



Heart & Soul of Wellington

SENIORS' CENTRE *for* **EXCELLENCE**

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

519-638-1000

EDITION #46

March 2024

A Word from Helen



Welcome to March!

Helen Edwards

SCE Seniors' Health Services Coordinator

hedwards@mapleton.ca

Your Opinion is Valuable and Valued!

Last May, Ms. Shirley Borges, Executive Director of the Minto-Mapleton Family Health Team, attended our Minto dining programs to gather community input into a proposal she was submitting to Ontario Health. The proposal was asking for additional funding to support the addition of a nurse practitioner to the Town of Minto team.

Shirley listened to the experiences of those who have a primary care provider, as well as those who are without this vital healthcare service. The dining programs offered the opportunity for Shirley to speak with a large group of older adults. The feedback she received was honest and reflected the experiences of the gathered crowd.

On February 7th, 2024 I was invited to an event at the Clifford Medical Clinic where Matthew Rae, MPP, announced an additional base funding of \$568,000! This will be used to hire two Nurse Practitioners, an RPN, and a medical receptionist for Minto. This is expected to allow an additional 1600-1800 patients to be attached to a primary care practitioner.

Sometimes, as older adults, we may question whether our feedback matters. Shirley specifically mentioned the support of community members at the announcement. This was referring in part, to you! Another example of older adults helping to make our community a better place.

Helen



L to R: Matthew Rae MPP, Kay Ayres, Shirley Borges, Ron Elliot-Town of Minto Councillor.

???
**so THAT'S
What You Call
It!**

1. **AGLET:** The plastic tip on the end of a shoelace
2. **BONNET:** The top part, or cap of a fire hydrant
3. **PHILTRUM:** The small pit beneath the nose, above the upper lip.
4. **PRINCE OF WALES:** The curved handle of an umbrella
5. **HALYARD:** The cord used to raise or lower a banner or flag.



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THANK YOU



These adorable, knitted bears were created and donated by Jane from Mount Forest. Each one of these dolls takes a full evening for her to create. It is hard to look at these 4” dolls without feeling the corners of your mouth turning up into a smile. Jane donated Christmas Themed dolls to be added to Christmas Stockings plus over 50 knitted bears to the SCE to distribute to those going through difficult times.



So far, these knitted creations have made their way to a client in Hospice, to someone dealing with a terminal illness diagnosis, another facing major surgery, and to a frantic young girl waiting to go to the dentist in the front reception of our office. Thank you, Jane, for sharing your talent and generosity. People like you make this world a better place.

RECOVERY CANADA



Lori Quarrie as told to Helen Edwards

At a recent Clifford dining event, a guest speaker for **Recovery Canada** shared how their organization offers support to those who have been dealing with mental health challenges. Recovery, created in 1937 by neuropsychiatrist, Dr. Abraham Low, is a self-help mental health program based on Cognitive Therapy.

Last year, after the same speaker had done a presentation on our SCE ZOOM platform, we asked a social worker to review the presented content. She confirmed that the techniques used by Recovery were sound, and that Abraham Low was practicing Cognitive Behavioural Techniques (CBT) which is presently being used to treat a variety of conditions.



The techniques used teach self-control, self-confidence, and increase one's determination to act. Recovery deals with people who have difficulty coping with everyday problems, whether or not they have a history of psychiatric hospitalization.

Their mission is “...to use this CBT, peer to peer, self help training system to help individuals gain skills to lead more peaceful and productive lives.” Meetings are confidential and anything shared stays within the group. It is a safe place to express one's feelings without fear of judgement.

Through learning and practicing Recovery's principles and four-step method, participants are equipped with skills to change their thoughts and behaviours. Participants receive support, acceptance, and reassurance from other group members, and are encouraged to keep trying. Endorsement for the effort as well as the outcome is extremely important. Hope is given by veteran members who have bettered their lives by practicing recovery.

Testimonial

I am eternally grateful for the wind that blew me in to my first Recovery meeting 5+ years ago. After suffering for most of my adult life with crippling anxiety and depression, suicide seemed like the only answer. Through Recovery I have learned actual skills that help me manage my thoughts and impulses. I have a support group now. I no longer feel alone. I honestly owe my life to Dr. Low and my Recovery Group.—Lori Q.

If you are interested in receiving more information about Recovery Canada, please contact Donna at 519-323-6272 or microbdon@hotmail.com



Today's stress is tomorrow's good old days. — Anon.

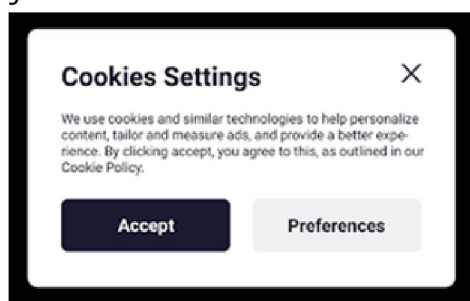


Tech Tips

What's YOUR Cookie Preference?

by Michael Meunier

Cookies are small text files placed on your smart device when you visit a website. They contain information about your browsing activity, such as your login details and search history. The information collected is stored on your device and later used to identify you when you re-visit the website.



