



Seniors' Centre for Excellence



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

January 2021

Contents

Health News	1
Something to Think About.....	2
Social Media Links	2
Help Wanted!	3
A History of Aprons	3
Fraud Alert!	3
Party Line Highlights	4
ZOOM Highlights	4
Gentle Yoga (Free) ZOOM classes	4
Telling Our Stories	5
Cooking Classes on ZOOM.....	6
Party Line Schedule	7
ZOOM Schedule.....	8

Health News

Winter Maintenance

Is your body ready?

Sandy Turner

Kinesiologist, MMFHT



Winter is coming, do you have your car ready? Think of all the things you do to ensure your car gets you to and from work every day. From oil changes, topping up fluids and changing to winter tires, most of us may be treating our cars better than our bodies!

Just think of how great we could feel if we put as much effort into making sure our body is in tip top shape as we do our car.

It doesn't need to take hours a day but think about the results we could get if we did some of this car maintenance to our body.

One of the most important things we should be paying more attention to is our body alignment. When our car is out of alignment it will wear out our tires. Think of joints (knee or hip) as our tires. If we consistently move with improper alignment, then we are adding more wear and tear on our joints. This will cause our joints to be loaded ineffectively and lead to poor shock absorption, uneven weight distribution and pain.

To avoid this, you need to pay attention to the placement of the joints in your legs (hips, knees & ankles) and your feet (toes & heels) each time you walk, climb stairs, or sit down. Think of a plumb line from your hip to the floor and keeping all three joints along that line as you move. This will take some practice! Also, with each step, you can try to place a foot down heel then toe. It's important not to waddle or limp when you walk as this will affect alignment as well. It is more important to slow down and walk properly than to limp—your joints will thank you. Keep in mind, you may need to use a cane to accomplish this.

Thinking of new tires for your car? Have you checked the treads on your footwear? Not only will the underside of your shoes tell you when they need replacing, but it can also tell you if your body is out of alignment. Are you noticing that one side of the tread is showing more wear than the other? Not only should you have good, supportive footwear when being active, but they need to be replaced regularly to ensure maximum support, comfort and shock



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absorption. Shoes may still "look" ok, but the supportive properties could have been compromised.

Depending on the amount of exercise, you should replace your shoes more often than you think. Watch for wear patterns and if you notice soreness in joints (that you didn't notice before) it could be time to change up your shoes. Wearing shoes for exercise only will prolong their life and "old" shoes can still be worn for other activities.

Do you warm up the engine of your car before taking off? This is also a good idea before we jump right into activity or exercise. Whenever you are going to participate in exercise, a good thing to try and do is to ease into *and* out of the exercise. This is just simply doing the same or a similar activity but at a slower pace so the body can adjust, warm up and be prepared for the exercise.

Afterwards, it is a good thing not to just throw on the brakes, but rather slow down your activity gradually for the last three to five minutes. This allows your heart rate and blood pressure to return to normal.

Finally, you should include a stretching break following all exercise. This will reward the muscles for the activity you just put them through. Doing this will also alleviate any pain you may feel later or the next day, from doing activity that you aren't used to. It is also an important part of your overall alignment. When muscles are tight, they can affect our ability to maintain good alignment.

What about rust control? Did you know that the best way to avoid seizing in our body is to exercise? By loading and unloading our joints we are nourishing the cartilage. Of course, we need to do this with control and proper alignment. Our bodies

were made to move, and it is important to build time into your regular routine for cardiovascular, strengthening, balance and flexibility exercises. Sitting is now considered as bad for the body as smoking!

Every time we stand, we are nourishing our joints. Make it a point to move more often throughout the day by limiting the amount of sitting you do at one time. Incorporating brisk walking four or more days a week and some strengthening and balance exercises a couple times a week would be a great maintenance program.

Your local Family Health Team is a great resource for managing chronic conditions. For more information about any of the free services offered by the Minto-Mapleton Family Health Team, visit our website at www.mmfht.ca or call our Drayton/Palmerston office at 519-638-2110 or our Clifford office at 519-327-4777. Like us on Facebook (Minto-Mapleton Family Health Team) and follow us on Twitter (@MintoMapleton) for healthy living tips and information on upcoming programs and events in the area.

Something to Think About

"As you grow older, you will discover that you have two hands. One for helping yourself, the other for helping others."

Audrey Hepburn

(Submitted by Jim Measures)



Social Media Links



Look us up on Facebook, Twitter, and/or Instagram under Seniors' Centre for Excellence.



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January 2021

Help Wanted!

If anyone has any story ideas or would like to submit your story to the SCE monthly newsletter, send your ideas/story to adminassist@mapleton.ca

A History of Aprons

Submitted by **Don Senek**



I don't think our kids know what an apron is. The principal use of Grandma's apron was to protect the dress underneath because she only had a few and because it was easier to wash aprons than

dresses. Also, aprons required less material.

