



# Heart & Soul of Wellington

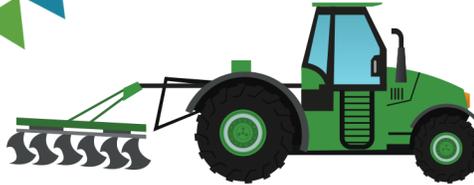
SENIORS' CENTRE *for* EXCELLENCE

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## A Word from Helen



As you know, at the Seniors' Centre for Excellence, we focus on positive ageing, tackling ageism, and acknowledging the challenges ageing can bring. Not to mention we are firm believers in the saying, "With age comes wisdom."

We have been working on our *Debunking the Myths of Ageing* calendar to address some of the myths around the ageing process. Here is a list of positive sayings that we thought we would share with you.

Getting old is like climbing a mountain; you get a little out of breath, but the view is much better! —Ingrid Bergman

When I was young, I used to admire intelligent people: as I grow older, I admire kind people. —Abraham Heschel

We also think that laughter is very important to positive ageing, because wrinkles will only go where smiles have been. —Jimmy Buffet.

I'm getting stronger with age. I can now lift a \$100 worth of groceries with one hand. —Unknown

You don't become cooler with age, but you do care progressively less about being cool, which is the only true way of being cool. It is called the Geezers Paradox. —Widdershins Smith

"If you can't look back at your younger self and realize that you were an idiot, you are probably still an idiot." —Denny Karchner

In this edition of the Heart & Soul of Wellington check out the following infographic that addresses common ageist attitudes you may come across in health care settings. Do any sound familiar? Some good ideas here, too, on how to respond.

Helen



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# ADVOCATE FOR YOUR HEALTH

## HOW TO SPEAK WITH YOUR HEALTH CARE PROVIDER AS AN OLDER ADULT

### PROVIDER SAYS:

It's normal to feel depressed (or another health concern) at your age.

So, what is the health concern? (Healthcare provider ignores the patient and speaks only to the accompanying friend/relative/spouse).

That pain is to be expected at your age.

Sweetie, let's take off our jacket so we can take your blood pressure.

### PATIENT RESPONDS:

I know many people my age, and they aren't all experiencing this. Can you please help me find answers?

You can speak directly to me instead. My friend/relative/spouse is here to support and I will let them know if I need their input.

I realize certain conditions can develop with age, but I'd like to continue doing what matters to me. What are my options?

Thank you for the sentiment, but I prefer being called Linda.



Do these sound familiar? Words make a difference. Ageism, even with positive intent, diminishes our health and wellbeing, taking years off our lives.

Learn more about age-friendly healthcare at:  
[changingthenarrativeco.org/age-friendly-healthcare/](http://changingthenarrativeco.org/age-friendly-healthcare/)

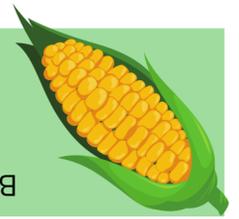
ENDING AGEISM TOGETHER  
**CHANGING  
THE  
NARRATIVE**



## Why shouldn't you tell a secret on a farm?

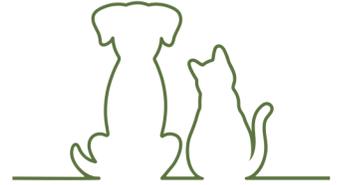
### Solution:

Because the potatoes have eyes and the corn has ears!



## Pet Corner

### Lola



Lola has been a member of the Short family for many years. There have been multiple discussions as to the age of this beautiful, shy kitty. It is believed she is between 16 and 18 years old, depending on who you ask.

Lola joined the family when Chelsea wanted a new kitten. Her mother finally agreed, with the stipulation, "Only one with short hair."

Lola arrived. A ball of white fluff, spreading fur wherever she wandered—an activity she still enjoys to this day!

Lola, used to like having her hair brushed each day by her Nana, but now prefers mostly to be left alone so she can bask in the sunshine. However, each evening, she jumps on Nana's knee so they can watch TV together.



Thank you, Lisa Cosier, our local artist and art teacher.

