



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE 11 Andrews Drive, West, Drayton, ON N0G 1P0

519-638-1000

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A Word from Helen



HAPPY
Mother's
DAY



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



Coffee Group Shenanigans and Blessings.

I arrived in plenty of time for the Moorefield coffee group. The sun was shining and all seemed right with the world. Soon the coffee urn was churning away in that satisfyingly loud and rhythmic fashion. Alas, it was interrupted by a blown breaker, but after that was resolved, it returned to its rhythmic churning *tout de suite*. Imagine my shock, when ten minutes before the event, I checked the coffee to find it the palest shade of brown, with grainy grounds swirling throughout.

I could feel my stress level rising. Fortunately, guest Ed came to the rescue. With his sense of humour and help, we were able, halfway through the event, to serve coffee to our thirsty guests. In the meantime, I got to know Ed.



Later, I shared my morning's coffee chaos with Glynis. We had a good giggle about how the event had gone. Lo and behold, Glynis had a very similar experience the next day. The coffee machine at the Selah Centre in Drayton was not working, much to her chagrin. Her efforts to make coffee in a small, old perculator resulted in a blown breaker. Quick thinking Glynis ran across the street to the local bistro, a la Mode, urns in hand to purchase coffee, only to find that she had forgotten her wallet. She promised to pay later, but Jenn, the owner, stated that it was not a problem, and donated coffee to our group.

In both coffee groups the guests were so understanding and did their best to reduce our anxiety. I have lived long enough to realize that there isn't always a silver lining, but there sure was for Glynis and me! It also reaffirms that grace of our guests, and the generosity of spirit that is alive and well in small town Ontario!

Helen



WORD OF THE MONTH

Volunesia *Thanks to Kelly Gee, VON SMART Coordinator for sharing this beautiful word!*

"That moment when you forget you're volunteering to help change lives, because it's changing yours."



519 638 1000 HEDWARDS@MAPLETON.CA 1 866 446 4546





"To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow."

—Maya Angelou

Pet Corner



Submitted by Ruth Wilson, who is very much in love with her precious "grand-dog!"



Eight year old Ruby is a Siberian Husky/Shelty cross who finally found a forever home with Dennis & Debbie two years ago. She adores Dennis but when he's at work, Debbie gets all her attention.

Funny story. In the evenings when Dennis watches sports in his downstairs 'cave' and Debbie works on a puzzle or watches something different on the TV upstairs, Ruby lies in the foyer between the two levels keeping an eye on both of them. But rarely joins one or the other. She balances her love for Dennis and Debbie, nicely!

Ruby is so photogenic, too. Get the camera out and she just sits and poses as if her reward might be a cookie, which it usually is. Clever and cute. A perfect combo. I just love her...



Activities Spotlight



Minto Hikers

"I'm probably the oldest person in this welcoming group, but I like that because it inspires me. And I always learn something new, whether it be about nature or local history."

Sharon Rodgers, Mount Forest

Looking for a healthy dose of adventure in the great outdoors?

The Minto Hikers might be the group to join and the place to be. Check them out on Facebook ([Minto Hikers](#)). Their goal is to walk many different trails across Wellington North, Minto & Mapleton, discovering and appreciating nature in all its forms year round.

Hikes are sometimes modified in length and terrain to suit individual needs. Hikes take place September to June on the first and third Saturday, beginning at 9:30 am. They do walk in the summer, too, but you will have to call for dates and times.

For more information contact Jen Linthorst at 519-492-9454





“All that I am, or hope to be, I owe to my angel mother.”

– Abraham Lincoln.



Let's Step into Fitness Together

Submitted by Olivia O'Hagan, Occupational Therapist Mount Forest FHT

Pole walking is a great form of exercise that is gaining popularity. It offers numerous benefits for individuals seeking a low-impact cardiovascular workout. By incorporating poles into the walking routine, this activity not only enhances cardiovascular health but also improves various aspects of physical fitness such as improving posture, strength, balance and pain reduction. Additionally, the action of using poles activates the arms, providing a comprehensive workout for the upper body while walking.

Pole walking can also be particularly beneficial for individuals with joint issues, as it reduces pressure on the hips and knees, compared to traditional walking. Overall, pole walking offers a holistic approach to fitness, improving cardiovascular health, balance, and strength in a gentle, yet effective manner. Participants have noted an improvement in their posture and increased walking speed with longer strides as a direct result of pole walking. They also state that they feel steadier and are not worried about falling.

The Mount Forest Family Health Team is excited to announce the relaunch of its Pole Walking group and invites all enthusiasts to join in. Starting on May 22nd, the group will convene every Wednesday from 9-10 am. Participants can look forward to a brief warm-up session before embarking on explorations of the picturesque local trails around Mount Forest. With the location changing weekly, each outing promises a fresh and captivating experience.



