



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

February 2022



Table of Contents

A Word From Helen	1
Health News.....	2
For the Love of Words.....	3
Telling Our Stories.....	3
Yoga on Zoom	4
Social Media Links.....	4
The Thank You Challenge.....	4
Word of the Month.....	4
Knowledge Exchange 2022	5
Recipe of the Month	5
Senior Pet Corner	6
Decluttering with Doris.....	6
SCE Zoom Book Club	6
Party Line Highlights	7
ZOOM Highlights.....	8

A Word From Helen



At the time of writing this little note, we are in the middle of another lockdown, and I am just getting over the worst cold of my entire life. I am sitting in my bed still typing away, after completing

another article titled, *Is Laughter the Best Medicine?* It gave me pause to think about how I need to make sure that I include more laughter in my day, and I hope you will too.

Often the stories that seemed incredibly embarrassing at the time become the funniest; the ones that acknowledge how imperfect we are as human beings.

Many years ago, my sister and I and our husbands went out to a fancy anniversary dinner together because the dates of our anniversaries were very close. I had made a real effort—a new outfit, a new hairdo, and I was feeling fantastic. We had a wonderful meal and I stopped in the ladies’ room before leaving. Walking back to the table I noticed some people looking at me and it reinforced that my outfit and hair looked nice.

When we got out of the restaurant my sister asked, “What is hanging under your coat?” She reached out and grabbed ... a stream of toilet paper. Yes, somehow, I had lodged a long piece of toilet paper into the back of my outfit and then paraded through the restaurant. Quite eye-catching, indeed. Whenever my sister and I talk about it we still howl.

Now it’s your turn! First, belly laugh, and now go and call someone and share something funny!



**All in-person events are on hold as this issue of Heart & Soul of Wellington goes to press.*



Health News

Is Laughter the Best Medicine?

Helen Edwards
Program Coordinator,
Seniors' Centre for Excellence

Each month we put an article in the newsletter on a health-related topic that pertains to seniors. Sometimes we ask an allied health professional to submit an article, or we go to *Active Aging Canada* who has generously allowed us to use their "blog" to keep you updated on the latest research.



This month I was looking up some information on weight training and was starting to compile a mind-boggling amount of facts to create the article when I told myself I would name the article "What are you Weighting For?" Of course, I thought myself quite witty and it brought a huge smile to my face. Even now as I am typing this sentence into the article it is still firmly planted.

This got me thinking about the saying *Laughter is the Best Medicine*. Lately, I have become more interested in the origin of sayings and found out some

interesting information from my good friend Dr. Google.

In the book of Proverbs, Chapter 17, verse 22 it reads, "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."¹ So, *Laughter is the Best Medicine* was coined from the first part of the verse as being merry is associated with being happy and lots of laughter.

I reflected on how much better I feel when I have been with family or friends and some good old-fashioned laughter is shared. I know mentally I feel so much better but what about physically? Well, it turns out it has some physical benefits too.



Laughter releases endorphins immediately reducing your stress level, it increases blood flow and laughter engages almost all of the body's systems, including all muscles and nerves. This engagement boosts energy and makes you want to move more—not to mention, it gives your abdominal muscles a workout!

So, *What are You Weighting For?* will have to wait for another time.

¹ <https://training.mmlearn.org/blog/a-merry-heart-does-good-like-a-medicine>



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Meanwhile, pick up the phone and call a friend or family member and share funny things that happened when you were together. Do this at least two times per week and of course, get on Party Line or Zoom too.

For the Love of Words ♥

Join Doris Cassan and her creative writing group on ZOOM. They have an ongoing story where everyone takes a turn writing a chapter, they have homework to take up, and they do a live 15-minute writing exercise. Most importantly, they connect and laugh together. The fun happens on the third Wednesday of each month at 7pm. Email Doris at 4luvwrds@gmail.com to get the link.

Telling Our Stories

Falling in Love (in Your Mid 60s & 70s) is So Much Fun

Kay Ayres

We were both widowed. We started walking at the walking track in 2011.



When I first started talking to Don, I realized I had met him once before, about 25 years ago. At the time, he was a manager of the Zehrs store in Listowel. I was shopping and needed to buy mint jelly to go with some lamb chops that my husband Bob wanted.

