



## October 2023



### A Word from Helen



*Helen Edwards*

SCE Seniors' Health Services Coordinator

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The apples are crisp, and the leaves are starting to display their beautiful fall colours. What better time to indulge in some self-care—a key component of a healthy life? Whether that means getting out for a hike in the great outdoors, having a massage, or being tucked in a blanket while enjoying a steamy cup of tea, I encourage you to allow time this month for the most important person in your life - you! 😊



Speaking about self-care and wellness, how about circling Friday, October 20 on the calendar? This is the day you should head to Drayton PMD arena for our **Health & Wellness Fair** where you will learn more about overall health, fitness, nutrition, and also discover opportunities and ways to stay active, connected and engaged.

If it is beautiful fall weather, it will be a perfect day to drive to Drayton and get out for some fresh country air while enjoying the scenery along the way. If it is cold and rainy, then it will be the perfect day to head to Drayton to spend the day inside with the company of friends and peers. I guess I am trying to say, whatever the weather, do plan to attend our SCE Health & Wellness Fair! (Please see page 3 for all the exciting details.)

*Helen*



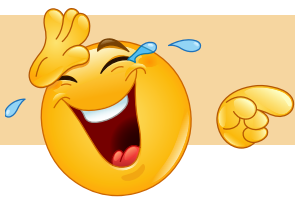
### Who is...

- Reliable?
- Available (whenever we ask?)
- Organized?
- Dependable?
- Creative?
- Fun to be around



Why yes, of course—**Doris Cassan**! Special Thanks to our friend, Doris, for doing so much for the Seniors' Centre for Excellence—from facilitating *For the Love of Words*, to teaching us monthly about the fine art of decluttering; for being a great speaker on ZOOM and at dining programs; for often being the last one at an event and helping us clean up; and so much more. We love you. ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️ ❤️





What did the lips say to the facial muscle?

Answer:  
You make me smile.

## THE ROLE OF MUSCLE IN HEALTHY AGING

*Reprinted with permission from Active Aging Canada*



In the past, health experts paid a lot of attention to heart health and its role in longer life. Aerobic fitness improves heart health, and that is still very important. But more and more research is telling us how important muscle strength is to healthy aging.

We have known for a long time that stronger muscles help reduce falls and maintain physical function. Now, a research review shows that 30 to 60 minutes a week of muscle training has many other benefits. It reduces the risk of death from all causes, including cardiovascular disease, some types of cancer, and diabetes.

### Why is strength training important as we age?

As we get older, there is a progressive decline in muscle mass. That leads to a loss of strength and function. The term for this is ‘sarcopenia’. Sarcopenia increases the risk of poor health outcomes, including falls, loss of independence, disability, and death from all causes.

### What is the best way to increase muscle mass?

Researchers have been looking for the most effective ways to treat sarcopenia. They have found that there are two key factors:

- overall physical activity
- nutritional supplements (especially protein)

Researchers found that a well-rounded exercise program, including both strength and aerobic exercise, was the most effective intervention to treat loss of muscle mass.



### Some general guidance on strength training

- Develop a muscle training routine you can do two or three times a week.
- Exercise all the major muscle groups in both the upper and lower body.

Building muscle requires a little effort. Pick a weight that you can lift, pull, or push. Do the exercise 8 to 10 times in a row. This is called repetitions. Start with doing the repetitions for each exercise (a set) once or twice. Wait a few minutes between each set of repetitions. When it starts getting easier, try more repetitions, more sets, or a heavier weight.

### I have never done strength training. Where do I get help?

- Join a class or find a personal trainer who has expertise working with older adults.
- This is a great investment for strong muscles and good health!

If you are just beginning and want to learn easy-to-do exercises at home, have a look at these videos from the [National Institute of Aging](#) for [upper](#) and [lower](#) body exercises.



Great News! Mark Your Calendar Now!



