



Heart & Soul of Wellington

SENIORS' CENTRE *for* **EXCELLENCE**

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

519-638-1000

EDITION #49



June 2024

A Word from Helen

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



Happy Seniors' Month

This year is the 40th anniversary of Seniors' Month in Ontario. So really, when you think about it, forty years is still a bit of a whippersnapper! At the SCE we hope that you feel that we celebrate seniors each day. We truly believe that seniors bring richness and wisdom wherever they go. Our goal is always to keep seniors active, connected, and engaged with their communities.



A community is only as healthy as its residents. It would be hard to imagine where small town Ontario, would be without its army of senior volunteers. Seniors keep so many organizations alive and well with endless passion and commitment. Also, did you know that seniors donate more to charity, than any other demographic? Pretty impressive.

"You show up AND you put your money where your mouth is."

We need this month to remind ourselves about the contributions of seniors. The reality is we can only become seniors by living for a long time. We need to be aware of and fight back against the bombardment of anti-aging messages. After decades of receiving negative messages about aging, both overt and subtle, it can be a little too easy to absorb and eventually believe them. Ageism, is in fact, such a serious issue that the World Health Organization has a campaign to fight against it.

So, a sincere thank you to the Province of Ontario for designating June (one of the most beautiful months of the year) as Seniors' month, but mostly a sincere thank you to each one of you for all that you do, day in and day out, to better your community and beyond.

Helen

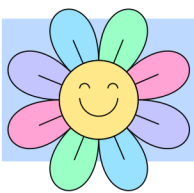


LET'S CELEBRATE!



519 638 1000 HEDWARDS@MAPLETON.CA 1 866 446 4546





“My wish for you is that you continue. Continue to be who you are, to astonish a mean world with your acts of kindness.”

Maya Angelou

Pet Corner

Joey

Submitted by Kay Ayres

Born March 2, 2018. Joey has attitude. Boy, does he have attitude! All things in our house must be to his liking; the only way is his way.

He is “supposed” to have his meals at 7:00 am and 5:00 pm. Well, he gets up at 6:00 am for breakfast, and by 3:30 he is asking for supper. If he does not want to go for a walk, he refuses to wear his harness. He does not like other dogs. They are not supposed to be in his neighbourhood. Or anywhere near his backyard.

To go to bed at night, he will only get into bed on the right hand side of the bed. And I have to pick him up and place him on the bed. If I put him in bed, on the left side, he gets back off the bed, and we have to do it all over again.

I do not know how he got so spoiled. I do not think it was my fault. Oh, well—maybe like mother, like dog!



Activities Spotlight

Cards, Anyone?



Are you a person that loves to play cards but makes the odd mistake, or maybe you sometimes forget what's trump?

Then this non-competitive card group is for you! The Palmerston Euchre group meets on the last Wednesday of each month at James Street United Church from 1 -3 p.m. Cost is \$2.

**For more information contact SCE volunteer card coordinator
Dale Hurlbut at 519-343 -3495.**

WORD OF THE MONTH:

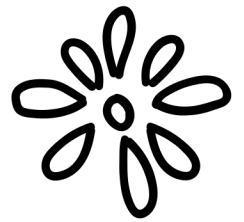
Yaya

A group of three or more women whose hearts and souls are joined together by laughter and tears shared through the glorious journey of life.





World Elder Abuse Awareness Day—June 15, 2024



World Elder Abuse Awareness Day (WEAAD) has been acknowledged on June 15th every year since its inception in 2006 by the International Network for the Prevention of Elder Abuse and the UN World Health Organization.

Elder abuse can happen to anyone, but those who are socially isolated, or experiencing financial or emotional stress, or dementia, are more vulnerable to abuse. Elder abuse can be physical, financial, emotional (including neglect and mistreatment,) and sexual.

Elder abuse can be a single act or multiple. Regardless of what form elder abuse takes, it is marked by the mistreatment, exploitation, and neglect that causes harm or distress to an older adult, perpetrated by someone they know.

Elder abuse can also include ageism and the violation of seniors' rights. There are dire consequences for individuals who experience elder abuse. Abused seniors are more likely to be hospitalized, go into nursing homes, and are three times as likely to die. Elder abuse is a social issue that affects the well-being, independence, health, and human rights of older individuals globally.

If you are concerned about someone you know who may be experiencing elder abuse, communicate this to a trusted person or professional who can support and intervene. Abuse should never be tolerated.

