



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

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July 2022



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A Word from Helen



Happy Canada Day!

Oh, my goodness, how can it possibly be July already, the 7th month of 2022? Glynis, Johanna, and I often

say, "Time flies when you are having fun."

At the time of writing this, strawberry season has just begun, and as I savour the taste, just a moment before swallowing, I think how wonderful it is that my favourite summer dessert, strawberries and vanilla ice cream, reminds me of the Canadian Flag and the month that celebrates my favourite country, Canada.

The most recent survey results that I could find showed that 87% of Canadians think we live in the best country in the world. I believe that this figure, while high, would be much higher amongst older adults. So, let's make the best of this month, wear lots of red and white, fly our Canadian flags and best of all, eat lots of strawberries and ice cream. If anyone questions why you are eating strawberries and ice cream for breakfast, you can say you are just being patriotic.

Helen



In which year were women finally declared "persons" under Canadian law? 1926 / 1927 / 1928 / 1929?

1926

Health News

Scheduled for surgery? Say no to alcohol

Used with permission from the Optimal Aging Portal Blog Jun 27, 2019 - McMaster University
<https://www.mcmasteroptimalaging.org/blog>

If there is ever a time to refrain from drinking alcohol, it's before you go 'under the knife'. But why is abstaining so important before surgery? It all comes down to how well you come out on the other side.

Worldwide, the number of people who drink alcohol is decreasing. However, among people who do choose to partake, the amount consumed per person is on the rise. Excessive drinking is associated with all sorts of health issues, including liver disease, damage to the pancreas, neurological problems, cancer, and HIV/AIDS. These conditions, alongside other infectious and chronic diseases, intentional injuries (from suicide or violence), and unintentional injuries (from falls, car crashes,



drownings, etc.), help contribute to the 3 million global deaths that result from harmful drinking each year.

Alcohol is not just a concern for long-term health. People who drink multiple alcoholic beverages per day are also at higher risk of complications after surgery, such as infection, bleeding, or heart and lung problems. This is especially true for people who engage in "risky drinking", which

equals 3 standard drinks per day or 21 drinks per week.

One standard drink is a 12-ounce bottle of beer, a 1.5 ounce shot of hard liquor, or a 5-ounce glass of wine.



Why are alcohol and surgery such a bad combination? Well, alcohol consumption can reduce heart and immune system function, prolong bleeding time, and increase the body's stress response. All of which are risk factors for developing complications following surgery.

What the Research Tells Us

A recent systematic review looked at the effect of intensive approaches—including patient education, treatment of withdrawal, medication to prevent relapse—that aimed to help "risky drinkers" scheduled for surgery to quit drinking before surgery. These surgeries were either planned in advance for non-emergency conditions (e.g., hip replacements), or were for emergency conditions requiring relatively speedy care (e.g., serious ankle injuries). For pre-planned surgeries, intensive programs took place in the weeks leading up to the surgery, while in

emergency cases, the programs took place right before or after the surgery.

The review found that intensive approaches occurring over 4 to 8 weeks may reduce post-surgery complications, such as the need for a second surgery, issues around the wound, or heart and lung-related problems. It also appeared that these intensive programs may increase the number of people who successfully quit drinking by the end of the program, while potentially reducing the amount of alcohol consumed by those that continued to drink following surgery. Unfortunately, there was not enough information to determine how these intensive approaches impacted the length of hospital stays or the risk of death from complications due to surgery. Despite the promising results, more high-quality research on this topic area is needed. Future research should include a greater number of participants, be conducted in different settings (e.g., countries), and evaluate strategies other than intensive approaches.

The bottom line is, the less alcohol you drink before surgery, the better. Kicking alcohol to the curb may help maximize your chance of a speedy, complication-free recovery. <https://youtu.be/20cS3x6rnnM>

Relationship Wise

Attention Grandparents, Seniors, Mentors.

The youth of our community need you.

Do you like to play card games?

Do puzzles? Knit? Play darts?

Do you have artistic skills?

Then this could be for you.

Spend three evening hours with good kids at the Drayton Youth Centre once a month. Your heart will be forever changed.

All supplies, materials, and equipment will be provided. Please call or text 519-503-5141 for



more information. Join our team and make a difference.

"You have not lived today until you have done something for someone who can never repay you."

— John Bunyan

Telling Our Stories

How Did Rita and I Come To Get Married?

