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A Word from Helen

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At the Seniors' Centre for Excellence (SCE), thanks to our Community Connectors, we are in the process of publishing a booklet that outlines all the amazing opportunities and activities available to you across North Wellington.

I recently watched a webinar which talked about the importance of being socially connected. We know how vital eating a healthy diet and exercising is to our overall health, but we don't think as much about the importance of being socially active.

The presenter provided the analogy of going to a gym. When we go to the gym, we feel great, but once we stop, the thought of returning can be daunting, and sometimes getting back into the swing of things again is difficult. The same can be said for socialization. We went through a time during the pandemic when we couldn't socialize in person. For some, getting back to social activities has been a challenge. This could explain why our community connectors heard that some groups haven't returned to their previous attendance levels.

At a recent dining program, at our table, we laughed as we shared recipes and techniques, including the good, the bad, and the ugly. We were then entertained by wonderful, heartwarming, and amusing tales by local storytellers.

As I was wrapping up our program, I couldn't help but notice all the smiling faces and conversation at each table. Getting together *is* good for the soul.

I came across a quote recently that made me smile. I hope it does the same for you, too.

If you never did, you should. These things are fun, and fun is good. –Dr. Seuss

Some advice is too good not to heed. Consider it my challenge to you and your call to action.



Thank you to our youngest volunteers, Payton & Parker. Every other week they head to the SCE office to complete several tasks. We love having them at the office. When they arrive, they bring smiles and enthusiasm to complete any of their work. No doubt they will continue to volunteer for many years to come.

Thank
you!

“To care for those who once cared for us is one of the highest honors.”

—Tia Walker



Call our Helpline 24 hours a day,
7 days a week at 1-833-416-2273

Never Alone

Renee Ng . Content Specialist
Ontario Caregiver Organization (OCO)



Editor's Note:

Last month, we had the privilege of having Katie Muirhead from the Ontario Caregiver Organization, join us on a ZOOM session. Many of us were not aware that this organization existed. We were impressed by the resources available and the help that is out there for caregivers. Sometimes asking for help is a good way to refuel. Sometimes all you need is a listening ear. Sometimes you just need to know where to go to find help.

The **Ontario Caregiver Organization** (OCO) exists to improve the lives of Ontario's estimated four million caregivers—ordinary people who provide physical and/or emotional support to a family member, partner, friend, or neighbour. The OCO provides caregivers with one point of access to information, services, and supports that empower and help enable caregivers to be successful in their role. Where gaps exist in caregiver programs and services, the OCO can help. They partner with caregivers, health care providers, and other organizations to find new and innovative ways to bridge those gaps so all caregivers, regardless of age, condition, or geographic location, have access to the help they need.

To learn more, please visit www.ontariocaregiver.ca.

Here's a list of free programs and resources available to caregivers:



Ontario Caregiver Helpline (1-833-416-2273) – a one-stop resource for information, support, and services in English and French 24/7. Live chat is available from 7am-9pm (Mon-Fri) at ontariocaregiver.ca. Caregivers can speak to a Community Resource Specialist to connect to community-based services and supports across Ontario, based on their individual needs.

The SCALE Program – (Supporting Caregiver Awareness, Learning and Empowerment) aims to empower caregivers with practical information and skills to focus on their own mental health and well-being needs by offering weekly webinars, strategies/tools, online group/individual counselling.



Unpaid caregivers are increasingly in need of support and care; it is crucial to shed light on their needs and the needs of the patients they look after.

Caregiver Coaching Program – a professional one-to-one relationship between a Coach and a family caregiver. You will receive tools to meet your current challenges and responsibilities of caring for others while also caring for yourself.

1:1 Peer Support – in three simple steps, you can connect with another caregiver, share your experiences and receive the direct support that you need as you navigate this journey.

Online Support Groups – connect with other caregivers in a supportive environment to share your challenges, successes, and concerns.

Online Learning Library – a platform used for teaching and learning caregiver-related information through e-Learning modules and courses.

90Second Caregiver – this health letter provides evidence-based information, tips, and advice related to the caregiver experience. It is delivered to your inbox and takes approximately 90 seconds to read.



Time to Talk Podcast – Join our host Michelle Jobin along with subject matter experts and caregivers to discuss things that matter most, including mental health, wellness and many more.

I am a Caregiver Toolkit – includes information to support new or long-term caregivers and helps organize caregiving tasks.

Pet Corner

Hello, Fynn and Hunter



Best Friends 

Thanks to Tammy Steckley of Drayton for sharing Fynn and Hunter with us this month.

Fynn, five years old, is such a comforting soul. This is Fynn (R) lying beside Tammy's other rescue, Hunter (L), eight years old, when she was sick.

Behind the SCENes

Celebrating our Seniors' Centre for Excellence (SCE) accomplishments

We've been working hard gathering, sorting, organizing, editing, and polishing information for the new Activities & Events booklet created just for you! It's been a lot of work, and we've tried to be as accurate as possible.

