



## March 2023



### A Word from Helen

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Services Coordinator  
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In this edition, you will find the names of our newly crowned Community Connectors.

We are in the process of making changes to our newsletter and developing community-specific brochures, listing activities and events available that will keep you connected to your peers.

Our new volunteers will be gathering information on activities and events happening in your community. They will relay the information to us, then we can compile it all in our new brochures.

Once completed, these brochures will be available at your local health clinics, SMART exercise locations, online, and of course with the SCE, at our various programs.

We always want to keep you aware of the opportunities in your community because we know that staying socially connected is one of the keys to healthy aging.

If you have activities that you would like included in the new community brochures, please reach out to the Community Connectors in your community.

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## Welcome Community Connectors

If you know, or hear of an activity or event for seniors that isn't already listed or needs some information updated or corrected, please let your Community Connector know.

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

Special thanks to our community connectors for helping with this important role. It is most certainly appreciated.



**A good friend is like a four-leaf clover—hard to find and lucky to have.**

— Irish Proverb (submitted by Jim Measures)



## A Cautionary Tale

*Kay Ayres, as told to Helen Edwards*

Kay had just returned to Canada from a trip to Cuba, and she felt exhausted. The trip had not gone well, and getting around her resort, which was not accessible, had made her knees very painful. When she and her friend returned on the Friday, the temperature was a freezing -25°C and another misfortune meant they had to spend an additional night in Toronto. Kay was plain worn out.

On Monday, Kay had a major dentist appointment scheduled, but she was so fatigued, she had to go straight to bed. She was also starting to feel short of breath upon even the smallest exertion. She spent the next few days in bed, mostly sleeping away the hours. Her shortness of breath continued, and she began to wonder if the fatigue she was experiencing was more than her just trying to recover from her vacation.

Kay said that after all she had been through on her trip, she just couldn't face doing a COVID test and, because her symptoms weren't what she associated with COVID, she put it off. But her symptoms worsened. So, eventually, she took the test and did test positive. Because of the delay in testing, however, she was not able to take Paxlovid, which is effective in minimizing the symptoms of COVID, reducing the likelihood of hospital admission by 89%.



Two weeks later Kay is just starting a prescription for a puffer. Her voice is hoarse and her energy level is low. Kay wanted to share her story as a cautionary tale. The moral of the story is that if you are feeling unwell with any symptoms, take a COVID test.

As Kay mentioned, "I am over 65, overweight, and diabetic. If there was anyone who should have been taking advantage of this [Paxlovid] medication it is me."

One good thing is that COVID has not robbed Kay of her sense of humour. Her idea for a story title was originally, *Cancel the Funeral Sandwiches!* Kay would like everyone who is reading this story to test early for COVID, get Paxlovid if needed, and get on with their life.

**Editor's Note:** Thanks, Kay, for the reminder about Paxlovid and the small window of opportunity when it is effective. Shortly after I finished editing your story, a family member tested positive for COVID. Because of the helpful information you shared here, it alerted me to check into the immediacy of obtaining this anti-viral medication. A quick telephone call to the pharmacist and a telephone assessment put the wheels in action and within a few hours we had the Paxlovid.



PAXLOVID is used in adults to treat mild to moderate coronavirus disease 2019 (COVID-19); <https://covid-vaccine.canada.ca/info/paxlovid-en.html>

## Did You Know?

Dr. Sophia Li from the KITE Research Institute in Toronto, shares with us the importance of wearing a hat when outside in the winter months.

Dr. Li's research found that systolic (upper number) and diastolic (lower number) blood pressure increases in cold weather but increases even more when a hat is not worn. Wearing a hat not only reduces blood pressure response during cold exposure, but it also promotes faster recovery of forehead skin temperature and blood pressure.

These findings demonstrate the benefits of wearing a hat in the winter, especially among older people and people with cardiovascular diseases. Good to know.