Cookies allow websites to remember your preferences, such as language and login details, but they aren't all about helping you. They enable websites to collect information about your web-browsing, such as the links you click on and your location. Sometimes this data is shared with and used by advertisers to display targeted ads. You may find these ads intrusive or you may not want your personal data to be shared.

When you visit a website, you will be asked to consent to the use of cookies by clicking on an *I agree* or *Accept* button.

Here's how to access your cookie settings in two popular web browsers, where you can delete existing cookies and manage cookie settings for the future:

1. Google Chrome

- Click on the three-dot menu icon in the top right corner of the browser window, select Settings, then click on Privacy and Security.

2. Safari

- Click on the Safari menu in the top left corner of the browser window, select Preferences, then click on Privacy.



WORD OF THE MONTH

Librocubicularist



Someone who
reads in bed



SAVE THE DATE

Keep Wednesday,
June 5, 2024 open.

then...

... get ready to help solve a
Murder Mystery at the Moorefield
Community Centre!



Be yourself. No one can say you're doing it wrong.

—Charles M. Schulz



An Ode to Ozzy

submitted by Lynn Elliot

Approx 15 years ago we bought a dog from a lady who had tried to save him from a puppy mill. Sadly, she was unable to care for him. “Ozzy” was six months old when he came to live with us. A border collie and Australian shepherd, Ozzy was a busy dog and loved to run. He never really learned to chase cattle properly, though. He would poke them with his front foot. A couple of times he was kicked in his chest, and I often thought it would kill him one day.

Ozzy would watch for the kids coming off the school bus, but never went to meet them. We have a long lane; he wasn't stupid! He would watch for my husband, Stan, because, Ozzy couldn't wait to receive a few precious left overs from Stan's lunch. After Stan was killed in a tragic accident, in September 2018, he never stopped watching for him. He would sit in the lane every day, from 4 pm on. After my son, Jake, stepped off the school bus, he would greet him, then he would go back and sit to wait for Stan. He would wait till dark then give up. Same thing, everyday for the next 3 years. How do you tell a dog his best friend isn't coming home? I understood Ozzy, though, because I would sometimes find myself looking at the clock, too, thinking Stan would soon be home.

One day Ozzy got too close to the tractor in the bush and his back end was injured. He was good for a while but eventually developed a limp. His limp became worse as he got older. I knew the day was close, but it is never an easy decision to say goodbye to an “old friend.” I told him every week how lucky he was the day I brought him home. But, we really were the lucky ones. Ozzy still walked the manger in the barn watching every cow. He couldn't jump through the manger any more but he could still bark if anyone moved the cows. Problem was he was deaf, too, so you couldn't tell him to shut up.

He would walk the manger in the barn as I locked the cows in for the night. The next day he couldn't get up. I had waited one week too long. I was selfish for just wanting a little more time with him.



Quiet Time with
Ozzy & Friends



Jake & Ozzy

I wished he could have walked into the vet clinic with respect that day. He tried. but he still managed to wag his tail and “grinned” at the girls like he always did. Jan 25, 2021, his last trip to Drayton. They asked what I wanted to do with his body. It was a no brainer for me. He was coming home to a special place in the backyard.

The top eight inches of ground were frozen hard. Neighbours had a mini excavator so they came over to dig for me. Frozen earth broke and flew out of the digger. We smiled seeing how far they dug. I wrapped Ozzy in an old quilt. Our neighbour got down in the hole and placed his old tired body into Ozzy's final resting place. My old friend's limp and pain were no more.

Maybe people who don't like dogs are the smart ones ... but they miss so much.

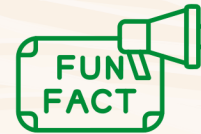




Grandad's Box

A Family Heirloom

© 2021 Dave Short



David Short is our
Helen Edward's Dad.

My grandfather, Otto Schroth, was born in Germany in 1869. He was a skilled cabinetmaker and came to London, England, with his wife around 1895 to work. My father was born in London in 1897.

All went well and the family prospered until the outbreak of the First World War in 1914, when Britain declared war on Germany. Otto and his wife were put in a difficult position as they were German citizens. However, they decided to stay on in London as at that time, the general opinion was that the war would be over in a matter of months, with Britain and her allies the victors. This did not happen.

The turning point came in the spring of 1915, when the German Navy torpedoed and sank the luxury liner, Lusitania, with the loss of thousands of innocent British and American lives.