Each time you host an art workshop we hear rave reviews. We know participants enjoy every moment you spend sharing (and passing on) your passion, creativity and expertise.

What beautiful "painted aprons" you each created this month. Thanks for keeping costs to a minimum while providing us with expert instruction to the max!



## Summer and Picnics—How do I love These? Let Me Count the Ways.

submitted by a Contented Senior

Most people like the changing of the four seasons with each one having their own special appeal. But, if you were born and raised in Saskatchewan, as I was, you'd know that we definitely got cheated. My uncle would say we got seven months of winter and five months of rough sledding. He wasn't too wrong. Winter seemed to start in October and didn't give it up until mid May (This was before we heard anything about climate change.)

We lived under a mile from my country school. Because we had to trudge daily through knee high snow during all those cold winter months (and no, it wasn't all uphill) it was such a relief to see the gravel roads emerge and grass and leaves starting to grow. We knew spring was on it's way.

Mom was the original picnic planner. She always packed us a lunch—sandwiches and pickles, maybe a pie or some other sweet treat, and water (by the gallon). She'd have an old tablecloth that she'd spread on the ground. We'd find a rock or log to sit on, then fight the ants and/or wasps for our lunch. Sometimes we got caught in the rain so we'd have to eat in the car—no problem. We were "on a picnic," which took the drudgery out of berry picking.



*Other most welcomed sights were the cranberry and Saskatoon berry bushes bursting out, along with wild raspberries and blueberries. Our family would drive to different locations with our pails ready to pick whatever was ripe at the time.*



On sunny Sundays we'd pack a more elaborate picnic lunch and join friends and relatives at the lake. Dad needed help picking stones. No problem—mom packed a picnic and off we went again. Work wasn't so bad when we got to eat under the trees in the shade. Such wonderful childhood memories.

After I left home, I got married and had 3 children. Their growing years found us living in Nova Scotia. Anyone who has been there knows there are is no shortage of parks, lakes, beaches, and places that just beg you to pack a picnic basket and enjoy the day, whichever direction you choose to go—and picnic we did.

Winters weren't near as severe or long there so we got an early start and could picnic until the end of October. With the invention of the portable charcoal BBQ, the menu was greatly improved. Hotdogs and hamburgers were our favourites. I always hoped the kids wouldn't catch any fish off the rocks as we didn't really want the mess of having to clean and cook them. But when they dug snails from the seaside and joyfully brought back a sand pail full, the menu changed, again.



Our kid's friends longed to come with us as their parents didn't seem to picnic as we did. So our kids frequently took turns bringing one or two of their friends along. I always packed food for at least seven. When we have family gatherings now, the 'kids' often bring up the good times they had when they lived in the Maritimes—the trips, the picnics, and good friends. That makes me so happy.

Fast forward to today. My children are grown and have families of their own and I'm on my own. Who to picnic with now? As I like my own company, I have no problem packing a lunch, taking a book, a folding chair (and umbrella, *just in case*) and finding a nice quiet shady spot, preferably by a rippling stream. I did this for several years and then my daughter retired and now joins me on my picnics. We faithfully set aside Wednesdays as our picnic day. No matter what. We are now on our third year of Wednesday picnics and we both love it.

Recently, I bought a yearly pass to the Grand River Parks so now we are able to go farther afield with access to more parks, proper washroom facilities, and covered shelters for any unexpected rain.

My favourite spot is Conestoga Park only 25 minutes away. Our picnics have gotten a bit fancier, with a wicker basket lined with a washable liner, Melmac dishes, acrylic gasses (in 2 sizes) and real cutlery. We take cushions to sit on at our vinyl covered picnic table and often we collect a bunch of wild flowers for our table. Ahh...such luxury. Out comes the game board—usually Scrabble, but we have several others, and we play until hunger sets in. Most meals are pre-made at home but we do BBQ when my son-in-law joins us. After eating, I usually get out my folding chair for a time of reading, napping, or just watching and listening to nature.



Even hot days are pleasant at the lake. The water cools things down a bit and there are days when I don't want to leave—it's like a day of 'heaven on earth'. Last year we went on 22 picnics! Can we beat that number this season? We'll try.

