



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

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A Word from Helen

Welcome to February!

Helen Edwards

SCE Seniors' Health Services Coordinator

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At the time of writing this *Word from Helen*, I am feeling a little uninspired. I find that the lack of sunshine really affects my mood and I need to find strategies to try to improve my outlook at this time of year.

We would love to hear how you keep your outlook positive. Maybe more sunshine and more laughter is what we really need to get us through the winter months.

I am a total procrastinator and when Johanna shared the saying, "Procrastinators Unite... Tomorrow!" it made me laugh out loud—not like the "LOL" we send in messages—but really laugh. I heard another saying on Facebook that also made me laugh: "When I was young, I was poor. But after years of hard, honest, and painstaking work...I'm no longer young!"

Maybe all we need is just a little more sunshine AND at least one good belly laugh every day. It might not warm our fingers and toes, but it sure will "turn that frown upside down."

If neither of these sayings haven't even moved the corners of your mouth a little, never mind, but I can almost guarantee a chuckle when you read the story on page 3, submitted by one of our readers regarding his financial advisor, Sydney.

Helen



A day without laughter is a day wasted.

Charlie Chaplin

THANK YOU

Thank you to the Shuffleboard Committee who keeps everything organized and everyone active and having fun. The smooth sailing is because of all their hard work and dedication.

Shuffleboard committee members—Gordon and Ann Oosterveld, Elaine and Dave Parsons, Annette Winter, Doug Good, Katie vanEeken, Tim and Sue O'Donnell all deserve three cheers!



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“The joy in life is to be used for a purpose. I want my joy to be used up when I die.” –George Bernard Shaw



Introducing the
Aboyne Rural Hospice

ABOYNE RURAL HOSPICE



Courtesy of the Aboyne Rural Hospice Team:

Dr. Sarah Gower, Dr. Alan Simpson, Hilary Blackett, Dr. Clarissa Burke, Andrea Hall, Angela Hammond, Shelley Lillie, Dr. Chris Lund, Ian MacRae, Cory McKay, Jeff Ostic, Carolyn Skimson and Robert Turner

Since 2013, there has been a community group working to bring residential hospice care closer to home in rural Wellington County. Our vision is taking shape as the Aboyne Rural Hospice, a ten-bed hospice to be located next to the Groves Memorial Hospital in Aboyne. This site, donated by Wellington County, was chosen due to the availability of services and staffing nearby.

What exactly is a residential hospice?

A residential hospice is a free ‘home away from home’ where people come to live their final days. Hospice care focuses on the comfort and quality of life of a person who is approaching their end-of-life.

Why do we need a residential hospice for rural Wellington?

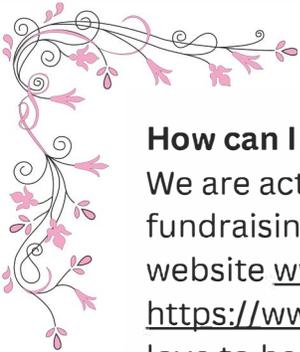
Currently, local families must travel to Guelph or Waterloo for hospice care. In fact, almost half of our local palliative care patients are dying in acute care hospital beds. We need the comfort of residential hospice care closer to home.

Will only residents in Centre and North Wellington have access to hospice care at the Aboyne Rural Hospice?

Admission to the hospice is made through a health care provider referral and coordinated by Home and Community Care Support Services. We anticipate that our location will most naturally draw residents of Centre and North Wellington, however, the hospice beds will be available to anyone who is referred. For instance, a Palmerston resident may want their family member who lives far away to pass in a hospice bed closer to their home, and they would be welcome at Aboyne Rural Hospice.

What will this cost? Will the government provide funds?

Hospices receive most of their funds from community support - the Ministry of Health provides only a portion of the building and annual operating costs. Our current fundraising goal is over \$12 million dollars for the entire building project plus two years’ operating costs.



How can I support the Aboyne Rural Hospice?

We are actively seeking Founding Donors and community fundraising support. Donation information is available on our website www.aboyneruralhospice.org and Facebook <https://www.facebook.com/AboyneRuralHospice/>. We would love to hear from local service clubs or community organizations who have an interest in supporting the Hospice! Any inquiries are welcome at aboyneruralhospice@gmail.com.



Our next fundraising event is the well-loved *Curl For A Cause*. The bonspiel and silent auction will be held Saturday, March 23rd at the Fergus Curling Club with curling teams from across the County being invited. You can support this event by sponsoring a curler or bidding in or donating to the silent auction. More info can be found on our [website](#) and [Facebook](#).

