



June 2022

SENIORS' MONTH



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A Word from Helen

June is Seniors' Month



The theme of the Ontario Seniors' month is *Vibrant Seniors, Vibrant Communities* and I couldn't agree more. Where would communities and, indeed, our country

be without seniors? Over the past few years, we have been doing our best to focus on the positive aspects of aging, without sugar-coating the reality of the process. As we like to say at the SCE "aging isn't for wimps." However,

without vibrant seniors in our community, important stories would be lost, and our volunteer base would diminish significantly.

One of the greatest positives about retirement is that, if you like, you now have the time to volunteer for organizations or issues about which you feel passionate. Whether it is your church, your favourite charity or a local initiative, without these volunteer hours these organizations would have trouble surviving. Also, the knowledge and experience that you pass along to younger generations whether through grandparenting, mentoring, or example would be lost, too.

So, on behalf of the SCE, I would just like to take a moment to acknowledge all that you do. In the words of Eleanor Roosevelt "Beautiful young people are accidents of nature, but beautiful old people are works of art." Every day I am surrounded by beauty! For those of you reading this and saying "Oh, that's not me" it IS you and I thank you.

Helen

Celebrating Seniors

Senior Citizens of the Year 2022



Kay Ayres from Mount Forest



Roelie Katerberg
from Mapleton.

Congratulations, ladies, and thank you for working from the heart and serving your communities well. Your awards are well deserved, and you continue to be an inspiration to many.



For the Love of Words ♥

The fun happens at this writing group on the third Wednesday of each month at 7 pm. Email Doris at 4luvwrds@gmail.com to get the link to join.

Health News

Home Takeovers

Part Two: How to Identify a Home Takeover and How to Help.

(Adapted, with permission by Crime Prevention Ottawa, submitted by Samantha Kim, Vulnerable Seniors Lead CMHA)

Home takeovers can be traumatizing.
—Samantha Kim

Last month we learned about Home Takeovers and how they are becoming a concern in our area. This month we will learn what to watch out for and how to help.

Due to the subtle nature when a home takeover occurs, you may not notice it immediately, but there are signs that may help you to identify one:

1. Changes in Behaviour of the Homeowner.
 - Is the person more withdrawn?
 - Has their personality changed?
2. Are they expressing often that they are out of money or that they don't have enough for rent, for groceries, etc?
3. Are there changes in their physical appearance?
 - Wearing the same clothing every time you see them?
 - Weight loss?
 - Declining personal hygiene?
4. Is the person cancelling meetings or are they refusing to let you into their home?

5. Has the homeowner mentioned directly or indirectly that there is someone staying with them?
6. Changes in the environment:
 - Are you noticing more people that you don't recognize coming and going from the home?
 - Is there an increase in noise?
 - Does the inside of the home look messier compared to before?
 - Do you see belongings that don't belong to the homeowner, or are any of their belongings missing?

Strategies that may be helpful:

1. Try to have a meaningful conversation about the risks and dangers of having unwanted guests.
2. Start a non-judgmental conversation and offer gentle encouragement in connecting with supports that can help.
3. Ask if there is someone that they trust that they can reach out to such as a friend or other family member?
4. Always call 911 or the police if you suspect an emergency or that a crime is occurring.

The person may feel responsible for a friend or family member becoming homeless. They may feel shame that they did not recognize that the situation was occurring earlier and may be afraid of retribution from the person who took over their home. It is important to keep in mind that solutions to resolving home takeovers often





take time and patience. It may take several attempts and different solutions. Working together as a community to support victims along with education about home takeovers are important first steps toward the hope of preventing these situations from happening.

Relationship Wise

Building (Repairing) Bridges

Mike Harloff, MDiv, RP

Mental Health Therapist, MMFHT

Have you ever been driving down a road only to come up to a sign that reads "bridge out of order?" And, if you're anything like me, you can't help but have a look out of curiosity. I came across one last summer on a backroad in a forested area of Grey County. The bridge was most definitely "out of order" but safe enough to walk across. As I walked across it, I stopped to take in the view of the river below and couldn't help but admire the construction of this old bridge. About a century old and it was still intact!