You may notice that we don't have an extensive activities list in the newsletter now, but, hopefully you will find everything you need to know in this new publication.





"Fynn isn't just a dog. He's a survivor and a hero."

—Tammy

Fynn's Story

Tammy Steckley, as told to Glynis Belec

It all began, July 6, 2018. Tammy's friend, who owned a dog rescue, got wind of a puppy mill in the area. They had heard some nasty stories about dogs being mistreated, mishandled, and abused. Bravely, Tammy and her friend posed as potential buyers.

They were both horrified at what they saw and immediately called the authorities, who intervened immediately. As they walked around the rundown barn, Tammy noticed a manure pile. She stopped in her tracks because she thought she heard a sound. As she stood still, something on the manure pile stirred. Tammy heard a faint whimper. It was a puppy, barely recognizable, left to die alone in horrible conditions. The sight of the scraggly puppy, covered in filth and flies, made Tammy sick to her stomach. But she didn't hesitate for a moment. She reached down and grabbed the small creature, hoping against hope that it would survive.



She quickly cradled the dirty, skin and bones, smelly fur baby in her arms and rushed him to her vet. The rescued puppy had rickets, he was full of worms, was dangerously dehydrated, and malnourished. His fur was patchy and in poor condition.

After paying a substantial amount in veterinarian fees for the necessary care, Tammy took her Great Pyrenees (cross) boy, home. It was confirmed. Tammy and her family knew Fynn had found his forever home.

Over the next couple months, Fynn overcame many hurdles. His fear of people was his biggest obstacle.

However, with lots of TLC, patience, gentle training, and love from his new family, he conquered that. Fynn now had plenty of reasons to live and thrive. And thrive he did. Gentle as a kitten, he seemed to know that he was "home."

These days Fynn loves everyone. He is a mild-mannered gentle giant who loves giving back. He adores paying a visit to the elderly in long-term care facilities, and he is often a welcome sight at the hospice centre in Guelph.



Even after five years, Fynn still battles a few ailments from his traumatic puppyhood. His tail had been broken in four places which will never heal. Due to a lack of nutrients in his early days, his fur never grew properly; to this day, he still has multiple bald spots. But Fynn doesn't seem to mind. If bald is beautiful, then, at a healthy 184lbs, Fynn, the gentle giant, fits the bill.

Note: *If anyone is interested in having Fynn visit, Tammy said you can get in touch: tdsteckly@outlook.com*





Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

—Leo Buscaglia



Decluttering with Doris

Doris Cassan

Does your house feel too small?

Challenge yourself to remove one piece of furniture from each room this month. Some rooms will be easy to do. Others may prove more challenging. You may find you like the feeling of more space so much you might just keep removing pieces. The goal is to keep only what you need, use, and love.

"If It Doesn't Add To Your Life, It Doesn't Belong In Your Life" - Unknown

Word of the Month

Onomatopoeia

(oh-no-mat-oh-pee-uh)

The formation of a word from a sound associated with what is named.



CLIFFORD ROTARY EYE CLINIC



FREE EYE EXAM FOR THOSE OVER 65 & UNDER 18



FREE EXAM FOR THOSE WITH PRE-EXISTING EYE CONDITIONS & DIABETES (ANY AGE)



FREE EYE EXAM FOR THOSE ON ODSP & OTHER QUALIFYING ASSISTANCE (ANY AGE)



EYE EXAMS FOR THOSE IN NEED OF CARE WITH INSURANCE (DIRECT BILLING AVAILABLE)

**MAY 9th & 10th
10am to 5pm**

Clifford Community Hall

REGISTRATION REQUIRED

**www.cliffordcountrystore.com/eyeclinic
or visit Clifford Country Store to sign up**



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Pablo Casals, the famous Spanish cellist who lived to be 97 years of age, when he reached 95, a young reporter threw him a question: "Mr. Casals, you are 95 and the greatest cellist that ever lived. Why do you still practice six hours a day?" And Mr. Casals answered, "Because I think I'm making progress."





Recipe of the Month



Zucchini Enchilada Boats

Recipe courtesy of
Karen Burke RD

Editor's Note: Karen Burke, Registered Dietitian and our monthly ZOOM guest, shared this recipe with us last month. It seemed a little long, but it sure was delicious and worth the time it took. I didn't include the chillies and reduced the chili powder by half, and it had a nice medium heat. This recipe makes a good size recipe so I froze the left over sauce for the next time. I think it tasted even better the second time around!

Stuffing tender roasted zucchini with enchilada fixings is the perfect meal. Enjoy them on their own, or serve with a side of rice and beans. Serves 4

Ingredients

Extra virgin olive oil	½ medium yellow onion	1 and ½ teaspoon garlic powder
8 oz diced green chilies	1 red bell pepper	1 teaspoon chili powder
1 can tomato paste	¼ cup button mushrooms	½ teaspoon oregano
2 cups chicken stock	1 pound ground turkey	2 tablespoons salsa
4 medium zucchinis	1 and ½ teaspoon cumin	1 cup shredded cheddar cheese

Directions

Preheat the oven to 400 degrees Fahrenheit. To prepare the zucchini, cut each in half lengthwise and then scoop out the flesh, leaving about ¼-inch border around the zucchini half.

