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comfort in the restlessness of the youngest of the spectators—toddlers asking questions, young babies crying. Then I think about all the children who shed tears for a parent who would not return from war or had a parent return as a shadow of their former self. I am filled with wonder at the sacrifice of our soldiers.

On the last day of September, we said a fond farewell to Carmela who had been working at the Seniors' Centre for Excellence (SCE) for the last four years. Carmela is off to enjoy her retirement. We wish her lots of time to visit with her family and friends, to enjoy walks on the beach in Southampton, to sit out on her beautiful deck enjoying a good book. Carmela you will be missed.

As we say goodbye to Carmela, we say hello to Amanda Newton who has joined the SCE team.

"To me, retirement means doing what you have fun doing." – Dick Van Dyke

## A Word From Helen



November is a reflective month. When I stand at the Cenotaph on Remembrance Day, I think about all those young men and women who gave their lives

for the freedom we enjoy today.

While it is generally cold, I know I will be able to head back to the office and warm my toes. As we have fewer veterans attend the ceremonies, it is reassuring to see the school children standing respectfully for the ceremony. I find

## Health News

**More Than a Bad Cold: The Burden of Flu in Seniors** *Reprinted with permission from Active Aging Canada*



When Larry Sharpe embarked on a family vacation with his wife, children and five grandchildren to Hawaii, he never thought he would end up in the hospital.

Larry was a picture of health before contracting the flu in March 2019. The fit and active 74-year-old North Delta, BC resident, and his wife, Ronnie, had been looking forward to two weeks in Hawaii. A few days into the trip, Larry began to feel unwell—a sore back, cold-like symptoms, and eventually debilitating fatigue. After three days of worsening symptoms, Larry’s family rushed him to the hospital.

When a series of tests confirmed Larry had Influenza and pneumonia, Larry and Ronnie’s life changed forever. Larry was admitted to an isolation ward where, to his shock, he was asked if he wanted to see a chaplain and whether he had his affairs in order.

“It was at that point I think the kids realized they almost lost Dad,” said Larry.

“Life certainly wasn’t normal for a long time. I had no energy; I had lost a lot of muscle mass.”

The seasonal flu can put seniors at risk of losing their independence. For Larry, this meant being unable to return to work full-time for two months or do the things he loved most. Due to the natural weakening of our immune systems as we age, adults 65 and older have lower responses to infections, greater susceptibility to the flu, and are at high risk for complications or hospitalization if they do get the flu.

After spending four nights in an isolation ward, Larry was finally able to leave the hospital, but the road to recovery was a long process. “We would never have imagined how devastating and even fatal the flu can be for seniors, even for people like us who are active and have a healthy lifestyle,” said Ronnie.

Larry is one of 12,200 people hospitalized for influenza-related illnesses every year in Canada, with seniors accounting for almost 70% of this number.

The good news is the flu vaccine may reduce the severity of infections and prevent hospitalizations. There are now flu vaccines designed specifically for seniors, which are more effective in those over 65 than the standard dose flu vaccine. Ask your doctor about the flu vaccine that is recommended for you.



Wayne Stevens enjoying a dip in the lake

## Social Media Links



Keep in touch. 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.

If you need help with technology training and support, you can email [info@connectedcanadians.ca](mailto:info@connectedcanadians.ca).

## For the Love of Words ♥

Online ZOOM writing group on the 3<sup>rd</sup> Wednesday of each month @ 7:00 pm. Doris Cassen facilitates this monthly ZOOM writers’ group. Come learn, share, and write. For information or to join: [4LuvWrds@gmail.com](mailto:4LuvWrds@gmail.com)

## Telling Our Stories

### World War II

*by Jim Measures, Clifford*  
*Written, November 11<sup>th</sup>, 2020, after watching the National Remembrance Ceremony from Ottawa on television.*

When war broke out in 1939, our family was living in Warren Park, in the west end of Toronto. Dad worked downtown Toronto, but he was not able to purchase enough fuel to get to work due to gasoline rationing. We ended up moving to *Cabbagetown*—much closer to Dad's work.

Most able-bodied men were drafted into military service, although Dad never was. He was the only neighbourhood man left, so he took on the role of *Dad* to all the kids on the street. He also took on the role of principal when mothers had a discipline problem.

