



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #72

May 2026

A Word from Helen



Helen Edwards

SCE Seniors' Health Services Coordinator

hedwards@mapleton.ca

The Land of Smiles

Last month I wrote about how our Thailand event at the Drayton Legion had to be cancelled due the shenanigans of Mother Nature. This morning, it is cool, but the sun is shining and the birds are singing with joy. Yes, it seems spring has finally arrived.

Yesterday, we held our rescheduled Thailand Event, and while it was cold and rainy outside, inside was cozy and filled with the “warmth” of happy people.

We learned a lot about Thailand, thanks to our guest speaker Rick Secko, including that Thailand is known as the *Land of Smiles*. The Thai people’s reverence for monks, the military, and seniors is embedded in citizens from birth. They have a culture of “don’t sweat the small stuff” which perhaps we should all try to remember. (I know it is difficult for me sometimes.)



As I looked around the room, it was clear that in small town, Drayton, our guests showcased their own type of Thai Culture. Smiles were prevalent, both during the presentation, and when tasting the delicious food from *One Dee’s Thai Kitchen and More*, restaurant. The focus wasn’t on how the event ran long, but more on spending a day with friends and neighbours at the cozy local legion hall.

Ron approached me after the event and said something along the lines of how lucky we are to have gems such as this Thai restaurant in our rural communities. Yes, Ron, I agree, we are indeed blessed in North Wellington. Perhaps we have a twin-town in Thailand?

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



Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD	Wednesday May 6 & 20	10:30 am	Moorefield Hall 15 Ball Avenue
DRAYTON	Thursday May 7 & 21	10:30 am	Drayton United Church 34 Main Street, East



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. May 13	12 pm \$20	Harriston United Church	Danielle McIntosh Reg. Dietitian Better Diet = Better Sleep
Palmerston	WED. May 20	12 pm \$20	James Street United Church	Jane McKinnon Coastal Rowing
Clifford	WED. May 27	12 pm \$20	Clifford United Church	Doris Cassan My Trip to New Zealand

MOUNT FOREST & DISTRICT SPORTSPLEX
850 Princess Street

Free Admission
No Need to Register

SENIORS' CENTRE for EXCELLENCE
presents
Mount Forest N.O.W.
Nurturing Our Wisdom Workshops

A Newfoundland Kitchen Party
'Best Kind!'

Join us for an afternoon of fun and silliness! Wear a crazy hat, and come make music with an **Ugly Stick** - Newfoundland style!

☎ 519-638-1000 👤 jbrown@mapleton.ca

**THURSDAY,
MAY 21, 2026,
1 PM**





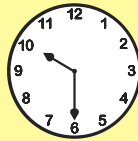
ZOOM with us!



SENIORS' CENTRE *for* EXCELLENCE

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

Tuesday



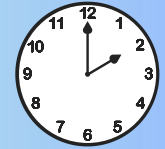
May 5, 2026

Amelia Fletcher RN MFFHT

Hints and Helps - Dealing with Blood Pressure



Thursday



May 7, 2026

Liam Stewart

Reflexology 101



May 12, 2026

Sandy Turner, Registered Kinesiologist

Motion is Lotion. Exercises
for Osteoporosis



May 14, 2026

Katie Clarke, WCMA

Wash Day Monday



May 19, 2026

Alyson Colton, Registered

Dietitian MFFHT

Cooking with Alyson



May 21, 2026 **NO ZOOM today ...**

*But there is a party going on in Mount
Forest. Hint! Hint! (See page 2!)*



May 26, 2026

Sandy Snickels

Wellington Turtle Guardians



May 28, 2026

No ZOOM

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.



Contact Doris for
times and ZOOM link:

4luvwrds@gmail.com

Thursday, May 28, 2026



May Writing Prompt

Doris Cassan

JACK OF ALL TRADES

Write your story...



