends, interest income earned from GICs is fully taxable in the year received.

- GICs typically offer very low returns, especially after accounting for taxes and inflation, which can erode your purchasing power.

Bottom line

Principal protection and insulation from market volatility make GICs very attractive to some investors. However, while volatility is most definitely a risk, it's not the only risk. When it comes to investing, different investment products and strategies can present any number of associated risks. Depending on your individual circumstances, goals, time horizon, and tolerance for risk, GICs may or may not be appropriate for you. To find out more, contact your Edward Jones advisor today.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Mary Friesen for more information at 519-578-4141.



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Staying Independent

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



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

For more information, please visit:

- Parachute: <https://parachute.ca/seniorsfalls>



Exploring the Virtual World

Alzheimer Society Waterloo Wellington

Anyone who has used a computer knows the love/hate relationship that they offer. On the one hand, it gives you access to the entire world of information - but on the other, it tries your patience at every turn! Using computers is a skill; like all skills, it takes practice. If you struggle the first time, try and try again! Below are some suggestions, tips and strategies to make your experience a little easier!

Online Activities

1. YouTube Videos

YouTube.com is an excellent resource for people living with dementia and their care partners. Our Alzheimer Society Waterloo Wellington channel has educational videos and recreational activities. You can use the search bar to explore foreign places, learn about exciting topics and even sing karaoke! There are also options to set time limits on how much YouTube you consume.

2. Online Games

From solitaire to euchre to backgammon, there are virtual games for you! Use the search bar to find your favourite game. These games are also a great way to keep your brain active!

3. Music Playlist

There are curated playlists for any music taste! These are a great way to reminisce about favourite tunes and sing along. YouTube is an excellent resource for this again! Find videos with the lyrics synced as an added activity.

Social Media Tips

1. Ensure Privacy Settings are Strong

Privacy is one of the most talked-about issues on the web. There will always be a trade-off between 'free' services such as Facebook and personal information. Make sure to strengthen all privacy settings as much as possible - turn your posts and account private, use nicknames or monikers instead of real names and read up on how companies use your information before registering.

2. Monitor friend list

Make sure to know who you have as friends on all accounts. Use friends as a safety net to check up on social media activity. Trusted friends can be the first to alert you about suspicious activities on your account. Be wary of friend requests from people you do not recognize.

3. Use Picture-Based Apps

Picture-based apps like Instagram might be easier to use and enjoy than text-based social media like Twitter. You can follow your friends' accounts to get updates and look into following accounts such as National Geographic for beautiful pictures of nature and wildlife. Be careful, though. Instagram has infinite scrolling possibilities so you might enjoy it too much!

Safety Strategies

1. Download files and documents only from official, trusted, and secure websites.

When downloading apps, files and documents - please only use websites you recognize. Download your iPad and tablet apps from the Apple App Store and Google Play Store. If you're looking for specific files and documents, do not download from websites that ask for your credit card use - these are usually scams.

2. Do not visit any unfamiliar or suspiciously named websites

Websites that are scams like to spoof standard URLs or website names. Be sure to double-check what website you are on. Spoof websites will use words like www.UTube.com or www.123.google.org. These websites are trying to trick you, so beware!

3. Install and run anti-virus software regularly.

Anti-virus software is an essential part of your computer system. Windows Defender is a great free one, but you can also spend money on subscription-based ones that can be more thorough. The most important aspect of a working anti-virus is maintaining and running the software regularly.



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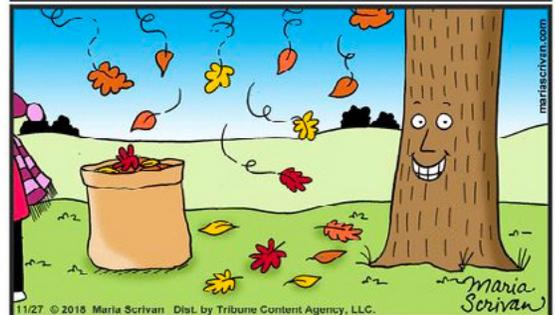
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