For those who do not have their own walking poles, worry not, as equipment can be provided. To secure your spot in this program or to gather further details, please reach out to Olivia at 519-323-0255 ext 5083. Let's step into fitness together!



FACT OR FICTION?

Queen Victoria

Contrary to popular belief, Queen Victoria was not the first to wear a white dress on her wedding day, nor was she even the first royal woman to do so. Mary, Queen of Scots, wore white on her wedding day in 1558. But Queen Victoria certainly was the most influential. White wedding dresses quickly became the norm, not the exception, following Victoria's nuptials.



"You're never going to kill storytelling, because it's built in the human plan. We come with it."
—Margaret Atwood

My First Great LOVE!

Submitted by Jim Measures.



Up front, let me say that it didn't take long after I arrived at Rita's front door, that I knew that I had found the greatest LOVE of my life. Nevertheless, as I grow older, I look back and see many significant people who have had an influence on my life.

Such a person was Nancy Rogers. Nancy was my first "romantic love." We spent a whole summer together; we talked of getting married some day, how she would become "Mrs. Measures," how we would have a son and name him Roger to honour her side of the family. Sadly, when September came, we were separated as Nancy had to go to kindergarten and I wasn't allowed to go as I wasn't old enough.

Then Adolf Hitler broke us up, as he started a war that resulted in rationing that would not allow my dad to buy enough gasoline to get to work regularly, so we had to move. I never heard from, or about Nancy Rogers again! We didn't even write to each other as we hadn't learned to write yet, and I didn't have any stamps.

Does anyone know where Nancy Rogers is now? I am sure that Nancy and Rita would get along famously. Nancy was my first love, but Rita is (and always will be) the greatest of all the loves in my life.



The F.L.C.

Photo & Story Submitted by Nancy Stanners

Many moons ago, we think close to 50 years, a group of ladies decided that they should shed a few pounds. It was decided we would meet weekly at the old Moorefield Town Hall. We called ourselves the *Low Cal Gals*.

I'm not sure how many pounds were lost, but we soon realized that a strong bond of friendship had developed. A decision was made to gather weekly in our own homes. Our children accompanied us and enjoyed juice, cookies, and fun while we moms sipped coffee.



The Old Moorefield Town Hall

Fast forward to more recent times. Our children have children of their own now, but we *old moms* still get together frequently. The laughter, the support, and the love are still as strong as ever.

Oh, yes. You might be wondering what F.L.C. stands for. A husband of one of our members, who had a well-known wry sense of humour, dubbed us the *Fat Ladies*. To this day we are still affectionately known as the *Fat Ladies Club*. Probably not politically correct these days, but we don't mind. Such wonderful memories...



A perfect day for a mom is when everybody has eaten, slept, and used the restroom without assistance.



Recipe of the Month Irresistible Cookies

Submitted by Ann Whale

To this day, these are my daughters' favourite cookies. I made a double batch last week. Sometimes they're chewy, sometimes they are crisp. They are always big and wonderful.

Tip: Don't grease the baking sheet, and leave ample spacing between cookies on the baking sheet, because they spread. Usually takes 10-12 minutes for the perfect shade of brown. Oh, and I don't chop the raisins.

Ingredients

- 1 cup of butter
- 1 teaspoon baking soda
- 2 cups brown sugar
- 1 teaspoon baking powder
- 1 cup of raisins
- 2 cups flour
- 1 tablespoon corn syrup
- 1 teaspoon cinnamon
- 4 tablespoons sour milk (add 1 tsp vinegar to sour)



Method:

Pre-heat oven to 350° F.

Cream the butter and sugar together; add the corn syrup and raisins. Dissolve the baking soda into the sour milk then add to the mixture. Combine the flour, baking powder, and cinnamon, and sift into the mixture. Chill the dough for at least 2 hours. Roll out (not too thin) with a round cutter, or drinking glass, and bake on an ungreased cookie sheet until they are your favourite shade of brown—approx. 10 to 12 minutes. Then hide them!

The SCE in conjunction with the Wellington County Museum & Archives presents:

Murder, Mayhem, and Mystery in Moorefield

Save the date. We need your help!



It's 1904 and it's supposed to be a glorious celebration as a group of people gather at a fundraiser for Groves Hospital in Fergus. A cast of memorable (along with a few questionable) characters soon find themselves mixed up in deceit, duplicity, and chicanery.

\$25 

**Wednesday,
June 5, 2024**

.....
**Lunch begins at
NOON**

Come enjoy a fabulous themed luncheon, a page turner of a mystery, conundrums, and so many questions. Register soon, before it's too late.



We need all the help we can get as we try to figure out...

WHODUNNIT?