Photo Credit: Sharon Rodgers, the third happy lady, taking the photograph

Special thanks to three talented and happy ladies who are part of the new SCE card project. Wendy, Hetty, and Sharon were hard at work and enjoying every minute of creating cards, and mailing out words of cheer to many.

On this afternoon these busy ladies created and prepared 42 Valentine's Day cards for mailing. Now they say they are ready for the next card project!

P.S. If you would like to be on the SCE birthday card list, send a note to [jbrown@mapleton.ca](mailto:jbrown@mapleton.ca)

Thank  
you!

## Pet Corner

### A Lesson from Lexi

It's hard not to see the joy of winter when you look at Lexi, a charmingly happy four-year-old cockapoo. Lexi enjoys prancing through the snow with wild abandon, burying her face in every snowbank she comes across, much to the delight of Mary, her owner.

Let's all try to be a little more like Lexi. We will, most likely, feel just a little bit happier if we do. Look at that face!



### Behind the SCENes

Celebrating our Seniors' Centre for Excellence (SCE) accomplishments

As part of our partnership with Wellington County Falls Prevention, SCE created and distributed no less than 200 falls prevention glove-box kits in our community over the past few winter months.



"It is amazing what you can accomplish if you do not care who gets the credit."  
— Harry S. Truman





# The Party Line

Lynn Elliot

## Long. Short. Long.

If you grew up in the country, you likely had a party line on your phone. When the phone rang, you had to listen to make sure it was your distinctive ring, and you ran to answer the phone. Imagine running to the phone, and it wasn't a telemarketer! Those were the days. And you only had one phone in the whole house, with five or six other neighbours using the same line.

I don't remember many people calling to talk to my father. They would just drop in. But one day, I answered the phone, and they asked for father. It sounded official, so I figured it must have been important when they asked to speak to him. I dashed to the shed and told him he was wanted on the phone. Turns out the person on the phone was looking for the Father (priest) at the Kenilworth Catholic Church. Guess our number was close, and someone dialled it wrong. Dad couldn't help them.

Listening in on conversations happened a lot. We sometimes forgot we were listening in, like that time when the snow plough came by after that three day storm, and we accidentally yelled out loud, "The ploughs are coming! The ploughs are coming!"

Yes, my mom was a party-line listener, at times, too. That comment she once heard about 'a quick wedding' didn't give a warm, fuzzy, feeling. But there was no baby for three years, so guess the gossiping neighbours were wrong.

Not all calls were good. If someone called early morning or later at night, it wasn't going to be good news—like the time my mother gave my sister rubbing alcohol instead of mineral oil. She had to interrupt a party line call so she could call the doctor. That news didn't take long to get around.

And then there was the time when Dad had to take the news to a neighbour who didn't have a phone, that their son had been killed in an accident. Another time, Dad had to take that same neighbour another phone message. When he headed to the barn where the neighbour would be milking, he found their daughter face down, in the water trough. Luckily, he pulled her out and was able to revive her.

Some people were patient. Some were not, when they needed the phone. If it was urgent, they would say so. If you heard your neighbour's ring and were intending on listening, you would be very gentle picking up the receiver.

Long distance was expensive. We think nothing of it now. We have a phone in our pocket. All the frequently used numbers are saved in our phones. We don't even need to remember them. *Just scroll and press a button.*

Oh, how times change. Now the common reminder from my kids, whenever I go anywhere, is about making sure I take my phone! The younger generation's way of saying, *I love You, Mom*, I guess.







## When is an Irish potato not an Irish potato?



When it's a French Fry!

### Decluttering with Doris

Doris Cassan

#### Let's check out your medicine cabinet.

Whether a prescription medication or an over-the-counter drug, each has an expiry date.

Outdated medications can be ineffective or they can make you sick. Take your outdated or unused medications to your local pharmacy and they will discard them safely—that way they don't end up in the water table.



**Hint:** Call ahead because since Covid, pharmacies may have different protocols in place for the disposal of medications.



