



July 2023



A Word from Helen

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Happy Canada Day and welcome to the July edition of the Heart & Soul newsletter. What a privilege it is to live in such a great country.

It doesn't take long watching the news to recognize how fortunate we are. So, wear that red and white with pride, and of course just like every other year, I encourage you to also enjoy some strawberries and vanilla ice cream. Not only because it is a very tasty seasonal treat but because you are also being patriotic.

The month of June was one that the SCE team will remember for years to come. Some of the memories will include the term "canckles" (achy ankles) after being on our feet for nine hours preparing, serving, and cleaning up after the High Tea. Our collective hats are off to those who spend every working day on their feet!

We were honoured to be able to host several special activities to celebrate YOU during Seniors' month. We hope that you were able to enjoy your special month.

We were able to distribute 100's of copies of our new Heart & Soul Activity Guide. If you haven't received a copy, but would like one, please reach out to us at the office. Speaking on behalf of the team, I would like to say how blessed we feel to have so many of you participate in our programs.

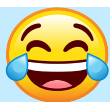
 *Helen*

**Thank
you!**

I don't know about you, but one of my favourite sections of the newsletter is the Pet Corner. Thank you to everyone who has submitted photos and short commentaries about their precious pets.

I know for a fact that they have brought smiles to the faces of many!





Q: What do bees say in summer?



Solution:

A: It's swarm, isn't it?



Healthy Living – Positive Aging

Reprinted with permission from Active Aging Canada

Research shows that healthier aging is possible when you:

- Are socially active
- Take care of your mental health
- Continue to learn new things
- Are physically active
- Change the way you think about aging



Call a friend – it's good for you!

Your mother may have told you an apple a day would keep the doctor away. Did you know that enjoying a card game or a chat over a cup of tea can have the same effect? Social activity is an important part of your overall health and well-being.

Being social improves your brain performance, including your memory. That lowers your risk of developing dementia. Spending time with people improves your mood and actually lowers your risk of depression.

So take the time to connect with your community! Include social activities such as bowling, visiting a community centre or just calling a friend as part of your plan for healthy living and positive aging.

How you have fun may be different as you age but it is still possible and it's good for you.

You are what you think

You have been many things in your life – a parent, a spouse, an athlete, an employee, an artist, a friend, a volunteer. And you know what? You're not done yet! You're never too old to:

- Tell your story
- Join Facebook
- Dance
- Learn
- Plan for the future



Having a positive attitude is a key part of healthy living. Your thinking patterns play a big role in how you manage changes throughout your life. Friends, family, and health care professionals can help by challenging the way we think about aging and what is possible.



Submitted photo courtesy of the Wellington Advertiser

Minto Mayor Dave Turton presents local resident **Willa Wick** with the 2023 Senior of the Year award at the June 6 council meeting.



Photo courtesy of the Wellington Advertiser

Wellington North Mayor Andy Lennox presents local resident, **Bonny McDougall**, with the 2023 Senior of the Year award on April 21 at the Arthur and Area Community Centre.



Submitted Photo

Mayor Gregg Davidson, left, presents Alma resident **Jim de Bock** with Mapleton's 2023 Senior of the Year award at the June 13 township council meeting.



Pet Corner



Meet Lily

Lily, an 11 year old Lab-Shepherd mix, is happiest while in the water or camping. Never far behind her are her six and three-year-old boys. Lily is the world's most patient and loyal girl and her pet mama's absolute soul sister.

This photo of Lily might be a reminder of the saying: "An animal's eyes have the power to speak a great language." — Martin Buber

Word of the Month Estival



- relating to or typical of summer
- e.g. *The day had an estival feel to it.*





- Some of the strangest flavours of ice cream found are: avocado, garlic, chilli, liquorice, Stilton cheese, and bacon.
- The first written ice cream recipe was found in a 1665 recipe book.



“I scream! You scream! We all scream for ice cream!”

Submitted by Kathy Watt

So where, and when, did this love for ice cream begin?

