



# Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #59



## April 2025



### A Word from Helen

#### Canada is for the Birds, and Me!

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



I know that I wrote in February, about the beauty of the winter, saying that “if you don’t enjoy snow, you will still have the same amount of snow, but less joy.” BUT COME ON! I didn’t mean it was okay to continually dump on us day after day, trying to break not only our spirit, but our backs too. Well Mother Nature it didn’t work!

As Canadians, our shared weather experiences bring us together to provide opportunities to commiserate. We like to talk about the weather and be reminded that it could be worse. We could live in \_\_\_. *Fill in the blank.* As Canadians we are nothing, if not resilient. We can, and will, weather all kinds of storms with grace and resolve.

Last month we featured a beautiful collage of gardens to show that deep beneath all that snow there is life! The other morning, I was out early with my dog. As I was standing there thinking “it is freezing out here,” I noticed that the birds were singing. A sure sign that spring is coming. As I shivered, I wondered what they were so happy about, but then I thought to myself “maybe they are glad to be in Canada, just like me!”

Helen  



## Activities Spotlight



### It’s Worth the Drive to Clifford – *The Haywards are Coming to Town!*

Come fill your tummy and tap your toes, all for **\$20**. Join friends and neighbours at the Clifford United Church for the SCE Dining Program on Wednesday, April 30th.

It’s good to get out, stretch your legs, and treat yourself to a great lunch and an afternoon of toe-tapping, live music. Sing along, play the spoons, or, if you really feel inclined, we’ll clear a spot for a two-step or two!



519 638 1000 [HEDWARDS@MAPLETON.CA](mailto:HEDWARDS@MAPLETON.CA) 1 866 446 4546





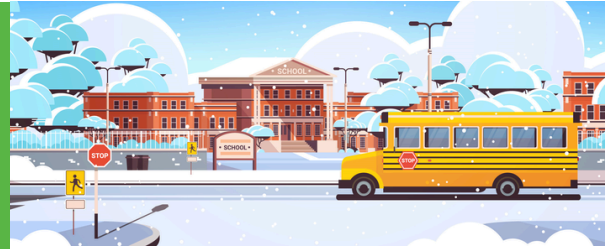
What do you get when you cross a bunny with an onion?



**ANSWER**

A bun-ion.

*\*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. April 16	12 pm \$20	James St. United, Palmerston	<b>Dale Franklin</b> Organ & Tissue Donation
Harriston	THURS. April 24	12 pm \$20	Harriston United Church	<b>Mike McGill WCMA</b> Early Medicine practices in Wellington County
Clifford	WED. April 30	12 pm \$20	Clifford United Church	<b>The Haywards</b> Toe-Tapping Musical Entertainment



**Drayton Walking Group, at the Drayton PMD Arena. Every Tuesday and Thursday from 8:30 to 10 a.m.**



*Join us for Coffee!*



*No need to register for Coffee Hours!*

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	April 2 & 16	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	April 3 & 17	10:30 am	Selah Centre 24 Wood St., Drayton



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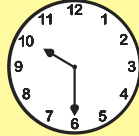
# ZOOM with us!



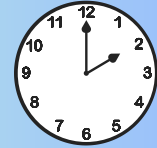
## SENIORS' CENTRE *for* EXCELLENCE

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

### Tuesday



### Thursday



**April 1, 2025**

**Lyn Felkar**

Raw Carrot Enterprise



**April 3, 2025**

**Glynis Belec**

Ovarian Cancer - The Silent Killer



**April 8, 2025**

**Tracy Lee**

Ancestrally Speaking from a Black perspective.



**April 10, 2025**

**Ruth Linnen Reg. Psychotherapist**

Aspects of PTSD (Part 1)



**April 15, 2025**

**Juliana Van Osch R.D.**

Cooking with Juliana



**April 17, 2025**

**Leanne Andriessen**

The Wedding Show



**April 22, 2025**

**Ruth Linnen Reg. Psychotherapist**

Aspects of PTSD (Part 2)



**April 24, 2025**

**Danielle Hughes**

Healthy Caregiving - LANGS WWSMP



## Pet Corner



### Herford, My Man!

Submitted by Helen Park



This is a story about a pet Nigerian billy goat named Herford. Herford is handsome as goats go; a red-coloured, fence-jumping young man.

He is at Nana's house because he could not be with his "girls" until the end of November. That way babies will not come until the beginning of May during warmer weather. Herford is with the sheep for now, which is not his idea of good living.



