



## August 2023

### A Word from Helen

Helen Edwards  
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In 1942, Canada led the world by developing nutrition guidelines that provided public health guidance for wartime food rationing. This paved the way to the creation of Canada's Food Guide. Decades later, Canada developed physical activity guidelines to address soaring levels of sedentary behaviour.

Researchers, organizations, and the Public Health Agency of Canada are working to provide Canadians with Social Connection Guidelines. Canada, again, leads the way as these guidelines will be the first of their kind developed globally, with the aim of raising awareness regarding the importance of social connection as a key determinant of health and well-being.

Last month, in Mount Forest, I gave a presentation about the Seniors' Centre for Excellence (SCE) and the importance of social connections, including how the SCE works to build stronger communities. I shared how being socially isolated or chronically lonely is bad for your overall health, how it causes an imbalance in our fight or flight system, causing us to become hypervigilant and stressed. We all know that stress is not good for our health and amongst many other things, it slows our immune system down. The good news is that we don't suddenly need to find lots of friends or engage in every activity. We just need to connect with a good friend or two and to do something meaningful.



Earlier in the month we received a story submission about the joy of receiving a letter. It made me think that this story, combined with the work being done about the importance of social connection, might just go hand in hand.

Can you think of someone that you haven't connected with in a while? Someone you enjoyed spending time with in the past? Maybe now is the time to connect with them. Whether it is by letter, phone, or social media, why not reach out? It feels good to know you are doing something good for your health and the health of others. If you can't think of anyone, maybe just send a letter to Jim (see his story on page 3.) I know he will get back to you!

*Helen*

# Thank you!

Special thanks to our friends on Facebook who take the time to share our posts and help us get the word out about important articles, great news, upcoming events, and more. You help us all keep active, connected, and engaged.

[Check out our Facebook page, if you are online →](#)





**What kind of fish is the most valuable?**

**Solution:**  
goldfish



## HOT WEATHER SAFETY FOR PHYSICAL ACTIVITY

*Reprinted with permission from Active Aging Canada*

Liza Stathokostas, PhD  
Research Director  
Active Aging Canada



Hotter weather has arrived in most parts of Canada. We look forward to this time of year, but too much heat is not good for anyone. It can be riskier as we get older. When we are active, our muscles produce heat. This causes a rise in body temperature.

Our bodies do two things to manage the increase in body heat:

- Our heart rate increases to help deliver blood to the surface of the skin for heat release.
- We start to sweat, which helps with cooling.



Both of these functions are reduced as we get older. That raises the risk of heat-related illness when we are physically active in the heat, either outdoors or in hot conditions indoors.

Heat-related illness includes cramps, dizziness, edema (water retention and swelling) and exhaustion. There is also a more severe condition known as heat stroke.

### Should we stop being active when it gets hot?

Older Canadians do tend to be less active when the weather gets hot and humid. But it is important to stay physically active all year round. In fact, older adults who are more physically fit can adapt better during exercise in the heat.

### Hot weather tips



- Older adults should refrain from strenuous physical activities in hot/humid conditions outdoors, particularly if they are not used to the conditions or are not used to being physically active.
- Take it easier when you exercise and be active during the cooler times of the day -- early morning or late evening, if you are not able to be active in an air-conditioned environment.
- Wear loose fitting, lightweight, moisture-wicking clothing. Cotton clothing can be cooler.
- Stay hydrated. As we get older, we do not notice thirst as much. That increases the risk for dehydration. Don't wait until you feel thirsty. Drink lots of fluids, especially during exercise. *L.S.*



A Men's Beauty Contest from 1919

### Hey Diddle Diddle. Can you Solve These Riddles?

1. Give me a drink, and I will die. Feed me, and I'll get bigger. What am I?
2. What word begins with E and ends with E, but only has one letter?
3. What appears once in a minute, twice in a moment, but not once in a thousand years?
4. What has many rings but no fingers?
5. What goes up but never comes back down?



