



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

March 2022



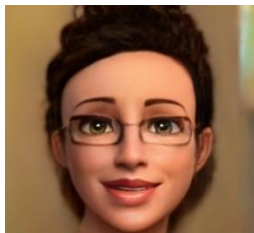
Table of Contents

A Word From Helen	1
A Lesson from Doctor Wisdom	2
For the Love of Words	2
Legion Literary Contest for Ontario Seniors	3
Stamps for Leprosy Mission	3
Health News	3
Telling Our Stories	4
Yoga on Zoom	5
Social Media Links	5
Word of the Month	5
Recipe of the Month	6
Senior Pet Corner	6
Decluttering with Doris	6
The Thank You Challenge	6
What's Happening at the Seniors' Centre for Excellence?	7

A Word From Helen

Ladies and Gentlemen.

Just when we thought it wasn't going to happen, the days are getting longer, brighter, and warmer. In addition to the warmer weather, it seems like we may finally be able to participate in some in-person activities.



Two years ago, on Wednesday, March 11th in Palmerston we held our last in-person dining program. Our next dining program on

Friday, March 13th in Drayton was cancelled as Premier Doug Ford had just announced that schools would close. It seems like a lifetime ago.

There have been many positives over the pandemic—our ZOOM sessions, for example; participants moving from feeling intimidated by technology to acknowledging that it does make staying connected a wee bit easier.

It seems the pandemic has done more than strain our medical system. It has also strained many community and family relationships.

What if the person reading this article tries to build a bridge or tries to extend an olive branch to someone with whom they have had a difference of opinion over the pandemic? Imagine. Repairing one relationship at a time could mean we might strengthen the fabric of our community and indeed, our country.



Who better than older adults to initiate this, too? After all, we recognize what is truly important in this life and it isn't about vaccinations, possessions, or opinions; it's about love. *Helen*

The magnitude of difference between million and billion can be illustrated with this example of the time scale: A million seconds is 12 days. A billion seconds is 31 years. A trillion seconds is 31,688 years.





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A Lesson from Doctor Wisdom

(Submitted)

A wise and experienced older adult, Mabel Wisdom, was bored in retirement and needed some extra money to go on a vacation. So she decided to open a medical clinic.

She put a sign up outside that read, *Dr. Wisdom's Clinic. Get your treatment for \$500. If not cured, get back \$1,000.*

Joshua, who usually used his time scamming people over the phone and on Facebook, was positive that this old lady was an easy target and didn't know beans about medicine. He saw this as a great opportunity to make a quick \$1,000. So he went to Dr. Wisdom's clinic.

Joshua: "Dr. Wisdom, I have lost my sense of taste. Can you please help me?"

Dr. Wisdom: "Nurse, please bring medicine from box 22 and put three drops in Joshua's mouth."

Joshua: "Aaagh! This is gasoline!"

Dr. Wisdom: "Congratulations! You've got your taste back. That will be \$500."

Joshua got annoyed and went back after a couple of days figuring to recover his money.

Joshua: "I have lost my memory, I cannot remember anything."

Dr. Wisdom: "Nurse, please bring medicine from box 22 and put three drops in the patient's mouth."

Joshua: "Oh, no you don't. That's gasoline!"

Dr. Wisdom: "Congratulations! You've got your memory back. That will be \$500."

Now Joshua (after having lost \$1000) leaves angrily and comes back after several more days.

Joshua: "My eyesight has become weak. I can hardly see the numbers on my phone to make my scam calls!"

Dr. Wisdom: "Well, I don't have any medicine for that so, here's your \$1000 back." *(hands him a \$10 bill.)*

Joshua: "But this is only \$10!"

Dr. Wisdom: "Congratulations! You got your vision back! That will be \$500."

The moral of this story: Always respect the wisdom and experience that an older person brings to every situation—and never answer the phone when Joshua calls!



While this is a funny story, being scammed by anyone is anything but funny. Be on guard and remember that we are all potential targets and we are all vulnerable. Be wise. Be informed.

Be skeptical if something doesn't 'feel' right and guard your personal information online and in your wallet.

Always report fraud or cybercrime:

Toll-free: 1-888-495-8501

For the Love of Words ♥

The fun happens at this writing group on the third Wednesday of each month at 7 pm. Email Doris at 4luvwrds@gmail.com to get the link to join.



