



Seniors' Centre for Excellence



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

April 2021

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Health News



Starting Off on
the Right Foot

**Donna
Benallick-Arndt**

Advanced and Diabetic Foot Care Nurse

By the time a person reaches 80 years of age they have taken an average of 216 million steps!

Our feet are literally the furthest thing from our minds, but let's chat a bit about foot care nurses, what we do, and how to keep your feet healthy.

A foot care nurse has taken additional training in foot care. Anyone can benefit from seeing a foot care

nurse. Some might just need a single appointment to remove a corn or a mild to moderate ingrown nail. Others require ongoing monitoring and care.

People with diabetes, circulation problems, swelling, and chronic disease are at higher risk of developing foot related problems.

With diabetes, for example, regular assessments, care, and education can help prevent wounds. Statistics may sound ominous, but here are some tips to keep your feet healthy:

1. Inspect your feet daily.
 - Feel your feet, looking at them from every angle.
 - Check for areas that are hot, cold, discolored, swollen, or any way changed.
 - If you find something concerning, have it checked right away.
2. Keep your feet and socks clean and dry. Moisturize as needed.
3. Have routine foot checks (at least annually.)
4. If you are able to trim your own nails, trim straight across and file the corners if sharp. If you can't do it yourself, have a foot care professional help.
5. Wear supportive, well-fitting shoes.

People with chronic swelling or circulation problems also need to be careful with their feet. Due to poor circulation, the skin can be fragile and



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won't heal well if a cut or wound develops. The discomfort from structural changes like bunions, hammer toes, and arthritis can also be eased with padding, stretches and supports. Thick or fungal nails can be greatly improved.

Donna Benallick-Arndt offers home visits in Centre Wellington, Mapleton, and Waterloo Region to clients who have mobility or transportation challenges. 519-994-1196

dbarndt.footcare@outlook.com

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

Once preregistered please be patient. Resist the urge to call Public Health as phone lines are reserved for those who do not have internet access.



To register online*:

<https://register.wdgppublichealth.ca>

If you do not have internet please call

1-844-780-0202*

**Please have your health card ready.*

For the Love of Words ♥



Doris Cassan

Writing Group Leader

For the Love of Words is a new online writing group sponsored by the Seniors' Centre for Excellence.

After two meetings we have already explored types of creative writing, how to write scene verses summary, how to insert a flashback, and why a story might be written in a non-chronological way. As well, we have completed writing exercises based on a picture, and homework based on a phrase.

The fun is seeing how everyone interprets things differently.

Please feel free to join us on ZOOM on the third Wednesday of each month at 7pm. Register to receive the links by emailing Doris Cassan: 4LuvWrds@gmail.com

You can always edit a bad page. You can't edit a blank page.

—Jodi Picoult

Telling Our Stories

Wrong Colour

by **Don Senek**

Growing up in Galt, every year in June, we would practice for the "Big School Concert". Then on a Friday night, we would meet up with all the other schools and march down Main Street. We would head through town, to Dickson Park where we would climb up into the grandstand, which would then become a giant stage. The grandstand held about 150 people.

Our parents and friends would bring lawn chairs and sit out on the baseball diamond. All the girls wore white blouses and dark skirts and the boys wore white shirts and dark pants.



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One year we did "Oklahoma" (*where the wind comes sweeping down the plain.*)

I don't remember why, but that year, my friend Johnny and I decided in our wisdom, that we wouldn't wear a white shirt. Earlier that day, my mother had remarked that she had to get my white shirt ready but I told her that we didn't have to wear a white shirt that year. She thought that it was odd but didn't question me.

When I arrived at school wearing a royal blue shirt, I discovered that

Johnny had "chickened out" and was wearing a white shirt!

I was asked by my teacher why I wasn't wearing a white shirt and I answered that my mother hadn't had time to wash and iron mine.

I was then told to march in the parade

anyway but when we got to the steps of the grandstand, I was to move off to the side and not go up into the grandstand.

All went well until I got to the steps and tried to explain to the usher that I wasn't supposed to go up into the stand. He wasn't buying it and told me to "get up there!"

Later, after the concert, when we all went down to meet our parents, my mother was standing there with her hands on her hips.

"Well, we certainly didn't have any trouble picking you out of the crowd tonight!" she yelled.

The result? No allowance and no kids' Saturday matinees at the Palace theatre for four weeks.

Household Tips

Floor cleaner

submitted by **Linda Campbell**

*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

1 cup of white Vinegar
1 tbsp. of liquid Dish Soap
1 cup of baking soda
2 gallons of very warm tap water



It cleans well and leaves everything smelling amazing.

Something to Think About

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." — **Helen Keller** ❤️

Fraud Alert!

Recently we had a local senior tell us about a call he received asking him questions about his chequing account.



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The caller asked him if he had authorized some cheques. The gentleman allowed the caller to go on, knowing it was fraudulent because he didn't have a chequing account. Even if you think that the call is real, hang up and call your financial institution yourself.

Do **not** give out any personal information. Your financial institution has this information already.

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.

Conversations with Others

Do you miss talking to others or listening to conversations? Try out our Party Line program. We have different topics and would love to hear your opinion or experiences. Or, you can just listen to others.

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 *travel* related. We are heading off to Zambia, Florida, Holland, and Brazil. We might not be

able to travel too far these days, but we sure can extend our boundaries virtually. Check the schedule for the April ZOOM sessions. You won't be disappointed!



I think what makes Jeopardy special is that, among all the quiz and game shows out there, ours tends to encourage learning. — Alex Trebek

Walking Programs

Once walking programs are available in Mapleton and Wellington North we will announce via social media. Help us to spread the word, please.