Jack of all trades, master of none. It is meant to imply that the person has a little bit of knowledge about a lot of things but not complete knowledge in any one area. But could that be a good thing? In your story, this month, you decide!

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



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



Cholesterol: Exercising to increase the “good” and counteract the “bad”



Previously Published Feb 25, 2026 - McMaster University

Cholesterol is a fat-like substance with a soft, waxy texture. The two main types are low-density lipoprotein (LDL) cholesterol (aka “bad” cholesterol) and high-density lipoprotein (HDL) cholesterol (aka “good” cholesterol). High levels of “bad” cholesterol can increase the risk of having a heart attack by contributing to the buildup of plaque in our arteries. To counteract this, “good” cholesterol helps collect excess “bad” cholesterol and carries it to the liver to be broken down and eventually eliminated from the body.

Given its important role, are there things we can do to increase our levels of “good” cholesterol? Well, exercise has been a critical part of plans to prevent and treat heart disease. With the help of a recent systematic review, let’s see whether it can be an effective strategy to boost “good” cholesterol in middle-aged and older adults.

What the research tells us:

Let’s get moving! The review, which looks at aerobic, resistance, and stretching exercises alone or in combination, found that exercise likely increases HDL “good” cholesterol in middle-aged and older adults, compared with no exercise. While this is a great start, it’s also important to identify which types of exercise are, in fact, effective. Once we zoom in on the findings, we see that aerobic exercise is likely effective for improving HDL “good” cholesterol, while resistance and stretching exercise likely aren’t. It should be said that despite resistance and stretching exercises not appearing effective for this one outcome, they contribute to our health in other ways and should still be included in our overall exercise routine. The studies included in the review are good enough that we can be moderately sure about these findings.

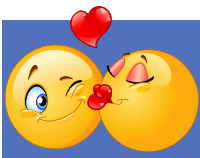


Though the review doesn’t specify what duration, frequency, and intensity of aerobic exercise is best for increasing HDL cholesterol, the Canadian 24-Hour Movement Guidelines provide a general recommendation for improving our overall health and well-being. These

guidelines state that adults aged 18 and older should engage in at least 150 minutes of moderate to vigorous aerobic physical activity every week.

Do you incorporate aerobic exercise into your weekly exercise routine? If yes, keep it up! If you don’t yet, speak with your healthcare team about whether this type of exercise is appropriate for you and how you can safely use it to better your health.

- Cholesterol is a fat-like substance with a soft, waxy texture.
- Excess low-density lipoprotein (LDL) cholesterol can increase the risk of a heart attack.
- High-density lipoprotein (HDL) cholesterol holds protective properties by helping pickup and transport LDL cholesterol to the liver for eventual removal from the body.
- In middle-aged and older adults, aerobic exercise can increase levels of HDL cholesterol, compared to no exercise.
- Consult your healthcare team about if and how to incorporate aerobic exercise into your exercise routine.



Did you hear about the flower who went on a date with another flower?

Solution:
It's a budding romance.



It was an Itsy Bitsy Teeny Weeny PAPER Bikini!

(Patricia Wallace as told to Helen Edwards)

Helen's note: When Patricia and I were at the Wellington County Museum & Archives last summer, we were looking at a paper dress on display. When Patricia said, "I had a paper bikini...", I knew there was a story there!

It was the 1970's, and Patricia had the opportunity to accompany her husband Donald to Montreal. Patricia had not done much travelling and the conference that Donald was attending, was longer than most of his business trips. It seemed like a good opportunity to visit a different province together.

Donald worked as a head mechanic at a refrigeration company, and his business was just starting to carry air conditioning units. Air conditioning units were not common in buildings and homes in the 1970s, and just like in the 1950s with televisions, it was only the elite that could afford to have a unit installed.



