



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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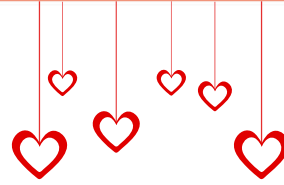
519-638-1000

EDITION #57

February 2025

A Word from Helen

Helen Edwards SCE Seniors' Health Services Coordinator
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Snowglobe Beauty

As I write this, it is a brisk -13 C outside, and I am sitting in my office, the beautiful sun shining into the window—with my coat on!

For so many years I have planned to embrace winter and all its gifts, and I have failed miserably. This year, however, I have made a point to take note of all the beauty that winter brings. The crunch of my boots in the snow as I walk; the way the snow looks like it is crusted in diamonds; the screams of delight of my grandson as we toboggan down a hill.

Last week I was driving home after a home visit in Elora, and as I went through the community of Winterbourne, suddenly it was like I was encased in a snow globe. Not a snow globe that had been gently shaken, but one that had been picked up and shaken by a rambunctious 8-year-old boy. It was so beautiful.



I am glad to have noticed these winter gifts and hope that I will still feel the same way as I write to you next month.

I have come across this saying many times, and I believe it to be true: "If you choose not to find joy in snow, you will have less joy in your life but still have the same amount of snow."

Wishing you a February full of joy (and snow globe beauty!) Helen



THE HEART CAN BE A BIT OF A HOARDER

Stockpiling grudges, harsh words, and past pain as if each were a priceless artifact rather than a ticket stub to a show that long since ended. Unfortunately, these keepsakes take up precious space where new joy could be doing cartwheels.

And so, we need to recognize that every past hurt is not meant to be a tenant with a lease, but merely a traveler passing through.

Karen Salmanshohn/ tinybuddha.com





Sure, it's Valentine's Day on February 14, but once that day has passed, it doesn't mean we still can't keep finding ways to 'spread the love.' Take a moment to write a card to someone. Pause from your social media scrolling to send a kind email to a relative or friend. Knock on someone's door and ask if they have time for a visit (maybe add a plate of cookies to your kindness.) There are so many ways to make Valentine's Day live on far past the Hallmark prescribed date!

Cold Weather Safety Tips for Seniors

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Wellness; Cold Weather Safety Tips for Seniors

As the frosty embrace of winter settles in, it's crucial to consider the safety and well-being of seniors, who are particularly vulnerable to the harsh effects of cold weather. With Canada's famously chilly winters, older adults face unique challenges that demand attention and proactive measures to ensure their safety and health during this season.



Understanding the Risks

Canadian winters bring extreme cold, icy conditions, and heavy snowfall, posing various risks to seniors' health. Older adults are more susceptible to hypothermia, frostbite, falls on icy surfaces, and seasonal affective disorder (SAD) due to reduced sunlight exposure.

Tips for Staying Warm



- Dress in layers: Encourage seniors to wear multiple layers of clothing, including thermal wear, to trap body heat and stay warm.
- Keep homes heated: Ensure indoor temperatures are comfortable and use space heaters or blankets in particularly cold areas.
- Wear appropriate footwear: Advise seniors to wear insulated, non-slip boots to prevent falls on icy or snowy surfaces.
- Use heating devices safely: Remind them to follow safety guidelines when using space heaters or electric blankets to avoid accidents or fires.

Home Safety Measures

- Insulation and weather-stripping: Ensure homes are properly insulated and sealed to keep the cold air out and maintain warmth inside.
- Prevent frozen pipes: Instruct seniors to allow faucets to drip slightly to prevent pipes from freezing and to know how to shut off water if necessary.
- Emergency preparedness: Create an emergency kit with essentials like extra blankets, non-perishable food, flashlights, and a battery-powered radio in case of power outages.

Health Considerations

- Regular check-ups: Encourage seniors to visit their healthcare provider for check-ups before winter to address any health concerns.

Take my hand, take my whole life too. For I can't help falling in love with you.

– Elvis Presley



- Stay hydrated: Even in colder weather, staying hydrated is crucial. Offer warm beverages and remind them to drink water regularly.
- Mental health support: Combat the effects of SAD by encouraging social activities, exercise, and exposure to natural light.

