



519-638-1000

EDITION #44

January 2024

A Word from Helen

My Winter Survival Plan 2024.

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Happy New Year! My New Year's Resolution is to manage my expectations for 2024. I think it may be the key to happiness.

As I sit here typing away at this keyboard, I can see how my expectations set me up each time for disappointment.

You see, I can envision my husband and me out building a snowman with our grandson, perhaps even tobogganing down the hill at a park adjacent to my home. This will be followed by enjoying a cup of steamy hot chocolate while we all smile contentedly at each other—you know, like a Hallmark movie.

The more likely outcome of my Hallmark movie is that the snow will refuse to clump causing my grandson to cry. My husband will refuse to toboggan for fear of throwing his back out, and while I get Harrison ready for our adventure for two, I will be sending looks to my husband that will leave no doubt as to whether I agree with his decision. The hot chocolate will either be spilled or outright refused because it is “too hot”.

Life is so funny. It never quite matches up to what we are hoping for. Maybe we can occasionally share our experiences with people we know so that they don't feel like they aren't the only ones living a Hallmark Movie. I wish you a year that exceeds your expectations...the key? Just keep them low like I do!

“Keep expectations low and life gets pretty good” —Anthony Hopkins

Helen

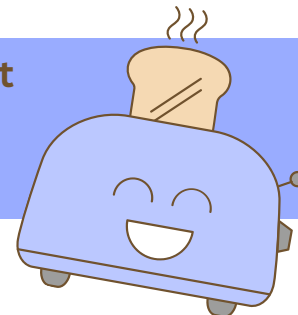


Our SCE Christmas Stocking project was a huge success thanks to the kindness of many. We are thankful to caring families, kind individuals, and generous businesses who sponsored one or more stockings or gladly made monetary or other product donations.

We are also grateful to the businesses who kindly let us place donation jars on counters and to local shoppers who donated, too. Your kindness does not go unnoticed and we just want to remind you how much you are appreciated. Many seniors received a little “lift” this Christmas. And it all happened because of you!

Did you hear about the guy who started fixing breakfast at midnight on Dec. 31?

Solution: He wanted to make a New Year's toast!



Tech Tips

Tech Tip #8: QR Codes

by Michael Meunier

A QR code (short for Quick Response code) is an array of black and white squares or pixels set in a square grid that stores data. The camera on your smartphone or tablet can read any QR code's specific arrangement of pixels. Think of a QR code as a more complex version of the bar codes that we've all seen on items in a grocery store. QR codes are an efficient and convenient way to store and access data, such as a website's address or even a restaurant's full menu.

Go ahead and point your device's camera at this QR code



There is no need to take a picture, simply hold the QR code "in frame" with a steady hand, and a moment later a link will pop up with an invitation to open "wikipedia.org". Tap on the link and your device's web browser will open to the Wikipedia main page, provided that your device is connected to the internet through either a wifi or a cellular connection..



Tabby The Homeless Kitty

Shirley Hanula



An Ode dedicated to "Tabby" the homeless kitty.

She came every morning to be fed. She would be waiting for me, and if I was late, she would scold me. I always talked to her; she would meow at me.

She came in the snow and would go home in the footsteps she created coming.

My heart went out to her; every person and every animal should have a home.

When she had her babies, she brought them to us.

My daughter and her husband were able to have them seen by a vet and to find homes for them.

Then one day, she didn't come anymore.

I hope that she went to a better place.

I certainly miss her. Goodbye little kitty.

Thank you for brightening my life so briefly.



Every year you make a resolution to change yourself. This year, make a resolution to be yourself.



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Good eating habits

10 ways to keep it simple

We are all looking for ways to be healthier eaters. The first step to success with any behaviour change is to be ready and willing to try it. Small steps add up to real changes over time.

There is so much information out there about what to eat and what not to eat. These 10 simple ideas will put you on the road to healthier eating:

1. Enjoy a variety of food from each of the four food groups:
 - vegetables & fruits
 - grain products
 - milk and alternatives
 - meat and alternatives.
2. Choose lower-fat dairy products and lean meats, fish, and poultry.
3. Limit foods high in fat such as fried foods, chips, and pastries.
4. Prepare foods with little or no fat, and reduce salt.
5. Limit processed foods.
6. Choose fruit and vegetables more often.
7. Limit sweets such as desserts, candies, jam, honey, and regular pop.
8. Avoid large portions and second servings.
9. Choose foods high in fibre, such as:
 - whole grain breads and cereals
 - lentils and beans
 - brown rice
 - fruits and vegetables.
10. Drink plain water throughout the day.



Keep going!

Even with good intentions, sometimes it is hard to stick with a healthy diet. We all know what it's like to 'relapse' into bad eating habits. Just start again and keep on going. It is far better to fall short sometimes than to take no action at all.