## The SCE Health & Wellness Fair is coming to Drayton

Everyone is welcome and encouraged to attend the SCE Health & Wellness Fair on Friday, October 20, 10-2:30 pm at the PMD Arena (68 Main St W, Drayton.)

Each attendee at the fair can expect to receive a complimentary swag bag to fill with many resources available at each booth. You will hear about current health information from a variety of healthcare professionals.

Community Paramedics will offer a blood pressure clinic. Registered Dietitian, Paula, from the Minto-Mapleton Family Health Team will share healthy eating advice and tasty samples. Kinesiologist, Sandy, will be offering exercise and activity ideas. Your friends at the VON will share information about their suite of services and we will be showcasing potential volunteer opportunities for anyone interested.

Other examples of agencies and businesses who will be joining us, include the Alzheimer Society, Crimestoppers, Pharmasave, Lifeline, Drayton Entertainment, and the Elora Film Festival. In total there will be more than 25 booths.

We are still working on our lunch menu, but we do know that it will be delicious and definitely appropriate for the fall season. Get ready to savour complimentary soft ice cream and don't forget the Mini-Market featuring local crafts and goods for sale. Make sure you also visit the ever popular bake table featuring smaller packages of yummy baked goods, perfect for smaller households. After all, a healthy life is about everything in moderation.

Ageing is not a time of decline and illness, as the media would have you believe. This chapter of your life sometimes does present challenges, but what chapter of life doesn't? Lucky you! You are in the chapter when you have the time to do what you want, when you want. We wanted our fair to reflect this, so you know that we are also going to have plenty of opportunities to enjoy some plain old-fashioned fun, too.

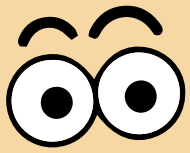
We also have a few surprises in store for you. As mentioned in our previous newsletter, "Good surprises are a gift." And these surprises are good ones!

Make sure you mark October 20 on your calendar and stay tuned for more details. Watch for the new SCE Health & Wellness Brochure, coming soon. We can't wait to see you there!

### FREE Workshops:

- Decluttering with Doris
- Art Therapy with Hospice Wellington
- Waterloo Wellington Older Adult Strategy on Fraud Prevention
- Community Paramedics, ...and more





In Finland, throwing mobile phones is a sport.

*The distance record, to date, is set at 97 meters for men and 40 meters for women.*

## Tech Tips



### Get Charged Up or Not: When Should You Charge Your Smart-Phone?

by Michael Meunier



Smart-Phone batteries, like all batteries, degrade over time. While they should have a lifespan of between three and five years, or between 500 and 1,000 charging cycles, your three-year-old Smart-Phone battery is never going to perform as well as a brand new battery.

