



Seniors' Centre for Excellence



11 Andrew's Drive, West, Drayton, Ont. N0G 1P0

May 2021

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Health News

VON Meals on Wheels
Kelsey Richardson
Supervisor, Meals on Wheels

The VON Meals on Wheels program is a highly utilized meal delivery service that offers hot or frozen nutritious meals to older adults and adults living with a physical disability, who reside in Wellington County and the City of Guelph.



Meals on Wheels has partnered with the Wellington Terrace Long-term Care Home to produce the hot meals that are delivered to clients in the towns of Centre and North Wellington. The

collaboration has been a great success since starting in April 2020.

The program is able to accommodate clientele requiring little support, to those who require full 7-day support by customizing and combining both hot and frozen meals.

Meals on Wheels supports the goals of the client. If a client is recovering from hospitalization, gains strength and wishes to return to cooking for themselves, that is celebrated and encouraged.

Referring to Meals on Wheels or any VON program is as simple as calling the VON office (519-323-2330 or toll free 1-888-506-6353 ext 4963).

Clients, family members, friends and service providers are welcome to refer. Referrals do not need to be initiated by a doctor or healthcare professional.

We service clients who need support to eat more nutritious meals, who are unable to cook for themselves, those who find it challenging preparing meals for one to two people, those who have lost the drive to shop, to do meal prep, and to prepare full nutritious meals.

Often when people lose the ability or lack the desire to cook nourishing meals, they tend to make quick, small meals that often don't include many nutritional components. When this happens, the body starts losing what it needs to stay healthy.

Programs like Meals on Wheels would not be available to clients who need it without local volunteers giving a lending hand. All meals are delivered



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solely by the amazing support of these caring volunteers, who make such a positive impact.

For many of our clients, their family members are still in the workforce, raising their families, living very busy lives and sometimes living in other parts of the country or world.

Cost:

Frozen Meals Entrées: \$5.00 each

Soup & Sides: \$2.00 each

Delivery is free.

Frozen Meals are delivered to clients homes by volunteers bi-weekly on Thursdays between 10 am – 1pm.

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Hot meals which include soup, entrée, and dessert: \$7.25

These meals are delivered Monday to Friday between 11:30 am–1 pm.

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If you're looking to order or would like to volunteer, please call the VON in Mt Forest at 519-323-2330 Ext. 4963

Social Media Links



Look us up on Facebook, Twitter, Instagram Also if you need help with technology training and support you can email info@connectedcanadians.ca.

Covid-19 Vaccine Update

Some days it's easy to feel overwhelmed by all the information tossed our way about lockdowns, vaccines, and pandemic problems. We get that.

So rather than tossing pages of information your way, we just want to encourage you to breathe and stay smartly safe. That means if you need advice about the pandemic, speak with your medical team or only glean information from experts.

Here is some contact information to keep handy:

- ♥ Wellington/Dufferin/Guelph Public Health: **1-844-780-0202**
- ♥ To register for a vaccine: <https://register.wdgppublichealth.ca>
- ♥ To register at a local pharmacy for vaccine: <https://covid-19.ontario.ca/book-vaccine/>
- ♥ To register at Pharmasave in Drayton: <https://draytonpharmacy.medmeapp.ca/schedule> or call **(519) 638-1120**

For the Love of Words ♥

A monthly writers' group for beginning or seasoned writers interested in honing their craft and learning more about who, what, where, when, why and how we write.



Sessions are held on the third Wednesday of the month at 7pm. To register for the May 19th ZOOM session, or to find out more information, get in touch with Doris at 4LuvWrds@gmail.com.



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"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." — Henry Ford

Telling Our Stories

Happy Mother's Day
by **Linda Cherrey**



Mom and I had many adventures, and we made many shopping trips together. Often, we would end up buying similar tops in either style or colour. There were days I would pick her up, she would pop into the car, and we would look at each and say, "Nice outfit," and then burst out laughing at our similar choices!

One particular day in July we were heading to Elmira for appointments, lunch out, and shopping for Mom's birthday party treats.

We decided to drive our own cars that day and meet later in Freiburgers' parking lot. From there I would pick

mom up and we would head to do some shopping and enjoy a birthday lunch together. Probably KFC!

Mom was celebrating her 75th and would be hosting the in-laws, siblings, children, and grandchildren the following day. This particular year, mom's home country, the Netherlands, were in the FIFA World Cup finals. Mom was particularly proud of her team and wanted to add a touch of orange for her table. So, a bouquet of orange tiger lilies would be added to her birthday decorations. We decided we would do a country drive and search for the wild lilies on our way home. We commented to each other "Don't forget!"

