



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #58

March 2025

A Word from Helen

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

International Women's Day



Motherly Wisdom:

"If your head wasn't attached to your shoulders, you would forget it."

Recently, when packing for a trip, I decided that there was no need to take along the entire contents of my wallet. I wasn't going to be driving, and I wanted to keep the number of credit cards I was taking, to a minimum. So out came most of my I.D. I smugly congratulated myself on being so forward thinking. Now just to put it somewhere safe...

After returning from vacation, I went to retrieve my I.D. to return it to my wallet; it isn't a good idea to be driving without your licence. I discovered that while there are activities that are fun to do alone, playing hide-and-seek with yourself is not one of them.

I looked everywhere that I could think to locate my missing I.D.—to no avail. It turns out, trying to determine where you might have thought of as a secure location at the time, doesn't necessarily come to mind upon your return.

Thankfully, I eventually located my I.D. after thoroughly cleaning out five of my kitchen cupboards. There is always a silver lining to everything.

I can now add hide-and-seek to the list of solitary activities that I don't want to ever do again!

Helen



Saturday, March 8, 2025

Women in Canada obtained the right to vote in a sporadic fashion. Federal authorities granted them the franchise in 1918, more than two years after the women of Manitoba became the first to vote at the provincial level. <https://www.thecanadianencyclopedia.ca/en/timeline/womens-suffrage>

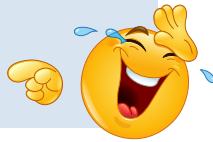




How do you keep Canadian bacon from curling in the frying pan?

ANSWER

Take away their brooms.



What is Delirium?



Adapted from the Alzheimer Society Waterloo/Wellington Brochure, "Delirium" –A guide for older adults, their families and professional care givers.

March 12th is World Delirium Awareness Day



Delirium is a temporary state of confusion. It causes a person's mind to become clouded and makes paying attention and focusing thoughts difficult. It develops quickly over hours or days but may last longer. Delirium is a common, serious, and often preventable problem. Delirium can slow the healing and recovery process and requires immediate treatment. Delirium is *not* a dementia, although the symptoms can be similar.

Delirium symptoms vary from person to person:

- the person may say things that don't make sense
- they may see or hear things that are not there
- they can become quiet and withdrawn or have trouble staying awake
- they may not be able to pay attention or follow instructions

Common causes of delirium are medication, infection, or a recent hospitalization or move. The treatment plan depends on the cause of the onset.

A person is more likely to develop a delirium when they:

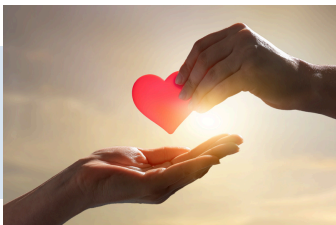
- are over the age of 65
- have dementia and/or depression
- are dehydrated and/or malnourished
- take multiple medications
- have had a recent surgery or develop a serious medical condition
- have had a previous episode of delirium



To reduce the risk of developing delirium in hospital, caregivers can:

- Bring in glasses, working hearing aids, and dentures
- Bring familiar items from home,
- have familiar people visit as often as possible
- Orient person to date, time, location, and remind them why they are there often during your visit

Given that causes include medications and infections, it is important that you are aware of these signs and symptoms. Caregivers and family members can play an important role in caring for someone with delirium.



“Hearts are fragile things. That's why you have to be so careful.” — Lauren Oliver, Delirium

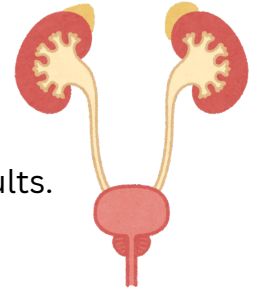
Pelvic Floor Dysfunction

Submitted by Patti Emery



In the fall of 2024, I was diagnosed with Pelvic Floor Dysfunction (PFD). In my case it meant uncontrollable incontinence. No matter how fast I ran to the toilet, I did not make it on time. The thought of wearing incontinence undergarments, 24/7, was overwhelming and I was determined that it was not going to be forever for me.

