



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

11 Andrews Drive, West, Drayton, ON N0G 1P0

519-638-1000

EDITION #52

September 2024



A Word from Helen

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

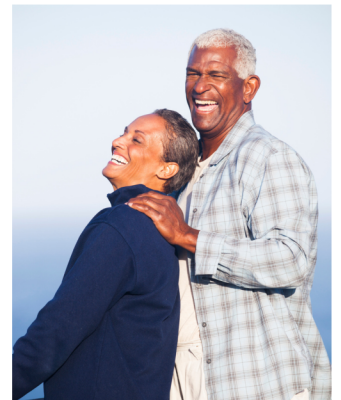


Start every day off with a smile and get it over with. – W.C. Fields

Recently I had the traumatic experience of picking up my photos for my passport. You know, the photos where you must take off your glasses, sit still with a stark white background behind you and most importantly of all... not even have the hint of a smile. Since childhood I have found this a little challenging—when you are told NOT to do something. But, to my surprise, I was able to follow through with the terse instructions this time.

All I can say is what a difference a smile makes. Looking at my photos, I didn't look like anyone that I would want to spend time with. I looked miserable, almost unrecognizable. Perhaps that is why you can't smile on your passport or driver's license photo. When you think of it, how often is someone caught smiling as they check in at the airport or when they are getting a speeding ticket?

It made me realize that I should make a point of smiling more often. Nothing is more contagious or beautiful than someone's smile. If you don't believe me, check out your drivers license or passport photo. I think you will see what I mean!



Wishing you a September full of smiles.

Helen

Things We Know About You



1. You are reading this.
2. You are human.
3. You can't say the letter "p" without separating your lips.
4. You just attempted to do it.
6. You are laughing at yourself.
7. You have a smile on your face and you just skipped number 5.
8. You just checked to see if there is a number 5.
9. You laugh at this because you are a fun loving person and everyone does it, too!



519 638 1000 HEDWARDS@MAPLETON.CA 1 866 446 4546



Impossibilities



1. You can't count your hair.

2. You can't wash your eyes with soap..

3. You can't breathe when your tongue is out.

(Put your tongue back in your mouth. You look silly!)

Simple Tips to Reduce Lower Back Strain

Submitted by Andrea Riddell, Registered Kinesiologist, Mount Forest FHT

Did you know that low back pain causes more people to limit their activity than any other condition worldwide, and over 80% of adults will experience low back pain at some point?

The good news is that most pain improves on its own, or with support from your health team within 6-8 weeks and doesn't require testing or specialists. *Phew!*

Here are a few strategies you can try at home to reduce lower back strain.

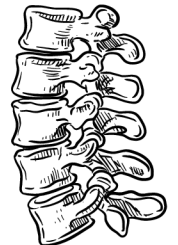


Motion is Lotion:

- Repositioning regularly, every hour, can help to avoid back pain. Something as small as standing up from your chair for a minute before sitting back down.
 - Minimize repetitive movements like twisting, bending, and reaching. These movements are safe for the back, but doing them frequently can aggravate it.
 - Try keeping your nose and toes in the same direction by pivoting your feet instead of twisting your back whenever able.
- Instead of bending with your back to reach below your waist, try either a Golfer's Lift—hinging forward from your hips with straight legs and back to reach for the ground. If it's a heavier item, try lifting with your legs by squatting down while bending your hips and knees, at the same time, keeping your back straight.
 - For reaching, get your body as close to the object you're reaching for rather than over-extending.

Does Standing Make Your Back Ache?

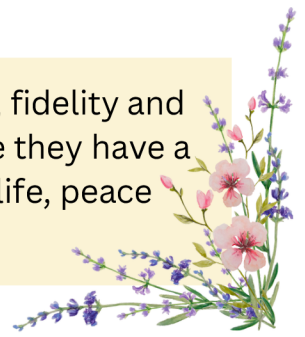
- Instead of having your feet in line with each other, try staggering one foot slightly ahead of the other, making sure to keep your weight even on both feet. Or if you are standing at the cupboard, open the door and put one foot on the bottom shelf. These positions help to optimize your posture and engage your core muscles.
- The final tip is the simplest, yet possibly the hardest—breathing. When we get focused or are doing a heavy job, we tend to hold our breath. Breathing as you know is important, but did you know it plays a big role in how efficiently our muscles work too? Ensuring you are taking normal breaths with a full exhale allows your muscles to work better together. Please, stop holding that breath!



