



# Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #50

## July 2024



### A Word from Helen



Helen Edwards SCE Seniors' Health Services Coordinator [hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)

As always, as July approaches, I think about Canada Day and how lucky we are to live in such a wonderful country. I also think about Ontario strawberries soon to be available in our stores and farm-side stands. Perhaps it should be made law that every Canadian should enjoy at least one bowl of vanilla ice-cream and strawberries in July! While Dairy farmers might be glad to hear of my idea, I am not sure that law enforcement would be on board!

I am going to try this month to be mindful of *glimmers* in my life. We had shared the definition of *glimmers* in a previous edition of our newsletter. As a reminder, *glimmers* are those micro moments in your day that make you feel joy, happiness, peace, or gratitude. Once you train your brain to be on the lookout for *glimmers*, more of these tiny moments will begin to appear.

This month, as always, I wish you and yours a glimmer-filled month... with at least one bowl of strawberries and ice cream.

*Helen*



### Activities Spotlight



#### You Lived Where?

***Come join us for a spectacular lunch and an afternoon to remember!***

The Clifford United Church ladies, Sharon, Marg, and Dianne, always put on a delicious homemade meal ... definitely worth the drive to the quaint village of Clifford!

#### Clifford United Church Dining Event.

**Wednesday, July 31st, 2024**

(11 Allan St E., Clifford, ON, N0G 1M0)



Our first guest, **Johanna Brown**, will regale us with tales about **South Africa** and then **Angela Charles** will whisk us away to the **Caribbean** and share what it was really like living and growing up in the sunny West Indies. (Call the office to reserve your spot.) 519-638-1000



Some people bring joy wherever they go, and some people bring joy whenever they go. —Mark Twain



Our Boy,

## Freddy



We were living on a farm when we first met Frederick, an English Bull Terrier. Our neighbour, Susan, who lived two farms up the road from us, was instrumental in Freddy coming into our lives. At that time, we had four dogs and four cats that we had taken in over the years.

Susan was relatively new to our area and was very involved in the care of her mother, who still lived in the city.

While there, she also regularly visited her elderly ex-neighbour Peter, who had no family and lived alone, to ensure that he was well. Peter was Freddy's original doting dad.

It just so happened that Peter needed to spend a couple of days in hospital to have some medical tests done, and he was concerned about what to do with Freddy. Susan told him that we could likely take him as we'd had English bull terriers in the past, and, because our daughter bred and showed them, we were familiar with the breed. Peter did not warm to the idea as he had not met us. We assured Susan we would love to look after him. The next time she brought Peter up to visit her family, she pointed us out as she drove by our house. At that very time, our four dogs were out playing and having a lot of fun. Peter agreed that this may be a good place for Freddy to stay after all. He now felt okay about leaving Freddy with us and going in for his tests.

A couple of weeks later, Peter's neighbours became concerned when they had not seen him or Freddy for three days, so they called the police to do a wellness check. The police and para-medics arrived at his house but got no answer. They ended up forcing the door open. They were greeted by a protective, barking dog that would not allow them inside. They called for assistance and Freddy was pepper sprayed and taken off to a kennel.



There was no sign of Peter and no answer to their calls. They went upstairs to the bedroom, passing on the staircase a dog bed with most of the stuffing pulled out of it. They found Peter lying on the floor by his bed with bits of stuffing around him. He had been dead for two or three days. Freddy had tried to cover him with stuffing for warmth. They also found Freddy's food untouched in his dog dish in the kitchen. He had not eaten for days. He had also neatly done his doggy business on the same spot beside the back door over that period.

Knowing that Peter had approved of us, Susan, the executor of Peter's estate, allowed us to adopt Freddy. We never looked back. Freddy moved in, and within a couple of days was lying in the corner of the family room with a heap of snoring dogs on a pile of dog beds. He loved the company and physical contact. They all got along so well.



Your time on earth is limited. Don't try to "age with grace." Age with mischief, audacity, and a great story to tell.

—Unknown]

We enjoyed watching them chase each other around the property, and Freddy was soon one of the first dogs to race to the house when we called them in. He loved playing and got himself into many hilarious situations that made us laugh. He was gentle with the cats and they totally accepted him as family. He welcomed any visitors and made them feel special. It was as though he had always lived there. We knew that Peter was looking down and smiling.