My Workplace Hazards - Polar Bears, Frostbite, Snowblindness

(with special guest, Andrew Fry)



Free Admission

No Need to Register



519-638-1000



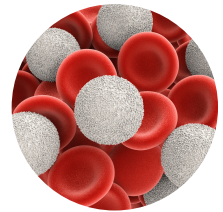
jbrown@mapleton.ca



Eating for Immunity

Submitted by Juliana Van Osch, Registered Dietitian. Mount Forest Family Health Team

As traditional flu season comes to an end, you can still support your body's natural defense mechanisms by including different immune boosting foods. Some ingredients and nutrients like garlic, ginger, turmeric, vitamin C, and zinc have been shown to have unique benefits that can help to keep you healthy all year long.



Garlic, for example, releases a compound, when crushed or sliced that helps white blood cells fight off colds. It also helps your body absorb zinc, another key nutrient for immunity. Plus, garlic adds delicious flavour to soups, stir-fries, pasta sauces, mashed potatoes, and more!

Ginger, a common root used in teas and soups, is known for its ability to calm the digestive system and fight off infections. Adding sliced ginger, honey, and lemon to a hot cup of water makes a delicious drink to soothe a sore throat or help with nausea.



Turmeric, often found in curries and soups, can help decrease inflammation and muscle soreness. Its key compound, curcumin, boosts immunity but needs black pepper to activate it, so be sure to use them together.

Vitamin C is a well-known immune booster and is commonly found in citrus fruits, leafy greens, and bell peppers. It helps your body fight infections and is a powerful antioxidant. This means vitamin C helps protect cells from damage and fights off harmful compounds.



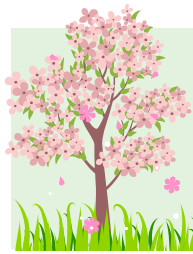
(Fun fact: Red bell peppers have more vitamin C than oranges! Try adding bell peppers to your next stir-fry).



Zinc, an essential mineral, plays an important role in maintaining a strong immune system. It helps with cell repair and wound healing. Zinc is commonly found in beef, chicken, seafood, beans, lentils, and nuts.

One delicious way to enjoy these immune-boosting ingredients is in a soup! Find the Carrot Apple Ginger Soup recipe on page 8 that contains a few of these foods and makes for a comforting soup that will keep your immune system strong!





Easter is meant to be a symbol of hope, renewal and new life.

Janine Di Giovanni

## The Story of Gypsie and Stormy

*Submitted by Helen Park*

Gypsie, the dog, was found in a hay shed after the first snowstorm in November of 2024. After a week of looking, no owner was found. Gypsie was on her own, without a place to call home. I took her home and gave this blue-eyed beauty her name, which I thought was fitting name.

Gypsie feels at home in the barn. She gets along with all the animals, and even though my animals were not used to having a dog around, they seemed to like her too. However, Gypsie's most favourite place in the world is in the house, snuggled in front of the air tight woodstove.

On February 6th, 2025, a ewe at the farm had a set of twins, but only wanted to be a mother to one of them. With Gypsie alongside, I tucked the little lamb in my overalls and back we went to the house. The lamb was very small, weak, and cold. Placed in front of the airtight stove, we gradually warmed him up and started to feed the little body. He took such small amounts of milk at a time, so needed to be fed every hour on the hour...yes morning, evening and night. Gypsie and I were barely functioning on such little sleep. After a few days our little lamb graduated to a bottle, drinking more and only needed fed every two hours.



Visiting neighbours came up with the name "Stormy" for my rejected lamb, and soon to be best friend for Gypsie. As they both agreed that their favourite place in the home was in front of the one and only airtight stove, they were often found snuggling together, enjoying its warmth. My kitchen floor had lots of puddles from melting snow and other liquids, but it was nothing that a pail of water and a mop couldn't fix!

Stormy was sold on Valentine's Day, he would be a gift from a very romantic husband. He will be living in a barn with other animals. That is what Stormy needs. Gypsie has missed Stormy, but there are other lambs for him to play with. Maybe we can learn from Gypsie and Stormy that friendship can form in the most unexpected circumstances.

# HOW TO RECOGNIZE AND PROTECT YOURSELF FROM GIFT CARD SCAMS

*Tips for Seniors*



Elder Abuse  
Prevention  
Ontario

## WHAT ARE **GIFT CARD** SCAMS?

Gift card scams occur when fraudsters convince victims to buy gift cards and share the card details with them.

Once they have this information (card numbers and PINs) they quickly use the funds, leaving the victim out of pocket and with no recourse to retrieve those monies.



