



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

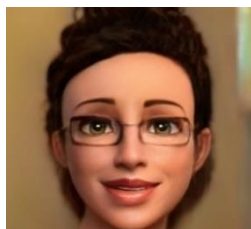
November 2022



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A Word from Helen



I think we may have started a tradition.

Thank you to everyone who was a part of our amazing Neighbourhood Fall

Bazaar. Amazing because you were there. From the vendors who supplied us with such a wide variety of beautiful creations, to the hard-working volunteers, the Drayton Kinettes for their tasty fare, and of course, our wonderful customers.

Feeling connected to your community is such an amazing feeling. If you are like me, you may find that during the fall months, especially November, you enjoy baking or making soup. Consider sharing your bounty with a member of your community. If you don't bake or cook, how about sending a handwritten note in the mail? Can you think

of someone that you haven't seen at church or at the coffee shop recently? Let them know that you have noticed their absence and let them know you care.

At a recent town hall discussion we hosted via ZOOM, an amazing 65% of participants could identify someone who is bereaved, has lost their licence, or has been diagnosed with a chronic disease. These are each risk factors for becoming socially isolated. Can you think of someone who you know who falls into any of these categories? Will you let them know you are thinking about them?

Building a resilient community one act of kindness at a time. Can we do it, North Wellington? Why yes, we most certainly can!



Helen



Grandpals

Do you enjoy being around children? If you do, then we would like to extend a heartfelt invitation to you to join us on a new "Grandpals" project.

Tesza (Culp) Roantree teaches grades 4-5 at Maryborough Public School. This passionate teacher is putting an exciting plan into place, and we are (more than) excited to be involved.

We are looking to connect seniors with students. Students will listen to seniors. Seniors will listen to students. We will be organized, but it will be informal as we gather periodically to share stories, play games, interact, have tea and so much more. No cost, no pressure, no

teaching experience required. But there will be lots of fun, learning, laughter, and hopefully,



HEdwards@mapleton.ca.

some happy intergenerational bonding happening. If you would like to volunteer or find out more about it, we would LOVE to hear from you. Please contact the office 519-638-1000 or

Decluttering with Doris



Christmas shopping is fun, especially if the gifts you buy for others are clutter-free! Gift certificates, life experiences, edible treats, flowers, things that can be used up, are all wise and thoughtful gifts that keep others from adding to their burden of clutter.

Health News

Falls Prevention *Everyone Has a Role to Play*

Helen Edwards

November is Falls Prevention Month. Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that many falls can be prevented.

The first step to avoiding falls is to understand what causes them. Poor balance, decreased muscle and bone strength, reduced vision or hearing, and

unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

In 2017, there were approximately 135,000 emergency department visits for fall-related injuries for individuals aged 65-79, and nearly 149,000 emergency department visits for individuals aged 80 and above.

<https://lumacare.ca/care-resources/falls-prevention-resources/>

What can get lost in statistics about falls is that for each fall, each emergency room visit, or hospitalization, an older adult's quality of life is impacted. For some, it is the end of their ability to live independently in their homes.

Is there anything you can do to improve safety in your home? Not just for you, because we don't often rate ourselves highly enough, but also for your friends and family who visit.

Falls in older adults over 80 were the single highest cause of death across the different age groups.

Ontario Statistics

Consider the following suggestions from the Public Health Agency of Canada.

- Remove or secure scatter rugs.
- Use slip-resistant mats in the tub.
- Ensure good lighting throughout the home, including using nightlights.

- Finally, and perhaps the hardest of all, ask for help with tasks that are no longer safe to do.

In the community. Bring attention to hazards such as:

- automatic doors that close too quickly
- worn mats that have buckled with age
- poor lighting.

We live in a community that offers a variety of opportunities to remain physically active. The VON has free SMART exercise programs in our area. <https://bit.ly/3VBFQxm> There are several walking groups, as well as exercise and balance programs offered through the local Family Health Teams. If you haven't already joined, there is no time like the present.

Book Club hosted by Helen.



For the Love of Words

For the Love of Words writers' group.
Wednesday, November 16 at 7 pm.
Contact Doris Cassan for more information 4luvwrds@gmail.com.

Senior Pet Corner



Ardie is 16 years old and still going strong and showing off her beauty.

Word of the Month



Hippophile (n) – a person who loves equines, a horse lover

And speaking of horses:

Did you know that horses drink at least 25 gallons of water a day on average?

Horses are social animals and will get lonely if kept alone.

So go hug a horse and you will both feel better!

Telling Our Stories

Irene Buckingham

As a young child growing up in Toronto during WW2, certain things stand out in my memory. I look back in thankfulness and gratitude and humble admiration for all those brave men and women who answered the call and went to fight for our freedom while disregarding their own safety and security. I also am grateful for those who kept the 'home fires burning' and those who helped in so many ways in

the war effort back at home, from raising funds to buy 'Victory Bonds', to writing



letters of encouragement to service men and women, to those who knitted and donated many thousands of pairs of socks and other items to keep the boys warm, to those who donated

their aluminum pots and pans and gave them freely to be used in many ways.