Immediately, Germans living in Britain became "enemy aliens" and were rounded up and sent to what were called internment camps, which initially were little more than prisons. Otto's wife was sent to Holland, from where she made her own way back to Berlin, Germany. Meanwhile, Otto was sent to a camp at Knockaloe on the Isle of Man, an island in the Irish Sea halfway between England and Ireland. In order to avoid major discontent or even riots brought on by boredom, facilities were provided for the internees to practice their skills or to learn new ones. Among other things, an orchestra and a choir developed, a gym was constructed and even a small golf course was built. It is of note that many of the facilities were provided by and paid for by the Quakers.

Otto spent his time in the woodwork shop and there he built and decorated the box that we now have. The inscription on the inside of the lid translates to *In Remembrance of My Wartime Imprisonment, 1915 to 1916 England. Nachalo, Isle of Man*. The outside of the lid shows a view of the camp and on the four sides are the tail-less Manx cat, the three-legged Manx symbol, and seagulls. Inside there are nine storage compartments with lids and a document pocket.



Otto was eventually returned to Germany and reunited with his wife. He died there in 1924. My father recovered the box from Germany and we have had it restored to as good condition as is possible. We are very proud of it and its history.

Grand♥Pals

We still could use a few more GrandPals. Contact us for more information.

519-638-1000; hedwards@mapleton.ca

Testimony from a former GrandPal at Maryborough Public School



If you are in need of *happy* in your heart, *sunshine* in your soul, or a *giggle* in your wiggle, then don't hesitate to enjoy time with a Grade 4 *wonder*, known as *little pal*♥ Mine stole my ♥ ...

Nadine P.



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When is an Irish Potato
not an Irish Potato?



Solution:

When it's a French fry

Recipe of the Month

Goulash

Submitted by Linda Campbell

A while ago someone on ZOOM said she would like a recipe for Goulash. I can't remember who it was, so thought this would be a good place to share it. Easy and delicious!

(Thanks, Linda! Now everyone can enjoy it!)

Ingredients

1 lb. ground beef
1 can diced tomatoes
1 can tomato soup
1 soup can water (1-1/4 cup)
1-1/2 cup dry macaroni
1 tbsp. Worcestershire sauce
1 tbsp. brown sugar
1 tbsp. minced onion
1 tsp garlic powder
salt and pepper to taste

NOTE. *I use more onion*

Method:

In a non-stick skillet with a lid, brown the beef and season to taste.
Add the rest of the ingredients and give it a stir.
Reduce heat, put on the cover and simmer for about 20 minutes until macaroni is tender.
Remove lid and stir to make sure it is not sticking.
You may need to add a little water.



Delicious

Brain Gym

What is odd or unusual about this paragraph?



?



Look at this paragraph. Study hard, slowly and without any kind of panic. Do you know what is odd or unusual about this paragraph? I would not kid you. What is amiss? Don't think too hard. Stop for a bit. Look, with good thoughts in your mind, but if you try to brainstorm too much, it might not work. But if you focus on nitty gritty you will probably find a solution. Can you do it? Try, and do not quit. Or if you cannot do it look at Pg. 8 and laugh!

(Solution on pg.8)



In case of inclement weather, please note that all our Seniors' Centre for Excellence Programs will not run if the school buses are cancelled. You can check here for updates: <https://stwdsts.ca>



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

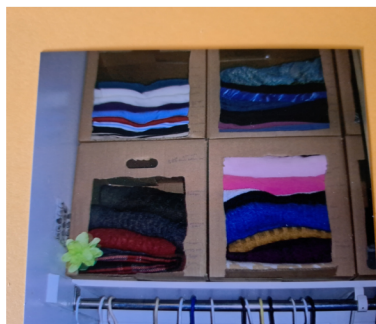
DINING PROGRAM	DATE	TIME /COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	Wed. March 20	12 pm \$20	James St. United, Palmerston	Hurania Melgar Emergency Preparedness
Harriston	Friday March 22	12 pm \$20	Harriston United Church	Susan Warren Birds of a Feather
Clifford	Wed. March 27	12 pm \$20	Clifford United Church	Helen Edwards Origins of Sayings Trivia

Join us for Coffee!



COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. March 14 & 28	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month March 13	10 am	Maryborough Community Centre, 15 Ball Avenue

Hats off!



It's not everyday, someone shows you what they have in their closet, but our friend and regular ZOOMer, Brenda, has taken the advice of our decluttering expert, Doris Cassan, and has created an organized space for all of her lovely sweaters and tops.

Brenda took eight boxes, measuring 14" x 14"x 14" and removed one side of each box so they fit perfectly across the shelf of her double closet.

Hats off to you, Brenda! Decluttering and organizing is its own type of therapy.



ZOOM with us!