Hey Diddle Diddle. Can You Answer These Riddles?

(Solution on page 8)

1. The more you take, the more you leave behind.
2. What is more useful when it is broken?
3. What has hands but cannot clap?
4. What goes up, but never comes down?
5. What is the longest word in the dictionary?
6. What can be touched but can't be seen?



Pet Corner



Sydney, contemplating selling

Financial CATastrophe? submitted by Warren Brown

In the photo, Sydney may look like a normal run-of-the-mill barn cat. But she ended up with me as her owner—someone who likes and trains dogs. Because I'm not (or rather, was not) really a cat person, I guess I looked at Sydney as a dog covered in cat fur when we first adopted her, and the poor cat ended up getting 'trained in the way of the dog.' She now sits for her food, likes going for walks on her leash, and is crazy about playing 'fetch the ball' – albeit usually around two in the morning. My wife is always surprised when Sydney comes running when you call her name. Unfortunately, there's no tail wagging, but her little tail is always in the air, standing to attention, so that's good enough.

One thing I have noticed about Sydney, though, is her extraordinary talent to communicate. She'll walk over and stand next to the food cupboard and look at the door, then she'll look at me and lick her lips. This means, "I want a treat." Or she will stand on two legs and give me a tap, and that usually means that she wants to play or needs a cuddle. If she waits by a closed door, that typically means that she wants to go inside. It's usually the bathroom door as she loves chasing water dripping from the tap.



What's a cat's favourite breakfast cereal?



Solution:
Mouse Krispies

Sydney likes putting her natural hunting instincts to good use by chasing a laser pointer and trying to catch mice whenever she gets the opportunity. Yes, *mice*, not little furry ones, but computer mice! And the cursor on the computer screen—well that simply has to be swatted, of course. Sydney does not see any problem with standing and even stomping on my computer keyboard to achieve her cursor-swatting quest. She also apparently feels she does me a huge favour by occasionally sending cryptic messages to people in my contact list in the process. It's amazing how often I keep in contact with people I barely know nowadays, because of this little darling of mine. She truly is all about being active, connected, and engaged!

If you thought Sydney was just another “moggie” – think again. One time I decided to try out the online stock market and bought some stocks. I went down to the kitchen to get some lunch, and when I returned to my computer, my stocks had been sold! As quick as my hands could dial, I had the bank's helpdesk on the line trying to figure out where my investment had gone. "Well sir, you sold it about 15 minutes ago," said the helpdesk official. I was dumbfounded. Ghost in the machine...?

While still on the phone, I saw Sydney jump on the keyboard trying to swat the mouse pointer, like she normally does. With a sinking feeling, it dawned on me. "Oh, I think I know what happened. My cat was trying to catch the mouse and must've sold my shares" I told the helpdesk official.



There was a length of silence on the line, probably because the official muted himself. Then... "So, your cat sold your shares whilst trying to catch a mouse? Hmm well yes, we've had this problem before, Sir, and the only thing you can do is put a password on your account," said the bank clerk (very professionally I might add.) "And sir," he continued calmly, "When you do this, don't tell the cat the password."

"Oh...um...yes, okay," I said and put the phone down, feeling sheepish, realizing full well Sydney and I must have had the whole Investment helpdesk rolling on the floor with laughter.

So, thanks to Sydney, not only do I have long-lost contacts emailing me with multiple question marks about the drivel I've sent them via email. I now belong to a bank that probably thinks I'm one sandwich short of a picnic!

But Sydney is still the best cat ever!



Tech Tips

by Michael Meunier

How to Quickly Re-open a Closed Tab

If you just accidentally closed an important tab in your browser, you can easily re-open it by pressing command+shift+t on a Mac or Ctrl+shift+t on a Windows PC. You can do this multiple times, too. Keep pressing to open all the tabs you've closed recently. It even works after you've entirely closed and re-opened your browser too.





Perfectly Wed

© 2019 Glynis M Belec

Forty-one years this past February my grinning groom and I tied the knot. Brides always want a perfect wedding. Brides always desire that everything runs smoothly, and all wrinkles are ironed out before the big day. Brides usually get what they want.

Not this bride.

Back peddle with me to 1978. A bit iffy to get married in February to begin with, but getting our marriage license on Valentine's Day and then getting married four days later seemed so romantic.

