

CKSenior

addressing the needs & opinions of seniors living in Chatham-Kent



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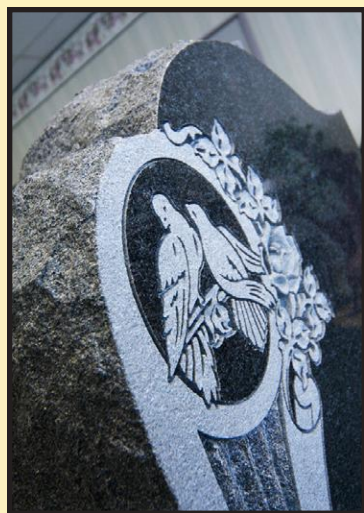
Smyth Marble & Granite Products has served thousands of families over the past 64 years and has been run by Dennis Brewer with his assistant Dawne Zimmer for the past 10 years.

Smyth has built their reputation and gained your trust on their name over the years, and truly is a place "where memories are carved in stone."

As we all know, effective July 1st, 2010 the new HST (Harmonized Sales Tax) of 13% takes effect. This formula will combine our current GST of 5% and the PST of 8%. Many items today, such as our Memorial Stones currently are PST exempt to our clients, but after July 1st, it will become mandatory for us to charge the HST. For that reason, and for your peace of mind, we would like to remind you that by purchasing your stone prior to July 1st, you will SAVE 8%.

Every penny counts these days so why not plan now and save for tomorrow.

Visit our showroom today for a great selection of styles and colors, and it would sincerely be our privilege to help you to select an ideal stone for your memories.



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Marble & Granite Products

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"Putting the beauty and durability of stone in your home"

- Granite Counter Tops
- Tables
- Fire Place & Hearths
- Memorial Tombstones

519.354.3930

E-mail: smythmem@ciaccess.com

CHAP PROGRAM

As an important part of Family Service Kent, **CHAP** (Community Home-support Assisting People) has been operating in Chatham-Kent for more than 25 years. We take pride in helping older adults maintain their independence and a positive quality of life. Below is a summary of the services we offer:

Transportation: We offer a low cost door-to-door transportation service to locations throughout Chatham-Kent and the surrounding area. CHAP has wheelchair accessible vehicles to accommodate all people.

Frozen Meals: With an affordable menu of over 65 entrees, soups, and desserts, the CHAP Frozen Meals Program makes it easy to enjoy nutritious, home-style meals at your convenience. Free delivery is offered throughout Chatham-Kent, and many specialized diets can be accommodated.

Caregiver Counselling: Our Caregiver Program is dedicated to providing emotional support and counselling to those who are caring for others. This is a confidential, professional service that is available free of charge.

Crisis Intervention & Assistance: This program assists seniors and persons with disabilities resolve problems or address issues in pursuit of their needs, rights, and interests. A wide variety of services are offered free of charge.

Home Helper: This program is dedicated to allowing older adults to stay at home for as long as possible. We hope to improve their quality of life by assisting with household chores, yard maintenance, and much more.

If any of these services interest you, please contact the CHAP office at (519) 354-6221. If you are looking for a **great way to give back to your community, volunteers are always welcome!**

CHAP



- Frozen Meals
- Transportation
- Caregiver Counselling
- Client Intervention & Assistance
- Home Helper
- Volunteer Opportunities

give us a call 519.354.6221 ext.242
Family Service Kent
770 Richmond St. Chatham, ON N7M 5J5



FAMILY SERVICE KENT



VON Chatham-Kent - Candles Still Glow!

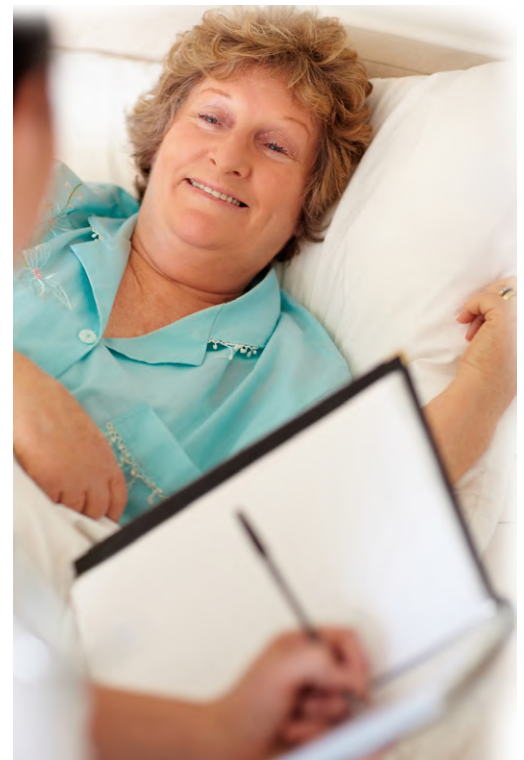
VON Chatham-Kent • 519.352.5515 • www.von.ca

The candles still glow in the windows of the family homestead, but Mary is glad the holidays are over. She doesn't much care for the festive season. It is a reminder to her of all the joyful Christmas days and New Years past and of all the lonely ones she must now endure.