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Legion Literary Contest for Ontario Seniors

If you have a passion for the written word and might like to enter your poem, short story, or memoir into this annual contest, request details by contacting districteseniorsliterary@gmail.com



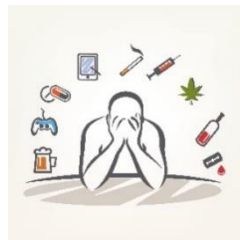
Stamps for Leprosy Mission

Contact Muriel Steeb if you have any new or used stamps. m2steeb@gmail.com

Health News

Submitted by the Older Adult Substance Use Working Group of the Waterloo Wellington Older Adults Strategy

Many people think addiction to alcohol and/or drugs is a concern that only affects younger people, but this is incorrect. Older adults are the fastest-growing subgroup of the Canadian population and with this, it is expected that substance use will continue to rise within the population as well.



Various age-related changes result in older adults being more at risk of harmful effects pertaining to substance use. We may not have changed the number of substances we are consuming, but as we age, our bodies become more sensitive and process things at a slower rate. Another thing to consider is that we may be taking more medication which increases the risk of harmful drug interactions.

But here's the good news. Help is available, and recovery is possible, at any

age. Just ask Barbara Gray. "I've been an alcoholic for as long as I can remember - now I'm sober. Never give up. There's always hope, somehow, someday you can reach peace and sobriety. There's lots of help out there. Keep trying until you find what's right for you." Barbara says, "I'm 70. I only reached sobriety recently. It's never too late! It may seem daunting to change habits of a lifetime, but with support, it can be done. It's worth it to be freed from the burdens and costs of substance use. Reach out if you or someone you care about needs help."



Types of substances can include:

- Tobacco
- Alcohol
- Prescription drugs (pain relievers, sedatives, stimulants)
- Cannabis
- Illicit drugs (cocaine, ecstasy, methamphetamine)

When an older adult has a decline in their overall health, those around them, including medical professionals, may assume that this is due to the aging process. We should all be aware that the signs of substance misuse are similar across age groups, they include:

- Loss of co-ordination, falls, slurred speech
- Problems sleeping
- Decline in personal hygiene
- Irritability, depression, or confusion



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- Stomach problems, loss of appetite
- Covering up the extent of their substance use
- Tension with family, friends, lack of interest in staying in touch
- Desire to be alone
- Signs of withdrawal such as a racing pulse, tremors, agitation

There are a variety of risk factors that contribute to substance use. Many older adults face many on a regular basis and there could be a combination of issues including chronic pain/illness, reduced mobility, poor health status, social isolation, lifestyle changes (retirement or change in living situation), grief, loss, and financial stress.

If your substance use has been negatively affecting your everyday life, talk with someone you trust or let a healthcare professional know. You are not alone, and your family physician will not judge you when you share that you are struggling with substance use. The first step to tackling any problem is acknowledging it yourself. Like Barbara said, "It's never too late."

Where can I access free mental health and substance use support? Speak with a counsellor by calling 1-866-585-0445

Where can I get information about substance use and recovery support services? Contact *Here 24/7* for services in Waterloo Region and Wellington County at 1-844-437-3247 or (519) 821-3582

Contact Addiction Services at the House of Friendship by calling Fiona at (519) 742-8327, ext. 221

Where can I get outpatient treatment and recovery support? Contact Homewood Community Addiction Services (CADS) at (519) 836-5733, ext. 32396

Rapid Access Addiction Medicine (RAAM) clinic—in every area of our Waterloo Wellington region (and a new Mobile van as well) 1-844-722-2977

Who can help me if I want to reduce the amount I drink? Contact Community Withdrawal Support Service at Stonehenge Therapeutic Community by calling 1-844-722-2977

Telling Our Stories

Names*

A British Home Child Story

by Sue Ricketts

*This is the first instalment of a three-part story.**

All good stories begin with *Once Upon a Time*, so they say. This is a true account, with some creative license inserted for the sake of story.

Once upon a time, in the year 1881, a boy was born in Preesall, Lancashire, in the north of England. Like his father and grandfather, he was named Elijah Stackhouse. A lively, clever lad who attended school to learn the trade of boot making. In time he struck out for the big city of Newcastle-on-Tyne to make his fortune.