If you have low back pain and need support, reach out to your family doctor or nurse practitioner. If they are a part of one of the Wellington Family Health Teams, you could be eligible to access the Rural Wellington Low Back Pain Program.



Two doves sitting together typically symbolizes peace, fidelity and love. Gray doves are usually mourning doves and while they have a sad song, they bring a message of forgiveness, hope, life, peace and moving forward.



Pet Corner



Our Ring Neck Doves

Submitted by Helen Park



The best alarm clock you will ever have—ring neck doves. No bells and whistles. Just the slow and soft cooing sounds of the birds waiting on the next sun-filled day. But this starts about 4:30 AM, a little early, but that’s okay as you know your day will be good.



A special thank you to the folks at the Harriston Dining Program. We had a fantastic session at the program that we called “If this Apron Could Talk” in July. Willa Wick made a wonderful host and the whole session was a huge success. Thank you to everyone who attended. We couldn’t have done it without you.



The aprons in the kitchen were washed by Lorna and hung on the line to set the stage for the presentation.



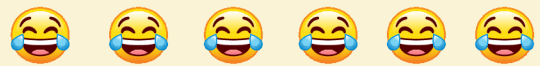
Mae, who works at the church, created the beautiful centrepieces



Participants eagerly shared their aprons and stories.



Job Jokes



1. I quit my job at the helium factory. I refuse to be spoken to in that tone!
2. I found being an electrician interesting, but the work was shocking!
3. I got fired from the unemployment office, and still had to show up at the office the next day.

My First Job

Submitted by Jim Measures

Depending on the definition of *first job*, I could give several answers. However, the first real job I had as an employee, at age 11, was at a local hardware store on Saturdays from 8-5 p.m. for \$2.50 a day.

My mother charged me \$1.00 per week for board and insisted that I save something from the remaining \$1.50. As I was a working man helping to pay to put food on the table, I was allowed to have some say in what we ate. I could pay my board by bringing home \$1.00 worth of groceries.

In a family of eight, there were likes and dislikes. I liked blueberries, so I could bring home a blueberry pie, even though my brother did not like it. I also bought different cheeses that I wanted to try. (I've been paying board, ever since!)

Before that first job, I was often self-employed. At age 10, I asked my dad for an allowance. His response was, "Do you think that I am made of money?" If you want money, go out and work for it." So, I did.



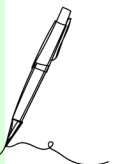
In my piggy bank I had some savings, so I took \$3.00 and purchased a snow shovel. I then went door to door to ask neighbours if I could shovel their sidewalk. The first day I was able to pay off the shovel; the rest was profit. I quickly learned to avoid corner houses, double the work for the same money. In the summer, I collected used coat hangers to sell for a penny each to a dry cleaner. I also cut bouquets of flowers off a wild lilac bush and then sold them door to door.

From my job in the hardware store, to when I retired at age 55, I was always employed. I always had another job lined up before I left the last one, and when I retired, I was manager of an office of the Unemployment Insurance office.

I would be interested in hearing how other folks started working. Look for me at the Clifford and Harriston dining programs, I would love to chat.



Editor's Note: Do you have a story to share that you would like published in our newsletter? Get in touch today. We would love to hear from you. Send your submission to gbelec@mapleton.ca or send to the **Seniors' Centre for Excellence 11 Andrews Drive, West, Drayton, On. NOG 1P0**





Famous people born in September include Adam Sandler, Amy Winehouse, Bill Murray, Bruce Springsteen, Confucius, Freddie Mercury, Queen Elizabeth, Stephen King, and Sophia Loren.



Activities Spotlight



- Looking for a good time on a Thursday Afternoon?
- Looking for a bit of healthy exercise?
- Looking to hang out with a great group of people who know how to have fun?



What a great year it was last year with the Drayton Shuffleboard League, with 60 people on the roster—a good time was had by all!

The Fall session begins September 19th (1-4 pm) at the PMD Arena in Drayton. The organizers say they are always on the lookout for spares, too, so if you think an occasional game of shuffleboard sounds like a plan, get in touch with **Ann & Gord Oosterveld** for details. **519-638-2865**

Decluttering with Doris

Doris Cassan



Mindset shift:

Instead of thinking about what you need to get rid of, concentrate on what you want to keep and let go of the rest!

Instead of thinking, “I might need this one day,” try thinking, “I don’t need this right now. If I need it, I can get it for less than 20 dollars.”

