



Heart & Soul of Wellington

SENIORS' CENTRE *for* **EXCELLENCE**

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

EDITION #75

519-638-1000

August 2026



Milestones and Memories!

Seniors' Centre for Excellence

@ the Moorefield Community Centre



L to R: Lynda Bramhill, and twin sister, Lorna Collins, show off their handiwork at the SCE Craft Bazaar 2022!

WELCOME

Welcome to the August edition of the *Heart & Soul of Wellington* and to the dog days of summer. We hope the story of the Clifford Swing Skirts brings back pleasant memories of days gone by. Summer is the perfect time to put up your feet and reflect on such times. Happy reading! Remember well!

Helen Edwards
SCE Seniors' Health
Services Coordinator

Helen

hedwards@mapleton.ca



SENIORS' CENTRE *for* **EXCELLENCE**

HEALTH & WELLNESS

at the **PMD Arena**

68 Main Street West, Drayton,

Save the Date

THURSDAY, OCTOBER 8, 2026

Details coming Soon!

fair

Mapleton



Ontario



519 638 1000 HEDWARDS@MAPLETON.CA 1 866 446 4546

Mapleton



To register for any of the Dining Programs, please contact the office at 519-638-1000 or send an email to hedwards@mapleton.ca. **REMINDER:** *For the sake of our caterers, we are unable to accept registrations after the deadline of Friday noon, prior to the event. Thank you.*

DINING PROGRAM	DATE	TIME/ COST	LOCATION	GUEST SPEAKER OR EVENT
Harriston 	WED. Aug. 12	12 pm \$20	Harriston United Church	Katie Clarke WCMA Hearth – the Heart of the Home
Palmerston 	WED. Aug. 19	12 pm \$20	James Street United Church	Doris Cassan My Trip to Osoyoos, B.C.
Clifford 	WED. Aug. 26	12 pm \$20	Clifford United Church	Serena Lowry (WCMA) Games People Play

PLEASE NOTE: *Thank you for joining our dining program—it means a lot to us. Please note that once you register, your name goes on the caterer's list and the Seniors' Centre for Excellence pays whether you attend or not. We understand that unexpected circumstances or illness happen. If you can't make it, please let us know; we can happily arrange a takeout meal or notify our caterers as needed. We appreciate your understanding.* *thank you!*

SENIORS' CENTRE *for* EXCELLENCE

Workshop: "Ask the Expert" Reverse Mortgages

Everything you wanted to know but were afraid to ask!

Thursday, August 13th, 2026

Harriston Library

10:30 am – 11:30 am

Presenter: Janet Eichholz, PFP

District Vice President, Referred Sales—Banks and Credit Unions



Free Admission



Get clear, unbiased information from a trusted financial adviser.



Come Ask Your Questions!

Thanks to our Sponsor!



jbrown@mapleton.ca; 519-638-1000

RSVP

Hooray for Seniors!

→ **Estelle Getty** – After years as a relatively unsuccessful actress, Estelle achieved widespread fame at the age of 63 as Sophia in “The Golden Girls” television series.

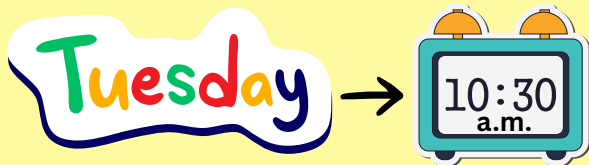


ZOOM with us!

SENIORS' CENTRE *for* **EXCELLENCE**



To get on the ZOOM list, contact
gbelec@mapleton.ca
or call 519-638-1000



**ZOOM sessions will be on
Tuesdays only, for August 2026**

August 4, 2026

Lucas Hung

Stardom and Solitude: The Glenn Gould Story

August 11, 2026

Rose Van Sickle

Dominican Republic - A Trip with Purpose

August 18, 2026

Alyson Colton, Reg. Dietitian, MFFHT

Cooking with Alyson

August 25, 2026

Rhoda Siebert

Stories of my Mother-in-law.

For the Love of Words ♥ Do You Like to Write?

Or maybe you might like to learn a little more about the craft?

Join us on our Monthly ZOOM*.

***No sessions in August**

Resumes September 23, 2026

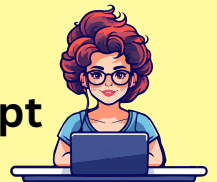
4luvwrds@gmail.com



Write your story...

August Writing Prompt

Doris Cassan



Happiness. What makes you happy? Do you remember some especially happy times in your life? What made them that way? Think of all the factors that contribute to happiness for you and write them down. Does happiness take effort or should it just happen?

When you write from the heart, you touch the heart of the reader ...

