



# Heart & Soul of Wellington

**SENIORS' CENTRE** *for* **EXCELLENCE**

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

519-638-1000

EDITION #60



## MAY 2025



### A Word from Helen As Time Goes By

Helen Edwards SCE Seniors' Health Services Coordinator [hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)



Nothing alerts you to the passage of time more, than being involved with an organization that produces a monthly newsletter. It feels like no sooner than one edition of our SCE Heart & Soul of Wellington has been completed, then it is time to start working on the next month. It is hard to believe we are already in the fifth month of 2025.

The passage of time creates memories. Glynis and I were in Clifford recently to host a trivia contest for the entertainment portion of a dining program. In our PowerPoint presentation, we featured commercials, TV shows, and songs from days long ago.

Standing at the front of the room, emceeing the program, it was hard for me not to notice the smiles on people's faces as memories surfaced. Some commented on how listening to jingles and songs from yesteryear made it feel like "yesterday." Such happy memories.

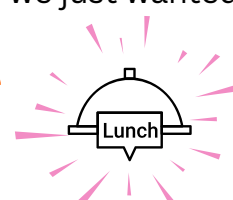
I came across a quote the other day that I think is very true: "A good memory is one trained to forget the trivial." (—Clifton Fadima.) Here's hoping that we are all blessed with this type of memory; it makes for a much happier life. *Helen*

## Activities Spotlight



We have been itching to share some exciting news with you.

Plans are in place for a bus trip to happen. We still have plenty to do, but for now we just wanted to tell you to save the date and drop a few hints.



519 638 1000 [HEDWARDS@MAPLETON.CA](mailto:HEDWARDS@MAPLETON.CA) 1 866 446 4546





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](mailto:hedwards@mapleton.ca)

DINING PROGRAM	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	WED. May 21	12 pm \$20	James St. United, Palmerston	<b>Jenny Bults RN</b> "Dr. Google, I Have What?"
Clifford	WED. May 28	12 pm \$20	Clifford United Church	<b>Collections</b> Tom Cassan - tractors Other guest - surprise!
Harriston	THURS. May 29	12 pm \$20	Harriston United Church	<b>Barbara Heagy</b> For the Love of Food: Family Edition

*Join us for Coffee!*



*No need to register for Coffee Hours!*

COFFEE PROGRAMS	DAY	TIME	LOCATION
<b>MOOREFIELD COFFEE</b>	Wednesday May 7 & 21	10:30 am	Maryborough Community Centre, 15 Ball Avenue
<b>DRAYTON COFFEE HOUR</b>	Thursday May 1 & 15	10:30 am	Selah Centre 24 Wood St., Drayton



**SENIORS' CENTRE for EXCELLENCE**

*presents*

Ask a Pharmacist

Mount Forest **N.O.W.**

*Nurturing Our Wisdom Workshops*

with special guest, **Ravi Halani**  
Owner Operator, Mount Forest Pharmasave

**THURSDAY, MAY 15, 2025,**

**1 PM**

**MOUNT FOREST LEGION**

140 King Street, West



**Free Admission**

**No Need to Register**



**519-638-1000**



**jbrown@mapleton.ca**



519 638 1000 [HEDWARDS@MAPLETON.CA](mailto:HEDWARDS@MAPLETON.CA) 1 866 446 4546





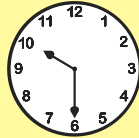
# ZOOM with us!



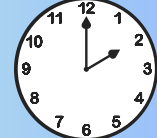
## SENIORS' CENTRE *for* EXCELLENCE

To get on the ZOOM list, contact [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca)  
or call 519-638-1000

### Tuesday



### Thursday



**May 1, 2025**

**Johanna Brown**

Tidbits from Africa



**May 6, 2025**

**Rachel Benning**

Weird & Wonderful Fashion



**May 8, 2025**

**Joy Reinders Steele**

Dutch Resistance Application.

