



# Heart & Soul of Wellington

SENIORS' CENTRE for EXCELLENCE

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

519-638-1000

EDITION #54

## November 2024

### A Word from Helen



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



Well, here it is—November. The cooler temperatures are moving in and as you will soon read, it's time for us to include the reminder about when school buses in North Wellington are cancelled, then our programs are too.

The winter seems to bring about a human hibernation of sorts, as the nights grow longer, and the temperatures invite us to consider staying inside. Don't forget to invite your neighbour in to share a cup of tea or hot chocolate. Company is good for your health.

Along with everyone else, I wonder about what Mother Nature has in store for us this winter. I love to hear stories of bygone winters. Stories about how the height of snowbanks made drivers feel as though they were driving through snow tunnels. Or how children felt like they could almost touch the sky while traversing the tops of the snowbanks on their way to school; of course, both ways uphill!

Don't forget to share these stories with other generations. They may never experience winters like you knew. Without sharing these memories, they will be lost. (P.S. Consider writing your stories down and sending them to us, too, so we can share them with our readers!)

November is usually a grey and somber month, once the spectacular displays of the fall leaves are over. It seems appropriate, however, given the seriousness of Remembrance Day. A somber reminder as we acknowledge the sacrifices made by veterans so that we can experience the freedoms we enjoy today. I am always touched on November 11th to see the number of younger people at the cenotaph. All those young faces, that will, hopefully, never have to experience, firsthand, the horrors of war. Lest we Forget...

*Helen*



I like summer  
Spring is nice

But let's skip winter  
And do fall twice!



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“Autumn carries more gold in its pocket than all the other seasons.”

—Jim Bishop

## Fall is in the Air – Steps to Stay on your Feet!

Submitted by By Sandy Turner, Reg. Kinesiologist Minto-Mapleton FHT

*Let's learn how to keep leaves as the only thing falling this year and not ourselves!*



Falls should not be an inevitable aspect of aging. However, 30% of those over the age of 65 will experience a fall and this risk increases to 40% for those over 85. The good news is that we can work to prevent falls and work towards ensuring a better recovery from falls!

It takes consistency and some work, but it should be fun along the way. We are also growing wiser as we age, aren't we? Let's put that wisdom to good use.

One of the most common reasons for a fall is tripping over an object or getting our foot tangled or caught as we're walking. Vacuum cords and hoses can even be a hazard. Identifying and eliminating hazards from your home are the first two steps in falls prevention. Look for ways to declutter your home. Secure throw rugs and work to get rid of other tripping hazards.

Sometimes when we think of falls risk, we forget that our bodies play a vital role in prevention. Our eyes and ears support our balance. Remember to get glasses replaced and hearing tests as needed. Loss of leg strength is another huge risk factor. As we age, we naturally lose muscle mass, making it harder to rebalance and recover when tripping over things. Regular exercise can assist in regaining this strength and it should include more than daily walking. We should also be including exercises that challenge our balance and our leg muscles. Simply, standing up from sitting is a great exercise for this. We can gradually work to build strength to perform 10 repetitions.



Here's how to do it: *Ensure knees and feet are straight and hip width apart, lean forward, reaching with your outstretched arms (this provides counter balance) and press up through your heels to a standing position. Repeat, leading with your hips, going back and down with control. Doing this a few days a week will help strengthen your legs.*

Consider an appointment with a kinesiologist or join a supervised exercise class with your local Family Health Team or VON to ensure you are doing these exercises properly.



A huge thank you to those who have donated stamps this year. It is so appreciated. If you find yourself at the post office, and we come to mind, we are always grateful to receive a book of stamps.



They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. We will remember them.