Save the scooped-out flesh and set aside. Heat a large pot over high heat and bring to a boil. Place the zucchini halves into the boiling water and cook for one minute. Drain the water and set aside.

To prepare the enchilada sauce, place a medium sauce pan over high heat and coat with olive oil. To the hot pan, add the diced green chilies, tomato paste, chicken stock, half a teaspoon chili powder, half a teaspoon of garlic powder, and a half teaspoon of cumin. Whisk together and bring to a boil. Then lower heat and allow to simmer for about 10 minutes. Cover to keep warm and set aside.

Heat a large saucepan over medium heat and coat with olive oil. Prep the remaining vegetables by dicing the onion, red bell pepper, mushrooms, and reserved zucchini flesh.

Add the diced onion, red bell pepper, mushrooms, ground turkey, the oregano, the salsa, and the remainder of the cumin, the garlic powder, and the chili powder to the pan.

Stirring occasionally, heat until the onions are translucent and the turkey is cooked through, about 8 minutes. Spray a large baking dish with nonstick spray and coat with about ¼ cup of the enchilada sauce. Line the dish with the boiled zucchini halves.

Once the turkey is cooked, add the chopped zucchini to the pan and stir to combine. Cook for one additional minute and remove from heat. Fill each zucchini half with the turkey mixture until each half is overflowing with deliciousness. Then pour over the enchilada sauce and top with the shredded cheese. Cover your zucchini enchilada boats with aluminum foil and bake for 35 minutes.

Enjoy!

Community Connectors

If you know, or hear of an activity or event for seniors that isn't already listed in the new Heart & Soul Activities booklet, or needs some information updated or corrected, please let your Community Connector know.


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



Activities & Events

*Check out our new "Heart & Soul of Wellington" Activities and Events booklet available this month. It will be a handy resource when you are looking for something to keep you active, connected, and engaged.

Dining Programs	 Date	Time & Cost	Location	Guest Speaker or Event
Palmerston	Wednesday May 17	12 pm \$20	Palmerston United Church	Karen Chisholme Climate Change & Sustainability Manager 
Harriston	Friday May 26	12 pm \$20	Harriston United Church	Willa Wick Traditions. Gone but not Forgotten 
Clifford	Wednesday May 31	12 pm \$20	Clifford United Church	Doris Cassan My Trip to the UK 

COFFEE PROGRAMS 	DAY	TIME	LOCATION
DRAYTON COFFEE TIME Please, bring your own mug!	Every 2nd Thursday May 4 & 18th	10:30 am	Selah Centre 24 Wood St., Drayton
NEW MOOREFIELD COFFEE HOUR Please, bring your own mug!	2nd Wednesday of the month May 10	10:30 am	Maryborough Community Centre 15 Ball Avenue
PALMERSTON COFFEE GROUP	Last Wednesday of the month May 31	10 am	James St. United Church 215 James Street



Save the Date!
Wednesday, June 7

"English" High Tea in Moorefield.
Details to follow!





ZOOM with us!



TUESDAY 10:30 AM	THURSDAY 2 PM
May 2, 2023 Donna McFarlane Recover International A unique program that helps address mental health issues.	May 4, 2023 Lauren Koster Let's take a tour of the Dairy Farm with Lauren & family!
May 9, 2023 Kelsey Lindinger, WCMA Genealogy 101. Let's do some "digging" into the past!	May 11, 2023 Gary Moon All in the "United Empire Loyalist" Family!
May 16, 2023 Cooking with Karen Join Karen Burke, Registered Dietitian, for our fun monthly cooking & information session.	May 18, 2023 Karen Chisholme, Climate Change & Sustainability Manager What can we do to help?
May 23, 2023 JP Fillion What happens when a challenge seems insurmountable? You get on a bike!	May 25, 2023 Walter & Sharon Grose G'Day Mate. Let's head to Australia with Walt & Sharon!
May 30, 2023 Amelia Fletcher RN Let's talk about the importance of regulating blood pressure.	WEDNESDAY, May 17, 2023 7 PM Writers' Group. For the Love of Words. Facilitated by Doris Cassan For info: 4luvwrds@gmail.com



Good old Sears.
You could buy anything!



Age is something that doesn't matter... unless you are a cheese!



—Billie Burke



Maybe You Already Knew...

We learn such interesting facts about our communities on ZOOM



Doctor Helen Elizabeth Ryan, the first woman to practice medicine in Northern Ontario, was originally from Mount Forest in Wellington County. She was born in 1860 to John and Margaret Reynolds of Mount Forest. Doctor Ryan graduated from Queens University in 1885, part of the second class that allowed female students.

"Sometimes it takes only one act of kindness and caring to change a person's life."

— Jackie Chan