Community Resources and Support

- Seniors' centres: Explore local seniors' centres or community organizations that offer assistance, social activities, and resources for winter safety.
- Transportation services: Help seniors access transportation services for grocery shopping, medical appointments, or other essential needs during inclement weather.

Protecting seniors during the frigid Canadian winter requires a concerted effort from caregivers, communities, and government support systems. By implementing these cold weather safety tips, accessing local resources, and staying informed about available assistance, we can ensure that older adults enjoy a safe and comfortable winter season in Canada.

Remember, these suggestions serve as general guidance. Always consult healthcare professionals for specific advice tailored to individual needs or circumstances.

I ♥ YOU

Submitted by Lynn Elliot

You can feel it. You can see it. Actions show it. You know it's there, BUT you don't hear or say the words as often as you should. My nephew's wife is better at it than anyone in our family. She says, "I love you" at the end of most phone calls. We didn't grow up with it, but we knew it was there. Our parents probably never heard it. I doubt I ever said it to my parents or anyone else in my family.

A cousin recently told me he had never told his dad that he loved him. He was telling a colleague that his dad was dying. This person said, "Have you ever told your dad, you love him?" He said "NO." He told him he needed to do that before it was too late. He said he had to think about it a couple of days, and how to approach it. When he finally did tell his dad he loved him, his father said, "I love you too." My cousin shared that it was a great feeling to say the words and hear them back from his dad.

We tell our spouses we love them, but do we tell our kids enough? I know I don't, but I am trying to change. They don't say it often enough to me, either, but I know they love me. Some of my "love" words are "Drive carefully." "Stay off a ladder." "Take your phone." If we can change the cycle with our kids, maybe our grandkids will start saying it a bit more. I really do look forward to a big hug and sloppy kiss, and a sincere, "I love you, Grandma!"

Can it be said too often? I doubt it. Is there a limit to how many times it can be said? I doubt it. Will we get tired of a hug and hearing those special words? NEVER! Don't wait for Valentine's Day. "I love you." Say it as often as you can, before it really is too late!



Why do organized people make great pranksters?

Solution:

They know how to clean up after themselves.

WI Day 2025

Submitted by Lynda Alexander

On February 19, 2025, the Women's institute will be celebrating 128 years of creating a space where women can connect, learn, and support each other. Two branches in our area – Carry-On in the Town of Minto, and Alma in Mapleton Township, are hosting social times, workshops, and information sessions to make all women feel welcome.



Reduce. Reuse. Recycle. All synonymous with Women's Institute (WI) members. WI members were some of the first to practise and promote recycling, however the work is far from complete. A study done by the University of Waterloo in 2023, revealed that Canadians dispose of nearly 500 million kilograms of fabric annually. This includes clothing, household linens, and other fabric products. So, in 2025, the Federated Women's Institute of Canada implemented a national project called *Sustainable Style*.

Which brings us to a challenge. If you have found a stash of pantyhose during your decluttering that you were thinking of tossing, think again. Here are some ways to recycle them:

- Put a bar of soap in one of the pantyhose legs. Instant soap on a rope to hang in the shower, by the hose in the garden, or in the barn or workshop.
- Store rolls of wrapping paper in the legs. The paper won't unroll and you can hang or store them upright.
- When grandkids visit, use a piece of panty hose on top of the "bug jar."
- Get your exercise. Line up some plastic cups. Put a tennis ball in one leg and tie the other leg around your waist Then swing it to see who can knock down the most cups.
- The foot of the pantyhose makes a fabulous duster to get into small crevices.
- Cut up pantyhose and fill with potpourri to make sachets for closets and drawers.
- Pantyhose makes a great strainer for paint.
- Use pantyhose to shine your shoes.
- Pantyhose makes a light and airy stuffing.
- Pantyhose for the gardener: Tie up tall plants. Tie cabbage and cauliflower leaves together. Store onions and flower bulbs to dry. Line flower pots to keep the soil in.



