



Heart & Soul of Wellington

SENIORS' CENTRE for EXCELLENCE

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

519-638-1000

EDITION #71

April

HAPPY EASTER



A Word from Helen



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

**Please note: In case of inclement weather, if school buses are not running in North Wellington, then our Dining and Coffee Programs will be cancelled, too. Check here for updates about bus cancellations: <https://stwdsts.ca>*



Wait! Spring is Coming!

As I sit here typing this *Word from Helen*, a blustery wind howls outside the window; the flags at the Drayton Library flap angrily. I believe their anger is directed at Mother Nature, who seems to be rather moody, lately.

Today was supposed to be the grand debut of our *Armchair Travel Trip to Thailand* workshop. Glynis and I dedicated four hours transforming the local legion hall, then Mother Nature decided to host her own weather spectacle, so we were forced to do an about face and teardown, tucking everything away, and cancelling (postponing) our event.



But, there is hope. Last week, Gord in Palmerston, told me he saw a robin; another reported the sighting of a red winged blackbird. If you listen carefully, in the early morning, the birds are singing their little hearts out. The birds really are returning. Oh, and I had my first close encounter with my neighbourhood skunk of 2026.

So, in the next few weeks, if the weather continues to behave like a roller coaster, just know that spring may not have sprung quite yet, but it is most certainly on the way. You did it! You have survived the longest winter in the memory of many. Treat yourself to a piece of cake, a chocolate bar, or your favourite treat...you most certainly deserve it! *Helen*



Board

We are interested in starting a Community Board (pilot) Program in Mapleton in 2026. We are calling it *The Good Neighbour Project*. The idea is to match seniors who need help around the home or yard, with people who have the required skills. We would like to hear what tasks you need assistance with, or where you could help. This will help us design a program to meet everyone's needs.

Contact hedwards@mapleton.ca or call the office: 519-638-1000



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



Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON	Thursday April 2 & 16	10:30 am	Drayton United Church 34 Main Street, East 
*MOOREFIELD	*Postponed until renovations completed		Moorefield Hall Ball Avenue



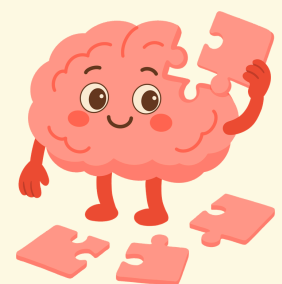
For more information or to register for any of the Dining Programs, please contact the office at 519-638-1000 or send an email to hedwards@mapleton.ca

DINING PROGRAM	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
Harriston	WED. April 8	12 pm \$20	Harriston United Church	Rose Van Sickle A Trip to the Dominican Republic
Palmerston	WED. April 15	12 pm \$20	James St. United, Palmerston	Laura Greenway Right at Home Canada Aging in Place
Clifford	WED. April 29	12 pm \$20	Clifford United Church	Stephanie Chidlow Minto Mapleton Fire Dept Community Connect

SAY THE COLOR OUT
LOUD, NOT THE WORD

YELLOW ORANGE BLUE
BLACK RED WHITE
PURPLE YELLOW RED
GREEN BLUE GREEN

Brain Puzzle



← While your right brain is trying to say the colour, your left brain insists on reading the word!



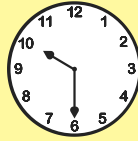
ZOOM with us!



SENIORS' CENTRE for EXCELLENCE

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

Tuesday



Thursday



April 7, 2026

Helen, Johanna, & Glynis
Townhall Meeting of the Wise



April 2, 2026

JP Fillion, Olympic Torchbearer
My Memorable Olympic Experience



April 9, 2026

Lisa Massie
Protecting the Jewels of the Night (how you can support fireflies)



April 14, 2026

Sharon Grose
Our Trip to the Cayman Islands



April 16, 2026

Bob Lacombe
Safe Driving as We Age



April 21, 2026

Alyson Colton, Reg. Dietitian
Cooking with Alyson



April 23, 2026

Glynis, Linda, Willa, & Patti
How Does Your Garden Grow?



April 28, 2026

Joanne White, Social Worker
Dealing with Chronic Pain



MOUNT FOREST & DISTRICT SPORTSPLEX

850 Princess Street



Mount Forest N.O.W.
Nurturing Our Wisdom Workshops

THURSDAY, APRIL 16, 2026

Fire Safety Bingo
Have Fun & Learn! Win Prizes!

