



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

11 Andrews Drive, West, Drayton, ON N0G 1P0

519-638-1000

EDITION #62

A Word from Helen

July 2025



Food for Thought



Helen Edwards SCE Seniors' Health Services Coordinator hedwards@mapleton.ca

Recently, we invited author, Barbara Heagy, to speak at the Harriston Dining Program about her cookbook, *For the Love of Food*. A few of the things she said really resonated with me. First, she spoke about food and food preparation being a language of love. It's true, isn't it? What says *I care more* than someone taking the time to prepare a lovely meal, and then sitting down to enjoy it, together.

Food just tastes better when you have someone to enjoy it with. Barbara said, "Forget perfection or fancy dishes, that is for the professionals. Just enjoy sharing your food with someone you care about."

What a lovely idea! I know that many of you who are reading this newsletter eat many of your meals alone. How about throwing caution to the wind and inviting someone over to join you for lunch or dinner once in a while? What about tossing the pressures of perfection out the window; not worrying that the dusting hasn't been done, or the dishes aren't fancy?

We all know the deliciousness of a sandwich made for us. Make that to be your gift to a friend or perhaps someone you don't know well. We double dog dare you to send out an invitation, before you think of a dozen reasons why not to do it. 😊

Helen



for the



other



- Thursday ZOOMs
- Coffee Hours in Moorefield and Drayton
- Good Food Box Program
- Thoughtful Thursday Word Challenges
- For the Love of Words ZOOM meetings



“A good laugh and a long sleep are the best cures in the doctor’s book.”

– Irish proverb



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 PROGRAM	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	WED. July 16	12 pm \$20	James St. United, Palmerston	The Haywards Toe-Tappin’ Music
Clifford	WED. July 30	12 pm \$20	Clifford United Church	Doris Cassan Cruise to New Zealand
Harriston	THURS. July 31	12 pm \$20	Harriston United Church	Seleda Frey Growing Up Mennonite

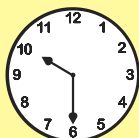


ZOOM with us!



SENIORS' CENTRE *for* EXCELLENCE

Tuesday



July 8, 2025
Rebecca Forler

Don't forget to Breathe



June 15, 2025

Juliana VanOsch RD

Cooking with Juliana



To get on the ZOOM list, contact gbelec@mapleton.ca or call 519-638-1000



*ZOOM sessions will be on
Tuesdays, only, for July & August*

(Session also cancelled July 1 )

July 22, 2025

Michael Van Huisseling

Blue Box Program - What's what and what's not?



July 29, 2025

Annemarie Hagan.

“Spilling the Tea.” A Museum Curator's Surprising Stories.



Wisdom Workshops

Recycling 101 – Wellington County

with

Michael Van Huisseling

Program Coordinator – Solid Waste
Services, County of Wellington

1:30 pm – 3:00 pm

Mount Forest Library

*Free Admission
Refreshments*



519-638-1000



jbrown@mapleton.ca



RSVP



Pet Corner

Meet Maggie May & Cash

Submitted by Diane



Cash

Cash, who is 14 years young, spends a lot of his day tippy tapping around his home, and keeping his mom in shape by barking at the door to be let outside. He doesn't always need to go to the bathroom, but feels it is his duty to keep his mom in good shape.

Maggie May is partial to purses. If she spots a purse, on the floor, or hanging on a chair, Maggie May is all over it, rubbing the side of her face



Maggie May

along the material. She also can be found putting her paws inside to investigate its contents. During the day, Maggie May and Cash don't spend a lot of time together. At night it is a different story. They snuggle together on the bed, and they never leave each other's side until the start of the day.

Only Canadians will understand, eh?

