



# Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #56

## January 2025

### A Word from Helen

Helen Edwards SCE Seniors' Health Services Coordinator  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)



#### Is Exercising Really Good for You?

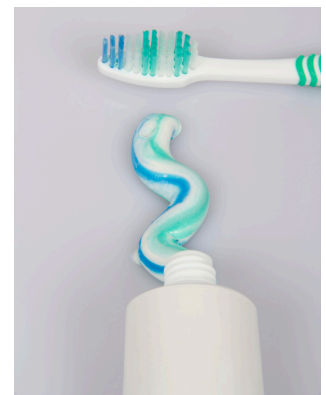


Of course it is, just as eating more fruits and vegetables helps us stay healthy. While advice from the experts sometimes changes, for decades now, the advice about exercising and eating a nutritious diet for optimum health, remains.

However, I have a cautionary tale to share. After years of only walking for exercise, I have returned to the gym to lift weights with the goal of improving my overall strength. Let me tell you, it has worked! But with all things that are good, there are always some unexpected drawbacks. And last night, in the privacy of my bathroom, I experienced one that can only be attributed to my newfound strength.

Along with many other shortcomings, which are too numerous to fit into this small article, is that frequently I neglect to put the lid back on things. Don't ask me why. It could be attributed to laziness, but just for fun, I will blame my parents.

After washing my face, I turned to the task of brushing my teeth. Of course, when you leave the lid off your toothpaste, a nice little plug of toothpaste forms to keep the contents secure. With my new and improved muscle strength, I squeezed the tube of my rather thin whitening toothpaste and managed to shoot a stream of the substance right into my left eye. This caused an instantaneous burning pain and I am not embarrassed to say, a fair amount of panic. I spent at least five minutes flushing out my eye, each blink feeling like sandpaper inside my eyelid.



Wow, the irony. It turns out that whitening toothpaste has the exact opposite affect on the inside of your eye. My eye was the colour, and size, of a beautiful beefsteak tomato just ripe for the picking. It didn't do much for my appearance.

A cautionary tale indeed. Isn't being human wonderful? I share this with you, as we all have our cautionary tales to tell. They can be so darn funny, and in the month of January, we sometimes need to have a little snicker. It is good for our health (and so is exercising!)



*Helen*



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## Where do Bad Rainbows go?

*To prism. It's a light sentence but it gives them time to reflect!*



## Shining a Light on Seasonal Affective Disorder

Kristin Hunter, MSW, RSW  
Minto Mapleton Family Health Team

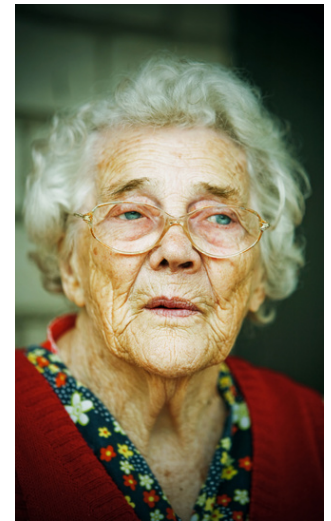
Winter weather has officially arrived in Wellington County, and with it brings a reduction in the number of daylight hours. For some, this shift into the colder months can have a negative impact on mental health. With this in mind, I wanted to shine some light on Seasonal Affective Disorder (SAD).

Seasonal Affective Disorder is a mood disorder that comes and goes during the same season each year and impacts daily life. Typically, SAD is experienced during the fall and winter months. The causes of SAD is debated, with some believing it is due to the reduction in natural sunlight exposure. Others believe it is due to the increase in time spent indoors and the reduction in activities that bring joy during other seasons in the year.

SAD can impact those of any age; however, seniors who live in areas with harsh winter climates, can be left particularly vulnerable. For example, seniors may spend an increasing amount of time indoors to avoid falls or harsh driving conditions. This reduces the amount of natural sunlight they are exposed to throughout the colder months. This may also lead to less social connections which can increase isolation and have a negative impact on mental health.

Signs and symptoms of SAD may include feelings of sadness and/ or irritability, lack of energy, loss of interest in usual activities, oversleeping, craving carbohydrates/ comfort foods, and weight gain.

It is important to highlight that the winter blues and SAD are two different things. About 15% of the population in Canada experience the winter blues, while about 2-3% of the population will experience SAD.