It didn't matter that large flakes of snow (which were not in the forecast) carpeted the car windows. Dad let us know he was a bit more than nervous getting me to the church on time. Mum, in her usual slow poke manner had been annoying him because Dad had wanted to leave early and Mum couldn't find her Blue Grass perfume. She wanted to give me a squirt for luck. She finally found it. Might have been a better idea if she'd poured the entire bottle on me.

Slip sliding on the back roads was a challenge for Dad. And Mum messing with her camera, wondering if she would have enough battery life, made me sweat. It was a long time ago, and Mum said she could take all the photos. Save us some money (What was I thinking?)

We made it to the church in one piece. Dad whipped around to the side door. He reached in to help me out. I reached out to grasp his arm. He pulled me up. I thought I was on solid ground. WHAM! Good job the bustle cushioned my fall on the ice. No blood. Just a little mud. After Mum gave me a quick wash off in the bathroom, I was soon back to being the blushing (now rushing) bride.

Everyone was lined up to do their part. We had practised the night before and knew what to do. Including my beautiful 5-year-old niece, flower-girl. Suddenly, in real time, in front of the real people, Diane decided this was a no-go. There was no cotton-pickin' way she was walking down the aisle carrying any flowers or doing anything with all those heads cranked around staring at her.



Ten minutes later, I finally found the right bribe. A trip to McDonald's and free reign on the menu – after the honeymoon! Before we knew it, all was well, and we were standing there promising to love, honour and keep laughing.

It was a tiny church, and as we headed to the minister's study to sign the register (yes, they did that in the olden days), I caught my veil on the stucco and, in full drama queen mode, let out a scream. Then on the way out after signing on the dotted line, flanked by my new husband, I let out another scream as he stood on my dress and I heard a rip!

No, maybe it wasn't a perfect wedding, but hey, I did end up getting exactly what I wanted after all. A fine happy ever after if you ask me. And I hardly ever scream anymore!

A duck, a skunk, and a deer went out for dinner at a restaurant one night



When it came time to pay, the skunk didn't have a scent, the deer didn't have a buck so they put the meal on the duck's bill!



Recipe of the Month

Apple Rose Puffed Pastries

Submitted by Barbara Heagy

I was looking for something special to serve my honey on Valentine's Day and found this recipe. This edible rose is perfect. It's beautiful, it's sweet, and it's oh, so romantic. And what's even better, it's easy to make. There are many versions on the Internet but here's mine.



Ingredients:

- 2 red apples (any type will do)
- 1 sheet of puffed pastry (thawed)
- 3 Tbsp. of apricot jam (I used a specialty jam I got for Christmas with French Brandy in it)
- 4 Tbsp. of water
- 2 Tbsp. lemon juice, or juice of ½ a fresh lemon
- Cinnamon, Icing sugar, for decoration

Instructions:

1. Slice the apples in half from top to bottom. Leaving the red peel on, remove the core ends and scoop out the centre core. From top to bottom, slice them as thin as possible.
2. Place the sliced apples in the bowl of water and lemon juice. Cook them in the microwave for 2 or 3 minutes, until they are limp. They should be soft so they won't crack when you roll them later. Drain them and set aside.
3. Roll the sheet of puff pastry out to approximately 1/8" thickness. Cut the pastry into 6 equal rectangles.
4. Spoon the jam over the pastry to cover it. Sprinkle with cinnamon. (You could use a mixture of sugar and cinnamon instead). Arrange the apple slices along one long edge with the red skin side out, overlapping each slice.
5. Fold the bottom edge of the pastry in half over the bottom edge of the apples. Starting at one end, roll the pastry into a spiral to form a rose shape.
6. Bake in a greased muffin tin at 375 degrees for 40-45 minutes until the pastry is golden brown. Sprinkle with some icing or powdered sugar and serve warm.



Pre Valentine's Date Idea

From Africa to Nunavut



Come travel with our globetrotting friends,



Kay Ayres & Cathy MacRae

Feb. 8th **Mount Forest Legion**

1 pm

For information:

519-638-1000

hedwards@mapleton.ca

(No need to register)



In case of inclement weather, please note that all our Seniors' Centre for Excellence Programs will not run if the school buses are cancelled. You can check here for updates: <https://stwdsts.ca>



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
Palmerston	Wed. Feb. 21	12 pm \$20	James St. United, Palmerston	Annemarie Hagan Segregation in World War I: Canada's Black Battalion
Harriston	Friday Feb. 23	12 pm \$20	Harriston United Church	Jenny Bults Heart Health
Clifford	Wed. Feb. 28	12 pm \$20	Clifford United Church	Olivia O'Hagan. OT New tools for home

Join us for Coffee!



COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. Feb. 1, 15, 29	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month Feb. 14	10 am	Maryborough Community Centre, 15 Ball Avenue

Behind the SCENes

Another project of the Falls Prevention Group that will keep you on your feet (where you belong!)



Helen Edwards, Chairperson of the Falls Prevention Group for Wellington County Safe Communities, is working with the committee on a project assembling demonstration *Falls Prevention Tool Kits* for Occupational Therapists and Kinesiologists. These kits include dressing sticks, sock aides, reachers, sensor night lights, and a tool that makes it easier to get in and out of a car. Seeing is believing. By demonstrating how much easier everyday tasks can be when using these aides, the committee believes many will benefit, knowing that they are available for purchase.





ZOOM with us!



A note from Doris: 

Every
TUESDAY 10:30 AM



Every
THURSDAY 2 PM



For the Love of Words

No experience necessary. Come join us on ZOOM at 7 pm, February 21 and let's talk about writing.

If you would like to join us, drop me a line at 4luvwrds@gmail.com and I will send you the link.

Writing Prompt:



For February, romance is in the air! Write your feelings about romance. What does that word mean to you? Who has or have been your life partner(s)? Have you had any memorable Valentine's Days?

Write it all down for the generations to come. Or as much as you want to share!



Solution to
Riddles on
Page 2



- 1. Footsteps
- 2. An Egg
- 3. Clock
- 4. Age
- 5. Smiles (there is a mile between the two s letters)
- 6. Heart

Decluttering with Doris

Doris Cassan

Love is in the air! And in the freezer. What is in the bottom? Use it up! Group items in net bags of different colours to avoid mealtime confusion—e.g. pink for pork, blue for beef. This also tells you when you need more of one group.



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





Join us on a journey



From Africa to Nunavut

Travel 12, 266 kms with our globe-trotting friends,
Cathy MacRae and Kay Ayres

THURSDAY

Feb. 8th

Mark Your
Calendar
now!

MOUNT FOREST LEGION - 1 PM

Courtesy of:

SENIORS' CENTRE for EXCELLENCE



NO NEED TO REGISTER

For information: 519-638-1000
hedwards@mapleton.ca

COMING TO
Moorefield

GrandPals

BETWEEN GENERATIONS, IT'S ALL ABOUT...



Learning

Hearing about life as it was, and is today, is an engaging experience! It's about learning between generations!



Storytelling

Stories are at the core of how we make sense of the world and allow all ages to take part in the conversation!



Friendship

In the end, GrandPals and students form a bond of friendship. This comes from genuine conversation, and the discovery, capture and sharing of life stories.

MORE INFO

📍 hedwards@mapleton.ca

📞 519-638-1000

🌐 www.grandpal.ca



Victoria Park Seniors Peking Acrobats & Lunch

Wednesday, March 27, 2024



Price Includes:

- Shopping excursion to the Dutch Mill Country Market
- Lunch at the Best Western
- Admission to Peking Acrobats Show
- Driver gratuity
- Luxury motor coach transportation
- HST

Join the Victoria Park Seniors for a thrilling day tour, featuring a shopping excursion, lunch and an amazing matinee production by the Peking Acrobats.

Dutch Mill Country Market: Visit the Dutch Mill Country Market, a unique shopping destination in Dundas. Peruse their selection of women's fashion, accessories, home decor, furniture, kitchenware, and more!

The Best Western: Enjoy an included buffet lunch at the Best Western! Their delicious spread includes roast beef, potatoes, vegetables, pasta, an assortment of salads, freshly baked bread, dessert, coffee, and tea.

Peking Acrobats: Catch a thrilling matinee production by the Peking Acrobats at the Sanderson Centre! These astounding performers push the limits of human ability by defying gravity with amazing displays of contortion, flexibility, and control to create exuberant entertainment with the festive pageantry of a Chinese carnival.

Departs: Victoria Park Seniors Centre, 150 Albert Street West at **9:00 a.m.**

Approximate Return: **5:45 p.m.**

\$157 Members
\$171 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)



GreatCanadianHolidays.com

Travel Arrangements Made by:
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