## ▶ COMMON GIFT CARD SCAMS

### **CRA gift card scams:**

Fraudsters will call and pose as someone from the Canada Revenue Agency (CRA). The numbers on the call display will say CRA but are not authentic.

The caller will then insist you owe money to the tax agency and will demand your social insurance number to verify your identity. The payment they say can be made in the form of gift cards.

### **Grandparent Gift Card Scams**

Calling the company or agency in question directly, if you receive a text message or email. Make sure you research their contact information and don't use the information provided in the first message. The scammer will also ask the grandparent not to tell anyone about the trouble they're in, and to quickly send money via gift card or other means to help them..

### **6. Romance or Emergency Scams**

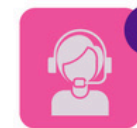
These scammers often build relationships over time, either via social media forums, the phone or email, and will play on emotions of seniors by saying they are experiencing an emergency and need money, in the form of gift cards.



### **3. Fake Utility or Service Calls**

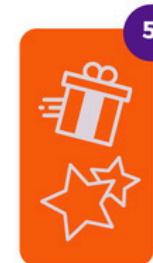


Scammers claim to be from local hydro or other utility companies threatening to disconnect your service unless you pay them, again using gift cards.



### **4. Tech Support Scams**

Callers pretend to be from a 'trusted' company like Microsoft, claiming your computer has been infected with a virus, needing an urgent repair. To pay for the repair services, they will ask for gift cards as quick payment.



### **5. Prize or Lottery Scams**

Fraudsters tell you that you've won a big prize or lottery, but you must pay "fees" or "taxes" using gift cards, in order to claim your winnings.







## ▶ HOW SCAMMERS ARE TARGETING SENIORS



**Pressure Tactics:** These scammers often build relationships over time, either via social media forums, the phone or email, and will play on emotions of seniors by saying they are experiencing an emergency and need money, in the form of gift cards



**Impersonation :** They claim to represent trusted organizations like the CRA, Service Canada, or major utility or service provider companies.



**Emotional Manipulation:** They create fake emergencies or exploit your kindness to get what they want.

## ▶ SIGNS YOU'RE BEING TARGETED BY A GIFT CARD SCAM

The caller demands payment through gift cards (e.g., iTunes, Google Play, Amazon, etc.).

You are told to stay on the phone while you purchase the gift card.



**3** They ask you to provide the gift card number and PIN.

**4** The request feels urgent, threatening, or too good to be true.

## ▶ HOW TO PROTECT YOURSELF

**1. Understand the Facts:** The CRA, banks, police, and legitimate businesses will never ask for payment via gift cards.

**2. Don't Share Gift Card Information:** Treat gift cards like cash—once you share the number and PIN, the funds are gone.

**5. Verify the Request:** If someone contacts you claiming to be from a government agency or company, hang up, verify the number of the agency or company and then call them yourself directly, not by redialing.

**3. Talk to Someone You Trust:** Before acting, speak with a family member, friend, or trusted advisor.

**4. Hang Up on Scammers:** If someone pressures you to buy a gift card, hang up immediately. Avoid responding to texts or emails demanding gift card payments

✓ **Remember: Stay Cautious, Stay Safe**

**Gift cards are for gifts, not payments. If someone demands a gift card for payment, it's a scam! Always double-check and never rush into making a payment under pressure. Do your research and stay safe!**

**The Canadian Anti-Fraud Centre** tracks the scams that are happening across Canada and encourages people to report any suspected fraud. In 2023, the Centre estimated that Canadians lost **\$554 million to fraud**.

If you believe you're the victim of fraud or a scam: contact **CAFC** online by visiting the CAFC website or by calling **1-888-495-8501**. <sup>1</sup> <https://antifraudcentre-centreantifraude.ca/index-eng.htm>

### For more information

Elder Abuse Prevention Ontario  
416-916-6728 | [www.eapon.ca](http://www.eapon.ca)  
admin@eapon.ca | @EAPreventionON

### SOURCES

Canadian Banking Association | [www.cba.ca](http://www.cba.ca)  
TD Bank | <https://www.td.com/ca/en/personal-banking/advice/>  
The Canadian Anti-Fraud Centre  
<https://antifraudcentre-centreantifraude.ca>

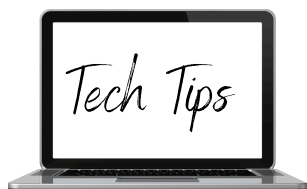


Elder Abuse  
Prevention  
Ontario



What's a cat's favorite instrument?