As the turn of the century happened on New Year's Eve Eli was introduced to a beautiful Welsh lass, Janet, who had black "Welsh" eyes; so dark a brown that they looked black. He was captivated, and after a few years of courting and planning, they married.



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In due time, the children began to arrive, all of whom were blessed with those deep black eyes. First was Elijah James in 1905. Then Winifred in 1907. The second son John, usually known as Jack, arrived in 1911.

Eli senior continued to work at a boot shop making fancy shoes for gentlemen and sturdy boots for soldiers. Over a few years, he sickened and grew weak. In 1913 he passed away with "Sugar Diabetes" which was a death sentence before insulin was discovered.

The loss of the primary breadwinner meant that the family moved to live with Grannie Jones in her apartment. This meant they were right downtown, handy for Janet's new job as a Clippy on the trams. Her job was to punch every rider's ticket to prove they'd paid when they got on board the bus system.

It didn't take long until Janet realized that she was pregnant again. Since it was shameful for a single woman to be pregnant, the family quickly arranged a marriage with a gentleman named Mr. Mulgrave. He was a sailor who went off on the fishing boats to the North Atlantic. He went off once and did not return. However, a daughter named Lucy Mulgrave joined the family.

Time passed and when young Jack was about eight years old he was sent to the basement to get a pail of coal for the fireplace. Somehow, he dislodged the coal pile and fell, banging his head hard enough to become unconscious for a few hours. During that time, he had a vivid dream about walking up a street paved with gold. This stuck with him for most of his life.

Years later, Janet married a gentleman named Mr. Cockburn and they combined their families and lived peaceably for a few years. Then disaster struck again. In early 1921

Janet contracted the Spanish Flu which had been raging since the war ended and she died.

Mr. Cockburn took the boys into his study and made them a generous offer. If they would agree to change their name to Cockburn, he would see that they were schooled and learned a trade. Young Jack asked what would happen to his sisters.

Mr. Cockburn said that he already had daughters and so he would send Winifred and Lucy to an orphanage. Jack immediately said that he would go with his sisters to take care of them, while Elijah James accepted Mr. Cockburn's offer to stay. *(To be continued ...)*

Yoga on Zoom

New participants are always welcome
Mondays 9:30-10:30 am
Pre-registration is required.
Contact Kerry at kerry@studiokerry.ca

Social Media Links



Check us out on Facebook, Twitter, and Instagram. And don't forget to join in on the *Fun Friday Facebook Challenge* every Friday. Fabulous prizes. Lots of fun.
<https://bit.ly/3qEhYvq>

Word of the Month

(added to the dictionary in 2019)

DAD JOKE: [Noun; Informal]

A dad joke is a short joke, typically a pun, presented as a one-liner or a question and answer, but not a narrative.





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Dad Joke #1: "Why do fathers take an extra pair of socks when they go golfing?" "In case they get a hole in one!"

Dad Joke #2: "Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera."

Recipe of the Month

Submitted by Virginia Reed Bateman

Here's a delicious family favourite that we all enjoy any time of the year.

Apple cake

- 1 $\frac{3}{4}$ cups of sugar
- 2 eggs
- 2 heaping teaspoons of cinnamon
- $\frac{1}{2}$ cup of oil
- 6 medium apples
- 2 cups of flour
- 2 teaspoons of baking powder

Method

Preheat the oven to 350 degrees. Mix eggs, sugar, cinnamon, and oil. Peel and slice apples. Add the sliced apples to the bowl, coating as you go to keep the apples from browning.



Mix the baking powder and flour then add that to the bowl. Mix well with a fork until the flour is absorbed. Pour into a 9 by 13 greased pan. Bake for 55 minutes. It's just that easy!

My whole family enjoys this cake warmed up a little and served with a generous scoop of ice cream.
Virginia ❤️

Senior Pet Corner



Snowball is a 12-year-old senior pooch but never tires of walks. She even puts up with boots and a coat.

Jan

Decluttering with Doris



Horizontal Surfaces: empty them all for a fresh, restful feeling in your home. Find places for those

items in drawers, cupboards or ... declutter them! Donate or discard freeloaders that are just taking space and not making you happy.