I recall vividly, when I was about three years old, looking out the side of the bay window in our living room towards the street which ran down to Queen Street in Toronto. Hundreds and hundreds of young men in uniform were marching, perhaps six abreast. I know their formation took up most of the width of the road.

I later learned these men were on their way to the armouries at the CNE where they would finish their training before being shipped out. Over the years I often wondered how many even came back; how many were badly injured; knowing too that all of the ones who survived would carry scars in their souls for the rest of their lives.

I remember going with Mum to our church some afternoons, and a lot of ladies would be there working in the basement, tearing their white cotton sheets they had brought into strips, perhaps four inches wide, and some were torn into wider strips. Then they were rolled according to their widths into large balls about the size of basketballs. I learned later they were to be sent overseas for bandages for the troops.

After the war, as a teen, I was working as a cashier in a grocery store. A veteran came in, and after I had rung up his items, he asked me to reach into his pocket to get his money. It was then I noticed he only had 'claws'. Both hands were made of three iron 'fingers' and a 'thumb.' After taking his money and putting it in the till I put his change in his shirt pocket. I was so humbled.

Then there was the fellow who some younger kids would tease. He had no nose at all—just two holes in his face which was horribly scarred. He worked selling newspapers which he carried along the street in a kid's wagon.



I've got members of my family who served on land, at sea and in the air. I remember them, and I remember all who sacrificed so much for us. We must never forget...



Recipe of the Month

Submitted by Linda Timmerman

This was served as a vegetable with a hot meal.

Red Cabbage

- 1 medium head of red cabbage, shredded
- 1/4 c. raisins
- 1/2 c. apple juice
- 1/2 c. water
- 2 tbsp. brown sugar

- 1 1/2 tsp. salt
- juice of one lemon (approx. 3 tbsp. lemon juice)

In a large pan stir together all ingredients. Cover and simmer until the cabbage is tender and most of the liquid has evaporated. Delicious.

Thank You



Each year the Community Resource Centre hosts *Chilifest* as a fundraiser. People who purchase a meal to support the organization can either

purchase a meal for themselves or purchase a meal and a "Chiligram". When they purchase the latter, it means that a senior in North and Centre Wellington will receive a complimentary "Chiligram," which not only provides a complete delicious chili dinner, it also includes a piece of art from a child. We would like to say a huge THANK YOU to those who purchased the "Chiligrams" and to the Community Resource Centre for coming up with such an amazing idea and delivering over 50 complimentary meals to seniors in North Wellington.

Archives

Don't forget to check out the Mapleton website if you want to look back in the archives for previous newsletters or find out more information about services for seniors. Here's where to look:

<https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence>

For the newsletters, just click the newsletter box and a drop-down menu will appear.

SIR SYD

Royden McCoag

Only one mailbox sat along the road between our laneway and the schoolhouse. The inscription on that mailbox read "L. J. TIPPET & SIR SYD." We kids knew the J stood for Joseph and some neighbours claimed the L stood for Lazy, but Mom would only let us call the man who owned it, Mr. Tippet. Sir Syd was his dog.

Mom called Mr. Tippet a gentleman farmer, but Dad doubted the man would measure up on either count. He claimed that Mr. Tippet had inherited a good farm and had ruined it. In 1942 Mr. Tippet kept only a donkey, two riding horses, three Swiss cows, five ewes, an assortment of exotic fowl, and Sir Syd. He only worked his fields on Sundays, and that annoyed his neighbours who all took their day of rest seriously.

Sir Syd, however, was a magnificent animal. His every feature exuded superiority. His

owner constantly bragged about his dog. That dog, he claimed, would have the cows at the barn



door for morning milking and again in the evening without any prompting. He daily brought the mail in from the mailbox without damaging a letter. He could cull and pen lambs without one word of instruction. We kids knew, that without fail, Sir Syd would be standing by the open gate each morning to greet us as we walked to school. He would be there again in the afternoon as we returned. After we passed, he would trot back to the house. Mr. Tippet claimed his dog anticipated the weekends and the holidays and never bothered to go down the lane on those days.

Then it happened. One day in June of 1943, Sir Syd wasn't there. He wasn't there the next day or the next. Sir Syd had died.

Mr. Tippet explained it this way. Sir Syd's life had been governed by Mr. Tippet's grandfather clock. The clock had quit and before he could get it fixed the poor dog had died of confusion and uncertainty. We missed him.

Please Note. We do our best to ensure that the following information is accurate at the time of publication, but occasionally some exercise and activity programs get cancelled or times change. It might be best to get in touch with the facility or contact person to confirm before you head out.