## WWII Memories

*Submitted by Dave Short*

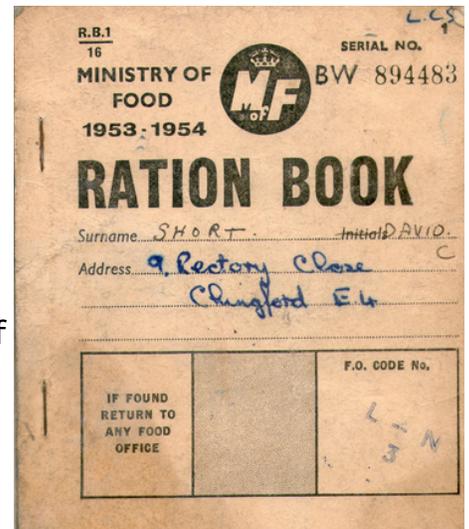
Because I was born in the fall of 1939, I have some memories of living in Northeast London in the UK during the end of the second World War. Even now, eighty years later, sometimes the sound of an emergency vehicle siren brings back the memory of my family rushing to get into the shelter to await the all clear signal. There would be times when we would hear a bomb fall, but most times as we waited, there was nothing; only an eerie silence. At night we slept in the shelter, which, in our case, was a large steel structure inside the house. For me this was normal as I had never slept in anything else, but for my parents it must have seemed like a cage.



Later, during the war years, things changed as daytime rockets were replacing nighttime bombers. Initially, we were threatened by the V1 rocket, which you could hear coming as it had a noisy staccato engine. It was common knowledge that if you heard the engine stop, you were safe. This was because when the engine stopped, the rocket glided down to earth some distance away. However, it would hit the ground and explode with no warning for the people close by. Later, the V2 came on the scene. There was no warning of this missile, powered by a liquid-propellant rocket engine, making it extremely dangerous.

I was enrolled in Infant School in September 1944. My teacher was Miss Cheesewright, who I instantly fell in love with. From time to time we would hear a warning air raid siren and immediately, whatever the class was doing, we had to sit under our desks until the all clear siren was heard. For us young boys, this was great fun and an opportunity to play games.

Another wartime event occurred while I was out shopping with my mother. I probably didn't want to go, but mothers rule. Mom wanted to go into Woolworths for something but didn't want me in the store where I could be a nuisance with so much interesting stuff on display. So I stood outside and waited. As I stood there, a huge explosion shook the ground and the whole area. A V1 rocket had landed and exploded nearby. Not ten feet away from me, the plate glass window of Williams Brothers Grocery Store fell out and smashed on the pavement. My mother rushed out to find me unharmed and holding a piece of glass.



For those vintage Canadians of British origin, I attach a reminder of the hard days that followed the war. It is my ration book from 1954. Yes, food was in short supply and rationed. So many memories...



"Choose kindness and laugh often, it makes life so much sweeter."

— Unknown



## Special Announcement

The Township of Wellington North is offering TECHTOURS—two new seniors' programming.



### TECH:

- We will be offering digital literacy classes for seniors in January and February 2025.
- A course of 8 classes will be offered in Mapleton, Harriston, Arthur, and Wellington North.
- Dates and exact locations will be confirmed later.

### Topics will include:

- No Fail Email.
- Accessing Government Services Online – *You Can't Always Get What You Want (Or can you?)*
- Connecting with Family and Friends on Social Media – *You Gotta Have Friends.*
- Safe Online Practices – *Better Safe than Sorry.* And more...

### TOURS:

- Wellington North is offering free bus transportation to seniors in Minto, Mapleton and Wellington North to three different venues around Wellington County.
- Events are still in the planning stages, but we will be attending free or low cost cultural events, such as the *Mooreband Holly Jolly Christmas Show* in December.
- For more information or to be placed on an email mailing list, call Janice Benson at (519) 321-1363, or email [jbenson@wellington-north.com](mailto:jbenson@wellington-north.com).



## Decluttering with Doris

Doris Cassan



### Do you feel alone in your decluttering projects?

It is often the case that one partner is less interested in getting rid of things; in fact they may oppose it! This is okay.

- Agree on who controls what spaces and just work on the ones you own. It is all progress. You may inspire others in your home!
- Praise and thank for ANY help you get with decluttering.





# Activities Spotlight

Here's a Sneak Peek into our upcoming ...

