



# Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #63

# AUGUST 2025



## A Word from Helen

### The Summer of *joy*

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



I declare the summer of 2025 to be the *Summer of Joy!* What does that mean? Admittedly, my declaration powers are somewhat limited, but to me it means embracing “plain old” summer activities that I really enjoyed doing when I was younger.

My grandson had a huge part in making me think this way. He makes me remember the joy of a sprinkler, the glee of swimming, the wonder of fireworks, the excitement of splash pads, the purity of belly laughs, and the anticipation of ice-cream. Okay, full disclosure, I hadn't forgotten about the ice-cream part. But he does provide me with a reminder of how much joy you can find in this world.

If you don't have a younger person to hang out with, try to spend some time with someone who encourages you to erupt into laughter. Do something fun with your bestie. Go for a picnic, a road trip, or go watch the children at the splash pad. Even better, go into the splash pad!

Life is too short to delay your Summer of Joy. Send us a story or photo of your Summer of Joy for the newsletter. When you do that, you will inspire your peers and bring joy to others. If you submit a story or photo you will be put into a draw for a \$25 Foodland gift card. You can buy a lot of ice-cream for \$25. 😊 The winner will be announced in the September newsletter.

*Helen*



for the



- Thursday ZOOMs
- Coffee Hours in Moorefield and Drayton
- Thoughtful Thursday Word Challenges
- For the Love of Words ZOOM meetings



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In the summertime, when the weather is hot, you can stretch right up and touch the sky. —Mungo Jerry



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	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	WED. August 20	12 pm \$20	James St. United, Palmerston	<b>Mike McGill</b> WCMA presentation
Clifford	WED. August 27	12 pm \$20	Clifford United Church	<b>Nelda &amp; Johanna</b> You Grew Up Where?
Harriston	 <p><i>We're moving our dates. For August, the Harriston Dining Program is not running. We will resume in <b>September</b> on the <b>second Wednesday!</b></i></p>			



ZOOM with us!



**SENIORS' CENTRE for EXCELLENCE**

**Tuesday**



To get on the ZOOM list, contact [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca) or call 519-638-1000



*ZOOM sessions will be on Tuesdays, only, for July & August*

**August 5, 2025**  
**Rachel Behling**  
Fashionista



**August 19, 2025**  
**Julian Van Osch RD. MFFHT**  
Cooking with Juliana



**August 12, 2025**  
**Tom Cassan**  
Tractor Treasures



**August 26, 2025**  
**Sharon Grose**  
Farm Safety & Tractor Etiquette





The Seniors' Centre for Excellence

presents

# Wisdom Workshops

Thursday,  
Aug. 28th, 2025

Free Admission  
& Refreshments

RSVP

519-638-1000

[jbrown@mapleton.ca](mailto:jbrown@mapleton.ca)



## Learn how to make Your Own Sourdough Bread!



### "A Demonstration"

Discover the benefits of Good Carbs & Learn the Art of Traditional Sourdough Baking!

with

**Danielle McIntosh**

Registered Dietitian - MMFHT

## Harriston Library

1:30 pm - 3:00 pm



## Pet Corner

### Jones

Submitted by Amanda Short

Jones is a 9-year-old tortie. She is a Daddy's girl and loves scratches from him, but no one else! She has many skills; she guards her house from chipmunks and very importantly, blowing leaves.

Her best skill, however, might be her ability to hide. In fact, on one occasion she sent her family out into the neighbourhood frantically looking for her. When the shaken and tearful family returned to their home without their beloved Jones, they were surprised when she suddenly appeared in the kitchen, strutted over to her bowl with an annoyed expression as if to say, "Where were you...my supper is late?"

*Good job Jones is loved!*



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“Drinking water is like washing out your insides. The water will cleanse the system, fill you up, decrease your caloric load, and improve the function of all your tissues.” —Kevin R. Stone

## Staying Hydrated

*Submitted by Danielle McIntosh Registered, Dietitian. MMFHT*

Staying hydrated is important for everyone, but it is especially important as we get older. Many older adults don't drink enough fluids each day which can lead to dehydration. Dehydration can cause serious health problems and make you feel unwell, even if you don't realize it right away.