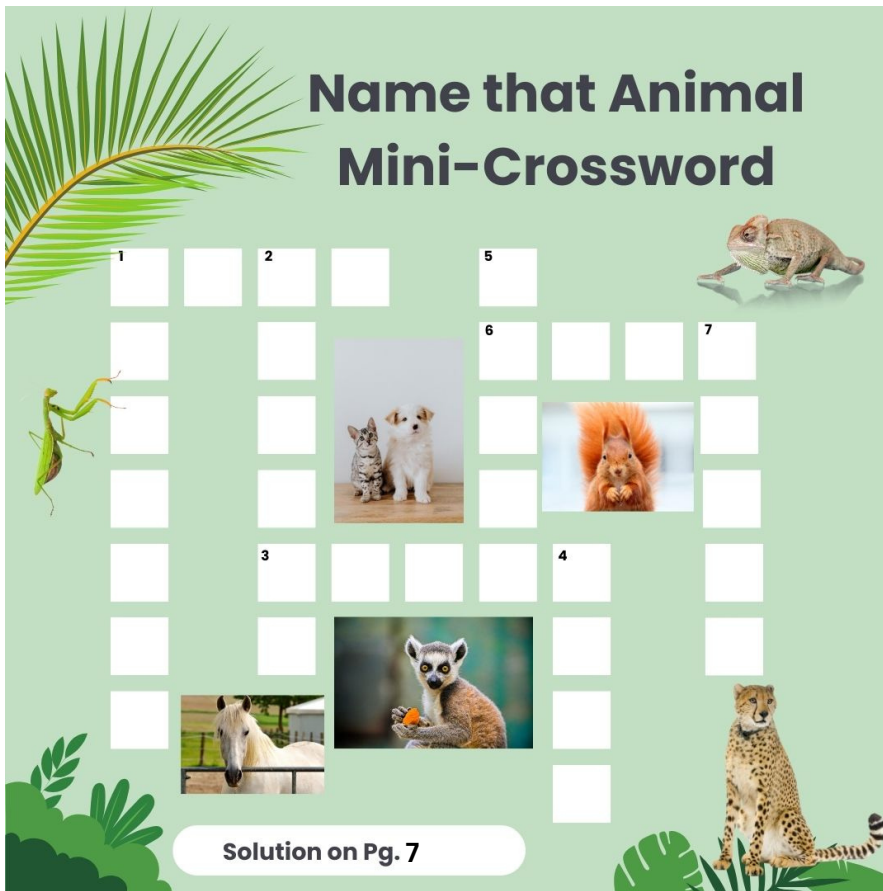
A good habit is to keep your battery charged up somewhere between 30% and 90% most of the time. Top it up when it drops below 50%, but unplug it before it hits 100%.

This means some of us might want to change our habit of leaving our Smart-Phone plugged in overnight, since fully charging it to 100% causes the battery to age faster. Consider recharging first thing in the morning instead, so that you can keep an eye on the battery percentage during charging and then unplug it at 90%.

On your Smart-Phone, go to Settings > Battery, then tap Battery Health & Charging.

Information will be displayed about your battery's capacity, peak performance, and whether your battery needs to be serviced.

## Name that Animal Mini-Crossword



Solution on Pg. 7

### Across:

1. The pupils of their eyes are rectangular in shape which gives them excellent eyesight.
3. This desert animal is capable of traveling for weeks without water.
6. It can spot their prey from the air at a great distance.

### Down:

1. This graceful African animal can leap more than 10 feet into the air
2. A close relative of the llama.
4. Males of this species spend 18 to 20 hours a day snoozing, while females get 15 to 18 hours of shuteye.
5. The Largest Mammal.
7. It has a special diet comprising poisonous leaves and it doesn't live in social groups.





## Hallowe'en Memories



*Mary Cain as told to Helen Edwards*

It was 1956 and four brave sisters headed out for trick and treating.

Mary, Margaret-Ann, Alice, and Sharon lived in close proximity to a cemetery located near 3rd line and 17th intersection of Tottenham. Because they lived in the country, when they headed out to visit their neighbours for Trick or Treat, they had to pass this local cemetery.

Were the sisters brave or did the call of candy override their fears of walking by the cemetery in the dark? Mary, who was the eldest, remembers that they got quite a stash of candy from their generous neighbours that year. To this day that tradition continues in many places—those who get the fewest children coming to their door for Trick or Treating, tend to give out the most candy.

Mary's favourite candies were the Tootsie Rolls and, in 1956, just as today, there was the excitement of receiving their candies, followed immediately by dumping out the bags to examine their sweet treasures.

