



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

JANUARY 2022

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A Word From Helen

Welcome, 2022!

2021 has come and gone and while there have been many challenges, as the old saying goes, "Every cloud has a silver lining." For me one of those is the evolution of the Heart & Soul of Wellington newsletter. Another is the caring connection that I witness between guests on our ZOOM and Party Line sessions. (I could list more but my editor is brutal, saying I can only have 200 words!)

I know that we tend to think that kindness is diminishing in this world,

but I see it every single day in the faces of those I meet, whether it is via ZOOM or in person. The generosity of community members to support the Seniors Stocking Project was well beyond our expectations. To those who donated either financially or with your time, thank you so much.

I hope when *you* reflect on 2021 you can find a silver lining or two. In the past few years, we have been challenged by large, dark clouds making these silver linings harder to find. Luckily, I find a silver lining each time I am able to sign in to a "live" zoom session.

Happy New Year to each one of you.



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Health News

Helen Edwards

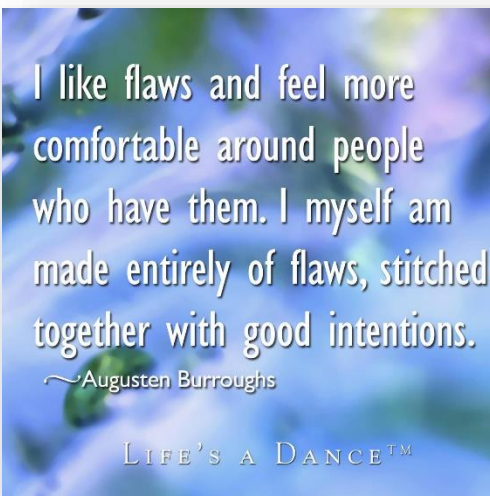
Program Coordinator SCE

New 24-hour Activity Guidelines Research Shows Even Your Tongue Benefits from Regular Activity!



We all know that exercise is good for us and a key factor for healthy aging. For those over 65 years of age who may have other health challenges, previous guidelines seemed unachievable. That is why it is reassuring that Canada's first-ever *24-Hour Movement Guidelines for Adults* offers clear direction on what a healthy 24 hours looks like for Canadian adults aged 65 years and older.

The Canadian Society of Exercise Physiology released these guidelines in partnership with the Public Health Agency of Canada, Queen's University, and ParticipACTION. During the development of the guidelines, research revealed that



even your tongue benefits from exercise that increases your heart rate. For those who find that swallowing is becoming difficult, this might inspire you to move!

The good news is that it is no longer only about the number of minutes you exercise. It is our movement across the whole day that makes the difference. Any small steps you take will help.

Keep these three key messages in mind:

1. **Move More** – including 150 minutes of moderate to vigorous physical activity each week.
2. **Reduce Sedentary Time.** Limit this to no longer than three hours a day.
3. **Sleep Well.** People over the age of 65 should aim for seven to eight hours of sleep per night.

Following these guidelines can help keep you active throughout the day and provide meaningful benefits to your physical and mental health.

The routine rituals of daily living such as casual neighbourhood walks, gardening, household chores, and taking the stairs instead of the elevator contribute to a healthy 24 hours.

On days when fitting in heart-pumping activity is difficult—and we all have those days regardless of our age—focusing on reducing sedentary time and getting a good night's rest will promote good health.

Adults following the guidelines can lower the risk of premature death and other chronic diseases. More movement is linked to good bone health, improved mood, and a better overall quality of life. Find something that you enjoy doing, as it is easier to build things you love into your already busy day. *Please consult your physician before starting any exercise program.*

Telling Our Stories

Outdoor Winter Fun in the 70s

by Jon Deer

It was a chilly Friday evening in January during the mid-70s. We were looking forward to our once-a-month tradition, Family Night on Skates, sponsored by the local church. The weather forecast warned of a potential heavy snowfall and strong winds. Away we went, though, with the youngest staying at home with Mom.

Dad drove a 1974 Ford Torino station wagon at the time. I remember the reverse seat at the very back where you could watch the world fly past. That night I sat in that seat, skates in hand, bundled up for the winter weather, and excited that we would be picking up my friend, Shane, on the way.



Shane's laneway in the wintertime back then was a force to be reckoned with. We knew we had to go in backward if it was drifted in. Long, slippery, narrow with steep ditches.

My dad kept livestock on Shane's farm, that needed feeding every day, so he knew the driveway well. We backed in halfway and saw Shane, seemingly warmly dressed but shivering with his skates slung over his shoulder. We navigated our way back down the driveway, preparing for the eight-mile trek to Drayton.

The skating, as always, was fun. Chain skaters, doing the whip. Pairs. Couples. Jocks playing tag, "Olympic" speed skaters. The corner with the usual hole in the ice surface.