If you are experiencing signs and symptoms of a mood disorder like SAD, talk to your doctor about possible treatment options. Like other mood disorders, SAD is a treatable condition. Treatment for SAD may include light therapy, medication, and talk therapy.

Fortunately, there is a path out of the darkness. The first step is acknowledging the struggle. The second step is reaching out for support.

Your time on Earth is limited. Don't try to "age with grace."  
Age with mischief, audacity, and a good story to tell.



## Train to Toronto

Submitted by Doris Cassan



I belong to a Facebook page with people who follow the same author. Last year, 2024, was the seventh year that those of us, who live in Ontario, arranged to meet for tea. There were several members who reside in Michigan and New York State, too, who join us. For our get together, we like to go to a different place every time. In 2024 we decided to go to the King Edward Hotel in Toronto, for it was rumoured to have excellent tea. Justifiably, as it turned out.

It had been a lot of years since I had driven downtown Toronto. Recalling my days of travelling there for school once a week in my late 40s, I decided to revisit the experience of taking the train to Union Station.

I used to take the train from Georgetown, just an hour from my home. However, this expedition was on a Saturday and Georgetown does not have trains on Saturdays. Looking at the schedules and a map, I determined that the next best place was the Appleby Station in Burlington.

It took me about an hour and a half to get to Appleby, even though I had left myself two hours. As I was sitting on the platform waiting for the train to arrive, I was enjoying the beautiful day. A gentleman nearby struck up a conversation. He asked me why people were so mean. *Gosh, that was an existential question, wasn't it?*

The man continued by telling me how badly he had been treated in a workplace several years earlier, which he felt had led to his current situation, unemployed and with mental health problems. He continued to tell me about these people and then declared he could "just kill them."



This is not something that you want to hear when you're waiting for a train on a Saturday morning and when there weren't very many people around. Seeing my expression the gentleman then assured me that he would not kill me. This was good news. The train arrived and I was further heartened when he got onto a different car than me.

I can't help thinking that this is probably a good way to start the day; being told that someone is *not* going to kill you. It could certainly be worse.







“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”

– Plato (Circa 342-291 BC)

## Local Senior Wins Wellington Federation of Agricultural (WFA) - Community Award

Eileen Downey of Mapleton was surprised and honoured to receive the Wellington Federation of Agriculture (WFA) Community Award on November 1, 2024 at their annual meeting.

Eileen and Carl Downey purchased their farm, located in the Township of Mapleton (former Township of Peel), in Wellington County in 1952.

Although Eileen’s husband/soulmate, Carl, sadly passed away in December 2001, she continues to live on the farm that she has called home for over 70 years, and where, together, she and Carl farmed and raised their family.



Eileen worked side by side with Carl farming, and over the course of the years they farmed in a variety of areas including a farrow to finish, and in the early years—raised cattle and shipped cream. Today the farm continues to produce rich crops.

Over the years, Eileen has volunteered actively in Wellington County including experiencing over 25 years as a 4-H Homemaking Club Instructor; over 70 years as a Catholic Women’s League (CWL) executive member; and as a contributing member of the Women’s Institute. Eileen is also a member of the Wellington Federation of Agriculture.

## Pet Corner *Submitted by Helen Park*



This photo was taken last Halloween. Sometimes in the country you don’t get many “kids” trick or treating, but for temporary goatkeeper, Helen, she was surrounded by them! The “kids” belong to her granddaughter and are being weaned from their mothers. They are staying with Helen over the winter. These particular kids are very tricky, because they love to escape from their enclosure, but then often seem unable to find their way back.

For treats they receive a scoop of grower at breakfast and supper. They bring lots of smiles and laughter as they climb, and jump, and play. Feeling down? Search for goat videos on You Tube ... you will be glad you did. Click [HERE](#) for one!





Why do organized people make great pranksters?  
They know how to clean up after themselves.



## Activities Spotlight



SENIORS' CENTRE *for* EXCELLENCE



SENIORS' CENTRE *for* EXCELLENCE

Wisdom Series Workshops

Here's a Sneak Peek into our upcoming ...



## Wisdom Series Workshops

January 9, 2025, Thursday:

*Decluttering with Doris* – Mount Forest Library.

