



## November 2023



### A Word from Helen

Helen Edwards  
SCE Seniors' Health Services Coordinator  
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#### **Welcome to November, which is also Falls Prevention Month.**

I think most of us know someone whose life has been negatively affected by a serious fall. You will find helpful information in this newsletter, along with our “Ask the Expert Panel” workshop, happening November 17th in Arthur, so you can make informed decisions that may potentially prevent falls and keep you safe. The information is here. The decision is yours!

I have completed many home visits and mentioned to people about the dangers of area rugs and mats, or other tripping hazards. Most of the time, people will say, “Oh, yes, I know that.” Seems we are no different as we age. We still admit that these things happen, but, of course, not to us.

On a totally different topic, I was recently wasting time scrolling on Facebook when I came across a post that really resonated with me. It was about a term called “Glimmer,” which is essentially the opposite of a trigger.

Glimmers are those micro moments in your day that make you feel joy, happiness, peace, or gratitude. Once you train your brain to be on the lookout for glimmers, more of these tiny moments will begin to appear. I believe this is true.

The first glimmer I noticed was when I thought I was out of my favourite teabags at the office. While I was rummaging through my drawer, I found the very LAST one. I said to Johanna, with whom I had shared this idea, “Wow. I just had a glimmer.” Perhaps your glimmer could be the beautiful fall colours, a call from a friend, or the sun on your face. Keep your eye out for glimmers. It is amazing how many there are in a single day!



Helen

*Wishing you a fall-free, glimmer-filled November!*

# YOUR HOME SAFETY CHECKLIST

*Reprinted with permission from Active Aging Canada*

Anyone can fall, but the risk of falling becomes greater with age. Health Canada reports that every year, one in three Canadian seniors will fall at least once. Nearly half of those falls will occur in the home – most often in the bathroom or on the stairs.

Factors that can increase your risk of falling include:

- poor balance
- decreased muscle and bone strength
- reduced vision or hearing
- unsafe conditions in and around your home.



We have prepared this home safety checklist to help you think about changes you might want to make to reduce falling risks.

## YOUR HOME SAFETY CHECKLIST

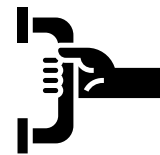
### Safety on the stairs

- Do not store loose items on stairs.
- Repair uneven or broken steps.
- Install a light switch at both the top and bottom of the staircase.
- Make sure carpets are securely attached and have no rips.
- Remove loose rugs or secure them with double sided, non-slip backing.
- Install solid handrails on both sides of the stairway.
- Wear shoes indoors. Slippers can increase the risk of falling.



### Safety in the bathroom

- Use a rubber bath mat for the tub and shower. Install the mat when the tub is dry.
- If you need to, use a bath seat in the shower.
- Install grab bars by the toilet and in the bath.
- Store items such as soap and shampoo within easy reach.
- Install a raised toilet seat, if you need one.
- Consider upgrading to a walk in tub. This makes it easy to get in, and they have great safety features. There are also hydrotherapy options, such as water jets.



### Phone safety

- Think about getting cordless phones for the main rooms you use, so that you do not have to rush to answer the phone.
- List emergency number in large print near your phones.
- Think about getting an alert device in case you fall and are unable to get up.





Some cause happiness wherever they go; others whenever they go.



## November Workshops of note, hosted by the Seniors' Centre for Excellence



### Ask the Expert Panel

**Friday, November 17th, 1:30 pm**

Arthur Library, 110 Charles Street, East.

November is Falls Prevention Month. Come listen and ask questions about how to prevent a fall, what home modifications to consider, how what you eat can affect your falls risk, and more. Please register. 519-638-1000



### Christmas Card Workshop

**Thursday, November 23, 1:30 pm**

Mount Forest Library, 118 Main Street, North

Join us and create two homemade greeting cards with the help of instructor, Donna.

Please bring your own glue stick. Cost \$5. Call soon to register. 519-638-1000. Class size is limited.

## Tech Tips

by Michael Meunier

### Know the INS and OUTS of In-app purchases!

In-app purchases are 'not so obvious' paid-for features of an app, where the app has been promoted as free - because the app itself is free to download. This practice applies mainly to gaming apps, but it may also occur in other types of apps.

Before downloading any app, it's always a wise habit to look at its details and terms of conditions.