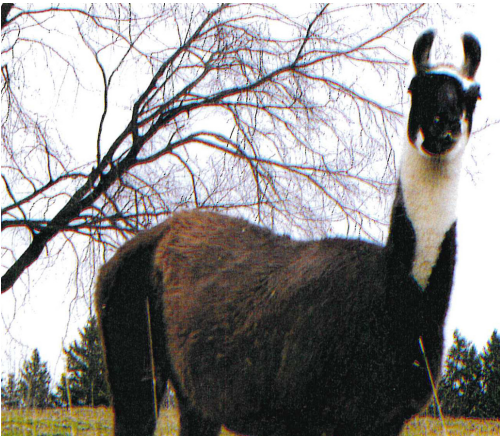
The excitement of Hallowe'en continued for Mary over the years, when she would take her two children out for Hallowe'en. They loved to dress up, visit the neighbours, and collect sweet Trick or Treat rewards from the neighbours. Keeping with another age-old tradition, after Mary had checked the candy and the children were tucked safely in bed, she would help herself to a couple of her favourites. Naturally, as a mother she was concerned about her children's teeth. That was her story, at least. 😊

Fast forward to today. Mary and her neighbours in her apartment building gather candies and other goodies to share with the neighbourhood children. Whatever is left over is divided amongst the neighbours so they also get to enjoy some Hallowe'en treats. You are never too old to enjoy the excitement of Hallowe'en, it seems!



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## Pet Corner



Hi, my name is Leroy and before you witty humans ask—my last name is not Brown, it's Parks! I am 11 years young; I live on a farm near MacIntosh Church. I have so many friends. In fact, I am a popular guy. I count amongst my extensive list of friends, sheep, mini ponies, two cats, and my owner—Helen. My days are spent watching over my flock of sheep, keeping them safe from all types of perils. My favourite time of day is when I hear the magical sound of my two scoops of grain being put into my bin.

*Life is good when you are a Llama. Just ask Leroy.*



What do you call a chicken looking at a bowl of lettuce?

**Answer:**

Chicken sees a salad.

## Recipe of the Month

### Salad Dressing

submitted by Linda Campbell



This was my mom's recipe. She made the best potato salad in her special green glass bowl which, by the way, is in my cupboard. Her secret was to make it the night before.

1 cup of white sugar  
2 tsp of dried mustard  
2 1/2 tbsp of flour  
1/2 tsp of salt



Mix the above ingredients. Then add two eggs and beat. Add 1 cup of milk, 1 cup of vinegar, 3 tablespoons of water, stirring after each liquid addition. Cook in a double boiler until thick. Delicious!



### NOVEMBER 21 Short Films. Two Programs

3rd

4th

5th

- Being extreme when over 80?
- A desert trek with man's best friend
- Hang gliding with birds of prey
- You are "Never too old"
- Crossing a desert in the footsteps of history
- Physically challenged? No problem
- Why stop as you get older? ... and more

Click [HERE](#) for Tickets or call 519-591-0104

Location: The Gorge Cinema, 43 Mill Street West, Elora

### Behind the SCENes

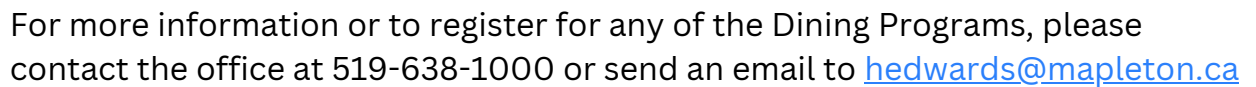
*I Know. We Apologize.*



**It's too soon to think about Christmas!.**

**But,** at the Seniors' Centre for Excellence we always have to think ahead! That is why we are going to quickly tell you about our **Christmas Stocking Sponsorship** program.

A few people sponsored stockings last year. We matched some seniors who were in need of some Christmas Cheer with some very kind people who prepared individualized Christmas stockings. The SCE took care of the delivery. It was so successful, we thought we would organize it in more detail this year. If you are interested in sponsoring a Christmas Stocking, please let us know. We will have more information on this later.



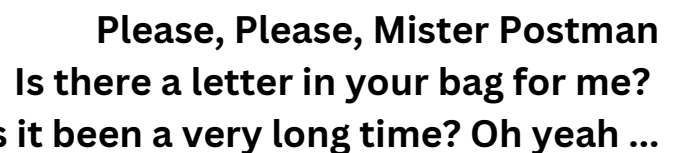
Join us for Coffee! 

