



Seniors' Centre for Excellence



11 Andrew's Drive, West, Drayton, Ont. N0G 1P0

February 2021

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Health News

Robin Smart

Alzheimer Society Waterloo, Wellington

The Difference Between Normal and Abnormal Memory Loss

Although almost 40 per cent of people over the age of 65 experience some form of memory loss, Alzheimer's disease and other dementias are not a part of normal aging. When there is no underlying medical condition causing memory loss, it is known as "age-associated memory impairment," which

is considered a part of the normal aging process.

Examples of age-related forgetfulness might be forgetting an appointment, but remembering the appointment later, either on one's own or with a cue (calendar, question of family member), or forgetting where the car keys were left, but not forgetting what they are for or how to use them.

With normal forgetfulness it is common to recognize people, even if you cannot recall their names. Also common is forgetting details of a recent experience, but it is not normal to forget the experience itself.



Sometimes you might forget what you went into a room to get, but if you wait a minute it will come back to you, or you can retrace your steps and remember. That may be annoying, but it's considered normal.

Tips for coping with normal age-related memory difficulties:

- Keep a routine
- Organize information (keep details in a calendar or day planner)
- Put items in the same spot (always put your keys in the same place by the door)
- Repeat information (repeat names when you meet people)
- Run through the alphabet in your head to help you remember a word



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- Make associations (relate new information to things you already know)
- Involve your senses (write, say aloud and picture what you want to remember)
- Teach others, as repetition and clarification can help solidify memory
- Get a full night's sleep

If you would like more information, please contact the Alzheimer Society Waterloo Wellington: 519-836-7672
asww@alzheimerww.ca
www.alzheimerww.ca

Social Media Links



Look us up on Facebook, Twitter, and/or Instagram under Seniors' Centre for Excellence.

Shoe Box Valentines



Story by **Caroline Sealy**
 Local "Overalled" Storyteller

With the closure of one room schools, pupils in Pilkington Township were bused to Salem Public School in the mid 1960s. With the increase in enrollment, an addition was built on the school and classes were rearranged in preparation for the new school year to begin.

By the end of January, I was ready to do something other than phonics, reading, arithmetic, and spelling at school. Much to my delight, Valentine's

Day preparations began at the beginning of February.

Miss Caudle's lesson on Valentine's Day centred around Cupid—the baby with wings who flew around with a bow and arrow shooting hearts at people. Hearts that caused people to fall in love. *Ewww*, was my reaction.

After the lesson, stacks of red crepe paper, Bristol board and construction paper were brought from the storage closet to the classroom. With scissors, Elmer's glue and a good sharp HB pencil, Valentine decorations were created for the classroom walls and windows. Shoe boxes that were to hold valentine's cards were decorated by each pupil. A slot for cards was carefully cut out of the lid. Everyone hoped that their box would be filled with valentines.

A large book filled with pages of valentines and matching envelopes awaited me at home. Each valentine and envelope had to be cut out with scissors. Envelopes were folded along



the solid red lines and glued together with a paste made of flour and water. Choosing the right card for that special

classmate from the collection of farmyard animals, birds, cowboys, cowgirls and teddy bears wasn't easy. The verse on the card had to suit also. Choices ranged from, "Please be mine" and, "Be my valentine," to "Just for you" and "My heart is yours".

Special cards for teachers said, "To a really nice teacher, For you teacher at



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Valentines," and "Teacher, you're tops with me." Printing neatly on the cards and envelopes was a must.

On February 14, pupils excitedly walked up and down the rows of desks in the classroom delivering valentines to the boxes of classmates. Sometimes a card read, "From Your Secret Admirer". Then the teasing began as everyone tried to figure out who that person could be.

Miss Caudle shared a few heart shaped candies with the class. Then it was back to the three Rs for the remainder of the day!



Something to Think About

"The things we love,
tell us what we are."

St Thomas Aquinas



Fraud Alert!

Cathy Burton

Licensed Assistant Office Manager
Jack Financial

Phishing emails purporting to be a known company wanting to verify personal information and credit card

details are becoming more prevalent. I've seen recent ones from Shoppers Drug Mart, Walmart, Amazon, Hotmail and Netflix. Be aware.

I recommend that you always look at the 'envelope' section of the email.