We've all heard the phrase "don't burn your bridges" – we can conjure up images of holding resentment, cutting people out of our lives, or letting bitterness set in. A burnt bridge, no longer standing, can be a tough thing to rebuild. Perhaps we need to rethink the saying to "tend to your bridges that are out of order," the ones in our lives that have accumulated rust, lost some of their strength, or have been left without much attention?



Of course, there are times to walk away from a relationship, such as when someone's been abusive, manipulative, or refusing to take

accountability for wrongdoings. But let's stay focused on the "out of order" bridges.

As humans, we often judge a poor interaction with someone by attributing it to their disposition (e.g., "she's a grumpy person" or "he's needy.") This narrows our understanding and makes it hard to take the initiative to repair the bridge. If we see the problem as within the person's character, it doesn't give us much reason to work at the connection or seek to understand. This is where it can help to consider situational factors. Getting curious about what is going on in that person's life that is straining them, or what made them speak in a way that doesn't seem to fit with other interactions can

help us to seek understanding, have compassion, and ultimately strengthen our bridge with them. Instead of writing them off, we can reach out and ask if everything's okay which can turn into a bridge that is strengthened and enjoyed for years to come.



What bridges do you have in your life that are "out of order?" Pick up the phone, take them out for coffee, seek to understand and watch that bridge come back to life.

Telling Our Stories

A Royal Comrade

Glynis M. Belec

Mum and Dad had always loved the Royal Family. It's not that they were avid collectors of Royal memorabilia but they sure were collectors of Royal memories and they have photos and stories to prove it. Dad was a corporal in Her Majesty's Royal Marines. And there was many an inspection by Her Royal Highness or Prince Philip in the day.



Inspection Time. Dad in front of Prince Phillip

Mum and Queen Elizabeth were born in the same year—1926. Even though Mum was a “commoner” and Queen Elizabeth, of course, Royalty, they both enlisted during the war and served in the same branch of the military—the Auxiliary Territorial Service (ATS).

Ever since I was a child, I remember the photograph Mum and Dad had of Queen

Elizabeth as a fresh-faced 18-year-old appearing in the same uniform as Mum.

Apparently at the age of 18, at her own insistence, Princess Elizabeth joined the Auxiliary Territorial Service (ATS), where she trained as a truck driver and mechanic.

Her Majesty, according to the stories Mum told, was not only a figurehead in the ATS. She actually got dirt under her fingernails and grease on her hands and loved it.

Her father, King George VI, was initially against the idea of his daughter joining the war effort, but she persuaded him otherwise. However, he made sure that his daughter was given no special rank of privilege in the Army, according to a *Time* magazine story. She started like any other young woman joining the war



Princess Elizabeth in her ATS Uniform

effort but later, rose to the rank of junior commander.

So, on that day, back in 1997 when Mum and Dad learned that Queen Elizabeth and her



Mom in her ATS Uniform

entourage were coming to London, Ontario where they lived, they were over the hill excited. Mum was determined to see her former ATS comrade up close.

When they got to the park where Queen Elizabeth would arrive, Mum made sure she was in the front row. She stood there for a long time clutching the 8 x 10 framed photograph of Her Highness in full ATS uniform and waited. It wasn't often that my sweet Mum was speechless, but she sure was that day. For a brief moment, at least. Until the Queen moved closer as she spotted the photograph Mum clutched.

Too bad we didn't get a picture of Mom dropping the photo on the ground in all her nervousness. I think all the guards reached for their swords as Mum bent in front of the Queen to rectify her clumsiness. All that said, Mum and Queen Elizabeth had a lovely chat that afternoon.



A few more minutes, and I think Mum would have probably invited her for tea. Although if you look closely, the Queen's Lady-in-Waiting does not look amused.