*I do urge everyone to pack a lunch and get out there with nature—it really does have a way of healing the soul. Happy picnicking!*



## Day Tripping

submitted by Carole Meyers

A friend and I go day tripping once a week in the summer, and we sure do have fun. We have no destination in mind. The idea is that we both agree upon an initial direction and then away we go. No time for waffling! I do the driving while my travelling buddy becomes the navigator.

“Turn right here.”

“Turn left here.”

“Wait...what’s that? Turn here!”

I’m not sure how it all started but we’ve been spending our summers this way for years and we never get tired of each other’s company or our crazy trips.

We find ourselves on roads we have never been on before and oh what a joy it is looking at beautiful homes and gardens. We travel down twisty tree-canopied roads—beautiful in the fall, too. What a pleasure it is to find hidden gems like coffee shops and unusual boutiques. Sadly these treasures are not so plentiful anymore since COVID changed a lot of small businesses. But we do keep our eyes peeled.

Two of my favourite places to visit is the Sparta Tea Room, with all their beautiful teapots and Pinecroft Tea Room and gift shop nestled in the woods in Aylmer.

So why not head out? With a friend. Pick north, south, east, or west and do enjoy our beautiful province. There is so much to see!



*Happy tripping!*



## Recipe of the Month

### Secret Ingredient Chocolate Mousse

Courtesy of Alyson Colton RD MFFHT

*Alyson originally shared this recipe with our group on ZOOM a couple of years ago. Sadly, I was unable to find the silken (soft) yogurt. Our local store only had firm. "How different can it be?" I reasoned. Little did I know it does make a difference. Let's just say, my so-called silky chocolate mousse creation was far from silky! I found out later when I took the remnants of the mousse out of the fridge, I had created some (not so silky but rather delicious) chocolate fudge! Alyson always tells us it is okay to create variations of recipes.*



Makes about 4 servings



#### Ingredients

- 8oz silken (or soft) tofu, room temperature
- 8oz bittersweet chocolate, chopped
- 1 Tbsp vanilla extract
- Strawberries (optional)

#### Method:

1. Melt chocolate in a bowl set over a pot of simmering water.
2. Puree the tofu in a food processor until smooth
3. Add the melted chocolate and vanilla and puree again until the mixture is very smooth
4. Pour into four serving dishes and chill until ready to serve
5. Top with honey and mint strawberries if desired.

#### Optional Topping:

- 1 cup fresh strawberries, cleaned, hulled and quartered
- 2 Tbsp fresh mint, chopped
- 2Tbsp honey

*We sure will miss you, Alyson, when you go on maternity leave. We look forward to one more Cooking with Alyson session this month! Thank you for keeping us informed and for sharing one tasty recipe after another!*



*Congratulations, Alyson, such exciting news.—Dorothy  
How wonderful that your "new toy" is almost here. Enjoy!—Louise*

*I will miss watching your videos while you are on maternity leave!—Sue*

*Special thank you, Alyson, for all the delicious recipes and knowledgeable information you have shared with us over the past years—Joan.*

*I love your recipes and health tips, I wish you all the best for your upcoming maternity leave, we will miss you!—Glenda*

*Congrats!—S.*

*I wish you all the joys of motherhood —Joan*

*Enjoy your new precious bundle—M*





# Word of the Month

**Kakorrhaphiophobia** - Abnormal fear of failure



"There is no innovation and creativity without failure. Period." — Brene Brown



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 21	12 pm \$20	Palmerston Missionary Church 550 Prospect St	<b>Jennifer Goodwin</b> Elderdog KW
Clifford	Wed. August 28	12 pm \$20	Clifford United Church	<b>The Haywards</b> Musical Fun!
Harriston	Friday August 30	12 pm \$20	Harriston United Church	<b>Doris Cassan</b> Decluttering with Doris

## Decluttering with Doris

Doris Cassan

**Horizontal Surfaces Become Clutter Collectors.**



Try adding a “parking spot.” Where you usually toss your keys, coins, wallet, etc., place a pretty bowl, basket, or box. Bedroom dressers, bathroom vanities, kitchen countertops can be treated the same way. One caveat: the bowl or basket must be decluttered regularly.