To learn more about elder abuse, how to identify it and how to stop it, visit or call www.canada.ca/en/public-health/services/publications/health-risks-safety/how-identify-elder-abuse.html; 1-800-O-Canada (1-800-622-6232)



Let's take this opportunity, not just on June 15, but every day, to raise awareness, check-in on other seniors, neighbours, and friends to improve the safety and well-being of others who may be at-risk or vulnerable to elder abuse.



Victim Services Wellington is currently looking for mature individuals to join our volunteer team. As a volunteer, you will provide short-term support to victims of crime and tragic circumstances in the County of Wellington.

Volunteers help victims with emergency support, safety planning, and connection with community resources. Plus, you'll get the opportunity to work with a great team of people who are dedicated about making a difference!



All volunteers must be at least 20 years old, have a valid driver's licence, access to a vehicle, and cell phone. No experience is necessary, as Victim Services will provide all the training you need. **519-824-1212, ext. 7304; vswguelph.on.ca**



A horse walks into a bar. "Hey," the bartender says..
"Sure," the horse replies!



HORSEBACK RIDING

Submitted by Don Senek

Most Saturday mornings, some of the neighborhood kids in Galt used to go horseback riding on a farm at the edge of town for the cost of \$1.50 for half an hour. One Saturday morning, one of the kids invited me to go along. They cautioned that if Mrs. Winters, the owner, asked if I had ridden a horse before, I should say, "Yes" because if I said "No" she wouldn't let me ride.

When we got there, Mrs. Winters must have sensed that I hadn't ridden a horse before, because she said that she had better let me ride an old horse named "Queenie." However, she warned me to keep her away from the pond because she said that Queenie loved water.

Everything seemed to be going all right until whoever was leading, decided to take their horse down to the edge of the pond for a drink.

When Queenie saw the pond, she seemed to come to life, passing all the other horses and proceeded to go right into the water, lay down, and roll over with me on her back! Fortunately the pond wasn't too deep but I got soaked and so did the saddle.

By now, Queenie was in full charge and when the trail ride started up again, she took off in another direction and plowed through Mrs. Winter's freshly planted garden with me hanging on for dear life. For some reason, I was never allowed back. 😂



SENIORS' CENTRE *for* EXCELLENCE

As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them. John F. Kennedy

We, at the Seniors' Centre for Excellence, wanted to take a moment this June (Seniors' month) to express how grateful we are to our seniors in general and to say thanks for being YOU.

As we express our gratitude to you, we also want to live out JFK's words by learning from you. Thank you, for sharing your time with us; your wisdom with us; your life experiences with us. We all face pain, difficulty, and doubts, but you have shown us in so many ways, that your resiliency is what makes you victorious. The result of resiliency is a fulfilled, meaningful, purposeful life.

We are privileged to know you and include you in the *excellent* part of our Seniors' Centre for Excellence.





Growing old is mandatory; growing up is optional.

—Chili Davis

Recipe of the Month

Easy Black Bean Salad or Dip

Submitted by Leone Babineau

Very yummy! Our young people enjoyed it, too.

Ingredients

2 - 15 oz cans of black beans, drained

1 cup of cooked corn (canned or frozen,) drained

1 large red pepper, chopped

2 cloves of garlic, minced

2 tablespoons of onion or shallots

2 teaspoons or less of salt

2 tablespoons of sugar

4 tablespoons of olive oil

1 teaspoon of lime zest

6 tablespoons of fresh lime juice

1/2 cup of chopped fresh cilantro



Method:

Mix everything together and add two chopped avocado last before serving. Serve with Tostitos chips as a dip or enjoy as a salad.

Art workshop

School's out for summer



Come alone, or bring along your grandchild to join in some creative intergenerational fun for the afternoon.

Friday

June 28

1 pm – 3:30 pm

PMD Arena

68 Main St. W.,
Drayton



**"Apron"
Painting
Class**



with Artist, Lisa Cosier

\$20

**includes first
apron and all
supplies.**

2nd apron - \$10

Contact for Enquiries

• **519-638-1000**

• **jbrown@mapleton.ca**

Please register soon. Limited class size



When life gives you lemons be grateful. There is so much you can do with lemons!



Transformations:

When Life Gives You Lemons, Plant Yellow Tulips.

—Liz MacLennan

About seven years ago my husband and I were distressed to learn that the forest-capped, rolling farmland that we gazed upon from our front porch was to become a huge subdivision. Despite the initial objections from our “rural” neighbourhood, the developer’s plan was approved, and the project moved forward. To add further apparent insult to injury, the main road into the subdivision was created directly in front of our driveway.

Construction began with the expected noise and dust. However, observing the changes added interest to our days, as the landscape was transformed. Something changed every day, and we watched in wonder as workers, with their various heavy machines, built roads and erected attractive houses at an amazing pace.

