



Seniors' Centre for Excellence ✓

Heart & Soul of Wellington

11 Andrews Drive West, Drayton ON N0G 1P0

519-638-1000

EDITION #40

**BACK TO
SCHOOL**

September 2023

A Word from Helen



Helen Edwards
SCE Seniors' Health Services Coordinator
hedwards@mapleton.ca



Christmas in July

At the July dining program in Harriston the menu was a "surprise." I wasn't sure if this was because, quite honestly, it isn't long after a dining program, before we start asking our caterers, "Could we have the menu for this month's program?" It seemed when Sharon, our Harriston caterer, said, "It's a surprise," it was just a polite way to say, "...don't bug me."

It turns out that Sharon really *did* want to surprise her guests (and us!) I don't know who had the biggest smile at the event, the excited guests, me, or the caterer herself when the menu was revealed as a turkey dinner with all the fixings.

**Surprise is the
greatest gift that
life can grant us**

—Boris Pasternak

It made me think about the joy of a good surprise. Imagine if you are having a down day and the mail brings with it, not only bills, but a handwritten letter from a friend? Or what if you have some baking and you decide to share some with your neighbour? Surprise!

The good things in life are those little unexpected moments that bring joy. Wishing you a joyous September with plenty of surprises!

Helen

**Thank
you!**

Celebrating 150 Blood Donations!

It's easy to save human lives.

Linda Campbell knows all about it! She's been helping to do that over 150 times.

Thank you, Linda, for making a difference in the lives of so many over the years. And thank you for being a good example to others!



P.S. We know Linda likes to give out this number: 1 888 2 DONATE (1-888-236-6283)

Osteoporosis affects us all — Men take note

Reprinted with permission from Active Aging Canada



With osteoporosis, your bones become thin and porous. You also lose bone strength, which means you have a greater risk of breaking a bone. Although it's often associated with women, osteoporosis is not just a woman's disease. It is a serious health issue for men. During their lifetime, at least one in five men will break a bone from osteoporosis. In fact, osteoporosis causes over 80% of all fractures in people over 50. Despite the fact that hip fractures can be more physically devastating for men than for women, men are less likely to be assessed for osteoporosis or to get treatment for osteoporosis after they break a bone.

Do I need to be tested?

You need to be tested for osteoporosis if you are 65 or older, no matter how healthy you are. You also need to be tested if you are between 50-64 and you:

- smoke or drink 3 or more alcoholic drinks a day
- weigh less than 132 lbs (60 kg)
- have lost more than 10% of your weight after the age of 25
- have rheumatoid arthritis
- have taken steroids (like prednisone) in the past year
- take high risk medications that weaken bone (for example, hormonal treatment for prostate cancer)
- have a medical condition that causes osteoporosis



How can I prevent Osteoporosis?



Stay active. To keep your bones healthy, you need to make smart lifestyle choices. This includes being active. Make sure your exercise routine includes weight-bearing exercises like walking or jogging and resistance training exercises where you use weights or resistance bands. Exercises that promote good balance – such as Tai Chi – can also help reduce your risk of falling. However, if you have had a spine fracture, you should talk to your physiotherapist about what exercises to do to help you strengthen the core muscles in your back and stomach.

Eat healthy foods

Eat a diet that includes 3 servings of protein each day. Without enough protein, your muscles can weaken and your balance can become poor which leads to falls and fractures. You also need to eat 3 servings of dairy a day. In addition, make sure you take a vitamin D supplement all year.



Try as she might, the skeleton just couldn't manage to drag herself out of bed. She was bone tired.



What happens if I get Osteoporosis?

Stay positive. Think about what you can do. Many people with osteoporosis live full and active lives. With the help of drug therapy and positive lifestyle changes, you can reduce your risk of fracture. You may even improve your bone mass.

So remember – have an assessment of your bone health, stay positive, be active, and eat healthy!



