



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

## May 2022

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### A Word from Helen



Happy Spring!  
Even though Mother Nature sent us a nasty surprise over the Easter weekend in the form of snow, the signs of spring are now everywhere.

From budding trees to pretty coloured crocuses and dancing daffodils that are bursting through the warming earth.

I know those who love to feel the earth under their fingernails are chomping at the bit, anxious to get out into the garden. So

hopefully, Mother Nature will soon send some consistently warmer weather our way!

*Helen*

### Dining Program Update

We do love and appreciate our caterers, and we want to make sure that they are able to continue to provide us with delicious meals at our monthly in-person SCE Dining Programs.



Beginning in May, the price will increase to **\$18** per person, which

not only includes a delicious meal, but also the pleasure of listening to a special speaker. Of course, the delight of being surrounded by fabulous friends is FREE! (But worth a million!)

### 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](mailto:4luvwrds@gmail.com) to get the link to join.

### Upcoming Blood Donor Clinics

**Mount Forest:** Tuesday, May 3, 2022

**Listowel:** Friday, May 27, 2022

For further information

call 1.888.2DONATE  
(1.888.236.6283)

[www.blood.ca](http://www.blood.ca)





## Health News

### Home Takeovers

#### Part One

*(Adapted, with permission by Crime Prevention Ottawa, submitted by Samantha Kim, Vulnerable Seniors Lead CMHA)*

We may be tempted to believe that *home takeovers* is a "big city" problem, but cases have been reported in rural Wellington County.

Have you heard of *home takeovers*? For most people in the community, the term is a new one. However, you may be familiar with hearing about an older adult whose daughter or son has "temporarily" moved in with them. Eventually, the senior would like their adult child to leave because their behaviours are disruptive, and they are actually jeopardizing the housing situation. Emotionally, it is difficult to ask their loved one to leave, especially when they refuse. This all-too-common scenario can become a *home takeover*.



psychologically because of the presence of people in their home who they may or may not be able to remove.

*Home takeovers* have been defined as situations in which legitimate tenants or homeowners find themselves unsafe physically, financially, or

*Home takeovers* are not new and have been occurring in communities throughout the world including in Guelph-Wellington. In the UK, the term *home takeovers* is known as *cuckooing*. This name comes from the behaviour of the cuckoo bird that invades another bird's nest and eventually takes over. According to the research by Johny-Angel Butera, commissioned by the City of Ottawa and Crime Prevention Ottawa, *home takeovers* occur more often than we think,



with a large proportion of them occurring in subsidized public housing apartment buildings.

There are several factors that can put someone at risk. Isolation has been identified as the most significant factor that makes someone more vulnerable.

Often *home takeovers* start out innocently and subtly. A friend or family member needs temporary housing. Perhaps a family member has suffered a job loss and is financially unable to maintain housing. They promise to help the senior by paying rent, buying



groceries or providing minor health care supports. The homeowner enjoys all these supports as well as companionship and welcomes the person into their home.

Initially, the person taking over seems to be fulfilling unmet needs of the homeowner. But are they?

*Next month, learn how to identify a home takeover and how to help.*

## Satisfied Seniors



*Response to last month's recipe from Lorraine Ballard.*

Thank you for the wonderful salmon (casserole) loaf recipe. My girlfriend and I had it

for dinner last night and it was delicious" — **Mary C. from Harriston**

## Telling Our Stories

### Names\*

A British Home Child Story

by Sue Ricketts

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

Eventually, Jack and the teacher arrived in Liverpool, where he caught sight of *The Carpathia*, the ship that would ferry him across the Atlantic.

The voyage to Canada was exciting although uneventful, except when Jack met Alf Scattergood, who would become a life-long friend.

Ten days later, Jack arrived at Bernardo House in Toronto in 1928, after a stop in

Montreal. Sadly, he was unable to meet the original placement family as per the initial plans. There was a serious sickness in the family, so they were quarantined and were unable to have anyone enter their home. His new friend, Alf, had an uncle where he was going, and that man arranged for Jack to find a placement in Caledon Hills.



*Courtesy of Rose McCormick Brandon. Promises of Home*

His arrival at his new home was a very mixed bag. He never again saw a school or a church, but he was given clothes, boots, a bed in the hayloft of the barn, and three good meals a day. The downside was that even though he was paid for his work, Jack had deductions made for rent, clothes, boots, food, and water to keep himself clean. This meant that after working for two years he was only able to save enough money to buy one good shirt and a pedal bike.