I couldn't find it so when I noticed a nice-looking man, wearing a white shirt I thought, "I bet he would know." And he did. We had such a lovely chat. I found myself being attracted to him, but I was married and too busy to think anything more about him.

Fast forward 25 years. There he was at the walking track where I happened to be. We got chatting and learned we were both now widowed.

"Do you remember a customer asking you for mint jelly when you worked at Zehrs?" I asked.

"Only one! In 50 years of working in the grocery business, only one person ever asked me for that."

"That was me," I quickly told Don. We laughed and before we knew it, we had started dating. It was so much fun. We both had the time, the energy, and a bit of money.

We had it made. He had his own car. He could still drive at night, and we both loved to walk. We walked around that track at the arena over the next while so many times together that after Don proposed, that is

where we got married. Right on the track. And we both did a lap together, right after the ceremony. The Canadian Living Magazine considered our story so unique they ended up publishing it in their December 2015 issue. What a thrill!






Don and I enjoyed our time together going on road trips, playing cards, participating in Euchre tournaments, cribbage tournaments. We joined the Mount Forest Seniors Group, went dancing, and had tons of friends and family.

Then, it all changed. Don changed. His health started to decline; he started to forget things. We were in trouble. Dementia had hit my life again—my first husband, my mother, and now Don.

Don passed away on July 20, 2020. I was alone again. Fortunately, I now have a little dog named Joey. He and I walk now. I still play cards and still have fun.

Life moves on. There are still places to go, people to see, and laughter to be shared. If there is one thing I have learned from this life, is to never miss an opportunity for happiness. 

Yoga on Zoom

New participants are always welcome
Mondays 9:30-10:30 am
Pre-registration is required.
Contact Kerry at kerry@studiokerry.ca

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.
<https://bit.ly/3qEhYvq>

The Thank You Challenge

During the month of February, we encourage all of our readers to reach out and say **“THANK YOU”** to someone. Whether it is in person, via email, or Canada Post, please thank someone who has recently been kind to you. It is such an easy thing to do and means more to people than you know.



Word of the Month

Ageism: refers to the stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) towards others or oneself based on age².



² <https://bit.ly/3GNnHos>



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Knowledge Exchange 2022

The Knowledge Exchange...because a lifetime of experience is too precious to waste.



A little while ago the SCE received a grant from the government that allows us to open up the conversation in our communities about ageism. The goal of the **Knowledge Exchange** is to share the wisdom of seniors with youth and reduce the prevalence of ageism in our communities.

Working with local schools and community groups, seniors will share their knowledge and wisdom. We aim to dispel the myths that youth have about seniors and believe that we may change some older minds about the next generation, too. If you would like to be involved in this exciting program, please get in touch. We are brimming with ideas! gbelec@mapleton.ca

Did you know? The first heart-shaped box of chocolates was introduced in 1861 by Richard Cadbury, son of Cadbury founder, John Cadbury. The fancy box was created to help increase sales. It worked!



Recipe of the Month

Submitted by Ruth Wilson

DUMP CAKE



- 1 can cherry pie filling
- 1 - 19 oz can crushed pineapple - drained
- 1/2 c melted butter
- 1 - 570g white cake mix (or yellow)
- 1/2 c chopped nuts and/or 1/2 c coconut (both optional)

Spread pie filling over bottom of 9" x 13" greased cake pan. Pour crushed pineapple evenly over the cherries.

Spread DRY cake mix evenly over the fruit. Drizzle melted butter over the cake (this makes the cake-mix form a crust so try to cover all areas.)

Add nuts and/or coconut - if desired. Bake about 35-40 min. in a 350° oven. Serve with Cool Whip and red Valentine candy hearts if making it for Valentine's Day.

This is one of my favorite dessert recipes as it is quick to prepare and uses staples I always have in my pantry. Plus it only needs a can opener, spatula, cup to melt butter, and a dish to bake it in. It is very



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easy on the cleanup, too.

Also, it is versatile. You can substitute one 540 ml can of pumpkin pie mix (mixed together with 2 beaten eggs and 1 small can of evaporated milk) and 1 box of Spice cake mix for Thanksgiving dessert. Want a black forest cake? Substitute chocolate cake mix for the white mix. It's a good dessert to make and take to pot lucks (when they resume.) Tasty and makes many servings. Enjoy. **RUTH** ❤️

Senior Pet Corner



Best friends!