## Wisdom Series Workshops



**Nov. 2:** Arthur Library - Chair Yoga. 10:30 am - Noon

**Nov 7:** Mt. Forest Library - Tackling Loneliness. 2 pm – 3:30 pm

**Nov. 12:** Drayton Library - Pharmacy Services & Medication Safety. 2 pm - 3 p.m.

**Nov. 15:** Palmerston Library - Create your own Christmas ornaments. 2 pm – 4 pm

**Nov. 26:** Mt. Forest Library - Create your own greeting cards. 2 pm – 3:30 pm

For information  
or to register,  
contact:

ALWAYS ...

- *Free Admission*
- *Refreshments*



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

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Ontario



### Thoughtful Thursday Challenge

Submitted by Glenda Dippel

Last month I was honoured to win tickets from the Thoughtful Thursday Challenge to go to the Indigenous Diversity Celebration in Harriston. Since I won four tickets, I invited my daughter and her 15-year-old twins to go with me.

The twins really didn't want to go, but reluctantly, did!

Christian Dennis was the guest speaker and he shared stories of his life, being a 60s Scoop baby, and what it meant to him. He shared stories of his youth and how he felt alone and lost and ended up in prison. While there he met other Indigenous people who encouraged him to learn more about his own culture, which in turn led him to turn his life around and help other '60's scoop survivors. Mr Dennis also told us of the importance and meaning of the Medicine Wheel. He had Indigenous instruments—a flute and a drum, that he had made himself, along with other art.

He also told us that he discovered that there was no meeting place for Indigenous people in the Huron Perth area, so he did a fundraiser and established a place for them to meet and heal. If you go through Gowanstown on your way to Listowel, look left and you will see a tipi which is now their Community Centre.

Later, I asked my granddaughters what they thought. They both agreed it was definitely worth their while to have gone and, not only did they enjoy the Sweet Grass Icecream, but they learned much about the Indigenous culture, as well. For more information visit [www.tipiofuronperth.ca](http://www.tipiofuronperth.ca)



Why do carrots improve your sight?

Solution

They contain vitamin see!



## Recipe of the Month



### Carrot Cake with Cream Cheese Icing

Submitted by Donna Fulcher

*This recipe won my Mom Best in Show at the Elmira Fair in 2002 and Peter won first in the Drayton Fair this year. A very moist and delicious cake. Peter used almond slivers for the nuts in lieu of walnuts. Mom passed away many years ago but would be proud that her recipe is still being used today and is still a prize-winner!*

#### INGREDIENTS

- 2 cups stirred, unsifted cake & pastry flour
- 2 cups grated carrot
- 2 tsps. baking soda
- 1 ¼ cups drained, crushed pineapple
- 1 ½ tsps. baking powder
- 1 cup nuts
- 1 tsp. salt
- 2 cups cream cheese
- 2 tsps. Cinnamon
- ½ cup butter
- 2 cups sugar
- 1 ½ cups oil
- 2 cups icing sugar
- 4 eggs

#### ICING:

#### METHOD:

Sift first five ingredients. Beat together next three ingredients and add to first lot. Stir in carrots, pineapple, and nuts. Bake in a 13 x 9 pan at 350° for 35 minutes. Cool; beat together soft cream cheese, butter, and icing sugar.

## Pet of the Month

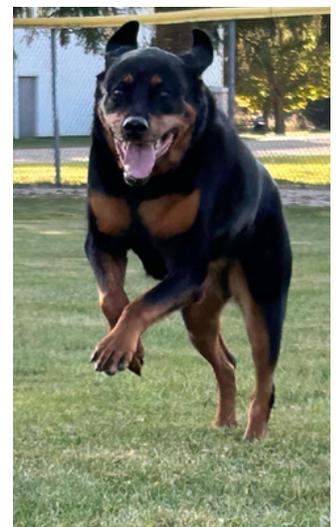
# Abby

submitted by Danielle from Drayton

Meet Abby! Abby is a nine -year-old Rottweiler. She has a unique personality. We have had Abby for the majority of her life. She was a “free to a good home” dog . She was two when we got her. Abby is a very lazy dog and does not enjoy snow , wind, or rain.



Abby’s ideal day would be lounging on the couch, curled up with a blanket. She also has a love for people and loves to meet new human friends. Her favourite days in Drayton, are theatre days . So many people to meet and greet. They all love Miss Abby!