Our local WI members heard these 'pantyhose' tips at a presentation done by Carry-On to make people think about how they can reduce, reuse, recycle just one item. We need to keep finding ways to encourage and change the attitudes of our throw-away society. Think twice before tossing something into the landfill!

If you are interested in being involved or finding out more about the *Sustainable Style* initiative, check out your local WI group. 



Why are my feet cold on Valentine's Day?

Solution:

Because you knocked my socks off.

Activities Spotlight



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



SENIORS' CENTRE for EXCELLENCE



SENIORS' CENTRE for EXCELLENCE
Wisdom Series Workshops



Wisdom

Series Workshops

February 25, 2025, Tuesday:

Speak with Confidence with Ruth Linnen MTS. OAHP – Harriston Library.

11:00 am - 1 pm

March 6, 2025, Thursday:

Container Gardening – Mount Forest Library. **12:30 pm – 3:30 pm**

March 11, 2025, Tuesday:

ABC of Thinking with Rachel & Kristin MMFHT – Palmerston Library.

10:30 am – 12:30 am

- *Free Admission*
- *Refreshments provided*

MUST REGISTER!



jbrown@mapleton.ca

519-638-1000



Ontario

Tomato Soup with Potatoes (no cream)

submitted by Linda Campbell

This recipe was given to me by our daughter Heather who, in turn, received it from her friend, Amy. You can use sweet potatoes, regular potatoes or a combination of both. If the potatoes are not parboiled, they do not blend well. It is best to use a blender or food processor to puree. I found this tomato soup makes a great base for other soups such as tomato macaroni. ENJOY!

INGREDIENTS

- 2 cans plum tomatoes (or whole)
- 1 large sweet potato (regular potatoes work just fine)
- 1 med. onion & 1 or 2 clove(s) of garlic
- 2 cups broth or water
- 1 Tblsp extra virgin olive oil
- salt & pepper to taste
- basil leaves (optional) *I omit this*

METHOD:

- Chop and saute onion and garlic in some olive oil.
- Stir in cubed potatoes, tomatoes, broth or water, salt, and pepper.
- Cook for 20 minutes.
- Add a handful of basil leaves, and blend until smooth. *I use my food processor but any good hand blender will work too and allows you to blend right into the pot.*
- Serve with cracked black pepper, fresh basil, crusty bread, and enjoy!



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Thank You

We are deeply grateful for your generous contributions to our annual Christmas Stocking Initiative for Seniors in our community. Your kindness and support brought joy and warmth to many hearts during the past Festive Season. Thank you for making a difference and helping us spread holiday cheer!

Best wishes for a Prosperous, Healthy and Happy 2025!

*Warm Regards,
Your friends at SCE & VON*

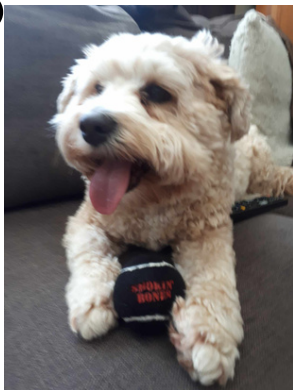
“Thank you to SCE, the VON, and all the many volunteers who worked tirelessly to make this all come together and make such a happy time for those of us alone at Christmas. Thanks to everyone involved for your hearts of gold and the difference you've made with such kindness shown.”

From a grateful recipient

Pet Corner

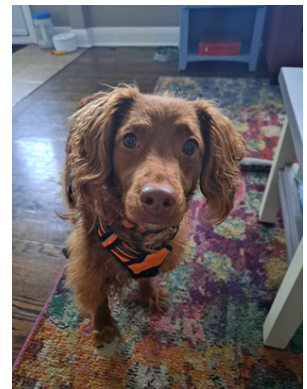
Jake & Cooper

Submitted by Helen Edwards



Meet Jake

Jake is 6 years old, and Cooper is 2 ½. Jake, whose middle name should be, Sloth, enjoys a morning of lying on the couch followed by an afternoon of lying on the couch, and eating. Cooper, on the other hand, has more energy than most dogs and tries desperately to engage his brother in play.