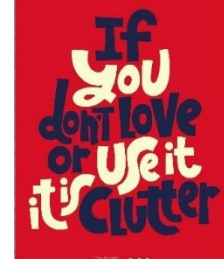
Annie -14 ½ yrs (L) & Max- 14 yrs approx (R)

You don't love someone for their looks or their clothes, or for their fancy car, but because they sing a song only you can hear." – **Oscar Wilde**



Decluttering with Doris

Declutter in place... as you find things to donate, put them straight into a donatable box. Garbage goes straight into a dark garbage bag. As you find things that don't belong, take them to their true home right now! That way, if you are interrupted, there is no mess left.



SCE Zoom Book Club

Hosted by Helen Edwards

January saw the first meeting of the SCE Book Club. We reviewed *The Curious Charms of Arthur Pepper* which led to some interesting discussion and laughter.

One member even brought her charm bracelet to show the group. We are now onto our next book, with a less light-hearted content *The Home for Unwanted Girls* by Joanna Goodman. We will be meeting on the 3rd Tuesday of each month. Hope to see you there.



Laughter is the Best Medicine!



Do you have a date for Valentine's Day? Yes, it is February 14th.

Husbands, never laugh at your wife's choices. *You're one of them!*



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Party Line Highlights

In one of our discussions this month, the topic of Heroes and Villains came up. It was a great, frank discussion and by the end of our session, it was obvious that we were all on the same page. Real heroes, we decided, are not the fleeting TV stars, Hollywood greats, or 'successful' Sports figures. Instead real heroes are ordinary people who share, care, and step out of their comfort zone without expectation; those who show empathy, courage, compassion, and don't do it for recognition. Who is YOUR hero?



Party Line

Schedule



Wednesday, February 2

10:30 am This week in history

Thursday, February 3

10:30 am The Toy Room - Slinky or Easy-Bake Oven?

Wednesday, February 9

10:30 am Remembering Betty White

Thursday, February 10

10:30 am Let Me Call You Sweetheart - A Valentine Chat

FEBRUARY 2022

Wednesday, February 16

10:30 am The History of the Valentine's Card

Thursday, February 17

10:30 am Dream Homes

Wednesday, February 23

10:30 am The Boxed Social

Thursday, February 24th

10:30 am Laughter is the Best Medicine

Join the fun every Wednesday and Thursday at 10:30 am. **Great Topics.** To sign up for 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.





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ZOOM Highlights

We had some great sessions last month, many that have motivated and got us up moving, thinking, and wondering. But I think one of the biggest motivators was our first ZOOM session of 2022—Decluttering with Doris. Many of us have been sorting, rearranging, picking up, tossing out and doing our best to get organized. The presentation was such a success that we are having Doris back in March for Decluttering with Doris, Part 2. And we also now have a monthly column with tips and tricks straight from our resident expert. If you have been motivated to get organized, keep track (take photos if you like) and get ready to show and tell next month. Don't we have great fun on ZOOM? (And we learn stuff, too!)



Tuesday, February 1
10:30 am
Guest: Willa Wick
Topic: A Day in the Life of Willa Wick

Thursday, February 3
2:00 pm
Guest: Valerie Hill
Topic: Dream Share, Uganda

Tuesday, February 8
10:30 am
Guest: Bep Vandenberg
Topic: North to Alaska, Armchair Travel

Thursday, February 10
2:00 pm
Guest: Kevin Thomas from Ken Seiling Museum.
Topic: Learning about Berlin/Kitchener

February 2022



Tuesday, February 15
10:30 am
Guest: Alyson Colton, Reg. Dietitian
Topic: Cooking with Alyson

Tuesday, February 15
7 pm
Book Club with Helen

Wednesday, February 16
For the Love of Words with Doris

Thursday, February 17
2 pm
Guest: John Walsh, Pharmacist
Topic: Assessing Our Medications and More

Tuesday, February 22
10:30 am
Guest: Dionne Quints Museum Curator
Topic: A Miracle and a Tragedy

Thursday, February 24th
2 pm
Guest: Surprise!
Topic: Laughter is the Best Medicine



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