The Thank You Challenge

Welcome and **"THANK YOU"** to Johanna Brown who has recently joined the SCE team in the Administrative Assistant position. Johanna, who is learning the ropes, is fitting in nicely. We are thanking her as she has agreed to be a guest on one of our Zoom sessions.

Johanna was born in South Africa, spent time living in the hustle and bustle of London, England, and then moved to Drayton. Talk about culture shock! Johanna loves being a Draytonite and will share her interesting story with us soon.

What's Happening at the Seniors' Centre for Excellence?

MARCH 2022



Party Line

Join the fun every Wednesday and Thursday at **10:30** am. **Great Topics.** To sign up for 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.

Wednesday, March 2 – *This Week in History*

Thursday, March 3 – *Frugal or Spendthrift?*

Wednesday, March 9 – *What's in a Name?*

Thursday, March 10 – *The Truth About the Dionne Quints*

Wednesday, March 16 – *1960s Trivia*

Thursday, March 17 – *When Irish Eyes are Smiling*

Wednesday, March 23 – *Flats, Heels, Bunions*

Thursday, March 24 – *National Chocolate Covered Raisin Day*

Wednesday, March 30 – *News Stories that will make you smile*

Thursday, March 31 – *Fruits and Veggies*



Exercise Classes:

Clifford United Church – Clifford: Mon & Fri 9 am

Knox Presbyterian Church – Harriston: 11:00 am Tues & 11:15 am Thurs

Melville United Church – Fergus: 9:30 & 10:30 Tues & Thurs

Optimist Centre – Holstein: Mon & Thurs 9 am

Drayton Reformed Church Mon & Wed & Fri 9:30 am

Mount Forest Legion – Mon & Wed 10:45 am

Elora Pentecostal Church – Tues & Thurs 1 pm

Contact Person: Kelly Gee kelly.gee@von.ca

Shuffleboard

Location: at the (Drayton) PMD arena Thursdays 1 pm – 4 pm

Contact Person: Gord Oosterveld 519-638-2865



Euchre

Location: at the Drayton Reformed Church Sunset Room. Mondays at 9:00 am

Contact Person: Gerry Debeyer 519-638-2779

FREE Walking Programs:

a. Palmerston Community Centre: Weekdays: 8:30-9:30 am

b. Harriston Community Centre Weekdays: 8:30-9:30 am

c. Clifford Arena Weekdays: 10-11 am; Mondays & Thursdays: 7-8 pm

For more information: 519-638-1000



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Tuesday, March 1st

10:30 am

Guest: Shout Sisters

Topic: The History

Thursday, March 3

2:00 pm

Guest: Lyn Cowan

Topic: Fabric and Watercolour Artist

Tuesday, March 8

10:30 am

Guest: Joan Miller

Topic: A Day in the Life of ...

Thursday, March 10

2:00 pm

Guest: Three Fab Seniors

Topic: Around the World ...

Tuesday, March 15

10:30 am

Guest: Alyson Colton, Reg. Dietitian

Topic: Cooking with Alyson

Tuesday, March 15

7 pm

Book Club with Helen

Wednesday, March 16

For the Love of Words with Doris

Thursday, March 17

2 pm

Guest: Doris Cassan

Topic: Decluttering with Doris Part 2

Tuesday, March 22

10:30 am

Guest: Bata Shoe Museum

Topic: All About Shoes

Thursday, March 24

2 pm

Guest: Kay Ayres

Topic: Road Trip to Whitehorse & Dawson City

Thursday, March 29

2 pm

Guest: Kyle Smith

Topic: Hurricane Hazel

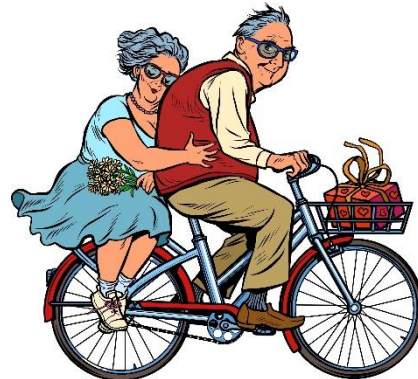
Thursday, March 31st

2 pm

Guest: Bep Vandenberg

Topic: Armchair Travel to Prague, Vienna, and Budapest

*May you always have love to share,
cash to spare, tires with air, and
friends who care!*



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