Here's how to restrict In-app purchases on your tablet or phone:

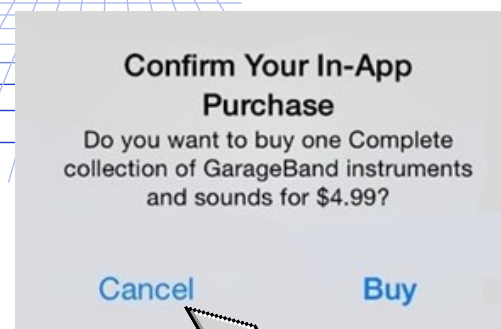
#### For Google/ Android Devices

- Open the Play Store and tap the hamburger icon (three horizontal lines) on the top-right.
- Tap Settings.
- Tap Require authentication for purchases.
- Select "For all app purchases through Google Play on this device".
- Enter your Google account password and tap OK.



#### For Apple Devices

- Go to Settings > Screen Time, then tap Turn on Screen Time.
- Tap Continue, then choose "This is My [device]" or "This is My Child's [device]."
- Tap Content & Privacy Restrictions, then turn on Content & Privacy Restrictions.
- Tap iTunes & App Store Purchases.
- Tap In-app Purchases and set to "Don't Allow."







**“To be informed is to be empowered.”** — Chiripa

# Steps to Prevent a Fall

**MOVE  
IMPROVE  
REMOVE®**

## Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can keep enjoying the fun things in life.

### 1 MOVE your body

- ▶ Build your balance, strength and flexibility with regular physical activity
- ▶ Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi
- ▶ Increase the intensity of your physical activity over time to build stronger muscles

### 2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- ▶ Keep up your social activities
- ▶ Routinely clean your teeth and gums so you can eat a nutritious diet
- ▶ Check your eyesight and hearing regularly

### 3 REMOVE hazards

- ▶ Keep your floors clutter free
- ▶ Install grab bars in the bathroom
- ▶ Use handrails and turn on lights on all staircases
- ▶ Wear well-fitting and supportive footwear inside and outside







*Love knows no limit to its endurance, no end to its trust, no fading of its hope; it can outlast anything. Love still stands when all else has fallen.—Blaise Pascal*

## When the Cow Came Home

Lynn Elliot

I always told my husband Stan, I would quit keeping beef cows when I turned 60. I was the one who looked after the cows the most. He worked out full time. But he said he would retire and we would have cows forever. I wasn't one to argue. Then, on September 1st, 2018, one day before our son's 21st birthday, Stan was killed in a tragic accident.

In the fall of 2021, I had the weirdest thing happen. I was in the barnyard feeding cows a round bale of hay, so I was getting off the tractor to remove the wrapping from the hay. When the bovine "girls" see you coming, they head straight to the feeder. As I was heading back to get on the tractor, one quiet cow came right up to me. She stood there beside the tractor.



I walked over to her, put a hand on each side of her face and started to cry. I said, "Girl, I am sorry, but I can't do this anymore." I am not saying the cow talked. BUT, a voice from somewhere said "It's all going to be OK."

I still cry every time I think of this. As farmers, we see some amazing things. Some are gruesome. Some are thought-provoking. It's all part of the job. I had never experienced anything like this in my life, though. I will never forget that moment.

The cows and their calves, left, spring 2022. It was the best thing for the cows and myself.

*Cows are amongst the gentlest of breathing creatures; none show more passionate tenderness to their young when deprived of them; and, in short, I am not ashamed to profess a deep love for these quiet creatures. —Thomas de Quincey*

## Pet Corner

### Samantha

submitted by Lyn Barrett-Cowan



*Cats choose us; we don't own them. —Kristin Cast*

Samantha is my ancient (nobody really knows how old she is) calico cat.

A few days after my tabby cat, Diva, died, my friend phoned and asked me if I was interested in taking in a beautiful "eight-year-old" calico cat who was going to be euthanized if a home wasn't found for her. Off I went to Mississauga. My first sight of Samantha was her waddling down the hallway to meet us. She was obese and still is to this day. While I was getting details about her, Samantha climbed into the carrier all by herself. She wasn't taking no for an answer. That was almost ten years ago.

Over the years, Samantha has developed a habit of sleeping on my shoes. I call it her shoe fetish. Samantha has been, and still is, a friendly and affectionate addition to my home.



Date Squares recipes first started appearing in bakeries and in brand-sponsored cookbooks like the Purity Cookbook and the Five Roses flour cookbook as early as the 1920s, but rose in popularity in the 1930s, particularly in the prairie provinces where the dessert is known as Matrimonial Cake.