In those days it was common to have disobedient students sent to the principal's office to receive the strap. As if in school, mothers would occasionally bring their



*My sister Joyce and me on the lawn at 12 Thompson St. Behind us is the Coleman Lamp Factory*

boys to Dad, to get the strap. Mothers could intimidate their children by merely threatening to take them down to see Mr. Measures. Since Dad worked nights, he was usually home during the day and organized many activities for the local kids. One

week in winter, he kept us all busy building snow forts. Then on the following Saturday morning, we had a snowball fight. Dad had rules. Two teams threw snowballs across the road at each other. We could only throw the snowballs from inside our forts and could not cross the street during our

battle. There were few hits on target, but we all had fun.

I attended Queen Alexandra school on Broadview Avenue. The family of a boy in my class heard that his father was shot down and killed by a German *Messerschmidt* fighter plane. When the boy heard my name, *Measures*, he mistook it for the name of the plane that had killed his father, so he attacked me. He was smaller than me and I didn't understand why he was screaming at me for killing his father as the teacher pulled him away.

I fear a whole generation of kids who never went to war were also victims growing up without fathers in their lives. I feel blessed that I had a whole family, although I knew many who did not.

## pudding Plight

*By Glynis M. Belec*

If anyone has joined our monthly ZOOM session, *Cooking with Alyson*, you will know what fun we have while learning plenty. You will also know that I am right there, apron on, cooking along. And I love it.

In May, Alyson had sent a recipe for *Secret Ingredient Chocolate Mousse*. Turns out the secret ingredient was eight ounces of silken tofu. Turns out my local grocery store only sold extra firm tofu.

"Can't be too different," I reasoned. "Tofu is tofu." Little did I know.



*Pudding ... er ... fudge, anyone?*

Alyson presented her expert instruction and talked about the health benefits of tofu and partaking occasionally of this special treat, especially when serving it with

fresh strawberries.

Class was over. My silken pudding was a little less smooth than what Alyson's appeared. I was okay with that. I liked a firm pudding.

Imagine my surprise when I went to serve it for supper that evening and found it solidified. At first, I was mortified. But then, I had a brain wave. I tipped all four servings onto the cutting board and proceeded to cut them into squares (with a few fragments on the side for sampling!)

Epic pudding-fail? Maybe. Epic Fudge invention? You bet! Delicious.



Sue Ricketts. Greeting Ceremony, Tamil Nadu, S. India

**FREE WALKING PROGRAMS**

**STARTING OCTOBER 1**  
**PALMERSTON COMMUNITY CENTRE**  
Weekdays 8:30-9:30 AM

**HARRISTON COMMUNITY CENTRE**  
Weekdays 8:30-9:30 AM

**STARTING OCTOBER 4**  
**CLIFFORD ARENA**  
Weekdays 10-11 AM  
Mondays & Thursdays 7-8 PM

**RULES:**  
PARTICIPANTS 12+ MUST SHOW ID & PROOF OF VACCINATION  
SCREEN YOURSELF BEFORE EACH VISIT  
ALWAYS SIGN IN  
WEAR A MASK  
PARTICIPANTS MUST SOCIAL DISTANCE

## Party Line Highlights



*\*Just a reminder that we have cancelled the Party Line on Thursday, November 11<sup>th</sup> for Remembrance Day observances.*

Expect some great conversations the rest of the month. This month we have some great topics lined up including checking out our personality types, hot drinks, old wives tales, and much more! Pick up the phone and join in the fun every Wednesday and Thursday morning.

"With old age comes wisdom... and discounts!" Anon.

## Yoga On Zoom- Free

New participants always welcome  
Mondays 9:30-10:30 am

Pre-registration is required to access the zoom room. Email: [kerry@studiokerry.ca](mailto:kerry@studiokerry.ca)

**\*Please note: There will be no class on Nov 1.**

## ZOOM Highlights

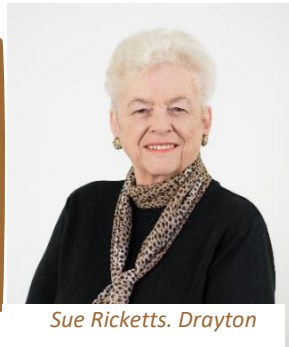
*\*The November 11<sup>th</sup> ZOOM session is cancelled for Remembrance Day observances.*

We are thrilled to let everyone know that our ZOOM sessions will continue and we hope everyone is enjoying the special guests and the various topics that we come up with each month. We do our best to try to keep things interesting, entertaining, informative, and often interactive.

