



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

**August 2021**

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## Health News

### Keeping Cool Ideas

Helen Edwards

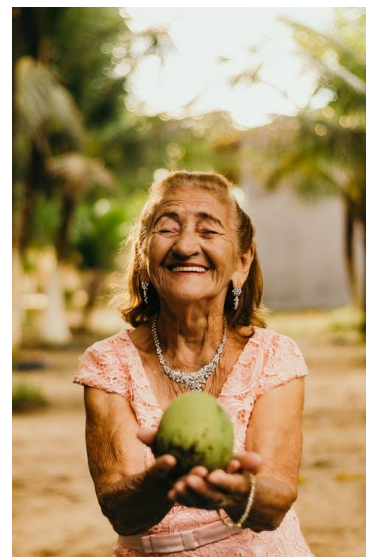
We know that we should stay inside between 11 am to 2 pm, wear light, loose-fitting clothing, and drink plenty of water during hot and humid weather. But what if, inside your home, feels like a furnace? Try some of these easy tips to keep yourself cool.

#### **1. Put a bowl of ice in front of your fan.**

This uber-easy trick is the very best of the *do-it-yourself* air conditioners: Toss a bunch of ice cubes into a metal bowl

(or freeze some water straight into the bowl) and set it in front of a running fan. Tilt your fan or the bowl in such a way as to get air flowing directly onto the icy surface, cooling down the blowing air.

#### **2. Eat less salty food and protein.**



Salty foods and protein produce metabolic heat when digested and cause water loss. Eat more fruits and vegetables (no need to turn on the oven) and eat smaller,

more frequent meals throughout the day.

#### **3. Sleep with a damp towel or sheet over you.**

This will feel especially nice if you have a fan running at the same time. The evaporation of the cloth's water will keep you cool all night, and the sheet or towel will most likely be dry by morning.

#### **4. Wet your curtains.**

Spritzing or soaking your curtains or leaving the bottoms to sit in buckets of water, is a great way to cool down any incoming sunlight or breeze from the outside. This trick only works if you can get air circulating to evaporate the water, so run a fan at the same time or choose a window with a slight breeze.



## Social Media Links



Look us up on Facebook, Twitter, Instagram! If you need help with technology training and support, you can email [info@connectedcanadians.ca](mailto:info@connectedcanadians.ca).

## Covid-19 Vaccine Bulletin

We encourage all to get their second vaccine. Please book online, if possible. <https://register.wdgpUBLICHEALTH.ca>  
Or call Wellington/Dufferin /Guelph Public Health: 1-844-780-0202

## For the Love of Words ♥

Online ZOOM writing group on the 3<sup>rd</sup> Wednesday of each month @ 7:00 pm  
Email: [4LuvWrds@gmail.com](mailto:4LuvWrds@gmail.com) for more information or to join.

## Fraud Alert!

### Four Signs of a Scam:

1. High returns and low risk
2. Hot tip or insider information
3. Pressure to buy NOW
4. Seller not registered to sell investments

Ontario Securities Commission – email inquiries to: [inquiries@osc.gov.on](mailto:inquiries@osc.gov.on)

## "New Horizons" Project

Welcome to the "New Horizons" Project for Technology Training and Support!

Are you a senior interested in becoming more "Gadget Smart" when using hand-held technology such as Smartphones and tablets?

If so, then you should take part in the "New Horizons" Project.

You are invited to join a series of peer-led Workshops for seniors living in



Northern Wellington. These Workshops will be delivered **in person** as outlined below:

**WHEN:** Every Monday, 11 am to Noon, between September 20 and November 1 (EXCEPT for Thanksgiving Monday, October 11)

**WHERE:** The Boardroom located on the lower level of the Mapleton Health Centre (11 Andrews Drive West, Drayton, ON)

**WHO:** Groups of 6 to 10 Seniors interested in learning how to use hand-held technology to connect virtually with people and programs. **Novices** are welcome, and participants may attend any or all sessions.

