



## August 2022

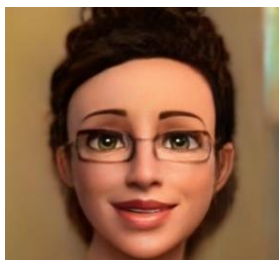


### Table of Contents

A Word from Helen.....	1
Household Hints.....	1
Health News .....	2
Telling Our Stories.....	3
Senior Pet Corner .....	3
Word of the Month .....	4
Recipe of the Month .....	4
Decluttering with Doris .....	6
Thank You .....	6
For the Love of Words .....	6
Cutting Costs and Going Green .....	6
Activities & Events:.....	7



## A Word from Helen



August has arrived. Welcome to the hazy, lazy days of summer. I read an article recently by the Regional Geriatric Program of Toronto regarding a new

program called SLoT—Stretch, Lift or Tap. This program aims to improve the lives of older adults by adding extra movement to their day.

Does it work? Yes! The program has been pilot tested with 247 older adults and six community organizations, and so far, it is showing promising results, such as:

- improvement in health and well-being
- increased confidence in adding more movement to daily activities

- an increase in mobilization rate (adding extra movement three times a week or more).

Here are a couple of ideas on how to add movement while doing the laundry.

1. Focus on stretching your arms wide while folding your towels and sheets.
2. Tucking your chin to your chest while folding sheets adds an additional stretch.



Try stretching out your arms and legs before getting up in the morning. One participant commented, "I realized that simple things like putting dishes away one at a time can add more movement."

### DID YOU KNOW?

*Only 14% of older adults aged 65-79 meet the Canadian physical activity guidelines. Let's make our household chores move us more.*

Please share any tips that you may have to add movement to your day. We will put it in the newsletter. For more tips, check out [https://www.rgptoronto.ca/stretch-lift-tap/? language=english](https://www.rgptoronto.ca/stretch-lift-tap/?language=english) or we can also print off the activity sheets for you.

*Helen*

## Household Hints



COLD TEA poured over houseplant soil will prove very effective as a fertilizer.

To keep your FRESH FLOWERS looking fresh, add a couple of aspirin to the water.



## Health News

### Boost Your Fitness Using Walking Poles

*Reprinted with permission from Active Aging Canada*

Walking poles are designed to be used like cross-country ski poles. With each stride, you hold the pole at about a 45-degree angle and plant it to the side and slightly behind your foot. That helps to propel you forward as you push off.

Because of this cross-country skiing technique, walking with poles is often referred to as Nordic walking. Another common term is urban poling. When walking with poles, your arms, upper body, and core muscles are more engaged. That includes your abdominal, pelvic, and back muscles. When people use walking poles, they burn off 20% to 46% more calories. They use about 90% of the body's muscles.

Using walking poles regularly can build muscle strength and improve posture and balance. This improves your gait and reduces the risk of falls. Another benefit of walking poles is that they reduce stress on the hips, knees, and ankles. They also add stability when you're out walking on your favourite trails or routes, making it easier to go up and down hills.

#### Why Walking is Great for Older Adults



For most people, walking (with or without poles) is a safe activity that helps strengthen bones and maintain healthy joints.

#### Other Health Benefits May Include:

- reduced risk of heart disease, type 2 diabetes, asthma, and certain cancers
- protective effect on brain function and reduced risk of developing dementia
- improvements in mood
- reduced fatigue.

If you have osteoarthritis, use a walker, or have other health conditions, talk to your doctor about developing a regular walking program. Ask if walking poles might work for you. A rehabilitation professional (such as a physiotherapist) can teach you how to use walking poles safely and effectively.

#### Boost Your Fitness Using Walking Poles


If you are getting your own poles a certified fitness or rehab professional can help you make the right choice.

#### Make It Fun

Many people report that they are able to walk longer and faster when using walking poles. They also reported that they are more motivated to stick to a walking program.

Making walking a social activity is also a good motivator. Invite a friend along or join a Nordic walking group. For comfort and safety, wear good walking shoes. Bring water and a healthy snack. Carry a map and cell phone. Then enjoy yourself!



Did you hear about the flower who went on a date with another flower? 

*It's a budding romance.*



## Telling Our Stories

### Adventures of Jayco, the Travelling Cat

Shirley Fletcher *as told to Helen Edwards*



Whenever we look back on our camping adventures, it isn't long before the name, Jayco, comes into the conversation. As a family with two young boys, we were avid campers and every weekend we would head to local campsites to enjoy the great outdoors.