Word of the Month



Procastiplanting (verb)

When you have a million things to do but ignore everything and tend to your plants, instead.

Courtesy of @CleggsNursery, Garden Centre



THE QUEEN'S
PLATINUM JUBILEE
LE JUBILÉ DE PLATINE
DE LA REINE

Recipe of the Month

Chocolate Biscuit Cake

Queen Elizabeth's favourite for afternoon tea

Cake

- 1/2 teaspoon butter, for greasing the pan
- 8 oz Rich Tea or plain biscuits
- 4 oz unsalted butter, softened
- 4 oz granulated sugar
- 4 oz dark chocolate
- 1 egg

Icing

- 8 oz dark chocolate for coating
- 1 oz chocolate, for decoration

Preparation

- Lightly grease a 6-inch-by-2½-inch cake ring with the butter and place on a tray on a sheet of parchment paper.
- Break each of the biscuits into almond size pieces by hand and set aside.
- In a large bowl, combine the butter and sugar until the mixture starts to lighten.

- Melt the 4 oz of the dark chocolate and add to the butter mixture, stirring constantly.
- Add the egg and beat to combine.
- Gently fold in biscuit pieces until they are all coated then spoon mixture into cake ring, trying your best to fill all the gaps at the bottom.
- Chill the cake in the refrigerator for at least 3 hours. Remove and let stand.
- Meanwhile, melt the 8 oz of dark chocolate in a double boiler or saucepan on the stovetop over low heat.
- Slide the ring off the cake and turn it upside down onto a cake wire.
- Pour the melted chocolate over the cake and smooth the top and sides using a palette knife.
- Allow the chocolate to set at room temperature.
- Carefully run a knife around the bottom of the cake where the chocolate has stuck it to the cake wire and lift it onto a tea plate. Use the melted chocolate to decorate the cake.



Theatre Norwell

Norwell District High School
Drama team presents **The Farm Show** edited by Ted Jones on June 9, 10, & 11 at 7:30 PM; doors open at 7 PM.
Tickets: Adults \$12;
Students & Seniors \$10.
For tickets, call 519-343-3107





Decluttering with Doris



Garbage Bag Therapy!! Skim through your rooms and get rid of broken or used-up items, parts to things that you no longer own, saved packaging, outdated makeup, food and medications; it can all go! Remember to check the expiry date on your sunscreen, 'cuz here comes summer! ~

Senior Pet Corner



Kirby is a Border Collie/German Shepherd mix who was a rescue. He is 13 years old and only recently is showing signs of slowing down. He loves Frisbee and BunBun, a very tough rabbit toy.

Thanks for sharing your grand old canine friend with us, Doris Cassan.

Don't forget to wear a hat this summer.



Wearing a hat can help prevent sunburn, can help you see better, can help prevent skin cancer, and helps regulate body temperature.

Thank You

Sadly, our new caterer, Arlie, has run into some health-related and personal challenges so she is no longer going to cater our meals in Drayton and Palmerston. Thank you, Arlie, for covering for us in the interim, though, and we wish you all the best. ♥

Pickleball



Submitted by Christine Stanley

There's a new game in town—pickleball!

And it's a dill-lightful (couldn't resist) game played by young, old, and every age in between, as we saw one

Wednesday evening at the Drayton Arena. We had Moms, Dads, a whole slew of kids, and some grandparents who showed them how to play. We had a whole lot of fun and the kids LOVED it. Even my soon-to-be teenager, granddaughter, loved it.

Pickleball was first invented in 1965 by three Dads in the United States with bored kids. It slowly made its way to Canada and is now the country's fastest-growing sport. People are now setting up make-shift courts in driveways, parking lots, and barns across the country.

Pickleball is a good workout and, after 30 minutes of play, you will burn about 40% more calories than during a half hour of walking. You can start playing this game at any age too, even if you're a senior and haven't played any sports since high school. Just remember to not overdo it when you start; increase your playing time gradually. Research indicates that the more enthusiastic you are about playing pickleball, the more likely you are to be highly satisfied with your life and have a positive experience with aging.

