



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

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Health News

Carol Armstrong, Cancer Care Coordinator, Mount Forest Family Health Team

Is your Life Impacted by Cancer?

There are cancer care groups to support your wellbeing. Please accept this invitation to attend the following groups. They are open to people with cancer and those who support them. It doesn't matter what community you live in because the *location* is on ZOOM. Check it out. There is no commitment.

September 2021

1. Virtual Cancer Care Group

This group is for people to connect with others.

You will find . . .

a) **Acceptance.** You will be so



impressed with how open and accepting the support group is. You may see people there who are in a different phase of life than you. All people have

something in common and they are all just trying to live the best life possible.

b) **Friendship.** You may notice when you first attend a support group that everyone seems to know about each other. Since people attend these meetings for a period of time, friendships form in this safe environment. Don't be intimidated. Everyone is welcome!

c) **Support.** Support groups are good for cheering people on as they deal with their diagnosis. There are many ways you can participate including simply listening to others, or you can ask questions and talk about how

you're feeling. You will find that people do care and will listen.

DATE: 2ND TUESDAY of EVERY MONTH

TIME: 1:30 – 3 PM

1. Virtual Ostomy Support Group

This group is dedicated to people with any type of ostomy, and their families. We cover support, education, collaboration, and advocacy. Please accept this invitation to attend our meetings. There is a nurse specialized in ostomy care and a variety of guest speakers who attend and answer ostomy related questions or concerns.

DATE: 2ND THURSDAY OF EVERY MONTH

TIME: 1:30 – 3 PM

2. Gentle Movement and Community Conversation

This group is for people with cancer, for those recovering from cancer, and caregivers of any age and fitness level. Exercises will assist in improving strength, agility, balance, and flexibility. A time of conversation will follow for those who wish to participate.

DATE: EVERY THURSDAY MORNING

TIME: 10 – 11 AM

The Cancer Care Coordinator also provides individual supportive care for people and their families of the Mount Forest Family Health team and/or for those who are receiving treatment at Louise Marshall Hospital Cancer Clinic.

For more information call Carol Armstrong: **519-323-0255 Ext 5014.**

The support groups and other services would not be available to the community without the generous support of Cancer Patient Services Corporation, Mount Forest.



Social Media Links



Make sure to "like" our Facebook page. Don't forget to join in on our *Fun Friday Challenge*. Great fun. Great prizes. Easy questions!

<https://bit.ly/2UstxJ2>

Look us up on Facebook, Twitter, Instagram! If you need help with technology training and support, you can email info@connectedcanadians.ca.

Covid-19 Vaccine Bulletin

We encourage all to get their second vaccine. Please book online, if possible. <https://register.wdgpUBLICHEALTH.ca> Or call Wellington/Dufferin /Guelph Public Health: 1-844-780-0202

For the Love of Words ♥

Online ZOOM writing group on the 3rd Wednesday of each month @ 7:00 pm
Email: 4LuvWrds@gmail.com for more information or to join.



Fraud Alert!

How the scam works — giving victims a false sense of security

The scam provides investors with high quality brochures and other investment documents that appear to have been produced by easily recognizable banks, insurance companies, mutual fund companies, etc. These documents aim



to direct investors to “spoofed” websites and phone numbers set up by the scammers. The fake websites look nearly identical to the real company’s site. Calls to the phone numbers provided typically reach a scammer who pretends to be an employee of the real company. Investors are then usually instructed to send funds via wire transfer.

Ontario Securities Commission –
email inquiries to:
inquiries@osc.gov.on
Canadian Anti Fraud Centre
1 888 495 8501

“New Horizons” Project

Free Technology Training and Support for Seniors.

Call 519 638 1000 today to register (limited participants)

There are six 1 hour classes (you don’t have to attend all of them) starting on Monday, September 20 at 11 am in the Boardroom at Mapleton Health Centre, 11 Andrews Drive, West, Drayton

Telling Our Stories

My Visit to Washington D.C. in 1967

By Derek Green

I have visited many places, but in 1967 my family and I, including my wife Cynthia, daughter Jennifer, 8 and my son Chris, 6, were lucky enough to be given a tour of the White House. To be considered for a tour you had to know a congressman or senator and your names had to be submitted to the Secret Service. While I didn’t know a

congressman or senator I had a friend George, who had worked on John Kennedy’s campaign and was the lead for the implementation of the zip code



at the United States Postal Service. He lived in an affluent neighborhood in Washington D.C. where many politicians lived, and he was able to arrange a tour just for the four of us.

