



Seniors' Centre for Excellence ✓

Heart & Soul of Wellington

11 Andrews Drive West, Drayton ON N0G 1P0

519-638-1000

EDITION #43

December 2023

A Word from Helen



Helen Edwards

SCE Seniors' Health Services Coordinator

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It seems that we are full on into the holiday season already! As I write this in November, Christmas carols accompany me as I pick out my groceries and whenever I enter any retail establishment. When I walk my dog in the evening, I notice the number of Christmas trees in front windows and beautiful bright lights decorating homes. Could it be that we all just need something to bring light to us during what are most certainly challenging times?

It is hard not to notice all the negative things happening in the world, but I tell you one thing that I know for sure—basic human kindness is still with us. In fact, it might be stronger than ever. For instance, this year when we reached out to ask people to sponsor a stocking for a senior who might need a lift after a challenging year, my inbox was flooded. People connected quickly, eager to sponsor a stocking or to donate cash. Businesses were more generous than ever. So much generosity shining through even during a very challenging economic time for our country.

The kindness and caring that we all crave it still present in our communities. We may need to sift through the negative stories and the too often depressing world news. But they are still there; so many good and kind hearts in our area. Let's all work together and continue to share the positivity.

Wishing you all a wonderful holiday season full of whatever brings you joy and peace.

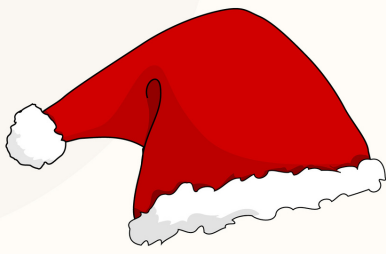
Helen

Thank you!

We are so thankful to so many this holiday season. Just to reiterate what Helen just said about community kindness—when we mix that with gladness and gratitude it creates a little taste of “what a wonderful world it could be!”

Thank you for being so selfless, supportive, and for making a tangible difference in the lives of so many in our communities. We appreciate your words of encouragement and then we are impressed by how your actions prove that you walk the talk, our dear SCE friends. ❤️ Have a wonderful holiday.





5 Tips for Managing THE HOLIDAYS

01

ACKNOWLEDGE FEELINGS

Take time reflect on what feelings
are coming up for you without
judgment.

02

IDENTIFY WHAT YOU NEED

Everyone's needs look differently.
Take time to connect with
yourself and your unique needs.

03

PAY ATTENTION TO YOUR BODY

Sleep
Exercise
Breathing

04

PLAN THINGS YOU REALLY ENJOY

Prioritize these activities as a gift
to yourself. This is self-
compassion!

05

BE GENTLE WITH YOURSELF

Talk to yourself and care for
yourself like someone you love.



One of the shortest wills ever read:
“Being of sound mind, I spent all my money.”



Tech Tips

by Michael Meunier

Data Privacy: How to Protect your Identity Online



What is Data Privacy?

Data privacy refers to your “ability to interact with the internet, and other technologies while maintaining the security and privacy of your personal information.” This means understanding what personal information you give companies permission to collect, save, and even share with other companies.

This includes collection, saving and sharing of personal information, such as:

- identity information – name, address, phone #
- financial information – credit card numbers
- biological information – sending samples of your DNA to [Ancestry.com](https://www.ancestry.com) or [23andMe.com](https://www.23andme.com)
- health care records – having blood test results published online
- location-based information – using GPS and other location services on your phone
- internet surfing preferences – search engine preferences and cookies

Here’s how to restrict In-app purchases on your tablet or phone:

To learn more about this in detail, check out this free course on Internet Privacy at <https://techboomers.com/p/internet-privacy>. It reveals how company privacy policies work, how your Internet data is tracked and sold, and how to better manage your web-browser’s history and cookies.



"December: A month of lights, snow, coziness, and feasts; time to make amends and tie up loose ends; finish what you started, and make your wishes come true."
—Unknown





"Best of all are the decorations the grandchildren have made — fat little stars and rather crooked Santas, shaped out of dough and baked in the oven."

Pet Corner



Bruce

Submitted by Kathy Rye



This little bundle of cuteness is our cat, Bruce. As a kitten, for some reason, he used to love plopping his behind in my jar of Christmas Decorations. He actually would fall asleep in this position.

Bruce is now 8 years old, he is still a handsome guy however, he does have a little mean streak in him. He seems to find joy in terrorizing his older sister, Snickers, and sometimes will catch you off guard with a "whack" of his claw as you walk by.

