



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

December 2021

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## A Word From Helen



It has been quite a year at the SCE. We have learned so much from our ZOOM guests and continue to challenge the perception that growing older is a time of decline.

From our newsletter submissions, to ZOOM sessions, to Party Line, I am always astounded by the interesting and full lives the older adults who join us have lived and how they continue to

work towards the betterment of their communities.

In October we had Pat Spafadora as a ZOOM guest to discuss, how that as a society, we are consistently barraged with messages—subtle and not so subtle—reminding us of the doom and gloom of aging. Yet when participants were asked if they feel any different than when they were 16, most indicated that they feel the same way inside.

So when Pat brought this quote to the attention of the SCE we were in total agreement:

"A few days ago, the queen gracefully turned down an offer by *Oldie* magazine, which is dedicated to the spirit of longevity, giving her the annual honor of being 'Oldie of the Year'. Her private secretary informed the magazine: 'Her Majesty believes you are as old as you feel, as such the queen does not believe she meets the relevant criteria to be able to accept and hopes you will find a more worthy recipient.'"

What is good enough for Queen Elizabeth is good enough for the SCE and we hope it is for you too. Let's try our best to strike *having a senior moment* from our vocabulary.

## Health News

### Active Aging Canada

*Dr. Kim Wilson, Associate Professor, Adult Development & Aging University of Guelph*

Reprinted with permission from Active Aging Canada

### Fitness for the mind

One in five Canadians will face the challenge of mental illness at some point in their lifetime. And with some mental illnesses, age can increase risk.



Yet older adults are less likely to receive treatment for their mental illness. Sometimes this is because people don't understand what is 'typical aging' and what is not. Many people still



believe that it is a normal part of aging when a person goes through significant changes in mood and behaviour. This simply isn't true. In fact, changes in mood and behaviour can be caused by

illnesses such as depression, delirium, or dementia. They should be attended to by a health care professional.

### What is Depression?

Clinical depression is a mental illness. It is more than having a bad day or feeling 'blue' for a short time. A diagnosis of depression means that a person has had some, or all, of these symptoms for at least two weeks:

- Feeling sad
- No interest in or pleasure from things they used to enjoy
- Less energy and feeling tired
- Having aches and pains
- Feeling guilty or worthless
- Difficulties thinking and concentrating
- Problems sleeping
- Changes in appetite or weight
- Feeling agitated or sluggish
- Having thoughts of suicide

For most people, depression does not get better on its own. Talk to your healthcare provider.

### Building Your Mental Health

It's important to know the warning signs, but it's just as important to promote your own mental health. Here are ten tips for living and aging well:

1. Eat healthy foods in healthy amounts.
2. Be physically and mentally healthy.
3. Get rest.
4. Manage your stress.
5. Don't smoke.
6. Drink alcohol only in moderation.
7. Get involved with things that interest you.
8. Spend time with people—family, friends, and members of your community.
9. Follow the advice of your health care team.
10. Ask for help when you need it.

### Maintaining Your Mental Health as a Caregiver

If you are a family caregiver, caring for yourself is one of the most important things you can do. Use these tips to stay physically and mentally healthy. When your needs are taken care of, the person you care for will benefit too.

### 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.



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## For the Love of Words ♥

Kickstart your writing muscles in January by joining the online ZOOM writing group, For the Love of Words. It takes place the third Wednesday of the month at 7 pm. [4luvwrds@gmail.com](mailto:4luvwrds@gmail.com)

## Telling Our Stories

### A Cheery Christmas Memory

by: Glynis M Belec



As I slowly unpack the Christmas decorations, I ponder a little longer over the Cheery Chimes. Four different characters: Santa, Teddy the Bear, Tin Soldier, Mr. Snowman—porcelain ornaments that my children were selling Christmas 1987 as a part of a school fundraiser.

"Mrs. Peel bought ours!"