Many years later, we moved from the farm to our present community. By then Freddy was our only remaining dog. He settled in very quickly. He loves his walks on a lead around the community and he always greets the people and dogs with a friendly, wagging tail. He had never met so many people before, and he loves it. He is a very happy dog and enriches our lives every day.

However, he is an old dog now; he'll be 14 in April and that is old for his breed, so we know we may not have him for much longer. He sleeps a lot, cannot stand for long or walk far, and he is deaf and mostly blind. However, he still loves his car rides; he has outbursts of playfulness, and gallops around the room with a toy, knocking things over before he plops down, falls asleep, and starts to snore. He comes for cuddles and loves to fall asleep on our feet. Even though his snoring often keeps us awake at night, we appreciate every day we spend with him as a gift. We adore him. Our lives revolve around him, and, in spite of the sad circumstances under which we got our Freddy, we will forever feel so very thankful that our paths crossed.



Some people like the limelight while others prefer to help out behind the scenes.

Thank you so much to Gilles Belec for building the framework for our recent *Murder, Mystery, and Mayhem in Moorefield* event.

We are also grateful to Gilles for helping with our Christmas Float, our stands at the Health and Wellness event, and for being our volunteer "general contractor" whenever the need arises.

*I can no other answer make but thanks, and thanks, and thanks, and ever thanks.*

—William Shakespeare

## WORD OF THE MONTH:

✓ *Meliorism*

The belief that we can contribute to positive change and improve the world through acts of love, creativity, compassion and kindness.



## Cancer Care Support

*Mishele Ecker—Cancer Care Coordinator, Mount Forest Family Health Team*

Statistics Canada revealed that an estimated two in five Canadians will be diagnosed with cancer at some point in their lifetime. In 2021 an estimated 229,200 Canadians were diagnosed with cancer. Cancer affects many individuals and families, whether as a person diagnosed with this illness or as someone supporting a loved one.

In an effort to address the many concerns and stresses that individuals, caregivers, and families face, the Mount Forest Family Health Team (MFFHT) clinic has a Cancer Care Coordinator that people can connect with for support.

The Cancer Care Coordinator at the Mount Forest health clinic is able to provide support and services to patients in Wellington County while on their cancer journey at any stage. Whether at initial diagnosis, during active treatment, or upon survivorship, the Care Coordinator provides practical guidance and emotional support to both patients and their families/caregivers.

Support is available in a variety of formats, including support groups, exercise/gentle movement groups, as well as one-to-one support. By connecting with the Cancer Care Coordinator, individuals with cancer and their families are offered resources and tools to address the physical, emotional, and spiritual support that may be needed when dealing with a life-threatening illness.

Patients can also be assisted with service coordination, advocacy, accessing income support/financial programs, linkages, navigation of various other healthcare services, referrals to other community programs, and services including respite, as well as ongoing emotional support during a person's cancer journey. The health clinic also has a small onsite library with cancer related materials for loan, including books and DVDs, and resources/free information that can be used for Advanced Care Planning, dealing with anticipatory grief and bereavement.

Also noteworthy is that the Cancer Care Coordination Department, via the Mount Forest Family Health Team (MFFHT), has many wonderful and committed community partners and supporters. These include HopeSpring Cancer Support Centre, Hospice Wellington, and the Louise Marshall Hospital (LMH) which operates the local Chemotherapy Treatment Clinic that works in close conjunction with the Grand River Regional Cancer Centre in Kitchener.



*For more information regarding the many cancer support group sessions available, please contact Mishele at (519) 323-0255 x 5014 or (519) 604-8427*



No one tells the mountains or the trees or the ocean they're too old. They talk about how grounded, how powerful, how awesome they are....imagine if we thought the same way about ourselves as we got older. Maybe then we would realize how truly spectacular we are!

—Becky Hemsley

## The Canadian Way

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1967. I had just emigrated to Canada with my family. My poor mom. Four kids, a dog, a Singer sewing machine in a heavy wooden case—that for some reason, Mom had decided would be ‘carry-on’ luggage—crate loads of furniture and suitcases for everyone. She was a brave soul sailing for nine days on the Empress of England Ocean Liner from the UK all the way to lovely Canada with her full quiver. Dad had left for Canada three months earlier to find a job and a house for us, so Mom was running the sea-faring show.