1 PM

Have fun brushing up on your knowledge of Fire Safety at Home. Learn more about Wellington North Fire Services' new Community Connect Program, making it easier for you to stay safe.

- No Need to Register
- Free Admission



519-638-1000



jbrown@mapleton.ca



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



Connect My Health



Technology Developed to Make It Easier to Access Your Hospital Record

Submitted by Karen Armstrong

ConnectMyHealth is funded by Ontario Health and is being made available to patients in the Ontario Health West Region in collaboration with local Ontario Health Teams (OHT). In North Wellington, we are part of the Guelph- Wellington OHT.



ConnectMyHealth is different than other patient portals because it combines various types of health records created at hospitals in the Ontario Health West Region into one consolidated view.

Connect My Health has been created to allow patients access to their records when it is convenient for them, and to reduce calls at

medical facilities from patients seeking information about their health. ConnectMyHealth can be an ideal complement to in-person or virtual visits with care providers by providing easy access to hospital records.

What Can Patients See When Visiting the Connect My Health:

- Radiology reports and their corresponding images (where available)
- Cardiology-related reports and images (where available)
- Laboratory test results
- Clinical reports, such as discharge summaries from hospital visits
- Select medication information
- Allergies documented while in hospital
- Pathology and genetics reports
- Details of past and upcoming hospital visits (where available).



For a complete summary of the types of data available in ConnectMyHealth, visit <https://info.connectmyhealth.ca/data-availability>. To learn more about ConnectMyHealth and how to register, visit <https://info.connectmyhealth.ca>.

Wisdom Workshops
Thursday, Apr. 2, 2026

Stay Safe at Home
1:30 pm - 3:00 pm
Mount Forest Library
118 Main Street, North.



Presenter: Constable Matthew Burton, Community Engagement Officer, OPP - Wellington County

- OPP Representative shares tips to help keep your property safe.

jbrown@mapleton.ca 519-638-1000

RSVP

- Free Admission
- Refreshments





Hope it's an eggs-traordinary day. Don't worry, be hoppy!
I carrot wait for Easter! Have a hoppin' good Easter!



Planting Seeds

Glynis M Belec (Previously published in Rural Route magazine - March 19, 2019)

As a young mom with lots of energy, I was determined to do everything right. I would teach my 'young-uns' as much as I could, with special emphasis on getting back to basics. Gardening seemed a good place to begin.

"Come help me plant some seeds," I told my bouncy little curly headed Amanda. I was 'great with child' number two but knew this was going to be a worthwhile lesson, even though my blossoming abdomen might argue later. It would be worth it.

I cordoned off a small area so Amanda would have her own little garden plot. A perfect start to Homesteading 101. Chickens in the shed. Dog in the yard. Kitties in the barn. Baby in the oven and a little darling learning about things of the earth. Life was good.



With my trusty hoe and daughter in tow, we headed to the garden to dig and plant; learn and grow. I placed the basket with all the seed packages in it at the edge of the garden. In Amanda's area, I showed her how to make neat rows using her own mini-hoe. She was excited and had her little hoe at the ready. I left her to create a few more rows and then I told her I would come and show her how to plant the seeds. I headed to the other part of the garden and started the deeper, longer rows for the potatoes.

"I'm done!" came the little shriek. I headed over to check on the rows in the junior garden. Amanda beamed. Three seed packages in hand, she proceeded to tell me she had planted the corn, the beets and the carrots. Upon further inspection, I saw the little hill. I had been telling Amanda about how I hill the potatoes so in her little creative mind, she thought she would 'hill' the corn and the carrots and the beets. All together. In one hill!

It was an interesting sight, me (great with child) on my hands and knees digging through the pile of 'hilled beets, carrots and corn' trying to retrieve said seeds! Turns out under the hill was a deep hole, too, which Amanda explained was her pit she had dug so the seeds would stay warm. I made a mental note to rehash the teaching part about the seeds needing to be warm. Needless to say, retrieving carrot and beet seeds from the sandy soil, could only be described as an exercise in futility.



"I love planting seeds with you, Mommy!" A hug on the neck and a kiss planted on the cheek. How could I get angry or even niggled with such innocence and joy? I patted my belly thinking about the little seed that was blossoming rapidly in my abdomen. Then I looked at the smiley face of my little girl. I planted a smoochy mommy kiss on her cheek and thought about the other kinds of seeds that were being planted that day!