Patricia's Paper dress

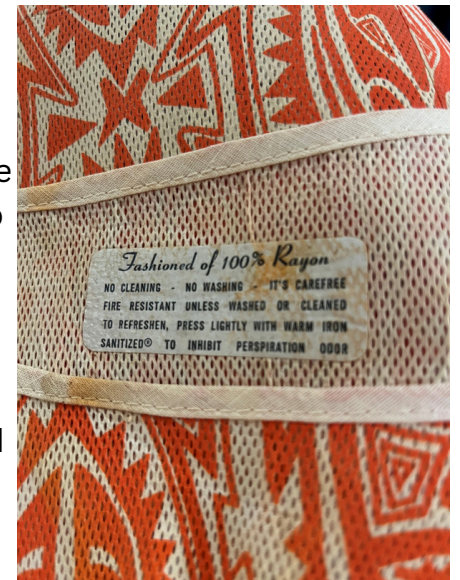
When Patricia and Donald arrived at the Hotel Bonaventure, Patricia, who was not an experienced traveller, had not even thought to pack her bathing suit. The hotel had a beautiful rooftop pool that they wanted to enjoy. Luckily, poolside, there was a booth where people could purchase paper bathing suits. Yes, you read it correctly – rayon, paper bathing suits. Patricia's "package" also included a paper dress.

Patricia had no concerns about revealing her birthday suit as she enjoyed her dip in the pool.

Although, she does admit that the bikini wouldn't have stood up to too many dives into the pool, and she only wore it on the one occasion.

While she isn't sure what happened to the bikini, she still has her paper dress in her cedar chest.

Donald continued his career in air conditioning, which allowed them both the opportunity to travel to many places including Switzerland, Poland, Mexico, and the Caribbean. They loved travelling and seeing the world together. And Patricia was always sure to pack her bathing suit.



Paper Dress Label

Happy Mother's Day

May 10, 2026



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





"Blossom by blossom, the spring begins."

— Algernon Charles Swinburne



Pet Corner

One Granddaughter & Two Little Pigs

Submitted by Helen Park.

Our granddaughter, Adriana, received a little Kunekune piglet as a gift from her mother. "JR," as he became known, took to Adriana instantly, but school days were long and lonely for him.

Soon, "Opal" arrived on the scene to be a new friend for JR. Opal was extremely shy and afraid at first, but a special friendship has grown between the two little piggies. Now they love each other's company.

Going for walks and having a ride on the side-by-side are fun times for the happy four-legged pair. They are quite the threesome. Adriana has worked hard to get her little piggies to take part in many of her creative and fun events.



A Reader Asked...

I am worried about my older friend, lately. She seems more forgetful, and I am wondering if something might be wrong. What should I do?



THANK YOU to Laura Greenway R.N. B.A.Sc. Gerontology at Right At Home Canada for responding to this reader question! We really appreciate our experts!

lgreenway@rightathomecanada.com; 519.265.7887



If your friend denies any changes and disagrees on what you have observed, keep in touch with her often and if needed, discuss your concerns with others who may be close as well, to see if they also have concerns. I always suggest keeping a log of your friend's actions or discussions as examples that don't seem *as usual* behaviour. If your friend continues to become more forgetful or confused, perhaps consider approaching one of their family members to discuss your observations.

A person may become forgetful for a variety of reasons, from physical or psychological stress, lack of sleep, poor intake of water and healthy food, urinary tract infections, to medication issues. Have a conversation with her to ask if anything has changed in her life lately, as you have noticed she is "not quite herself." This may open the door to a deeper conversation about the challenges she may be facing. If she opens up to you, listen and offer support where needed and suggest that she perhaps should see her doctor for a check up.



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!