A Strong Woman



**May 13, 2025**

**"Michelle"**

Summer Rain Farm



**May 15, 2025**

**Emily Cooper**

Community Paramedics



**May 20, 2025**

**Juliana Van Osch RD**

Cooking with Juliana



**May 22, 2025**

**Kristen**

Green Care Farms



**May 27, 2025**

**Anisha Suganthan**

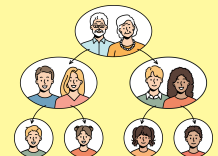
CPO Consumer Protection Ontario



**May 29, 2025**

**Laura Stephenson**

Creating a Family Tree



## Pet Corner

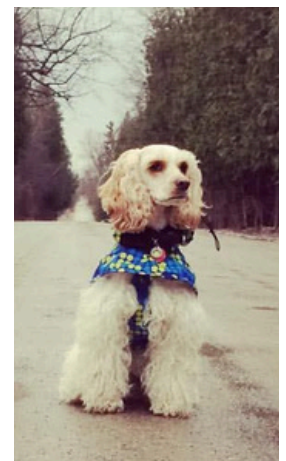
### Mr. Darcy Dog Pants

Submitted by Chelsey B

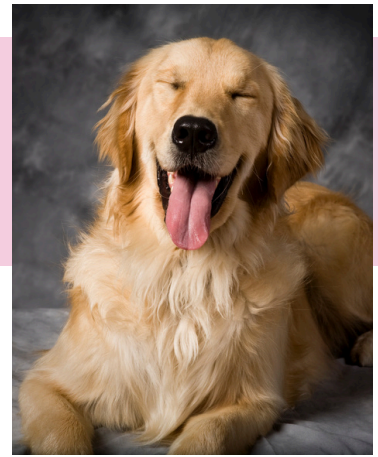


Mr. Darcy Dog Pants was born in June of 2016. He was three pounds of cuteness. As winter approached, we knew that we had a problem because Darcy refused to go outside in the snow. He was the only dog that I knew that needed to wear snow pants.

Finally, in Pickering, I found a pair of bright, hot-pink, snow pants...dog snow pants. He loved them so much. Since then, he has always worn pants. Hence the name Mr. Darcy Dog Pants.



Today I saw a woman talking to her cat, she really thought that the cat understood. I told my dog when I got home...we had a good laugh.



## When a Pet Dies

*Submitted by Joanne White MSW RSW  
Social Worker  
Minto-Mapleton Family Health Team*

It all began with a power point presentation. Our then 12-year-old daughter created a presentation to explain the benefits of getting a puppy.

My husband and I had not been raised with pets and were cautious about taking on a puppy. Eight weeks later, we found ourselves, “just going to look” at a litter of Puvanese pups. Six weeks later, we brought her home and she quickly became a member of our family. Our pup greets everyone so enthusiastically, it is difficult not to feel special.

When one of us is sick, she will lie beside them until the illness passes. During the pandemic, she was our daughter’s best friend and frequently, she was the confidante that one of us needed. She is a great listener, and we can’t imagine life with out her.



In my career as a social worker, I have studied the processes of grief and mourning. Recently, I read an article by Tracy Schaeffer (May 24th in the Globe and Mail) where the writer shared the deep well of sorrow that she experienced when her cat died. She further shared that she felt that there was no opportunity for her to share her sadness about this loss.

This could be referred to as “disenfranchised grief” where a loss is not recognized as such. The author shared that her beloved cat had been with her through moves, relationships, and the birth of her two children. Her cat had been a companion in many of the important milestones in her life. Initially she found this loss to be intolerable, but she discovered that writing a eulogy for her cat and sharing it with others, helped them to better understand her loss.

Sarah Shelton, PsyD, MPH, MSCP writes that the loss of a pet can be experienced as more challenging than the loss of a person because there is an absence of understood traditions to mark their death.



There often is not a visitation, or funeral, per se, and there are rarely expressions of sympathy, such as cards and messages. It is notable that there has been a growing awareness of the role which pets play in the fabric of families.





Dr Alan Wolfelt, who has been recognized as one of North America’s leading death educators, authors, and grief counselors has written several books about how to process the death of a pet. He acknowledged that most pet owners consider their pet a ‘member of the family’ and that for seniors, who may be more isolated, that their pet may be their most meaningful relationship. Dr Wolfelt suggests that people mourning the loss of a pet may need to share with others the value or meaning that their pet brought to their lives.

People often share with me that they are unsure what to say to someone in the wake of a loss. Others will make comments that are intended to be helpful but can leave a person feeling that their loss has been minimized. Here are some tips for responding in a sensitive and supportive manner:

- Acknowledge the loss: “I was sad to hear that Cocoa passed.”
- Validate the person’s feelings: “You must really miss him/her.”
- Offer support – if you have time, ask to see a picture or ask if they’d like to have coffee and tell you more about their pet.



*Please stay tuned for additional opportunities to learn about grief and mourning.*

## The Movie Theatre

*Submitted by Peter & Donna Fulcher*



During March Break, we took our grandchildren to the big theatre in Guelph. After we “dropped a car payment” purchasing tickets and snacks, we began to reminisce about the theatres of yesterday.

As a young boy, Peter remembers the Fox Theatre in Kitchener. It was managed by his uncle and aunt, and his mother manned the concession stand. Peter’s aunt always let him in for free. He recalls watching movies such as *Gulliver’s Travels* and *1000 Leagues Under the Sea*.

I remember as a young girl going to the K-W Drive-In where I donned my pajamas and bundled up in the back seat with popcorn. I never remembered the ride home as I always fell asleep. I recollect seeing the *Greatest Show on Earth* starring Charlton Heston and the Dancing Hotdogs during intermission.