Submitted by Jim Measures

After my divorce, I moved to Hanover and I saw an ad in Mildmay's *Town Crier* newspaper advertising a trip to Cuba for singles. A lady named Katherine was organizing the trip. So with \$350 paid for airfare and hotel, I went along.

After we got home, Katherine started to telephone me saying that she had just the girl for me. I put her off repeatedly. I told her that she probably smokes and I'm allergic to tobacco smoke. Within half an hour she called back to say that the lady in question did not smoke. So, I agreed to telephone Rita. We arranged a date to go out to dinner at a Chinese restaurant in Hanover.

Rita tells me that her first impression of me, before I knocked on her door was a "Fuddy Duddy". Nevertheless, when she answered the door, she was laughing, welcomed me in and

immediately wrapped her arms around my waist. That date went well, and I telephoned her the next day to offer a dinner for Valentine's Day. My boss called a meeting for that



night, so I had to call back and offer lunch

instead. We went to the Four Aces restaurant. I gave her one rose with the promise of two roses if we were still together next year. Now I am up to 32 roses. However, she is worth it!

After we had been dating for some time, I wanted her to meet my parents. Rita invited them for dinner. She didn't know that my dad's favourite pie was coconut cream and she had made a coconut cream pie for dessert. My dad ordered me to "marry this gal because any gal who can make such a pie is well worth keeping." This was one of those rare occasions that I did as I was told.

At our wedding, friends from Collingwood asked Rita about me and she responded, "Oh, he's perfect." A month later we were at another wedding. The same people asked Rita how things were going she said, "He's almost perfect." Now after 30 years I wonder if I am still perfect or am I nowhere near?

I am just confident that God brought me here to be with Rita and there is nobody in this world that is more perfect for me. ♥

Word of the Month

SPUDDLE: Verb

A useful verb from the 17th century that means to work feebly and ineffectively because your mind is elsewhere, or you haven't quite woken up yet. Or to be extremely busy whilst achieving absolutely nothing.



Which sport was invented by a Canadian in 1891?

Basketball



Recipe of the Month

At the end of April, Ruth Ann Warren came to the Palmerston Coffee group along with these delicious cookies. I guarantee that you won't be disappointed if you decide to make these beauties, and neither will your friends! I have halved the recipe as the original made 8 dozen. Thanks Ruth Ann. I'm adding Skor bits to my grocery list as we speak.



Toffee Almond Smoothies

Submitted by Ruth Ann Warren

1/2 cup butter, softened
1/2 cup white sugar
1/2 cup icing sugar, sifted
1/4 cup plus 2 tablespoons of vegetable oil
1 egg
1/2 tsp almond extract
1 3/4 cup of flour, sifted
1/2 tsp baking soda
1 1/2 tsp cream of tartar
1/2 tsp salt
1 cup slivered almonds
1/2 pkg Skor bits

Directions

Cream the first six ingredients together. Add the flour mixed with baking soda, cream of tartar and salt. Mix until well blended, then add almonds and Skor bits. Roll into balls and flatten. Bake at 350F° for 12-14 minutes, until golden brown. Makes about 4 dozen delicious cookies.

Decluttering with Doris

"Happiness is not about getting what you want, it is about wanting what you've got." Do you have so many things that you don't remember what you have? We are not meant to manage so much inventory. Cut back until you can appreciate each and every thing as you use it on a regular basis.



Senior Pet Corner



Babe might be 16 years young, but she is still jumping around like a kitten. She is the Queen of the Castle and often wakes up her owner Eleanor, with a swift paw to the face to let her know that it is time for her to get up!

Thank You

Thank You To a lady who not only supports and promotes our Seniors' Centre for Excellence programming at every opportunity, but she never says, "Sorry, I'm too busy," when we ask her if she could step up, fill in, help out, or drop by with wonderful collections,





hobbies to intrigue us, stories that surprise us, or tales to regale us.

A huge THANK YOU to you, our good friend, **Willa Wick**. You continually put up with our constant requests with nary a no and it's not like you have nothing else to do.



Don't get us started on your community involvement elsewhere. How do you do it?

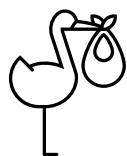
We're starting to wonder if you have a couple of capes in your closet! Thank you,

Willa, for helping us out whenever we ask, and for just being a downright really nice person.