Don't Spring Into Garden Cleanup Too Soon submitted by Lisa Massie, Xerces Foundation

As the days grow longer and the weather warms, you may be tempted to tidy up the garden. But you should think twice before you rake, mow and blow this year. Many of our pollinators overwinter in the fallen leaves! Here are just a few of the pollinators hibernating in last year's leaves and plant stems:



- Isabella tiger moth larvae (aka woolly bear caterpillars) hide themselves in leaf piles for protection from cold weather and predators.
 - Luna moths and swallowtail butterflies disguise their cocoons and chrysalises as dried leaves, blending in with the “real” leaves.
 - Mourning cloak butterflies seek out gaps within brush piles to survive the winter. Since they overwinter as adults, their emergence is a harbinger of spring.
- 30% of our native bees, such as leafcutter and mason bees, are solitary tunnel-nesting bees. They need narrow tunnels or other tiny spaces in dead wood, hollow stems, or brush piles. So, wait until later in the season to clean up those yards and garden beds!

For more information on protecting our pollinators by leaving the leaves, visit:

- <https://xerces.org/bug-banter/leave-leaves-or-lose-insects>
- <https://xerces.org/leave-the-leaves>
- <https://xerces.org/blog/leave-leaves-to-benefit-wildlife>



DECLUTTERING

WITH DORIS

Doris Cassan



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

Dear Doris,

When did “enough” progress to “too much”? If I find something I like, I just have to have ten of them. What is wrong with me?

Signed, Closet Cloner

Dear Cloner,

I am reminded of the time that a friend helped me declutter my closet, just after I first retired. I had 20 pair of black pants that fit and were serviceable. I liked them all. But she said to me, “Yes, but how many do you NEED?” It was a lightbulb moment for me.

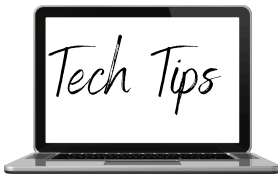
Facebook Conversations, Information, Thoughtful Thursdays

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





Texting Between Android Phones and iPhones

by Michael Meunier



When texting between Android phones and iPhones, you may have experienced some technical glitches between green and blue text bubbles. Here's a brief explanation of the difference between these two text bubble colours:

Blue Bubbles (iMessage)

This is Apple's internal texting service. It only works if both the sender and the receiver are using an Apple device (iPhone, iPad, or Mac). It doesn't cost anything "per text," but it requires an active data connection.

Green Bubbles (RCS)

This appears when you are texting someone who is not using an Apple device (like an Android user) or if you have iMessage turned off. Since Apple adopted RCS (Rich Communication Services), technical glitches with green text bubbles have become much less of an issue.

The Features: You get high-res photos, typing indicators, and read receipts—even though the bubble is still green.

In short: Blue means you're talking "Apple to Apple." Green means you're talking "Apple to Android," but as long as you're using RCS, the color is really just a cosmetic difference. To ensure your iPhone is communicating properly with Android phones, the most important factor is making sure RCS is active.



Enable RCS Messaging

This is the single most important step. It enables typing indicators, high-quality photos, and better group chat stability between iPhone and Android.

- Open Settings.
- Tap RCS Messaging.
- Scroll down and tap Apps, then select Messages.
- Ensure the toggle for RCS Messaging is on.

Note: *If you don't see this option, your carrier may not support it yet, or you may need to update your software.*

To Check Software Updates: Go to Settings > General > Software Update to ensure you're on the latest version of the iPhone Operating System (iOS)

Restart is Key: If you just toggled RCS on and it isn't working, a quick restart of the phone often helps.

To ensure your Android phone is communicating properly with iPhones, the goal is to make sure RCS is active. Since Android has many manufacturers (Samsung, Pixel, Motorola, etc.), the steps vary slightly depending on which app you use, so I recommend using Google Messages.

Use Google Messages (Recommended)

While some smartphone manufacturers have their own "Text" apps, Google Messages is the industry standard for ensuring RCS works perfectly with iPhones.

- Open the Messages app.
- Tap your Profile Picture in the top right corner.
- Select Messages settings.
- Tap RCS chats.
- Ensure the toggle for Turn on RCS chats is On.
- If it says "Connected" in green, you are good to go.