Wednesdays: 2:00pm -
3:30pm, 8, Sept. 9, Oct.14,
Nov 11, Dec, 9, 2026



Drop-in Music Therapy Workshop
Songs of our Lives: Weaving the Tapestry
Alma Bible Church. 59 Peel St. E., Alma.


Hospice
Wellington™
519-836-3921

NO REGISTRATION IS REQUIRED TO ATTEND THIS EVENT



Guelph Wellington Ontario Health Team Finding a Family Doctor or Nurse Practitioner

Finding a Family Doctor or Nurse Practitioner in Guelph or Wellington Region

Submitted by Guelph Wellington OHT

Finding a family doctor in Guelph and Wellington can sometimes be hard, but some doctors, and nurse practitioners are currently accepting new patients.

Visit the Guelph Wellington Ontario Health Team (GW OHT) website and learn more about where to find care and what options are available:

<https://guelphwellingtonoht.com/accepting-new-patients/>

If you do not have a family doctor, or have moved to the area and need a new one, you can sign up for Health Care Connect online or by telephone:

- **Online:** <https://hcc3.hcc.moh.gov.on.ca/HCCWeb/faces/layoutHCCRegSplash.xhtml>
- **Phone:** call 811 any time

Health Care Connect is a free program that helps match you with a doctor or nurse practitioner.

Good to know:

You do not have to leave your current doctor or nurse practitioner to sign up for Health Care Connect. You can stay with your doctor and still join the waitlist.

Checking your options and signing up for programs like Health Care Connect can help you find the care you need.

Why is it important to have a family doctor or nurse practitioner?

Having a family doctor or nurse practitioner you see regularly helps you get care faster and can help you avoid going to the emergency room. They are someone you can trust and ask questions about your health. They also know your health history, which helps find problems earlier.

Most visits are free if you have an Ontario health (OHIP) card.

Your doctor or nurse practitioner can help with:

- Check-ups and vaccines
- Treating common illnesses and minor injuries
- Blood tests and screenings (like cancer screening)
- Managing long-term health conditions like diabetes
- Referring you to a specialist if needed





The Swing Skirts

"Memories from Mom"

Jackie McPhail's stories, as told to daughter, Pam Turton

Jackie McPhail (née Kruspe) was born in Clifford in 1932 in Room 1 of the Mansion Inn Hotel, which was owned and operated by her parents. Growing up in the village, Jackie developed a love for softball that would become a significant part of her life.

In Grade 7, Jackie was introduced to the game, and by 1945 she had earned a place on the local ladies' team, competing in the Western Ontario Athletic Association. Primarily a second baseman, she played for the renowned Clifford Swing Skirts, coached by George St. Marie and later managed by her father, Allister Kruspe.

The Swing Skirts drew impressive crowds throughout Western Ontario. Jackie recalls one memorable season when the team switched from wearing skirts to pants. Attendance dropped, and when the skirts returned, so did the spectators. "Who would have thought?" she laughs.

The team travelled to communities including Hanover, Mount Forest, Harriston, Kincardine, Goderich, Brussels, and Wingham, winning championships and often attracting larger crowds than some local men's teams. In 1949, a fundraising game drew approximately 1,200 spectators - more than double Clifford's population at the time.



Clifford Swing Skirts

The above photo of the Clifford Swing Skirts Softball Club, 1946 WAAA Champions, 1946 was submitted by Wilda Widmeyer. Back row - Ed Mathewson, coach; Harold Arthurs, coach; Guido Widmeyer, scorekeeper; Geo. Ste Marie, manager. Centre row - Shirley Schenk, 3b; Helen Arthurs, R; Ruth Dickert, cf; Florence Greenley, 1 b; p; Mable Zerke, 1 b. First row - Betty Heinbecker, rf; Beryl Wightman ss, Ruth Field, p; Wilda Widmeyer c; Joyce Henry, 1b; Anna Ellis, 2b. Beside trophy - Jacqueline Kruspe, rf; Shirley Kaufman.

Note: The Clifford Swing Skirts went on to win five championships in seven years and were finalists the other two.



Front Row L-R--Helen Arthurs, L.F., June Arthurs, 1B., Alice McCleod, L.F., Wilda Widmeyer, C. & Capt., Ruth Dickert, C.F., Shirley Kaufman, R.F., Jackie Kruspe, 2B., Margaret Hughes, R.F.
Second Row -- Ed. Mathewson, Coach, Lucinda Bieman, Treas., Beryl Wightman S.S. & Secty., Dr. A.J. Eutler, Pres., Ruth Fields, P., Ellen Filsinger, 3B., Harold Arthurs, Coach.
Third Row -- Allister Kruspe, Mng'r., Guido Widmeyer, Coach & Score Keeper

**Images courtesy of Jackie McPhail's private collection*

One of Jackie's proudest memories was hitting two home runs in a game against a Toronto team.