As soon as he could in 1930, he left Caledon and biked to Toronto where he hoped to find word of his sisters. He hadn't seen them for five years, nor had he heard anything about either of them. Jack did some digging, but the records of the girls' placements took some time to find. While he



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waited for word about his sisters, Jack biked the streets of Toronto, and although he had no money, he learned about *Hog Town* and life in the big city.

When his sisters' records were finally found, Jack learned that Win was living near a place called Omemee and Lucy was in the Holland Marsh. Jack quickly sent off letters to tell them that he was in Canada and not very far away. A quick letter came from Win saying she wanted him to come as soon as he could to meet a young man she liked named Lawrence Schedler. Lawrence had been raised as an Old Order Mennonite on a farm near Lincoln, Ontario and was a general farm labourer for some neighbouring folks.

While Jack waited in hopes of hearing from Lucy, he found his friend Alf and they renewed their friendship. They heard that someone was hiring labourers in Port Dover. They were able to arrange for a ride to Kitchener but ended up walking from there to Port Dover. Along the way they stopped at each Salvation Army who always seemed to have a sandwich and coffee for strangers. They slept in the jail in Brantford to save them from the cold.

Jack and Alf were fortunate enough to find a couple of months of work. On the trip back to Toronto, on his own now, Jack made sure to stop by Lincoln to inquire about Lawrence's family. He was welcomed and fed, staying overnight before continuing on his way. This gave him a good impression of his sister's love interest.

On arrival at the Bernardo Home, he found a letter from Lucy. It gave directions

on how to find her but warned that the whole county was in quarantine due to a measles outbreak. He couldn't go there for a month at least.

This time he stayed in Toronto, He had managed to save a bit of money and got to enjoy some things. He finally read in the newspaper that the county where Lucy lived was open again, although many had died. His little sister had been indentured at an orphanage at the tender age of 10 to take care of the smaller children and was now 15 years old. When he arrived at her place, he was told that Lucy had died during the quarantine. And was buried there.

He continued, with a heavy heart, his bike ride to find Win. He finally found directions to her farm and on a beautiful early summer's day, rode up to her place. It was on a hill with a long lane. Someone had recently coated the dirt road in oil to keep down the dust and the sun was shining brightly on it. There was an illusion that it was golden. He had finally found that street paved with gold and Jack and Win's joyous reunion was the culmination of all his efforts.

There is much more to Jack's story of living through the dirty thirties—working for a circus, becoming a chocolate maker, being employed in a pickle factory, and making boots for soldiers in Galt Ontario—but that will have to be for another time.

*The End (for now)*

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**We should always aspire to inspire before we expire!**

## 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 [districtseniorsliterary@gmail.com](mailto:districtseniorsliterary@gmail.com)

## Stamps for Leprosy Mission

Contact Muriel Steeb if you have any new or used stamps. [m2steeb@gmail.com](mailto:m2steeb@gmail.com)

## 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



### Flawsome

(adj.) - individuals who embrace their "flaws" and know they're awesome regardless.

<https://bit.ly/39gutY1>

## Recipe of the Month

### Energy Bites

Courtesy of Alyson Colton

Registered Dietitian with Mount Forest Family Health Team.

#### Ingredients:

- 1 cup Large flake oats
- 1/2 cup Ground flax
- 1/4 cup Dark chocolate chips (optional)
- 1/2 cup Sunflower seed butter or other nut butter substitute
- 1/4 cup Honey
- 1/3 cup Dried cranberries or raisins (optional)
- 1 tsp Vanilla



#### Method:

In a bowl, stir together oats, flax, chocolate chips, sunflower butter, honey, cranberries, and vanilla until well combined. Using a tablespoon scoop dough into 15ml balls and place on plate. Cover and refrigerate up to two weeks.

## Decluttering with Doris

Clutter can be about a feeling of scarcity. Instead of thinking about what you won't have if you get rid of things, think of what you will still have! We have so much stuff now but that doesn't mean it is all necessary to our happiness.



~



Why can you never gossip in a cornfield?

Too many ears.



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## The Thank You Challenge



Our Cooking with Alyson ZOOM sessions have been a hit from day one. Throughout all the COVID restrictions, our friend Alyson Colton, Registered Dietitian at the MFFHT has been a faithful guest.