Rejoice! Easter symbolizes a sense of joy, renewal and new beginnings.



Pet Corner

Hello Ruby!

Submitted by Brenda Kellendonk

Ruby is a two-year-old purebred lab who is full of energy. In the summer she runs in circles trying to catch the butterflies and touches the bees with her nose. She loves her squeaky toys and lying in the sun.

Since she is such a cuddle-bunny, her Zen place is when she is lying across an obliging person's legs.

In her busy time she likes to take our hand towels and run with them. Ruby loves being chased!

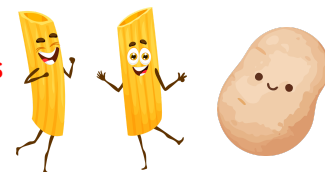


A Reader Asked...



On Facebook, there was a tip from a nutritionist who said to cook your pasta or potatoes the day before you eat them, and place in the fridge overnight. Once reheated, they supposedly contain less starch, and then blood sugar will be more stable when eating these items. Is this true, and if so, does it make enough difference to make the task worthwhile?

Thank you to Danielle McIntosh, our always available Registered Dietitian from the Minto Mapleton Family Health Team, who is always willing to answer our questions and offer great nutritional advice!



Danielle's Reply:

Yes! This is true. When you cool, refrigerate, and reheat carbohydrates, they form what is called, *resistant starch*. This type of starch is harder for the body to break down, meaning the release of sugar into the bloodstream is slower, resulting in a lower blood sugar rise. It is also beneficial for our gut bacteria, which can help with digestion, immunity, and blood glucose control. I am not saying you should eat more rice, potatoes, and pasta overall, but when included in a balanced meal, preparing them ahead of time and reheating them can be a simple way to increase resistant starch intake and support blood sugar and digestive health.

Submit your question **HERE** or call 519-638-1000. Don't miss this opportunity to have your concerns addressed by a professional. Your question could be featured in our next column!



"The beautiful spring came; and when nature resumes her loveliness, the human soul is apt to revive also." – Harriet Ann Jacobs

For the Love of Words ♥

Do You Like to Write?

Or maybe you might like to learn a little more about the craft? Join us on our Monthly ZOOM.

Thursday, April 23, 2026
Thursday, May 28, 2026
Thursday, June 25, 2026

4luvwrds@gmail.com



April Writing Prompt

Write your story...

Doris Cassan



Neighbours

Robert Frost wrote that good fences make good neighbours. Have you had that experience? Have you had some memorable neighbours? Some that became good friends? What were they like? Where are they now? What makes a good neighbour?

When you write from the heart, you touch the heart of the reader ...

Doris

DECLUTTERING WITH DORIS

Doris Cassan



*If you have a decluttering question for Doris, please [CLICK HERE](#).

Dear Doris

Dear Doris, I declutter, and then it all fills up again! Is there any point in me continuing to get rid of things? Signed Auto Fill.

Dear Auto...

You are not alone. The problem is to stop the inflow. Ask yourself why you are accepting an item.

Put a 48 hour delay on accepting hand me downs. Do you really need them? What could you do instead of purchasing a new item? How have you been managing without the item(s) up until now? Will you be donating it (them) within a few years? Sometimes you know that as you acquire it!



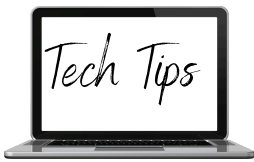
Facebook Conversations, Information, Thoughtful Thursdays

You need to come check out our Facebook page for so many reasons:

- find out what's happening at the Seniors' Centre for Excellence
- stay informed about the latest health information
- learn about upcoming workshops and events
- join in on our Thoughtful Thursday Challenges and have a chance to win wonderful prizes each month ... and more!

FOLLOW





How to Help a Good Samaritan Return Your Lost & Locked Smart-Phone (PART 2)

by Michael Meunier



As we talked about last month, losing your cellphone is stressful. Here are a few more ways to help a Good Samaritan return it to you without the need of a passcode to unlock the phone.

1. Enable "Find My" Services

This won't help the person who finds it, but it helps you help them.