Tech Tips

by Michael Meunier



Recognizing Email & Phone Scams

Online scammers are generally trying to get some sort of personal information from you, whether it's your:

- Social Insurance Number
- Date of Birth
- Email & Home Addresses
- Credit Card information
- Bank Account number & PIN
- Online Account Login IDs & Passwords



These nefarious scams (also known as phishing) often appear as pop-ups and advertisements on websites and within email campaigns. Scammers use phishing to fraudulently obtain your personal information. Their hope is to trick you into clicking on the link. **Don't click on any email links unless you are 100% sure of the source.**

A Jingle to make you Tingle!

Name the product associated with each jingle.

1. A Little Dab'll Do Ya
2. My Bologna has a first name
3. You deserve a Break Today
4. I'd like to Teach the World to Sing,
5. Like a good neighbour!

(Solution on pg. 4)



Did you hear about the writers who wrote too many books?

They got author-itis.





"For every minute you are angry, you lose sixty seconds of happiness."

— Ralph Waldo Emerson



It All Started with a Baby

Story by Helen Edwards

It all started with a baby—Baby Jesus in fact.

In July of 2014, Jeanette and Wayne were on vacation in Newfoundland. In a gift store in Trinity, they came across a stitched Nativity Scene that stole their hearts. Jeanette often looked out for Nativity Scenes and Christmas ornaments wherever they travelled each year, for she loved to showcase them at their church the week before Christmas. She still has the receipt which shows that the original "Trinity" Nativity Scene cost \$6.00.



When Jeannette returned home, she wrote a letter to the gift store, sharing how much she loved the Nativity Scene and asking about its creator. The enquiry was forwarded to Alice Connolly. Alice wrote back, expressing how happy she was that her sewing had brought such joy, and, soon, a wonderful pen-pal relationship began. Over the past 10 years Jeanette and Alice, who at 99 years old, still lives in her home and keeps busy quilting and playing cards, have exchanged cards and letters on special occasions.



Jeanette approached me at a dining program regarding the momentous occasion of Alice turning 100 years old on September 10th. She thought it would be a marvelous surprise if Alice received some birthdays cards from Ontario, and we did too! If you would like to share in the celebration, please feel free to send Alice a card to help her to celebrate this special day. Alice's address is Box 143, Port Rexton, NL A0C 2H0.

Solution to Jingles on pg 3.

1. Brylcreem

3. McDonald's

5. State Farm Insurance

2. Oscar Myer Weiners

4. Coca Cola

Pet Corner



Meet **Mister**, a unique little critter. Mister professes to being the owner of two cats, Harley and Elsie. He just became a diabetic and is now on a restricted diet. He eats all the same veggies as his owner. Mister is "exercise adverse" and only removes himself from his favourite area on the couch when his owner stands up. His idea of fetch is that *you* throw the ball, and *you* go and retrieve it. Obviously, this isn't laziness but rather a desire to keep his owner in the best of health. Good boy, Mister!

Mister loves everyone and never fights, according to his owner Valerie. He is spoiled rotten and is absolutely perfect.

Looking at that lovely little face, the SCE Team agrees.



What did the pecan say to the walnut?

Solution:

We're friends because we're both nuts.



Recipe of the Month

Chili sauce.

submitted by Leone Babineau

This recipe has always been a family favourite—tasty and spicy. Easy and not too expensive to make. It even won 1st prize in the Burford Fall Fair in the early 60's!



11 quarts of tomatoes
4 hot red Peppers.
4 sweet red Peppers.
12 medium onions.

1 large head of celery.
1 tsp of cayenne pepper.
4 lbs (9 1/3 cups) white sugar
4 cups (1 qt.) white wine vinegar

1 tsp ground cloves.
1 tsp ground allspice
3 tblsp coarse salt

Method.

Peel tomatoes. Chop and add coarse salt. Let stand 1 1/2 hours. Drain water. Add all other ingredients and boil down until about half the quantity remains. About 3 hours. Note: Add sugar last, as it will burn. Makes about 11 quarts. Finish in a boiling water bath for about 20 minutes and then tighten the lids afterwards.



Informal social recreation program (for those living with dementia and care partners) that focuses on the fostering of meaningful connections among participants. Casual conversation and various recreational programming to meet many interests and needs, including group activities, special guests and more!