Free Zoom Yoga

Mondays @ 9:30 am with Kerry
To register: Kerry@studiokerry.ca

SENIORS' LITERARY COMPETITION



We will Remember ...

For more information contact:
gbelec@mapleton.ca





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Easy Recipes. Delicious Results

Alyson Colton

Registered Dietitian

Mount Forest Family Health Team

Sometimes it can be a challenge trying to figure out how to make healthy meals for one or two. It might sound easy opening a can of whatever is available or ripping open a package of something processed and popping it in the microwave. But what are we really putting into our bodies and how do we know what all that mumbo jumbo on the labels mean anyway? Join us as our favourite ZOOM dietitian, Alyson, enlightens and informs us. Come with your questions and ideas. And come ready to try out a delicious and new recipe each month. (Or just join us and watch how it is done!)

If you are not on the invitation list, then get in touch with the office at 519-638-1000 or email gbelec@mapleton.ca.

Help Wanted!



The time has come for our monthly newsletter to be given a name, so we would love to hear some of your ideas. Call the office. Send an email. Post on Facebook. Think—short, sweet, relevant, inviting, unique.

Wrinkles should merely indicate where smiles have been. – Mark Twain



Age is an issue of mind over matter. If you don't mind, it doesn't matter! (Anonymous)

Smiles

The Mystery Cookies

Submitted by Donna Fulcher



I enjoy making cookies to share with my six-year-old grandson, Lucas. We call the cookies *mystery cookies*

as we have a game where he will guess some of the ingredients.

Lucas was getting quite good at recognizing ingredients, until last week when I made some extra chewy mystery cookies and when I asked what was in them.

He innocently replied, "Sponges?"



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Little Library News



Recipe of the Month

Mom's Hamburger Soup

1lb of lean ground beef
1/2 lb of carrots
2 medium onions
1/2 bunch of celery
2 medium potatoes
1 can of diced tomatoes
Salt and pepper

Method:

Chop all vegetables. Brown ground beef. Add vegetables and canned tomatoes. Add a little water if you like a thinner soup. Season with salt and ground pepper. Cook thoroughly for at least 40 minutes on low heat. This freezes well if you have leftovers.

Did You Know? Lean red meat is also a good source of protein, omega-3 fatty acids, vitamin B12, niacin, zinc, and iron.



April hath put a spirit of youth in everything. — William Shakespeare



Exciting News!

Our *Little Library* is open in Drayton.

Come check out all the books available in the new *Little Library* on Wood Street in Drayton. There

is a special shelf in this little red library for our Seniors' Centre for Excellence books. We have purchased books from some of our ZOOM guest authors and other senior friends for your reading pleasure. Some books we ask to be returned, others you can just take and if you like, replace it with another book. Come check it out soon at 38 Wood Street.

The more that you read, the more things you will know. The more that you learn, the more places you'll go.
— **Dr. Seuss**

Love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world
— **NDP Leader Jack Layton**

In a letter to Canadians before his death



Thursday, April 1st

10:30 am

Topic: Pet Stories. What's Yours?

Tell us all about your furry, feathered, and prickly companions.

Wednesday, April 7th

10:30 am

Topic: Going to the Movies—then and now. What did you see? What did it cost?

Thursday, April 8th

10:30 am

Topic: The Story behind our Names.

Were you named after someone? What's the meaning behind your name? If you don't know, we can tell you!

Wednesday, April 14th

10:30 am

Topic: *Would you Rather* questions?

Would you rather be invisible or fly, for a day?



Party Line Schedule

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

Thursday, April 15th

10:30am

Topic: Your First Job. How old were you? What was your job? What about your wages? Let's chat!

Wednesday, April 21st

10:30 am

Topic: Jokes—Tell one or guess the punchline! Why is a tree like a dog?

(Join Party Line to find out!)

Thursday, April 22nd

10:30 am

Topic: Best Friends Forever

Let's talk about our BFFs

Wednesday, April 28th

10:30 am

Topic: Wisdom—Knowing what you know now what advice would you give to younger people?

Thursday, April 29th

10:30 am

Topic: Aging with Grace and a Sense of Humour. The best parts about growing older.

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

April 2021 - For ZOOM, you do need access to a computer with an internet connection.

Thursday, April 1st. 2pm
Guest: Christine Schouten
Topic: Redeemed Jewelry Art.
Be amazed at how Christine brings vintage jewelry alive in her beautiful creations.

Tuesday, April 6th. 10:30 am
 **Guest:** Jennifer Bowman
Topic: Let's take a trip to Zambia and discover a world of intrigue and adventure.

Thursday, April 8th. 2 pm
Guest: Michelle Laing from Grobe's Nursery
Topic: Let's talk with expert Michelle and get ready for spring!

Tuesday, April 13th 10:30 am
Guest: Fran from Florida
Topic: Everything Floridian, from crocodiles and lizards to Disney and Sunshine.



Thursday, April 15th 2 pm
Guest: Maureen Ten Hoopen from Blooms on Main
Topic: Let's make a spring flower Centre Piece together

Tuesday, April 20th 10:30 am
Guest: Sheli O'Connor
Topic: Advanced Care Planning. Conversations That Matter.

Wednesday, April 21st 7pm-8:30pm Writers' Group.
Facilitator: Doris Cassan
For the Love of Words. **Contact Doris @ 4LuvWrds@gmail.com to register.*

Thursday, April 22nd 2 pm
Guest: Alyson Colton, Dietitian Mount Forest FHT
Topic: Cooking & Learning with Alyson

Tuesday, April 27th 10:30 am
Guest: Bep – Drayton Library
 **Topic:** Let's travel to Holland and discover why orange is such a celebrated symbol of patriotism and more!

Thursday, April 29th 2 pm
Guest: Deborah Whale 
Topic: Let's journey to Brazil, the fifth largest country in the world

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