Our shopping done, we enjoyed a lovely lunch together, and then carried on with the search for our orange roadside beauties.

Our journey left mom with a bouquet in hand and we made our way back to Drayton. I dropped Mom off with flowers, parcels, and her party treats so she could begin preparations for her birthday celebrations the following day.

A couple of hours later the phone rang. It was Mom. She was laughing hysterically. Finally, she managed to say, "Linda, I think we forgot something in Elmira." Apparently, she was looking into her empty garage as we spoke. I couldn't think what it might be. She said "My car. We left my car in Elmira!"

With all the excitement of the upcoming birthday celebrations to prepare for, the FIFA finals, and what roads we would take to find the orange



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lilies, we drove straight through Elmira and left Mom's car in Freiburgs' parking lot.

Needless to say, when I picked her up, we burst out laughing. Our chuckles, giggles, and tears streaming down our faces, continued as we travelled all the way back to Elmira to pick up her little grey Toyota—in the parking lot, right where we left it.

Mom was a lady who appreciated sharing laughter, adventures, and celebrating special occasions with family and friends. We enjoyed so many amazing times together. Thanks for the memories!

Tiger lilies grace our table every year. The fun is still finding them along the backroads and remembering Mom.

Happy Mother's Day



"It's not easy being a mom. If it were easy, fathers would do it."
— Betty White

"If at first you don't succeed, try doing it the way your mom told you to do it from the start."
— Anonymous

Household Tips

Fresh Flower Rescue

To keep your flowers looking fresh, add a couple of aspirin to the water. Also, remove all leaves from the stems of your flowers that will be submerged in water otherwise these leaves will lead to mold and bacteria in your flowers, shortening their beautiful lives.



Send *YOUR* Household Tips ideas to cieropoli@mapleton.ca or call 519-638-1000

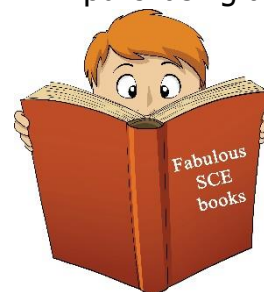
Little Red Library

Exciting news! The *Seniors' Centre for Excellence* will be purchasing at least three brand new books for the Little Red Library, each month to keep you happily reading. These books (which we always hope will be returned for others

to enjoy) have a special label in them and are on the top shelf.

Books are added every day at 38 Wood St Drayton (because people are reading!)

"Reading one book is like eating one potato chip." Diane Duane





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Fraud Alert!

If you have been unexpectedly contacted by someone who claims to be a Service Canada employee and are doubtful of their identity, contact the 1 800 O-Canada (1-800-622-6232) service. If the person who contacted you claimed to be an investigator, the agent will verify whether their name is on the list of Service Canada investigators. As required, the agent will refer you directly to the program or service that tried to reach you so that you can obtain more information.



<https://bit.ly/3n5tEE3>

Party Line

Call a friend. Invite them to join you and let's chat. So much to talk about. So much to learn about each other. So many great conversations happening on our Party Line! Check the new schedule for great topics. All you need is a telephone.



Call the office to register 48 hours beforehand at 519-638-1000 or call yourself into the session a few minutes before it begins. **1-866-279-1594** and then enter the **Guest Code 217234**.

ZOOM Highlights

We have been enjoying so many great ZOOM sessions lately.

One of the most well attended sessions was on *Conversations that Matter* with Sheli O'Connor and Lynn Weimer from Hospice Waterloo. So much to think of and so many important factors to consider.

As a bit of a follow-up to the aforementioned ZOOM session, here are some resources and some contact information worthy of exploring:

- www.acpww.ca – substitute decision making.
- <https://www.speakupontario.ca> - for individuals, families, and clinicians.
- <https://www.makingmywishesknown.ca/> - an interactive workbook
- <https://stepstojustice.ca/guidedpathways/estate-guided-pathways-> create your own POA or Will.

Recommended Books:

- Dr Kathryn Mannix—*With the End in Mind - Dying, Death, and Wisdom in an Age of Denial*, HarperCollins, 2017
- Dr. Atul Gawande. *Being Mortal: Medicine and What Matters in the End*. Doubleday Canada, 2014
- Dr. Charlie Corke. *Letting Go – How to plan for a good death*. Scribe Publications 2018

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If anyone would like to request a ZOOM recording, please do so. They are



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available for about two weeks following each session.

Check the schedule for the May ZOOM sessions. You won't be disappointed!

Walking Program

Once walking programs are available in Mapleton and Wellington North, we will announce via social media.