Five years later, the neighbourhood was transformed; we now had safe sidewalks, attractive walking trails, lively families with kids and dogs, and a great stormwater management pond with geese and ducks. The landscaping is attractive and parts are intentionally wild. Turns out, I love it!

However, I did want to create a bit of a screen to the wide view across my open front lawn. Traffic, of course had increased, bringing inevitable noise.

So three spring times ago, then into my 80’s and widowed, I decided to eliminate the lawn and create a pollinator area of native trees, grasses, shrubs, and perennials. We started by covering the lawn with thick brown paper that would eventually decompose, then covered it with many cubic yards of soil, manure, and mulch and started planting various trees, shrubs, and perennials. I had lots of help from my son and an amazing young woman, Jasmine (Jaz of all Trades), who knew nothing about gardening but is a mighty mouse and very eager to learn. We added three more trees last summer and planted loads of bulbs each fall.



Everything appears to be thriving this spring. I feel great bursts of joy each time I walk out the door and along the little paths through this area, transformed by new shapes, colours, and the sounds of birds, buzzing insects, scurrying chipmunks, and squirrels.

All this helps me thrive, too!





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. June 19	12 pm \$20	James St. United, Palmerston	Julie Martin Jansen Hospice Wellington Gratitude Eat, Care, Love
Clifford	Wed. June 26	12 pm \$20	Clifford United Church	Alicia Gilstorf What's Happening at our Local Library?
Harriston	Friday June 28	12 pm \$20	Harriston United Church	Dale Franklin Organ & Tissue Donation

Join us for Coffee! 

COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. June 6 & 20	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month June 12	10 am	Maryborough Community Centre, 15 Ball Avenue

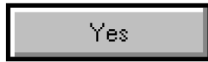


Hey Mr. Postman!

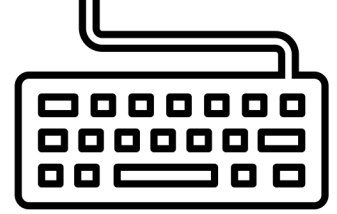
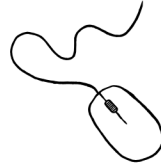
As you might know, the cost of a single stamp increased as of May 1st. Currently, we mail out 225 newsletters each month. If you are receiving this newsletter in your mailbox but you wouldn't mind receiving it in your inbox instead, please let us know. Oh, and as a bonus, with the emailed copy, you get lots of additional information that we can't fit into the printed copy.



If you would still like to have a paper copy, we will ensure that they are available at our SCE programs and events. Several people who regularly attend the dining program in Clifford have already helped by agreeing to pick up their copy in person, saving us the postage! Thank you. If you come to the Harriston Dining Program, perhaps you could consider doing the same? Just reach out to yours truly at hedwards@mapleton.ca or call the office at **519-638-1000**.



Tech Tips



S.C.A.M. Spotting!

by Michael Meunier

Technology can be a breeding ground for scams and unfortunately, seniors are often the targets of scams. By law, when a legitimate Canadian company calls or texts you, they will never:

- Use aggressive language
- Threaten you with police action
- Demand immediate payment by prepaid credit cards
- Insist that you provide personal information such as your: credit card's Card Verification Code (CVC), SIN #, bank account PIN, etc...



Here's an acronym to help you spot and avoid being the victim of common S.C.A.M techniques when using technology:

- **S is for Strange requests for help:** When someone calls and asks for money or help, you might be inclined to offer it. However, proceed with caution because even if it sounds like a friend or relative, it may be a scammer. You're better off hanging up and calling them back at a contact number that you have stored on your phone.
- **C is for Counterfeit Websites:** Anyone can falsely claim to be offering you a safe and secure web link. Legitimate company web links are secure, so hover your mouse over embedded web links and ensure the link begins with "https://" and when in doubt, don't click on a web link.
- **A is for Assess Attachments:** Typically, legitimate companies do not randomly send you emails with attachments, but instead direct you to download documents or files from their own website. This method isn't foolproof. Sometimes companies that already have your email will send you information that may require a download. In that case, be on the lookout for high-risk attachment file types including: ".exe, .scr, and .zip". When in doubt, contact the company directly using contact information that you have previously stored on your phone, such as a 1-800 number or a customer service email contact.
- **M is for Malware:** One of the most intrusive scams happens when someone sends you an email containing malware. The email will most likely ask you to download something or open a link. The malware may even download automatically when you open the email. If this happens, delete the email immediately. Whatever you download could damage your computer or install a computer program that allows scammers to search through all data stored on your computer.