When Peter and I were dating, my Dad forbade drive-in theatres as he called them passion pits, but we did attend a few without his knowledge (Sorry Dad)

# COUNTY OF WELLINGTON

## Blue Box Materials

### Paper Recycling



Samples	Items	Accepted Items and Preparation	Do Not Include
	<b>Boxboard</b>	<b>Boxes</b> for cereal, pop, toothpaste, tissues, soap, shoes, frozen foods, etc.; toilet paper rolls, paper ice cream containers (flatten and put inside a larger box) <b>Paper</b> egg cartons, take-out trays	<b>Remove</b> inside bags and liners <b>No</b> spiral wound food containers (e.g. frozen juice container with metal bottom)
	<b>Corrugated Cardboard</b>	<b>Flattened corrugated boxes</b> (boxes with a wavy layer between two layers of linerboard) <b>Tied</b> in bundles, maximum size: 60 cm x 60 cm x 30 cm (24" x 24" x 12") for curbside collection <b>Maximum weight</b> of 18 kg (40 lbs) <b>Staples</b> and tape are okay <b>Maximum</b> of 3 bundles per week per address	<b>No</b> waxy cardboard <b>No</b> cardboard contaminated with oil or chemicals <b>Remove</b> all food residue and contents from pizza boxes
	<b>Household Papers, Books, Paper Bags</b>	<b>Junk mail, cards, office paper</b> (e.g. envelopes, file folders, sticky notes) <b>Telephone books, hard and soft covered books</b> (remove and discard hard covers) <b>Paper bags</b> from flour, sugar, etc. (no plastic liner) <b>Shredded paper</b> must be bagged in a clear bag	<b>No</b> metallic or glitter gift wrap or cards <b>No</b> photographs <b>No</b> used tissues or paper towels <b>No</b> candy wrappers <b>Do not</b> place in a bag (unless it is shredded paper) <b>No</b> coffee cups
	<b>Newspapers, Magazines</b>	Newspapers, all flyers, magazines	<b>Do not</b> place in a bag

**CONTACT SOLID WASTE SERVICES (SWS):**

**T** 519.837.2601

**T** 1.866.899.0248

**W** [www.wellington.ca/sws](http://www.wellington.ca/sws)

# COUNTY OF WELLINGTON

## Blue Box Materials

## Container Recycling

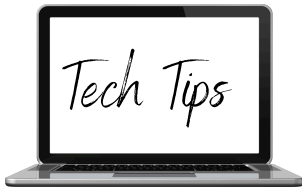


Samples	Items	Accepted Items and Preparation	Do Not Include
	<b>Aluminum and Tin Cans, Aluminum Foil</b>	<b>Food and beverage cans and lids</b> (do not flatten) Clean aluminum foil, pie plates and baking trays Empty and rinse Labels are okay to leave on	<b>No</b> aerosol or paint cans (see HHW information for proper disposal) <b>No</b> cooking pots or pans (can go to waste facilities in scrap metal bin) <b>No</b> other metal items <b>No</b> foil laminates (e.g. potato chip bags) <b>Do not</b> flatten cans
	<b>Drink Boxes and Cartons</b>	<b>Milk and juice cartons</b> <b>Drink boxes</b> (e.g. Tetra Pak™) including soup containers	<b>Remove</b> straws <b>Leave</b> caps on <b>Do not</b> flatten
	<b>Glass Bottles and Jars</b>	<b>Food and beverage glass bottles and jars</b> <b>Clear or coloured glass</b> <b>Empty and rinse</b> <b>Leave lids on</b> <b>Labels are okay</b> to leave on	<b>No</b> light bulbs of any type <b>No</b> mirror or window glass <b>No</b> drinking glasses <b>No</b> ceramics (plates, mugs, etc.) <b>No</b> broken glass (contact SWS for disposal instructions)
	<b>Rigid Plastics</b>	<b>Bottles, jugs and tubs</b> including food, beverage, health, beauty, household cleaning and laundry product containers Plastic clamshells from bakery products, berries, etc. <b>Planting pots and trays</b> (added in 2016) <b>Empty and rinse</b> <b>Leave lids and caps on</b>	<b>No</b> motor oil or chemical containers <b>No</b> plastic bags <b>No</b> plastic cutlery, plates, cups or straws <b>No</b> toys <b>No</b> styrofoam <b>No</b> single use beverage discs, pods or cups



ALTERNATE FORMATS AVAILABLE UPON REQUEST





# What is an Echo Chamber?

by Michael Meunier



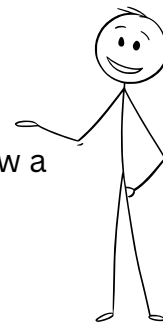
*Information can come from many different sources and perspectives. But when you're only hearing the same perspectives and opinions over and over again, you may be trapped in something called an echo chamber.*



An echo chamber is an environment where a person only encounters information or opinions that reflect and reinforce their own. Echo chambers can create misinformation and distort a person's perspective so they have difficulty considering opposing viewpoints and discussing complicated topics. They are fueled in part by confirmation bias, which is the tendency to favour information that reinforces existing beliefs.