## Activities Spotlight



You are invited to join us each Thursday at the Mount Forest Sportsplex from 9:30 am to 11 am. Get together with friends and neighbours to walk the track, share a cup of coffee, and some great conversation. It’s a fabulous opportunity to exercise and connect with others—a perfect combination for improving your overall health. All free of charge. Hosted by the Mount Forest Family Health Team and the Seniors Centre for Excellence.



# Behind the SCENes

## Have you heard the latest?



We are going to be hosting a “small town” style Seniors’ Health & Wellness A.C.E. Fair to provide opportunities for you to learn more about community programs, social services, and how to remain active, connected and engaged.

This great information session will be held at the Palmerston Arena on **Tuesday, October 8th from 10 am to 1 pm.**

Attendees will hear about current health information from a variety of health care professionals. All information will be geared towards older adults, so whether you are an older adult yourself, or a caregiver you are welcome to attend.

**Save the Date!** (We’ll tell you more soon.)



### 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.

**August 6, 2024**

**Doris Cassan**  
My Trip to Alaska



**August 27, 2024**

**Katie Clarke WCMA**  
School Days in Wellington County



**August 13, 2024**

**Grace Sant**  
A Visit to the Donkey Sanctuary in Puslinch.



**August 20, 2024**  
**Alyson Colton Registered Dietitian**  
Cooking with Alyson



**REMINDER**

**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](#)





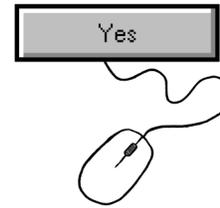
What kind of tractor do you always hire and never own?

**Solution:**

A contractor!



## Tech Tips



### Smartphone Battery S.O.S.

by Michael Meunier



*A smartphone battery's lifespan is finite. It is designed to retain its original capacity for a certain number of charging cycles. For example, according to Apple an iPhone battery will retain at least 80 percent of its original capacity for 500 complete charging cycles.*

*Here are three **S.O.S.** charging tips that can extend the lifespan of your smartphone's battery:*

- S is for** charging your phone in **SHORT SPURTS**.. Charging your phone for short periods multiple times a day is actually good for the health of lithium-ion batteries. The goal should be to charge by 10 percent here, 15 percent there, as needed, always keeping the phone at above a 20 percent charge. Obviously, this tip is more practical on weekends or for days when you're working from home.
- O is for** using your smartphone's **OPTIMIZED** charging feature. This is a function found on newer phones which can slow down the charging of your smartphone and stop it when at full health. If you have an iPhone running iOS 13 or higher, for example, you can activate the Optimized battery charging function in the settings. Your phone then "learns" from your habits and delays the charging process at times you usually keep your phone plugged in (like overnight) so your charge stays below 80 percent for longer. For Android phones, the availability and functions of optimized charging will depend on the model and manufacturer.

**S is for** avoiding the **STRESS** of completely discharging and recharging the battery. Keep your phone's battery charge level constantly above 20 percent, and certainly don't let it drain completely to 0%. You don't need to regularly charge your smartphone battery to 100 percent either- 80 percent is sufficient. This is because a full charge from zero to 100 percent subjects the electrodes of a lithium-ion battery to extreme stress, which can shorten the lifespan of the battery.



“We can all make a difference in the lives of others in need because it is the most simple of gestures that make the most significant of differences.”  
—Miya Yamanouchi

*Let your fingers do the walking!*

**CLICK HERE** 

**Visit our Seniors’ Centre for Excellence Website!**

**Living Here** 

- About 
- News and Public Notices 
- Garbage and Recycling
- Emergency Services 
- New to Mapleton
- Events  
- Places of Worship 
- Schools  
- Senior Services 
- Seniors’ Centre for Excellence** 
- Exercise Programs
- Home Care Services
- Seniors Advisory Group
- Social Programs

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* 

**August Writing Prompt**



This month’s memoir writing cue is Travel. Where have you travelled? And where would you still like to go? Do you make a bucket list? Can you tell us about that list and why places are on it? What are some of your best travel memories? Have you had any bad experiences, like illness, accidents, missed flights? Describe those events and how you felt.