Legitimate emails would not have:

- more than one recipient (often with similar email address)
- a sender email address that doesn't belong to the organization
- Multiple spelling errors in the document
- Grammar errors in the document (Read it aloud. Does it make sense?)
- A sense of emergency (Legitimate emails give you time to respond)

For example, if it looks like the email came from Walmart, but if you click on (or hover over) the word *Walmart* in the email address, it shows another address that is not associated with Walmart.

Never be embarrassed to admit you've been tricked. These criminals are extremely convincing, and don't discriminate on who or how they target their victims.

If you *are* tricked into giving out your personal information, please call the police at **1-888-310-1122** to report it.



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Party Line Highlights

The excellent feedback from *Trivia on Party Line with Carm* has made us think we should do this again. Participants can look forward to *Small Town Trivia with Carm*—questions and history of our small towns—on Wednesday Feb 24 @10:30 am.

If you have ideas about different programs we could offer, please let us know.

Remember to check the schedule for more great Party Line topics. All you need is a telephone. Call the office to register 48 hours beforehand at 519-638-1000 or call yourself into the session a few minutes before it begins. 1-866-279-1594 and then enter the Guest Code 217234#.

ZOOM Highlights

Kay Ayres transported us to Churchill, Manitoba with laughter, fun-facts and beautiful photos. Did you know that in Churchill no one locks their cars? That way if people are out walking and are approached by a polar bear they can jump inside a car for protection. Many laughs were shared. Thank you, Kay.

This month we are heading to China just in time for Chinese New Year.

Check the schedule for the February ZOOM sessions. You won't be disappointed!

Mobility for Good®



Mobility for Good, for low-income seniors provides Canadian seniors receiving the

Guaranteed Income Supplement (GIS) benefit with low-cost wireless service and a free refurbished device. You can find application details:

<https://www.telus.com/en/about/seniors/application>

Program details – ensure you read all the legal footnotes.

- Bring your own device or apply for a free refurbished device while supplies last
- 3GB of high-speed wireless data per month with Peace of Mind
- Unlimited Canada wide talk & text
- \$25 per month (plus applicable taxes)
- No long-term contract or cancellation fees

Easy Recipes. Delicious Results

Alyson Colton

Registered Dietitian

Mount Forest Family Health Team

Join us on Zoom on the last Thursday of each month (first session - February 25, 2021 @ 2 pm) and let's have some fun cooking a few new recipes and learning



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some nutrition tips each month; tips such as cooking for one or two people, heart healthy fats, ways to cook seasonal produce, and more.

Recipes will be sent out ahead of time, so if you have the ingredients and would like to cook the recipes alongside the class you can. If not, feel free to sit back, watch and ask any questions you may have.

Chef Rick

In December Chef Rick shared thoughts on how to add a little flair to dishes with the use of aioli (basically flavoured



mayonnaise.) It brought about a lot of questions. Try this simple recipe on a chicken sandwich, a dip for fries, or alongside your favourite fish. Turn your dish from drab to fab!

Easy Aioli Recipe

1. 1 small clove of garlic (or 1 large for garlic lovers) finely chopped or put through a garlic press
2. Juice of 1/8 of a lemon
3. Sprinkle of salt
4. 1/4 cup good quality mayonnaise
5. Optional 1/8 teaspoon Dijon mustard

INSTRUCTIONS

In a small bowl, combine the pressed garlic and lemon juice. Stir to combine

and sprinkle lightly with salt. Let it sit for a minimum of 10 minutes.

Drain the juice from the bowl and throw out the garlic.

Stir the mayo into the garlicky lemon juice until combined. Taste, and adjust only if necessary—if the garlic flavor is overwhelming, stir in more mayonnaise a tablespoon at a time. If you want it to taste a little more interesting, add the Dijon mustard. For more tang, add another little squeeze of lemon juice.

For the Love of Words ♥

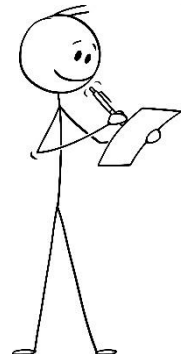
Doris Cassan

Writing Group Facilitator

Announcing a new online [ZOOM] writing group for older adults.

Join us online to re-spark your writing flame. Do you like to write poems, short stories, novels, songs, memoirs? *For the Love of Words* is a safe space to share your writing. Our goal is to appreciate what you have written. and help clarify with respectful questions.