- How 10°C in the fall is freezing, but 10°C in February is t-shirt and shorts weather.
- Canadian Tire money.
- BBQing your dinner in the yard in just a t-shirt and shorts while standing next to a 6' snow pile.
- Seat warmers and hot air blasting on the windshield on the way to work, AC on high on the way home, hoodie on an hour later to sit on the porch.
- A million pairs of shoes at the front door during a party.
- Which things to use Metric for, and which to use Imperial – even though we've been officially Metric for decades and most of us grew up in Metric times.



Why are Canadian students so smart?

Answer:

They get lots of eh's.



8 Simple Ways to Deal with Loneliness

Special thanks to Mike Harloff, MDiv, RP for allowing us to share this helpful information with you.

We had the privilege and opportunity to have Mike join us on a couple of ZOOM sessions to speak about Stress, Anxiety, and Tackling Loneliness. His presentation made quite an impact on participants, and we discovered in the process, that Mike is a positive and approachable person who genuinely cares. <https://www.mikeharloff.com>

Feeling isolated?

Here are some effective strategies to cope with loneliness and strengthen your connections:

1. Stay Connected

- Video Chat: Use Zoom or similar platforms to connect with friends and family.
- Phone Calls: Schedule regular calls with loved ones.
- Write Letters: Hand-write letters or postcards to make communication more personal.
- Be honest about your struggles and feelings.
- Be patient with connections; it takes time.



2. Engage with Communities

- Join Online Platforms: Find people with similar interests on sites like Meetup.
- Attend Events: Go to local concerts, sports events, or open-mic nights.
- Join a church.
- Check the Seniors' Centre for Excellence website for events and activities.
- Social Media: Reconnect with old contacts and expand your network.



3. Help Others

- Volunteer: Engage in activities that matter to you, like walking shelter animals, helping with Operation Christmas Child, volunteer at a thrift store, etc.
- Run Errands: Assist neighbours in need with tasks like grocery shopping.
- Become a Mentor: Share your skills and knowledge with others.
- Consider joining Grand Pals - <https://grandpals.ca>.

4. Get Outside

- Walk Around: Explore your neighbourhood or local parks.
- Public Spaces: Spend time in places like coffee shops, libraries, parks.
- Outdoor Hobbies: Try cycling, hiking, curling, pickle ball, etc.
- Minto Hikers: Head out on the 1st & 3rd Saturday of the month. (Contact Jen Lindhorst 519 492 9454 for more information.)





Be kind, for everyone you meet is fighting a battle you know nothing about.

—Wendy Mass, Author



5. Travel Virtually

- Virtual Trips: Explore places online, watch video tours of attractions, and recreate meals from desired travel destinations.
- Virtual Vacations: Take virtual tours and play guessing games based on virtual surroundings.
- Online Events: Enjoy live concerts, theatre performances, and events online.
- Relive Past Trips: Create a scrapbook or share old travel photos and videos.
- Plan Future Trips: Research and plan future getaways to look forward to.

6. Positive Self-Talk

- Challenge negative thoughts: Talk to yourself like a caring friend.
 - Note Negative Thoughts: Identify negative thoughts that make you feel lonely.
 - Challenge the Thought: Ask yourself if it's really true and what you'd say to a friend.
 - Change the Thought: Replace it with a more helpful perspective.
- “Humility is not thinking less of yourself, but thinking of yourself less” – C.S. Lewis.
- Try your best not to be self-critical, keep your focus on others.

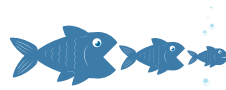
7. Find ways to engage your alone time

- Hobbies and Interests: Engage in creative activities like writing, painting, or cooking.
- Home Improvements: Make repairs or redecorate.
- Learning: Take classes, listen to lectures, or explore museums.
- Genealogy: Create a family tree.
- Animal Companionship: Adopt a pet or volunteer to care for animals.



8. Take Care of Your Mental Health

- Relaxation Techniques: Practice meditation or guided imagery.
- Exercise: Stay active and join group activities like running clubs or yoga classes.
- Daily Pleasures: Enjoy simple activities like taking a bath, reading, or watching a show.
- Healthy Choices: Avoid self-medicating with alcohol, drugs, or food.
- Acceptance: Recognize that loneliness is a common experience and accept what you can't control.



