



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

September 2022



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A Word from Helen



*By all these lovely tokens,
September days are here.
With summer's best of
weather and autumn's best of
cheer.*

—Helen Hunt Jackson

September means a return to routine for most and perhaps a chance to reset. I have decided that my reset will be to enjoy the beauty of our community and to actively seek out more opportunities to laugh. The days are most certainly shorter but the cool temperatures that arrive in conjunction with

bedtime are so appreciated. I like the fall. My thoughts automatically turn to apple picking, which despite my best intentions, rarely happens, and watching the trees turn to their brilliant red and orange hues.

I remember as a child rolling my eyes in the back of the car as my mom went on and on (sorry, mom) about the beautiful colours in the trees. Every turn in the road was accompanied by exclamations about the beauty of the vista. My sisters and I, with trigger fingers on the red button, waited for the torture of the family car ride to end.

I don't know how it happened but somehow, I have turned into my mother, unable to hold back my appreciation for the beauty of the fall. My children have escaped from the back seat of the car to their own lives. The only one left to hear my exclamations is my hubby, who just nods and makes the occasional *uh-huh* or *mmm*, allaying my fears that he isn't a wax imposter of the man I married.

So, if you love the fall, like me, never censor your love for the beauty this season brings. The anticipation of the coming colour show is making me smile as I type. I hope it brings a smile to your face too.



Helen



Household Hints



How to Revitalize Towels

Towels can become stiff or smelly thanks to repeated use of detergent and fabric softener. Soap residue can make towels dry less effectively, so they may take on a funky smell or feel rough. Restore them with baking soda and vinegar. To do this, first wash your towels with 1 cup of vinegar and a hot water cycle. Don't add any detergent. Then wash them a second time in hot water and 1 cup of baking soda. Finally, run them through the dryer without using a fabric softener.

Health News

What does it mean to be a Caregiver?

Julie Martin-Jansen

Advocate Resource Counsellor, Hospice Wellington

Considerations:

- A role that may or may not have been anticipated.
- May need to shift your time daily and adjust your plans around the person's needs.
- May need to provide physical care which can be challenging and exhausting.
- Roles may include bathing, paying bills, preparing meals, transportation, attending doctor and medical appointments, research treatment

Being a caregiver means making someone's life easier, safer, and more comfortable.

options, coordinating research treatment options, and coordinating care.



In order to care for someone, you must take care of yourself. Family caregivers regularly put loved ones and their needs ahead of their own. Being a Caregiver does not mean you need to do it alone. To stay physically healthy and maintain emotional health, it's important not to lose yourself completely in your caregiving responsibilities and to know and recognize your limits.

Self-Care and Coping tips:



Give yourself permission for self-care. This is fundamental to how you provide care. A more balanced caregiver



means a more refreshed, focused, and happier caregiver.

It is up to you to see that you take time for yourself. It is not selfish to engage in hobbies, connect with nature, exercise, rest or nurture your other relationships when you recognize that this will be good for you.



Hospice Wellington Community Services

Hospice Wellington supports clients through the experience of a life-limiting illness, caregiving, and bereavement. All Hospice Wellington services are provided at no cost to clients. For more information about the variety of services and programs offered, please click here: [Hospice Wellington - At a Glance - Fall 2022](#) or contact Julie Martin-Jansen at juliem.jansen@hospicewellington.org. They offer some amazing programs and classes and support clients through the experience of life-limiting illness, caregiving, and bereavement. All Hospice Wellington services are provided at no cost to their clients.



Telling Our Stories

The Streaker

Submitted by Kay Ayres

It started out as one of the worst days of my life. The time had come, and my husband, Don, was being admitted to a long-term care facility—a nursing home. I

knew I had no choice, and the heart-wrenching decision had been made, but it was still difficult.



Don's kids were supportive of this decision, but still, it was awful. Finally, that part was over, and I returned home.