We entered the White House, at 8:30 in the morning through a side door and we were given a tour of the White House. We had access to all the public rooms including the Oval office and meeting rooms. At one point during the tour my son, Chris, asked the secret service man when we would be meeting the President. The secret service agent replied that he was busy upstairs brushing his teeth.

Every President, upon inauguration, is presented gifts on behalf of people of different countries. The gifts that John Kennedy received that I remember the most were from the people of Ireland — a beautiful Waterford Crystal Chandelier. It was 10 feet high and a spectacular set of china with the American Coat of Arms on it presented on behalf of the people of England.

After the White House, we, and a group of 8 others, toured the headquarters of the FBI. As a policeman, it was a bit disappointing as I thought that it wasn't nearly as grand as the RCMP headquarters in Ottawa. In the basement there was a firing range. There was an FBI agent firing a machine gun. When the tour was over an agent asked if we had any questions, my son Chris asked "can you shoot the big gun again?" He was disappointed that the answer was no. 1967 was the year that we were able to travel to three different Capital cities. It is a great memory to look back on. When I reflect I have had a very interesting life.

"Wrinkles should merely indicate where smiles have been."
 – Mark Twain

Did You Know?

The Top Ten TV Shows in 1960 were:

- Gunsmoke (CBS)
- Wagon Train (NBC)
- Have Gun Will Travel (CBS)
- The Andy Griffith Show (CBS)
- The Real McCoys (ABC)
- Rawhide (CBS)
- Candid Camera (CBS)
- The Untouchables (ABC)

Did You Know?

You could take FREE online University courses, through the University of Alberta. Its called, Massive Open Online Courses (MOOCs)
www.ualberta.ca

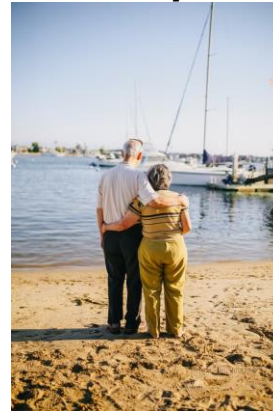
Some courses:

- Bugs 101: Human-Insect Interactions

- Dino 101: Dinosaur Paleobiology
- Paleontology: Theropod Dinosaurs and the Origins of Birds
- Mountains 101
- Indigenous Canada

Something To Think About

Wisdom by Pastor Dewey Moede



I asked one of my friends who has crossed 70 and is heading to 80, what sort of changes he is feeling in himself?

He sent me the following very interesting lines, which I would like

to share with you:

I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say, "Thank You".

I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

Party Line Highlights



Pick up the phone and join in the fun. Every Wednesday and Thursday

morning we have so much fun chatting about the past, present, future, and everything in between. Whether it's singsongs, canning, trivia, or old-time recipes, we are covering it all this month. Keep an eye on the calendar and dial in. It's just that easy!



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ZOOM Highlights



So many exciting sessions coming up this month on ZOOM. Come expecting everything from creativity to cooking, to stories that will make you laugh, cry, and

nod; from barn quilts to questions about life, to a little taste of Mexico, and SO much more. Check out the attached calendar for details. Something to please everyone!

Contact the office or send an email to gbelec@mapleton.ca to be put on the ZOOM invite list. You won't want to miss a thing!

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



Don't Miss It!

September 18, 2021

The Drayton Fall Harvest Festival at the Fairgrounds featuring everything from a Pumpkin Chuckin' competition to sunflower shows, vendors galore, and so much more. Bring a friend. Stay awhile. For more information contact Arlie Zantinge.

draytonagsociety@gmail.com

Easy Recipes. Delicious Results

Alyson Colton

Registered Dietitian

Mount Forest Family Health Team

Third Tuesday of each month

@ 10:30 am



If you are not on the ZOOM invitation list, then get in touch with the office at 519-638-1000 or email

gbelec@mapleton.ca.

You can choose to cook along with Alyson, or you can sit back and enjoy the unfolding of something delicious each month. (But you might want to take notes, so bring a pen and paper.)

I've learned that even when I have pains, I don't have to be a pain. Age 82

I've learned that if I'm in trouble at school, I'm in more trouble at home. Age 11

Recipe of the Month

Black Bean Salad or Dip

Submitted By Leone Babineau

Ingredients

2 – 15 ounce cans of black beans, drained
1 can of cooked corn (or frozen), drained
1 large red pepper, chopped
2 cloves of garlic, minced
2 tbsp of onion or shallots
2 tsp (or less) salt
2 tbsp sugar
4 tbsp olive oil
1 tsp lime zest
6 tbsp fresh lime juice
½ cup of chopped fresh cilantro

Instructions

Mix everything together and add two chopped avocados last before serving.
Serve with Tostitos chips as a dip or as a salad.
Very yummy - our young people enjoyed it too.