I spent a lot of my time working up the nerve to ask a girl from class for a skate. I think it went well and I had a great time.



YOGA ON ZOOM

New participants are 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

WORD OF THE MONTH



SMARMY

adjective

Meaning:

Behaving in a way that seems polite, kind, or pleasing but is not genuine or believable.



On the way home though, as forecasted, the wind picked up and the snow came down heavy which meant a 10 miles per hour trip home.

The next day, like most Saturdays on the farm in winter, our chores consisted of blowing laneways then Dad, Shane, and I would feed and bed the livestock. Shane would provide a gallon of hot water from the house for the frozen water bowls. The last chore at Shane's farm was to load hay for the main farm. Shane and I would ride on top of the hay, doing our best to stay warm. I am getting a chill just thinking about it. A few more chores needed to be completed, then lunch, and finally Shane and I were free to play. There was a huge deep drift rift on the lawn by the drive shed.



Shane and I dug out a cavern built for two. Then I suggested to Shane to cave it in on me He did. Panic set in when I found I couldn't move. My screams made Shane dig fast. Seconds later I was out. That was a close call. We went inside after our fiasco, for hot chocolate and popcorn. Later we saw the fresh snow coming down and headed outside to do who knows what else boys do on a Saturday afternoon!

Party Line Highlights



If you are feeling a little lonely or if you just feel like chatting about different topics, consider joining us on Wednesday and/or Thursday at 10:30 am. 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

Last month we were privileged to have Dr. Sophia Li from the KITE Research Institute in Toronto speak on the topic, *Rate My Treads*, an interesting look at how to decide which boots to buy based

on meticulous research. Check out this excellent video on YouTube: <https://youtu.be/JhUk7qMtcjI>

Dr. Li was a wealth of information and she even shared with us the importance of wearing a hat when outside in the winter months.

Her research found that systolic and diastolic blood pressure increased in cold and increased more when a hat was not worn. Wearing a hat not only reduces the blood pressure response during cold exposure but also promotes faster recovery of forehead skin temperature and blood pressure. These findings demonstrate the benefits of wearing a hat in the winter, especially among older people and people with cardiovascular diseases.

Recipe of the Month

Submitted by Don Matthews



I usually think of shortbread cookies as Christmas cookies. I remember my Grandma made small, delicate, coloured shortbread cookies at Christmas, using a cookie press. They added nice colour to the goodie platter.

I don't remember my mother ever making them. Her specialty was a spritz cookie, which was also delicate decorated with a touch of icing and sprinkles. Our daughter makes a whipped shortbread.

I have used a few different shortbread recipes, but my favourite recipe is one I got from Don's aunt Mariette. Whenever we would visit, she seemed to have shortbread cookies on hand any time of the year. She used a recipe called "Scotch Shortbread" – melt in your mouth shortbread.

Although I think of shortbread cookies as a Christmas cookie, I think they are good any time of year!

Scottish Shortbread

1 cup butter
½ cup confectioner's sugar
2 cups sifted all-purpose flour



Cream the butter.

Beat in the sugar gradually.

Mix flour in well.

Turn dough out on a baking sheet. Pat in a circle ¾" thick and 7" diameter.

Pinch the edge and prick the dough with a fork.

Chill at least ½ hour.

Bake for 5 minutes @ 375 degrees, reduce to 300 degrees and bake 45 minutes longer until it looks a pale gold in colour.

While warm, cut in wedges.

SOCIAL MEDIA LINKS



Look us up on Facebook, Twitter, and Instagram. And don't forget to join in on the Fun Friday Facebook Challenge. Fabulous prizes. Lots of fun.

WRITERS' GROUP

Kickstart your writing muscles. Join our online ZOOM writing group—For Love of Words. Facilitator: Doris Cassan.

Wednesday, January 19th 7 pm.

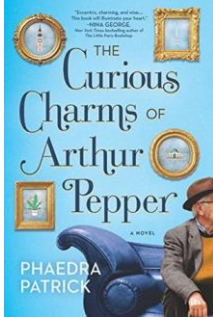
4luvwrds@gmail.com

SCE Zoom Book Club

NEW!

Hosted by Helen Edwards

So this is the month we get ready for a fabulous "bookish" discussion with Helen. We've got our book and it's a good one. If you are still



thinking about joining us, it's not too late. Copies of *The Curious Charms of Arthur Pepper* are still available. Pop a quick email to

Helen at Hedwards@mapleton.ca and she will tell you how to get your very own copy (you don't have to purchase a book to participate!)

Prepare for a lively discussion over ZOOM on Tuesday, January 11th at 7 p.m. It will be an informal and cozy group. Get ready to snuggle in and enjoy a cup of your favourite bevvie and good conversation!

Our Senior Pet Corner



Chleo just turned 12 and is loving life!