We were nervous but excited about stepping foot onto Canadian soil and to see our new home. I am sure my mother was having second thoughts, though, as she dealt with my younger sister and brother experiencing sea sickness off and on (mostly on) for nine days asea and me gobbling down course after course of finely prepared meals!



“Stop eating so much,” she would say to me, fearful she would be adding another child to her ‘sea-sick’ list. I had such a great relationship with that incredibly talented Chef who looked after ‘our section.’ He was so happy I loved his culinary creations, that he made me a special birthday cake. I was ten when we left the shores of Britain. I turned 11 in the middle of the Atlantic Ocean (my husband likes to say it took a year to get here in the sailboat – but I digress).

How thrilled I was with the many adventures on board. And then when we fought our way through the breaking ice (which we thought were icebergs and Mom, at one point, thought we were “going down” so she made us put on our life jackets) finally rounding the shores of Montreal, and seeing the amazing space-age-type buildings in Canada – I was impressed. Would we be living in a glass house? Later I found out that Expo 67 was happening and those glass, space-age buildings along the shores of the St. Lawrence Seaway, were part of Canada’s 100th birthday and Centennial celebration and NOT the types of houses unique to Canada!



We rode the train all the way from Montreal to London, to meet Dad. Cabins replaced glass houses and now we were worried we would be bunched together in little wooden shacks. But we got to London and were happily reunited with Dad. He took us to our lovely bungalow home on Beaverbrook Avenue in London and we were happy to drop our suitcases. And Mom was happy there wouldn’t be as many windows to clean as we had originally surmised back in Montreal!

We had never seen colour television before but Dad had bought one. We were mesmerized by The Flintstones and The Jetsons and Bugs Bunny, in living colour, yet!



I just wish people would realize that anything's possible if you try; dreams are made possible if you try.

—Terry Fox



Hard to believe it's been 50 years since we embarked upon that journey. I soon discovered that living in Canada wasn't about all that I was when I arrived, but more about what I could become after I settled in.



I remembered the day when I received my Canadian citizenship. A reporter came up to me at the ceremony asking me all sorts of questions about why I came to Canada (my parents forced me). What did I think when I arrived on Canadian soil (Canadians don't know how to spell) and why did I decide to become a Canadian citizen (because I finally decided that Canada is the best country in the world to live.) The reporter never aired that clip on TV that night. To her – likely too dull. But to me – plain, honest to-goodness truth! The true north strong and free!



## Recipe of the Month

### Bumbleberry Walnut Crisp

Courtesy of Alyson Colton RD MFFHT

*Alyson originally shared this with our group on ZOOM as Blackberry Walnut Crisp but some of us tried it with other berries so she gave us permission to change it to Bumbleberry! No matter what you call it, it sure is delicious!*



### Ingredients

- 2 tablespoons + 1 tsp extra virgin olive oil divided
- 3 ½ cups blackberries fresh or frozen and defrosted (or you can use mixed berries)
- 1 cup walnuts coarsely chopped
- ½ cup rolled oats
- ¼ cup all purpose flour

- ¼ teaspoon salt
- 2 tablespoons honey or pure maple syrup
- ¼ teaspoon pure vanilla extract
- Plain unsweetened yogurt (optional)

**Note:** You can make this in either one larger 9x9 baking dish, or in 4 smaller ramekins.

### Method:

1. Preheat the oven to 350°F. Rub the baking dish or ramekins with 1 teaspoon of olive oil.
2. Set aside about ½ cup berries to top the crisp and spread the rest of the berries out in an even layer in the baking dish, or divide evenly between ramekins. Set aside about ¼ cup of the larger walnut pieces to top the crisp.
3. In a medium bowl, stir together the rest of the walnuts with the oats, flour, and salt. In a small bowl, stir together the remaining 2 tblsp olive oil, honey, and vanilla. Pour over the oat mixture, stirring until the topping comes together in clumps. Spoon onto the berries in an even layer. Scatter the remaining berries and walnut pieces on top.
4. Bake for 35 to 40 minutes, or until the berries and juices are bubbling and the topping is browned and crisp like granola.
5. Serve warm with a dollop of yogurt, if using. Store in fridge for up to 3 days.