Just try one idea at a time until it becomes part of your lifestyle. Then add in another one. If you don't like something, try something else, until you find what works best for you. Be patient with yourself and celebrate your successes along the way.

You will be amazed at how these small changes can add up to big successes.

This information is taken from **Your Personal Passport to Healthy Living**, published by Active Aging Canada in 2012, revised 2017, 2021. [Download the full document:](https://www.activeagingcanada.ca/practitioners/resources/healthy-living-workshop.htm)
<https://www.activeagingcanada.ca/practitioners/resources/healthy-living-workshop.htm>



Pet Corner

Meet the beautiful Sydney!

Our lovely 1-year old Sydney came to Arthur Animal Rescue from the streets of Centre Wellington in early June with her 5 kittens who have since all been adopted.

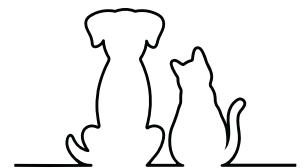
Sydney was such a good mama to her kittens and always ensured they were safe and cared for, and they quickly became healthy. After her kittens were adopted, she was moved to a new foster home with other foster cats, and a family dog. She has done better than we could have expected, and can oftentimes be found on the bed curled up beside her large foster dog sibling.

Sydney would do well in a home where she can roam around and lay in the sun. She could be an only pet, or she could live happily with cats, dogs, and older children with proper introductions.

Due to her time on the streets, Sydney has damage and scar tissue on her left ear. Occasionally it will flare up and scab, but it doesn't seem to bother her at all. It was recently discovered that Sydney has Feline Immunodeficiency Virus (FIV). It is not transmissible to humans or other animal species. It affects felines only and is only contagious through deep bite wounds. FIV makes her more susceptible to secondary infections so she would need to be kept indoors at all times and treated with flea/tick medication on a regular basis to keep her healthy!

Sydney would still be able to live in a home with other cats as she is gentle and calm by nature. She will make a wonderful companion for an individual or a family. If you'd like to meet her please fill out an application at arthuranimalrescue.com/adoptables.

Adoption fee \$300





Sometimes I Climb Mountains

**Barbara Heagy—Author, Poet, Photographer, Retired
Teacher, Professional Dancer, Mom & Grandmom!**



Sometimes I climb mountains and stand on snow-covered peaks and watch a rolling panorama of clouds drift by all around me. Down in the valley the world sits, a miniature grid of rivers and roads and towns, people busy in an existence that doesn't involve me as I stand in heaven detached from it all. I stretch my arms wide open into a clear blue sky and inhale deeply the pure bliss of it all. . . But it's not home.

Sometimes I swim in aquamarine oceans, floating, bobbing gently over waves and watch a world of colour bubble below me. Coral in rainbow hues, shapes and sizes that stretch the imagination with brain-like humps, tree-like projections and wispy tendrils sway in the ocean current in oranges, pinks, blues, and purples. Fish, hundreds of them in every shade ever created, swim in undulating schools around me. Clams, lying on the ocean floor, display their neon-blue interiors to a watery world. Larger waving creatures swim lazily by, leaving dark shadows in the distance. I think I could float forever in this wondrous world of mystery and beauty. . . But it's not home.

Sometimes I wander the Garden of Eden, a tropical world of scented flowers, twisting vines and tall palm trees. The sun warms me as I close my eyes and let its rays penetrate my bones. I am unencumbered with loose, flowing clothes; the gentle breezes cool and lift my spirit. This is a world of turquoise, lime and pink, pastel colours that soften the soul. There is no rushing here, no hastiness to complete a day. Just quiet and gentleness that soothes and comforts and says, "Breathe. Relax. Rest in this tranquillity." . . . But it's not home.

Sometimes I walk cobblestone lanes lined with thatched roof cottages. Patchwork fields, edged in hedgerows and cows, stretch over rolling hills. Herds of bleating sheep compete for space as I wander down dusty roads and across fields of grass. Ancient stories reside here in monolithic rocks, rising in circles that speak of ritual and magic. Fairies dance in the morning dew and the dark forests hide secrets of beastly denizens. History is told over pints of foaming brew and pots of steeped tea as smiling faces invite me in to sit by the fire. I am welcome here. . . But it's not home.

My home is maple trees running thick with sap in the spring. It is flowers bravely peeping up through melting snow in bright slashes of colour. In the summer, I can float in a cool, clear lake and watch schools of fresh-water fish swim deep through underwater canyons. Here I stand in awe of a red, orange and gold vista that stretches across a countryside in autumn glory.