**Solution on Page 8**

# HEAT EXHAUSTION



What are the  
**SIGNS AND  
SYMPTOMS**  
of heat illness?

Skin rash



Muscle  
cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and  
decreased urination



If you experience any of these symptoms during extreme heat, immediately **move to a cool place** and **drink liquids**; water is best.

# HEAT STROKE

High body  
temperature



Confusion  
and lack of  
coordination



Dizziness/  
Fainting



No sweating,  
but very hot,  
red skin



Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.







"Letter writing can be seen as a gift because someone has taken his/her time to write and think and express love." —Soraya Diase Coffelt



# My First Letter

by Jim Measures



Do you remember the first letter you ever received? I do. It was from my mother when I was a teen with a summer job at a resort in Muskoka. It was the first time I ever met a black fly, and I was miserable from being "introduced" to the little devils rather suddenly, and I suffered for not being prepared. (Poor example for my Boy Scouts, as I was a Scout leader!)

A few weeks after I got there, the owner said that I had mail. I'd never received a letter addressed to me personally before, so it was quite a surprise. I was also a stamp collector, and, of course, I did notice the little red 4-cent stamp with William Lyon McKenzie King on the front of the letter. I immediately took it to my room, and I remember the thrill as I opened it, eager to see what Mom had to say. I read it and read it, again. It was clearly written with love and I sure felt that I was loved and missed by my family.



Sad to say, in all the moves I have had in my life, that letter has been lost. Nevertheless, I know that letters addressed to me personally are important—not just for the contents, but for the proof that I am important; and important enough that someone would take the time to write to me and to pay for a stamp to send the letter to me.

This reminds me of a conversation I had with a Member of Parliament once. I often worked with this MP and I recall one time when he told me that one hand written letter carries a lot more weight than ten signatures on a petition or a pre-printed form letter.

When was the last time you sat down to write a personal letter to a friend or relative? Perhaps the time has come.



Your's Sincerely,

*Jim*



P.S.

If you want to write to me, my address is PO Box 11, Clifford, Ontario. N0G 1M0



## Pet Corner

### Coffee Kitty



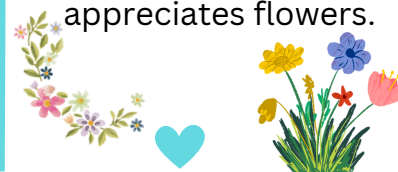
Sometimes we have special visitors at our Drayton Coffee group. Sometimes they have four legs and purr. Thanks, Jen and Marv, for bringing in your barn kitties and for telling us how you work hard to find them good homes.

## Word of the Month

### Anthophile (n)



A lover of flowers or someone who appreciates flowers.





# Recipe of the Month

Submitted by Glynis M Belec

On July 18th we had a special ZOOM session where participants shared some wonderful old recipes and better yet - some great stories behind each. For the next while we will be featuring some of the recipes and the 'stories behind the recipe.'



I am going to begin with an old recipe that my mother used to make for us on a regular basis. As soon as I smell the aroma and taste the delicately-creamy salmon flakes, I am transported back in time to a magical place free from worldly cares and stresses of the day—my childhood.



## Creamed Salmon on Toast

### Ingredients

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 cup cold milk
- About  $\frac{3}{4}$  cup of frozen peas. My mum used canned.
- 1 (14.75 ounce) can salmon
- salt and pepper to taste

### Directions

In a saucepan or double boiler, melt butter over medium heat. Whisk in flour, stirring constantly, until a smooth paste is formed. Gradually add milk and reserved liquid from peas, if you are using canned peas. I just added a little bit of water—stirring constantly, until a smooth thick gravy is formed.

Flake salmon into a bowl, breaking apart any large pieces. Stir salmon and peas into the sauce carefully with a wooden spoon to avoid mashing the peas. Cook until heated through. Adjust seasoning with salt and pepper.

Toast bread in toaster oven or broiler pan. Butter, if desired, and top with salmon mixture.