She will soon mark her 87th birthday, is in failing health, and no longer drives. She is keenly aware of life going on around and without her. At times she feels that she would be better off... Her husband passed on when Mary was in her 50s and their only child, a son, died as a result of a motor vehicle accident eight years ago. Mary looks forward to a once a week phone call each Sunday from her daughter-in-law Carol, and her children David, 26 and Mandy, 24 who live in Vancouver. The last time they were able to visit Ontario was four years ago during summer vacation.

Mary is the last surviving member of her family and still keeps in touch with a cousin on "the holidays." She was once an active member of her church and its women's group but with the decline in her mobility, she can no longer attend meetings or Sunday Services. She has also outlived most of her friends but the Ministry Team continues to drop by once a month and brings her special meals at Christmas and Easter. A Personal Support Worker comes to help her once each week but the rest of the time she is alone with her old cat, Mr. Tubbs.

Mary's story is not unique. Her loneliness and isolation is a plight shared by many seniors across our own municipality. The Victorian Order of Nurses (VON) has helped others in Mary's situation through their Volunteer Visiting and Telephone Assurance Safety Checks Programs. These fortunate seniors know, firsthand, the joy and sense of wellbeing that comes with an afternoon visit or a cheery phone call. Some of the seniors on the waiting list for a Volunteer Visitor tell the coordinator that they "would just enjoy someone dropping by to chat." Others have asked for someone to help them with basic computer skills so they can email their grandkids! Some have asked for assistance with baking or the occasional outing to a doctor's appointment or grocery store. Seniors with vision problems would love to just have a volunteer come to read the newspaper or their Bible to them. More than one senior has shown interested in having a VON Volunteer assist them to leave a legacy for their children and grandchildren in the form of their life story. (VON has a trained Story Telling volunteers to assist with this). Seniors in our community often recognize the need to remain active and would simply benefit from going for a short walk or by joining our seniors exercise program (SMART Program). This senior exercise program is offered in the home as well as community in a group setting. Occasionally we get requests to provide a volunteer to assist a person to learn a new skill, to learn to play an instrument, to rekindle a lost skill, or even to provide that "push" to get started.



Volunteering with VON is easy and flexible with only a 2 - 4 hour a month commitment that works with your schedule. Volunteering can even be done with a friend. A Volunteer Visiting team can be established that can be fun and rewarding for all! Please call VON Chatham-Kent to explore the possibilities of how you can make a difference.

If you or someone you know has a need for Community Support Services, VON Chatham-Kent offers: Security Checks (Volunteer Visiting and Telephone Assurance, In-Home SMART), Supportive Care, SMART Seniors Exercise, Kids' Circle, Bereavement Support, and Look Good-Feel Better.

Call VON Chatham-Kent today at 519-352-4462. "To the world you may be one person but to one person...you may be the world."



20 Merritt Avenue, Chatham ON • 519.352.5633
www.activelifestylecentre.org

Upcoming Events at the Active Lifestyle Centre

Mondays, April - June

- Choir 10am-11:45am
- Bingo 1:30pm-3:30pm

Tuesdays, April - June

- Carpet Bowling 9am-Noon
- Exercise Group 1pm-3pm
- Footcare (app. only) 8:30-Noon

Wednesdays, April - June

- Riverbank Walking Club 12:30pm (members only)
- Tai Chi 9am-10am
- Crafts 10am-1:30pm
- Yoga 1:30pm-3pm
- Duplicate Bridge 1pm
- Carpet Bowling 6:00pm-8:30pm

Thursdays, April - June

- Square and Round Dance 10am
- Beginner Bridge Lessons 7pm
- Pepper 7pm

Friday, April - June

- Shuffleboard 9am
- Investment Club 1pm
(every other week)
- Exercise Group 1pm-2pm

Trips (open to members and non-members)

- Jersey Boys March 31
- Stars on Ice May 02
- Legends May 05
- 1000 Island June 10
- Kiss Me Kate June 24



-Widely regarded as the local authority on issues regarding dentures, Ted G. Dalios has been a practising denturist for 11 years. Ted prides himself on customer service, he does house calls and nursing home visits, and keeps his practice open five days a week. So we asked Ted to explain why denture upkeep is so important and to explain why so many people are now going to implant-supported dentures.

Ted G. Dalios of Chatham Denture Specialists explains, "Conventional complete (upper and lower) dentures can only restore 10 to 20 percent of what natural chewing ability can accomplish. Dentures secured with implants can get much closer to what natural teeth can do, whether it's complete or partial dentures."

