



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

July 2021

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our snacks and meals and keep our food safe? First, we can learn about the dreaded "Danger Zone". This zone is 4°C to 60°C (40°F to 140°F) and harmful bacteria can grow quickly when food is left at these temperatures. In as little as 2 hours, food can grow enough bacteria to make you and your family sick. Here are some tips to help you enjoy this summer and stay food poisoning free:



Health News

Nutrition Month

Jenny Harrison, RD

Dietitian, Certified Diabetes Educator
Minto-Mapleton Family Health Team

It's summer — time for BBQs, picnics, and outside dining! As Canadians, we look forward to this season all year long. So do foodborne germs. These bacteria thrive during this warm weather and can provide risky food conditions if we're not careful. How can we still enjoy

Chill:

- Don't keep food at room temperature for more than one hour on hot days.
- Keep perishable foods cold. Use a cooler filled with ice, ice baths or ice packs to store your food on the go or when on a buffet table.
- Keep food and coolers out of direct sunlight and try to limit how many times you open your



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cooler to prevent cold air from getting out and hot air from getting in.

- Marinate and thaw meat in the fridge or in a cooler filled with ice – not on the counter.

Separate:

- Keep raw meat, poultry, and seafood away from other foods.
- Keep these foods at the bottom of the fridge or cooler to prevent juices from dripping onto other foods.
- Use containers or re-sealable plastic bags to help prevent leaks.

Clean:

- We're all used to washing our hands by now but make sure you wash well before you cook and eat! Washing your hands and cleaning properly can help you avoid cross-contamination and food poisoning.
- Use clean, hot water, and soap to thoroughly wash all utensils, counters, cutting boards, and serving plates before and after use.
- Don't use the same bbq or serving tools to put raw foods on the grill as you do to take the cooked food off. The same goes for platters. Make sure you have



washed them well before serving cooked foods on them.

Cook:

Did you know you can't tell if meat is cooked by colour alone? Food must be cooked to a safe internal temperature to eliminate harmful bacteria such as E. coli, Salmonella, and Listeria.

- Use a digital food thermometer to check the temperature, and make sure to remove it from the grill before testing the temperature, so those flames don't trick you into thinking it is done. Put the thermometer into the middle of the thickest part of the meat.

Leftovers:

- Cool food quickly in shallow containers. On hot summer days, don't keep food at room temperature for more than one hour.

Now get out there and enjoy the beautiful weather but let your food stay in the fridge or cooler until you're ready to eat!

Source: <https://www.canada.ca/en/health-canada/services/seasonal-food-safety/summer-food-safety-tips.html>

Social Media Links



Look us up on Facebook, Twitter, Instagram! If you need help with technology training and support, you can email info@connectedcanadians.ca.

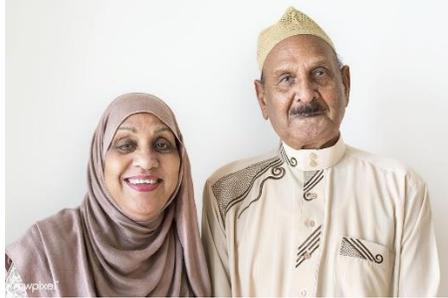
Covid-19 Vaccine Bulletin

We encourage all to get their second vaccine. Please book online, if possible. <https://register.wdgpUBLICHEALTH.ca> Or call Wellington/Dufferin /Guelph Public Health: 1-844-780-0202



For the Love of Words ♥

Online ZOOM writing group on the 3rd Wednesday of each month @ 7:00 pm
Email: 4LuvWrds@gmail.com for more information or to join.



Telling Our Stories

The Cottage at Sauble Beach

©2021 Caroline Sealey

It was difficult for farm families to get away for a summer vacation. Finding someone to take over the daily running of the farm was a challenge. But we managed.

That summer, back in 1968, Father could barely get the trunk of our '66 Chevy closed. Everything that seven people needed for a week at the beach had to fit in the car. The floors and back window of the vehicle were stuffed with pillows, sleeping bags and boxes of food. Thanks to generous neighbours, the last week in August became our annual summer vacation at Sauble Beach.

The three-bedroom cottage, nestled in a pine tree grove, was two avenues away from the beach. The cottage had hydro, indoor plumbing, a charcoal barbecue, and a kerosene heater for the cooler August temperatures.

Most of our week was spent at the beach swimming, building sandcastles,

and playing lacrosse. Our favourite beach toy was the tire tube, with the spare tire (rim included). Father took us farther out in the water than we probably should have gone. Our goal was to swim to Michigan. We never did make it, but it was fun to dream. The sunsets were beautiful and the best time of the day to collect shells and driftwood.