Instead of thinking “I paid a lot for this,” try thinking, “That was a lesson. In future, I will think differently before I buy.”



Behind the SCENes

SCE Wellness Fair 2024

*Please note the change of venue.

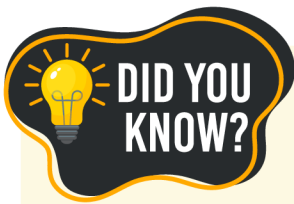
The Seniors’ Centre for Excellence (SCE) is busy planning and preparing for our second Seniors’ Active Living & Wellness Fair, and YOU are invited.

This year, it will take place at the *Palmerston Arena on Tuesday October 8th starting at 10 am until 1 pm. It’s going to be a wonderful time with plenty of opportunities to learn about health and other important support services in our communities.



Drayton Wellness Fair 2023

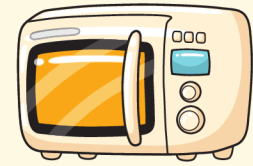
We also plan to offer information about activities available to help seniors lead a healthy, connected, active, and engaged life, including a mini market with local vendors. Watch for the posters and more amazing details.



The Microwave Was Invented by Accident

The microwave was invented in 1945 by Percy Spencer, an engineer at Raytheon.

While working on a radar system, he noticed that a candy bar in his pocket had melted. Intrigued, he experimented with different foods and discovered that microwaves could be used to cook food quickly.



Recipe of the Month

(Rick's) Fried Rice Courtesy of Rick Hauser

Editor's Note: Rick doesn't claim to be the creator of this recipe, but he has had it in his recipe collection for many years and has made it many times. I had the privilege of tasting this dish and as soon as I did, I thought it well worthy to share. It has a lovely delicate taste. Rick served it with some juicy and delicious salmon steaks fresh off the grill, and perfectly cooked asparagus. What a treat. It was such a good meal. And yes, I went back for seconds!

Ingredients

- 2/3 cup chopped carrots
- 3 tablespoons butter
- 1 clove garlic, minced, or to taste
- 1/2 cup chopped onion
- 4 chopped green onions
- 2 large eggs
- 3 cups leftover cooked and chilled jasmine or basmati rice
- 1 tablespoon soy sauce, or more to taste
- 2 teaspoons sesame oil, or to taste

Method:

1. Assemble ingredients before starting,
2. Fry onions, carrots and garlic in butter for a couple minutes then set aside.
3. Scramble and fry eggs and set aside.
4. Begin frying rice in some butter and olive oil. When the rice has started to brown a little, add the onions, carrots and garlic and continue frying and stirring for a few minutes.
5. Add soy sauce and sesame oil and continue stirring for a couple more minutes.
6. Last step is to add the chopped green onions and stir for one more minute.



September has arrived and that means we are returning to our regularly scheduled programming, plus more!

- Check out the new coffee group times (pg.7)
- Thoughtful Thursday Challenges return starting September 5, 2024.
- Drayton Dining Program Planning (Begins in October.)
- Wisdom Workshops.
- New Revised Activity Booklet (so you know what's going on in your community)
- And SO much more. (Keep an eye on your newsletter!)





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 PROGRAM	DATE	TIME /COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	Wed. Sept.18	12 pm \$20	James St. United, Palmerston	Emily Cooper Learn about the Paramedics
Clifford	Wed. Sept. 25	12 pm \$20	Clifford United Church	Julie Martin-Jansen Hospice Wellington Navigating Your Supports
Harriston	Friday Sept. 27	12 pm \$20	Harriston United Church	Robin Smart Alzheimer Society

Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	September 4 & 18	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	September 5 & 19	10:30 am	Selah Centre 24 Wood St., Drayton

Wisdom Workshop Series



To register, or for more information, call 519-638-1000 or contact jbrown@mapleton.ca

Topic & Speakers	Date	Location
Driving Safety with Sergeant Muller O.P.P. & Doug & Bruce, Mechanics, Officers Auto Care	Thurs. Sept. 5 2 pm	Mount Forest Library
Mental Wellness with Joe Wettlaufer, Donna McFarlane, Kristin Hunter MSW, & Elsa Mann MFFHT	Thurs. Sept. 19 1-3 pm	Mount Forest Legion
Scams and Fraud Prevention Crimestoppers & Victim Services with Sarah Bowers-Peter & Elizabeth Kent	Wed. Sept 25 10 am - Noon	Mount Forest Library
Scams and Fraud Prevention Crimestoppers & Victim Services with Sarah Bowers-Peter & Elizabeth Kent	Wed. Sept. 25 2-4 pm	Harriston Library



"Start writing, no matter what. The water does not flow until the faucet is turned on."
—Louis L'Amour

 **For Love of Words**
Wednesday September 18th
7 pm via Zoom

Do you love words? Come join us. We are a non critiquing group of creative writers. Once a month we meet and spend about an hour reading our work to each other and then we do a spontaneous writing exercise in real time.