Thank You

Thank you to everyone who helped with the **Christmas Stocking Project**. "Many hands make light work." Some were able to sponsor a senior stocking; others shopped and wrapped. It was a community effort that brought smiles to many faces this year.



Coming Events

1. SHUFFLEBOARD – **Free!** At the PMD (Drayton) Arena. Begins Jan 13th @ 1 pm. Call Gord Oosterveld at (519)-638-2865.
2. Don't forget to buy your 2022 Barn Quilt Calendar from the Carry On Women's Institute in Palmerston. \$15 each. Contact Lynda at 519-343-2365.
3. FREE Euchre at the Drayton Reformed Church. Please enter via back entrance. Mondays from 9:30 am to noon. Contact Gord Oosterveld 519.638.2865 or Gerry Debeyer 519.638 2779

4. FREE Walking Programs:
- Palmerston Community Centre. Weekdays: 8:30-9:30am.
 - Harriston Community Centre Weekdays: 8:30-9:30 am
 - Clifford Arena Weekdays: 10-11 am & Mondays & Thursdays: 7-8 pm
 - Mount Forest Sports Complex Plume Room. 9:30 – 11 am.

**Proof of double COVID 19 vaccination and health screening required before entry to ALL these events.*



Myths About Exercise and Aging

Jan Cochrane, RN, BSN, CDE

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People often pass along myths or misconceptions from one generation to the next. For instance, your mother may have told you it's important to wear clean underwear in case of an accident, something she probably learned from her mother. But nurses will tell you that no one in acute care—or anywhere for that matter—even notices something so trivial during the time of an accident!

Here are some myths about exercise and aging that researchers have studied over the years and proven to be wrong:

Myth #1: *Older people shouldn't do demanding activities such as raking leaves or shovelling snow.* First of all, it is difficult to define "older". There are some 50-year-olds who cannot keep up with 70-year-olds who have an active lifestyle. If you are generally active, doing heavier tasks shouldn't be a problem. However, if you haven't been active, start slow. Walking is always a safe way to start.

Myth #2: *As you get older, you should avoid lifting heavier objects such as groceries.* Au contraire! This is the time to increase strength in the muscles by exercising at least twice a week. It can be as simple as carrying the laundry or climbing stairs. Remember: "Use it or lose it."

Myth #3: *Don't exercise if you have heart problems or high blood pressure.*

Don't forget that your heart is a muscle that needs exercise just like all others! If you have had a recent heart attack, check out programs that guide you to getting exercise back into your life. You could be doing more harm by not moving.

One last reminder:
"Running late" does
not count as exercise!





January 2022

Party Line & ZOOM

Seniors' Centre for Excellence



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Something to do



Something to hear



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | |
|--------|--------|---|-----------|---|--------|---|----|----|----|
| | | | | | | 1 | | | |
| 2 | 3 | ZOOM: 10:30 am Doris Cassan - Clutterbug - Strategies for getting organized. Take the test! | 4 | PARTY LINE: 10:30 am New Years Resolutions. Yes or No? | 5 | PARTY LINE: 10:30 am. Fad Diets and Unreal expectations! ZOOM: 2 pm Tai Chi for Seniors with Steve | 6 | 7 | 8 |
| 9 | 10 | ZOOM: 10:30 am Armchair Travel to Alaska with Bep. NEW! 7pm. BOOKCLUB with Helen | 11 | PARTY LINE: 10:30 am Good News Stories | 12 | PARTY LINE: 10:30 am Dementia. A personal perspective ZOOM: 2 pm Sandy Turner. 24 hour Movement Guidelines | 13 | 14 | 15 |
| 16 | 17 | ZOOM: 10:30 am Cooking with Alyson | 18 | PARTY LINE: 10:30 am - When the Winter Wind Howls 7pm. For the Love of Words with Doris (Writers' Group) | 19 | PARTY LINE: 10:30 am Heroes and Villains ZOOM: 2 pm Valerie Hill. Dream Share Uganda | 20 | 21 | 22 |
| 23 | 24 | ZOOM: 10:30 am Angela Heeley from Canadian Mental Health Association | 25 | PARTY LINE: 10:30 am Unbelievable Headlines | 26 | PARTY LINE: 10:30 am Family Literacy Day in Canada ZOOM: 2 pm Kyle-WCMA. History of the Telephone | 27 | 28 | 29 |
| 30 | 31 | Call the office to register, for any (or all) of the ZOOM sessions. (519-638-1000) or send an email to gbelec@mapleton.ca . You can unsubscribe at any time. To sign up for Party-Line Sessions, you can either call the office (519-638-1000) or you can call in yourself at 1-866-279-1594 with guest code 217234 a few minutes before the start time. <i>Deadlines for any submissions or Coming Events is the 12th of the month prior to publication.</i> | | | | | | | |



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