Easy Recipes. Delicious Results

Alyson Colton, Registered Dietitian from the Mount Forest Family Health Team, is a monthly guest on ZOOM and we are delighted.

Not only does she keep us informed with nutritional and dietary tips and advice, she shares fabulous, heart-

healthy, delicious recipes with us and even does a hands-on demonstration for anyone who wants to 'cook along with Alyson!'

Join us on Zoom on the third Tuesday of each month (next session - May 18,

2021 @ 10:30 am) and let's have some fun cooking and learning the fine art of wise eating.

May Recipe:

Cheesy Brown Rice & Black Bean Stuffed Peppers.

Yum!



Recipe of the Month

Overnight Oats- Simple, Easy, Delicious

Now that the cold winter mornings are leaving you may want to consider giving this creamy and cold oatmeal a try.



- 1/2 cup milk
- 3/4 Tbsp chia seeds (optional)
- 1-2 Tbsp natural salted peanut butter or almond butter (or regular peanut butter if you prefer)
- 1 Tbsp maple syrup (optional)
- 1/2 cup large flake oats

Place all ingredients in a small mason jar or bowl with lid. I use a whisk to stir the peanut butter into the mixture. Make sure to stir to ensure the oats are submerged in the milk. Place in fridge. You can also heat in the microwave or in a pot if you can't get your head around cold oatmeal.

I eat all of this, but you might like to divide it in two portions if you have a small appetite. Top with anything you like such as bananas, baked apples, a sprinkle of nuts or granola for crunch. There is no limit to the variations you can make. Don't like peanut butter? Use your favourite frozen fruit but cut down on the milk as it will become runny. Best consumed in 12-24 hrs but safe to eat for 2-3 days.

Helen



Party Line Schedule

May 2021

Come join the fun every Wednesday and Thursday at 10:30 am. Great Topics. Special guests.

Wednesday, May 5th

10:30 am

Topic: What did you want to be when you grew up?

Thursday, May 6th

10:30 am

Topic: Best Mom Stories. Just in time for Mother's Day.

Wednesday, May 12th

10:30 am

Topic: Connecting our Olfactory Sense to the Past. *What smell reminds you of your childhood?*

Thursday, May 13th

10:30am

Topic: Rations and Rationale. Let's talk about life in the 40s. Do you remember powdered eggs and ration books?

Wednesday, May 19th

10:30 am

Topic: Home Remedies. The Good, the Bad, and maybe the Ugly

Thursday, May 20th

10:30 am

Topic: Church in the Wildwood-*Sunday School Memories*

Wednesday, May 26th

10:30 am

Topic: What have you taught or think you could teach?

Thursday, May 27th

10:30 am

Topic: Collections - what do (did) you collect? What do you wish you would have collected?

Don't forget. If you want to sign up for any (or all) of these great *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. 48 hours advance notice is required, please, to make sure you get on the "we'll call you" list.



ZOOM Schedule

May 2021

For ZOOM, you do need access to a computer with an internet connection.

Tuesday, May 4th. 10:30 am
Topic: Armchair Travels to an exciting place down under

Thursday, May 6th. 2 pm
Guest: Joan Chandler
Topic: Sheatre – Community Arts for Social Change. Be mesmerized.

Tuesday, May 11th 10:30 am
Guest: Bob Eby
Topic: Eby Family Honey, Roots and Hard Work

Thursday, May 13th
2 pm
Guest: Susan Gorrie
Topic: Butterfly Conservatory Virtual Tour; come hear all about butterflies and experience a gentle beauty and an oasis that will delight, captivate, and soothe the soul. Butterflies can do that to a person.



Tuesday, May 18th 10:30 am
Guest: Alyson Colton, Dietitian Mount Forest FHT
Topic: Cooking & Learning with Alyson

Wednesday, May 19th 7pm-8:30pm
Facilitator: Doris Cassan
For the Love of Words. *Contact Doris to request an invitation 4LuvWrds@gmail.com

Thursday, May 20th 2 pm
Guest: Lorraine Ballard
Topic: The Royals. From Queen Victoria to our present-day Palace People, let's celebrate Victoria Day in style. And when is the Queen's birthday anyway?



Tuesday, May 25th 10:30 am
Guest: Rose McCormick Brandon
Topic: Let's talk about the British Home Children. Who were they and how did their lives change forever?

Thursday, May 27th 2 pm
Guest: Ruth Meyer - Author
Topic: Former Old Order Mennonite and Multi-Published Author tells her story.

Call the office to register, for any (or all) of the ZOOM Sessions—519-638-1000 or send an email to gbelec@mapleton.ca Register at any time, but to be put on the list to receive invitation links, we require 48 hours' notice. You can unsubscribe at any time.