When you first come out to play, don't be surprised if most of your ball hits are either missed, sent out of the court, or don't make it over the net. Remember, you're playing with a plastic ball that doesn't bounce as expected and the bat is shorter than you're likely used to. I guarantee that, within a half hour or so of hitting the ball back and forth, you'll be able to start playing a real game, learning the rules and score counting as you play with some experienced seniors coaching you.



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

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So, in summary, if you're "relishing" a try at playing this new game or perhaps you find yourself in a "pickle" for something to do (stop me now) give pickleball a try. No registration required. Just show up wearing comfortable clothes, shoes with good treads (gum rubber soles are the best for indoors) and bring a water bottle and \$3 to play. Our Township and the Seniors' Centre have supplied bats, balls, and nets. We play at the Drayton Arena on Mondays and Fridays from 10:00 am until 12:00 noon (mostly seniors) and Wednesdays from 7:00 pm until 8:30 pm. (mostly adults, kids, and some seniors.)



Dining Programs:

DRAYTON:



Friday, June 10, Drayton Reformed Church. Doors open at 11:30. Lunch served at Noon.

Speaker: Julie Martin Jansen—Hospice. Your *Just in Case* File

PALMERSTON:

Wednesday, June 15, Palmerston United Church. Doors open at 11:30. Lunch served at Noon.

Speaker: (*Speaker to be arranged*)

HARRISTON:

Friday, June 24, Harriston United Church. Doors open at 11:30. Lunch served at Noon.

Entertainment: The Haywards

CLIFFORD:

Wednesday, June 29, Clifford United Church. Doors open at 11:30. Lunch served at Noon.

Speaker: Kyle Smith from Wellington County Museum & Archives. The Telephone

Exercise Classes:

Clifford: Clifford United Church: Mon & Fri 9 am

Harriston: Knox Presbyterian Church: Thurs 11:00 am Tues & 11:15 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. 10-11 am

Contact Person: Kelly Gee kelly.gee@von.ca



Shuffleboard:

ARTHUR: Seniors' Hall. 1 pm - 2:30 pm

Euchre:

Arthur: Seniors' Hall. Tues. 1-3 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

Bridge:

Location: at the Arthur Seniors' Hall. Mon. & Fri. 1-3 pm

FREE Walking Programs:

- **Palmerston Community Centre:** Weekdays, 8:30-9:30 am
- **Harriston Community Centre:** Weekdays, 8:30-9:30 am
- **Clifford Arena:** Weekdays, 10-11 am; Mondays & Thursdays: 7-8 pm
- **Arthur Arena:** Mon, Wed, & Fri – 10 am to 12 pm



For more information: 519-638-1000



Thursday, June 2, 2:00 pm

Guest: Carolyn Blackstock

Topic: Knitting for Victory 1914

Tuesday, June 7, 10:30 am

Guest: Fraser Field

Topic: Canadian Coasters

Thursday, June 9, 2:00 pm

Guest: Bob WildFong

Topic: Garden History & Traditions
 1900-1914

Tuesday, June 14th, 10:30 am

Guest: Bethanne Rumph

Topic: Shopping Local – Pros and Cons

Wednesday, June 15, 7 pm

For the Love of Words with Doris

Thursday, June 16, 2 pm

Guest: Don Matthews

Topic: A Day in the Life of ...

Tuesday, June 21, 10:30 am

Guest: Hobo Haven

Topic: Pet Rescue

Thursday, June 23, 2 pm

Guest: Jenny Bults RN

Topic: Living with Congestive Heart Failure.

Tuesday, June 28, 10:30 am

Guest: Stuart Husk

Topic: Giving Back

Thursday, June 30, 2pm

Guest: Kevin Thomas

Topic: Outhouse, B.O. & Bad Breath