Memory Cafe

Join us at the Mount Forest Sports Complex from 10:00 am to 11:00 am on September 13th, October 11th, November 22nd, & December 13th.

Funded by the
Government of Canada's
New Horizons for Seniors Program

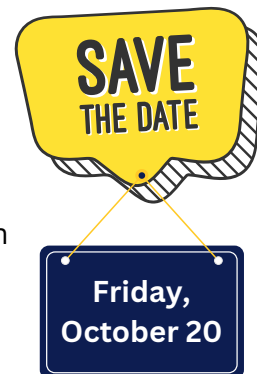


Please call extension 2090 at any of the following numbers to register:
Kitchener: 519-742-1422, Cambridge: 519-650-1628 or Guelph: 519-836-7672.

Behind the SCENes

Celebrating our Seniors' Centre for Excellence (SCE) Accomplishments

The SCE was successful in receiving funds from the Ontario Older Adults Association of Ontario (OACAO) to host a Senior Wellness Fair on Friday October 20th at the PMD Arena in Drayton. This event will include a wide variety of agencies that provide supports to seniors living in North Wellington. Please save the date. We will share more details as they become available. You will be glad you did!





"Education is the most powerful weapon you can use to change the world."

— Nelson Mandela

Docendo Discimus



Class of 1953--- 70th Reunion

Submitted by Dorothy Dickson

I graduated from *Stratford Normal School* in 1953. At that time it was only necessary to attend school for one year and teach successfully for two years to obtain your Permanent Teaching Certificate. There were 180 students, 10 staff, and our principal, Dr. Bowers. The first few weeks were spent with us receiving instructions in lesson planning, classroom management and keeping proper records in the school register.

1953 was a significant year in history. The Queen Mother died and Queen Elizabeth II was crowned. The construction of the Stratford Shakespearian Festival began. It was also the last year for the school to be called the *Stratford Normal School*. The following year the name was changed to Teachers' College. Many people questioned the term "Normal". Apparently "Normal" was not to convey a sense of ordinary or average. Instead these institutions (five, in all) sought to instill and reinforce norms so that student teachers would graduate to become model teachers to children.



This is a picture of me sitting on the steps at the Normal School.

Soon we began our actual practice teaching, first one lesson at a time, then a half day, and later in the year we spent a whole week at three different schools with an experienced teacher. Each time, one of the staff would come to observe us and write a report. There were many different activities in which to get involved and make new friends.

In order to continue our friendships following graduation, we decided to meet every five years to catch up and reminisce. As time went on and more people were unable to attend, we decided that it was important to meet more often so for about the last ten years we have met every May at Arden Park in Stratford for lunch, always getting updates about former students.

This year, 2023, we celebrated our 70th anniversary of our year at Normal School.

There were ten "students" and two spouses able to attend this year and we are looking forward to seeing each other next May. Our Creed, "Docendo Discimus" translated means, "By teaching, may we learn," and lives on in each of us.



Photo Credit: May 2023; ALLAN THOMPSON →
Journalism professor - Carleton University
Website: allanthompson.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

DINING PROGRAMS	DATE	TIME /COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	Wednesday Sept. 20	12 pm \$20	Palmerston United Church	Paula Seifried, Reg. Diet. <i>Food and Mood</i>
Clifford	Wednesday Sept. 27	12 pm \$20	Clifford United Church	Tall Stories and Short Tales Royden McCoag & Johanna Brown
Harriston	Friday Sept. 29	12 pm \$20	Harriston United Church	Falls Prevention Panel of Experts

Join us for Coffee! 

COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. Sept. 7 & 21	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month. Sept. 13	10:30 am	Maryborough Community Centre, 15 Ball Avenue
PALMERSTON COFFEE HOUR	Last Wed. of the month Sept. 27	10 am	James Street United Church 215 James St, Palmerston



The SCE is Hosting two FREE workshops for the Lighthouse Festival. Open to ALL ages. Please consider joining us! All supplies for both workshops will be provided free of charge.