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](mailto:hedwards@mapleton.ca)

| DINING PROGRAM |                   | TIME /COST    | LOCATION                        | GUEST SPEAKER OR EVENT   |
|----------------|-------------------|---------------|---------------------------------|--|
| Palmerston     | Wed.<br>July 17   | 12 pm<br>\$20 | James St. United,<br>Palmerston | <b>Doris Cassan</b><br>My Alaskan Cruise                                     |
| Harriston      | Friday<br>July 26 | 12 pm<br>\$20 | Harriston<br>United Church      | <b>Helen Edwards,</b><br><i>(Facilitator)</i><br>If This Apron<br>Could Talk |
| Clifford       | Wed.<br>July 31   | 12 pm<br>\$20 | Clifford<br>United Church       | <b>Johanna Brown &amp;<br/>Angela Charles</b><br>You Lived Where?            |

## Decluttering with Doris

Doris Cassan



### ***Sentimental stuff is the hardest to purge.***

One easy example was demonstrated by a friend of mine. She had a large stuffed bear given to her by a past boyfriend ... many, many years ago. She kept it because she thought well of him. Now, though, after having two marriages that ended badly, the stuffed bear is saying to her, "This is the one that got away. I should have chosen better."

***If an item is making you feel bad or sad... get rid of it!***



## Shuffleboard

Harriston Train Station  
83 Arthur St. W  
Tuesdays at 7:00pm  
*Starting June 11th!*



**JOIN US**

**Membership Fee: \$40.00**  
**No previous experience required!**

If you are interested, call 519-338-2511 ext. 240.

# Behind the SCENes

The Seniors' Centre for Excellence (SCE) is excited to announce that they were successful in receiving a \$25,000 grant to create a calendar for 2025 on Debunking the Myths of Aging.

Each month a myth about aging will be dispelled by an "Myth-Busting" older adult, from Wellington County. Here's an example of a myth you may have heard once or twice: *You can't teach an old dog a new trick.* So not true! Meet the senior who learned to speak Russian during COVID!



12 months, 12 myths dispelled. Copies should be available in October. You don't want to miss it. You might even see some familiar faces!



## ZOOM with us!



### Please Note:

For the months of July & August, ZOOM Sessions will **only** be on **Tuesday Mornings 10:30 am.** Thursday Sessions will resume in September.

July 2, 2024

Katie Clarke WCMA  
Confederation



July 23, 2024  
Mary Lloyd

Sensational YOU - Ladies  
Undergarments



July 9, 2024

Steven Karcher, Executive Director of  
Drayton Entertainment  
The Thrill of Live Theatre



July 30, 2024

Mandy Jo McMurray

Wild Life Canada Animal Rescue -



July 16, 2024

Alyson Colton Registered Dietitian  
Cooking with Alyson



July & August 2024—All COFFEE  
GROUPS will be CANCELLED



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

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



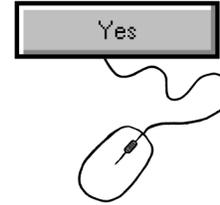
“One day, Canada will take over the world.  
Then you’ll all be sorry.” –Anon.



## Tech Tips

### Email Etiquette

by Michael Meunier



Writing a polite and professional email relies on remembering some basic etiquette. Here are four reminders:

1. **Write a clear subject line.** Make sure your recipient can understand what your email is about by writing a subject line that clearly communicates the subject matter, such as: “Meeting canceled on July 1st” or “Photos from Pinehurst golf trip”. And certainly don’t leave the subject line blank.
2. **Avoid using all capitals.** Sometimes the Caps Lock can get switched on accidentally, and it might not seem like a big deal to keep typing in all CAPITAL LETTERS. But, on the Internet, typing in all capital letters looks like YOU ARE SHOUTING, so do your recipient a favor and make sure to switch off Caps Lock.
3. **Be discreet about what you send.** Any email can be forwarded to another person, so it’s a good idea to keep private information out of emails, unless you absolutely trust the recipient’s discretion.
4. **Be mindful of using Reply All.** Hitting “Reply All” sends your email to everyone who also received a copy of the original sender’s email, and unless everyone really needs to know about your response, you should only reply to the one person you’re trying to respond to, by hitting “Reply to Sender”.