It soon became clear that our son, Tim, was interested in adding a new furry member to our family. After doing some research to see what type of animal would best fit into our transient camping family, we decided that a Siamese cat would be perfect. When we asked Tim what would happen when we were away, he simply replied, "We will take him with us." One trip to Listowel later, Jayco, a beautiful Siamese Seal Point kitten, joined our family.

Right from day one, Tim started training him to walk with a harness, which I had configured from a small belt, shaped into a figure 8. Jayco was a true outdoorsman and adjusted to walking with the harness in no time. He made quite a strange sight with his long Siamese legs and his tail straight up in the

air as he walked. As a family, we enjoyed the many discussions that Jayco would start with other campers. We could hear them debating about whether Jayco was a cat or a dog. Many campers often approached to get their answer and Jayco was always happy to say, "Hello".

When we travelled, Jayco always sat on my knee in the front, staring out the windows and enjoying the open road passing by. When we set up camp, he slept with Tim and was a part of our campfires and all aspects of our camping trip.

Over the years, Jayco travelled thousands of miles with us on our camping adventures, always at the ready to leave as we packed. Nothing ever seemed to make him nervous. I remember when we crossed on the ferry from Nova Scotia to PEI in the '70s before there was a bridge. Nor were there pet carriers, so Jayco sat on my hip, with his face sticking out from the top of my sweater while we moved across the ocean.

Jayco, the travelling cat, was our constant companion. When we say his name, it always brings back such great memories and of course, a smile!

## Senior Pet Corner

DJ – 19 years old.  
Thinks he is a dog and loves to lick visitors





## Word of the Month

coddiwomple

(v.) to travel in a purposeful manner towards a vague destination.



## Recipe of the Month



### Mad Hatter Salad

Credit to Katherine S Otter  
<https://www.allrecipes.com>  
07/12/2022

**Mad Hatter Salad** was a recipe prepared by Sharon for the

Harriston Dining Program and it was a hit. It includes a mixture of coleslaw, green onions and broccoli combined with a dry mixture and a delicious dressing. The recipe makes 12 servings but can easily be reduced for smaller groups. Also, it can be made ahead of time but keep the mixtures separate until ready to serve.

### INGREDIENTS

- 1 (16oz) package coleslaw mix
- 8 green onions, chopped
- 1/2 cup butter or margarine
- 1 head of fresh broccoli, cut into florets

- 2 (3 oz) packages chicken flavoured Ramen noodles
- 1 cup slivered almonds
- 1 cup unsalted sunflower seeds
- 1/2 cup white sugar
- 1/4 cup apple cider vinegar
- 1/2 cup vegetable oil
- 1 teaspoon soy sauce

### DIRECTIONS

- **Step 1**  
In a large bowl, toss together the coleslaw mix, green onions, and broccoli. Set aside.
- **Step 2**  
Melt the butter in a large skillet over medium heat. Crumble the Ramen noodles into a bowl, and mix with the almonds and sunflower seeds. Sprinkle the seasoning packets over the mixture. Add to the skillet; cook and stir until noodles and nuts are toasted, about 8 minutes.
- **Step 3**  
In a jar with a tight-fitting lid, combine the sugar, vinegar, oil, and soy sauce. Seal, and shake vigorously to blend.
- **Step 4**  
Just before serving, combine the slaw mixture with the nuts and noodles. Pour the dressing over all, and stir briefly to coat.



