

# The Right at Home Herald

Guelph Wellington

September 2015

Volume 1/Issue 4

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## Laugh..The Right Way

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"Have you noticed that my reflection is aging a lot faster than I am?"

## September Health Issue: Arthritis

September is Arthritis Awareness Month in Canada

The term arthritis ("arthro" meaning joint, "itis" meaning inflammation) is used to refer to more than 100 related conditions. Arthritis can strike anyone at anytime, regardless of age, physical condition or ethnic background, often with devastating and debilitating effects. Arthritis brings with it a burden of pain and disability that those living with this disease must face every day. The main symptoms of arthritis are chronic joint pain, stiffness and swelling, which can result in significant disability and poor quality of life.

This information was taken from the Arthritis Society. For more information on Arthritis please visit:

<http://www.arthritis.ca>

### Local Arthritis Events

#### **Guelph Osteoarthritis Program**

Wednesday September 9, 12:30-3:30PM

Evergreen Seniors Centre, Guelph

Come and learn free pain management strategies for living with Osteoarthritis and find local community resources for healthy living.

To register please call: 1-800-321-1433 ext. 1101

#### **Kitchener Staying Active-Managing Hip and Knee OA Pain**

Monday September 14, 1:00-4:00PM

Kitchener TAS Office (7-809 Victoria Street North)

Come and learn to identify joint changes that come with Osteoarthritis, identify strategies to manage pain and find local community resources for healthy living.

To register please call: 1-800-321-1433 ext. 1101

At Right at Home, we are here to help.

Contact us for more information: Phone: 519-265-7887 Email: [careguelph@rightathomecanada.com](mailto:careguelph@rightathomecanada.com)



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## Upcoming Community Events

### Wheels with Meals Guelph Food Truck Celebration

Wednesday September 9 at 11:30 AM to 7:30PM

The Delta Hotel & Conference Centre

50 Stone Road West, Guelph ON

Mark your calendar to join us for the very first food truck event in Guelph! FREE Admission, food and beverages available for purchase on site. No ticket required. A portion of the proceeds from every sale to support to great local organizations.

### Guelph Wellington Seniors Association New Members Welcome/Information Session

Wednesday September 9

Evergreen Seniors Community Centre, Room 4

683 Woolwich Street

519-823-1291

Bring a friend, meet new people and find out about the GWSA.

### Arthur Fall Fair

Saturday September 12 at 9:00 AM

Arthur Community Centre

(519) 362-0597

"Country Roots & Rubber Boots". Parade, Ambassador Competition, Homecrafts, 4-H Livestock, Western Horse Show, Lawn Tractor Pull, Children's Activities, Kick-Off BBQ and Much More!

### Aberfoyle Fall Fair

Saturday September 12 at 9:30 AM

Puslinch Community Centre

(519) 265-4815

<http://www.aberfoyleagriculturalsociety.com>

Local Tractor Pull, Livestock, Homecraft, Local Entertainment, Children's Activities, Threshing Bee & Dinner.

### Fergus Fall Fair

Friday September 18 at 5:00 PM

Centre Wellington Community Sportplex

Fergus ON

(519) 856-9621

<http://www.fergusfallfair.ca>

Chili Cook-off, Tractor Pull, Livestock Shows, Dog Shows, Sheep Herding, Agricultural Awareness Tent, Entertainment. Sunday: Pancake Breakfast.

### Vegfest Guelph 2015

Sunday September 20, 2015 11AM to 5PM

Goldie Mill & the Guelph Youth Music Centre

Guelph ON

info@vegfestguelph.ca <http://vegfestguelph.ca>

Come enjoy a variety of speakers, performers, vendors and other exhibitors on vegetarian and vegan lifestyles.

### Wellington County Harvest Home Festival

Sunday September 27 at 1:00 PM

Wellington County Museum

536 Wellington County Road 18, Fergus ON

(519) 846-0916;5221

A celebration of the rural heritage of Wellington County. Come experience the sights, sounds, and flavours of the harvest.

## Recipe Roundup

### Broccoli Florentine Bisque



#### Ingredients:

- 1 Package Baby Spinach
- 4 TBSP Butter
- Half of a medium sweet onion
- 5 TBSP all purpose flour
- 4 Cups low sodium chicken stock
- 4 Cups packed fresh broccoli
- 1/2 Cup Heavy Cream
- Greek Yogurt
- Lemon Zest

#### Directions:

1. Snip end of spinach bag and microwave for 2 minutes or until wilted. Squeeze excess liquid from spinach.
2. Saute onion in melted butter in a large saucepan over medium heat until translucent, about 5 minutes. Add flour and cook, stirring constantly for 1 minute. Whisk in chicken stock; stir in broccoli. Bring to a boil; reduce to a simmer and cook, stirring occasionally for 10 minutes or until broccoli is tender.
3. Stir in wilted spinach and cream. Process soup with an immersion blender or in batches in a regular blender until smooth. Season to taste with salt and pepper. Serve with Greek yogurt and lemon zest.

**Source:** <http://www.countryliving.com/food-drinks/recipes/a5690/broccoli-florentine-bisque-recipe-clx1014/>