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## A Giggle ...

*Sharing an email with permission!*

Hello Helen, Glynis and Johanna:



Tom and I really enjoyed the lunch and Murder Mystery today. Thank you for all your hard work. I just had to share this with you.

**(Note: The poster mentioned was of a Victorian Female Criminal)**

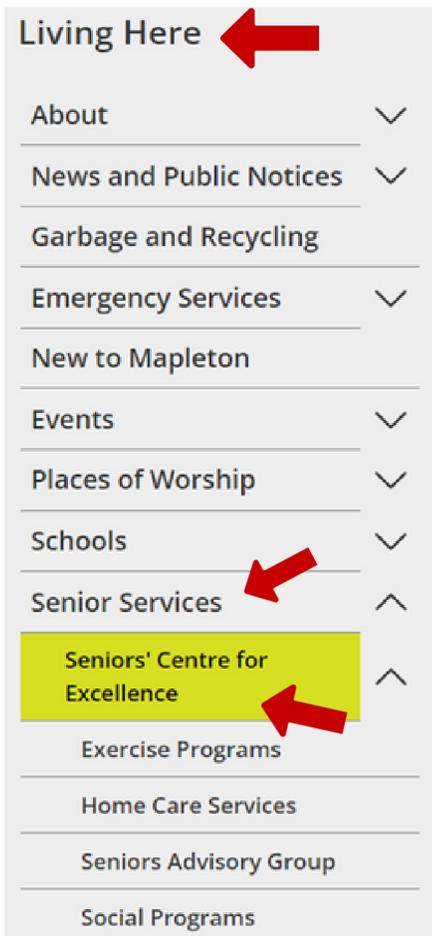
I brought the “Wanted” poster home that was for me. My son dropped in for the night and thought it was really me (on the poster.) I asked him if he thought I was that old. He said, “Well I dunno. I thought maybe it was a costume party in the 60s or something.” (I was born in 1957.) Not many toddlers going to costume parties.

Honestly! I just had to have two sons. No daughters to empathize with me.

Let your fingers do the walking!

**CLICK HERE** 

### Visit our Seniors' Centre for Excellence Website!



So ... you remember seeing that awesome recipe for meatloaf somewhere in one of the past issues of the Heart & Soul of Wellington, but you have lost your copy. Or maybe you would very much like to read that interesting article on “Good Eating Habits – 10 ways to Keep it Simple,” again. Even worse—you have lost your valuable copy of *SCE’s Activities and Events for Older Adults*. What to do? Here’s an easy solution – simply let your fingers do the walking. Visit the Seniors’ Centre for Excellence webpage! [www.Mapleton.ca](http://www.Mapleton.ca) and click the Living Here button.

Scroll to the bottom once you open the page, and you will find the latest newsletters with upcoming events, as well as an archive of old newsletters filled with interesting articles, plus the *Activities and Events* booklet.

We also provide more information about exercise, social programs available, as well as updated, useful links to a variety of other important services available to older adults in our community under “Home Care Services.” Please see the navigation panel to the left of the Seniors’ Centre webpage to find and open these links. Feel free to call the office if you need help navigating. 519-638-1000.

♥ **For the Love of Words ZOOM sessions are cancelled for July and August. Happy Summer and do keep writing!**

[4luvwrds@gmail.com](mailto:4luvwrds@gmail.com)

Doris 

### July Writing Prompt

This month we reflect on that carefree time when we didn’t know what a tax bill was. Where and when were you born? What have you been told about you birth? What is your birth order? (oldest, youngest, middle, 3rd of ten, etc). Did that have any effect on your childhood?



Write down your parents’ full names and your siblings’ full names and birth dates. How would you describe each of them. Where have you lived? What do you remember of each place? Who were your special friends in the neighbourhood? What were your favourite pastimes? Were there any memorable events from your childhood? Did you ever have any accidents, injuries, major illnesses or surgery as a child? Describe those events and how you felt.