As we age, our sense of thirst becomes weaker. This means we may not feel thirsty even when our body needs fluids. Some medications, like water pills or laxatives can cause the body to lose more water. Health conditions like diabetes or kidney dysfunction can also affect how much fluid we need or how our body uses and holds onto fluids.



Even mild dehydration can lead to fatigue, headaches, confusion, dry mouth or constipation. It can also increase the risk of falls, urinary tract infections, and hospital visits. These symptoms are often mistaken for signs of aging or illness, so dehydration can often go unnoticed.

Fluids also help with many body functions. It supports memory and thinking, controls blood pressure, keeps joints and muscles working well, and makes digestion easier. Most adults should aim for 6-8 cups of fluid each day. This is about 1.5-2 litres. This does not have to come from water only; tea, milk, soups, hydrating fruits and vegetables all contribute to your daily fluid count.

### Tips for staying well-hydrated:

- Keep a glass of water/water bottle nearby at all times and sip often
- Have a drink with every meal or snack
- Add lemon or berries for flavour
- Include soups, smoothies or tea daily



These small steps can make a huge difference. Staying hydrated each day helps you to feel your best, stay sharp, and keep your body working at its best. If you're not sure exactly how much fluid you should be drinking, talk to your healthcare provider or registered dietitian for personal recommendations.



*Let's raise a glass to good health, one sip at a time!*





How do you prevent a summer cold?

Solution:

Catch it in the winter!



## Activities Spotlight



# Bus Trip

## Stratford

Friday, August 15, 2025

9 am - 3 pm



***YOU are invited to join us on our next Memorable Bus Trip Adventure.***

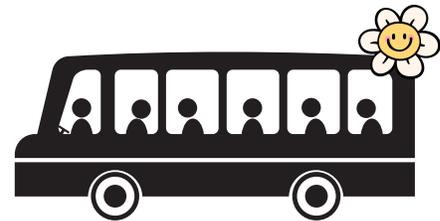
*From Anna Mae's Restaurant in Millbank to the Stratford Perth Museum and beyond, get ready to experience a day filled with culinary delights, historical discoveries, and sweet treats!*

Pick up locations:

- Mount Forest - 9 am
- Arthur - 9:30 am
- Drayton - 9:50 am
- **Arrival at Anna Mae's : 10:15 am *Opportunity to shop in the gift shop before an early lunch at 11 am***
- **Arrival at Stratford Perth Museum: 12:50 pm**
- **Stop for Ice-cream: 2:30 pm**
- **Depart for Home: 3 pm >>>**

# \$45

*(All inclusive, except for ice-cream stop!)*



Ontario 

> REGISTRATION



519-638-1000

Registration opens Tuesday, August 5<sup>th</sup> at 10 am; maximum TWO registrants per call, please.

# you

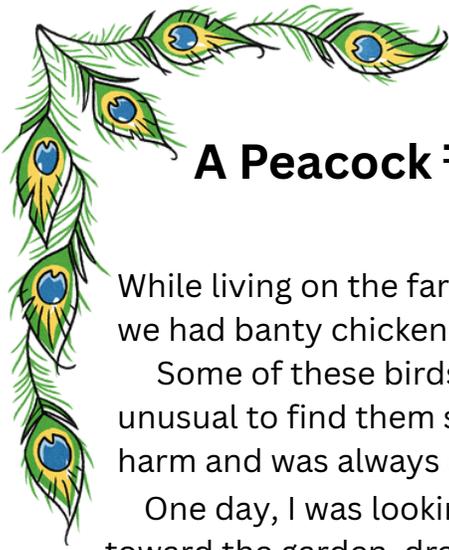
If every single person who has liked you in your lifetime, were to light up on a map, it would create the most glitteringly beautiful network you could imagine. Throw in the strangers you've been kind to, the people you've made laugh, or inspired along the way, and that star-bright web of you, would be an impressive sight to behold. You're so much more than you think you are. You have done so much more than you realize. You're trailing a bright pathway that you don't even know about. What a thing. What a thing, indeed.