History indicates that something resembling ice cream was first made in China in the Tang Dynasty (A.D. 618 – 907). People heated buffalo, cow, and goat milk and then allowed it to ferment. The resulting ‘yogurt’ was then mixed with flour for thickening, and flavouring such as camphor was added. This mixture was ‘refrigerated’ by storing it on ice and research reveals that King Tang of Shang kept 94 ice-men on his staff.

Making a custard-based ice cream using egg yolks started in France mid-18th Century, but it was about 1800 before North Americans got their first taste of ice cream.

My kin relay the annual ritual of making ice cream for my paternal grandmother’s May 2nd birthday. Leftover winter snow in the bush was procured; farm fresh milk/cream from Bossy, the cow was added, and then the ice cream was churned, to accompany the fresh rhubarb pie, which was her birthday cake of choice.

As a youngster, a trip to town on Saturday night was a highlight! The purchase of grocery items included a brick of ice cream and a large bottle of ginger ale or orange pop to make a ‘float’ upon our return home.

A piece of birthday cake was made more delightful with a slice of ice cream. Simple sundaes were scoops of heaven in a bowl! My childhood memories do not include any flavours of ice cream in a cone other than vanilla, chocolate, or strawberry, and the cost of a Dairy Bar cone was five cents! Twice that if you ordered a double scoop.

Mapleton residents, as I understand, listen for the sound of the bell on the ice cream truck as it tours the streets on a Sunday, but in Listowel, a visit to the Dairy Queen, anytime, for a Peanut Buster Parfait is a short trip from any avenue. Sweet!

Ginger Rogers is credited with saying, “My love for ice cream emerged at an early age – and has never left!” She’s correct!

Anytime is ice cream time.



What do you call a French guy in sandals?

Solution:

Philippe Philippe.



Recipe of the Month

Gala Cheesecake



At the May *Clifford Dining Program* when this dessert was served, a quiet hush came over the hall, as one and all dug into this amazing, and according to Marg, simple cheesecake recipe. The silence was soon replaced by the deafening sound of forks scraping across plates, nabbing every morsel. This may be a slight exaggeration, but this cheesecake was enjoyed by all with many requests for the recipe.

Thanks Marg & team for this wonderful dessert which topped off an amazing meal.

For a 9 x 13 pan, prepare a graham wafer crust as usual. For gluten free, don't use a crust or crush some pecans, instead.

Filling:

- Dissolve 2 pkg. (2 tbsp.) unflavoured gelatin in 1/2 cup cold water.
- Cream 2- 8 oz. pkg. cream cheese with 1 cup sugar
- Add gelatin mixture along with 1 1/2 cups milk and 1/2 cup lemon juice. Beat.
- Fold in 1 large Cool Whip, a third at a time.
- Pour into pan, let set and top with your favourite fruit or prepared lemon pie filler.

This will fill a 9 x 13 pan really full, might have to put some in a small dish to save room for the topping. This cheesecake stands up well and cuts well.

Behind the SCENes

Celebrating our Seniors' Centre for Excellence (SCE) accomplishments

Grandpals' Gala



Photo Credit: Paula Seifried

Thanks to all our seniors who said, "Yes!" to our joint GrandPals' Adventure with MPS

On Thursday, June 15, students from Maryborough Public School (MPS) and their grandpals gathered to celebrate in Moorefield at the GrandPals' Gala. Students and Seniors had been meeting regularly to share their stories and collective wisdom. At the gala, the students told many great stories about their grandpals.

Blake (*left*) shared a story of how when his grandpal, Brenda Elizuk, was growing up she always shrugged her shoulders in family photos, until her uncle said he would give her a penny for each photo where she didn't shrug her shoulders. Brenda stopped shrugging her shoulders, as she had a love of chocolate bars. She figured each penny would get her one step closer to buying one. Seems like Brenda isn't interested in collecting pennies anymore!



"Getting older is like climbing a mountain; you get a little out of breath, but the view is much better!" —Ingrid Bergman



The Hospital

(Reprinted with permission—www.goldencarers.com)

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news."