1. Woodchipping with Joyce

- Friday, September 8th from 1:30-3:30 pm
- Clifford Community Hall (21 Ann St S, Clifford, ON NOG 1M0)

2. Greeting Card Creation Workshop with Barb

- Saturday September 9th 9:30-10:30 am
- Harriston Train Station (83 Arthur St W, Harriston, ON NOG 1Z0)
- Create two cards and take supplies home to create two more.

For more information or to register call us at **519-638-1000**

Victoria Park Seniors Muskoka Lakes Farm

Thursday, October 12, 2023



Located four minutes north of Bala, in scenic Muskoka lies the most magical cranberry bog! Learn more about this agricultural marvel and enjoy an included fall feast at Moon River Lookout restaurant.

Moon River Lookout Restaurant: The day begins with an included lunch at Moon River Lookout Restaurant! Admire the unique view of Bala Falls while you dine. The menu features: a seasonal soup, cranberry BBQ chicken breast, seasonal vegetables, mashed potatoes, dessert (cranberry apple crumble), coffee, and tea.

Muskoka Lakes Farm & Winery: Harvest season is upon us! Visit the famous Muskoka Lakes Farm and Winery, home of Johnston Cranberries. Take a guided wagon tour of the South Marsh, enjoy a delicious wine tasting and peruse the shop for treats and more!

Departs: Victoria Park Seniors Centre, 150 Albert Street West at **8:15 a.m.**

Approximate Return: **6:30 p.m.**



Price Includes:

- Lunch at Moon River Lookout Restaurant
- Wine Tasting, wagon tour & free time to shop at the farm
- Driver gratuity
- Luxury motor coach transportation
- HST

\$152 Members

\$166 Non Members

For more information
or to book contact:

Victoria Park
Seniors Centre
519 846 9691
x 204

Or register online:
[centrewellington.ca/
seniorscentre](http://centrewellington.ca/seniorscentre)



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Seniors' Centre for Excellence

presents

Tai Chi for Beginners



Gentle

Restorative

With

Christina Graf

Starts

**Tuesday
Sept. 12**

1:30-2:30

Six Sessions



JOIN NOW



MORE INFO :



519-638-1000



**Moorefield
Community
Centre**

15 Ball Avenue

jbrown@mapleton.ca

\$60

**CASH OR
CHEQUE**



ZOOM with us!

TUESDAY 10:30 AM

THURSDAY 2 PM

September 5, 2023

Jessica McClennan

Wellington County Learning
Centre - What's it all about?



September 7, 2023

Kiffer G. Card, PhD

Importance of Social
Connections

September 12, 2023

Helen & Glynis

The Challenge of Ageism

September 14, 2023

Angela Charles

"The Caribbean"

from a non-tourist POV



September 19, 2023

Alyson Colton Reg. Dietitian

Cooking with Alyson
Nutritional Advice. Dietary Wisdom

September 21, 2023

Julie-Martin Jenson

Hospice Wellington

"I Don't Know What to Say"



September 26, 2023

Willa Wick

Closing up our Gardens and
Dealing with Perennials



September 28, 2023

Glynis Belec

Who Remembers
The Welcome Wagon?

For the Love of Words.

DON'T FORGET

- Wednesday, September 20 at 7 pm. Online Creative Writing Group
- New members always welcome. No experience necessary.
- IContact Doris at 4luvwrds@gmail.com for the ZOOM link.



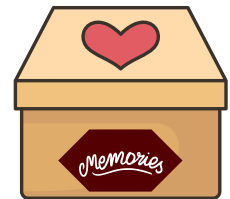
Caregiver Survival Tips



Decluttering with Doris

Doris Cassan

Decluttering does not mean purging memory items. Every person in the family should have a memory box for baby items, report cards, special artwork, special letters etc. Again, this should be a box with a lid to keep things clean and dry.



Seniors' Centre for Excellence

presents

Tai Chi for Beginners

Gentle

Restorative

Maryborough Community Centre.

\$60 for a 10 week session.

- Begins Tuesday, Sept. 12 from 1:30 pm to 2:30 pm
- Call the office 519-638-1000 or email jbrown@mapleton.ca or to register.



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