## Recipe of the Month

### “Updated” Date Squares

by Kathleen Barrett, mother of Lyn Barrett-Cowan

*My mother created this “updated” typical date square recipe. Many years ago, she asked me if she should send it into a recipe contest. I said, “No!” because I didn’t want to share.*

*When I think of how I discouraged her from submitting her “Updated Date Square” to that contest, I feel sad because my Mom needed to win something—anything. She was often in great pain with rheumatoid arthritis and needed recognition or money or even that little bit of fame. So I share this recipe now, to honour my mother.*

*To the usual recipe for date squares, my mother added peanut butter to the oatmeal base. She also added orange zest and the flesh of an orange to the date mixture. I will never forget the taste of those date squares, and I make them sometimes myself and think of my mother. ♥*

#### Base

1 3/4 cup oatmeal  
1 1/2 cup flour  
1/4 tsp salt  
1 cup brown sugar  
1/4 cup shortening  
1/2 cup peanut butter (smooth)

#### Filling

1/2 pound dates (cut up)  
1/2 cup white sugar  
1 cup water  
Flesh of one orange, cut into pieces  
Orange zest from that orange.



Mix base ingredients together.

Pat base ingredients into 8” x 8” pan, saving some of the base for the topping.

Boil the dates with the sugar, water and the orange flesh, and zest till the dates are soft.

Let filling cool. Scoop filling onto the base. Add oatmeal base topping.

Bake at 375 degrees for 40 minutes.

## Seniors Helping Seniors

We’ve had our meeting and plans are in place.

All we need now are some willing people to sponsor a Christmas stocking.

#### A few details if you are able to help:

- You will receive a referral form with details about how to personalize the stocking.
- You will purchase a stocking (or we have some extras!) and then shop for your matched senior (privacy will be respected).
- You will drop off your stocking at the SCE office (or other arrangements can be made.)
- Suggested amount to spend \$40-\$50

*Thank you so much for helping some of our seniors who might need a little Christmas boost! Please contact the office @ 519-638-1000 or [hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)*



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 PROGRAMS	DATE	TIME /COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	Wednesday Nov. 15	12 pm \$20	Palmerston United Church	Lauren Koster- A Day in the Life of a Robotic Dairy Farm
Harriston	Friday Nov. 24	12 pm \$20	Harriston United Church	Doris Cassan My Trip to Newfoundland
Clifford	Wednesday Nov. 29	12 pm \$20	Clifford United Church	Helen Edwards & Glynis Belec Perspectives on Ageing

Join us for Coffee! 

COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. Nov. 2, 16, & 30	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month. Nov. 8	10:30 am	Maryborough Community Centre, 15 Ball Avenue
PALMERSTON COFFEE HOUR	Last Wed. of the month Nov. 29	10 am	James Street United Church 215 James St, Palmerston

**Thank  
you!**



Words are barely enough to express the gratitude that our SCE team feels with regard to the turnout for our first ever Health & Wellness Fair 2023 on October 20th. What a day! We are so thankful to so many, but especially we thank YOU, our wonderful guests, who came out and supported us. Hopefully it was a day to remember. It sure was for us! ❤️





# GENTLE MOVEMENT PROGRAM

Fitness program for people with cancer, in recovery and/or their caregivers. Participate as often as you can and relax afterwards with friendly community chat (optional).

FREE WEEKLY SESSIONS VIA ZOOM  
Thursdays 10:00am – 11:00am

**CONTACT CANCER CARE  
COORDINATOR TO REGISTER**

Program is available by Zoom in the comfort of your own home instructed by Linda Thomson, Certified Personal Trainer and Yoga Specialist

Learn easy movements and stretches with the aid of a chair plus breathing and relaxation techniques for overall well-being



## PHYSICAL WELLNESS

- Strengthen upper/lower body and core
- Improve balance, flexibility and mobility
- Increase energy levels
- Improve posture and spinal health

## MENTAL WELL-BEING

- Help clear and calm the mind to improve mood
- Increase focus and attention
- Improve ability to relax

**CALL :** (519) 323-0255 x 5014

*improve your health*





# IT'S OK TO ASK FOR HELP



## SESSION SERIES

- October 02, 2023
- October 30, 2023
- November 27, 2023
- December 18, 2023

1:30pm - 3:00pm

## CAREGIVER HELP



## LOCATION



### IN-PERSON:

Mount Forest  
Public Library  
118 Main St. North

### VIRTUAL:

Online via Zoom

## IN-PERSON & VIRTUAL SUPPORT



- Confidential and Free
- Light Refreshments
- Connect with Other Caregivers
- Build Resources and Community Connections

## SESSION HIGHLIGHTS



- Strategies to Reduce Burnout, Stress, Anxiety, Depression, and increase wellness
- Dealing with Grief Before the Loss (anticipatory grief)
- Coping with Difficult Emotions
- Caregiving During the Holidays



## ADVANCE REGISTRATION REQUIRED

### Phone Registration

(519) 836-3921 x 228

### Eventbrite Registration

<https://CaregiverSupportGroup.eventbrite.ca>

*Register for single sessions or the entire series*



Seniors *Helping* Seniors ❤️

## SENIORS' CENTRE *for* EXCELLENCE

### Christmas Stocking Program

The Christmas Stocking program is a wonderful way to give back to seniors in your community who are living isolated or may not receive a gift at the most wonderful time of the year - Christmas.