And speaking of interactive, special thanks to five ZOOM participants—Anne Marie Hagan, Leone Babineau, Gayle Metzger, Lynda Alexander, and Yvonne Schieck—who didn't even bat an eyelid when I asked them to join me in an online *Old Time Cookery session* last month. What fun that was. There were some great comments and questions and lots and lots of laughter. And I am thinking, also, a renewed appreciation for our non-woodburning stoves with accurate temperature dials.

"Celebrate your real age and stand proud that you made it this far."

"Don't let anyone tell you old age means you have to slow down."



*Sue Ricketts, Drayton*

## Thank You!

A special thank you to our volunteer, **Mary Cain of Harriston**. Each month, Mary compiles the newsletters and gets them to the mailbox. So from the SCE and the readers of our newsletter, a huge thank you for all that you do. ❤️

## Coming Events

### Remembrance Day Services in Our Communities



According to a directive received from Legion Dominion Command all local Legions will, once again, comply with Public Health protocols, without parades and with minimal attendance.

Might be best to check with your local legion for clarification. Drayton for sure is not having a Remembrance Day parade.

Meanwhile we, at the Seniors' Centre for Excellence, are trying to do our part to

recognize and remember. We have purchased a small quantity of Remembrance Day lawn signs (see photo) from the Royal Canadian Legion - National Headquarters, and will have them available to anyone who would like to request one.



We do ask for a suggested donation of \$20 to cover the cost. If you would like a sign, contact [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca)

As per Poppy protocol, we ask that the signs not be placed on the lawn for display until November 1<sup>st</sup>.

## Recipe of the Month

### Aunt Mabel's Plum Pudding

*Submitted by Linda Campbell, Harriston*



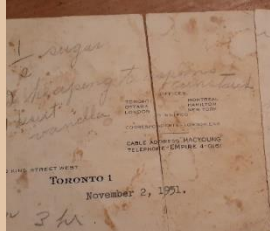
*The Original Brown Plum Pudding Bowl & Steamer*

Aunt Mabel was my father's sister who never married and lived with us. Making Christmas pudding was her way of contributing to the Christmas feast each year. When she could no longer do it my mother took it on, until it became my turn. Thankfully, the brown "plum pudding"

bowl was passed on along with the recipe. We still enjoy Aunt Mabel's Plum Pudding every Christmas.

### Aunt Mabel's Plum Pudding

- 2 ½ cup seeded raisins (I like to use the jumbo raisins when available)
- ¾ tsp baking soda
- ½ cup candied cherries
- 1 cup currants
- ½ cup peel
- ½ cup nuts (optional)
- 2 cups flour
- ¾ tsp salt
- 1/8 tsp allspice
- 1 ½ tsp cinnamon
- ½ tsp ginger
- ¼ tsp nutmeg
- ¼ tsp cloves
- Mix in 1 cup of bread crumbs & 1 cup of suet
- ¾ cup brown sugar
- 2 eggs
- ½ cup apple juice
- ½ cup lemon juice



*Pudding recipe, hand-scribed on old paper that survived for (many) decades!*

Steam for 3 hours. Serve with Brown Sugar Sauce. Hint: This pudding can be made ahead and frozen.

### Brown Sugar Sauce

- 2 cups brown sugar
- 4 cups water at room temperature
- 4 tbsp butter
- ¼ tsp to ½ tsp salt
- 6 tbsp flour
- 2 tsp vanilla

The trick is to burn (caramelize) some of the sugar that gives the flavour, in a large saucepan. Add 3 cups of water to burn sugar in the saucepan, stirring gradually. Make the flour paste using the 4th cup of water, stirring so it doesn't get lumpy, then gradually add some of the hot sugar contents to this flour mixture. Add flour mixture to hot

syrup contents in the saucepan, about 5 to 7 minutes. It must boil a little to cook. Add butter and vanilla the last two minutes. Serve hot over Christmas carrot or plum pudding. Can be made a day or two in advance and then reheated; also can freeze. Double the recipe to serve 30 people. Use soup ladle for serving.