"Ill-fitting dentures can come loose and cause embarrassing moments when sneezing or eating. Food can also fall under the dentures causing irritation and sore spots in the mouth. There is no substitute for securing dentures in the mouth. You will smile better, chew better, and your self confidence will be increased. It is important to remember that there are different types of dentures, from value to precision and on to secured. It depends on the denture wearer's goals and needs. This is a personal decision and we work with our patients to determine the optimum level of treatment."

If you are not ready for implant supported dentures be sure to regularly check the state of your current dentures. The bite deteriorates which can have negative effects on the jaw joints. This may be prevented through proper care and replacement. Dentures should be replaced at an average of 5-7 years with yearly check-ups and relines every 2-3 years for optimum health of the gums and performance of the dentures. "It is common to see dentures 10-15 years old," says Dalios, "but over time, the mouth changes as do the dentures themselves. Often times you can notice the "sunken in" appearance of a denture wearer that has had the dentures too long. It is a plastic so it will wear out and wear down and we need to keep on top of it. The longer someone goes without replacement, the more drastic the process will be to correct the problem."

Chatham Denture Specialists

- Are your dentures loose or painful?
- Do your dentures limit your food choices?
- Do you look older than you should?
- Is your face collapsing?
- We can help!
- Nursing Home Visits and House Calls
- Open 5 Days a Week
- Implant Supported Dentures
- Full and Partial Dentures from Standard to Precision BPS
- Same Day Repairs and Relines
- Private Waiting Room
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(across from YMCA)

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Active Lifestyle and area senior centres*

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Senior no longer means "old" it is the new PRIME! So don't let the old days of too much sun exposure keep you from looking your best.

Now is not the time to sit around and watch the brown sun spots grow or unsightly skin tags hang around. Let me help you deal with some of these problems. There is no question that skin changes as we age but with volume enhancing and proper vitamin skin care time really can stand still. ***There is no problem too big or too small, consultations are always free.***

Brenda Burgess RN

(formerly of Genesis Medical Cosmetics)

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- Sun Spot Removal
- Rosacea Treatment
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- Botox Treatment
- Dermal Fillers



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HOLLAND ACCU-OPTICAL LABORATORY

200 King Street West • Chatham • 519.352.8632

Personal Care The Way It Used To Be

When you walk into Holland optical in downtown Chatham, immediately you are aware of how beautiful and warm the dispensary is. It won't take you long to feel right at home. The staff is always ready to greet you and take care of your optical needs. Often Al Holland (Owner/Operator) will greet you with a big smile, a part of his everyday work that he still enjoys. As you may already know, Al got his start in the optical industry 40 years ago with Bingham Optical. Eventually, he started his own optical business when Bingham Optical closed.

If you can't remember receiving service that made you feel like you matter, come visit us at Holland Optical, we'll remind you. 200 King St. West Downtown Chatham. Former home to Bingham Optical.

Al hasn't forgotten the importance of quality customer care; something that Sam Bingham regarded as a very important aspect of his own dispensary. Often going beyond what any typical optical dispensary will do, it's amazing the difference to the whole experience the little extras will bring. The best thing, of course, is you can feel how important you are to the staff at Holland Optical. You feel confident in their advice and ultimately in their ability to help you choose a style that is comfortable and suited to you. Honestly, you'll think you've bumped into an old friend. Step back in time; it's a rare experience indeed!



Al Holland hard at work

www.hollandaccu-opticallaboratory.ca

BioPed

ORTHOTICS, FOOTWEAR
& PEDORTHIC CARE
feel the difference

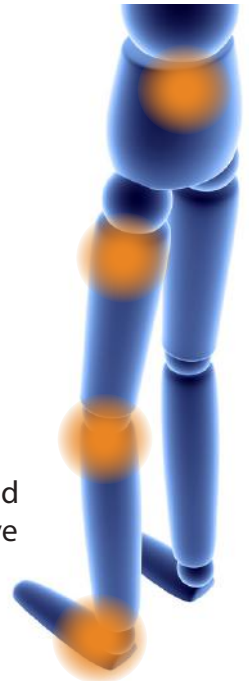
With more than 25 years of experience, BioPed has become the standard of excellence in alleviating foot related discomfort. BioPed Chatham is equipped with an on-site lab where a Canadian Certified Pedorthist manufactures a full range of orthotics, provides adjustments, and delivers specialized fitting services.

Complementing this with a broad range of fashionable, orthopedic-quality footwear, compression hose, lower leg braces, and adjustable over-the-counter inserts, we offer the convenience of a wide range of professional services to every patient.

The most common alignments we can help with:

- Heel/Arch Pain
- Bunions/Hammertoes
- Knee pain
- Complications associated with Diabetes
- Arthritis

If you are having problems with your feet or lower legs and would like more information please give us a call at 519.355.1142 or visit our website www.bioped.com.