11:30 am – 1:30 pm

**MUST REGISTER!**

- *Free Admission*
- *Light Lunch*



[jbrown@mapleton.ca](mailto:jbrown@mapleton.ca)

519-638-1000



Ontario

## Recipe of the Month

### Peanut Buttery Hummus (No Tahini) Recipe

*(A delicious and easy recipe for a perfect party dip or for a healthy late night snack. Crunchy peanut butter also works well in the recipe!)*

submitted by Glynis M Belec



#### INGREDIENTS

1 can of chickpeas, rinsed and drained  
1 garlic clove, peeled and chopped  
2 tablespoons of smooth peanut butter  
2 tablespoons of juice from 1 lemon

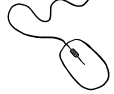
2 tablespoons of extra virgin olive oil plus extra for drizzling  
Kosher salt and freshly ground black pepper  
1/4 cup of chopped peanuts (optional for serving)  
Pinch of smoked hot paprika (optional for serving)

#### METHOD:

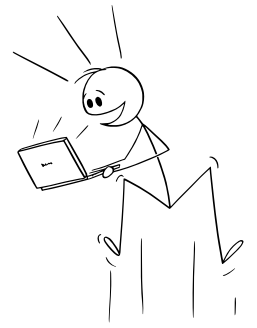
Place chickpeas, garlic, peanut butter, and lemon juice in a food processor and process until smooth. Slowly drizzle in the olive oil with processor running. If necessary, add water by the tablespoon in between pulses until the desired texture is reached. Season to taste with salt and pepper.

Transfer hummus to a serving bowl and sprinkle the chopped peanuts and then the paprika on top, if desired. Drizzle with additional olive oil, if desired. Serve with warm flatbread and vegetables.

# DIGITAL LITERACY CLASSES FOR SENIORS



Submitted by Janice Benson



*Are you confused by your cell phone? Wary of email? Unable to connect with friends and family on social media? You might be interested in attending FREE digital literacy classes for seniors. (age 55+)*

The Township of Wellington North, in conjunction with Minto and Mapleton, is running a series of classes about digital literacy, starting in January 2025. Each class will run for an hour and a half and will focus on one aspect of digital literacy. Attend the classes that interest you. Come to one or come to them all! We will provide iPads for those who don't have access to a device. Each class will have a lesson, question and answer time, and there will be SNACKS!

## **IF YOU LIVE IN MAPLETON:**

- The classes will be held in the boardroom at the Drayton Arena in Drayton
- Classes will run on Wednesday afternoons from January 22 to March 12 from 1 pm to 2:30 pm.

## **IF YOU LIVE IN MINTO:**

- The classes will be held in the Train Station Seniors' Centre in Harriston
- Classes will run on Wednesday mornings from January 22 to March 12 from 9:30 am to 11 am.

## **IF YOU LIVE IN ARTHUR:**

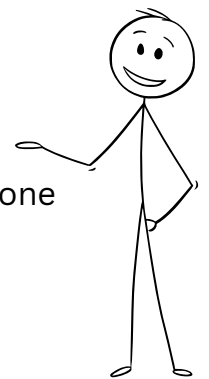
- The classes will be held at the Arthur Curling Club, 160 Domville Street, Arthur in the club room
- Classes will run on Tuesday afternoons from January 21 to March 11 from 1:00 pm to 2:30 pm.

## **IF YOU LIVE IN MOUNT FOREST:**

- The classes will be held in the Mount Forest and District Sports Complex, Princess Street, Mount Forest in the Leisure Room
- Classes will run on Tuesday mornings from January 21 to March 11 from 9:30 am to 11 am.

## **Here is a list of the classes we are offering:**

- No Fail Email 1 – Setting up and Using Email
- No Fail Email 2 – Email Safety – How to Avoid Scams
- Cell Phones Made Simple – Find out how to navigate around your cell phone
- Community Connections through Social Media
- Community Connections – Video Calling
- Accessing Government Services and Information Online
- General Safety Information – Recognizing Accurate Information Online
- Online Banking – How to do it; how to be safe. Sponsored by Kindred Credit Union



For more information, or to register for classes, contact **JANICE BENSON** at [jbenson@wellington-north.com](mailto:jbenson@wellington-north.com) or call (519) 314-7579.

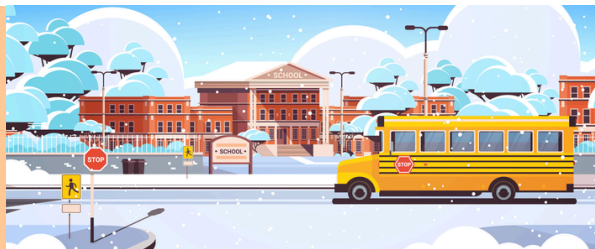


“When I was young, I admired clever people.  
Now that I am old, I admire kind people.”