**WHAT:** Interested seniors will learn about:

- Safe online practices
- The realities of online fraud and financial abuse
- How to identify phishing and email scams
- How to connect with peers and family through email and social media apps
- How to access information and government services online, such as those found at <https://wellington-north.com>



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HOW: Workshops are offered at **no cost** to participants, and tablets will be provided for use during a workshop.

WHY: So that you become a more "Gadget Smart" senior when using hand-held technology such as Smartphones and tablets!

\*\*\*\*\*

To **pre-register by email** for any or all sessions, please contact:

Michael Meunier  
Project Lead – New Horizons  
Township of Wellington North  
[mmeunier@wellington-north.com](mailto:mmeunier@wellington-north.com)

To **pre-register by phone** for any or all sessions, please call:

The Seniors' Centre for Excellence at  
519-638-1000.

Note: If School busses are cancelled in North Wellington (Division 3 Pink) on a Monday when a workshop is scheduled, that workshop is **CANCELLED**. Visit <https://stwdsts.ca/bus-cancellations/> to check if busses are running.

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, 'I'll try again tomorrow'." — Mary Anne Radmacher

## Telling Our Stories

### 1940's Drayton Fall Fair Memories

*By Annie May Hembly*

There weren't many events that brought as much excitement to the town as the Fall Fair. During the fair, it seemed everyone from Drayton and surrounding areas were at the fairgrounds. My mother, who was the Drayton

correspondent for the *KW Record* at the time, was especially busy preparing an article on all the news from the fair.

Building up to the coming fair during school classes, we would all concentrate on completing our writing entries. Each year my sisters and I would bake our entries at home using the recipe supplied by the fair organizing committee. I remember one year I baked chocolate cake as my entry. My mother carefully watched as I followed the recipe to ensure that I didn't make any big mistakes. Imagine my excitement when I entered the arena and saw my cake with the 2<sup>nd</sup> prize ribbon!



I still remember when I was in both Grades 5 and 8, having the honour of carrying the banner in the parade

that proudly identified us as students at the Drayton Public School. All the country schools in the area would also attend with banners to identify them. The parade was just the beginning of the fun the Fall Fair brought to town.

Along with the excitement of waiting to hear if any of our entries to the fair would receive a ribbon was the excitement of the midway. The atmosphere was electric with rides such as the Ferris wheel and merry-go-round. The Ferris wheel was my favourite. It felt like being on the top of the world,



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and I could see for miles, or so I thought at the time, in every direction. The games were great fun too! We would hold our breath in anticipation, hoping against all hope that the spinning wheel would stop at the prize we wanted. Winning larger prizes didn't happen often, but every child walked away with something — usually a small doll or a key chain. Hot dogs, candy floss, and other treats were for sale, but my favourite was the small container of French fries you could buy. That was something we didn't ever eat at home.

I feel so lucky to have my fond childhood memories to look back on. To this day, I still get the Kitchener Record newspaper. It is a part of my life even though there isn't a Drayton correspondent anymore. I love to listen to the Wingham radio station every day, too. And I still look forward to making new memories and happily reflecting on days gone by.

## Did You Know?

### Mobile Clinic in Wellington County

The Mobile Rapid Addiction Access Clinic is excited to be launching mobile care clinics in Rural Wellington. These clinics are being offered in "pop-up" locations in several communities throughout Wellington County. This staffed van will meet people where they are, bringing a full slate of addiction services to them while breaking down barriers to accessing addiction medical services.

### By Appointment Only.

Email: [info@raamww.ca](mailto:info@raamww.ca)

Phone: 1-844-722-2977

Fax: 1-855-951-0129

## Did You Know?

The Legal Clinic of Guelph and Wellington County's law van is on the road again and is staffed with a lawyer



and an outreach worker trained in housing issues.

The van can be accessed between 10 am and 3:30 pm in Mount Forest on Mondays (310 Parkside Dr.), Arthur on Tuesdays (the parking lot behind 156 George St.), Fergus on Wednesdays (171 Queen St. East), and Clifford and Palmerston on alternating Thursdays. To contact the legal clinic, call: 519-821-2100.