### Update from the Little Red Library

38 Wood Street in Drayton.

As of October 28th, the Little Red Library in Drayton will be closing for the winter. But don't worry. You can still borrow any of the books exclusively purchased for friends of the Seniors' Centre for Excellence.

Each Wednesday on Facebook we will post pictures and will give you updates of the books that are available for loan over the winter. You can pick up and drop off your books at 38 Wood Street Drayton or by contacting [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca).

### Word of the Month

#### **Gregarious** *Greg-air-ee-us*

Adjective: (of a person) fond of company; sociable. *He was a popular and gregarious man.*

(of animals) living in flocks or loosely organized communities. *Gregarious species forage in flocks from colonies or roosts.*

(of plants) growing in open clusters or in pure associations. *In the wild, trees are usually gregarious plants.*



*Wayne Stevens. Drayton*



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0



## Party Line Schedule

**November 2021**

We are social beings and need to stay connected. Come share some time with your peers, share memories, share laughter and build friendships!

Join the fun every Wednesday and Thursday at 10:30 am. Great Topics.

### Wednesday, November 3

10:30

**Topic:** My Potluck Recipe- everyone has their go-to recipe. What's yours?

\*\*\*\*\*

### Thursday, November 4

10:30

**Topic:** Old Wives Tales, Part 2 (A continuing discussion of supposed truths and fascinating facts!)

\*\*\*\*\*

### Wednesday, November 10

10:30

**Topic:** This month in History. Remembrance Day as a child. Share your memories

\*\*\*\*\*

### Thursday, November 11

10:30 *Cancelled*

\*\*\*\*\*

### Wednesday, November 17

10:30

**Topic:** Winter Hobbies. What do you do when the days get shorter to keep yourself busy?

\*\*\*\*\*

### Thursday, November 18

10:30

**Topic:** Personality Types. Who are we, really?

\*\*\*\*\*

### Wednesday, November 24

10:30

**Topic:** Shoes- flats or heels? Bunions or callouses 😊?

\*\*\*\*\*

### Thursday, November 25

10:30

**Topic:** Hot Drinks on a Chilly Day - Let's talk about our favourite hot beverages - and variations thereof!

\*\*\*\*\*

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 start time. 48 hours advance notice is required, to make sure you get on the "we'll call you" list.



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## ZOOM Schedule

**November 2021**

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

### Tuesday, November 2

10:30

**Guest/Topic:** Fall Prevention Presentation and Activities

\*\*\*\*\*

### Thursday, November 4

2pm

**Guest/Topic:** Bep Vandenberg. Armchair travel to Paris. *Oui! Oui!*

\*\*\*\*\*

### Tuesday, November 9

10:30

**Guest/Topic:** A Day in the life of Linda Campbell, including her Poppy Project

\*\*\*\*\*

### Thursday, November 11, 2021

2pm *Cancelled*

\*\*\*\*\*

### Tuesday, November 16

10:30

**Guest/Topic:** Stacy Foot, Pelvic Floor Physiotherapist

\*\*\*\*\*

### Wednesday, November 17

7pm

**Facilitator:** Doris Cassan

**Topic:** For the Love of Words, Writers' Group

\*\*\*\*\*

### Thursday, November 18

2pm

**Guest/Topic:** Pramila Sinha, Yoga Therapist & Mental Health/Peace promoter & Speaker

\*\*\*\*\*

### Tuesday, November 23

10:30

**Guest/Topic:** Cooking with Alyson

\*\*\*\*\*

### Thursday, November 25

2pm

**Guest/Topic:** Leone Babineau. History 101 Like You've Never Seen (or heard) It Before!

\*\*\*\*\*

### Tuesday, November 30

10:30

**Topic/Guest:** Hospice Wellington. When all is NOT merry and bright. Tips to get through the holiday season when grieving.

\*\*\*\*\*



**1-866-299-1011**

**TTY 1-866-299-0008**



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awhl.org/seniors



Call the office to register, for any (or all) of the ZOOM sessions. 519-638-1000 or send an email to [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca)  
[You can unsubscribe at any time.](#)



519 638 1000 [HEdwards@mapleton.ca](mailto:HEdwards@mapleton.ca) 1 866 446 4546