For the first meeting, we'll get to know each other and do a short writing exercise. If you have some writing that



you'd like to share, bring it along. We will only have an hour for this first meeting, so please make it short. We will also decide what we want to do during our online sessions.

I have been a member of writing groups for over



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fifteen years and facilitator of the Arthur Writers for the past three years. I make no claim to be an expert, but I believe that we all have a story inside us, waiting to be told.

Sessions will be held on the third Wednesday of the month at 7pm except in July and August. To register for the February 17th session scheduled via Zoom for 7 pm, please email me at 4LuvWrds@gmail.com .

Telling Our Stories



by Irene Buckingham

If we could only realize
The value of a touch,
We'd be more giving of ourselves,
For that can mean so much.

It doesn't cost us wages earned,
Or even any trouble;
Yet we are richer just to know
We've helped along some other.

The soothing hand that wipes a tear,
Or smooths a wrinkled brow,
Can say to someone in despair,
"Have hope, for someone cares".

The warmth a loving hand can bring
To one in darkest night
From death's sharp sting, or
loneliness,
Can mean the world to them.

A gentle hand reached out in love,
To one on brink of death,
Who, filled with fear and terror,
Finds comfort in that touch.

A soft touch on the shoulder
Of a widow worried sick,
'Bout life with shattered hopes and
dreams,
Somehow will give a lift.

A little kindness never hurt
The one who gives a touch;
But blessed are those whose lives
they touch,
And blessed are those who touch.

Laugh Out Loud

Birthdays are good
for you. Statistics
show that the
people who have
the most, live the
longest!



All you need is
love. But a little
chocolate now and
then doesn't hurt!

Charles M Schulz

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Party Line Schedule

February 2021

Come join the fun every Wednesday and Thursday at 10:30 am. Great Topics. Special guests.

Wednesday, February 3rd

10:30 am

Topic: Retirement – What’s it been like?

Thursday, February 4th

10:30 am

Topic: Soup’s Up – Let’s warm up and talk about some of your favourite soups.

Wednesday, February 10th

10:30 am

Topic: Jack’s Financial – Tax Tips and beware of Fraudsters with Cathy Burton

Thursday, February 11th

10:30am

Topic: For the Sake of Chocolate. Not just for Valentine’s Day!

Wednesday, February 17th

10:30 am

Topic: Favourite Season – Has it changed from your younger days?

Thursday, February 18th

10:30 am

Topic: Celebrating Black History Month. A Chat with Children’s Author of colour, Joanne Belgrave.

Wednesday, February 24th

10:30 am

Topic: Trivia – Small Town Trivia

Thursday, February 25th

10:30 am

Topic: Stuart Mclean Story – *Dave Makes Snow*

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.





ZOOM Schedule

February 2021

To join a ZOOM session, you do need to have access to a computer, and have an internet connection.

Monday, February 1st.

9:30 am (email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, February 2nd

10:30 am

Guest: Joanne and Doug

Topic: Travel to China and learn about the customs related to Chinese New Year

Thursday, February 4th

2 pm

Guest: Lorilee Guenter

Topic: The Teabag Artist – learn a new and fascinating craft

Monday, February 8th

9:30 am (email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, February 9th

10:30 am

Guest: Cathy Burton, Licensed Assistant Office Manager, Jack's Financial

Topic: Tax Tips and Fraud Alerts

Thursday, February 11th

2 pm

Guest: Olivia O'Hagan, Occupational Therapist, MFFHT

Topic: Love Can Steal Your Heart, But a Fall Can Steal Your Independence!

Monday, February 15th

No Yoga – Family Day

Tuesday, February 16th

10:30 am

Guest: Mike Harloff – Mental Health Specialist, MFFHT

Topic: Love can be Complicated; Maintaining Healthy Relationships

Wednesday, February 17th

7pm-8:30pm

***New Online Writer's Group**

Facilitator: Doris Cassan

For the Love of Words. **Contact Doris to request an invitation 4LuvWrds@gmail.com*

Thursday, February 18th

2 pm

Guest: Grace Ibrahima

Topic: Black History Month; One Life. Many Stories

Monday, February 22nd

9:30 am (email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, February 23rd

10:30 am

Guest: Retired Teachers

Topic: Remarkable Memories

Thursday, February 25th

2 pm

Guest: Alyson Colton, Dietitian Mount Forest FHT

Topic: Healthy & Tasty Cooking

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