519-638-1000. hedwards@mapleton.ca

Come in costume, if you like (dare)!

Old Ladies' Perfume

Previously published in
Hot Apple Cider with Cinnamon ©2015

Glynis M Belec



"I was thinking of getting Blue Grass perfume for the girls for Christmas this year." Mom said. She and I had been tossing ideas around about gifts. The "girls" were her granddaughters - my daughter and five nieces.

"The sets are on special," Mom added.

"No!" I said without thinking. "Blue Grass fragrance is an old ladies' perfume!" I immediately wished I hadn't blurted that out so quickly.

Mom, usually as quick as a whip, frowned and fell silent for a split second. I knew that Blue Grass was her favourite fragrance. And I'd managed to insult her twice in one go. Not only had my thoughtless words berated her choice in perfume, but I had called her "old" in a derogatory way.

I knew my words had to have stung. As I tried to think of a way to back track, I was relieved to see that familiar faint twinkle in Mom's eyes.

"Cheeky Cat," she said. "So, what do *you* think the girls would like?"

I apologized and she told me to forget it. Her granddaughters didn't get Blue Grass perfume that Christmas, and I never did forget. Neither did Mom. In fact, my faux pas became a standing joke. Sometimes when I was at Mom's home, she would ask me to get her "old ladies' perfume" from the dresser for her.

Or, if someone else complimented her or her fragrance when I was around, she'd say, "Thanks. It's my old ladies' perfume."

The thing is, I really did think of her as an "old lady" when she was in her 50s and I was in my 20s. Mom's grey hair was a definite indicator, I thought at the time. And then there were those extra creases on her face. She called them "laugh lines" but I was starting to notice that those "laugh lines" didn't exactly disappear when the joke was over.

"You're as young as you feel!" That was Mom's mantra and although some physical challenges prevented her from actually chasing her grandchildren around the yard, her perspicacious personality remained and she didn't miss a thing. Quick-witted and fun-loving, Mom always had a snappy comeback.

"You just wait," Mom would say with that lovely, familiar twinkle in her eye. "Your time will come and you'll realize how young I really am right now."

I don't remember my response, but it likely consisted of rolling eyes and a smart alecky comment. And then my time came. I can't believe how wrong I was. Fifty isn't old at all.

I'm still my mom's daughter, and I am grateful. She was a good mom, and I'll never forget her or the many life lessons she taught me along the way. And oddly enough, I keep a bottle of Blue Grass perfume sitting on my bedside table nestled next to her photo! As a reminder...



I ♥ U
MOM



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. May 15	12 pm \$20	James St. United, Palmerston	Robin Smart Aging and The Senses
Clifford	Wed. May 29	12 pm \$20	Clifford United Church	Robert Kerr Lions Club Service Dog Program
Harriston	Friday May 31	12 pm \$20	Harriston United Church	Cathy McCrae Off to Africa

Join us for Coffee! 

COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. May 9 & 23	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month May 8	10 am	Maryborough Community Centre, 15 Ball Avenue



“Heavens to Murgatroyd”

Looking back with Kathy Hendry

Murgatroyd.

Do you remember that word? Would you believe the e-mail spell checker did not recognize the word Murgatroyd? *Heavens to Murgatroyd.* The other day, a not so elderly 65 year old lady said something to her grandson about driving in a jalopy and he looked at her quizzically and said, “What the heck is a jalopy?” Poor deprived youngster.

How about *Don't touch that dial* or *carbon copy*? Remember, *You sound like a broken record*? *Hung out to dry*? How about *Heavens to Betsy*? *Gee Willikers*? *Jumping Jehoshaphat*? *Holy moly*?

I have a few more words to share from the *good old days*. So stay tuned next month. Meanwhile, don't be a *knucklehead* or a *nincompoop*. And here's hoping you are *living the life of Riley*.

Kathy



You Are Not Alone:

[Sadly] scammers have become increasingly sophisticated professionals. Statistics show that older adults suffer as a result.

From The Wise & Well Calendar (Oct.2023-Dec 2024)

We are creating this new "Scam Alert" column to keep you informed and aware. If you have anything you would like to share that may help readers, feel free to contact the office at 519-638-1000



Scam Alert

According to the Government of Canada website, scammers are targeting individuals by text message or email, claiming that the CRA is sending them a GST/HST tax refund or credit, and are requesting personal information to proceed. It happened to me last week. Here is the letter I received. Keep an eye out for tell-tale signs that it is a SCAM. And if you are unsure, ask someone you trust or go to the bank and speak with an official about your concerns.

Looks legitimate, initially

Check the email address. This is NOT from the CRA.

The fraudulent text message or email claims to be from the CRA. Scammers ask individuals to reply or click on a link to complete an application form by an urgent deadline to receive their refund or credit.

