



Seniors' Centre for Excellence



11 Andrew's Drive, West, Drayton, Ont. N0G 1P0

March 2021

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Health News

Nutrition Month

Jenny Harrison, RD

*Dietitian, Certified Diabetes Educator
Minto-Mapleton Family Health Team*

March is Nutrition Month and this year's theme is "Good for You! Dietitians help you find *your healthy*."

What exactly is *your healthy*? We know healthy eating looks different for everyone. Each person has their own culture, traditions, preferences, and their own nutritional needs. This is why one size fits all or fad diets do not work and just make us feel bad when we can't seem to follow them. One way you can start to find *your healthy* is to cook more at home. You may even have already been forced into this over the

past year with COVID-19 restrictions. Here are some food and cooking tips that can make cooking at home easier for you!

Did you know?

1. If you store tomatoes stem down, they will last longer. This prevents air and moisture from entering the spot where the tomato was picked from the vine.
2. You can speed up ripening by storing fruit in a paper bag. This concentrates ethylene gas, which helps it ripen faster. Avocados anyone?! They are never ripe when you need them. Try this tip to help. Also great for bananas, peaches, etc.
3. If you wrap the end of a banana with plastic wrap, it will give them a longer life. This prevents that same ethylene gas from being released from the stem preventing brown bananas.
4. The fresher your eggs, the harder it is to peel them when they are hard-boiled. Next time try adding baking soda or vinegar to the water when boiling the eggs to make peeling easier.
5. You can replace buttermilk in a recipe by adding 1 tbsp of vinegar or lemon juice to 1 cup of regular milk.

You can use ice cubes to skim the fat easily from stocks, stews, and sauces. Just wrap them in paper towel or cheesecloth to make the pickup easier.



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Cheaper than buying buttermilk just for one recipe.

6. You can prevent pots from boiling over by laying a wooden spoon across the top of it.
7. You don't have to throw out your extra herbs. Chop the extras and freeze them in an ice cube tray in water, olive oil, or stock to use later.
8. You can easily scramble eggs in the microwave! Spray a mug with a bit of olive oil. Crack 2 eggs inside and top with a splash of milk or water, then stir with a fork to combine and break the yolk. Microwave for 30-second intervals, stirring after each for a total of about 90 seconds depending on your microwave.
9. You can get more juice from a fresh lemon or lime by microwaving it for 7-10 seconds and rolling it on the counter before juicing.



Get in the kitchen today and see what you can whip up. If you want more information on finding *your healthy*, Registered Dietitians are here for you. Call your local Family Health Team or Telehealth to speak with one for free.

Social Media Links



Look us up on Facebook, Twitter, Instagram Also if you need help with technology training and support you can email info@connectedcanadians.ca.

Covid-19 Vaccine Bulletin

Adults 80 years of age and older can now pre-register for the COVID-19 vaccine.

The vaccination site for our area will be the Centre Wellington Community Sportsplex (Fergus). If you cannot come to Fergus there will be pop up mobile sites coming to Drayton. This registration link (below) is for the Fergus site. If you do not have an email address or cellphone, then please ask a friend or family member to help you. Public Health will have a communications plan and phone number to book appointments directly very soon, but we encourage you to book through this website link.

<https://register.wdgppublichealth.ca>

For the Love of Words ♥

The first meeting of ***For the Love of Words***, a new online [ZOOM] writing group for older adults sponsored by the Seniors' Centre for Excellence, was a hit.

The group is eager to welcome new members, so if you like to write poems, short stories, novels, songs, memoirs (or would like to learn how or be encouraged to do so) then ***For the Love of Words*** is a safe space to spread your wings.

Doris Cassan, the patient and talented facilitator, has been a member of writing groups for over fifteen years and was the facilitator of the Arthur



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Writers for the past three years. So she knows of what she speaks.

Sessions are held on the third Wednesday of the month at 7pm. To register for the March 17th ZOOM session, or to find out more information, get in touch with Doris at 4LuvWrds@gmail.com.

Telling Our Stories

Cars! Cars! Cars! ©2021 Noreen Rankin



2003. Noreen & Bud Rankin proud as punch next to their new Ford Crown Victoria LX

Busted. Now everyone will know my penchant for cars.

My love of cars came from my dad. "Daddy's little girl," I followed him everywhere. One of my first lessons was learning how to use a clutch on a tractor. My first attempt unloaded a full load of cabbage crates onto the ground in a heap.

But I was hooked and Dad, who saw my determination, taught me well and eventually I mastered the clutch.

Dad was a Chev man. I remember a '36 Chev, a '41 Chev and a '51 Chev. When Dad was ready to purchase a new (to us) vehicle, we spent many weekends looking for the perfect specimen.

My husband, Bud, and I didn't care what brand a car was, if we could afford

it. Our first car was a '41 Dodge with a (pardon-the-pun) dodgy passenger seat.