Bruce does have his people though, and can sing the loudest songs of happiness as you scratch and pet around his head.

Just like most people we know, Bruce does have his faults but, this is our Bruce and we love him! ❤️❤️



Alzheimer Society
WATERLOO WELLINGTON

SENIORS' CENTRE for EXCELLENCE



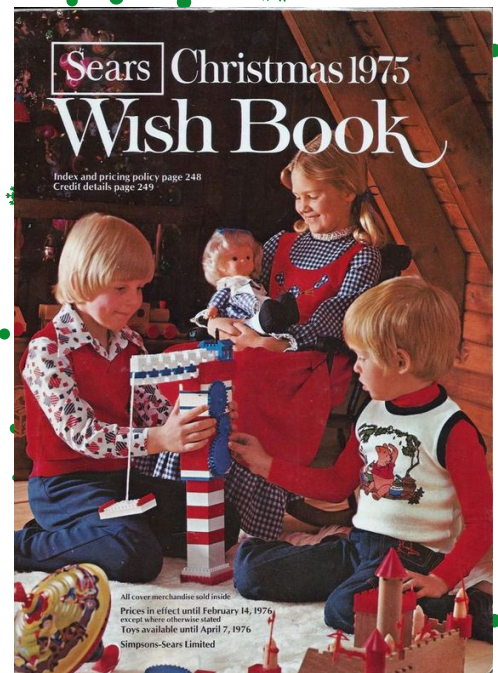
Red Flags of Alzheimer's disease

Thursday, December 7, 2023
1:00 pm to 2:15 pm

Royal Canadian Legion Branch 134
140 King St W, Mount Forest

No Registration Required

Who Remembers?





What did the stamp say to the Christmas card?
“Stick with me and we’ll go places!”

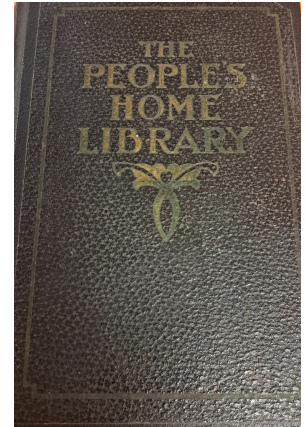


The People's Home Library

When Bobbi Denny told me about the People's Home Library at the SCE Clifford dining program, I knew there was a story there for our newsletter. I love looking through old books and this tome is a real beauty.

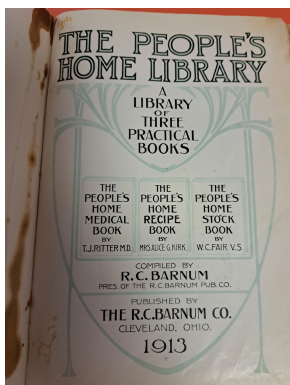
Bobbi received the book from her grandmother, Blanche Federspiel. Bobbi has always had a keen interest in homeopathic medicine and this impressive book has a whole section on the topic.

When speaking with Bobby and her husband, Jack, they told of the story of Blanche and Clarence who came from Michigan to Saskatchewan in 1905. The Saskatchewan government was offering free land to those who were willing to work the land and build a structure. Blanche & Clarence received 160 acres of land for the cost of \$10. They had three years to get the work done.



Bobbi remembers her grandmother sharing with her that when Clarence worked the virgin land with two white oak oxen there were so many cluster flies, that the white oxen from a distance looked black. It was very hard work but in the three years they were able to work the land and built a soddy (a house built of sod or adobe laid in horizontal courses.) The Saskatchewan government refunded them the \$10 and they received the deed to the land.

They eventually sold the homestead and moved to Brock, Saskatchewan for better land. This is when Blanche became a mid-wife and came into the possession of the People's Home Library tome, which conservatively has 2000 pages. Published in 1913 by R.C Barnum, it contains three different sections including medical/homeopathic, a home recipe book, and a veterinary section. This book contained all the information required to survive in the early 1900's.



Bobbi lent the book to her friend who is a naturopath. After keeping the book for a year, they admittedly, were unable to get through all the information.

Personally, I was very interested in some of the home cures. For instance, the book recommends stuffing your nose with salted beef to halt a nosebleed. For a bad sprain take the white of an egg, a large spoonful or salt and the same amount of honey beat them together continually for TWO hours and then let sit for an hour. Put the oil which comes from the mixture onto the badly sprained joint.