My daughter and son could hardly contain their excitement. Nadine Peel, who was the beloved secretary at Drayton Junior School, had kindly scribbled her name on both my son and daughter's official order forms and they were over the hill thrilled that out of all the kids in the school, Mrs. Peel had signed up on their sheet.

Perhaps they were the first to dash into her office. I don't know. Perhaps Mrs. Peel had a closet full of Cheery Chimes that year. I don't know that

either. But one thing I do know is that she sure made a couple of kiddos happy.

And, 34 years later, I still think of Mrs. Peel when I pull out my own Cheery Chime decorations.

## Party Line Highlights



If you are feeling a little lonely or if you just feel like chatting, consider

joining us on Wednesday and/or Thursday at 10:30 am. We talk for half an hour on many different topics. Sometimes we even go off topic! To join, sign up at the office at 519-638-1000, OR you can call into the party line yourself a couple of minutes before 10:30. Call 1-866-279-1594 and then enter the Guest code: 217234.

## ZOOM Highlights



A few months ago, we thought we would start a new monthly ZOOM session called, *A Day in the Life of ...* where we would work together with one of our seniors to create a great story and presentation. We have done it three times now (thanks, *Wayne, Sue, and Linda!*) What fun it has turned out to be and what a great way for us to learn about and appreciate each others' contributions. There is a Hopi American



Indian proverb that says: "Those who tell the stories rule the world." Way to go our wonderful Seniors! We're well on our way!

## Yoga on Zoom

New participants always welcome  
Mondays 9:30-10:30 am  
Pre-registration is required to access the zoom room. For Christmas hours please contact Kerry at [kerry@studiokerry.ca](mailto:kerry@studiokerry.ca)

## 100 Women Who Care Rural Wellington Celebrates Third Anniversary

At the Third Anniversary meeting of *100 Women Who Care Rural Wellington (WWCRW)*, the votes from members confirmed the VON as the winning charity at the September virtual meeting.

It seems like just yesterday that the chapter, which serves all rural Wellington, was formed. In those three short years, the chapter has donated well over \$110,000.00 to local charities that help residents who live in all areas of Wellington County.

During the pandemic, charities have seen a significant decline in the donations they rely on to continue their good work. Those struggling to make ends meet have been disproportionately affected by the pandemic. Hand in hand, this is a recipe for disaster in our community.

"It is such a great feeling to participate as a member of 100

WWCRW," says Helen Edwards. "When we all donate together, it allows the charity to receive an unexpected donation, and they can choose to either increase their capacity or start a new initiative."

It is the power of a group of women working together for community betterment that attracts members to the chapter.

If you are interested in becoming a member of *100 Women Who Care Rural Wellington*, please visit our website at [www.100WWCRW.com](http://www.100WWCRW.com) or call 519-321-1151. Membership includes a minimum commitment of one year and a financial donation of \$100 at each of the four meetings per year.

If you love the idea of joining *100 Women Who Care Rural Wellington* but don't want to commit to attending the meetings, that is okay. Just vote and make your donation online.

Together we can make Wellington County a kinder and more equitable place to live.

## Word of the Month

**Aphorism:** a short, pointed sentence that expresses a wise or clever observation.

*(Aphorism examples sent in by Don Senek)*

"The nicest thing about the future is that it always starts tomorrow."

"Money will buy a fine dog, but only kindness will make him wag his tail."

"Christmas is a season not only of rejoicing but of reflection." – Winston Churchill



## Recipe of the Month

Our family agrees that Mom made one of the best Christmas cookies ever. It was very rare that these cookies actually made it to Christmas Day. We would sneak them out of the freezer and let the chocolatey goodness melt in our mouths. Mom tried everything to hide them including putting the container under the frozen beef liver but we still found them. We are delighted to share this recipe with you. Enjoy!

### Exquisite Christmas Fruit Drop Roll Cookies

- 1 cup soft butter
- 1 cup icing sugar
- 1 cup chopped dates
- 1 cup chopped walnuts
- ¼ cup candied cherries
- 1 box semi-sweet chocolate

Make balls and roll in melted chocolate. Freeze and hide!