ORTHOTICS, FOOTWEAR & PEDORTHIC CARE

BioPed

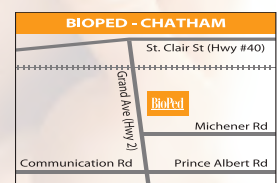
feel the difference

**BACK, KNEE OR FOOT PAIN?
OUR CANADIAN CERTIFIED PEDORTHISTS CAN HELP!**

BioPed Chatham operates our own on-site labs for complete service and your maximum convenience. We provide the highest quality products and services related to foot & lower leg care including custom orthotics, orthopaedic-quality footwear, lower limb bracing and compression stockings.

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455 Grand Avenue E,
Unit 7, Chatham ON
chatham@bioped.com
(519) 355-1142

www.bioped.com

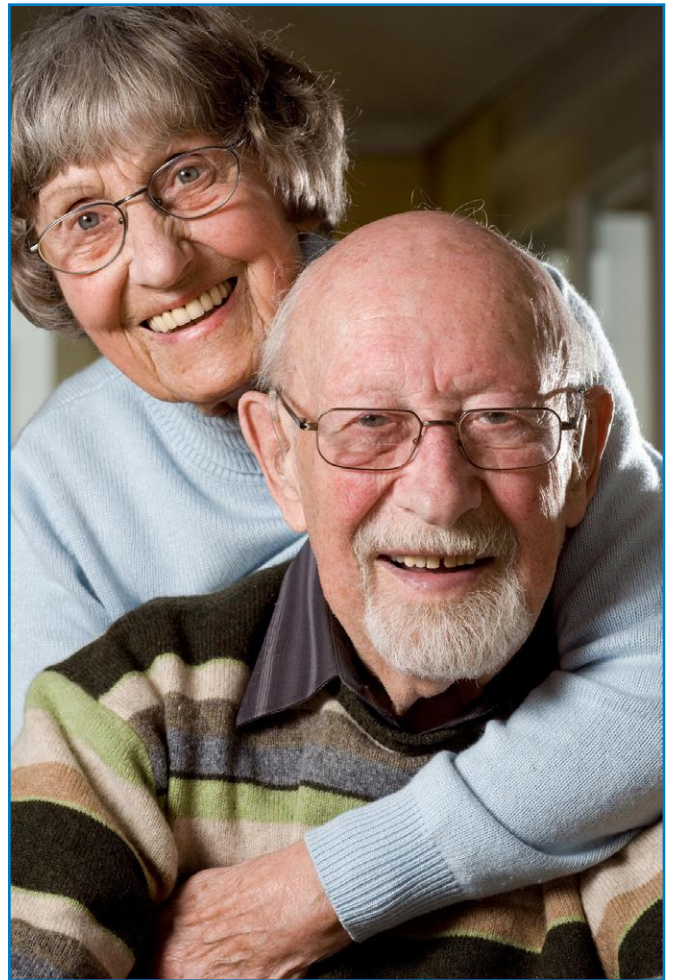




The Ontario Retirement Communities Association (ORCA), is a voluntary, non-profit association established in 1977 that sets professional operating standards, and inspects and accredits retirement residences in Ontario.

Not all retirement residences are approved members of ORCA. Members of ORCA must meet and maintain standards for accreditation which pertain to the operational policies, procedures, and staff education essential to fulfilling legislated obligations and the maintenance of a safe, comfortable living environment for residents. Only ORCA member residences are monitored to ensure they comply with industry standards. A retirement residence with an ORCA membership is your best assurance of quality and peace of mind.

As accredited members of the Ontario Retirement Communities Association, we uphold and affirm our responsibilities to our residents by subscribing to the following principles:



"We believe in quality of life for all residents that encompasses their right to dignity, respect, privacy, and autonomy."



Hudson Manor Residence
36 Lawson Street
Tilbury, Ontario
N0P 2L0
519.682.3366



Maple City Residence
97 McFarlane Avenue
Chatham, Ontario
N7L 4V6
519.354.7111



Park Street Place
60 Park Street
Dresden, Ontario
N0P 1M0
519.683.4474



MEDICAL AESTHETICS NEW LOCATION

240 Grand Ave. W. Chatham Suite 208
p 519.352.4545
www.chathamlaserclinic.com

HOURS:

Monday - Wednesday 11am - 7pm

Tuesday - Thursday 9am - 5pm

Friday 9am - 4pm

Open one Saturday morning each month

NEW LOCATION

Medical Aesthetics Laser and Skin Clinic is celebrating its new, expanded office. The expansion has recreated the laser clinic with a fresh, modern look, leading-edge equipment and additional staff. Since opening in 2003, Medical Aesthetics has grown into the destination for advanced care with a superb collection of lasers and cosmetic services.

"We have always prided ourselves on our gold standard equipment and now have the office space to match. We could not be more excited!" says Dr. Mark Tomen. He and his wife and partner, Kim continue to provide cosmetic laser services and skin enhancements to many women, men and teens from all over Ontario and Michigan.

NEW LASER Medical Aesthetics offers tattoo removal with the Sinon Wavelength Q-switched Ruby laser. There are only 10 Wavelengths in Canada and the "Ruby" is the best laser there is for complete tattoo removal. Treatments

are quick, effective and leave skin intact clear and free of ink. Treatment prices start at \$150 and depend on the size of the tattoo.