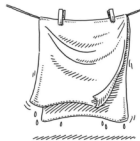


It's not always easy to spot a scam, and new ones are invented every day. Report any suspected scams to the **Canadian Anti-Fraud Centre @ 1-888-495-8501.**



Decluttering with Doris

Doris Cassan



The Linen Closet:

An easy win is to purge sheets for bed sizes you no longer own. Rule of thumb is to have 2 or 3 sets of sheets for each bed in the house.

You can fold a set of sheets into one of its pillowcases and make it a self-contained kit. Thinning, torn or odd sheets are useful to thrift shops to bundle as drop cloths or rags. Old towels are welcomed by vet offices or pet rescues.



For the Love of Words



Come join us on ZOOM at 7 pm, June 13 and let's talk about writing. No experience necessary.

If you would like to join us, drop Doris a line at 4luvwrds@gmail.com and she will send you the link.

May Writing Prompt

Time for some introspection.



This month we write about animals! Pets, farm animals, any kind of animal. What pets have you had and how did they get their names? Did you have to take care of livestock of any kind? How did that go? Do you have any stories about doing that? What pet was your closest friend? If you did not have any contact with animals in your life, how do you feel about that? Is there a reason that happened, e.g. allergies? How do you feel about other people's animals?



Fun Father's Day Facts



Thanks, Dad!

- Father's Day originated in America. The first unofficial Father's Day celebration was held in Spokane, Washington on 19th June 1910.
- The Father's Day concept was invented by Sonora Smart Dodd from Washington. Her father raised his 6 children single-handedly, after their mother died in childbirth. June was her Dad's birthday month.
- In the seahorse world, it's the male that gets to carry the eggs and birth the babies.
- Indian man Ramjit Raghav became world's oldest Dad in 2012 when he fathered his second child at 96.



ZOOM with us!



Every

TUESDAY 10:30 AM



June 4, 2024

Sierra-Lynne Moneira

Building Bridges
Adult Day Program



Every

THURSDAY 2 PM



June 6, 2024

Shari Vervugt

Edna Staebler- More than
Just "Schmecks" Appeal.



June 11, 2024

Emily Peters - WCMA

Celebrating Prominent
Men in Wellington County



June 13, 2024

Jim Stewart

Ontario Health Alliance



June 18, 2024

Alyson Colton R.D.

Cooking with Alyson



June 20, 2024

Debbie Kunert

Mount Forest
Community Garden

June 25, 2024

Seniors' Panel

Celebrating Seniors



June 27, 2024

TBA



WHAT TO DO IF YOU THINK YOU ARE THE TARGET OF A SCAMMER

**Consider These
Lessons Shared by
an Older Adult**

*From The Wise & Well Calendar
(Oct.2023-Dec 2024)*

1. **BREATHE**

- Do not react in panic mode

2. **SLOW DOWN YOUR RESPONSE**

- Consult with a trusted person before acting

3. **TRUST YOUR GUT**

- If it seems unreal or unbelievable, it probably is

4. **TALK ABOUT IT**

- Sharing your experience helps you to heal and to protect others from scammers



1. July & August 2024—All COFFEE GROUPS will be CANCELLED

2. Monday, June 3 from 2:00 – 3:00pm.

Robin, from the Alzheimer Society Waterloo Wellington, will be speaking about WCL new Cognitive Activity Kits and how they can be used to assist caregivers in supporting those living with dementia.

Please register at the Drayton Branch: 519-638-3788

3. Thursday June 6 from 1:00 – 3:00pm

Dying to Know Your Options Workshop (End of Life Care guest panelists) at the Mount Forest Legion (140 King Street, West)

No registration required.

**IMPORTANT
INFORMATION!**



Anti-Fraud Centre:

1-888-495-8501.

Wellington County OPP:

1-888-310-1122.



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



519 638 1000 HEDWARDS@MAPLETON.CA 1 866 446 4546



DYING TO KNOW YOUR OPTIONS?

*An informative and interactive discussion about **YOUR** end-of-life care. The topic of Medical Assistance in Dying (MAiD) will be discussed.*



MOUNT FOREST LEGION
140 KING STREET WEST



THURSDAY JUNE 6TH
1:00 PM - 3:00 P.M.



Panelists

Chantelle Koeslag,

Nurse Practitioner Minto-
Mapleton FHT

Julie Martin-Jansen

Rural Outreach Coordinator
Hospice Wellington

RoseAnne Desmarais

End-of-Life Death Doula, Heart 2
Heart Personal Support Services

No registration required. Please
bring your beverage of choice.

SENIORS' CENTRE *for* **EXCELLENCE**



Minto-Mapleton
Family Health Team