"The POSITIVE THINKER sees the INVISIBLE, feels the INTANGIBLE, and achieves the IMPOSSIBLE."

— Winston Churchill

I've always liked older men, they're more attractive to me. Of course at my age there aren't many left!

-- Betty White

Update from the Little Red Library

38 Wood Street in Drayton.

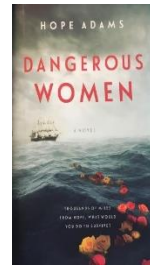


Come visit any time. Plenty of fabulous books. New titles for September include:

1. *Dangerous Women* by Hope Adams
2. *The Other Passenger* by Louise Kandlish
3. *The Personal Librarian* by Marie Benedict

Book Review for this month's SCE books

Dangerous Women by Hope Adams is an intriguing read and a thrilling novel from debut author, Hope Adams.



Dangerous Women is based on the 1841 voyage of the convict ship, *Rajah*. A story of confinement, hope, and the terrible things people do to survive. A read sure to keep the midnight oil burning.

FREE Walking Programs

Free walking programs offered in Harriston and Palmerston. **Face coverings must be worn at all times and participants must sign in at each visit.**

Weekdays

8:00 - 9:00 am - Palmerston Arena (floor & lobby)

8:00 - 9:00 am - Harriston Curling Club



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Party Line Schedule

September 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, September 1

10:30 am

Topic: Songs that you remember the words – yes, singing may be required!

Thursday, September 2

10:30 am

Topic: Jams, Pickles, and Preserves. What's your specialty? Do you have any tips?

Wednesday, September 8

10:30 am

Topic: Learning to Drive – share your stories, who taught you, what type of car did you drive?

Thursday, September 9

10:30 am

Topic: What commercials do YOU still remember and why?

Wednesday, September 15

10:30 am

Topic: Origin of Sayings – "Don't throw the baby out with the bath water"

Thursday, September 16

10:30 am

Topic: Rituals. Let's talk about our daily habits and rituals

Wednesday, September 22

10:30 am

Topic: Fall Colours – Where are the best fall colours?

Thursday, September 23

10:30 am

Topic: BFFs – Let's talk about friends. What makes for a lasting friendship?

Wednesday, September 29

10:30 am

Topic: Apple Trivia – Whatever happened to the spy apple?

Thursday, September 30

10:30 am

Topic: Best old recipes that never die – dig out the old recipe book and let's talk.

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



519 638 1000 HEdwards@mapleton.ca 1 866 446 4546





ZOOM Schedule

September 2021

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

Thursday, September 2, 2:00 pm

Guest: Bonnie Dopfer

Topic: Appreciate the fine art and creativity of Barn Quilts

Tuesday, September 7, 10:30 am

Guest: Bep VandenBerg

Topic: Armchair Travel to Mexico. Contenta!

Tuesday, September 9, 2:00 pm

Guest: Kelsey Richardson, MOW Supervisor

Topic: How Meals on Wheels helps Communities in so many ways.

Tuesday, September 14, 10:30 am

Guest: Arlie Zantinge

Topic: How Fairs are Coping and great news about the Mapleton Fall Festival

Thursday, September 16, 2:00 pm

Guest: Julie Marten Jansen

Topic: Hospice Wellington — how they offer education, emotional and spiritual support, and so much more.

Call the office to register, for any (or all) of the ZOOM sessions. 519-638-1000 or send an email to gbelec@mapleton.ca Register at anytime, but to be put on the list to receive invitation links, we require 48 hours notice. You can unsubscribe at any time.

Tuesday, September 21, 10:30 am

Guest: Alyson, Dietitian MFFHT

Topic: Great recipes. Useful Information and Tips

Thursday, September 23, 2:00 pm

Guest: Kevin Thomas from the Ken Seiling Regional Museum

Topic: Unmentionables (Ssshhhh...)

Tuesday, September 28, 10:30 am

Guest: Wayne Stevens

Topic: A "Day" in the life of ... Wayne Stevens

Thursday, September 30, 2:00 pm

Guest: Special Cooks with "Experience"

Topic: Old Time Cookery. Cooking along with the decade



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awhl.org/online-chat
Monday to Friday 11am-8pm

awhl.org/seniors