## Something to Think About

A few snippets of wisdom by Pastor Dewey Moede:

*I now stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to burn a hole in my pocket, but it might help the poor fellow save for his daughter's school fees.*

\*\*\*\*

*I pay my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than me.*

"Nothing is impossible, the word itself says 'I'm Possible!'"  
-Audrey Hepburn



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## Party Line Highlights



We want to chat with you so please call the office to register or call 1-866-279-1594, then enter guest code 217234 a few minutes before the scheduled program. Check the schedule for great discussion topics.

## ZOOM Highlights

What do hairstyles, a good book, community spirit, volunteering, healthy cooking, a local condiment business, and some fantastic *kid-preneurs* all have in common?

YES! They are all great topics for this month's ZOOM sessions. It's going to be like an explosion of happiness as we get informed, laugh at the what-was, become inspired at the what-is-going-to-be, and be encouraged by the bravery of some, and the kindness of others.

Don't miss the feast of fabulousness this month.

Contact the office or send an email to [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca) to be put on the ZOOM invite list. You don't want to miss a thing. But if you have to, we can record our sessions most of the time so that you can watch them later. (But it's much more fun live!)

## Yoga On Zoom- Free

New participants welcome  
Mondays 9:30-10:30 am  
Pre-registration is required to access the zoom room. Email: [kerry@studiokerry.ca](mailto:kerry@studiokerry.ca)

## Easy Recipes. Delicious Results

**Alyson Colton**

Registered Dietitian

*Mount Forest Family Health Team*

### Third Tuesday of each month

@ 10:30 am

If you are not on the ZOOM invitation list, get in touch with the office at 519-638-1000 or email [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca).

You can choose to cook along with Alyson, or you can sit back and enjoy the unfolding of something delicious each month. (But you might want to take notes, so bring a pen and paper.)

## Best Wishes for the Future

During COVID 19, we know how many of you missed Donna Gingrich's wonderful meals. Donna has found full-time employment, so she will no longer be able to spoil us with her delicious mains and desserts. The SCE would like to thank Donna for all the amazing meals she prepared, as I am sure, do you!

Best of luck in the future, Donna.

## Update from the Little Red Library

38 Wood Street in Drayton.

Come visit any time.

Plenty of fabulous books.

New titles for August include:

1. *Elizabeth and Margaret* by Andrew Morton
2. *The Exiles* by Christina Baker Kline
3. *Our Darkest Night* by Jennifer Robson





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Book Review

— Glynis Belec

## Miss Graham's Cold War Cookbook

by Celia Rees is a well-crafted, electrifying tale of post-war espionage. The main



character, Edith, has been secretly tasked with passing on information to both the British Government and her friend, Dori, who is also a spy in post-war Germany. Edith uses her position as a cookery columnist and devises a code using recipes. A deliciously-thrilling read.

The person who says it can not be done, should not interrupt the person doing it.

- Chinese Proverb

## Recipe Of the Month

### TOMATO SOUP CAKE

Our guests from the TV show, *Back in Time for Winter*, have renewed our interest in recipes from days gone by. This recipe for TOMATO SOUP CAKE, which is from the 1950s and 1960s was a popular desert for the Carlson Family in the TV show. Have you ever made it? Do you have a tried-and-true vintage recipe?



"I even make a cake out of Tomato Soup! Our favorite cake, too! So easy... and so good! You'll find the recipe in the Campbell Cook Book."

### THE ORIGINAL VINTAGE TOMATO SOUP CAKE RECIPE

#### Ingredients:

- One tablespoon of lard
- One tablespoon of butter
- One teaspoon of soda
- Two cups of flour
- One teaspoon of cinnamon
- One Cup of sugar
- One can of Campbell's tomato soup
- 1 cup of raisins
- Half a teaspoon of ground cloves

**DIRECTIONS:** Cream sugar and lard in bowl. Add soup with soda dissolved in it. Add sifted flour, spices and raisins. Mix thoroughly then pour into greased loaf pan. (Size is important: about 8 ¼" by 4 ½" by 2 ½".) Bake at 350°F for 50 to 60 minutes, until cake tester comes out clean. Enjoy!



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## Party Line Schedule

**August 2021**

We are social beings and need to stay connected. Come share some time with your peers, share memories, share laughter and build friendships!