#### Here's how YOU can help:

- ❧ **Sponsoring one or more stockings for a senior**
  - This would include, purchasing a stocking, shopping for gifts, wrapping the gifts, and then dropping off the completed stocking at one of the two participating agencies (VON or SCE)
  - You will receive a referral form that gives details on the person you are sponsoring including their likes, hobbies and if they have a pet, to allow you to personalize the stocking. (We would only give a first name to protect client privacy.)
  - Suggested amount to spend per stocking — \$40 - \$50
- ❧ **Donating cash for purchasing the stocking items**
- ❧ **Donating items to put in the stockings** (knitting, Tupperware, lip balms, homemade treasures.)
- ❧ **Referring a senior in your community to the Christmas Stocking program** (You would need to request a referral form)

#### A few suggestions:

##### Santa's Nice list

- ❧ stamps
- ❧ reacher
- ❧ umbrella
- ❧ bird feeder
- ❧ nice pen
- ❧ Warm hats/mitts
- ❧ Chocolate

##### Santa's Naughty List

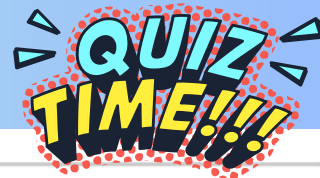
- Slippers- what are the first four letters of this word 😊
- Candles- fire hazard
- Knick knacks- reduce clutter
- Highly scented products- allergies
- Board games that require group participation

Any Questions please reach out to:

Helen [hedwards@mapleton.ca](mailto:hedwards@mapleton.ca) 519-638-1000 or  
Tina [tina.mctaggart@von.ca](mailto:tina.mctaggart@von.ca) 519-323-2330 ext 5235



# Fill in the blank... 13 Questions. Lucky for some!



1 What type of creature is a barracuda? :

2 How many sides does a hexagon have? :

3 A cobbler mends what items? :

4 The husband of your sister is your what? :

5 Horseradish sauce is traditionally served with what meat? :

6 The Nutcracker ballet is set during what holiday? :

7 "Poire" is the French word for what fruit? :

8 Egg-nog is a type of what? :

9 In weights and measures, what two letters indicate a pound? :

10 In what sport might you use "live bait"? :

11 The army of the Soviet Union was once named after what colour? :

12 A tanner works mainly with what material? :

13 The Irish Grand National takes place at what racecourse? :

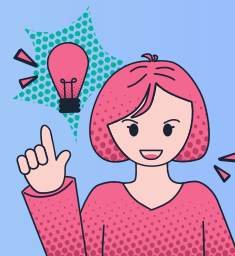
## Solution:



1. fish  
2. 6  
3. shoes  
4. brother-in-law  
5. beef

6. Christmas  
7. pear  
8. drink  
9. lb  
10. fishing

11. red  
12. leather  
13. Seoul





## ZOOM with us!

**TUESDAY 10:30 AM**

**THURSDAY 2 PM**

**November 7, 2023**

**Kay Ayres**

The Wellness Calendar,  
Beginning, Middle, and End

**November 2, 2023**

**Braden Murray**

Five Roses Flour  
A Taste from the Past

**November 9, 2023**

**Mike McGill**

Wellington Cty. Museum & Archives.  
Remembrance Day

**November 14, 2023**

**Bill Brubacher**

Elder Care - Alternate  
Accommodations

**November 16, 2023**

**Olivia O'Hagan OT**

Slips, trips, and falls – we can  
prevent them all!

**November 21, 2023**

**Alyson Colton Reg. Dietitian**

Cooking with Alyson  
Nutritional Advice. Dietary Wisdom

**November 23, 2023**

**Blessings to You in  
Palmerston**

Pleased to Meet you!

**November 28, 2023**

**Rachel Behling**

Cambridge Fashion Museum  
Country & Western Music Fashion

**November 30, 2023**

**Joanne & Kirsten**

When all is NOT Merry & Bright

## For the Love of Words

- Wednesday, Nov. 15 at 7 pm. Online Creative Writing Group
- New members always welcome. No experience necessary.
- Contact Doris at [4luvwrds@gmail.com](mailto:4luvwrds@gmail.com) for the ZOOM link.

## Decluttering with Doris

Doris Cassan

### Keeping Track

*Do you have a Household Book?*

This could be a binder or accordion file containing information for anyone who may need to care for you or for your home, either planned or unexpectedly.

Sample sections might be house, pets, health, legal, and more. Don't put account numbers or credit card numbers in this book.

Just  
in  
Case



LEST WE FORGET

On Remembrance Day we honour those who gave their lives to serve our country.



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