Every month we have not only been treated to a great recipe and have had opportunity to cook along, we have also learned plenty and have received some good nutrition related tips and resources. So this month we send a big THANK YOU to Alyson. We will miss you, but we are so excited that you are looking forward to being a Mommy. We know your little one will be fed well and wisely!

## A Farewell from Alyson

*Alyson Colton*

Well, after more than a year of monthly zoom sessions with our faithful zoom crew, our time together is coming to an end. The Cooking with Alyson session this month will be our final session together. From tackling the art of salmon valentines, to experimenting with butternut squash risotto, we have sampled many new recipes together over the last 16 months. I hope

you continue to pull out the recipes and share them with your loved ones and feel brave enough now to make some nutritious swaps in a recipe as we have done over the sessions. Remember, nutrition is not about perfection, rather it is about finding the balance that works for you—much like cooking!

*Alyson*



## Senior Pet Corner



*Kassanova.*  
21 Years young!

## Dining Programs:

### DRAYTON:

Friday, May 13th, Drayton Reformed Church. Doors open at 11:30. Lunch served at Noon.

**Speakers:** Amanda and Shane Stege, Local Bison Farmers.

### PALMERSTON:

Wednesday, May 18<sup>th</sup>, Palmerston United Church. Doors open at 11:30. Lunch served at Noon.

**Speaker:** Helen Edwards. *Helen's Hair Daze*

### CLIFFORD: (*Speaker to be arranged*)

Wednesday, May 27<sup>th</sup>, Clifford United Church. Doors open at 11:30. Lunch served at Noon.



## Exercise Classes:

**Clifford United Church** – Clifford: Mon & Fri 9 am

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

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

**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

**Arthur Seniors' Hall** – Wed. 10-11 am

**Contact Person:** Kelly Gee [kelly.gee@von.ca](mailto:kelly.gee@von.ca)

### Shuffleboard:

**ARTHUR:** at the Seniors' Hall. 1 pm - 2:30 pm

### Euchre:

**Drayton Reformed Church** Sunset Room. Mon. at 9:00 am

**Contact Person:** Gerry Debeyer 519-638-2779

**Arthur** at the Seniors' Hall. Tues. 1-3 pm

**Contact Person:** Eleanor Monaghan 519-848-2741

### Bridge:

**Location:** at the Arthur Seniors' Hall. Mon. & Fri. 1-3 pm



### FREE Walking Programs:

- Palmerston Community Centre: Weekdays: 8:30-9:30 am
- Harriston Community Centre Weekdays: 8:30-9:30 am
- Clifford Arena Weekdays: 10-11 am; Mondays & Thursdays: 7-8pm
- Arthur Arena Walking: Mon, Wed, & Fri – 10 am to 12 pm



For more information: 519-638-1000



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**Tuesday, May 3, 10:30 am**

**Guest:** Lawrence Borda

**Topic:** Stained Glass and Wood Turner

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**Thursday, May 5, 2:00 pm**

**Guest:** Bata show museum

**Topic:** The Great Divide

\*\*\*\*\*

**Tuesday, May 10, 10:30 am**

**Guest:** Muriel Steeb

**Topic:** A Day in the Life of ...

\*\*\*\*\*

**Thursday, May 12, 2:00 pm**

**Guest:** David Wilson

**Topic:** 99 years fabulous!

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**Tuesday, May 17th, 10:30 am**

**Guest:** Alyson Colton, Reg. Dietitian

**Topic:** Cooking with Alyson (Our last session!)

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**Tuesday, May 17th, 7 pm**

Book Club with Helen

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**Wednesday, May 18, 7 pm**

For the Love of Words with Doris

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**Thursday, May 19, 2 pm**

**Guest:** Kay Ayres

**Topic:** On the Road Again to the Yukon

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**Tuesday, May 24, 10:30 am**

**Guest:** Helen Edwards

**Topic:** High Tea with Helen

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**Thursday, May 26, 2 pm**

**Guest:** Julia Worrall RN

**Topic:** Better Sleep. Better Life.

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**Tuesday, May 31, 10:30 am**

**Guest:** Stacy McLennan (Ken Seiling Museum)

**Topic:** Trailblazing. Women in Canada since 1967



519 638 1000

[HEdwards@mapleton.ca](mailto:HEdwards@mapleton.ca)

1 866 446 4546