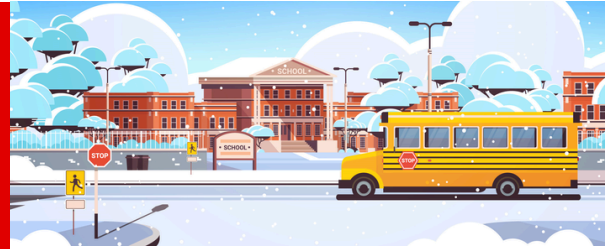
Meet Cooper

While they are opposites, when Cooper has finished running around the yard, playing with his toys, and chewing something that he shouldn't, Jake does allow him to lay on the same couch with him...as long as Cooper does not touch him. (Remind anyone of their children when they were growing up?)



Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing. – Mother Teresa

***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

DINING PROGRAM	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	WED. Feb. 19	12 pm \$20	James St. United, Palmerston	Steve & Martina Hayward Musical Entertainment
Clifford	WED. Feb. 26	12 pm \$20	Clifford United Church	Hurania Melgar Emergency Management
Harriston	THURS. Feb. 27	12 pm \$20	Harriston United Church	Jenny Bults (MMFHT) Dr. Google—I Have What?



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	February 5 & 19	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	February 6 & 20	10:30 am	Selah Centre 24 Wood St., Drayton



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Reflections of a Boomer

by "Uncle Joe"

I've seen fire and I've seen rain. I've been through the desert on a horse with no name. I've gone to Kansas City, I sang in the sunshine. I've been on the road again with Georgia on my mind.

Like a Rolling Stone I've given peace a chance. I've put a camel to bed and danced the last dance.

Mr. Tambourine Man, play a song for me. I whispered words of wisdom. Let it be.

I've fallen into a burning Ring of Fire and walked the line.

To all the girls I've loved before, you were always on my mind.

I've been everywhere, I've been so lonesome I could cry.

I've driven my Chevy to the levee when the levee was dry.

I've been to Itchycoo Park in a yellow submarine.

I've made the scene in a Time Machine.

I've done the Hokey Pokey and turned myself around.

I've welcomed baby back to the poor side of town.

I followed the tracks of my tears down a long and winding road.

I've kept on searching for a heart of gold.

I've sought shelter from the storm. I've sat on the doc of the bay.

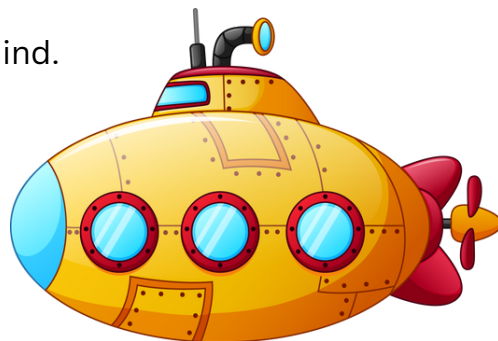
I've rocked around the clock on a sunny day.

I've knocked on Heaven's door, while blowing in the wind.

Joy to the world, those were the days my friend.

Lay lady lay, in Crimson and Clover.

It's been A hard days night, the party's over.



DECLUTTERING WITH DORIS



Decluttering goals are many.

I want to free up storage space.



I want the piles of stuff to stop yelling at me.



I want to be able to find things quickly.

I want to stop re-buying things just because I can't find the last one I bought.

I want my house to be "company ready" always.