But along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was

surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner. It will be a long time before someone invents something that will replace that *old-time apron* which served so many purposes.

Fraud Alert!

From: Canadian Antifraud Centre Information
<https://www.antifraudcentrecentreantifraude.ca/>

Beware of Upfront Fees

Many scams request you to pay fees in advance of receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan.

There are no prize fees or taxes in Canada. If you won it, it's free.

If you *are* tricked into giving out your personal information, please call the police at **1-888-310-1122** to report it.

~



Thank YOU to all our many volunteers for helping us help others through this pandemic and the Christmas season.



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January 2021

Party Line Highlights

If you think healthy eating at Christmas means tofu and Brussel sprouts, then you need to talk to expert Dietitian, Paula Seifried. Paula joined us as a Party Line guest the first week of December, but she was no party-pooper when it came to offering tips for healthy eating during the holidays (and beyond).

We learned about different ways to cook our foods. We heard that a few treats are okay. We were assured that we can join in the festivities as



long as we are a conscious eater and pace ourselves. Even a little rum in the eggnog, or a slice of fruit cake are allowed. Paula even tossed in some ideas for how to keep active during our feasting days.

Remember to check the schedule for more 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 by calling 1 866 279 1594 and then Guest Code 217234#.

ZOOM Highlights

When you join in on a ZOOM session not knowing quite what to expect, and then you realize you received more than you bargained for, you celebrate. And celebrate we did "at" the Royal Botanical Gardens back in December. Listening to Education Officer, Karin-Davidson-Taylor, was like a pre-Christmas treat as she led us through a forest of aromatic moments, savouring much and learning plenty about the roots of

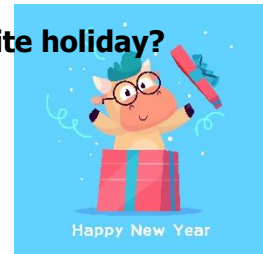
some of our Christmas traditions. Participants asked some wonderful questions and we learned a lot. Who knew that the spice, mace, is actually a covering to the nutmeg?

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

LAUGH OUT LOUD

What's a cow's favorite holiday?

Moo Year's Day!
Answer:



Gentle Yoga (Free) ZOOM classes

In praise of Kerry Ammerman

Yoga Instructor & Therapy Certification Student

"I have been doing yoga with Kerry off and on for about 5 years. I have had some surgery which has affected my back and neck mobility. Kerry has been most helpful in guiding me to get the most out of my yoga practices. She is always pleasant and upbeat, and I always look forward to my next class.

Covid has given us some challenges but I truly enjoy the Zoom class as much as in person and I don't have to go out in the snow!

I have definitely noticed improvement in my wellbeing and primarily my breathing."

Kathy Lawrence

(a happy participant!)

Please email kerry@studiokerry.ca to register for the FREE Zoom Yoga for Seniors on Mondays at 9:30 -10:30 am

Pre-registration is required to access the Zoom room.



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Laugh Out Loud

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter!



Telling Our Stories



A January Tale

A Fiction story ©2020 **Margaret Blair**
Harriston, Ontario

One cold January afternoon, Rudolph the Red-Nosed Reindeer was ranging around the northern hemisphere looking for his necklace of bells. He always wore it when he helped Santa deliver Christmas gifts, and this December it had dropped off his neck – but where?

As he cruised over Ontario, Canada, close to the roundabout in Teviotdale, there it was, hanging over a tree branch. As he came closer, Rudolph spotted an angry squirrel outside his nest hole opposite the necklace.

"It's about time, Rudolph," said the squirrel, "I was having an especially nice, warm sleep when these darned bells landed. The kind folk in that house over there had left some old warm socks for me to line my nest and I was fast asleep. Whenever there's a gust of wind, the bells keep jangling, and they wake me up. The bells are too heavy for me to move. Take them away!"

"Why sure, I'll have them tossed around my neck in no time, Sorry!"

"But wait. There's something you have to do before you go away." Rudolph moved closer.

"See that little shivering cat over there near the house? I gave him a sock, but he's crying with the cold. He needs something to eat. Could you bang on the door of the house and let them see the cat? They're kind people and will give him a home."

Rudolph banged on the door with his antlers, and a lady came to the downstairs window.

"I can't believe this," she said. "It's a reindeer. We don't have them here in Ontario. What's more, he has a red nose. Is there *really* a Rudolph the Red-Nosed Reindeer?"

Her husband stirred in his chair where he was reading a book and having some cake and coffee.

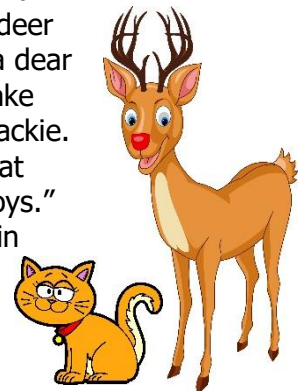
"Oh nonsense. Christmas has gone to your head. Let *me* come and see."

