



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

## April 2022



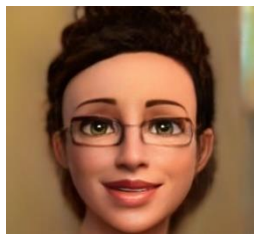
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### A Word From Helen

#### April is Volunteer Appreciation Month

How would many agencies or organizations manage without the valuable contributions of volunteers? So many of these volunteers are older adults who spend their retirement years dedicating countless hours to help strengthen their communities.



The **National Volunteer Week** theme for 2022, *Volunteering in Empathy in Action*, affirms the strong connection between volunteerism and empathy.

From coast to coast to coast in formal and informal settings, volunteers create caring, collaborative, and compassionate communities.

During **National Volunteer Week** (April 24-30) we celebrate the contributions of Canada's millions of volunteers—their actions, their understanding, and their genuine concern for the world around them.

*Helen*

### Upcoming Blood Donor Clinics

**Drayton:** Friday, April 8

**Palmerston:** Thursday, April 21

**Mount Forest:** Tuesday, May 3

**Listowel:** Friday, May 27

For further information

call 1-888-2DONATE (1-888-236-6283)

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



### Did You Know?



Chocolate contains phenylethylamine, a natural antidepressant, and one of the chemicals your brain produces as you fall in love. Tryptophan, an amino acid present in small quantities in chocolate, is linked to

the production of serotonin, a neurotransmitter that produces feelings of happiness.



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## For the Love of Words ♥

You are welcome to join us on ZOOM on the third Wednesday of each month at 7 pm. No experience necessary. Only a love for the written word and a desire to create story. Email Doris at [4luvwrds@gmail.com](mailto:4luvwrds@gmail.com) to get the link to join.



*Gilles Belec,  
Drayton*

**This is what happens when husbands retire. Golf Cart repurposed 1928 style!**

## Health News

### Thriving with Diabetes or Other Chronic Conditions

Jenny Bults RN  
Chronic Disease Management Nurse  
*Minto-Mapleton Family Health Team*



**“Living with diabetes includes both highs and lows.”**

The balancing act of stabilizing blood sugar can be overwhelming, stressful, and can even be a traumatic experience for many new and

long-term patients living with diabetes. At the Minto-Mapleton Family Health Team, our goal is to support and grow with our patients as they navigate through their health journeys.

Exploring what dealing with diabetes means to you will positively impact your healthcare experience. Our first approach, having a positive attitude, is the key to thriving with diabetes.

The power of positive thinking has been proven to affect our health and is a multi-billion-dollar business industry that includes self-help models: books, seminars, and challenges—to name a few. There is no quick fix to diabetes and recognizing this is essential for the successful management of any chronic condition.

As diabetes educators, our main goal is to empower patients to meet their unique needs—a partnership between both patient and practitioner.

Mindset and self-compassion are often overlooked in healthcare management, but it is so important to understand your unique needs, biases, and goals. There is no magic recipe for happiness or stress reduction, but hopefully, as you read on you will gain an awareness that it is possible to improve your healthcare experience with a realistic mindset shift.

Sometimes it is easier to understand others better than yourself. Understanding and acknowledging your own emotions is not an easy task. It might be a good start to sit still, take a deep breath and realize that employing empathy and a realistic outlook or understanding of your situation can help



increase your ability to adapt to new opportunities and challenges. This includes dealing with your chronic condition.

Positive thinking can be misconstrued as a good vibe-only approach to life. Yet, every day new research reveals the impacts of stress and negative thinking on our wellbeing. You cannot eliminate all aspects of stress in your life. That is an unrealistic goal. Yet a fine-tuned balance will increase your chances of successfully managing your diabetes or other chronic conditions.

Surround yourself with people who not only inspire and support you but also challenge and respect your needs. We often hear that family members may not understand how to respect healthcare privacy boundaries. A personal medical disclosure to a friend or a family member may not always stay as private as you originally hoped for, so be aware of how much you want to share. Or your openness about your diabetes diagnosis may attract unwelcomed comments regarding simple tasks such as dietary choices at a family gathering. If you are fortunate enough not to have this unsettling experience, good for you. The reality is those living with diabetes are often subjected to hurtful judgments and statements. Learning to set boundaries with your family and friends is an effective tool when meeting your emotional needs. Be direct, honest, but firm as you set boundaries with family members and others so you can remain positive in your approach. Discuss with your healthcare provider about how to speak to family members and others who don't seem to

understand. I know as I meet with patients, it is important for me to reflect on feedback and to analyze new ways to better meet needs.

Always remember that a diagnosis does not define who you are as an individual—whether the concern is heart disease, depression, asthma, or diabetes. Knowledge, compassion, and a realistic, positive mindset will benefit your mind and body—especially if you have diabetes or another chronic disease. There are no holidays when you have diabetes and learning to lean on those close to you will improve your trajectory to thriving with diabetes.