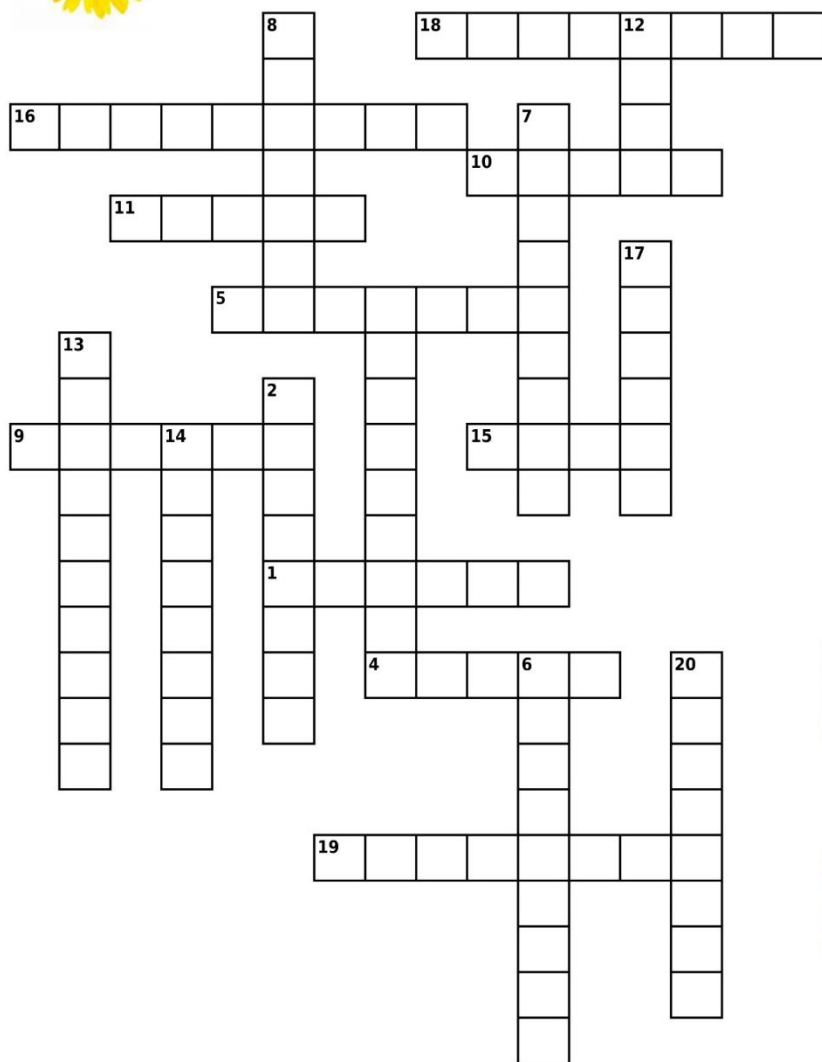


“In joy or sadness, flowers are our constant friends.”—Okakura Kakuzo

Let's have some fun identifying some of our favourite summer blooms!



## FLOWERS Crossword



### ACROSS



### DOWN



*(Solution on Pg. 8)*

Don't forget to check out the Mapleton website if you want to look back at previous newsletters or find out more information about services for seniors:

<https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence>

## Decluttering with Doris



Blame it on the container!

Assign space to your belongings and then make them fit by purging and prioritizing. If you have half of one cupboard for food containers, then keep

only the ones you love and use, along with the lids that fit!

## Thank You

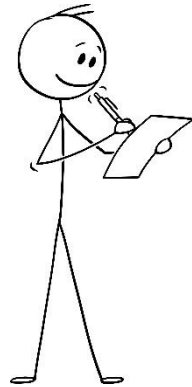


In this column we typically like to name a person and thank them publicly for all their hard work and contributions to their community and

neighbourhood. But this month, we thought it a good time for us to give a general *thank you* to a group of people who gather virtually to enjoy a bit of conversation and enjoy the opportunity to learn a little more about each other and also to have a chance to win a prize. Once a week, on Facebook, we have something called **Thoughtful Thursdays**. We pose three questions related to a theme and then anyone can join in and respond. It is such fun reminiscing or learning about each other as we enjoy conversations from silly to serious. So, **THANK YOU** to everyone who joins in each Thursday and also a big thank you to those who donate some of our lovely prizes, too. We welcome newcomers with open arms, by the way, so if you would like to join in the **Thoughtful Thursday** fun,

come check us out on our Facebook page here: <https://www.facebook.com/Seniors-Centre-for-Excellence-Mapleton-Minto-Wellington-North-113261647062015>

## For the Love of Words



Doris Cassan, the fabulous facilitator of our **For the Love of Words** writers' group, is planning on starting things up again in September. In preparation for this, we are excited to announce that Doris will be doing a ZOOM session on Tuesday, August 30<sup>th</sup> at 10:30 am. She will tell us a

little about what happens at the meetings, plus she will tell us some tales about even if one isn't a writer, how important it is to share our stories. Sharpen those pencils!

## Cutting Costs and Going Green



If you currently receive your SCE **Heart & Soul of Wellington** newsletter via Canada Post but might be able to consider switching to receiving it via email, please contact Glynis at [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca) to provide us with your email address. Our readership grows each month, which is fantastic, but so do the printing and mailing costs. But, please don't worry if you still prefer to receive the paper copy. We are still happy to continue sending it your way via snail (postal) mail, but we thought we would ask if some might consider switching and saving us a bit on postage. 😊

## Activities & Events:



### Dining Programs:



#### **DRAYTON:**

Friday, August 12, Drayton Reformed Church. Doors open at 11:30. Lunch served at Noon.