Submitted by Jim Measures

There is an old saying: "All fishermen are liars, and I'm not too sure about you!" Nevertheless, all that I will tell you in the following narrative is true. Scouts honour!

My first memory of me fishing was in the Humber River, near our cottage in Bolton. I caught a chub—a small fish often used for bait to catch larger fish. Chub can grow up to 10 inches long if not caught by some fisherman or a natural enemy such as the Blue Heron.

It was when I was six and my brother was 10 years old, that Dad introduced us to fishing. We were told that any fish shorter than our handspan was to be tossed back to grow for another year. We did catch enough that were large enough to make a meal for the family. We felt so grown up.



On one occasion when I was about 12 or 13, my Dad took my brother Bill and me on a fishing trip on Black River at Pepperlaw. As we were trolling, I had my line with a lure in the water when I felt a tug. I had nabbed something. When I reeled it in, I found that my lure had caught another lure attached to about 150 ft of line and another rod and reel. My Dad assured me that nobody had ever caught anything so long in an Ontario river, so I was a new record holder. I still have that rod and reel and have used it a few times; but as I am not an ardent fisherman, it has not been frequent.

When I lived on Georgina Island, I had a friend who made a living catching fish for the local restaurants. He invited me to join him in his boat in early December one year, so I went fishing with an expert. That was the coldest I have ever been. In a small boat with water splashing about, ice began forming on my hands. That convinced me that I would never be a professional fisherman. But I do have great respect for those who are tough enough to do that. I think that I much prefer to catch my fish at the local supermarket, however.



Activities Spotlight



Bus Trip

Violets in the Barn



July 9, 2025

10:30 am - 2 pm

It didn't take long for our "first" SCE Bus trip to fill up. We are excited to head out to 6362 3rd Line Minto for our first Seniors' Centre for Excellence Bus Trip to the beautiful Heritage Barn, a hidden Gem in Minto

Just a Reminder about pick up locations:

- Conestoga Crest, Drayton: 10:30am
- Palmerston Arena: 11 am
- Harriston Arena: 11:15 am
- **Arrival: 11:30 am**
- **Departure: 2 pm**



DECLUTTERING WITH DORIS



Put it Away!

Don't underestimate the impact of clear horizontal surfaces. Just try removing everything from the top of a dresser and see how calm the room feels.

Do some of those clutter items actually have a home elsewhere? You can maintain this serenity with the maxim, "Don't put it down, put it away!"



July Writing Prompt

Write your story...

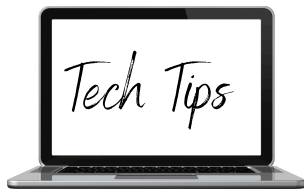
Doris Cassan



For your memoir, consider transportation! Do you drive? If not, how did you, and do you, get around? Do you have a specific memory related to transportation—a favourite car or bicycle, for instance? Have you had access to public transportation? How did that go?



When you write from the heart, you touch the heart of the reader ...



“Vishing” Scams

by Michael Meunier



Vishing, short for voice-phishing, is a type of cyber-attack where scammers use phone calls or voice messages to trick you into revealing sensitive information. This information can include passwords, credit card numbers, bank details, or other personal data.

Here's how Vishing Scams work:

The Call: You receive an unexpected call from someone claiming to be from a reputable organization like your bank, credit card company, or government agency.

The Pressure: The caller may create a sense of urgency or fear, claiming there's an issue with your account or a threat to your identity.

The Request: The scammer will ask you to verify your personal information or to transfer money to resolve the supposed issue.

The Goal: The scammer's ultimate goal is to obtain your personal information, which they can then use for fraudulent activities.