## Telling Our Stories

### Names\*

#### A British Home Child Story

by Sue Ricketts  
*This is the second instalment of a three-part story.\**



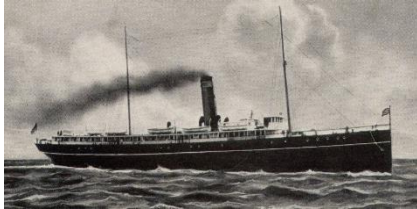
Upon arriving at the Barnardo Home for Orphans, Win and Lucy began training to become housemaids and nannies. Jack was to learn farming and maintenance work. They stayed at the home for three years without schooling. During a conversation he had one day with a teacher, Jack learned about their options. They could go to Canada, South Africa, or Australia. After asking about each place, he was amazed to hear that Canada had streets of gold for





those smart enough to find them. This brought back memories of his dream and he convinced his sisters to apply to go there.

They would need to sign an Indenture Contract binding them to work for some years for a sponsor who would agree to send them to school, church, and tend to their needs. This would include a modest wage in exchange for their work as maids, nannies, or farmhands. The Barnardo Homes would pay for ship passage to Toronto and then they would compensate the pre-arranged sponsors to deliver the children to the contracting family. When approval of the applications finally arrived, Win and Lucy were permitted to depart immediately but



Jack was held back and was to be sent to Jersey Island because he was deemed

to have weak lungs. It was thought he wouldn't survive a Canadian winter.

There was a final journey from Newcastle to Liverpool. Here the girls were to depart England. Jack was granted time to go with them for the send-off; a sad parting, indeed, as they had no idea if they would ever see each other again.

Jack, accompanied by a guardian from the home, headed to his destination, Jersey Island located in the middle of the North Sea between southern England and France. He was to attend school there and work part-time on various farms to "toughen him up."

Because of the geographic location, students were taught lessons in the French language one day, and in English the next. Although he loved reading and history, Jack wasn't a language scholar and so on the "French" days, he would slip away and hop on the boats sailing to St. Malo in France. He would delight in the trip as they dropped off cargo. Then the boats would turn around and sail on to Plymouth in south England and back to Jersey.

Jack ended up staying there for almost three more years. Eventually, he was deemed fit to travel to Canada. Jack was excited at the



prospect of finally travelling across the ocean to be with his sisters. A kindly schoolteacher accompanied him on the long trip from Jersey to Plymouth, then back up to Liverpool to meet his ship.

There were a couple of side trips as the teacher wanted him to remember England when he reached the New World. They travelled to Land's End, the southernmost part of Britain where he saw a palm tree growing thanks to the benefit of the Gulf Stream's warmth. The trip through London was remarkable as he heard the many bells of the churches ringing the hour and half-hour. He was keen to get to Canada but he enjoyed the sights he saw along the way.

~

*Does Jack eventually make it to Canada?*



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## Social Media Links



Check us out on Facebook, Twitter, and Instagram. And don't forget to join in on the Fun Friday Facebook Challenge every Friday. Fabulous prizes. Lots of fun.

<https://bit.ly/3qEhYvq>

## Word of the Month

**Sage-ing** is a different, more positive approach to growing older.



The word is new, but its roots are old. In ancient Greece, sages like Plato and Aristotle were revered for the wisdom of their teachings. Their greatest lesson was to "Know Thyself." Today, we translate that lesson into the verb 'sage-ing'. It gives a new direction for taking action in the pursuit of personal meaning, health, and well-being.



**Why are frogs always so happy?**



Answer: They eat whatever bugs them.



## Recipe of the Month

Submitted by Lorraine Ballard

I have enjoyed salmon loaf over the years and like it served warm on wintry days! It is delicious any time of the year. This recipe would be easy for a young family member to make with supervision from a parent or grandparent.



### SAVORY CHEESE AND SALMON CASSEROLE

- 1 cup milk
- 2 tablespoons butter
- 2 cups ground cracker crumbs
- 1 cup grated cheese (medium to strong Canadian cheddar)
  - 1 pound can of red salmon flaked (don't use pink salmon)
  - 2 eggs beaten
  - 2 tablespoons lemon juice
  - 1/2 teaspoon salt
  - 1 dash pepper

Scald the milk and then melt the butter in it. Add the cracker crumbs. Allow to cool for about 3 minutes and then add the grated cheese, the salmon, and the juice in the tin.



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Beat the eggs well and add them to the mixture. Stir well. Add other ingredients and mix lightly. Pack mixture into a well-greased casserole dish. Bake at 350° for 45 minutes. Let stand 15 minutes before slicing. Serves 4.