**ANSWER**  
Purr-ussion.



## Tips to help you evaluate news sources on social media

(Part 2)

by Michael Meunier



*Last month, Michael gave us some specific tips for verifying news and determining if what you read on social media is true. This month, he presents some specific ways we can remind ourselves and make sure we are not falling into the trap of believing everything we read.*

### **Be skeptical of information that confirms your beliefs:**

- We are all prone to confirmation bias, which is the tendency to seek out information that confirms our existing beliefs.

### **Be open to information that challenges your beliefs:**

- Consider the possibility that you may be wrong.
- Talk to others about what you read:
- Discuss news articles with friends, family, or trusted experts.
- Get their perspectives on the information and see if they agree with your interpretation.



### **Use critical thinking skills:**

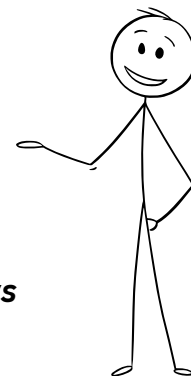
- Ask yourself questions about the information you are reading.
- What is the evidence for this claim?
- Is the information consistent with other sources?
- What are the potential biases of the author?
- What are the possible consequences of believing this information?

### **Be patient and take your time:**

- Don't rush to share or believe information.
- Take your time to read and evaluate the information carefully.
- Don't be afraid to ask questions and seek clarification.

### **Stay informed about current events:**

- Read news from a variety of sources.
- Follow reputable news organizations on social media.
- Subscribe to news alerts.
- Watch the news on a local television station or listen to it on the radio.



***By following these tips, you can become a more discerning consumer of news on social media and avoid being misled by misinformation.***





## Dealing with Decorations

*Where did I put those Easter decorations? For that matter, where is all my seasonal décor? Maybe its time to go through it all. How much décor do we need? Is there anything that I consistently don't use? Less is more. .*

Are there a few key decorative pieces that pack a punch? Maybe everything else can go. It would be nice to fit it all in one tote so that it is easy to find, wouldn't it?



**For the Love of Words** ♥

**Wednesday, April 16, 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.

*Doris* 



*Write your story...*

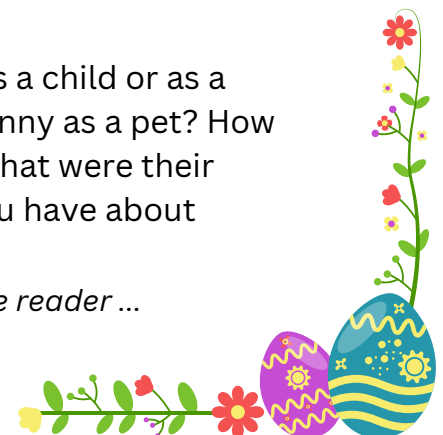
**HAPPY  
Easter**

## March Writing Prompt

Doris Cassan

Easter Memoir prompt! Do you remember certain Easters as a child or as a parent? Write about your traditions. Did you ever have a bunny as a pet? How about other pets? Do you remember stories about them? What were their names and when did you have them? What memories do you have about them?

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





## Ginger, Apple, & Carrot Soup

Submitted by Juliana Van Osch RD. MFFHT

*Juliana shared this delicious soup recipe with us on a Cooking with Juliana ZOOM session. It was an immediate hit and garnered many positive comments. It is easy to make and freezes well, too!*



### INGREDIENTS

- |                            |                                       |
|----------------------------|---------------------------------------|
| 1 tbsp olive oil           | 10 medium carrots, peeled and chopped |
| 1 small onion, diced       | 4 cups vegetable broth                |
| 2 garlic cloves, minced    | Pinch of nutmeg                       |
| 2 tbsp fresh grated ginger | Salt and pepper to taste              |
| 1 large apple, chopped     |                                       |

### METHOD:

1. In a large pot, warm olive oil over medium heat. Add diced onion and cook for 5 minutes, until translucent. Add ginger and minced garlic. Cook for 2 more minutes.
2. Stir in chopped apple, carrots, and vegetable broth. Bring to a boil. Reduce heat to medium-low and simmer for 20 minutes, until tender. Add nutmeg.
3. Pour mixture into a blender, keeping half the blender empty to avoid spilling over. Use caution as contents will be hot! Or use an immersion blender. Blend until smooth.
4. Add salt and pepper to taste. For a thinner soup, you can add more broth.
5. Serve with freshly ground pepper and olive oil drizzle as a garnish.

## Word

of the Month

### Jentacular

Considered by some to be the most important “word” of the day!

Pertaining to Breakfast!



*“Easter is the only time when it’s perfectly safe to put all your eggs in one basket.”*

— Evan Esar



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