For the Love of Words

Doris Cassan, impressed with one of the members of her **For the Love of Words** writers' group, writes:

Judy Huck has been a member of **For the Love of Words** since before we went online! She continues to amaze us with her ability to create poetry even in our fifteen-minute writing exercise. This poem came about from an assignment on aging. We can all identify with the simple but striking words that describe the life experiences we all have.



First and Last

©2022 Judy Huck

It begins with a last push
Today I take my first breath
It's my last day inside the safety

of my mother

I learn to roll over, sit, stand, walk, for the first time

I cut my first tooth and get my first haircut

I have my last day in diapers

It's my first day with a sibling

It's my first day as a big sister

It's my last day as an only child It's the last day I get my parents all to myself

It's my first day of school

It's my first time on a school bus

It's the first time I must pretend to be brave

It's the first but not the last time I cry to go home

It's the first time I meet my best friend,
Becca

It's the first time I share secrets about boys I like

It's the last time I share secrets about boys I like

It's my first time at Becca's house
Her brother has a drum set and I nagged my dad for one too

It's the first time I heard my dad swear but not my last firm no

It's my first day of high school
It's my first chance to really spread my wings.
At last I have to be responsible for myself
It's my first day ever with a job and I'm excited

I hope my boss doesn't see my nerves
I've made my first sale; I feel so grown up
I feel at last I'm no longer a child

It's the first day I'm driving all by myself
I feel so free



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I get my first warning about not speeding
No, it's not my last

I've met my first love
We've been together for a while now
We are each other's first
I thought it would last forever

I've had my first heartbreak
I thought I'd never heal
Then I met my real love
It'll be the last time I want to meet anyone new

It's my wedding day
It's my first and my last

It's my first wave of nausea
I'm having my first baby
I love being pregnant
I hope this won't be my last time

I find my first grey hair
Immediately I buy my first box of colour
Eventually I decide to embrace my silver highlights

It seems I've bought my last.

I'm about to get my first pension cheque
It's bitter sweet
I'm excited for my new freedom
I'm worried that at last, I have no purpose

It's my first trip to the specialist
I know there's something wrong
I'll treasure the time with my family
I know it may soon be my last

Now I lie in my bed and I feel
at peace
It's the first time I can feel
angels around me
I close my eyes and take my
last breath.



~



Which of the following is NOT a Canadian invention? Peanut Butter / Insulin / Paint Roller / Bagless Vacuum Cleaner / Electric Wheelchair / Garbage Bags / Walkie-Talkies

Bagless Vacuum Cleaner



The Carry-On Women's Institute will be presenting a Fashion Show "Corsets to Bikinis", in the Palmerston arena auditorium on Thursday evening July 7th, at 7:30 p.m. Everyone is welcome. Admission is by donation and table snacks are available. Assisted by the Harriston Historical Society, models will strut their stuff in clothing covering a century of styles beginning with the late 1800s. It's not all serious as they hope for audience participation.

If anyone has family heirloom clothing that could be borrowed for either wearing or display, please let Helen know. They also need skinny models and Helen has been coerced into being one, with Glynis helping backstage. We're also hoping slim, trim George McArthur will play one of the male roles (but he's drawing the line at wearing a bikini.)

Organizers: Willa Wick and Lynda Alexander.

Activities & Events:

Dining Programs:

DRAYTON:



Friday, July 8th, Drayton Reformed Church. Doors open at 11:30. Lunch served at Noon.

Speaker: Donna Mann- 60th Anniversary Trip

PALMERSTON:

Wednesday, July 20, Palmerston United Church. Doors open at 11:30. Lunch served at Noon.

Speaker: Julie Martin-Jansen – Hospice. Your Just in Case File

HARRISTON:

Friday, July 29, Harriston United Church. Doors open at 11:30. Lunch served at Noon.

Entertainment: Kay Ayres - My Trip to the Yukon

CLIFFORD:

Wednesday, July 27, Clifford United Church. Doors open at 11:30. Lunch served at Noon.