My doctor recommended that I see a Pelvic Floor Physiotherapist. I made an appointment. The therapist was kind and understanding as she filled out my information, evaluated my situation, gave me a “pee chart” to fill in and, most importantly, she gave me a few exercises to try.



For anyone who knows me, I am not a patient woman. I want instant results. That, however, was not happening. I went to Dr. Google* to find out more information and more exercises. It turns out that over 50% of women have some form of Pelvic Floor Dysfunction – from pain, to leakage, to constipation. The pelvic muscles sometimes weaken and move about causing all sorts of problems.

I also found an online program that gave me lots more information and daily exercises to do. I have been doing these daily. It has been several months of daily workouts. I have gone from flooding, to leakage, to dribbles, and now—back to normal.

I am sure that there are lots of women out there who are silently suffering with this condition. Check out the research, see a Pelvic Floor Physiotherapist for an evaluation and do the pelvic floor strengthening exercises. Incontinence underwear is not the solution. They are bulky, expensive and not environmentally friendly.

**Editor's Note: While there is good information available online, it is always a good idea to speak to your doctor or another health care professional for advice for both men and women who experience incontinence.*

Pet Corner

Nitro & Diesel

Submitted by Pam Benjamins

Diesel is an 8-year-old Chow-Chow. Pam, his owner, loves her super cute pooch, including his bear like face, deep set almond eyes, his perky little ears, black tongue, and curly tail. Pam says that Diesel is the epitome of Zen. He's so calm and relaxed, wise beyond his years, and she never knows what he's thinking. Also, he keeps to himself, is aloof, and fits the definition of stubborn.

But Diesel is hard not to love. Sometimes though, he doesn't want to eat. In the winter it is a frequent occurrence because he prefers to eat snow. He's sweet and gentle and a real ladies' man. He makes Pam smile every day.



And then there is Nitro. Nitro is Pam's 4-year-old British shorthaired Bengal mix cat. Everything about Nitro is mischievous. Pam never knows what he's going to get up to next with his sweet chipmunk cheeks and chattiness. He makes life interesting. Nitro helped Diesel build his confidence, and he loves to bury himself in his fur for cuddles. Diesel tends to just tolerate him, but I think he would miss him if he wasn't around. Diesel and Nitro; friends to the end!



**LOOKING!
GOOOD!**

My face in the mirror isn't wrinkled or drawn.
My house isn't dirty. The cobwebs are gone.
My garden looks lovely and so does my lawn.
I think I might never put my glasses back on.

Activities Spotlight



SENIORS' CENTRE for EXCELLENCE



Here's a Sneak Peek into our upcoming ...



SENIORS' CENTRE for EXCELLENCE
Wisdom Series Workshops



Wisdom Series Workshops

Thursday, March 6, 2025:

Container Gardening with Elsa Mann – Mount Forest Library.

1:30 pm – 3:30 pm

Tuesday, March 18, 2025:

ABCs of Thinking with Rachel Ackert & Kristin Hunter.

MMFHT – Palmerston Library. **11 am - 1 pm**

MUST REGISTER!



jbrown@mapleton.ca

- *Free Admission*
- *Refreshments provided*

519-638-1000



One beautifully sunny day last summer, Helen met up with Harriston resident, Linda Campbell, and they took a stroll through her garden, with her camera phone at the ready, Helen snapped a few beauties so that we can remember in the deep of winter, that spring is coming.

Gaze upon these beauties and be reminded that the spring cometh!

(Thanks for sharing your garden with us, Linda!)





Mennonite Dressing

submitted by Seleda Fry



*Mennonites never stuff their turkeys or chickens. This “yellow” dressing is served as a side dish. What makes this dressing different is that I don’t use sage. I use turmeric instead. My mother used to steam this dressing, but I make it in a slow cooker. I never used a recipe before, but someone asked me for one so I started measuring and was then able to write out a recipe to share. **Seleda***

INGREDIENTS

About 1/3 – ½ cup margarine	1 loaf bread crumbs or cubes, or torn into pieces (I use food processor to make crumbs)	About 1 ½ cups milk
1 onion, chopped	6 eggs, beaten	Salt & pepper to taste, or any other spices you want to add
1 – 2 cups celery (some leaves), chopped		About 1 teaspoon turmeric, until colour & taste seem right.

