



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

519-638-1000

EDITION #32



## A Word from Helen

*Helen Edwards*  
SCE Seniors' Health  
Services Coordinator



I hope that everyone received at least one item of warm clothing in their stocking, because we all know that January in Ontario isn't for wimps.

I find that I really must challenge myself to stay social during the winter months, especially when it sometimes feels like the darkness of the evening comes shortly after lunch.

If you, like me, need a little incentive to stay social during the winter months, consider a study done that showed how older adults who are more connected to their community are more likely to report their health as good.

If that doesn't do it for you, how about this? Older adults who have higher levels of integration in their community, with family, and being a volunteer have been associated with delayed memory loss as they age.

Additionally, having you attending our virtual and in-person program keeps Glynis, Johanna, and me gainfully employed and off the streets. 😊 You know the odd chuckle isn't bad for your health either!

We here at the SCE are looking forward to spending quality time with you in 2023.

## Decluttering with Doris

Doris Cassan



### Purge in the New Year!

As you put holiday things away, you have a chance to evaluate them and whatever you are putting back in the usual place.

What do you really like wearing and what do you wear out of habit?

What party outfit worked and what did you hesitate to take out of the closet? How many do you need anyway?

Thank  
you!

Thank you to everyone who sponsored and donated to our 2022 Christmas Stocking Project—those who shopped for us, wrapped gifts; delivered stockings; those who allowed us to put our donation jars in their businesses or at their events, and those who always support us in so many ways at such a busy time of the year.

## For the Love of Words



For the Love of Words  
writers' group.

Wednesday, January 18  
Contact Doris Cassan for  
more information

[4luvwrds@gmail.com](mailto:4luvwrds@gmail.com)

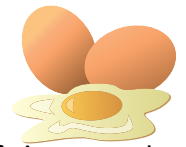


## The Power of Protein



Karen Burke, Registered Dietitian  
Mount Forest Family Health Team

January is often a time when we make a commitment to change our habits—  
and also a good time to make sure we are getting enough nutrients in our diet.  
Let's begin with Protein...



### Why Protein?

Protein is an essential macronutrient that plays a role in the growth and repair of tissues, the production of enzymes, and supports our immune health. The current recommendation for daily protein intake is 0.8 grams per kilogram of body weight for adults over 18.

Here are some simple ways to help you increase your protein intake with whole foods.

1. **Eat protein at each meal** – don't wait until dinner to start eating your protein. Neglecting to include it in your morning meal will leave you playing catch up during the day.
2. **Eat your protein first** – you don't need to eat it all first. You can enjoy bites of all foods along the way, but try to finish your protein before you get too full.
3. **Add Hummus to your sandwich** – no need to add fattening mayonnaise and cheese. You can satisfy your need for something creamy by spreading hummus on your sandwich instead. Chickpeas are packed full of protein.
4. **Snack on protein** – although most snacks are rich in carbohydrates, incorporating a little protein into your snack is another way to increase your protein intake. You can have yogurt, a boiled egg, or cheese on their own or paired with another food.
5. **Use protein powder** – you can purchase unflavored protein powder to add to meals. A single scoop can average 20 grams of protein which is the equivalent of 2.5 -3.0 ounces of meat. Protein powders are considered a supplement to a healthy diet—not a meal replacement.



You can increase your protein intake without making it too complicated;  
it just takes a little thought and planning.

"Seniors don't want to be scammed, so they came to find out how not to be. We built it, and they came!" **Kay Ayres** commented on the tremendous turnout they had to the **Scam Prevention** session in Mount Forest on December 8th, 2022



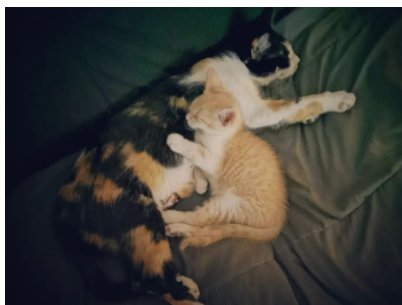
### Don't trust your caller ID.

"What I learned at the seminar." —Helen Edwards

Did you know that scammers have the technology to manipulate your caller ID so that it can say that they are calling from anywhere? The Caller ID could indicate that the person is calling from Canada Revenue, the Ontario Provincial Police, or your local utility or bank.

Always be on alert for calls that require you to act immediately. Scammers are trying to scare you into doing something you would not do if you had more time to think things through. If you receive the call on a landline, wait ten minutes before you call the agency to verify the call. According to the Canadian Anti-Fraud Centre, this is how long some scammers are able to stay connected after you hang up.