Thankfully, Don's daughter joined me for lunch at my place and having her with me on such an emotional day settled me a little. Then the time came for her to leave. I sent her home to her own life. And then it was just Joey, my dog, and me, all alone in a quiet house. I slept, I cried, then slept some more, cried some more. I struggled to get through the afternoon. The guilt I felt over Don not living in our home anymore felt overwhelming.

Finally, around 4:00 pm that same day, Joey came to me and started pawing at my legs

"Come on, Mom. I have needs, too."

He wanted to be fed and to go for a walk. After all, in a dog's mind, having food and going for a walk are the two best things in the world. So, out we went. As I walked down the street, crying, my head hung low, no ambition, no pleasure, just trudging along, I felt myself slipping into what felt like deep despair. It hurt terribly.



We got to the next corner. Joey perked his ears up. I heard something, too.

"Whoop! Whoop!"

What the heck was that? I felt so miserable I did not even want to look up. But occasionally, on our walks, Joey and I



come across wild animals, coyotes or the odd fox. I didn't want to take a chance.



I couldn't believe my eyes. About three houses down, a man stood at the end of his driveway, buck naked, flopping his arms, still making that "Whoop! Whoop!" sound. My jaw

dropped. I was in shock! What the heck? Common sense quickly kicked in. *Keep moving, Kay. Keep moving. Get out of his eyesight.*

So, Joey and I scarpered and kept walking with a little more intention. As soon as we were past his street, I started to laugh. Out loud laughing. Fall over laughing. All I could think was, "Thank you, Don. You took what was one of the worst days of my life and reminded me there is still going to be laughter."

Lots and lots of laughter—yet to come!



Senior Pet Corner



Meet Panda, this handsome devil is 14 years old and lives in Mount Forest with his mom, Janice. He is very adventurous and will be featured in an upcoming story in a

2023 edition of *Heart and Soul*. Stay tuned.



Recipe of the Month

Smothered Hasselback Chicken

Credit: SimpleHealthyKitchen.com

Courtesy of Karen Burke, Registered Dietitian



Karen shared this delicious recipe with us on ZOOM and informed us that hasselbacking is a cooking

method in which chicken (or potatoes, etc) are sliced not-quite-all-the-way through in thin, even layers, which can be stuffed or topped with additional flavourings. It's a way of creating more surface area for flavours and creating additional texture.

Ingredients

- 4 boneless skinless chicken breasts *about 5 oz. each or 1 ¼ lbs. total*
- ½ cup crumbled feta cheese
- ½ cup roasted red peppers, diced
- Salt and pepper to taste
- 2 tsp paprika
- 1/3 cup shredded Mozzarella cheese or 4 slices Provolone cheese
- 1½ tsp olive oil or butter
- 2 cloves garlic, minced
- 3 cups fresh baby spinach
- 1¾ cups sliced fresh mushrooms

Instructions

1. Preheat oven to 350° F. Line a baking sheet with foil or parchment paper. Set aside.
2. In a small bowl, combine crumbled feta and roasted red peppers.



3. Place chicken breast on prepared baking sheet. Using a sharp knife, cut slits across the chicken breast—about $\frac{3}{4}$ of the way through. Be careful not to cut all the way through the breast. Stuff each slit with feta & red pepper mixture.
4. Generously salt and pepper the top of chicken breasts and season with paprika.
5. Sprinkle each breast with $\frac{1}{4}$ of the Mozzarella.
6. Place chicken in the oven and bake for 20-25 minutes, depending on thickness of chicken breasts. Switch the oven from bake to broil for the last few minutes of cooking for extra bubbly browned cheese.
7. While chicken is cooking, prepare the spinach and mushrooms. Heat olive oil in a large skillet over medium-low heat, add garlic and mushrooms and sauté until mushrooms begin to brown (about 5 minutes).
8. Add spinach and cook until spinach begins to wilt (about 3-5 minutes). Salt and pepper to taste.
9. Remove chicken from oven, and top with spinach and mushroom mixture. Serve with Quinoa (a gluten-free option), rice, or a baked potato.