METHOD:

Saute onion and celery in margarine. Add the bread crumbs or cubes. Add the rest of the ingredients to the bread mixture. Stir and cook on low heat till eggs have set and it’s the desired consistency. Too thick? Add more milk. Too runny? Keep cooking until it thickens. Put into slow cooker for about two hours or refrigerate overnight and then cook in slowcooker for about 3 or 4 hours on high. Put into serving bowl and drizzle browned butter over it. (Browned butter – melt butter in a pan until it turns brown.)

Join us for this
Mooo-velous
Workshop!



SENIORS' CENTRE *for* EXCELLENCE

presents

Mount Forest N.O.W.

Nurturing Our Wisdom Workshops

MOUNT FOREST LEGION

140 King Street, West

How Many cows can YOU milk
in two hours?



**THURSDAY,
MARCH 13, 2025,**

1 PM

☎ 519-638-1000

👤 jbrown@mapleton.ca

No Need
to Register

Free
Admission

with special guest and farmer, Maria Pastink





What happened when the dressmaker fell asleep at her table?



ANSWER She woke up with pins and needles!

Sewing Machines in Heaven!



It was a greedy obsession.

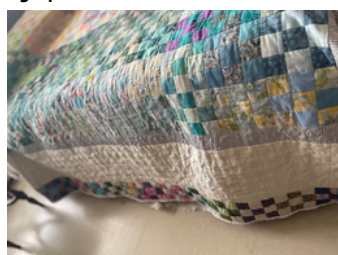
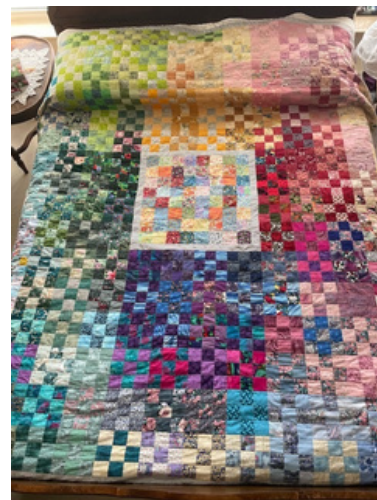
I was saving the bits and pieces of fabric from the landfill—a perfect justification for plucking those pretty little things from Quilt Guild bins.

Finding fabric in Quilt Guild bins was pure joy. How could I possibly leave it all there? As I increased my stash, I had no clue how I would use each piece. But I knew I would find a use sometime. Donations from friends and total strangers added to my growing stash of other peoples' unwanted fabric.

Construction of nine-patch blocks soon became another obsession after I found that stack of blocks in a bag under my buffet. "It would be a good beginning," I reasoned aloud.

As I worked, I could almost hear my friend, Carole's voice instructing me how to match the seams with every block I sewed. I knew the technique would be "colour wash." *How high would the stack of blocks need to be before I assembled the quilt that I had decided to make, though?*

Finally, I took the plunge and started assembling the blocks. The quilt kept growing, seemingly with a mind of its own. *What size is my bed? Will the queen-sized flannel sheet be big enough for the batting? Will the queen-sized cotton sheet be large enough for the backing? Should I take off a row of nine-patch blocks?* That would make too much sense. Both queen-sized sheets (from thrift shops) were too small for the pieced top. My bed is a double. Math was never my forte! The decision was made that the quilt would be a LARGE quilt for a double bed. Ripping out both top and side seams of both queen-sized sheets to make the backing and batting large enough, solved my problem.



Now how to quilt the huge quilt? My friend's suggestion of wavy lines from top to bottom was intriguing. But then, which end is the top? Quilting next to straight lines was what I knew how to do, so I went with that method. By hand? No. Machine stitching is my only method of quilting. It took two weeks to finish the construction of blocks, the piecing, layering, and the actual quilting took four months.