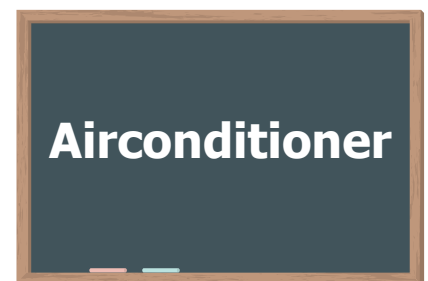
The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me anything."



Let's Play!

Words in Words



Form other words using only the letters of the word on the board.



*Please pick up your "Heart & Soul of Wellington" Activities and Events booklet at any SCE event or request an online copy. A great resource if you are looking for ways to keep active, connected, and engaged.

Community Connectors

Please let your Community Connector know about any activities not listed in the booklet, that would be of interest to older adults!

1. **Palmerston** – **Ruth Wilson** → rwilfree@wightman.ca; 519-343-4842
2. **Drayton (Mapleton)** - **Donna Fulcher** → homedfulcher@gmail.com; 519-497-4675
3. **Harriston** - **Linda Campbell** → lindajcampbell@gmail.com; 519-323-7151
4. **Arthur** – **Faye Craig** → fayecraig160@gmail.com; 226-821-0258
5. **Mount Forest** – **Sharon Rodgers** → 519-509-2448
6. **Clifford** – **Jim Measures** → 519-327-8265



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 July 19	12 pm \$20	Palmerston United Church	Katie Muirhead – Ontario Caregivers Association
Clifford**	Wednesday July 26	12 pm \$20	Clifford United Church	Katie Clarke , Assistant Museum Programmer, WCMA History of First Responders
Harriston	Friday July 28	12 pm \$20	Harriston United Church	Julie Martin Jensen - Getting the most out of your doctor's appointment

**The Knox United Church Women (UCW) will be providing catering for the Clifford dining program moving forward. This provides the UCW with an opportunity to raise some funds, and for us to say "thank you" to this wonderful church that has supported our program since 2009. We are looking forward to many delicious and hearty lunches.

COFFEE PROGRAMS 	DAY	TIME	LOCATION
DRAYTON COFFEE TIME Please, bring your own mug!	Every 2nd Thursday July 13 & 27	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE HOUR Please, bring your own mug!	2nd Wednesday of the month July 12	10:30 am	Maryborough Community Centre 15 Ball Avenue
*PALMERSTON COFFEE GROUP	<i>*Cancelled for the summer</i>		



Zoom with us!



Summer ZOOM Schedule.

Sessions on Tuesday mornings,
only for July & August

TUESDAY 10:30 AM

July 4, 2023

Doris Cassan

Off to Newfoundland

July 11, 2023

Annemarie Hagan

Exploring the Early Life of Artist
Frederick Hagan: A Daughter's
Perspective

July 18, 2023

Alyson Colton RD

Alyson is back!
Great recipes. Great nutritional
information from our expert.

July 25, 2023

Ashley & Brenda Tindall
Mother/Daughter Coauthors
The Way I See Things

Decluttering with Doris

Doris Cassan

Let's go outdoors. How many chairs, garden tools,
garden décor, and hoses do you need? What can
you part with? If you have forgotten what is under
the deck, do you really need it?

Use up or discard part-bags of soil, fertilizer,
bone meal, mulch.

Fix or discard broken things to make the garden
even more peaceful.



Special thanks to
Karen Burke,

Registered, Dietitian
from the Mount
Forest Family Health
Team

We will miss you!

We have appreciated your great
ZOOM sessions and delicious,
healthy recipes over the past
year.

We wish you success, joy, and
many nutritionally tasty
experiences in the future!



THERE'S
always
SOMETHING TO BE
THANKFUL
for



opportunity in Palmerston

- **Blessings to You** - 203 Main St.
Contact Joanne Caughill – Tel. 519-343-3446
- **PDH Gift Shop** - 500 Whites Rd.
Contact Lynn Hodgins – Tel. 519-343-2914



Members of the
Arthur Horticultural
group completed
another project!

These "hubcap"
flowers can be seen
on the fence at the
Arthur Cenotaph

*Submitted by
Patti Emery.*

If you want to check out past issues of our Heart & Soul Newsletter Archives, click [HERE](#)