*Donna Fulcher and Family*



## SCE Zoom Book Club – **NEW!**

*Hosted by Helen Edwards*

Is there anything better than curling up with a good book this time of year?

You bet there is—being part of a book club. Wellington County Libraries

have an many sets of amazing books, so you don't have to purchase a book to participate.

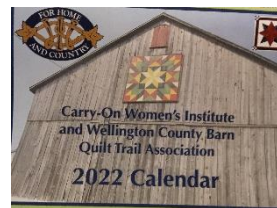
Our first book will be *The Curious Charms of Arthur Pepper* which, according to well-trusted sources, is a fabulous read with funny characters, all set in the UK

Books will be available starting December 12th at the SCE. If you don't live in the Drayton area, ask us to arrange to have a copy of the book sent to your local library. Registration is limited. We will be meeting for a lively discussion over ZOOM on **Tuesday, January 11th at 7 p.m.** It will be a very informal and cozy group; in fact, I will be in my jammies with a mug of hot chocolate with discussion questions at the ready! Please register early. It won't be nearly as much fun if I am sitting having a conversation with myself the evening of January 11th.

"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store, and he asked for my autograph."—Shirley Temple

## Coming Events

### The Carry-On Women's Institute



[which happens to be celebrating 84 years in Palmerston and surrounding area this year] are selling 2022

Calendars featuring area Barn Quilts.



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\$15 each.

Call Lynda at 519-343-2365 to purchase your calendar.

### FREE Euchre

**Location:** Drayton Reformed Church Sunset Room. Please enter via back entrance

**Time:** Each Monday from 9:30 am-noon  
*For additional details please call either Gord Oosterveld 519.638.2865 or Gerry Debeyer 519.638 2779*

### FREE Walking Programs:

1. Palmerston Community Centre  
Weekdays: 8:30-9:30 AM

2. Harriston Community Centre  
Weekdays: 8:30-9:30 AM

3. Clifford Arena Weekdays: 10-11 AM;  
Mondays & Thursdays: 7-8 PM

Proof of double COVID 19 vaccination and health screening required before entry to all events.

### Update From The Little Red Library

The Little Red Library in Drayton is now closed for the winter. But don't worry. You can still borrow any of the

books exclusively purchased for



friends of the Seniors' Centre for Excellence.

We will post pictures on Facebook and online, giving you updates of the books

that are available for loan over the winter. You can pick up and drop off your books at 38 Wood Street Drayton or by contacting [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca).

### Thank You!

Imagine our excitement when we were told by local stamp collector, Jim Measures, that we could order special issue stamps from the post office without any additional cost. Jim also shared that people are more inclined to open a piece of mail if it has a special stamp. So thank you Jim for your stamp knowledge and submissions to our newsletter.

*Deadlines for any submissions or Coming Events is the 12th of the month prior to publication.*



Merry Christmas to YOU from the \*Seniors' Centre for Excellence. May the essence of the Season, the memories of family, and the knowledge that you are loved and appreciated, warm your heart and surround you with LOVE, JOY, and PEACE.

\*The office is closed from December 24<sup>th</sup> to January 3<sup>rd</sup>





## A Christmas Special: Memories of Christmas in England in the 1940s.

by David Short (who happens to be Helen Edward's Dad!)

Christmas is an exciting time for children. Back then, we looked forward to it just as children do today. The first sign was in December when we started singing Christmas carols in Sunday school. Some shops would decorate their windows, and our parents might mention this mysterious man, "Father Christmas." We were told he lived up North, in a land of ice and snow, and spent his time making gifts for children. And most importantly, the gifts were for the "good" children.

By the middle of December, we could be found sitting at the table making paper chains. We had packs of coloured paper strips that had glue on one end. *Lick the glue and make a ring, then*



*continue on to make a chain.* Our father would then pin them from high up on the wall to the centre of the ceiling. They were the main decoration in our living room. Later, a small Christmas tree would arrive, also to be decorated.