To open this book is like taking a trip back in time. Bobbi will be passing the book on to her daughter, Cherie. It is easy to see the pride on Bobbi's face when she speaks about her grandparents and this wonderful book.



Do you have family heirlooms that you would like to share with our readers? We would love to hear from you.



"When we recall Christmas past, we usually find that the simplest things—not the great occasions—give off the greatest glow of happiness."

—Bob Hope



Recipe of the Month

Simply Fantastic Dessert

Submitted by Sharon Prieb

This scrumptious dessert was enjoyed by all at a recent Clifford Dining program. Thanks to the Clifford Church ladies Sharon, Marg, and Diane for always providing such a delicious feast.

Base

- 4 egg whites
- ¾ cup of white sugar
- 4 oz cream cheese
- ½ cup white sugar
- ½ tsp vanilla
- 1 small carton 35% cream
- 2 cups mini marshmallows
- Fruit of your choice



Beat egg whites until fluffy and add ¾ cup of sugar a little at a time until really thick. Spoon meringue in circle on parchment paper on a cookie sheet. Bake at 275° for 1.5 hours. Turn oven off and leave meringue in oven for an additional hour with door closed.

Blend cream cheese with ½ cup sugar and vanilla. Whip whipping cream to stiff peaks then fold into cheese mixture with marshmallow. Place this mixture in the centre of the meringue. Chill for 12 hours.

Add thickened raspberries or other fruit on top before serving. Delicious!



Behind the SCEnes

Juggling our Mailing Costs

Our newsletter is getting more popular by the month, and we are thrilled.

The only challenge is, though, that means our mailing costs increase. To help offset these mailing costs, we are asking people to consider picking up their newsletter at our dining or coffee programs, rather than having them sent in the mail. Call the office (519-638-1000) or email hedwards@mapleton.ca to make the switch!

Even better, we are encouraging everyone to sign up for our electronic copy. It is jammed packed with additional information that we can't fit into our print version, too, so there are some great extra incentives to sign up for the emailed version.

We were also thinking that if you are lucky enough to have a few extra dollars in your pocket, which we realize is getting harder all the time, perhaps you could consider donating a book of stamps to the SCE every so often, to assist with mailing costs?



**The SCE office will be closed from
December 22, 2023 until January 2, 2024.**



In case of inclement weather, please note that all our Seniors' Centre for Excellence Programs will not run if the school buses are cancelled. You can check here for updates: <https://stwdsts.ca>



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

DINING PROGRAMS	DATE	TIME /COST	LOCATION	GUEST SPEAKER OR EVENT
Clifford				
Harriston	See you in the New Year!		HAPPY HOLIDAYS	
Palmerston				
Palmerston	Wednesday Dec. 20	12 pm \$20	James St. United, Palmerston	Musical entertainment The Haywards

Join us for Coffee!



COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. Dec. 14 (only)	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month Dec. 13	10 am	Maryborough Community Centre, 15 Ball Avenue
PALMERSTON COFFEE HOUR	See you in the New Year!		HAPPY HOLIDAYS



ZOOM with us!

TUESDAY 10:30 AM

THURSDAY 2 PM

December 5, 2023

Cathy McRae

On the Road to Nabibia,
South Africa

December 7, 2023

Doris Cassan

Clutter Free &
Frugal Gift Giving.

December 12, 2023

Dirk & Theresa Dekker

The Secret Life of
Worm Farmers

December 14, 2023

To Be Announced

December 19, 2023

Alyson Colton R.D.

(Christmas) Cooking with Alyson

December 21, 2023

SCE

Christmas "Party"

For the Love of Words

A note from Doris:



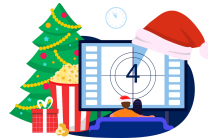
This month we are meeting on ZOOM on Wednesday December 13th, a week earlier than usual, because of Christmas. Normally we would get together on the third Wednesday of the month at 7 pm via Zoom.



If you would like to join us, drop me a line at 4luvwrds@gmail.com and I will send you the link.

Decluttering with Doris

Doris Cassan



It's Christmas!

As you pull out your favourite Christmas movies, it is a good time to purge. Look through your collection and ask yourself if you have watched certain ones this year? Are you likely to watch them in the coming year? Would someone else enjoy them? Do you still have VHS tapes? There are companies that transfer them to digital but there is a cost.



**From your Seniors' Centre
for Excellence**



Christmas Jokes & Riddles Your Grandchildren will Love!