## Behind the SCENes

*Celebrating our Seniors' Centre for Excellence (SCE) accomplishments*

We hope you enjoy receiving your monthly free copy of the Heart & Soul of Wellington newsletter. We work hard to make sure you get some good quality reading each month, with a good balance of information, stories, advice, humour, and so much more. Once we have pressed "send" or stuck the stamp on the envelope (if you receive it via the postal mail) we jump right in and begin the next issue. We have a great team, including some fabulous volunteers who help make it all happen. We are always looking for submissions, so feel free to ask for the guidelines anytime, or check out the archives, [HERE](#), for ideas!

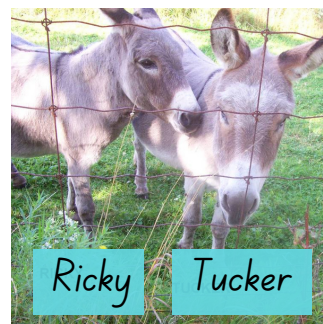




## Ricardo

My name is Ricardo or Ricky for short.

I live on a farm in Arthur and I belong to a human. I am a miniature Grey Dunn Donkey. There were originally two of us but I recently lost my best friend, Tucker. He died around Easter and while I do miss him, a lot, I am well cared for and I do get a lot of attention from my human.



I live in a huge barn and my room is a stall 12' x 12'. I do have other fur babies here, too, including a dog, called Debi, who is not even curious about me or the others. That is good since we donkeys do not particularly like canines—dogs, coyotes, or foxes. We just snoop at the cats when they come in the barn and they just run off. Speaking of cats, we have two. One is a gray and he is called Bubba. And then there is a silly looking long-haired orange tabby that my human calls Ozzy. Right now Ozzy looks rather strange because my human sent him to the vet to get shaved. He mats up so bad and for his own good, he gets shaved. I have not shed out my winter coat yet, but I hope my human does not shave me!

My human has rigged up the short door to the barn with a smaller piece of gate. That way I can see what is out in the main yard and my human can come over and see me, scratch my nose, tickle my ears and best of all, give me extra carrots. My human was not well this past winter but two ladies came here and looked after Tucker and me.

I am not the usual livestock to have on a farm but my human took delivery of me in Milton in 1994 when I was just 18 months old. I will be 31 this coming October. My life is pretty good. I did have other "equine" friends in the barn but it is just down to me now. In fact all of my other friends were young like me. My best buddy Tucker was only 6 months old the night he arrived and a Morgan mare called Fergie was just two years old. The Standardbred, Abel, was just 13 months old. So we basically all grew up together.

Tucker and I have had a very good life. We both learned how to drive a wagon. We have been to the Donkey Sanctuary twice in the early days when they had the annual Donkey Days. We were in the Streetsville Bread and Honey parade. We visited Springridge Strawberry Farm twice for Mothers Day, an event at MADD, and visited Westfield Heritage Centre when they celebrated Christmas in the Country. Not the usual things for donkeys to do.

We have all had our feet looked after. Our farrier goes to the sanctuary once a week to take care of foot problems. Many people think donkeys are mean and bite and kick but we love people. Some visitors have even tried to ride us. Tucker was okay with that but not me. If someone gets on me I just take two steps and dump them. It is quite funny to see. You can pet me and cuddle me all you want, though. I love it! There is a farmer who plants stuff on this farm and I am so used to all the tractors, tillers, hoppers, and rollers coming through that I just stand at the gate and watch them in action.

My human has had health issues lately so she is getting some help from the Seniors' Centre for Excellence until she gets back up to par. I will feel better when she feels better, because we make a good team!





\*Please pick up your "Heart & Soul of Wellington" Activities and Events booklet at any SCE event or click [here](#) for your online copy. A great resource if you are looking for ways to keep active, connected, and engaged.

## Community Connectors

Please let your Community Connector know about any activities not listed in the booklet, that would be of interest to older adults!