—Abraham Joshua Heschel



**\*Please note.** In case of inclement weather, if school buses are not running in North Wellington, then our Dining and Coffee Programs will be cancelled, too.) Check here for updates about bus cancellations: <https://stwdsts.ca>



For more information or to register for any of the Dining Programs, please contact the office at 519-638-1000 or send an email to [hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)

DINING PROGRAM	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	WED. Jan. 15	12 pm \$20	James St. United, Palmerston	<b>Doris Cassan</b> Decluttering with Doris
Clifford	WED. Jan. 29	12 pm \$20	Clifford United Church	<b>Katie Clarke WCMA</b> Winter Weather
Harriston	THURS. Jan. 30	12 pm \$20	Harriston United Church	<b>Emily Cooper</b> Community Paramedicine

**REMEMINDER** *Harriston Dining Program has changed from the last Friday, to the last Thursday of the month starting in 2025.*

*Join us for Coffee!*

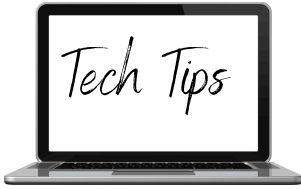
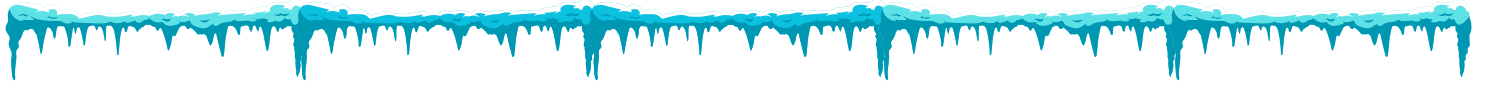


*No need to register for Coffee Hours!*

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	January 15	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	January 16	10:30 am	Selah Centre 24 Wood St., Drayton







# Facebook Bots & Spoofers

(Part 1)

by Michael Meunier



*Facebook Bots and Spoofers are both types of automated accounts on Facebook, but they serve different purposes and operate in different ways.*

## Facebook Bots

- **Purpose:** Bots are often used for legitimate purposes, such as automating customer service tasks, providing information, or even entertainment.
- **Operation:** Bots are typically programmed to follow specific rules and respond to user input in a predefined way. They can be quite sophisticated, able to hold conversations and provide useful services.
- **Examples:**
  - Chatbots that answer customer inquiries
  - Bots that provide news updates or weather information
  - Bots that play games or offer trivia



## Facebook Spoofers

- **Purpose:** Spoofers, on the other hand, are malicious accounts designed to deceive users and spread misinformation.
- **Operation:** Spoofers often impersonate real people or organizations, using their names, profile pictures, and other identifying information to trick users into trusting them. They may spread fake news, spam, or phishing scams.
- **Examples:**
  - Fake accounts impersonating celebrities or politicians
  - Accounts spreading false information about current events such as elections or government responses to natural disasters
  - Accounts trying to steal users' personal information through phishing scams



Here is a decluttering mindset shift for you! As you go through your belongings, change the question from, “Do I really need this?” to “Can I live without it?”