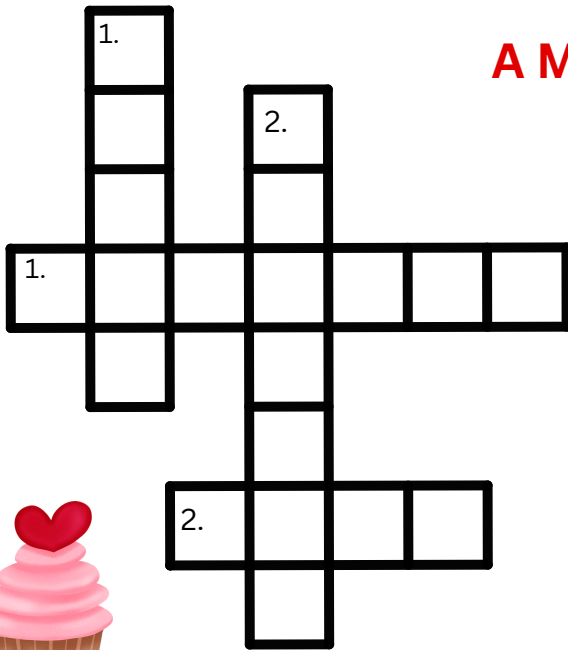


I want to know and use everything that takes up space in my house.

Do any of these apply to you? I am sure that you can think of more. Keep your goal in mind as you declutter your space this year.



A Mini Valentine Treat



Across:

- 1. Pals
- 2. Letter salutation

Down:

- 1. Valentine's symbol
- 2. To add sugar

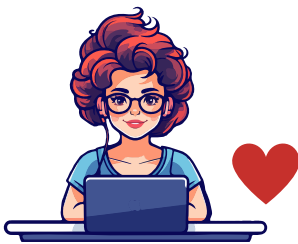


For the Love of Words

Wednesday, February 26, 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 to receive the ZOOM link for the upcoming meeting.



February Writing Prompt

Write your story...

Doris Cassan

February is not just Valentine's month, but also heart health month.

For your memoir exercise this time, write about health.

- What challenges have you or your family faced?
- How has it changed you?
- Why is it so difficult for us to manage our physical and mental health?



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

A Mini Valentine Treat- SOLUTION:

Across: 2. Dear 1. Friends



Down: 2. Sweeten 1. Heart



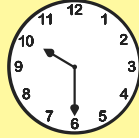
ZOOM with us!



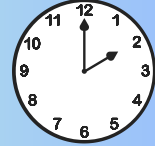
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To get on the ZOOM list, contact gbelec@mapleton.ca or call 519-638-1000

Tuesday



Thursday



February 4, 2025

Julie Martin-Jansen

What Happens at Hospice



February 6, 2025

Rhonda McGlasson

GLA:D Program



February 11, 2025

Mike McGill WCMA

Richard Pierpoint. Black History Month



February 13, 2025

Pat Spadafora

Aging Well: Cultivating a Positive Mindset



February 18, 2025

Juliana Van Osch R.D.

Cooking with Juliana



February 20, 2025

Barbara Heagy

The Finished Project - *For the Love of Food*



February 25, 2025

Andrea Wurston

Silverts Adaptive Clothing



February 27, 2025

Danielle Hughes

Take charge of Your Health. LANGS WWSMP



Word

of the Month

Conronym

A word that can mean one thing or the exact opposite



- E.G.**
- Dust: to cover something with particles or to sweep them away.
 - Bolt: to separate by running away or to hold together.
 - Left: to leave or remain.
 - Cleave: to split something apart or to unite two things.
 - Buckle: to fasten two pieces or to break apart.
 - Clip: to cut apart or to attach together.



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



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SENIORS' CENTRE *for* EXCELLENCE

Ode to a Stamp



You first started out at a cent, and then two. The years rumbled by and we saw how you grew.

We loved you back then as a mate to our letter. It seemed mailing post was easy and better.

But then something happened in the year '24. Your cost went sky high as never before!

The centre for seniors, were trying their best. To mail your newsletter was becoming a test.

The budget was tight, and you showed little grace. So they needed to put a plan into place.

We're sorry dear stamp, the centre did try. But one twenty-four for a stamp makes us cry.

So here's a proposal we think might be good. We'll ask some kind friends to donate if they could,

A book of your stamps would help out a lot. And their kindness to us won't soon be forgot.

Or maybe we'll ask them to toss you aside. And we'll send the newsletter (our source of great pride)

To those with an email who might be okay. If we sent it to them—it's an easier way.

So dear little stamp, we're sorry to say. It's time to move on at the end of the day.

Our budget is groaning, what else can we do? Except maybe telling you "Ha! Shame on YOU!"