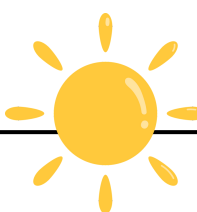

1. **Palmerston** – **Ruth Wilson** → [rwilfree@wightman.ca](mailto:rwilfree@wightman.ca); 519-343-4842
2. **Drayton (Mapleton)** – **Donna Fulcher** → [homedfulcher@gmail.com](mailto:homedfulcher@gmail.com); 519-497-4675
3. **Harriston** – **Linda Campbell** → [lindajcampbell@gmail.com](mailto:lindajcampbell@gmail.com); 519-323-7151
4. **Arthur** – **Faye Craig** → [fayecraig160@gmail.com](mailto:fayecraig160@gmail.com); 226-821-0258
5. **Mount Forest** – **Sharon Rodgers** → 519-509-2448
6. **Clifford** – **Jim Measures** → 519-327-8265



For more information or to register for any of the Dining Programs, please contact the office at 519-638-1000 or send an email to [hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)

Dining Programs	Date	Time /Cost	Location	Guest Speaker or Event
Palmerston	Wednesday August 16	12 pm \$20	Palmerston United Church	Palmerston Library presentation & tour
Clifford**	Wednesday August 30	12 pm \$20	Clifford United Church	Julie Martin-Jansen: Getting the most out of your doctor's appointment.
Harriston	Friday August 25	12 pm \$20	Harriston United Church	Katie Clarke (WCMA) – 50's & 60's Trivia Afternoon

\*\*The Knox United Church Women (UCW) will be providing catering for the Clifford dining program moving forward. This provides the UCW with an opportunity to raise some funds, and for us to say "thank you" to this wonderful church that has supported our program since 2009. We are looking forward to many delicious and hearty lunches.

COFFEE PROGRAMS 	DAY	TIME	LOCATION
<b>DRAYTON COFFEE TIME</b> Please, bring your own mug!	Every 2nd Thursday August 10 & 24	10:30 am	Selah Centre 24 Wood St., Drayton
<b>*MOOREFIELD COFFEE HOUR</b>	<i>*Cancelled for the summer</i>		
<b>*PALMERSTON COFFEE GROUP</b>	<i>*Cancelled for the summer</i>		





Our Android phone Apps often hunger for permissions that they have no business asking us to provide. After downloading an App, we might notice it asking for permissions that are NOT related to what the App is designed to do. For instance, a Flashlight App might request access to our camera, microphone, or location.

An app can collect sensitive personal information from some of the permissions that we unthinkingly allow, so it's important that we manage the permissions that we do allow Apps to have on our Android phones.

*To manage the permissions that we've allowed for any App on our Android phones, we can:*

- A. Tap Settings.
- B. Tap Apps.
- C. Scroll down and tap on any specific App that is on your phone
- D. Tap Permissions.
- E. Tap on a permission to allow or not allow it.



### **Are you a Senior who is interested in becoming more “Gadget Smart” when using Hand-Held Technology such as Tablets & Smartphones?**

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. Workshops will be held Wednesdays, 11 am to Noon in the Mapleton Health Centre Boardroom on the lower level (11 Andrews Drive West, Drayton)

These Workshops will be delivered in-person and at no cost to Participants. I-Pad Tablets will be provided for use during the workshops, if needed.

Groups of up to 10 seniors who are interested in learning how to use hand-held technology to connect virtually with people and programs. Seniors may be split up into two groups of *Novice Learners* and *Experienced Learners*.

NOVICE LEARNERS are those who do not have and who do not regularly use:

- Internet access at home
- A personal tech device (smartphone or tablet or laptop)
- A personal g-mail account



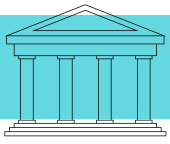
Participants will follow a printed manual for I-Pads that will address setting up your i-Pad, accessibility settings, pre-Installed applications such as calendar and maps, pre-Installed applications such as clock and weather, how to use e-mail, how to use Google, pre-Installed applications such as the camera and photos, and ZOOM Basics

EXPERIENCED LEARNERS are those who do have and who do regularly use:

- Internet access at home
- A personal tech device (smartphone or tablet or laptop)
- A personal g-mail account that they can sign into independently

Participants will follow digital lessons found online in a Google Classroom that will address iPad orientation, introduction to Google Classroom, shared Icons, Apple ID, Siri, internet basics, finding facts online, creating strong passwords, protecting ID online, avoiding phishing scams, social media, how to Use Facebook wisely, securely accessing government services online, podcasts, book Apps, travel, including Google Maps, and Air BnB

To pre-register please call: The Seniors' Centre for Excellence @ 519-638-1000.