Not a formal salutation.

The CRA will not use text messages or instant messages to start a conversation with you about your taxes, benefits, or My Account.

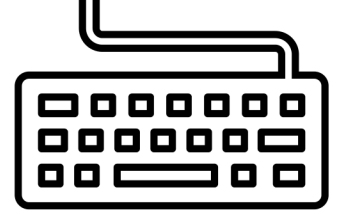
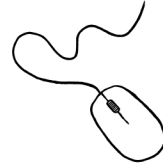
Do not click on this link.

***Note:** If you're eligible, the additional one-time GST Credit payment will automatically be mailed or direct deposited. You will NEVER be asked to click on a link to access your funds.



Yes

Tech Tips



Be Smart with your Smartphone!

by Michael Meunier

Many of us have come to take for granted the powerful computer that we carry around with us—an iPhone or Android smartphone. These devices allow us to stay connected via text, email, social media platforms and internet search engines, while out and about. However, this connected convenience requires us to be vigilant about protecting our privacy.

Here’s a S.M.A.R.T acronym that you can use to secure your smartphone:

- **S is for Screen Lock:** Use a screen lock to allow entry to your phone. Your phone might use a numeric passcode, a fingerprint or facial recognition as security.
- **M is for Manage Wi-Fi Networks:** Connect only to trusted Wi-Fi networks. Hackers can easily tap into free Wi-Fi, so be sure that when using public networks, the connection is trustworthy.
- **A is for Automatic Lock:** Make sure your device locks itself automatically, so if you accidentally leave it on a restaurant table or a park bench, no one can access your information, even if you didn’t intentionally lock it.
- **R is for Recognize & Refuse Illegitimate Calls & Texts:** Beware of calls or texts claiming to represent a government entity requesting payment information or stating you owe money. When in doubt, hang up, block callers, and delete texts.
- **T is for Timely Software Updates:** Be sure to update your Smartphone’s operating system when the device prompts you to do so, since updated versions of the operating system will include security patches to make your smartphone more secure.

Decluttering with Doris

Planning to Travel This Year? Doris Cassan

Suitcases can pile up over the years as fashions change. How many do you really need? Do the zips work smoothly? Do they need to be opened up and aired outdoors? You could store them with a sachet in each. Ready your toiletry bag by refilling shampoo, etc. Ensure luggage tags are accurate and in place on each piece. Donate or sell excess travel bags and suitcases.



For the Love of Words

April Writing Prompt



Time for some introspection:

How would you describe yourself? How do you think others would describe you? How would you like them to describe you? What is your full name? Were you named after anyone? How do you feel about your name. Did you ever have a nickname? How did you feel about that?



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

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



ZOOM with us!



Every

TUESDAY 10:30 AM



Every

THURSDAY 2 PM



May 2, 2024

Sierra-Lynn Moreira
Building Bridges Adult
Day Program



May 7, 2024



Tim Dreidger - Jack Financial
Wise Investment or Scam?

May 9, 2024

Kay Ayres



Things You Never Wanted to
Learn About Canada

May 14, 2024

Allan Quinton

Canadian Hearing Society -
Sound Advice

May 16, 2024

Katie Clark. WCMA

Spring in Wellington County



May 21, 2024

Alyson Colton R.D.

Cooking with Alyson

May 23, 2024

Mariana Arámburu

Cinco de Mayo.
The Markets of Mexico City

May 28, 2024

Jan Feduck, Author

Dining Out with History



May 30, 2024

Mark Garbutt. Forest Ranger

Big, Big Bears!



WHAT TO DO IF YOU THINK YOU ARE THE TARGET OF A SCAMMER:

Remember the 4 Rs

*From The Wise & Well Calendar
(Oct.2023-Dec 2024)*

1. **Recognize** the pattern: scammers target your emotions to get your money.
2. **Reject** the scammer. It's OK to say NO. End the communication and do not give out any personal information.
3. **Reach out** for support to family and friends and to Victim Services at 519-824-1212.
4. **Report** the scam to Canadian Anti-Fraud Centre, your local police department, or the OPP for investigation to protect yourself and your community.

Anti-Fraud Centre:

1-888-495-8501.

Wellington County OPP:

1-888-310-1122.



Thursday, May 2 @ Mount Forest Library

Join us on the journey as the Seniors' Centre for Excellence - Mapleton, Minto, Wellington North presents the first session in our FREE Wisdom Series Workshops. "Tenant's Rights." Join the discussion. Listen to the stories. Learn the law.

Call to register 519-638-1000 hedwards@mapleton.ca

Thanks, Bobbi Denny, for this lovely childhood reminder about keeping elbows off the table!

Mabel. Mabel. Young and Able
Keep your elbows off the table.
This is not a horse's stable
But a pleasant dining table.



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