Nutrition

Serving: 1 serving | Calories: 243kcal |
Carbohydrates: 3.4g | Protein: 36.2g | Fat:
8.8g | Saturated Fat: 3.3g | Cholesterol:
97.8mg | Sodium: 255mg | Fiber: 1.2g |
Sugar: 1.4g

Thank You



This month we would like to celebrate and **THANK** our new Registered Dietitian, Karen Burke, at the MMFHT for agreeing to take over for Alyson on our monthly ZOOM

cooking sessions.

Karen received her bachelor's degree in Nutrition and Dietetics from Loma Linda University in Loma Linda, California and started her career by accepting a position with the WIC (Women, Infant and Children) Program as a nutrition educator and then moving to clinic supervisor.

She then moved to Georgia to take on the position of Assistant Director of Food Services for a small 75-bed hospital before moving to Atlanta, GA, where she was the Patient Services Manager for an inner city 900-bed trauma hospital.

In 2018 Karen moved back home to Canada. As she was going through the process of studying for the Registered Dietitian exam, she worked as the Manager of Food Services for a retirement community.

And now we have the honour of welcoming her the third week of every month to our ZOOM **Cooking with Karen** segments. **Thank YOU**, Karen, for helping us become more aware of healthy eating!



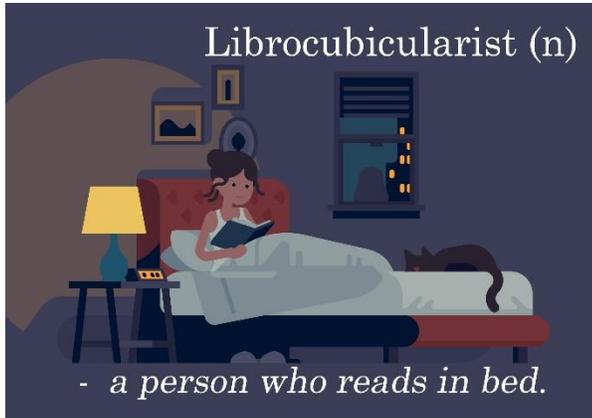


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Word of the Month



Librocubicularist (n)

- a person who reads in bed.

Decluttering with Doris



Swedish Death Cleaning is literally about decluttering like there is no tomorrow.

After you are gone, do your loved ones really want to deal with your collection of 100 hydro insulators or what-not? Let them choose one if they want, then get rid of the rest.

For the Love of Words



Our *For the Love of Words* writers' group is returning this month on September 20. Doris Cassan will return as the fabulous facilitator. For

information contact Doris at 4luvwrds@gmail.com.

Cutting Costs and Going Green



If possible, please consider switching to receiving our Heart & Soul monthly newsletter via email. BUT if you prefer not to, then don't worry. We are still happy to continue sending it your way via snail (postal) mail. Worth asking to see if we can save a bit on postage. 😊

Archives

Don't forget to check out the Mapleton website if you want to look back in the archives for previous newsletters or find out more information about services for seniors. Here's where to look:

<https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence>

For the newsletters, just click the newsletter box and a drop-down menu will appear.



What did the little corn say to the mama corn?

~

Where is Pop corn?



Please Note. We do our best to ensure that the following information is accurate at the time of publication, but occasionally some exercise and activity programs get cancelled or times change. It might be best to get in touch with the facility or contact person to confirm before you head out!



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Activities & Events:



Dining Programs:



DRAYTON:

Friday, September 9, 2022. Drayton Reformed Church. Doors open at 11:30. Lunch served at Noon.

Speaker: Daniel Aonso. The British Invasion (Virtual presentation)

PALMERSTON:

Wednesday, September 21, 2022. Doors open at 11:30. Lunch served at Noon.