WEDNESDAY, March 15 @ 7pm  
For the Love of Words.

Contact Doris Cassan for information: [4luvwrds@gmail.com](mailto:4luvwrds@gmail.com)

### Around Town

Our ZOOM friend, Pat, out for her maiden voyage, zooming along in her new 1947 Bentley custom-made golfcart.



"I have always wanted a Bentley," Pat says, "and thanks to a great guy, I have one. I'm looking forward to taking *Bonnie Bentley* (a girl needs a name!) for a real spin when the weather gets warmer.

### Recipe of the Month



#### Mennonite Sweet Stew

Submitted by  
Kathy Floren

This month's recipe submitted by Kathy Floren, comes from an old Mennonite cookbook that her sister had when she lived in Harriston.

Kathy tells us that this delightful main dish is a twist on a traditional beef stew. "It looks exactly like beef stew," Kathy says, "however, it does NOT taste at all like it. It will fool you on that first bite...in a very sweet way!"

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#### In a slow cooker, mix the following:

- 2 cans of cream of mushroom soup
- 1 can of water
- ½ cup of firmly packed brown sugar
- ½ cup of vinegar
- 2 tablespoons of regular yellow mustard
- 2 tablespoons of Worcestershire sauce.

#### Brown in frying pan:

- 2 pounds of stewing beef after shaking in flour
- While frying, sprinkle with salt, pepper, garlic powder and steak spice
- When browned, add meat to slow cooker

#### Peel and cut up:


- 4 Medium Carrots (slice in thick rounds)
  - 3 Medium Potatoes (quartered)
  - 2 Medium Onions (quartered)
- Add to stew.



Set slow cooker on High for 6-7 Hours

*Enjoy!*

## Activities & Events

\*Please note. In case of inclement weather, if school buses are not running in North Wellington, then the Dining & Coffee Programs will be cancelled, too.)

Dining Program* 	Date	Time	Location	Guest Speaker or Event
*No Meal in Palmerston but we have another treat for you!	March. 15	Doors open at 1 pm. Starts at 1:30 pm	Norgan Theatre Palmerston	Ian Evans "Lunatic" <a href="http://www.ianevans.ca/lunaticthedoc">http://www.ianevans.ca/lunaticthedoc</a> Seniors \$5. 519-638-1000 for info.
Clifford	March. 29	12 pm	Clifford United Church	Paula Seifried (Dietitian) Mood and Food
Harriston	March 31	12 pm	Harriston United Church	Short Stories & Tall Tales Royden McCoag & Glynis Belec

COFFEE PROGRAMS	 DAY	TIME	LOCATION
 <b>DRAYTON COFFEE TIME</b>	Every 2nd Thursday March 9th & 23rd	10:30 am	Selah Centre 24 Wood St., Drayton
<b>PALMERSTON MUFFIN MONDAY</b>	Every Monday	9:30am	James St. United Church 215 James Street
<b>PALMERSTON SCE GROUP</b>	Last Wednesday of the month	10 am	James St. United Church 215 James Street
<b>MOUNT FOREST FRIENDSHIP CIRCLE</b>	Tuesday	10:30 am	Pentecostal Church 259 Fergus St. S

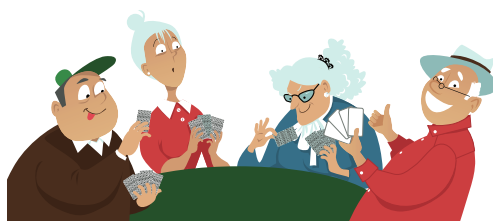
## Shuffleboard

There are still spaces available at the Drayton Shuffleboard. A few players have "shuffled" south of the border for a while. So while those poor people are stuck in the sunshine, sweating profusely, you can take advantage of the opportunity to participate in this fun league on Thursday afternoons. For more information, please contact Gord and Ann Oosterveld at 519-638-2865 or email [ann@oosterveld.org](mailto:ann@oosterveld.org)