### Pet Corner



**Mama Hazel & Ginger  
February 2021**



**Mama Hazel & Ginger  
December 2022**

Some things never change. Like the love and patience of a mother kitty for her wee (or not so wee) ones. Glynis is always thrilled by the antics of her daughter's feline family.

### Word of the Month



### Eunoia

**Noun:**

Beautiful thinking; healthy mind.

Eunoia is the shortest word in the English language that has each vowel in it.



# TELLING OUR STORIES



## Stepping Out of my Comfort Zone

Willa Wick



Twenty some odd years ago, whenever my husband and I came home from where we had been, if one particular back road was convenient we would travel down it. At its end was a little farm which had all kinds of fowl—hens, ducks, geese of all shapes and sizes, plus a few sheep, a couple of miniature goats, and horses. It was just so much fun driving slowly past the farm.

One night the farmer was near the road doing something and he waved us down because he recognized the car from going past (slowly) so often. He didn't have a clue who we were until I told him who my father was and how he only lived two miles away.

Scotty and Don, my husband, chatted away for ages (as men usually do). His wife, a Mennonite, was half way down the lane but didn't come any closer. After a while Scotty called to her and then explained who we were and where we lived. Scotty had been a trucker for most of his life and they were married after he retired. She was shunned from the church but still wore her Mennonite dresses and cap.

Two weeks later Don passed away. Six weeks after that Scotty died. A week later I sent a sympathy card to Sarah, and not knowing that Scotty had taught her to drive the pickup, told her if she needed a ride anywhere or just wanted to have a coffee and chat, to let me know.



I didn't hear from her for nearly a month but one day she phoned. We have been the best of friends ever since. I learned a lot from her and she from me. She sold the farm about ten years ago and moved to Elmira area but we still have a few special things that are traditions for us that we do every year even though we might go four to six months without seeing one another.

I stepped out of my comfort zone and added so many new things and people to my life.

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*Dance like nobody's watching. Because they're not. They're checking their phones.*



## Recipe of the Month

### Bacon Cheese Bites

Submitted by Mary Jean Hartwig



A deliciously-delightful,  
easy to make snack.  
Perfect for New Years  
Eve or any other  
"party" occasion.

#### Ingredients:

1 stick of old white cheddar grated (225 grams)  
3/4 of a cup of mayonnaise  
6 slices of cooked, crisp bacon, crushed well  
1 small onion chopped (tiny bits)  
1/2 cup of slivered almonds chopped  
One loaf of unsliced white or brown bread

#### Method:

Mix the first five ingredients together.  
Take the loaf of unsliced bread, and cut off the crusts  
Slice into four horizontal slices.  
Spread the cheese mixture evenly on the slices  
Cut into bite-size squares.  
Bake 325° for 10 minutes. Enjoy!

#### Notes:

Place wax paper between the layers and freeze for future use, if you don't need the whole recipe.



### Volunteer Tutors Wanted

The Wellington County Learning Centre is looking for volunteer tutors who are willing to help youth with literacy and/or math skills

#### Help youth improve their educational skills

We offer regular volunteer hours through our programs or flexible local hours with one-to-one tutoring. We will train you

**Seniors welcome**

#### Contact us for more information:

**(519) 848 - 3462;** [literacy@thewclc.ca](mailto:literacy@thewclc.ca)

In affiliation with:



### Gratitude Scavenger Hunt





1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



## Activities & Events

\*Please note. In case of inclement weather, if school buses are not running in North Wellington, then the Dining Program will be cancelled, too.)

<b>Dining Program*</b> 	<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Guest Speaker or Event</b>
Palmerston	Jan. 18	12 pm	James St. United Church	Tall Tales & Short Stories with Royden McHoag & other authors
Clifford	Jan. 25	12 pm	Clifford United Church	Kyle Smith WCM Hockey Night in Canada
Harriston	Jan. 27	12 pm	Harriston United Church	Talking of Hobbies with Jim Measures & Joyce Cook

<b>COFFEE PROGRAMS</b>	 <b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>
<b>DRAYTON</b> 	Every 2nd Thursday Starts January 12	10:30 am	Selah Centre 24 Wood St., Drayton
<b>PALMERSTON MUFFIN MONDAY</b>	Every Monday	10 am	James St. United Church 215 James Street
<b>PALMERSTON SCE GROUP</b>	Last Wednesday of the month	10 am	James St. United Church 215 James Street
<b>MOUNT FOREST FRIENDSHIP CIRCLE</b>	Tuesday	10:30 am	Pentecostal Church 259 Fergus St. S