*Join the fun every Wednesday and Thursday at 10:30 am. Great Topics.*

### Wednesday, August 4

10:30 am

**Topic:** Strange Laws – *Truth is Stranger Than Fiction!*

\*\*\*\*\*

### Thursday, August 5

10:30 am

**Topic:** Old Wives Tales – *True or False? Does cracking your knuckles really cause arthritis? And other tall tales (or maybe not!)*

\*\*\*\*\*

### Wednesday, August 11

10:30 am

**Topic:** Book or Movie – *which do you prefer?*

\*\*\*\*\*

### Thursday, August 12

10:30 am

**Topic:** Here Comes The Bride – *Let's talk about weddings, vows, the good, the bad, and maybe even some of the ugly!*

\*\*\*\*\*

### Wednesday, August 18

10:30 am

**Topic:** Vacation – *where and why was it your favourite?*

\*\*\*\*\*

### Thursday, August 19

10:30 am

**Topic:** Fruits and Veggies – *From the unusual to the unique.*

\*\*\*\*\*

### Wednesday, August 25

10:30 am

**Topic:** Back to School Memories – *Were you happy to return to school, or were you a Nervous Nellie?*

\*\*\*\*\*

### Thursday, August 26

10:30 am

**Topic:** Advertising Jingles – *What fabulous advertising jingles do you remember from your childhood? What makes an effective jingle? Why do jingles sell products?*

\*\*\*\*\*

Don't forget. If you want to sign up for any (or all) of these great **Party-Line**

Sessions, call the office at **519-638-1000** to register, or you can call in yourself at **1-866-279-1594** with guest code **217234** a few minutes before the start time. 48 hours advance notice is required, please, to make sure you get on the "we'll call you" list.



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## ZOOM Schedule

### August 2021

*For ZOOM, you do need access to a computer with an internet connection.*

**Tuesday, August 3,** 10:30 am  
**Guest:** Bep VandenBerg, Librarian  
**Topic:** *Armchair travel to Mexico.*  
\*\*\*\*\*

**Thursday, August 5,** 2:00 pm  
**Guest:** Helen Edwards  
**Topic:** *Hairstyles of the Past Decades. Which was your favourite?*  
\*\*\*\*\*

**Tuesday, August 10,** 10:30 am  
**Guest:** Dale Franklin, Development Officer at Palmerston & District Hospital Foundation  
**Topic:** *Community Spirit and Hospital Happenings*  
\*\*\*\*\*

**Thursday, August 12,** 2:00 pm  
**Guest:** Fiore Guido from Elora  
**Topic:** *Fiore will share his love of literature including how and when he began the Magic Pebble Bookstore.*  
\*\*\*\*\*

**Tuesday, August 17,** 10:30 am  
**Guest:** Kid-Preneurs #1  
**Topic:** *A fabulous lineup of youngsters who have their own business. Come be amazed.*

**Thursday, August 19,** 2:00 pm  
**Guest:** Kid-Preneurs #2  
**Topic:** *So many young entrepreneurs we had to do two sessions! The future looks bright.*  
\*\*\*\*\*

**Tuesday, August 24,** 10:30 am  
**Guest:** Alyson, Dietitian MFFHT  
**Topic:** *Great recipes. Great information and tips.*  
\*\*\*\*\*

**Thursday, August 26,** 2:00 pm  
**Topic:** *The Joy of Volunteering – featuring special guests and some incredible stories*  
\*\*\*\*\*

**Tuesday, August 31,** 10:30 am  
**Guest:** Travis, Kellson's Craft Condiments  
**Topic:** *Let's chat with a down-home local business owner about why he loves his job.*  
\*\*\*\*\*

Call the office to register, for any (or all) of the ZOOM sessions. 519-638-1000 or send an email to [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca) Register at anytime, but to put on the list to receive invitation links, we require 48 hours notice. You can unsubscribe at any time.



**1-866-299-1011**

**TTY 1-866-299-0008**



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**awhl.org/online-chat**  
Monday to Friday 11am-8pm

[awhl.org/seniors](http://awhl.org/seniors)