Speaker: Hairdaze – with Glynis and Helen



Exercise Classes:

Clifford: Clifford United Church: Mon & Fri 9 am

Harriston: Knox Presbyterian Church: Tues 11:15 am & Thurs 11:00 am

Fergus: Melville United Church: Tues & Thurs 9:30 & 10:30 am

Holstein: Optimist Centre: Mon & Thurs 9 am

Drayton: Drayton Reformed Church Mon & Wed & Fri 9:30 am

Mount Forest: Legion – Mon & Wed 10:45 am

Elora: Pentecostal Church – Tues & Thurs 1 pm

Arthur: Seniors' Hall – Wed. 10 am

Euchre:

Arthur: Seniors' Hall. Tues. 1-3 pm

Pepper¹ on Thursday 1 pm

Contact Person: Eleanor Monaghan 519-848-2741

Drayton: Drayton Reformed Church Sunset Room. Mon. at 9 am

Contact Person: Gerry Debeyer 519-638-2779

Harriston: Monday: 1:30 pm – 3:30 pm at Harriston Train Station

Pepper on Tuesday: 1:30 pm – 3:30 pm at Harriston Train Station

Pepper on Thursday: 7:00 – 9:00 pm at Harriston Train Station

Contact Person: Doug Anderson 519-338-3467

Bridge:

Arthur Seniors' Hall. Mon. & Fri. 1-3 pm



¹ Pepper is a plain trick-taking game closely related to Euchre. The game is thought to have derived from an older German game, Hasenpfeffer.

FREE Walking Programs:

- **Palmerston Community Centre:** Weekdays, 8:30-9:30 am
- **Harriston Community Centre:** Weekdays, 8:30-9:30 am
- **Arthur Arena:** Mon, Wed, & Fri – 10 am to 12 pm

Pickleball:



Drayton PMD Arena

Monday: 10 am – 12 pm.

Adults/seniors

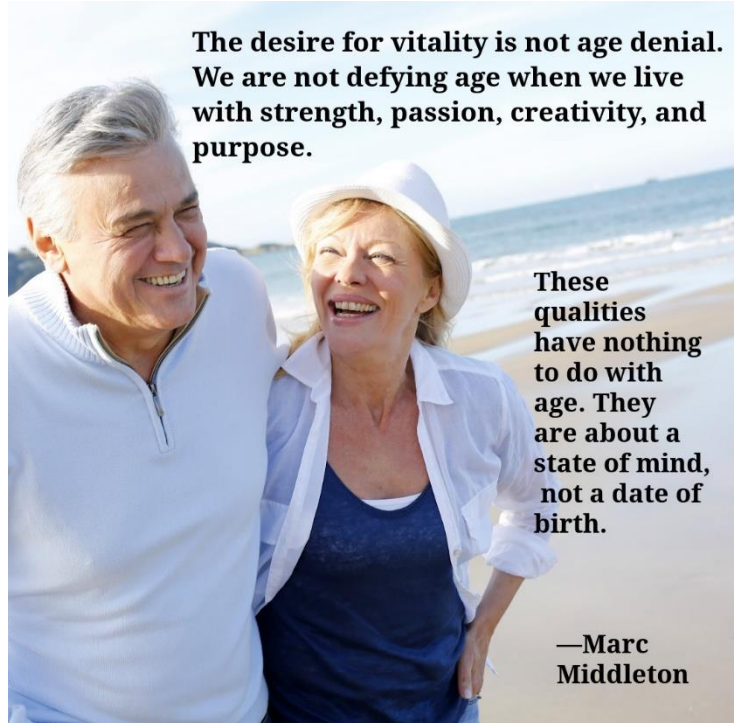
Wednesday: 10 am – 12 noon.

Adults/seniors; 6- 7 pm for children/beginners; 7 pm – 8 pm.

Adults/seniors

Friday: 10 am – 12 noon. Adults/seniors

For more information: 519-638-1000



**Please note. Summer (July & August) ZOOM sessions will only be occurring on Tuesdays at 10:30 am. In September we will resume our Thursday sessions too.*

Tuesday, July 5, 10:30 am

Guest: Bob Wildfong

Topic: Flower Gardens

Tuesday, July 12, 10:30 am

Guest: Liz Davis

Topic: Pole Walking

Tuesday, July 19, 10:30 am

Guest: Claire from Ken Seiling
Waterloo Region Museum

Topic: - Coming to Canada - a story of Immigration

Tuesday, July 26, 10:30 am

Guest: Leone [and Larry] Babineau

Topic: A Day in the Life of ...



What is Canada famous for?

Ice hockey, maple syrup, moose,
breathtaking landscapes, andoutine.