The clinic is thrilled to offer the new comfortable, quick and highly effective **LIGHTSHEER DUET**. The greatest perk of the new Duet is comfort; clients are relaxed during treatments. They feel a "tightness" or "suction" similar to a blood pressure cuff being inflated and then experience warmth. The snapping elastic feeling has been eliminated! Treatments are quick – a man's back takes 30 to 40 minutes compared to 60 to 90 minutes. What a difference!

The Porsche of all lasers is the Sciton-erbium laser, used for Intense Pulsed Light treatments and laser peels. The Sciton treats redness, pigment, fine lines and wrinkles. Medical Aesthetics' upgraded Sciton includes profractional laser to treat aging skin with the very best results. The erbium laser is about 85% as effective as a CO2 laser but without the prolonged down time. Instead of being red and irritated for two to six weeks, clients experience only two to six days.

SERVICES Specializing in medical cosmetic treatments, Medical Aesthetics gets terrific results with the Soft-Lift, Botox and dermal fillers. The everyday price for Botox is \$8 per unit each, with money saving specials offered throughout the year. Dermal filler is injected by a medical professional with an experienced hand and a rare artistic eye to enhance the clients facial features. The Soft Lift combines Botox and dermal filler to restore your youthful fullness, smooth wrinkles, relax frown lines and uplift your face in just one treatment.

Treat your skin to a beautiful finish with the SilkPeel. It hydrates the skin and treats acne, pigment and fine lines, at an incredible \$99 per treatment.

One of the best things about being a Medical Aesthetics client is the care you receive. Every effort is made to ensure your experience is safe, comfortable, beneficial - and wonderful. Take the trip to Chatham. Medical Aesthetics assures you it will be well worth it!

See a live demonstration of our new **LIGHTSHEER DUET LASER** at www.chathamlaserclinic.com



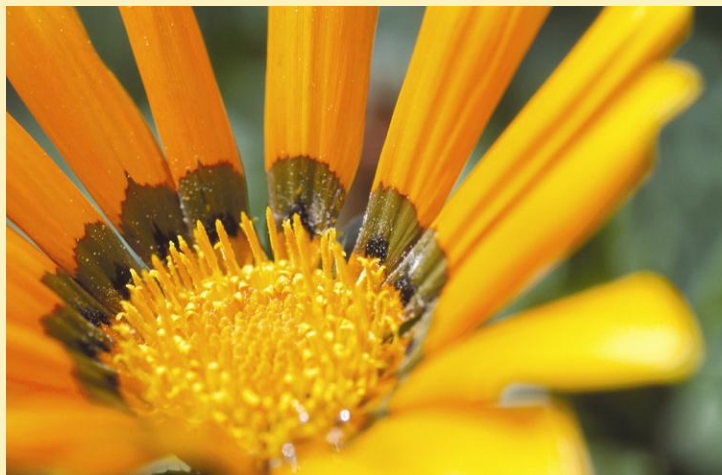
SERVICES

- laser hair removal
- laser skin resurfacing
- botox
- injectable fillers
- photorejuvenation
- mole/skin tag removal
- vein treatments
- acne & rosacea treatments
- Swisstech skin care
- colorescence mineral make up

Enjoy special savings on

Botox \$7 per unit • Filler 20% off

Laser skin care packages 20% off • Skin care and makeup 20% off



FOUNDATION OF
CHATHAM-KENT

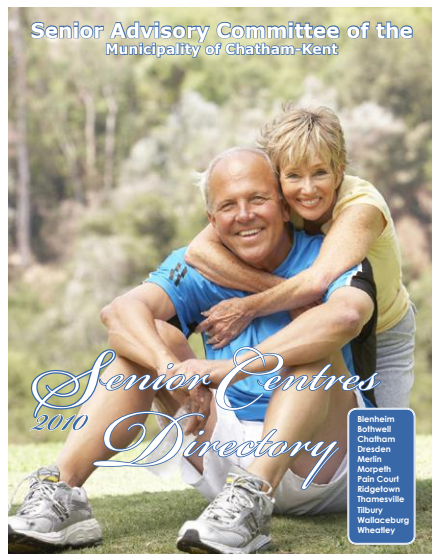
Health Alliance

*Leave a Legacy
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Senior Advisory Committee of the
Municipality of Chatham-Kent



**Coming
May
2010**

Available at all municipal senior centres, libraries, service centres, and places of interest for seniors in Chatham-Kent.



MEADOW PARK

The newest addition to Meadow Park is the PT Health group. The PT Health team at Meadow Park consists of a Physiotherapist, Kinesiotherapist, and Restorative Care Aid.



PT Health Team - Curtis Klassen, Mariane Myers, Denise Campbell

This ultra positive and energetic group always tries to provide the optimal amount of mobilization for residents at the Meadow Park home.