When he opened the door, Rudolph nosed the little cat to show it to the man while his wife stood behind him.

"What's that the reindeer is showing us? Why it's a dear little cat. We'll have to take him in as a brother to Blackie. Lucky we already have cat food and cat beds and toys."

The couple watched in amazement as Rudolph tossed the string of bells around his neck and flew off into the sky on his way back home to the North Pole. The wife hugged the little cat.

"I know what we'll call him," she said, "Rudolph."





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January 2021

Cooking Classes on ZOOM



Alyson Colton
Registered
Dietitian
*Mount Forest
Family Health Team*

Are you feeling at a loss for what to cook for supper? Looking for some ways to make recipes a bit healthier? Eating well is a large part of keeping us strong and healthy, but it can be challenging at times to know what to cook, or how to introduce new foods into your diet.

Join us on Zoom the last Thursday of each month (beginning January 28, 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.

Recipes will be sent out ahead of time, so if you have the ingredients and would like to cook the recipes alongside the class you can. If not, feel free to sit back, watch and ask any questions you may have.

Easy Recipes. Delicious Results

*Courtesy of: Tastes for Life,
Mount Forest Family Health Team*

Whole Grain French Toast with Maple Berry Syrup

Serves 1

For Maple Berry Syrup

- 1-2 Tbsp maple syrup
- ½ cup fresh or frozen berries of choices (mixed berries, blueberries, raspberries, strawberries)

Method:

1. In small microwave safe bowl combine berries with syrup.
2. Cook on high in microwave for about 1 minute until berries are warmed through. You may need to increase the cook time if you are using frozen berries.

For French Toast

- 2 slice whole grain bread
- 1 egg
- ¼ cup of milk
- 1 tsp cinnamon
- Pinch of nutmeg
- 1 Tbsp of oil or butter

1. Beat egg with milk, cinnamon, and nutmeg. Meanwhile heat oil or butter in frying pan over medium heat.

2. Dip sliced bread into egg mixture ensuring both sides are covered, immediately place in hot frying pan. Fry on medium heat until browned, then flip and brown other side.

3. Once browned on both sides, place on plate, top with maple berry syrup and serve immediately.

Nutrition Facts:

For ½ cup berry syrup: Calories:75; Fat: 0g

For 2 slices French toast (can vary based on bread) Calories: 250; Fat:6g

~

"Happiness is the only thing that multiplies when you share it."

Albert Schweitzer





Party Line Schedule January 2021

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

*Note time change. 10:30 am on both Wednesdays and Thursdays now

Wednesday, January 6th

10:30 am

Topic: Trivia: Give Your Brain a Workout!

Thursday, January 7th

10:30 am

Guest: Robin Smart, Alzheimer Society Waterloo Wellington

Topic: The Most Asked Questions About Memory

Wednesday, January 13th

10:30 am

Topic: Bedtime Rituals—Then and Now

Thursday, January 14th

10:30am

Topic: Stuart McLean Story—*Dave and Morley, Dancing.*

Wednesday, January 20th

10:30 am

Topic: Chores from Your Youth to the Chores of Your Grandchildren

Thursday, January 21st

10:30 am

Topic: Leaving a Legacy

Wednesday, January 27th

10:30 am

Topic: Where Would You Like to Visit?

Thursday, January 28th

10:30 am

Topic: Our Unique Cultures

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 **January 2021**

To join a ZOOM session, you do need to have access to a computer, and have an internet connection.

Monday, January 4th.

9:30 am (email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, January 5th

10:30 am

Guest: Kay Ayres

Topic: Travel with Kay to Churchill,
Manitoba

Thursday, January 7th

2 pm

Guest: Sally Meadows

Topic: Decoupage Made Easy

Monday, January 11th

9:30 am (email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, January 12th

10:30 am

Topic: Stuart McLean Story—*A Case of
the Dwindles*

Thursday, January 14th

2 pm

Guest: Robin Smart, Alzheimer Society
Waterloo Wellington

Topic: The Most Asked Questions About
Memory

Monday, January 18th

9:30 am (email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, January 19th

10:30 am

**Guest: Drayton Grade 8 School
class**

Topic: Intergenerationally Speaking
(An opportunity to interact, answer, and
ask questions of some great students!)

Thursday, January 21st

2 pm

Topic: Musical Moments with the Moore
Family (Maggie, Bria & Derek)

Monday, January 25th

9:30 am (email kerry@studiokerry.ca)

Gentle Yoga with Kerry Ammerman

Tuesday, January 26th

10:30 am

Guest: Jennifer Bowman, Editor

Topic: The Joys and Challenges of
Being a Magazine Editor

Thursday, January 28th

2 pm

**Guest: Alyson Colton, Dietitian
Mount Forest FHT**

Topic: Healthy & Tasty Cooking

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 placed on the list to receive invitation links, we require 48 hours notice. You can unsubscribe at any time.