“Architecture should speak of its time and place, but yearn for timelessness”

—Frank Gehry.

# ***HARRISTON HISTORICAL SOCIETY***

**New exhibit**

## **INSIDE THE TOWN HALL**

***A history of the three buildings and the various departments/organizations held within over the past century.***



(Note fire hall doors bottom left)



Also includes a room of memorabilia as a preamble to the upcoming (2024) 50<sup>th</sup> anniversary of the Grey Wellington Theatre Guild



**A few of the other groups over the years**



Third floor of the Harriston Carnegie Library (elevator accessible)

Tuesdays 1-4:30 p.m. and Saturdays 11 a.m. – 3 p.m.  
Other times by chance if the “Open” sign is blinking.  
For an appointment call Carole at (519) 338-2244



# ZOOM with us!



## Summer ZOOM Schedule.

Sessions on Tuesday mornings,  
only for July & August

### TUESDAY 10:30 AM

**August 1, 2023**



**Julie Martin Jansen**

The Cost of Caring

**August 8, 2023**

**Katie Clark WCMA**

Fabulous 50s and Sensational 60s

**August 15, 2023**



**Alyson Colton RD**

Alyson is back!  
Great recipes. Great nutritional  
information from our expert.

**August 22, 2023**

**Stephanie Drost**

Financial Elder Abuse

**August 29, 2023**



**Johanna Brown**

The Art of Happiness

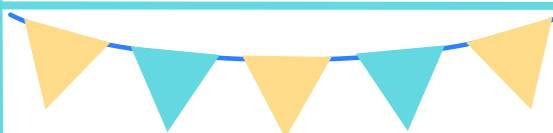
## Decluttering with Doris

Doris Cassan

*Let's head to the cool basement.*

Bins with lids are essential to keep things dry and clean. Use labels on the outside to list what is in each bin. I have found that making separate labels for each item in the bin is helpful. If I purge anything I just remove that label.

Reassess the bin contents regularly. Some items are only used once a year, but some can go if they have not been used.

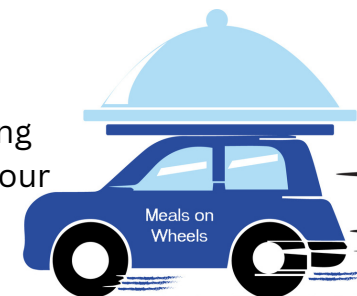


## Clifford Meals on Wheels

Clifford Meals on Wheels is a community operated service offering nutritious, hot meals delivered to your home 3 days a week—Monday, Wednesday, and Friday. There is a nominal cost for this service.

Our organization has been providing this service for many, many years and we have dedicated volunteer drivers.

If you or someone you know would benefit from receiving these meals, please call 519-327-8899, leave a message and someone will return your call and provide further information.



HOSPITAL ELDER LIFE PROGRAM

## VOLUNTEERS NEEDED!

We are now accepting  
applications for PDH  
and LMH



### WE NEED HELP TO:

Prevent functional decline and delirium in older adult patients.

- Daily Visitor Program
- Therapeutic Activities
- Mobility Assistance
- Meal Support

[kmanjin@whca.ca](mailto:kmanjin@whca.ca)

**519.343.2030 ext. 84212**



**Hey Diddle Diddle  
Solution Pg.2:**

1. A fire.
2. Envelope.
3. The letter "M."
4. A telephone.
5. Your age.

If you want to check out past issues of our Heart & Soul Newsletter Archives, click [HERE](#)