## Mini -Crossword Solution

1 G	O	2 A	T	5 W			
A		L		6 H	A	W	7 K
Z		P		A			O
E		A		L			A
L	3 C	A	M	E	4 L		L
L	A				I		A
E					O		
					N		







We sure don't want you singing the blues!



# Making the Most of Your Medical Appointments

*Techniques and tips to improve conversations with healthcare providers*

Created by  
The Older Adult Strategy Community Network



Hosted by: **SENIORS' CENTRE** *for* **EXCELLENCE**

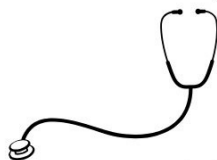
Date: **Tuesday October 31st**

Time: **2 pm**

Location: **Mount Forest Legion**

FREE

*No registration required*



If you have ever left a doctors appointment more confused than when you arrived or if you are unsure of next steps then this workshop is for **YOU**.

Learn how to be **ACTIVE** using the **SPEAK** strategies in the 1 hour workshop presented by **Julie Martin Jansen** from Hospice Wellington.



*With host and promoter extraordinaire, Kay Ayres.*

**& 2022 recipient of the Wellington North Senior of the Year Award,**



Waterloo Wellington  
Older Adult Strategy  
Follow on Twitter @WWOlderAdults





# The Seniors' Centre for Excellence

FRIDAY,  
OCTOBER 20,  
2023

## HEALTH & WELLNESS

10 am - 2 pm

*fair*

...with flair

*Free Admission*

Everyone Welcome



**PMD ARENA HALL**

68 Main St W, Drayton, ON N0G 1P0

### Join us for:

A great  
Health &  
Wellness  
Fair ✓

20 + agencies  
serving our  
communities

"Mini  
Market"  
with great  
vendors

Interesting  
workshops of  
interest to  
older adults

Healthy  
Snacks & a  
Delicious  
Lunch



FREE  
Swagbags

Door Prizes  
&  
Giveaways

A few  
surprises!

**SENIORS' CENTRE for EXCELLENCE**



Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés



Funding provided by:

**Ontario**





## ZOOM with us!

### Decluttering with Doris

Doris Cassan

#### Paper Clutter

As paper comes in, it can go into separate files as follows:

1. **Action** (e.g. answer or pay)
2. **Reference** (e.g. appliance manuals, though most are on line now)
3. **Long Term** (e.g. Insurance policies, tax documents)
4. **Memory box** (e.g. children's art, cards)
5. **Time Will Tell** (may require action but time sensitive (e.g. coupons, catalogs)



**TUESDAY 10:30 AM**

**THURSDAY 2 PM**

**October 3, 2023**

**Kay Ayres**

On the Road Again...  
to Nunavut



**October 5, 2023**

**Andrea Katelnikoff**

For the Love of Barbie

**October 10, 2023**

**Ivanka Fear - Local Author**

Where is My Husband?  
(And other great stories!)

**October 12, 2023**

**To Be Announced**



**October 17, 2023**

**Alyson Colton Reg. Dietitian**

Cooking with Alyson  
Nutritional Advice. Dietary Wisdom

**October 19, 2023**

**ZOOM**



(We're getting ready for the  
Health & Wellness Fair)

**October 24, 2023**

**Kathrine Manjin & Emina Hodzic**

H.E.L.P.

Hospital Elder Life Program

**October 26, 2023**

**Annemarie Hagan**

Hurricane Hazel



**October 31, 2023**

**Katie Clark - WCMA**

Wicked Wellington



#### For the Love of Words.

- Wednesday, Oct. 18 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.

### Property Tax Rebate for Low Income Seniors and Low Income Persons with Disabilities



Click here for an **Application Form** or contact the SCE Office for photocopies and forms. Please call first to make an appointment. 519-638-1000



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