If Bud pulled away too quickly from a stop light, the seat would go backwards, with me in it. Cotter pins were a problem in the gears, too. Bud could not drive forward without having to stop to jack up the car to put in a new one. Also, on the passenger side floor, there was a hole that you had to cover with cardboard if it was raining or snowing, or you would get a shower.

Our next car, a '51 Chev, ate carburetor covers. Good car though, learned the stick shift with this baby.

After that we bought a '55 Pontiac fancy convertible. A great car even though we went through a full tank of gas after we brought it home—all our neighbours had to have a ride, since none of them had ever been in a convertible before!

Our next car was a brand new long and sleek '65 Dodge Polara wagon. When we sold it, it had almost 300,000 miles on it. Two years later I met the fellow we sold it to, and the old wagon was still going.

Soon we needed a second car. So we bought an old Dodge, with pushbutton gears. Sometimes they worked, sometimes they didn't. Lots of laughs with that one! You had to turn off the car and start it again to get it to move. Not great in rush hour traffic.

One night I attended a going away party. On my way home a policeman pulled me over.



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"One of your headlights is out, ma'am." He wondered if I knew.

"No," I told him. "but tomorrow morning, this heap is going to the bone yard."

The officer proceeded to the fender and gave it a big thump. On went the headlight and I was able to proceed home without a ticket. Those were the days.

Never iron a four-leaf clover because you don't want to press your luck.

Anonymous

Never let your friends get lonely. Keep disturbing them!

Anonymous

Acceptance is the road to all change.

Anonymous

Household Tips

Did you know that adding ½ cup of vinegar to the wash



cycle can remove unwanted odours from clothes? Plus it's good for the environment and easy on sensitive skin.

P.S. *If you have any handy ideas for homemade household tips, let us know.*

Email: cieropoli@mapleton.ca or call and leave a message 519 638 1000

Fraud Alert!

Did you know that on the back of your credit and debit cards is a toll-free



number that can be used if you feel your card has been used by someone other than you?

Next time you get a call from someone who says your card has been compromised, hang up and call the number on the back of your card and find out for sure. Do not give out any information.

If you *are* tricked into giving out your personal information, please call the police at 1-888-310-1122 to report it. Your call may help prevent it from happening to someone else.

Something to Think About

Daylight Savings Time

Sunday March 14, 2021 – Turn clocks one hour forward.



A good friend is like a four-leaf clover, hard to find and lucky to have.

Irish Proverb

Party Line Highlights

From talking about the cost of houses in the *good old days*, to anticipating seeds sprouting, Daylight Savings coming, St. Patrick's Day celebrations happening, enjoying conversations about dentists, birds, and rocking to the radio, we have



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it all coming up this month and we know you won't want to miss a thing!

Our Party Line conversations are a great way to relax, have fun, and stay connected.

Oh, and if you have ideas for other programs we could offer on ZOOM, please let us know.

Remember to check the schedule for great Party Line topics. All you need is a telephone.

Call the office to register 48 hours beforehand at 519-638-1000 or call yourself into the session a few minutes before it begins. **1-866-279-1594** and then enter the **Guest Code 217234**.

ZOOM Highlights



The ZOOM schedule overflows this month with everything from a 12-year-old professional Balloon Master to a 98-year-old Wise Author and Fabulous Fellow, as guests. And if that doesn't pique your curiosity, how about High Tea and Haggis, another special guest all the way from Ireland, a Fashionista, Finding out about Footcare, a Women's Day celebration, a frank conversation about Mindfulness and Gratitude, and our very own Cooking Show.

Check the schedule for the March ZOOM sessions. You won't be disappointed!

"Anyone who stops learning is old, whether at twenty or eighty.

Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

— Henry Ford

Walking Program - Free

Walking programs are now up and running. Please register in advance. Limited participants: 519 338 2511 Extension: 243



or

EMAIL: grace@town.minto.on.ca

Harriston Curling Club:

Weekdays, 9-10am and 6-7pm

Clifford Arena: Weekdays, 10-11am

Palmerston Arena: Weekdays, 8-9am and 1-2 pm

Easy Recipes. Delicious Results

Alyson Colton

Registered Dietitian

Mount Forest Family Health Team

Join us on Zoom on the last Thursday of each month (next session - March 25,



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2021 @ 2 pm) and let's have some fun cooking a few new recipes and learning some nutrition tips each month; tips such as cooking for one or two people, heart healthy fats, ways to cook seasonal produce, and more.

This month's recipe is for Salmon Valentines. So easy to do. So good for you. Expect to receive your recipe along with your ZOOM invitation. If you are not on the invitation list, then get in touch with the office at 519-638-1000 or email gbelec@mapleton.ca.

You can choose to cook along with Alyson, or you can sit back and enjoy the unfolding of something delicious each month. (But you might want to take notes, so bring a pen and paper.)

Out of the mouths of Babes



Many years ago, my five-year-old daughter Mandy and I attended a church luncheon where in addition to a lovely selection of sandwiches, they had set up two large punch bowls.

As we went to retrieve our beverages, I was detained by the minister, but thirsty Mandy loudly exclaimed "Mom which bowl is for the kids and which bowl has the booze in it?"