Snowflakes fall gently on my hair and eyelashes, frozen icicles sparkle in the cool sun, blankets of purity coat a white world of winter wonder. Limestone escarpments, rushing waterfalls and towering pines compete with soaring skyscrapers and ribbons of highway that stretch from coast to coast. This is a big country, resplendent with natural wonders and a hard-working people comfortable in their own skins. This is where I belong, my birthplace. The cool waters run through my veins, granite and limestone form the bedrock of my soul. Canada.

This is home.





If you hear plates breaking in Denmark on New Year's Eve, it's considered good luck. The Danes hold a tradition of throwing plates at the front door of family and friends' homes to welcome good fortune for the new year.



Recipe of the Month

Quick Raisin Pudding

Submitted by Linda Timmerman

I think this must be from one of my mother's recipe books. It looks like I used a fountain pen (with turquoise ink) when I wrote it down. I know I copied some recipes from her files sometime before I got married (1967) and I had a turquoise recipe box so I used my fountain pen with turquoise ink! I still have the recipe box. And most of those recipes!

Sift together:

1 c. flour
2 tsp. baking powder
1/8 tsp. salt
2 tsp. Sugar
Cut in 2 tbsp. shortening, add 1 c. raisins.
Stir. Add 1/2 c. milk. Place in a greased casserole.

Mix:

1 c. brown sugar
2 tbsp. Butter
1 3/4 c. boiling water
Stir and pour over first pastry. Do not mix.
Bake at 375 degrees, 30 to 35 minutes. Serve hot!



Behind the SCENes

Working Smarter, Not Harder!

Such is the mantra we have been hearing around the office, lately...

Sometimes we have to assess programming to make sure it is suitable and worthwhile to our lovely seniors in the community. Sometimes we have to make tough decisions about cancelling programs because we don't have sufficient attendance or a program is duplicated in the same community. The SCE isn't about competing with other groups. Instead, we are excited to work together to enhance what is available in each community. In 2024, we are looking to "keep up the good work" and perhaps introduce some new programming such as craft classes and artistic opportunities. So keep an ear and eye open for announcements, and please, if there is something you would like to see happening in your community get in touch with Helen hedwards@mapleton.ca.



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
Palmerston	Wednesday Jan. 17	12 pm \$20	James St. United, Palmerston	Mike McGill WCMA History of Medicine
Harriston	Friday Jan. 26	12 pm \$20	Harriston United Church	Rose Van Sickle Boy Scout Jamboree
Clifford	Wednesday Jan. 31	12 pm \$20	Clifford United Church	Donna McFarlane Recovery Canada

Palmerston Coffee Group Cancellation

The social opportunities continue to grow in the town of Palmerston with the weekly Muffin Mondays at James Street United which allows people to gather with their friends and enjoy a hot cup of coffee and a homemade muffin. On the other hand, our monthly coffee program has been struggling with attendance for several months, so we have made the difficult decision to move on into 2024 without this program. We want to thank everyone who supported our coffee program over the years. We will always look back fondly on the time that we spent with these folks. In fact, when I think of all those who have attended in the past and are no longer with us today it brings a smile to my face...memories they are such a wonderful gift to us all.

Helen

Join us for Coffee!



COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. Jan. 4	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month Jan.10	10 am	Maryborough Community Centre, 15 Ball Avenue



ZOOM with us!

TUESDAY 10:30 AM

THURSDAY 2 PM

January 2, 2024

Doris Cassan

Update from the
Decluttering World

January 4, 2024

**Glynis Belec for
Author, Jenna Lee Lethbridge**
A Dog's Love



January 9, 2024

Kay Ayres

The Wellness Calendar &
Scam/Fraud Stories

January 11, 2024

TBA

January 16, 2024

Alyson Colton R.D.

Cooking with Alyson



January 18, 2024

Karen & Bob Stanners
"Under" the Conestoga Dam

January 23, 2024

Bashar - Pharmacist MMFHT
What Pharmacists Can Do

January 25, 2024

Katie Clarke WCMA
Robbie Burns Day



January 30, 2024

Robin Smart
Red Flags of Alzheimers



For the Love of Words

A note from Doris:



No experience necessary.
Come join us on ZOOM at
7 pm, January 17th and
let's talk about writing.

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

A NEW YEAR, A NEW CLUTTER CHALLENGE

Doris Cassan



For 30 days in a row, discard or donate one item from your wardrobe. What items do you always bypass? Your closet should contain only things that are a possibility every day: they fit and make you feel good. *Think of 24 things to get rid of in 2024!*

Leaving a Legacy. *More tips on Writing Your Memoir in Short Spurts!*

Doris Cassan

This month, write about the roles you have had in your life.
Of course you were a son or daughter; maybe you were a sibling. Were you a spouse? A parent? A grandparent? An aunt or uncle, a cousin? A neighbour? A friend? A student? Write about those roles. We will deal with work roles in another issue. Enjoy the memories.



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