"Our treatments are focused not just on a patient's current condition, but are designed to guide each patient toward their personal maximum functionality and a better quality of life," says Curtis Klassen, physiotherapist at Meadow Park. "Hip fractures and broken bones are two of the most common injuries we address but our approach to care is always individualized and highly patient focused."

Marianne Myers and Denise Campbell say, "We have seen firsthand what a difference treatment can make in the lives of our patients. Some who were not thriving at home or in hospital, and did not want to be in a nursing home, are now so grateful they have come." Restorative Care Aid Denise Campbell is actually an employee of Meadow Park who provides care in conjunction with PT Health group.



Mariane Myers leads an exercise program.

"We are very happy with the care the PT Health team is providing," says Anne-Marie Rumble, Administrator at Meadow Park, "I believe it is just one more reason on a long list, that truly defines the outstanding level of care provided at Meadow Park."

For additional information on Meadow Park long term care home call 519.351.1330 or visit www.jarlette.com.

Bowman FUNERAL HOME

4 Victoria Avenue, Chatham, Ontario N7L 2Z6 • 519.352.2390 • www.bowmanfh.ca

Funerals do not have to cost so much

At Bowman Funeral Home we are committed to keeping the power to control the expenses of a funeral in the hands of our families.

We understand that a funeral is an emotional time filled with sadness and grief which can greatly affect the decision making process. Without the advantage of a prearranged plan, a family or individual can feel very vulnerable and ill-equipped to deal with the events following the sudden loss of a loved one. In times such as these, it is the commitment of the funeral directors at Bowman Funeral Home to assist our families to make cost effective decisions that will result in a memorable experience with utmost dignity and quality of service. It is our goal to assist families during these difficult times to make the decisions that best suit their situation and will allow them to focus on their personal tribute to their loved one.

"Today a funeral is one of the largest purchases a family will make after their home or automobile," says James MacNeil, Manager of Bowman Funeral Home. "Imagine trying to make a major purchase like a home or automobile in the state of mind you are in, with the loss of a loved one. Suddenly decisions that might normally be easy become very difficult."

Prearranging your own funeral with Bowman Funeral Home is one step that can be taken to lift the burden a family experiences during the difficulty of the passing of a loved one. Prearrangement gives you the opportunity to document the plans you would like set in place in the event of your passing and it also gives you the opportunity to lift financial pressure from your family members.

There are further benefits in the decision to prearrange your funeral with Bowman Funeral Home as Bowman Funeral Home is part of a larger network of funeral homes across Canada. This corporate advantage gives Bowman Funeral Home group buying power that permits significant savings for their clients on virtually every service.

Did you know that even if you have finished prefunding your funeral somewhere else, that your prepaid arrangements can be transferred to Bowman Funeral Home? In doing so, many families have experienced savings." It's certainly a great feeling to be able to write a refund check for a family on a prepaid balance," says MacNeil. "At Bowman Funeral Home we believe in treating every family with the utmost respect, and that includes giving everyone fair pricing and outstanding service."

Whether you're making arrangements in advance or require caring assistance at a time of need, contact one of the experienced, friendly professionals at Bowman Funeral Home.



Making a Difference

*Solutions to suit personal
taste, faith, culture, and budget.*



chatham retirement resort

25 Keil Drive North Chatham, ON
519.351.7777
chathamretirement.ca

Come join us for our 20th Annual Cooking for Cancer Luncheon

At Chatham Retirement Resort, we have fundraised for different organizations as a way of working together as a partner in our community. This past summer our fundraising efforts went to Outreach for Hunger.

On Thursday, April 29th from 11-2 we will be holding our annual **Cooking for Cancer Luncheon**. All proceeds will go directly to the Canadian Cancer Society. The menu will include a submarine sandwich, choice between beef barley or cream of broccoli soup, a beverage, and a dessert, all for \$6.00.

Take out orders will also be available. Please call us at 519-351-7777 and ask for Barb to place your order. Cancer has affected so many lives, and so many families. So please join us at Chatham Retirement Resort on the 29th of April to help find a cure!

Chatham Retirement Resort - The Next Best Place to Grandma's House!



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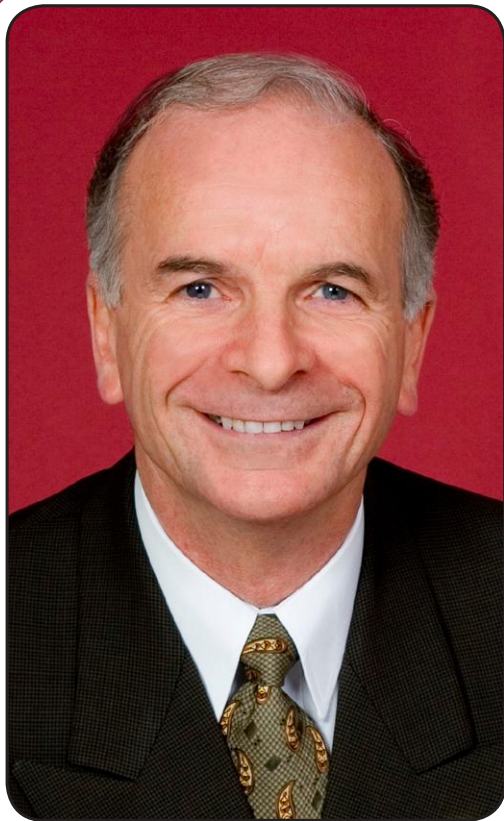
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» 785 St. Clair Street, Chatham Ontario
519.358.7096