Yet, beyond the victories, she still treasures the friendships formed with her teammates and the post-game visits to the 4 Aces Restaurant for ice cream and conversation.

Jackie retired from softball at age 27, but her memories of the Clifford Swing Skirts remain among her fondest.





Pet Corner

KayDee & Cairo

Submitted by Alinda Dekker



KayDee and Cairo are six year old German Shepherd siblings who have been with me since they were eight weeks old.

KayDee has always been the 'wild child'—the one who is always alert and on the lookout for something (usually squirrels) to chase, but she is also very affectionate and likes to lie down beside me when I am on the floor. She will tap me with her front leg to get my attention.

Cairo has always been an old soul who just wants to be close and is my guardian and protector. He is everyone's best friend and looks up at people walking by, hoping they will stop to pet him. He would love nothing more than to spend his days 'hanging out with the guys'. He is calm and laidback, except for when he chases his tail as he gets excited. They are wonderful companions who keep me active and make me laugh every day. ♥♥



DECLUTTERING WITH DORIS

Doris Cassan



*If you have a decluttering question for Doris, please [CLICK HERE](#).

Dear Doris,

I really need to go through my closet. I don't even know what I have anymore? How do I get started?

Signed, Clothes Horse

Dear Horse,

Start by defining how much space you will give to a category. When I put circular dividers on my closet rails to define categories like Long Sleeved, Fleece, Hoodies, and more, I immediately noticed how much I had in each section (horrifying) and started prioritizing which ones I actually wore. If I haven't used it in the past year, it goes. This works with shelves and drawers too. You keep only as much as your designated space can hold!



Please request to receive your newsletter online if you would like to receive the monthly ZOOM schedule, plus other extra pages. (It also saves us a stamp!)



Victorian Tea at the Railway Museum



REGISTRATION REQUIRED

✉ museum@town.minto.on.ca

☎ 519-343-4014

Wednesday, August 5th
10:30AM - 12:00PM



Palmerston Railway Heritage Museum
168 William St, Palmerston ON

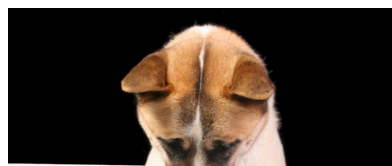


Enjoy a delightful morning of tea, desserts, and fellowship in the beautiful atmosphere of the Palmerston Railway Heritage Museum.

Hosted in Partnership with

SENIORS' CENTRE for EXCELLENCE

Feel free to "dress" for the occasion



Check this out! ↓

We are excited about starting a Community Board (pilot) Program in Mapleton in 2026. The *Good Neighbour Project* is all about matching seniors who need help around the home or yard, with volunteers who have the required skills. We would like to hear what tasks you need assistance with, or where you might be able to help someone. We are looking forward to designing a program that will meet everyone's needs.



Contact: hedwards@mapleton.ca
or call the office: 519-638-1000



The Seniors' Centre for Excellence
presents



Wisdom Workshops

Hilda - A Life Remembered by Rhoda Seibert

Rhoda shares the interesting life story of her mother-in-law; growing up in Germany and building a new life in Canada.

Experience the power of storytelling. Get inspired!

Thursday,
August 6th, 2026

1:30 pm - 3:00 pm

Mount Forest Library

Free Admission &
Refreshments
- bring your own Coffee Mug!

jbrown@mapleton.ca



RSVP

519-638-1000

A Reader Asked...



I am the caregiver for my spouse, and I am feeling really overwhelmed. What types of support are available for caregivers in our area? Any advice greatly appreciated. Thanks. WK

**Thank you, to expert, Laura Greenway RN, B.A.Sc.
Owner Right At Home Canada, for answering this reader's question.**

Laura's Reply:

Caring for your loved one can leave you feeling overwhelmed, exhausted, and at times, frustrated. It is a very demanding role.

There are supports available in your community.

- To begin, establish a draft schedule where you feel you could use the respite/time away from the caregiving role. (For example, do you need a few hours off in the afternoon, or a full nights sleep to help you feel more rested?)
- Reaching out for support from family or friends could offer you some time to yourself, while formal support options may allow for longer breaks, to sleep, catch up on errands, or have coffee with a friend.
- Church groups or community groups (such as Hospice) may offer to spend time with your loved one, while you have time for yourself.
- Also, there are beds allocated in some facilities (like St. Josephs Hospital [Guelph] or various retirement homes) that allow your loved one to stay in the facility as needed.
- For in-home support, Ontario Health@home (OH@H-no cost) offers respite hours for family caregivers. The process starts with a brief review of you/your family's situation. OH@H may allow some designated time for respite hours, if applicable.
- Family- funded (private) homeware agencies offer respite and short or long shifts for an hourly rate. Research into the minimum number of hours and cost/hr should be done before booking.
- Keeping a calendar of times, you feel you need is important and hopefully makes finding the supports that fit for you, easier.