**\*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.)



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. Nov. 20	12 pm \$20	James St. United, Palmerston	What's Happening at the <b>Palmerston Library?</b>
Clifford	Wed. Nov. 27	12 pm \$20	Clifford United Church	<b>Dale Franklin</b> Organ & Tissue donation
Harriston	Friday Nov. 29	12 pm \$20	Harriston United Church	<b>The Haywards</b> Musical Entertainment

*Join us for Coffee!*



*No need to register for Coffee Hours!*

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	November 6 & 20	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	November 7 & 21	10:30 am	Selah Centre 24 Wood St., Drayton

*Word of the Month*

**Psithurism**

A rustling or whispering sound, such as leaves in the wind





**For Love of Words .**  
**Wednesday, November 20.**  
**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](mailto:4luvwrds@gmail.com) to receive the ZOOM link.

**NOVEMBER Writing Prompt**



This month for memoir writing, describe all of the places you have lived. What was nice about them and what was not. Why did you live there? Why did you leave there?

As a child, what was your room like in any place that you lived? Did you have a secret place to hide things?

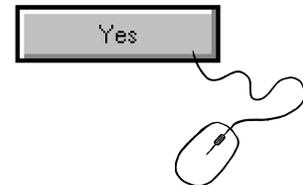
Did you have a tree house or a fort? Where did you play?

*Doris*



*Tech Tips*

by Michael Meunier



**Setting up Emergency and Health Settings On Your Android Phone**

If you experience a medical emergency in public, concerned bystanders and first responders can use your Android phone to help you, provided that you have entered pertinent medical information under your Android phone's Safety & Emergency Settings.

**NOTE:** *Some of these features only work on Android 12 and up.*

**1. To protect yourself in case of an emergency, go to:**

Settings > Safety & Emergency. Select Medical Information to enter your name, blood type, allergies, medications and more.

**2. To set up emergency contacts go to:**

Settings > Safety & Emergency. Select Emergency Contacts > Add Contact.



Now, first responders will be able to see your important medical information. This can save your life in case of an emergency.



The Seniors' Centre for Excellence

*presents*

# Wisdom Series Workshops

## Medication Safety

*Medication Interactions, Side Effects, Staying Safe & more...*

**Tuesday,  
November 12, 2024**

**2 pm - 3 pm**

## Drayton Library

**Presenter:**

**Bashar Bahnam, B.Pharm.**

Pharmacist - Mapleton Drug Mart



**SENIORS' CENTRE for EXCELLENCE**

**Wisdom Series Workshops**

**RSVP**

*Free Admission  
Refreshments*

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

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**Ontario** 



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# ZOOM with us!



## SENIORS' CENTRE *for* EXCELLENCE

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

### Tuesday



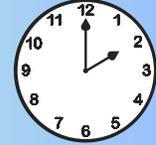
**November 5, 2024**

**Stacey - Hospice Wellington**

Dealing with Grief; Planning the Holidays.



### Thursday



**November 7, 2024**

**Jean Anderson**

African Violets and Streptocarpus



**November 12, 2024**

**Peggy Raftis**

Grey Wellington Theatre Guild



**November 14, 2024**

**Ali Caine-DeCaire**

Community Resource Centre



**November 19, 2024**

**Juliana Van Osch Registered Dietitian**

Cooking with Julianna



**November 21, 2024**

**Emerald Czegeny**

LEGHO - Let's Go Home



**November 26, 2024**

**Sandy Turner, Registered Kinesiologist**

Falls Prevention



**November 28, 2024**

**Danielle Hughes**

Waterloo Wellington

Self-Management Program



## Thank You

What a wonderful day we had at our recent Seniors' Centre for Excellence Health and Wellness Fair in Palmerston.

We want to especially thank our welcoming "committee" who met everyone with open arms at the door, handed out some freebies, and gave directions and got everyone excited about what to expect.



**Kay Ayres and Doris Cassan.** You're the best! (Oh and a special mention to Debbie Knoll who had no idea she was going to be "voluntold" to be Kay's fill in for an hour, while Kay went to help with the workshop!)

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



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