If this sounds like something you'd like to do, please email Doris Cassan at 4luvwrds@gmail.com to receive the ZOOM link.

September Writing Prompt



It's back to school time! This month we write about school! Where did you go to school? Do you remember your teachers' names? What else do you remember about them? What events do you remember from school? What special achievements do you remember from school? What did you like about school? What did you not like about school? Who were your special friends at school? What were the most memorable lessons that you learned? Do you remember any "aha" moments, when you suddenly grasped a lesson? How long did you go to school? What motivated you to quit? What motivated you to go on?



Doris 

"I'm writing a first draft and reminding myself that I'm simply shoveling sand into a box so that later I can build castles."

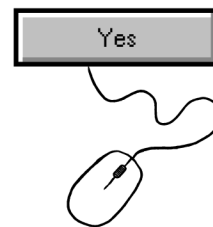
- Shannon Hale



Tech Tips

Avoid Banking F.R.A.U.D.

by Michael Meunier



According to the Canadian Anti-Fraud Centre, a common type of financial fraud in Canada involves fraudsters posing as bank employees in order to trick us into disclosing our personal information.

When we call our banks to perform banking transactions, the bank employee on the other end of the phone may ask us some personal details to confirm our identities. However, a bank would never call us out of the blue, and then ask us to provide our personal information.

We can avoid F.R.A.U.D. by knowing that our banks would never:

FREEZE our accounts

Many scams involve fraudulent text messages or emails that will falsely report that our accounts are frozen, or even threaten to close our accounts unless we click on a link and provide account details.

RUSH us into doing something

If we get a message, claiming to be from our banks that prompt us to take immediate action, delete it immediately. Any message that tries to get us to click on a link or perform an action urgently- to avoid losing money or having an account frozen - is a red flag that the message is fraudulent.

ASK us to keep a secret or be dishonest

Fraudsters may instruct us not to tell bank staff why we are withdrawing or wiring money. Fraudsters will sometimes even provide us with a phony cover story to tell the bank teller – such as that the money is for a family member overseas. Always be honest with bank staff, they are the first line of defense in helping us not fall victim to banking fraud.

USE our help as part of an investigation

Under no circumstances would our banks ask us to withdraw money or perform any financial transaction to help them conduct a fraud or internal investigation of any kind.

DOWNLOAD software onto our computers

Our banks would never ask us to hand over remote access to control our devices. If we receive a call from someone who claims they are from our bank and that they need us to download software onto our computers, hang up the phone and contact the bank at their known number in your files, not at any number that may have been provided to you by the potential fraudster who just called.





ZOOM with us!



SENIORS' CENTRE *for* EXCELLENCE

To get on the ZOOM list, contact gbelec@mapleton.ca or call 519-638-1000

Tuesday



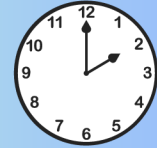
September 5, 2024

Rachel Behling

A Glimpse into the Collection of Auburn Vintage Clothiers



Thursday



September 5, 2024

Deb Dickson, Author

Dealing with Children's Grief



September 10, 2024

Annemarie Hagan

Through the Fog: Discovering Grand Manan Island in the Bay of Fundy



September 12, 2024

Willa Wick with Glynis Belec

If Only this Apron Could Speak!



September 17, 2024

Our New Registered Dietitian MMFT

Cooking with Julianna



September 19, 2024

TBA



September 24, 2024

Robin Smart

An Aspect of Alzheimer Disease



September 26, 2024

Julie Martin-Jansen

Hospice Wellington
Navigating Your Supports



Anti-Fraud Centre:
1-888-495-8501.
Wellington County OPP:
1-888-310-1122.



“Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.”

—Alex Haley



Smiling is often described as the universal language of happiness. It is a simple gesture that can convey warmth, positivity, and openness. But did you know that smiling is also good for your health and well-being? Stay healthy and share a smile today!



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



519 638 1000 HEDWARDS@MAPLETON.CA 1 866 446 4546