SWEET POTATO SHEPHERD'S PIE

shared by Alyson Colton, Registered Dietitian on one of our "Cooking with Alyson" ZOOMs

Patti Emery said, "I decided to make this Sweet Potato Shepherd's Pie for dinner the other day. I checked that I had all the ingredients and then got started. Interesting, using chili powder in Shepherd's Pie; seems unusual but oh so tasty! The recipe made enough for three meals for the two of us. I will freeze two servings to enjoy another day.

Ingredients

Shepherd's Pie Filling:

1 pound ground beef or lamb *** I always add 1/3 to 1/2 cup of lentils for a fibre boost*
2 medium carrots, peeled and diced
1 small green pepper, diced
1 small yellow onion, diced
1/2 cup mushrooms, cleaned, stemmed, and diced

4 cloves garlic, minced
1/4 cup tomato paste
1 teaspoon chili powder
1/2 teaspoon dried rosemary or dried herb of choice
1/4 teaspoon black pepper
1/4 cup water



Sweet Potato Topping:

2 large sweet potatoes, peeled and cubed (~6 cups cubed) 1/2 teaspoon chili powder
1 tablespoons butter (may substitute ghee or coconut oil)

Instructions:

Preheat oven to 375°F. In a pot with boiling water, add diced sweet potatoes to a steamer basket and cook until tender—about 15 minutes. Alternatively, bake the sweet potatoes until fork tender, 45 to 60 minutes. In a medium skillet over medium-high heat, sauté the ground beef, chopped carrots, green pepper, onion, mushrooms, and garlic. Continue cooking until the carrots are soft, about 12-15 minutes. Begin making the sweet potato topping while the filling cooks.

To make the topping: Place the peeled and baked/steamed sweet potato with all of the topping ingredients in a food processor (or blender) and process until smooth. NOTE: If using white potatoes, we recommend mashing them by hand rather than blending to prevent them from getting pasty.

Back to the filling: Once the carrots are soft, stir in tomato paste, chili powder, rosemary, salt, black pepper, and water.

Final step: Top the meat filling with the sweet potato mash. If you're not using an oven-safe 10-inch cast-iron skillet, transfer the meat filling to a casserole dish or 9x9 inch baking dish and top the meat filling with the sweet potato mash. Sprinkle the top with a little sea salt and chili powder.

Bake for 10 minutes. Remove from oven and serve.



RESOURCES for Older Adults



Wondering who does what? We hope this helps.

*(Please note that you do **not** need to have a doctor's referrals for the services below, but you or your loved one may have to be assessed to determine eligibility.)*

- **VON- Meals on Wheels, Transportation & Adult Day Program:** 519-323-2330
- **OHAH- PSW, Physio, & Occupational Therapist services:** 310-2222 (No area code required!)
- **Alzheimer Society-** Information and support for those living with dementia & their caregivers: 519-836-7672

Victoria Park Seniors Something Rotten

Tuesday, May 19, 2026



Stratford Country Club: Enjoy a delightful lunch at Stratford Country Club. The menu features your choice of entree: roasted veggie penne (with caesar salad and garlic bread), pan seared chicken breast (with mashed potatoes, vegetables, and focaccia bread), or roast beef (with mashed potatoes, vegetables, and focaccia bread). Please make your selection upon booking.

Stratford Festival: Take in a matinee performance of *Something Rotten*, a wonderful comedy. Two struggling playwrights in Renaissance London, need a hit. That's easier said than done when your chief competition is local rockstar William Shakespeare. The Bottom brothers' plan: write the world's first musical!

Wild Hog Country Market: After the show, we'll visit the Wild Hog, a family owned specialty grocery store selling farm fresh local produce and meat. Be sure to pack a cooler!

Departs: Victoria Park Seniors Centre, 150 Albert Street West at **10:00am**
Approximate Return: 7:15pm



Price Includes:

- Luxury Motorcoach Transportation
- Lunch
- Show Admission
- Market Visit
- Driver Gratuity
- HST

\$225 Members

\$239 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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