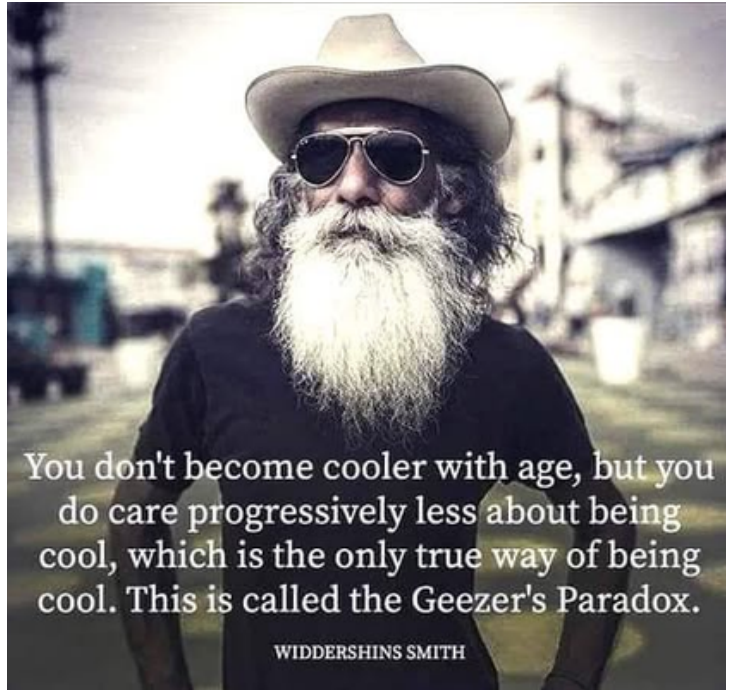
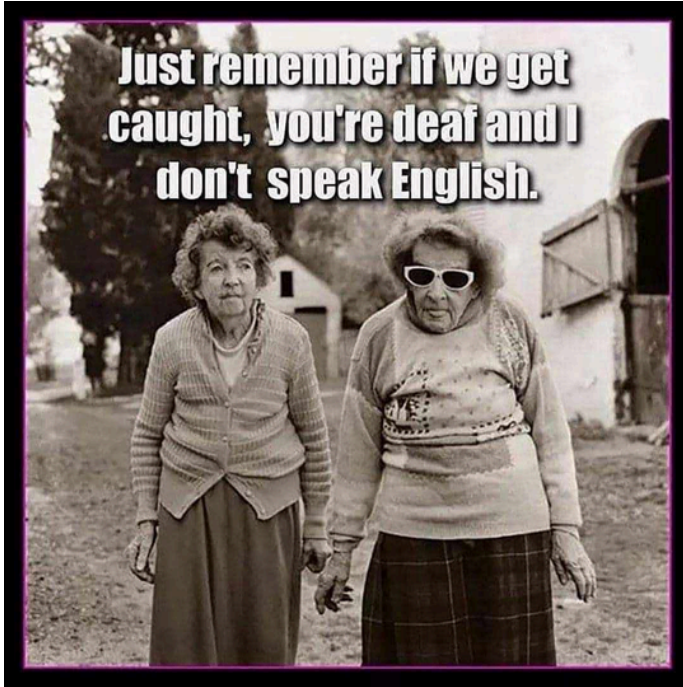
If your goal is to unburden your journey through life by owning and caring for less stuff, the answer becomes much more helpful.





“Whoever is happy will make others happy too.”

—Anne Frank



## January Writing Prompt

Doris Cassan



Continuing on our Memoir writing journey, consider New Years traditions.

- Do you have any special memories of them?
- Perhaps you have stories about resolutions gone well or gone awry?
- Do you have specific food reserved for your New Years Indulgence?
- How about some activities that belong to New Years?

*Write your story...*

*Doris*

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

**For the Love of Words . Wednesday, January 22, 2025.**

**7 pm via Zoom**

Do you love words? Come join us. We are a non critiquing group of creative writers. Once a month we meet and spend about an hour reading our work to each other and then we do a spontaneous writing exercise in real time.

If this sounds like something you'd like to do, please email Doris Cassan at [4luvwrds@gmail.com](mailto:4luvwrds@gmail.com) to receive the ZOOM link for the upcoming meeting.



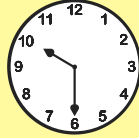
# ZOOM with us!



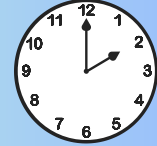
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To get on the ZOOM list, contact [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca) or call 519-638-1000

### Tuesday



### Thursday



January 2, 2025

No ZOOM



January 7, 2025

Hospice Wellington

Leaving a Legacy



January 9, 2025

Mike McGill WCMA

Railroads in Wellington County



January 14, 2025

Doris Cassan

Decluttering with Doris



January 16, 2025

Mike Harloff

Tackling Loneliness



January 21, 2025

Juliana Van Osch Registered Dietitian

Cooking with Julianna



January 23, 2025

Danielle Hughes

Sleep 101 Self Management Program



January 28, 2025

Seleda Fry

Growing Up Mennonite



January 30, 2025

Kristin Hunter MMFHT

My Winter Mental Health Toolkit



# thank you

Over the past two years Donna who has a passion, and as you can see talent, for card making, has spent countless hours creating these beautiful Christmas cards.

Donna has donated these wonderful cards for the past two years. They have brightened the lives of countless, isolated seniors in our community. Receiving a homemade item is one of the most meaningful gifts you can receive. It says you matter and you are worth the effort. Thank you, Donna. Your kindness, and the impact of your donation cannot be underestimated.



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