Here are some common vishing scams:

Phony Revenue Canada Calls: Scammers impersonate Revenue Canada public servants and threaten you with legal action if you don't pay a fake tax debt immediately.

Bank Account Scams: Scammers claim there has been suspicious activity on your bank account and ask you to verify your personal account details.

Phishing Scams: Scammers send you a phishing email or text message that encourages you to call a specific number. Once you call, they try to trick you into revealing sensitive information.

To protect yourself from Vishing Scams, follow these tips:

Be cautious with unexpected phone calls: Don't provide any personal information over the phone, even if the caller seems legitimate.

Screen Your Calls: Use your phone's call-blocking features to filter out suspicious numbers.

Beware of Spoofing: Be aware that scammers can spoof caller ID to make it appear like the call is coming from a trusted source.

Don't Click on Links in Text Messages: Avoid clicking on links in text messages, even if they appear to be from a legitimate source. These links can lead to malicious websites that can infect your device.

Verify the caller's identity: If you receive a call from someone claiming to be from your bank or another trusted institution, hang up and contact them directly using a verified phone #.

Don't rush into decisions: Legitimate organizations won't pressure you to make immediate decisions, especially those involving financial transactions.

Trust your instincts: If something feels suspicious, it probably is. Don't hesitate to hang up.

By following these guidelines, you can reduce your risk of falling victim to Vishing Scams.

See me for who I am.

My journey as an older adult with substance use.

For all of us who live with the silent stigma.

Anonymous

"We need to hear others' stories. You are not responsible for your illness, but responsible for your recovery."

Grace Ibrahima, 79

"My only roadblock is me."

Joe, 68

"I am pleased with myself, but I know I am lucky (because of my wife)."

Endre, 91

"It's not about will power. More it's about understanding and being patient with yourself and deriving strength from living with all your complexities."

Barbara, 74

"Be respectful, truthful and honest."

Luke, 63

Waterloo Wellington older adults share their experiences.

Start the conversation!

A compassionate community brings hope.

Photography by Bruno Kerkhof





Cheese & Onion Sandwich Filling

Submitted by Glynis Belec via Linda Campbell who got it from Willa Wick

In the UK, Cheese and Onion sandwiches are classic but I had not thought of them for over 40 years until I tried this recipe. In a conversation once, Linda mentioned that it was a common sandwich filling that their church ladies often prepare for funeral receptions. I was excited and just had to make it! Yum.

Linda's comments:

I just had no idea of the amounts because I start by shredding a whole block of cheese and go from there according to taste (it's pretty hard to screw up). You have to add the salad dressing according to how dry or soupy you want it. Diced onion is drier than grated so requires a tad more mayo (grated onion gets pretty liquidy)

INGREDIENTS

1 cup shredded old cheese (I added more cheese because my onion was a big one.)

1 onion grated or chopped finely

½ cup mayonnaise or homemade dressing
(optional – 1 tbsp horseradish for extra nip)



METHOD:

Usually mix all together the night before to let it mellow, but not necessary. Spread on fresh, buttered bread and enjoy.

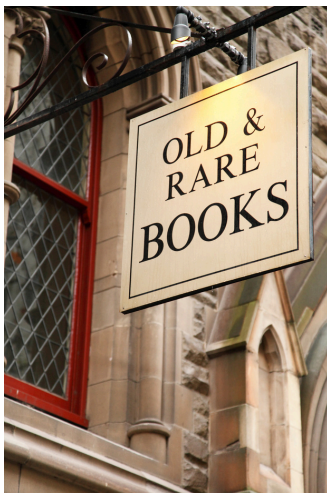
Editor's Note: Making it the night before made it much nicer, in my opinion.

Word

of the Month

Vellichor

The strange wistfulness of
used bookshops.



If you do one thing for wildlife this year, plant a native bee balm. That one flower alone will feed hundreds of hummingbirds and thousands of pollinating insects all summer. It's a perennial, too, so it'll come back every year.



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