There was so much to do at Sauble Beach. The ten dollars of fun money Mother gave for all of us had to last the week. Between the Sky Chute, mini golf, go karts, bowling, trampolines, and the arcades, it was hard to decide. At ten cents a game, I got quite good at baseball and loved playing *Whack-a-Mole*.

A few nights during the week the whole family would walk to town to spend a couple of hours at the *Bowlerama*. Grabbing a bag of beer nuts from *The Nut Shoppe* to eat on the walk back to the cottage, we took our time.

The week was never long enough. But being at the cottage was a great way to end our summers back in the 60s.

Did you Know?

Walking is one of the best forms of exercise. It is important to use any device, such as a cane or walker that has been recommended for your safety.

Slowly increase the amount of time you are walking and/or the distance covered.

A good place to walk in any weather is the local mall or community centre.



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Wisdom-Pastor Dewey Moede

I asked a friend who has crossed 70, and is heading towards 80, what sort of changes he feels in himself. He sent me the following:

"After loving my parents, my siblings, my spouse, my children, and my friends, I have now started loving myself."

"I have realized I am not Atlas. The world does not rest on my shoulders."



Fraud Alert!

Four Signs of a Scam:

1. High returns and low risk
2. Hot Tip or insider information
3. Pressure to buy NOW
4. Seller not registered to sell investments

Ontario Securities Commission – email inquiries to: inquiries@osc.gov.on

"When I'm in Canada, I feel this is what the world should be like."

— Jane Fonda



Party Line Highlights



We want to chat with you so please call the office to register or call 1-866-279-1594, then enter guest code 217234 a few minutes before the scheduled program. Check the schedule for great discussion topics.

ZOOM Highlights

Ice-cream, cupcakes, farming, fire-safety, staying hydrated, O Canada, missions, and more.

We have not only a month packed full of information, entertainment, and ZOOM sessions worthy of watching, we have delicious hands-on reasons to participate. Watch for the announcement about the free cupcake kits and consider making it an intergenerational cupcake decorating time with kids, grandkids, great-grandkids, nieces, nephews, or even friends who you haven't seen for oh, let's say, about a year and a half.

Contact the office or send an email to gbelec@mapleton.ca to be put on the ZOOM invite list. You won't want to miss a thing!

Yoga On Zoom- Free

New participants always welcome
Mondays 9:30-10:30 am

Pre-registration is required to access the zoom room. Email: kerry@studiokerry.ca

Easy Recipes. Delicious Results

Alyson Colton

Registered Dietitian

Mount Forest Family Health Team



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Third Tuesday of each month @ 10:30 am

If you are not on the ZOOM invitation list, then get in touch with the office at 519-638-1000 or email gbelec@mapleton.ca.

You can choose to cook along with Alyson, or you can sit back and enjoy the unfolding of something delicious each month. (But you might want to take notes, so bring a pen and paper.)



Seniors Safety Line

Rochella Watson

Senior Associate of Community Engagement and Seniors Initiatives

Sunny days, warm weather, and hope are on the horizon. Throughout the past year we have experienced a high volume of calls, in fact our calls have increased by 250%.

Many older adults who have called are experiencing isolation. Others are unsure as to what services are still available and how to access them. We have been there by their side, to answer the phone, to provide information, reassurance, and validation.

The Seniors Safety Line (SSL) is a program of the Assaulted Women's Helpline and has been in operation for over 10 years. The SSL is available 24/7 365 with interpretation in over 200 languages via phone and TTY.

Online counselling is available Mon-Fri from 11 am-7 pm. Anyone can call

the SSL, whether you're an older adult, service provider, family member, neighbour or friend. We are here to listen. The SSL is answered by trained counselors who provide emotional support, safety planning, information, and referrals. We are a safe and inclusive space that supports the older adults' rights. Follow us on social media and join our newsletter.

Website: <https://www.awhl.org/seniors>

Twitter: @SeniorsSafetyLn

Facebook: Seniors Safety Line

Instagram: @assaulted_womens_helpline

"Life is short. Break the Rules. Forgive quickly. Kiss slowly. Love truly. Laugh uncontrollably and never regret ANYTHING that makes you smile." — Mark Twain



Update from the Little Red Library

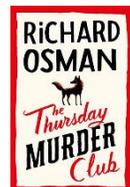
38 Wood Street in Drayton.

Three new fabulous books on the docket:

1. An Agatha Christie - Poirot book - *The Mysterious Affair at Styles*
2. *VanGogh* by Steven Naifeh and Gregory White Smith
3. *Eighty Somethings!* by Katherine Esty PhD

Book Review for one of last month's SCE books **by Nadine Peel**

"*The Thursday Murder Club* was absolutely delightful! If I ever get back to England, I'm going to find Copper's Chase!"





Recipe of the Month

Fast Fruit Crisp for One.