**Speaker:** Kyle Smith. Wellington County Museum & Archives

#### **PALMERSTON:**

Wednesday, August 17, Palmerston United Church. Doors open at 11:30. Lunch served at Noon.

**Speaker:** Sarah from Crime Stoppers.

#### **HARRISTON:**

Friday, August 26, Harriston United Church. Doors open at 11:30. Lunch served at Noon.

**Entertainment:** Hairdaze – with Glynis and Helen

#### **CLIFFORD:**

Wednesday, August 31, Clifford United Church. Doors open at 11:30. Lunch served at Noon.

**Speaker:** Hairdaze – with Glynis and Helen

### **FREE Walking Programs:**

- **Palmerston Community Centre:** Weekdays, 8:30-9:30 am
- **Harriston Community Centre:** Weekdays, 8:30-9:30 am
- **Arthur Arena:** Mon, Wed, & Fri – 10 am to 12 pm
- **Mount Forest & District Sports Complex:** *Walk-A-Doodle-Do* Thurs. 10-11 am

### Pickleball:



#### **Drayton PMD Arena**

Monday: 10 am – 12 pm. Adults/seniors

Wednesday: 10 am – 12 noon.

Friday: 10 am – 12 noon. Adults/seniors

#### **Mount Forest and District Sports Complex**

Mon, Wed, & Fri: 9 to 11 am, & 6:30 to 8:30 pm on Wednesday evenings.

(Please note: Mount Forest Pickleball Program ends Aug. 10.)



### **Exercise Classes:**

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

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

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

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

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

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

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

**Arthur:** Seniors' Hall - Wed 10 am

## Euchre:

**Arthur:** Seniors' Hall - Tuesday 1-3 pm

**Pepper**<sup>1</sup> on Thursday 1 pm

**Contact Person:** Eleanor Monaghan 519-848-2741

**Drayton:** Drayton Reformed Church Sunset Room - Monday 9 am

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

**Harriston:** Harriston Train Station - Monday 1:30 pm - 3:30 pm

**Pepper** on Tuesday 1:30 pm – 3:30 pm & Thursday 7-9 pm

**Contact Person:** Doug Anderson 519-338-3467

**Palmerston:** CNRA Building - 1<sup>st</sup> Wednesday of month 2-4 pm



## Bridge:

Arthur Seniors' Hall - Mon & Fri 1-3 pm



*\*Please note. Summer (July & August) ZOOM sessions will only be occurring on Tuesdays at 10:30 am. In September we will resume our Thursday sessions too.*

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**Tuesday, August 2, 10:30 am**

**Guest:** Stacy M McLennan

**Topic:** Artifact Trivia

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**Tuesday, August 9, 10:30 am**

**Guest:** Christine Platt

**Topic:** Health Care Conversations

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**Tuesday, August 16, 10:30 am**

**Guest:** Karen Burke, Reg. Dietitian

**Topic:** - Cooking with Karen

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**Tuesday, August 23, 10:30 am**

Surprise!

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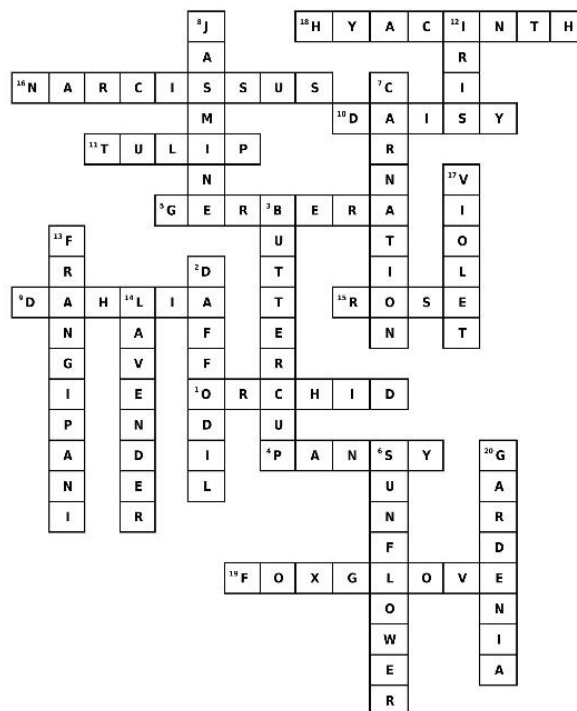
**Tuesday, August 30, 10:30 am**

**Guest:** Doris Cassan

**Topic:** For the Love of Words

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Flowers Crossword. Solution:



<sup>1</sup> Pepper is a plain trick-taking game closely related to Euchre. The game is thought to have derived from an older German game, Hasenpfeffer.