Every

TUESDAY 10:30 AM



March 5, 2024

Jennifer Goodwin
ElderCare Dogs for Seniors



Every

THURSDAY 2 PM



March 7, 2024

Serena Lowery, WCMA
Influential Women in
Wellington County

March 12, 2024

Susan Warren
Birds of a Feather



March 14, 2024

Johanna Brown
Top O' the Morning and all
things Irish



March 19, 2024

Alyson Colton R.D.
Cooking with Alyson



March 21, 2024

Sierra-Lynn Moreira
Building Bridges
Adult Day Program

March 26, 2024

Dale Franklin
Organ/Tissue Donation

March 28, 2024

Barbara McDougall
Ukrainian Easter Egg Painting



Decluttering with Doris

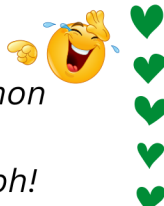
Doris Cassan

A very important part of decluttering is to decide why you are doing it! What are your goals?

Do you want your space to be visitor-ready all the time? Do you want to be able to find things more easily? Entertain more? Travel? Spend your time in nicer ways than maintaining your stuff? Relax more? Waste less? Wear anything in your closet, any time you open the door? Remembering why, will sustain you as you progress through your decluttering journey.

Solution to Brain Gym (pg.6):

The letter "e" is the most common letter in the English Language.
There is no "e" in this paragraph!



A note from Doris:

For the Love of Words

No experience necessary.
Come join us on ZOOM at 7 pm, February 21 and let's talk about writing.

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



Writing Prompt:

So many students will be enjoying March break this month.

What do you remember about going to school? Did you make friends there? Or enemies?

What did you enjoy about school? What did you not enjoy? Do you have any funny stories about your school days?

Did you have to take the bus? How did that go?

Did you have any favourite subjects, or teachers? Why was that so?

Don't worry, no teacher is going to correct your spelling!



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

Care to Share Brain Injuries Change Lives

Are you supporting someone with an acquired brain injury?

**Join us for 8 weekly virtual meetings
from the comfort of your home.**

Led by Leah Swann, RSW, MSW (Supervised by Dr. Jett, C. Psych)

Topics Discussed

- Taking care of yourself
- Changing family roles
- Managing stress and emotions
- Effective communication skills
- Local ABI resources



Meeting dates

Every Tuesday from 6:30pm
- 8:00pm, starting on March
24th and ending May 14th

Registration deadline

March 12th, 2024

Please email: abiref@travind.ca
or call: 226-444-3935

This is a FREE virtual support group for family members and caregivers of survivors of a brain injury.



Pysanky is part of
Ukrainian cultural
identity and a symbol of
a new life.



Every pysanka is
packed with
meaning and carries
great cultural
significance.



Join us for a workshop on Pysanky – the Ukrainian Art of Wax Painting on Eggs

Community centre - Conestoga Estates

Tuesday, March 26, 2024, 1:00 pm to 3:30 pm



Participants will be encouraged to experiment using Ukrainian technique to create a uniquely-beautiful piece of art.

Fee: **\$10** which includes all materials and tools for use during the workshop.

Registration: Please contact the Seniors' Centre for Excellence office at **519-638-1000** or
jbrown@mapleton.ca

Class size is extremely limited, so sign up SOON!



WORLD DELIRIUM AWARENESS DAY

TAKE ACTION

Delirium IS a Medical Emergency

Wednesday March 13, 2024
12:00pm - 1:15pm



Recognizing and addressing underlying causes early can save lives!

Older people are at greater risk!

Family members and care givers play an important role in caring for someone with delirium!

DATE: Wednesday March 13, 2024
TIME: 12:00pm -1:15pm
LOCATION: Virtual webinar (Zoom)

Engaging Patients, Families and Team Members to Prevent, Recognize and Treat Delirium

Presenters:

Deanne Gillies – Voice of the Family: Sharing a Lived Experience

Dr. Nicole Didyk MD, FRCP Canada, Geriatrician, Cambridge Memorial Hospital

Moderator: Robin Smart, M.A. Public Education Coordinator, Alzheimer Society Waterloo Wellington

- How can delirium be prevented?
- How can I recognize delirium as family members, friends, health care team members, or community support service team members?
- How can I help an older adult presenting with delirium?
- What can family share with the health care team in a hospital setting?

Find the answers to these questions at this **FREE** webinar in Celebration of World Delirium Awareness Day on March 13, 2024.

Hosted by the Waterloo Wellington Delirium Collaborative.

Face2Face Management is hosting the virtual platform.

Contact Natalie Oliveira at adminteam@cmhaww.ca if you have difficulties with registration.

REGISTER NOW



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



St. Joseph's
HEALTH CENTRE GUELPH
Serving with Compassion, Care and Courage

COMMUNITY
CARE
CONCEPTS
of Woolwich, Wellesley and



Alzheimer Society
WATERLOO WELLINGTON

GRAND RIVER
HOSPITAL



Waterloo Wellington
Older Adult Strategy