—Donna Ashworth



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# A Peacock Tail-Tale

*Submitted by Patty deRose*



While living on the farm, Mike and I had a love of fancy poultry. At different times we had banty chickens, regular brown laying hens, geese, peacocks, and turkeys.

Some of these birds had names and most roamed the barnyard at will. It wasn't unusual to find them scratching in the perennial garden which didn't do much harm and was always entertaining.

One day, I was looking out the window and spotted one of the peacocks strolling toward the garden, dragging his long beautiful tail behind him. The turkey was moving toward the flower bed when their paths crossed. The turkey stepped onto the peacock's tail and the movement caused him to squat down. I watched as the peacock kept walking, dragging the turkey behind him.

It was a sight that still makes me laugh.



A heartfelt thank you goes out to our dear friend, Kay Ayres, whose generous spirit and unwavering commitment to the Seniors' Centre for Excellence, truly shone during the Drayton 150 Celebration 2025 weekend in June.

Kay Ayres volunteered for many hours and was a spectacular ambassador for the Seniors' Centre for Excellence. She was constantly on the



job, speaking with guests, visitors, and locals alike, spreading the word about our SCE!

Thank you, Kay, for all that you do, and for being a shining example of volunteerism and neighbourly kindness.



## DO YOU LIKE TO WRITE?



**For Love of Words  
Monthly Zoom Group  
September thru June  
7 PM on different Wednesdays**  
Sponsored by



## SENIORS' CENTRE for EXCELLENCE

A non-critiquing creative writing group. We ask questions for clarification only. If you don't get to the homework, that's okay!! If you'd rather share some other writing, we are happy to hear! If you don't want to share your writing, that is okay too!!

### Usual Agenda

- Read the Ongoing Story Chapter (take turns writing)
- Read the Homework
- Fifteen-minute exercise
- Read results of fifteen-minute exercise
- Decide on homework
- Decide who does the next Ongoing Story Chapter

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

Sept 17 2025	Feb 18 2026
Oct 22 2025	Mar 18 2026
Nov 12 2025	Apr 15 2026
Dec 10 2025	May 20 2026
Jan 21 2026	Jun 17 2026

Answer emails that require a quick reply and delete. Flag important emails and pin them to the top of your inbox. Try to deal with some of those, each day, then either file or delete. You can create folders to keep the most important emails but be minimal doing this as they will pile up.

# August Writing Prompt

Doris Cassan



*Write your story...*



## Oh, to be at the Seaside in August!

In your memoir, tell us about your experience with water. Lakes, rivers, streams, oceans, ponds, puddles! Can you skip stones? Do you like to swim in "wild water" rather than in a pool? Have you been on a boat or ship? Have you paddled or rowed?

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



## DECLUTTERING

*WITH DORIS*

Doris Cassan

### You've Got Mail!

Does opening your email make you anxious? So many messages, piled up, yelling at you! Use the same principles as you do with decluttering your house: look for emails that require no action and delete them.





# Ten Password Tips

by Michael Meunier



*Creating and managing effective Passwords is an important habit for all of us to develop and maintain for our personal online privacy and security. Bear the following in mind when considering your Passwords.*

## 1. Longer is stronger

- Aim for 12+ characters and mix UPPER and lower case
- Example: IncorrectSheepCount

## 2. Avoid the Obvious. Don't use:

- Names (yours, pets, kids)
- Birthdays or anniversaries
- 123456 or "Password"

## 3. Use Passphrases

- String together random words or a quirky sentence
- Example: TheWolverineSwimsinBlueStew!

## 4. Add Symbols + Numbers – Naturally

- Toss in a symbol or number, but don't force it
- Example: CoffeeBreak@5pm is less forced than C@ff33Bre@k@Spm

## 5. Never Re-use Passwords on multiple websites or accounts

- If one site gets hacked, your re-used passwords on other sites are easy prey for the hackers

## 6. Use a Password Manager

- Apps like 1Password, Bitwarden, or Apple Keychain generate and store complex passwords for you. (Bonus: You only have to remember one strong master password.)