Was there more fabric left to cut into squares? Were there any nine-patch blocks leftover, you might ask? Yes. What will I do with them? A jacket back, perhaps? Maybe a small blanket for my cat? Am I ready to start another quilt? I think it will be slow and steady. Making quilt tops for my church is all I have energy for now.

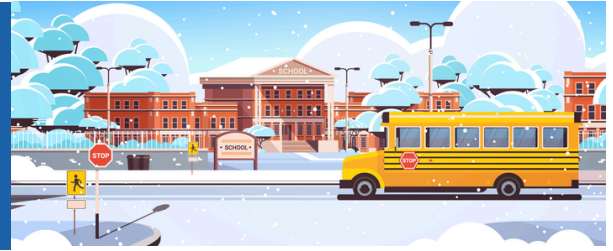
I hope there are sewing machines in heaven, presuming I might make it through the pearly gates. My heaven might also include rows and rows of thrift stores stocked with lots and lots of fabric.





"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." - Edith Sitwell

***Please note.** In case of inclement weather, if school buses are not running in North Wellington, then our Dining and Coffee Programs will be cancelled, too.) Check here for updates about bus cancellations: <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. 19	12 pm \$20	James St. United, Palmerston	 Mike McGill WCMA Railroads in Wellington County
Clifford	WED. March. 26	12 pm \$20	Clifford United Church	 Emily Cooper Community Paramedicine
Harriston	THURS. March. 27	12 pm \$20	Harriston United Church	 The Haywards Musical Entertainment



Drayton Walking Group, at the Drayton PMD Arena. Every Tuesday and Thursday from 8:30 to 10 a.m. (cancelled March 18th)



Join us for Coffee!



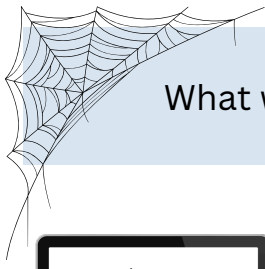
No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	March 5 & 19	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	March 6 & 20	10:30 am	Selah Centre 24 Wood St., Drayton

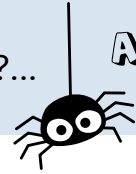


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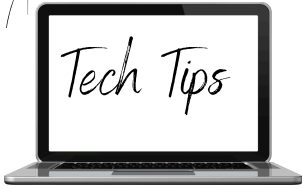


What was the spider doing on the computer?...



ANSWER

He was making a web-site!



Tips to help you evaluate news sources on social media

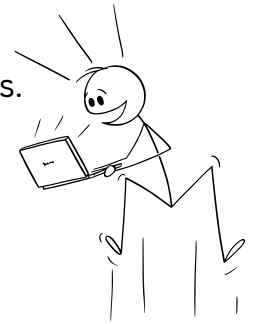
(Part 1)

by Michael Meunier



1. Check the source:

- Is the source reputable? Look for well-known and established news organizations like the CBC or APNews.
- Avoid sharing or believing information from unknown or biased sources.
- Consider the source's track record and reputation for accuracy.



2. Verify the information:

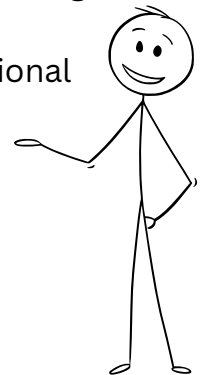
- Don't take information at face value.
- Try to find the same information from multiple sources.
- Cross-reference with other reputable news outlets like the CBC or APNews.
- Use fact-checking websites like Snopes or PolitiFact.

3. Be wary of sensational headlines:

- Sensational headlines are often designed to grab attention and may not be accurate.
- Read the entire article before sharing or believing the information.
- Look for evidence and supporting facts within the article.

4. Beware of clickbait:

- Clickbait articles are designed to attract clicks and often contain misleading or false information.
- Be cautious of headlines that are too good to be true or that use emotional language.
- Avoid clicking on links from unknown sources.