» 1000 Finch Drive, Sarnia Ontario
519.336.7781



CHATHAM-KENT-ESSEX

PAT HOY MPP



Addressing the issues of seniors living in Chatham-Kent-Essex

Constituency Office
111 Heritage Road, Suite 100
Chatham, ON N7M 5W7
Tel: 519.351.0510
Fax: 519.351.7714

Queen's Park Office
Room 172, Main Building
Toronto, ON M7A 1A4
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www.pathoympp.com



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One BIG reason to go back to school.*

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For more information about our programs, visit our website at www.bigbrothersbigsistersofchatham-kent.com or call the agency at (519) 351-1582.

***Big Brothers Big Sisters
of Chatham-Kent***



Paid for in part by the Government of Ontario, Ministry of Education.



Celebrating Four Years of Life & Love



Fine Amenities Provided for Care

- Homecooked meals, tailored to meet all dietary needs, and an in-house dietitian
- Rehabilitation/restorative programs provided by physiotherapist and PT aides on site
- Medical Director and contract physicians
- Massage, music therapy, manicurist services, dental and advanced foot care services (fees apply)
- Laundry, housekeeping, and maintenance services
- Caring auxiliary & volunteers
- Certified social worker on staff to offer resident and/or family counseling
- Pastoral care and palliative care services
- Wound care
- Walking therapy
- Special care home area and bracelet system for residents at risk of wandering
- Short stay beds for individuals recuperating from hospital stay or caregivers
- A garden courtyard and walking paths, designed with easy access for wheelchairs and walkers



Unique Programming and Social Events

- Day trips, shopping, and outings via handicap bus
- Programs that stimulate the mind, energize the spirit, and help develop friendships
- Musical and special events
- Groups and meetings (e.g. exercise, coffee club, men's and ladies clubs)
- Residents' Council & Food Committee
- Active Family Council
- Auxiliary
- Religious services, study groups, memorial services
- Wii Fitness Activities
- Bingo, bowling, pool and other sports/games
- Outdoor walks and pet visits
- Family and community visits
- Partnerships with support agencies



"RVG staff are wonderfully caring, compassionate, and devoted. They go far beyond the 100% and make residents feel like part of the family."

Dianne Tolman, Family Member



Exceptional Features

- Ten neighborhoods which offer a family-like environment including a family room, activity room, tub/shower room, nursing communication station, outdoor terrace, as well as a dining room and sunroom with a spectacular courtyard and river view
- Bedrooms include an electric bed with overhead lift capabilities, wardrobe, three drawer side table, one chair, bathroom.
- Each resident has a personal opening wheelchair accessible window which includes a beautiful view
- Glass front, wooden memory box at the entrance of each resident's room displays personal items
- Nurse call bell system
- Cable, internet, and telephone service available in every room (fees apply)
- A multi-purpose room per floor, perfect for small family gatherings
- Pub services two afternoons and two evenings per week
- Hair salon and barber services (fees apply)
- Tea room and gift shop open seven days per week
- Personal banking services - trust account
- Greatroom which serves as an entertainment room and includes a fresh water 8' aquarium
- Spirituality Centre hosting a number of services

Riverview Gardens is a 320-bed home compliant with the standards set out by the Ministry of Health and Long-Term Care. Private, semi-private, or standard rooms are available. A secure 64-bed home area for residents with dementia is also available. ***If you would like to arrange a tour or view the Riverview Gardens information DVD please call 519.352.4823 and a copy will be sent to you.***

Remedy's Rx[™]

Chatham-Kent's Local Drug Store

426 St Clair Street
Chatham, ON
519.436.0005



Jeff & Anita welcome you to Remedy's RX, your locally owned drug-store in Chatham-Kent for seniors. Here at Remedy's RX we value every senior! Remedy's RX is the place where you can count on us to get the job done right and on time - everytime. With a small staff we can concentrate on giving our undivided attention to needs particular to the senior population in Chatham-Kent. With our in-store blood pressure machine with Smart Card technology, FREE delivery options, and staff dedicated to details, there is no comparison with any other pharmacy in town.



When planning for retirement, the wealth of options available today can be quite overwhelming. Would a retirement home or adult lifestyle community best meet your needs? Are you looking for independent or assisted living? Should you choose a facility that is non-profit, private ownership, or government funded? What type of location, suite options, and amenities are most important to you? Would you prefer a facility that is accredited by the Ontario Retirement Communities Association (ORCA)? What does all of this mean?