Activities & Events:



For more information please call 519-638-1000



Dining Programs:

DRAYTON:

Friday, Nov. 4, 2022. Drayton Reformed Church. Doors open at 11:30 am. Lunch served at Noon.

Speaker: Rachel Behling (Fashion Museum in Cambridge) – Edwardian Dressing Sequence

PALMERSTON:

Wednesday, Nov. 16, 2022. Palmerston United Church. Doors open at 11:30 am. Lunch served at Noon.

Speaker: Hockey Night in Canada (Kyle Smith)

HARRISTON:

Friday, Nov. 25, 2022. Harriston United Church. Doors open at 11:30 am. Lunch served at Noon.

Music: The Haywards

CLIFFORD:

Wednesday, Nov. 30, 2022. Clifford United Church. Doors open at 11:30 am. Lunch served at Noon.

Speaker: Grief support over the holidays (Julie Martin-Jansen – Hospice Wellington)

Walking Programs:

Palmerston Community Centre: Weekdays, 8:30-9:30 am

Harriston Community Centre: Weekdays, 8:30-9:30 am

Mount Forest & District Sports Complex: *Walk-A-Doodle-Do* - Thurs. 10-11 am

Arthur Arena: Tuesdays and Thursdays, 9:00-11:00 am. (Coffee hour from 10:00–11:00 am)

Pickleball:

Drayton PMD Arena

Cost: \$3

Monday: 10 am – 12 pm

Wednesday: 10 am – 12 noon & 7 pm – 8:30 pm

Friday: 10 am – 12 pm

Contact person: Amy Grose agrose@mapleton.ca





*Exercise Classes:

Clifford: Clifford United Church - Mon & Fri 9 am

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

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

Mount Forest: Anglican Church - Mon & Wed 10:45 am

Elora: Pentecostal Church - Tues & Thurs 1 pm

Arthur: Seniors' Hall - Wed 10 am & Friday 10:30 am

*Note: *The VON also offers SMART programs in North Wellington, Centre Wellington, and Guelph. This is wonderful news but there are too many of these great classes to list in our little newsletter. For further details, please check out this link: <https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence/exercise-programs> Or call the VON at 519-323-2330 ext. 4954 or email Kelly Gee, SMART Supervisor, at kelly.gee@von.ca.*

Euchre

Arthur: Seniors' Hall - Tuesday 1-3 pm

Bid Euchre - Thursday 1 pm

Contact Person: Eleanor Monaghan 519-848-2741

Drayton: Drayton Reformed Church Sunset Room - Monday 9 am

Contact Person: Gerry Debeyer 519-638-2779

Harriston: Harriston Train Station - Monday 1:30 pm - 3:30 pm

Pepper - Tuesday 1:30 pm - 3:30 pm & Thursday 7-9 pm

Contact Person: Doug Anderson 519-338-3467

Palmerston: CNRA Building - 1st Wednesday of month 2-4 pm

Contact Person: Dale Hurlbut 519-343-3495



Bridge:

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

Duplicate Bridge

Royal Canadian Legion Mount Forest - Friday 1 p.m. \$3. Please bring a partner. If you don't have a partner, call Barbara Kerr at 519-323-4341 as she may be able to arrange a spare.



Board Games for seniors 55+ at the Mount Forest Sports Complex, 850 Princess St. Mount Forest. Wednesdays 1 pm to 3:30pm. \$3.

Contact Person: Kay Ayres: 226-445-2116

When nothing is going right, go left.





Tues., Nov 1 @10:30 am

Guest: Kelly Gee

Topic: Exercise and Balance

Thurs., Nov. 3 @ 2pm

Guest: Dr. Gordon Bannerman

Topic: 100 Years of
Remembrance

Tues., Nov. 8 @ 10:30 am

Guest: Dave Kabbes

Topic: Bringing Home the Bacon
and Other Farm Tales

Thurs., Nov. 10 @ 2pm

Guest: TBA

Topic:

Tues., Nov. 15 @ 10:30 am

Guest: Karen Burke, R.D.

Topic: Cooking with Karen

Tues., Nov. 15 @ 7 pm

Facilitator: Helen Edwards

Book Club

Wed., Nov. 16 @ 7pm

Facilitator: Doris Cassan

For the Love of Words Writers'
Group.



Thurs., Nov. 17 @ 2 pm

Guests: Sophia Lu

Topic: Falls Prevention

Tues., Nov. 22 @ 10:00 am*

Please note, time change

Guest: Older Adult Centres'
Association of Ontario (OACAO)

Topic: Women's Life Labs and
Why it Matters

Thurs., Nov. 24 @ 2pm

Guest: Alan Anderson. Grief
Counsellor/Author/Chaplain (BC)

Topic: Grandparent Grief

Tues., Nov. 29 @ 10:30 am

Guest: Daniel Aonso

Topic: The British Invasion