Just before Christmas, carol singing moved from the church to the doorstep. We would go out in twos or threes, knock on a neighbour's door and start singing. If we were lucky, the door would open, and we would be given a penny. Mostly, the doors stayed closed! Gas lamps lit the streets. Groups of good singers would stand under the lamp and sing carols—not to collect money but to celebrate the season.

We would write a note to Father Christmas on Christmas Eve telling him the gifts we would like. Our notes, along with carrots for the reindeer and some food for him, were placed under the Christmas Tree. Then we would hang our stockings where they could not be missed. Whether we believed he would come down the chimney or not, we still left our note, just in case!

Christmas morning. Awake early and excited. But first, we had to take our spoonful of cod liver oil (Ugh!) and concentrated orange juice. Then, into the living room to get our stockings and see the wrapped gifts under the tree. We would find small gifts good for our age in the stockings and, most importantly, a whole orange. Fruits like oranges were in short supply, and when available, purchasing them used up valuable ration book space. So, to have a whole orange was a wonderful treat.

Later in the morning, uncles and aunts would arrive—time to open gifts under the tree. Sometimes we would be lucky, and dreams came true. Other years, our expectations were too high, and we were perhaps disappointed. But the excitement was such that we would soon recover and join in the fun. The boys worked with Meccano or other building kits, and the girls played with their dolls and dollhouses. There would be carols playing quietly on the radio. Adults would sit and talk while the men puffed on cigars. Ah, how cigar smoke brings back memories of Christmas. After lunch, we would play board games like Housey-Housey (bingo) and Monopoly. Later we would sing carols at the piano. We would go to bed, tired but happy.

Our Christmas memories go back more than 75 years then shift to when our children were young; to the years when the grandchildren were at the centre; to more recent times when, as an adult family, we danced and sang; to now, with a two-year-old great-grandson, we start the circle again. Happy times.



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## Schedules December 2021

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

### Wednesday, December 1

10:30 **Topic:** The 1<sup>st</sup> time I...  
\*\*\*\*\*

### Thursday, December 2

10:30 **Topic:** Bugs, bugs, and more bugs. Do they all hibernate?  
\*\*\*\*\*

### Wednesday, December 8

10:30 **Topic:** True or False – Truth is stranger than fiction.  
\*\*\*\*\*

### Thursday, December 9

10:30 **Topic:** Dreams and what they might mean or reveal.

### Wednesday, December 15

10:30 **Topic:** Special birthdays & meanings.  
\*\*\*\*\*

### Thursday, December 16

10:30 **Topic:** Unusual, unique, perfectly planned Christmas gifts  
\*\*\*\*\*

### Wednesday, December 22

10:30 **Topic:** Christmas Lyrics  
\*\*\*\*\*

### Thursday, December 23

10:30 **Topic:** Traditionally yours at Christmas  
\*\*\*\*\*



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.



### Thursday, December 2

2:00 **Topic:** Getting better: 200 years of medicine.  
\*\*\*\*\*

### Tuesday, December 7

10:30 **Guest:** Sophia Yue Li, Phd  
**Topic:** Sophia – Rate My Treads. What boots should I buy?  
\*\*\*\*\*

### Thursday, December 9

2:00 **Topic:** Ken Seiling Museum – A Merry Look at Yuletide Fare  
\*\*\*\*\*

### Tuesday, December 14

10:30 **Guest:** A Day in the Life of... Louise Stitt



### Thursday, December 16

2:00 – Christmas Party at the SCE  
\*\*\*\*\*

### Tuesday, December 21

10:30 **Topic:** Cooking with Alyson  
\*\*\*\*\*

### Thursday, December 23

2:00 **Guest:** Laurie Sipes  
**Topic:** Intergenerational Christmas Cupcake Decorating

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) You can unsubscribe at any time.