At St. Andrew's Community we understand that navigating the many choices available in Senior's Housing can be challenging and we are here to help you find the best choice for yourself and your loved ones.

Located on the outskirts of historic downtown Chatham, St. Andrew's Community has grown over the years to include St. Andrew's Residence and Terrace as well as the community based programs, Meals on Wheels Chatham and Senior's Day Out.

St. Andrew's Residence was built in 1970 and remains the only non-profit retirement home in Chatham-Kent. Our competitive rates on one and two room suites include nursing care, meals, housekeeping, and laundry services, as well as a full calendar of activities. Our accreditation with ORCA ensures that the residence meets the highest professional industry standards in Ontario. A retirement home like St. Andrew's Residence is ideal for seniors who are looking for assistance with daily living while remaining independent.

In 1998, the community of St. Andrew's grew to include 32 life lease units at St. Andrew's Terrace, an adult lifestyle community. This living option is optimal for someone who no longer wants the hassles of home



ownership but wishes to maintain their independence. Some great things specific to St. Andrew's Terrace include the central location and proximity to downtown, the option of attending activities and meals at the residence at any time, and the comfort of knowing that care staff is located right next door in an emergency.

If you are planning your retirement or considering your options for senior housing in Chatham-Kent, the most important advice we can give is to start your research today. Make an informed decision now while you can still enjoy all that senior living has to offer!

For more information or to "Experience the Difference" at St. Andrew's Community, please visit our website at www.standrewsresidence.com or call Jessica at 519-354-8103 to book your personal tour today!

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01:00 pm 9:30 pm

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Ask Dr. Button...



Dr. John Button

Roberta L. of Chatham asks - "I recently have noticed that my mother is having a harder time getting around in general. Is there anything I can do to help her overall mobility?"

For the elderly, maintaining mobility is one of the greatest challenges. When you think about it, mobility is about independence and self-sufficiency. The loss of mobility can lead to more serious health deterioration. Therefore, interventions that target mobility have a great impact on overall health and the maintenance of quality and quantity of life.

Key to maintaining and increasing mobility is the treatment of those medical conditions which prevent or impede it. Illnesses such as heart or lung disease, arthritis, depression, Parkinson's disease, as well as many others can significantly interfere with mobility and need to be addressed.

Exercise is the best way to maintain or increase mobility. A programme that promotes endurance, strength, and balance training will enhance mobility. Exercise preserves and improves muscle performance and reduces the risk of falls. The programme needs to be carefully tailored to each person's capabilities. Remember, many enjoyable daily tasks, such as

gardening or walking the dog, are good ways to get exercise. Many seniors' centers and health departments offer good fitness programmes. They can also be found on video. However before you start, consult your doctor.

The safety of the living space is also key to the maintenance of mobility in the home. The furniture may need to be rearranged to allow clear passage from room to room. Rugs need to be secured. Electrical and telephone cords need to be out of the way.

Finally, there are three principles to follow in maintaining and increasing mobility:

1. Don't give up on mobility even if it is harder than it used to be.
2. Your willingness to try new things (canes, walkers, lifts, grab bars etc.) is crucial to remaining mobile.
3. Ask for help when you need it. *Pride does come before the fall.*

- Dr. John Button has been practising family medicine in Ridgetown, Ontario for the past 30 years. He is very involved within the community as a member of the board of directors for the CKHA Foundation, and a past president and current Ridgetown Kiwanian. To submit a health-related question for our next issue please email info@athielmarketing.com.

Municipality of Chatham-Kent Senior Centres

Blenheim & Community Senior Citizens Group
90 Catherine St. Blenheim - Ph: 519.676.3894

Bothwell Senior Citizens
122 Elm St. Bothwell - Ph: 519.695.3547

Active Lifestyle Centre
20 Merritt Ave. Chatham - Ph: 519.352.5633

Leisure Hours Centre
519 St. George St. N Dresden - Ph: 519.683.2558

Merlin Senior Citizens Friendship Club
11 Erie St. S. Merlin - Ph: 519.689.4943

Morpeth Heritage Club
12570 Talbot Trail Morpeth - Ph: 519.674.1010

Le Club de l'Amitie (Friendship Club)
10 Notre Dame St. Pain Court - Ph: 519.354.1249

Ridgetown & Area Adult Activity Centre
19 Main St. W. Ridgetown - Ph: 519.674.5126

Thamesville Happy Club
96 London Rd. Thamesville - Ph: 519.692.4546

Tilbury Leisure Centre
10 Canal St. W. Tilbury - Ph: 519.682.1020

Wallaceburg Senior Citizens Club Inc.
205 James St. Wallaceburg - Ph: 519.627.6224

Wheatley & District Friendship Club
171 Erie St. N. Wheatley - Ph: 519.825.4870



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