5. Consider the author's perspective:

- Everyone has biases, including journalists.
- Be aware of the author's background and potential biases.
- Look for evidence of bias in the article, such as inflammatory language or one-sided arguments.

To be continued next month...

DECLUTTERING WITH DORIS

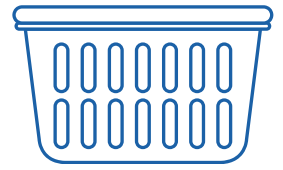


If you want, you can take a laundry basket with you to amass the things you find that are not where they belong. Then, return them to their proper place the same day. No deferring!

Feeling overwhelmed with stuff?

Always start with trash.

Take a dark garbage bag and start at one end of the house and work through the target space just getting rid of garbage. By simply getting rid of that kind of clutter, it can spur you on your decluttering journey.



For the Love of Words ❤️

Wednesday, March 19, 2025 @ 7 pm via Zoom

Do you love words? Come join us. We are a non critiquing group of creative writers. Once a month we meet and spend about an hour reading our work to each other and then we do a spontaneous writing exercise in real time.

If this sounds like something you'd like to do, please email Doris Cassan at 4luvwrds@gmail.com to receive the ZOOM link for the upcoming meeting.

Doris 



Write your story...

Spring Break

March Writing Prompt

Doris Cassan

Write about what you did as a child or what you did with your own children, on spring break. Maybe a memorable trip or activity?

How was spring break different for you compared to your children and your grandchildren? Or perhaps you can write about what you observe about other children on their spring break this month.

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





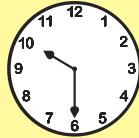
ZOOM with us!



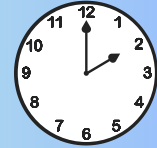
SENIORS' CENTRE *for* EXCELLENCE

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

Tuesday



Thursday



March 4, 2025
Kay Ayres & Judy Dirksen



100 WWCW

March 6, 2025

Julie-Martin Jansen, Hospice Wellington
Anticipatory Grief



March 11, 2025

Ab Hesselink

Drayton 150 Celebration 2025



March 13, 2025

Jean Anderson

"Onward and Upward"



March 18, 2025

Juliana Van Osch R.D.

Cooking with Juliana



March 20, 2025

Mike Harloff

Managing Stress & Anxiety



March 25, 2025

Willa Wick

Think Spring!



March 27, 2025

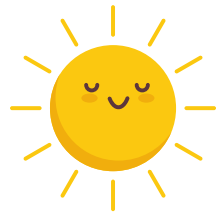
Danielle Hughes

Organizing Your Care - LANGS WWSMP

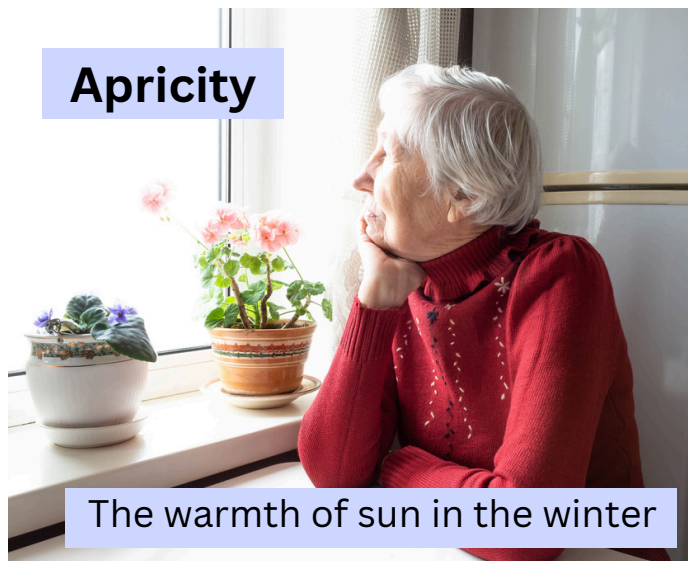


Word

of the Month



Apricity



The warmth of sun in the winter



The promise of spring's arrival is enough to get anyone through the bitter winter! Anon



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



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