Lorraine

## Senior Pet Corner



Jeb, 14 yrs. (L)  
Smokey 17 yrs. (R)  
These 'fun brothers'  
are (still) always  
mischievous!



## Decluttering with Doris



Guilt clutter is about those things that were gifts, or that belonged to someone we loved, or that we paid a lot of money for. Keeping them won't put the money back in your pocket and it won't bring back those

loved ones. Choose a few to keep, then let someone else get some use from them.

## Thank You

Thank you to all those who have volunteered in the past and to those who continue to do so today. Volunteering—putting empathy into action—can build communities where people feel happier, healthier, and more welcome. Thank you to everyone who volunteers, where would we be without you?

## Did You Know?

*Hugging is Healthy*  
(adapted from an old article found in a dusty file. Circa 1986)

It helps the body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging can be considered nothing less than a miracle to mental, physical, and social well being.

Hugging is all-natural. It is organic, naturally sweet, has no pesticides, no preservatives, non-toxic, no artificial ingredients, and is 100% wholesome.

Hugging is practically perfect. There are no movable parts, no batteries to run out, no periodic checkups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft-proof, non-taxable, non-polluting, and of course fully returnable!



## Legion Literary Contest for Ontario Seniors



If you have a passion for the written word and might like to enter your poem, short story, or memoir into this annual contest, request details by contacting [districteseniorsliterary@gmail.com](mailto:districteseniorsliterary@gmail.com)

# What's Happening at the Seniors' Centre for Excellence?

**April 2022**



## Coming Events

### Dining Programs:

*We are working on confirming the Dining Programs in different communities. For now, Drayton and Palmerston are confirmed for the 2nd Friday of the month in Drayton and the 3rd Wednesday of the month in Palmerston.*

**Friday, April 8,** Drayton Reformed Church. Doors open at 11:30. Lunch served at Noon.

**Wednesday, April 20,** Palmerston United Church. Doors open at 11:30. Lunch served at Noon.

**Special Guest in both Drayton & Palmerston:** Doris Cassan – *Decluttering with Doris*



### Exercise Classes:

**Clifford United Church** – Clifford: Mon & Fri 9 am

**Knox Presbyterian Church** – Harriston: Tues 11:00 am & Thurs 11:15 am

**Melville United Church** – Fergus: Tues & Thurs 9:30 am & 10:30 am

**Optimist Centre** – Holstein: Mon & Thurs 9 am

**Drayton Reformed Church** – Drayton: Mon & Wed & Fri 9:30 am

**Mount Forest Legion** – Mount Forest: Mon & Wed 10:45 am

**Elora Pentecostal Church** – Elora: Tues & Thurs 1 pm

**Contact Person:** Kelly Gee [kelly.gee@von.ca](mailto:kelly.gee@von.ca)

### Shuffleboard

**Location:** at the (Drayton) PMD arena Thursdays 1 pm – 4 pm

**Contact Person:** Gord Oosterveld 519-638-2865



### Euchre:

**Location:** at the Drayton Reformed Church Sunset Room. Mondays at 9:00 am

**Contact Person:** Gerry Debeyer 519-638-2779

### FREE Walking Programs:

- Palmerston Community Centre: Weekdays: 8:30-9:30 am
- Harriston Community Centre Weekdays: 8:30-9:30 am
- Clifford Arena Weekdays: 10-11 am; Mondays & Thursdays: 7-8 pm



For more information: 519-638-1000





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**Tuesday, April 5, 10:30 am**

**Guest:** Amanda Stege

**Topic:** Farming Bison locally

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**Thursday, April 7, 2:00 pm**

**Guest:** Walter Grose

**Topic:** The Pepsi Generation

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**Tuesday, April 12, 10:30 am**

**Guest:** Dorothy Dickson

**Topic:** A Day in the Life of ...

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**Thursday, April 14, 2:00 pm**

**Guest:** Sharon Grose

**Topic:** The Fine Art of Photography

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**Tuesday, April 19, 10:30 am**

**Guest:** Alyson Colton, Reg. Dietitian

**Topic:** Cooking with Alyson

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**Tuesday, April 19, 7 pm**

Book Club with Helen

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**Wednesday, April 20, 7 pm**

For the Love of Words with Doris

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**Thursday, April 21, 2 pm**

**Guest:** Jenny Bults, Diabetic Nurse

**Topic:** Thriving with Diabetes

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**Tuesday, April 26, 10:30 am**

**Guest:** Johanna Brown

**Topic:** From Johannesburg, South Africa to Drayton, Ontario

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**Thursday, April 28, 2 pm**

**Guest:** Willa Wick

**Topic:** Oh, You Beautiful Doll

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"How old would you be if you didn't know how old you was?" Satchel Paige (1906-1982)