1. What did the Christmas tree wear to keep it warm? A: A fir coat!
2. How do you scare a snowman? A: You get a hairdryer!
3. What do Christmas and crabs have in common? A: Sandy claws.
4. My body is round, with a carrot for a nose. I love to be cold, from my head to my toes. What am I? A: A snowman
5. What's red, white, and blue at Christmas time? A: A sad candy cane!



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

Word Search

WHITE CHRISTMAS



C	I	P	S	K	A	T	I	N	G	B	C	I	H
Z	B	U	E	P	V	B	S	N	O	W	M	A	N
O	X	R	M	R	P	N	M	I	T	T	E	N	S
S	S	S	J	E	F	R	A	C	Y	B	S	C	S
T	H	L	A	I	I	W	S	H	O	L	L	Y	W
O	O	E	C	N	R	O	N	H	Z	B	E	F	G
C	V	D	K	D	E	N	O	O	J	E	D	R	W
K	E	R	E	E	P	D	W	L	F	F	D	O	I
I	L	Q	T	E	L	E	F	I	R	H	I	Z	N
N	C	L	O	R	A	R	L	D	O	O	N	E	D
G	A	I	O	F	C	L	A	A	S	C	G	N	G
U	M	Y	C	Z	E	A	K	Y	T	K	Z	B	P
M	N	R	K	L	E	N	E	Q	Y	E	X	Y	P
T	W	H	I	T	E	D	Q	Y	Z	Y	S	X	Z

Mittens

Wind

Jacket

Holiday

Frosty

Snowflake

Icicle

Sled

Sledding

Skating

Fireplace

Reindeer

Snowman

Hockey

Wonderland

Frozen

Holly

Stocking

Shovel

White



**MINTO-MAPLETON
FAMILY HEALTH TEAM**



JOIN OUR FRIENDLY TEAM

**We are looking for volunteers to
help direct patients and visitors
during peak clinic times.**



VOLUNTEERS WILL:

- ✓ greet MMFHT patients and take them into the MMFHT office at their appointment time
- ✓ direct traffic for "lost" visitors
- ✓ give the location of other tenants in the building
- ✓ be a friendly face

WE WOULD LOVE TO HEAR FROM YOU!

Contact Sandy:

519-638-2110



Email:

sturner@mmfht.ca



- Volunteers would need to provide their own transportation to the Centre
- Training will be provided



For those who fear...

Writing Your Memoir - -

Doris Cassan

The advantage of writing a memoir rather than an autobiography, is that there is no need to progress through your life in chronological order. Each chapter is written around a theme, usually a specific memory from any time in your life. You may want to write a chapter about your parents, or one about your experiences in high school, or anything you choose. You don't have to have dates and times nailed down; you are focusing on the memory and the feelings surrounding it.

There are many guides to writing memoir available for purchase. But you can do it on your own by choosing the topics you want to write about.

As a challenge to you, this month, try to write about a happy memory. Describe what you can remember about the setting. Was it sunny? Rainy? Snowing? Was it at a special holiday time like Christmas? Summer vacation? Who else was there? Can you remember sounds and smells from the time? How did you feel before, during and after the event? Do you remember what you or others said?

I'll give you a new writing cue each month and as we work our way along, you can amass these chapters in a file. After a while, you will have a nice little memoir that you may want to share with your family.

As always, you are welcome to join us in the **For Love of Words** online writing group. This might be a forum for you to share your memoir with an audience. We are non critiquing, but we can ask questions to clarify so that you can be sure your story is comprehensive.

In December, we are meeting on Wednesday December 13th, a week earlier than usual, because of Christmas. Normally it would be the third Wednesday of the month at 7 pm via Zoom.

If you would like to join us, drop me a line at 4luvwrds@gmail.com and I will send you the link.

Happy Writing!



The Anderson's 8th Annual Community Christmas Dinner



Christmas Day at 1-3pm

Harriston Community Center, 111 George St. S

A Traditional Turkey dinner will be served in the hall

Contact Jean Anderson at jeanurse1@gmail.com

Call or text 519-505-5914

To request a meal to be delivered,
to order meals for pick up between 12-12:30
To volunteer to help with food prep, on the 24th,
or serving dinner or clean up on the 25th,
or to deliver meals.

Or to donate food items or pies.



**There is no need to call ahead to reserve a spot for the sit
down dinner, just come on out and join us. All are
Welcome, we will have lots of food!**