## Bridge

### MOUNT FOREST

St. Paul's Anglican Church  
Fri. 1 p m  
Call Barbara Kerr if you need a partner. 519-323-4341





### ARTHUR



Senior's' Hall  
Mon. & Fri. 1-3 pm  
For Info: Shirley Densmore  
226 443 2029

EUCHRE 	CONTACT & DETAILS	DAY	TIME	LOCATION
<b>Arthur</b>	Eleanor Monaghan 519-848-2741	Tues.	1-3 pm	Seniors' Hall 242 Isabella St. E.
	Bid Euchre	Thurs.	1 pm	Seniors' Hall 242 Isabella St. E.
<b>Drayton</b>	Gerry Debeyer 519-638-2779	Mon.	9 am	Drayton Ref. Church
<b>Harriston</b>	Doug Anderson 519-338-3467	Mon.	1:30 pm	Harriston Train Station
	Pepper	Tues.	1:30 pm	Harriston Train Station
	Pepper	Thurs.	7-9 pm	Harriston Train Station
<b>Mount Forest</b>	Kay Ayres 226-445-2116 Euchre. Bid Euchre & Other Games \$3	Wed.	1-3:30 pm	Mount Forest Sports Complex
<b>Palmerston</b>	Dale Hurlbutt 519-343-3495	1st Wed.	2-4 pm	Lions Den (CNRA Building)

\*Note: The VON also offers many SMART programs in North Wellington, Centre Wellington, and Guelph. For further details, please check out this link: <https://bit.ly/3HvXLkf> VON: 519-323-2330 EXT-4954; [kelly.gee@von.ca](mailto:kelly.gee@von.ca).

EXERCISE CLASS	DAY 	TIME	LOCATION
CLIFFORD	Mon. Wed. Fri	9 am	Clifford United Church
HARRISTON	Tues. & Thurs.	10:30 am	Knox Presby. Church
DRAYTON	Mon. Wed. Fri.	9:30 am	Drayton Ref. Church
MOUNT FOREST	Mon. Wed. Fri.	10:30	Royal Can. Legion
PALMERSTON	Tues. & Fri.	9 am	James St. United Church
ARTHUR	 Wed. Fri.	10:30 am	Seniors' Hall



WALKING PROGRAMS	DAY	TIME	LOCATION
DRAYTON 	Mon-Wed-Fri	8:30am – 10:00am	PMD Arena
PALMERSTON	Mon. to Fri.	8:30-9:30 am 	Palmerston Community Centre
HARRISTON	Mon. to Fri.	8:30-9:30 am	Harriston Community Centre
MOUNT FOREST WALK-A-DOODLE-DO	Thurs.	9:30-11 am	Mount Forest & District Sports Complex
ARTHUR	Mon. to Fri.	9 am - Noon	Arthur Arena

## Tuesday 10:30 AM

ZOOM



## Thursday 2 PM

**Date:** March 2

**Guest:** Jennifer Bouwman

**Topic:** The Good, the Bad and the Amazing

**Date:** March 7

**Guest:** Bep Vandenberg

**Topic:** Off to Greece

**Date:** March 9

**Guest:** Carolyn Blackstock. Ken Seiling Museum

**Topic:** Knitting for Victory

**Date:** March 14

**Guest:** Judy Donaldson

**Topic:** Potter

**Date:** March 16

**Guest:** Sarah Bowers-Peter

**Topic:** Fraud Prevention

**Date:** March 21

**Guest:** Cooking with Karen

**Topic:** Karen Burke Registered Dietitian

**Date:** March 23

**Guest:** Tri City Bee Rescue

**Topic:** The Story Behind the Hives

**Date:** March 28

**Guest:** Bruce Whale

**Topic:** Trees for Mapleton

**Date:** March 30

**Guest:** Willa Wick

**Topic:** Gearing up for the Garden