Here is a digital guide to Funding Options: .

<https://www.rightathomecanada.com/resources/guides/ways-to-pay>



For Information:

1-855-983-4663

Submit your question **HERE** or call 519-638-1000. Don't miss this opportunity to have your concerns addressed by a professional. Your question could be featured in our next column!

"Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—Louisa Mae Alcott



**Look us up and like us on Facebook.
Share our posts and spread the word!**

 FOLLOW





Simple Homemade Salad Dressings



Summer Bounty is upon us and salads are an ideal way to savour the flavours of the season. Having a basic salad dressing recipe at your fingertips in the kitchen makes life so much easier. This 100% Canadian vinaigrette is one that lends itself to countless variations for your summer salads.

Vinaigrette:

- | | |
|--|----------------------------------|
| 1 Tbsp. apple butter or maple syrup or | 1 tsp. whole grain mustard. |
| 2 tsp. of local honey. | ½ tsp. Canadian sea salt |
| 3 Tbsp. apple cider vinegar | ½ cup of canola or sunflower oil |



Instructions:

Whisk all the ingredients together and refrigerate what you've not used.
Makes enough for one large, magnificent summer salad.

From taste Real from the ground up. Guelph Wellington Local food recipes.

More Simple Summer Salad Dressings:

Mandarin Dressing

- ¼ cup of balsamic vinegar
- ¼ cup of orange juice
- ½ cup of olive oil
- 2 Tbsp. poppy seeds
- 1 Tbsp. Dijon mustard
- Salt to taste



Curry Dressing.

- 1 ½ cups non-fat plain yogurt
- 1 Tbsp. curry powder
- 1 Tbsp. lemon juice
- Pinch of pepper
- ½ tsp. of salt



Honey Mustard.

- 1 ½ Tbsp. olive oil
- 3 Tbsp. non-fat plain Greek yogurt
- ¼ cup balsamic vinegar

- 1 Tbsp. soy sauce
- 1 ½ Tbsp. Dijon mustard
- 1 ½ Tbsp. honey



RESOURCES for Older Adults

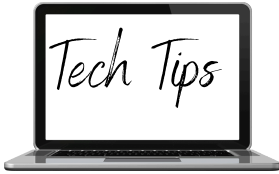
Wondering who does what? We hope this helps.

(Please note that you do **not** need to have a doctor's referrals for most* of the services below, but you or your loved one may have to be assessed to determine eligibility.)

- **VON- Meals on Wheels, Transportation & Adult Day Program:** 519-323-2330
- **OHAH- PSW, Physio, & Occupational Therapist services:** 310-2222 (No area code required!)
- **Alzheimer Society-** Information and support for those living with dementia & their caregivers: 519-836-7672.

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





Five Area Codes You Should Never Answer



Cybersecurity experts and the Federal Communications Commission (FCC) warn against answering calls from five primary international and Caribbean area codes commonly used in "one-ring" scams.

These area codes include:

- 268 (Antigua and Barbuda)
- 284 (British Virgin Islands)
- 473 (Grenada and Carriacou)
- 649 (Turks and Caicos Islands)
- 876 (Jamaica)

Why Scammers Use These Codes:

Because they look similar to standard North American 10-digit phone numbers, victims often mistake them for domestic calls. When you answer or call back, you are routed to expensive premium international lines. The scammers keep you on the line for as long as possible to rack up massive per-minute connection fees that are then billed to your phone carrier.

How to Protect Yourself

- **Do Not Answer:** If you do not recognize the number and it comes from an unfamiliar area code, let it go to voicemail.
- **Avoid Calling Back:** Do not return missed calls from international numbers you do not know.
- **Verify First:** If you think the call might be legitimate, search the area code online to find out where it originates.
- **Register Your Number:** You can add your phone line to the Federal Do Not Call Registry, which helps reduce overall telemarketing spam.



AI Overview for "What Area Codes Should You Never Answer?" Google, 13 Jul. 2026, www.google.com.
<https://www.abc27.com/news/consumer/do-not-answer-calls-from-these-area-codes/>

Michael Meunier, our Tech Expert, agrees with this information. He also offers this advice:

- Keep this website URL handy—areacode.org. It's a simple list of North American area codes.
- Access the National *Do Not Call List Registry*. Call toll-free at 1-866-580-3625.*
- *Note, you must call from the exact phone number that you want to register and your number will be added to the registry within 24 hours. Legitimate telemarketers then have 31 days to update their systems and stop contacting you.

Summer Vibes



"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken."

– James Dent