Ingredients:

- 1 apple cored and sliced
- 2 tsp brown sugar
- Pinch of cinnamon
- 1 plain granola bar* broken into pieces or ¼ cup of your favourite low-fat granola cereal
- ½ cup low-fat vanilla yogurt



- 1) Mix apple, brown sugar, and cinnamon in a microwave-safe bowl.
 - 2) Microwave on high for one minute, or until apples are warmed through and at desired tenderness.
 - 3) Top with granola bar pieces. Serve immediately with low-fat vanilla yogurt or frozen yogurt.
- *Nature Valley Harvest Crunch bars or All-Bran Bars will work well and give a nice crunch to your crisp.

Tip: Use fresh or canned peaches, berries, or pears. If you find that these come out too watery, add 1 tbsp of flour to fruit, sugar, and cinnamon mixture before heating in microwave.

Minds in Motion

Minds in Motion is a Waterloo-Wellington Alzheimer's Society program that allows persons living with dementia, and their care partners, to participate in a program together.

During COVID-19, the program is offered by video conferencing using ZOOM technology. Thanks to the generosity of the Ontario Trillium Foundation, they are able to run this program every weekday, with some

classes offered twice a week, which increases the benefit of exercise for our community across Waterloo-Wellington if you have never used ZOOM before or are having trouble connecting, a staff member is available to help. Registrants will be emailed a link to participate prior to the session.

Pre-registration is required. Please call 519-742-1422 at least one business day prior. Current sessions offered:

| Monday & Wednesday Mornings | Monday & Wednesday Afternoons for people living with MCI | Tuesday Mornings | Tuesday Afternoons | Thursday Afternoons | Friday Mornings | Wednesday & Friday for people living with YOD |
|-----------------------------|---|---------------------|---------------------|-----------------------|------------------|--|
| 10:00-11:30 | 1:00 – 2:30 | 10:00-11:30 | 1:00 - 2:30 | 1:00 – 2:30 | 10:00-11:30 | 10:00-11:30 |
| July 12 – September 1 | July 12 – September 1 | July 13 – August 31 | July 13 – August 31 | July 15 – September 2 | July 16 – Sept 3 | July 14 – September 3 |

*No class on August 2



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Party Line Schedule

July 2021

We are social beings and need to stay connected. Come share some time with your peers, share memories, share laughter and build friendships!

Join the fun every Wednesday and Thursday at 10:30 am. Great Topics.

Wednesday, July 7

10:30 am

Topic: Your first memory of ice cream

Thursday, July 8

10:30 am

Topic: Downsizing

Wednesday, July 14

10:30 am

Topic: Tablecloths

Thursday, July 15

10:30 am

Topic: Local Travel

Wednesday, July 21

10:30 am

Topic: What makes you lose track of time?

Thursday, July 22

10:30 am

Topic: In my English Country Garden — or Not?

Wednesday, July 28

10:30 am

Topic: Dog Days of Summer

Thursday, July 29

10:30 am

Topic: Guilty pleasures

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.



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ZOOM Schedule

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For ZOOM, you do need access to a computer with an internet connection.

Tuesday, July 6, 10:30 am

Guest: Local Business Feature

Topic: The Old Hound Ice Cream Shoppe in Mount Forest. I scream, you scream, we all scream for ice cream! Tasty Prizes!

Thursday, July 8, 2:00 pm

Guest: Hannah Veld

Topic: Cupcake decorating! Gather the grandchildren or a friend and let's have some fun. Watch for how to get your free cupcake decorating kit!

Tuesday, July 13, 10:30 am

Guest: Bep Vandenberg, Librarian

Topic: Armchair travel in Canada – What better month to discuss our amazing country from coast to coast.

Thursday, July 15, 2:00 pm

Guest: Paula Seifried, Dietitian, MMFHT

Topic: Hydration and Nutrition – 75% of seniors are dehydrated, leading to many

health concerns. Paula will share tips and tricks to increase your hydration levels.

Tuesday, July 20, 10:30 am

Guest: Alyson, Dietitian, MFFHT

Topic: Cook a great recipe with Alyson and let's learn about the fine art of reading food labels.

Thursday, July 22, 2:00 pm

Guest: Amanda, Fire Safety Educator

Topic: Stay Safe. Stay Aware.

Tuesday, July 27, 10:30 am

Guest: Bill & Ann Kabbes

Topic: The Family Farm — the changes over time at the Family Farm.

Thursday, July 29, 2:00 pm

Guest: Mark Robinson

Topic: Mark discusses his inspirational work with Friends of the Orphans in Nicaragua.

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 put on the list to receive invitation links, we require 48 hours notice.

You can unsubscribe at any time.



1-866-299-1011

TTY 1-866-299-0008



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awhl.org/online-chat
Monday to Friday 11am-8pm

awhl.org/seniors



519 638 1000

HEdwards@mapleton.ca

1 866 446 4546