## Shuffleboard

There are spaces at the Drayton Shuffleboard for the January session. A few of their players have "shuffled" south of the border. So while those poor people are stuck in the sunshine, sweating profusely, you can take advantage of the opportunity to participate in this fun league on Thursday afternoons. For more information please contact Gord and Ann Oosterveld at 519-638-2865 or email [ann@oosterveld.org](mailto:ann@oosterveld.org)

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## Bridge

### MOUNT FOREST

St. Paul's Anglican Church  
Fri. 1 pm  
Call Barbara Kerr if you need a partner.  
519-323-4341







### ARTHUR

Senior's' Hall  
Mon. Fri. 1-3 pm

EUCHRE 	CONTACT & DETAILS	DAY	TIME	LOCATION
Arthur	Eleanor Monaghan 519-848-2741	Tues.	1-3 pm	Seniors' Hall 242 Isabella St. E.
Arthur	Bid Euchre	Thurs.	1 pm	Seniors' Hall 242 Isabella St. E.
Drayton	Gerry Debeyer 519-638-2779	Mon.	9 am	Drayton Ref. Church
Harriston	Doug Anderson 519-338-3467	Mon.	1:30 pm	Harriston Train Station
Harriston	Pepper	Tues.	1:30 pm	Harriston Train Station
Harriston	Pepper	Thurs.	7-9 pm	Harriston Train Station
Mount Forest	Kay Ayres 226-445-2116 Euchre. Bid Euchre & Other Games \$3	Wed.	1-3:30 pm	Mount Forest Sports Complex
Palmerston	Dale Hurlbutt 519-343-3495	1st Wed.	2-4 pm	CNRA Building

\*Note: The VON also offers many SMART programs in North Wellington, Centre Wellington, and Guelph. For further details, please check out this link: <https://bit.ly/3HvXLkf> VON: 519-323-2330 EXT-4954; [kelly.gee@von.ca](mailto:kelly.gee@von.ca).

EXERCISE CLASS	DAY 	TIME	LOCATION
CLIFFORD	Mon. Wed. Fri	9 am	Clifford United Church
HARRISTON	Tues. & Thurs.	10:45 am	Knox Presby. Church
DRAYTON	Mon. Wed. Fri.	9:30 am	Drayton Ref. Church
MOUNT FOREST	Mon. Wed. Fri.	10:30	Royal Can. Legion
ELORA	Tues. Thurs.	1 pm	Pentecostal Church
ARTHUR	 Wed. Fri.	10 am 10:30 am	Seniors' Hall

WALKING PROGRAMS	DAY	TIME	LOCATION
DRAYTON 	Mon-Wed-Fri	8:30am – 10:00am	PMD Arena
PALMERSTON	Mon. to Fri.	8:30-9:30 am 	Palmerston Community Centre
HARRISTON	Mon. to Fri.	8:30-9:30 am	Harriston Community Centre
MOUNT FOREST WALK-A-DOODLE-DO	Thurs.	9:30-11 am	Mount Forest & District Sports Complex
ARTHUR	Mon. to Fri.	9 am - Noon	Arthur Arena



## Tuesday 10:30 AM

**Date:** January 3  
**Guest:** Doris Cassan  
**Topic:** Exploring New Year's Resolution

**Date:** January 10  
**Guest:** Fran from Florida  
**Topic:** Knitted Dolls with Purpose

**Date:** January 17  
**Guest:** Karen Burke Reg. Dietitian  
**Topic:** Cooking with Karen

**Date:** January 24  
**Guest:** Katie Chemij  
**Topic:** Five to Thrive. Food is Function

**Date:** January 31  
**Guest:** Lyn Barret Cowan  
**Topic:** For the Love of Art

## Thursday 2 PM

**Date:** January 5  
**Guest:** Mary Haskett, 84 yrs. Author  
**Topic:** Reverend Mother's Daughter

**Date:** January 12  
**Guest:** Kaitlin Cantrell  
**Topic:** Journeying Through Grief

**Date:** January 19  
**Guest:** Ian Evans  
**Topic:** Life Begins at the End of Your Comfort Zone.

**Date:** January 26  
**Guest:** Pat Spadafora  
**Topic:** Blueprint for Active Aging

**WEDNESDAY Jan. 18. 7pm**  
**\*For the Love of Words**