- **Apple:** Use *Find My iPhone* to put your device in Lost Mode. This lets you display a custom message and phone number remotely on the screen.
- **Android:** Use Google *Find My Device* to secure device, which locks the phone and displays a message/button the finder can tap.

2. Important Tips for Recovery

- **Be Aware of Battery:** If you are tracking the location, try not to *Play Sound* too often as it drains the battery.
- **Don't Erase yet:** If you *Erase* or use *Factory Reset* remotely, you will lose the ability to track it and the *Lost Mode* message will disappear.
- **Call the phone:** It sounds simple, but many people forget to just try calling their lost phone. A Good Samaritan might be waiting for the phone to ring so they can answer and talk to you.
- **One Safety Warning:** If you see your phone moving on the map (via *Find My iPhone*), do not go to a private residence to retrieve it yourself. Instead, plan to meet the Good Samaritan in the parking lot of your local police station.

3. Options for Returning a Found Phone without Arranging a Face-to-face Meeting

a. The Carrier Drop-off: Rogers, Bell, Telus, and their subsidiaries like Fido, Virgin, or Koodo, will often accept found phones at their retail stores.

b. Create this Message: "Thank you! Please drop off my phone at any [Your Carrier] store. They can identify me via the SIM card and contact me safely."



Why it works: It's low-effort for the finder, and you don't have to share your personal contact details with a stranger.



Offered through Hospice Wellington



Spousal Loss Support Group:

Wednesdays April to June in Arthur. A weekly in-person support group which runs for 8 weeks; intended for individuals who have experienced the death of a spouse or partner. This group will be a closed group with the same members throughout. To register, please call 519-836-3921 for details.



Songs of our Lives:

Weaving the Tapestry. Drop-in Music Therapy Workshop Wednesdays: April 8, May 13, June 10. Open to all community members. 3:00pm - 4:30pm, Alma Bible Church, 59 Peel St. E., Alma. No registration required.



National Volunteer Week in Canada (April 19–25, 2026)



“Everybody can be great. Because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and your verb agree to serve. You don’t have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.” —Martin Luther King, Jr.



BOBBI’S FAMOUS BUTTER TARTS

submitted by Bobbi Denny

Editor’s Note: Following a taste-test, we are happy to report that these butter tarts are easy to make, quick to cook, and most importantly, delicious to eat. The crust is flaky and the filling is juicy and delicious (and somewhat addictive).



Ingredients

Pastry

- 2 cups of flour
- 2/3 cup shortening
- ½ cup ice water

Filling

- 1 egg beaten
- 1/3 cup butter (melted)
- 1 cup brown sugar
- 2 tbsp milk
- 1 tsp vanilla extract
- ½ cup raisins, currants or chopped pecans (optional)

1. Mix flour and shortening until the consistency of oatmeal refrigerate until well chilled.
2. Add approximately ½ cup of water, a bit at a time, until dough is moist enough to hold together in a ball.
3. Turn onto a lightly floured board, divide in half, and roll out to create 12 pastry tarts.
4. Mix all filling ingredients together and fill tarts 2/3 full.
5. Bake at 375° F for 35 minutes.

Word of the Month

Cattywampus

(Adjective):

1. askew; awry.
2. positioned diagonally; cater-cornered.



having fun



- April 4 - April Fools’ Day
- April 5 - Easter Sunday
- April 11 - National Pet Day
- April 15 - National Laundry Day
- April 19 - National Volunteer Week
- April 22 - Admin Professionals Day
- April 22 - Earth Day
- April 30 - International Jazz Day

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



CENTRE WELLINGTON FIRE RESCUE

SENIOR SAFETY DAY



- 10:00 AM:** Sign-In
- 10:30 AM:** Opening Remarks
- 10:45 AM:** OPP Presentation
- 11:35 AM:** G-W Community Paramedicine Presentation
- 12:30 PM:** Lunch
- 1:00 PM:** Crime Stoppers/Victim Services Presentation
- 1:45 PM:** VON Presentation
- 2:30 PM:** CW Fire Rescue Presentation
- 3:00 PM:** Closing Remarks

Only 75 seats available!

Scan the QR Code to Book or Contact Us:

519-843-1950 | fireprevention@centrewellington.ca



Wednesday, April 8, 2026



Jefferson Elora Community Centre
29 David St W, Elora



10AM - 3PM

SCAN HERE