## 7. Enable Two-Factor Authentication (2FA)

- Always. Every time. Whether via text, email, or an app like Google Authenticator or Microsoft Authenticator

## 8. Beware of "Security Questions"

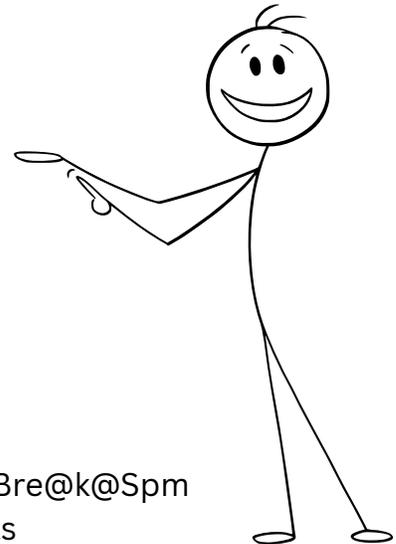
- If the question is "What's your first pet's name?" then don't provide the real answer. Instead, answer with CloudMarmot#9 or something else random. However, remember that you will need to remember the answer that you provided.

## 9. Update Passwords Occasionally

- There's no need to obsessively change passwords monthly, but if you hear about a security breach from an institution that you deal with online, or if you have a reused a password, you should update your passwords.

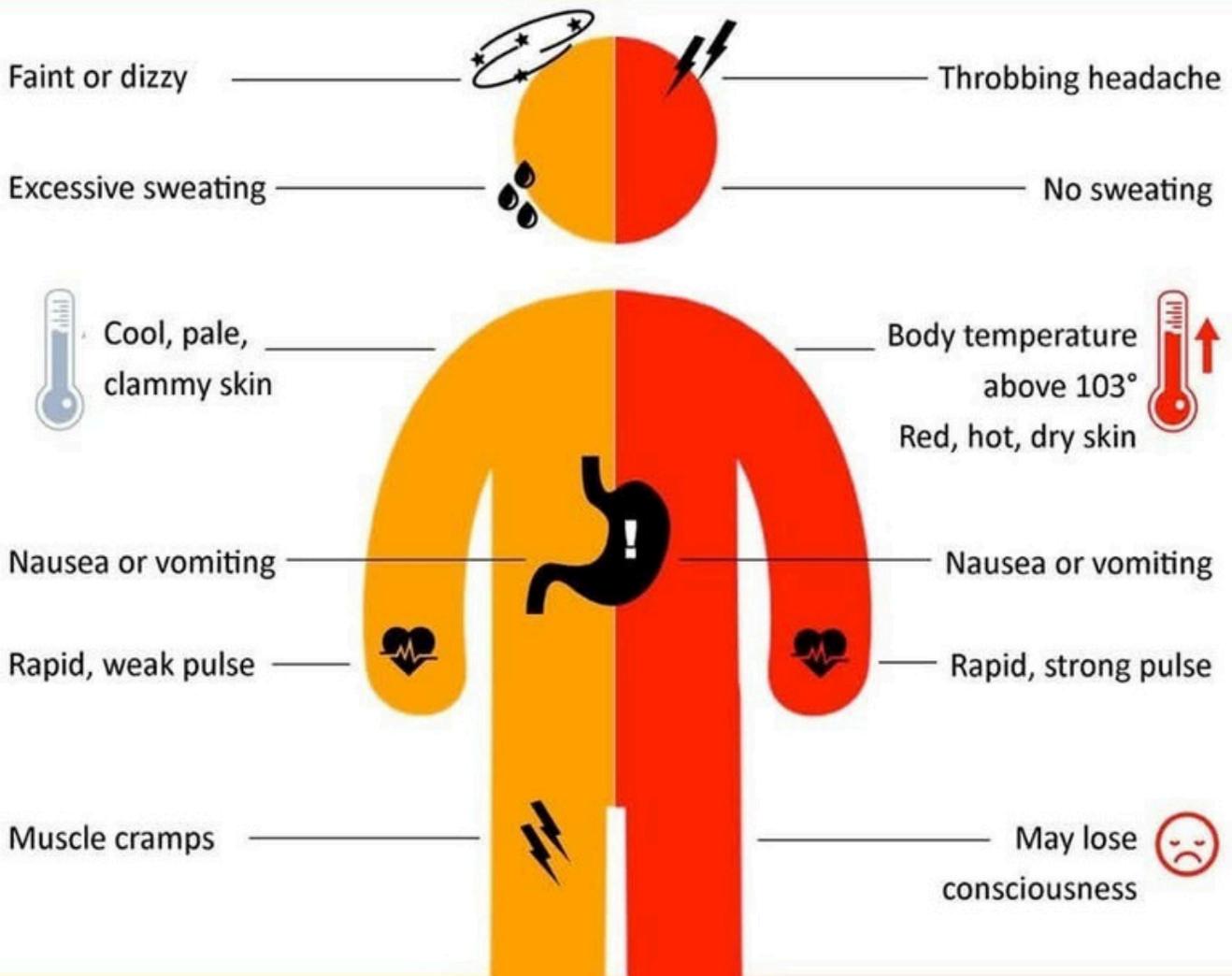
## 10. Passwords are Private and Personal. Don't:

- Use any of the example Passwords described above as your own personal passwords.
- Share your Passwords with anyone.



# Heat Exhaustion

# Heat Stroke



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## CALL 9-1-1

- Take immediate action to cool the person until help arrives



# Blueberry Lemon Scones

(Submitted by Shirley Borges (MMFHT))



*Editor's note: We recently tried these scones at an English Tea, held in honour of our lovely colleague, Johanna's birthday. These scones that Shirley made were a hit. We asked Shirley if she would mind sharing the recipe so the deliciousness could be shared and enjoyed beyond our boardroom!*

## INGREDIENTS

(Makes about eight good-sized scones, or 12 medium)

- |                          |                                                          |
|--------------------------|----------------------------------------------------------|
| 2 cups all-purpose flour | 1 cup fresh or frozen blueberries                        |
| ½ cup white sugar        | 1 cup yogurt (I used IOGO creamy lemon vanilla 1.5% fat) |
| 2 tsp baking powder      | 1 large egg (room temperature)                           |
| ½ tsp baking soda        | ¼ cup butter melted                                      |
| ¼ tsp salt (I omit this) | 1 tsp grated lemon zest                                  |

## METHOD:

1. Preheat oven to 400°. Get a large cookie sheet and line it with parchment.
2. In a large bowl, whisk the first 5 ingredients. Add the blueberries so they are coated with the flour mixture.
3. In another bowl, whisk yogurt, egg, melted butter, and lemon zest until blended.
4. Add the liquid mixture to the flour mixture and stir gently just until moistened.
5. Drop by about 1/3 cupfuls apart on the lined cookie sheet.
6. Set the timer for 10 minutes – check – and I did another 2 minutes until they were slightly brown. Your oven may differ, so start checking after 10 minutes.
7. In a small bowl, combine the GLAZE ingredients and drizzle once the scones are slightly cooled off.

### GLAZE:

- ½ cup icing sugar
- 1 TBSP water or lemon juice (you may need more to get the right consistency)
- ½ tsp lemon zest



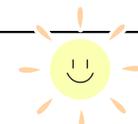
## Word of the Month

### Eleutheromania

A Zeal or irresistible craving for freedom.



## having fun



- August 4 - 🍪 National Choc Chip Cookie Day
- August 8 - 🐱 International Cat Day
- August 9 - 📖 National Book Lovers Day
- August 10 - 🐶 National Spoil Your Dog Day
- August 12 - 🧒 Middle Child Day
- August 13 - 🙋 Left-Handers Day
- August 15 - 🛌 National Relaxation Day
- August 16 - 🗣️ Tell a Joke Day
- August 24 - 🍷 National Waffle Day
- August 30 - 🏖️ National Beach Day

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