Speaker: Paula Siefried - Grocery Hacks: Healthy Ways to Stretch Your Grocery Budget

HARRISTON:

Friday, September 30, 2022. Harriston United Church. Doors open at 11:30. Lunch served at Noon.

Speaker: Jenny Bults – Heart Health

CLIFFORD:

Wednesday, September 28, 2022, Clifford United Church. Doors open at 11:30. Lunch served at Noon.

Speaker: Surprise!

FREE Walking Programs:

Palmerston Community Centre: Weekdays, 8:30-9:30 am

Harriston Community Centre: Weekdays, 8:30-9:30 am

Arthur Arena: Mon, Wed, & Fri – 10 am to 12 pm

Mount Forest & District Sports Complex: *Walk-A-Doodle-Do* - Thurs. 10-11 am

Pickleball:

Drayton PMD Arena

Monday: 10 am – 12 pm.

Wednesday: 10 am – 12 noon.

Friday: 10 am – 12 noon.



*Exercise Classes:

Clifford: Clifford United Church - Mon & Fri 9 am

Harriston: Knox Presbyterian Church - Tues 11:15 am & Thurs 11:00 am

Drayton: Drayton Reformed Church - Mon & Wed & Fri 9:30 am

Mount Forest: Legion - Mon & Wed 10:45 am

Elora: Pentecostal Church - Tues & Thurs 1 pm

Arthur: Seniors' Hall - Wed 10 am



*Note: The VON also offers SMART programs in North Wellington, Centre Wellington, and Guelph. This is wonderful news but there are too many of these great classes to list in our little newsletter.

For further details, please check out this link: <https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence/exercise-programs> Or call the VON at 519-323-2330 ext. 4954 or email Kelly Gee, SMART Supervisor, at kelly.gee@von.ca.



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Euchre

Arthur: Seniors' Hall - Tuesday 1-3 pm

Bid Euchre - Thursday 1 pm

Contact Person: Eleanor Monaghan 519-848-2741

Drayton: Drayton Reformed Church Sunset Room - Monday 9 am

Contact Person: Gerry Debeyer 519-638-2779

Harriston: Harriston Train Station - Monday 1:30 pm - 3:30 pm

Pepper - Tuesday 1:30 pm - 3:30 pm & Thursday 7-9 pm

Contact Person: Doug Anderson
519-338-3467

Palmerston: CNRA Building - 1st Wednesday of month 2-4 pm

Bridge:

Arthur Seniors' Hall - Mon & Fri 1-3 pm

Duplicate Bridge

Royal Canadian Legion Mt Forest - Friday 1 p.m. \$3. Please bring a partner. If you don't have a partner, call Barbara Kerr at 519-323-4341 as she may be able to arrange a spare.



Thurs., Sept. 1 @ 2pm

Guest: Megan Crawford KSM

Topic: Cure What Ails You

Tues., Sept. 6 @10:30 am

Guest: Erica Palmer

Topic: Learning About Art Therapy

Thurs., Sept. 8 @ 2pm

Guest: Kay Ayres

Topic: Packed for PEI

Tues., Sept. 13 @ 10:30 am

Guest: Jennifer Olivero –

Topic: Town Crier

Thurs., Sept. 15 @ 2pm

Topic: A Day in the Life of ...

Tues., Sept. 20 @ 10:30 am

Guest: Karen Burke, R.D.

Topic: Cooking with Karen

Wed. Sept 21 @ 7pm

For the Love of Words – Doris Cassan

Thurs., Sept. 22 @ 2 pm

Topic: Pier 21 Halifax Tour

Tues., Sept. 27 @ 10:30 am

Topic: Townhall Meeting on Building Resiliency

Thurs., Sept. 29 @ 2pm

Guest: Alekhya Johnson

Topic: Regional Geriatric Program

Interested in Line Dancing this fall? Call the office for more information.