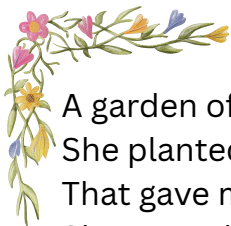
The Internet also has a unique type of echo chamber called a *filter bubble*. Filter bubbles are created by algorithms or formulas that keep track of what you click on. Websites will then exploit your clicking patterns to primarily show you content that's similar to what you've already expressed interest in. This can prevent you from finding new ideas and perspectives online.

Breaking out of an echo chamber requires a conscious effort to diversify your information sources and engage with different perspectives. Next month we will explore this a little further and show a breakdown of how to actually break out of an echo chamber.



## My Mother Kept a Garden

—Unknown



A garden of the heart.  
She planted all the good things  
That gave my life its start.  
She turned me to the sunshine  
And encouraged me to dream.  
Fostering and nurturing  
The seeds of self-esteem.  
And when the winds and rain came,  
She protected me enough.  
But not too much because she knew

I'd need to stand up strong and tough.  
Her constant good example  
Always taught me right from wrong.  
Markers for my pathway  
That will last a lifetime long.  
I am my Mother's garden.  
I am her legacy.  
And I hope today she feels the love  
Reflected back from me.





# DECLUTTERING WITH DORIS



## Shifting Seasons

Hopefully we can change out of our winter coats by now. Set a date with the people who live in your house; assemble everyone's coats and outerwear and do a "try on" session.

Even if it fits, do you have more than one coat for the same purpose? Keep what fits best and what you reach for first. Someone else will appreciate your donations next Fall/Winter.

And then, if you have time, do the same thing with winter boots!



**For the Love of Words ♥**  
**Wednesday, May 21, 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](mailto:4luvwrds@gmail.com) to receive the ZOOM link for the upcoming meeting.

*Doris*



*Write your story...*

*happy  
Mother's  
day*

## May Writing Prompt

Doris Cassan

For your memoir exercise, let's look at gardens. Do you have a memory connected to a garden or gardening? Did you spend time in a garden and with whom? What was growing there? Was it a vegetable garden? Did you get to eat from it? How about trees that were significant? Maybe you had a tree fort or a tire swing hanging from a tree. Maybe you fell out of a tree! Tell the stories.

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





## Phantom Rhubarb Muffins

Submitted by Glynis M Belec (SCE)

*Phantom Rhubarb Muffins, so named because they tend to disappear quickly, are the perfect way to open the season of Rhubarb!*



### INGREDIENTS

1 1/3 cups all-purpose flour	1/4 cup canola oil
2/3 cup packed brown sugar	1 large egg
1/2 tsp. baking soda	1 cup chopped rhubarb (or any fresh berries or other fruit)
1/4 tsp. salt	
1/2 cup plain yogurt or sour cream	

### For the Streusel:

1/4 cup chopped pecans, or any nut you happen to have on hand  
3 Tbsp. brown sugar  
1 Tbsp. butter, melted  
a pinch of cinnamon

### METHOD:

Preheat the oven to 375F.

In a large bowl, stir together the flour, brown sugar, baking soda, and salt. In a smaller bowl, whisk together the yogurt, oil, and egg. Add to the dry ingredients and stir until almost combined; add the rhubarb and stir just until blended.

Divide between 8-10 paper-lined muffin tins. In a small bowl, stir together the pecans, brown sugar, butter, and cinnamon and sprinkle a bit over each muffin.

Bake for 18-20 minutes, until golden and springy to the touch. Makes 8-10 muffins.

## Word

of the Month

### Perspicacious

Having keen insight and being able to understand somebody or something quickly.



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



# TaiChi for Arthritis and Fall Prevention

A 6-week gentle movement series  
Presented in collaboration with

**SENIORS' CENTRE** *for* **EXCELLENCE**

**DATES: MAY 7 - JUNE 11, 2025**

Time: 10:00 - 11:00 am, Wednesdays

Location: James Street United Church,  
Palmerston

Cost: \$50 for 6 week series

To join, contact: Nelda Rodillo

Certified Taichi for Arthritis and  
Fall Prevention Instructor

Certified Yoga Instructor


647-862-8337;

[nelda.taichi@gmail.com](mailto:nelda.taichi@gmail.com)



Open to all seniors - men & women welcome!

Gentle, relaxing movement  
designed to improve:

- 
- ✓ Strength
  - ✓ Balance
  - ✓ Flexibility



✨ Join us in a calm,  
welcoming space to:

- Enhance your well-being
- Reduce your risk of fall
- Connect with others