Fortunately, the minister had a good sense of humour.

(Submitted by Donna Fulcher)

Recipe of the Month

White Kidney Bean Soup

Bon appetit!



- 1 can of White Kidney Beans, drained
- 1 -28oz can of tomatoes
- 2 tsp of salt
- 1 tsp dried oregano
- 3 cups of water
- 2 chicken bouillon cubes
- 1 small bay leaf
- 1 medium onion, finely chopped
- 2 tbsp. of canola oil
- 1 cup of diced celery



INSTRUCTIONS

Method:

1. In a saucepan, sauté onions and celery in oil until tender

P.S. White beans are a nutritional powerhouse, as they are packed with fiber and protein and a good source of numerous micronutrients, including folate, magnesium, and vitamin B6.

2. Add: water, tomatoes, kidney beans, chicken bouillon cubes, salt, oregano, and bay leaf.
3. Simmer one hour and serve.



Party Line Schedule

March 2021

Come join the fun every Wednesday and Thursday at 10:30 am. Great Topics. Special guests.

Wednesday, March 3rd

10:30 am

Topic: What Did Your First Home Cost?

Thursday, March 4th

10:30 am

Topic: Seed Packets and Gardening

Wednesday, March 10th

10:30 am

Topic: Daylights Savings Time. Keep it?

Thursday, March 11th

10:30am

Topic: Stuart McLean Story: "In the Weeds"

Wednesday, March 17th

10:30 am

Topic: St. Patrick's Day -Top O' the Mornin' chat

Thursday, March 18th

10:30 am

Topic: The Royals. (Bring a cup of tea!)

Wednesday, March 24th

10:30 am

Topic: Dentists Visits. Then and Now

Thursday, March 25th

10:30 am

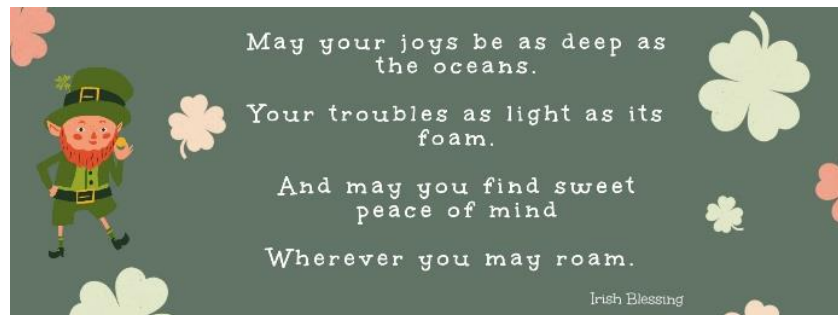
Topic: Bird Watching

Wednesday, March 31st

10:30 am

Topic: Favourite Radio Stations

Don't forget. If you want to sign up for any (or all) of these great *Party-Line* Sessions, call the office at **519-638-1000** to register or you can call in yourself at **1-866-279-1594** with guest code **217234** a few minutes before the start time. 48 hours advance notice is required, please, to make sure you get on the "we'll call you" list.





ZOOM Schedule

March 2021

For ZOOM, you do need access to a computer with an internet connection.

Monday, March 1st 9:30 am

(email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, March 2nd 10:30 am

Guest: Donna Mann

Topic: International Women's Day

Thursday, March 4th 2 pm

Guest: Chuckles-12-year-old Balloon Master

Topic: Be amazed!

Monday, March 8th 9:30 am

(email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, March 9th 10:30 am

Guest: Bep Vandenberg, Librarian

Topic: Armchair Travels with Bep. Come "sample" High Tea and Haggis as we travel to the British Isles

Thursday, March 11th 10:30 am

Guest: Laura McShane from CMHA

Topic: On Being Mindful and Grateful

Monday, March 15th 9:30 am

(email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, March 16th 10:30 am
It's a St. Patrick's Day Surprise! 

Wednesday, March 17th 7pm-8:30pm

Facilitator: Doris Cassan

For the Love of Words. **Contact Doris to request an invitation* 4LuvWrds@gmail.com

Thursday, March 18th 2 pm

Guest: Sherry McRobb, Footcare Nurse

Topic: Feet First!

Monday, March 22nd 9:30 am

(email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, March 23rd 10:30 am

Guest: Angus Hamilton

Topic: Come Listen to this 98-year-old Author and Professor speak about his latest book and maybe his secret to longevity!

Thursday, March 25th 2 pm

Guest: Alyson Colton, Dietitian Mount Forest FHT

Topic: Cooking & Learning with Alyson

Monday, March 29th 9:30 am

(email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, March 30th 9:30

Guest: Willa Wick

Topic: Fashion Through the Ages. Come dressed in a fashion from the past!

Call the office to register, for any (or all) of the ZOOM sessions. 519-638-1000 or send an email to gbelec@mapleton.ca Register at anytime, but to put on the list to receive invitation links, we require 48 hours notice. You can unsubscribe at any time.