

# CKSenior

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

*spring - summer 2009*



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## Celebrating Life And Love

Many factors make Riverview Gardens a very special place. The caring staff, the wonderful facility itself and just the overall ambiance of people who really do enjoy caring for others. Besides regular staff, the residents and volunteers have a very special relationship as well, and George Bruette is one of the few people that has been both.



George Bruette

George is a retired teacher of 41 years, 20 of those years as an elementary teacher and 21 years as a Special Education Specialist. During those 41 years he also coached football. As a coach he had 11 undefeated seasons and had 20 of his players go on to play at the university level, one of his players went on to the CFL, and one player became a university coach. It is no wonder that George was inducted into the Chatham-Kent Sports Hall of Fame.

George did not stop giving of himself when he retired. After retiring he was a long time volunteer at the former Thamesview Lodge where his wife Doris was a resident. "I poured many beers as a volunteer/bartender," said Bruette, "and got the odd Euchre game in as well."

After suffering from a stroke George came to Riverview Gardens as a resident. Bruette says, "I can't believe how much I like it here! I lack for absolutely nothing. Not only is it like dining at the Waldorf, but the rooms are also bright & beautiful. Even some of my former students now work here, so I am always seeing familiar faces."

"I originally met my wife in this building when it was St-Joe's. She was an RN here. We were married six weeks short of sixty years," said Bruette. "I miss her dearly but I am very thankful to have my new extended family, from Riverview Gardens, in my life."

Behind every door at Riverview Gardens you'll meet someone interesting like George. For more information about services offered at Riverview Gardens call 519.352.4823 or drop by 519 King St. W. Chatham.

# 10 steps you can take to protect your vision

- If you are over the age of 45, have your eyes examined on a regular basis.
- If you suffer from dry eyes (gritty, itchy, or burning), a home humidifier and eye drops may help.
- Turn on the lights. Seeing better can sometimes be as easy as changing a light bulb to one with a higher wattage. Putting 100 or 150 watt bulbs in your lamps can reduce eye strain. Just make sure the fixture is designed for that wattage. Bright light is important in stairways to help prevent falls.
- Don't smoke. Smoking tobacco is a major risk factor in the early onset of age-related macular degeneration.
- Reduce glare as much as possible by using good lamp-shades, glare shields on computer monitors, and sunglasses. Sunglasses should provide 99 to 100% UV-A and UV-B protection. UV rays can harm your eyes even on a cloudy day.
- Protect your eyes from accidents in your home.
- Put a grease shield over frying foods.
- Wear safety glasses in the workshop and when using chemical products such as ammonia.
- Eat your carrots. A daily dose of the vitamins and minerals found in melons, citrus fruit, carrots, spinach, and kale may help slow the progress of age-related eye diseases such as macular degeneration, glaucoma, and cataracts.
- Don't drive at night if you have problems with depth perception, glare, or other vision difficulties.

## HOLLAND ACCU-OPTICAL LABORATORY

200 King Street West • Chatham • 519.352.8632

This family, independently owned, full lab is conveniently located in historic downtown Chatham, Ontario. A beautiful dispensary displays an exceptional variety of name brand frame styles to suit every taste. Professional staff will assist you in making the perfect choice to enhance your personality.

Lenses expertly selected to prescription and daily requirements.

Discover the difference the right frame makes to your look.

*Experience personal care and attention like never before!*



[www.hollandaccu-opticallaboratory.ca](http://www.hollandaccu-opticallaboratory.ca)



# *Living* DREAMS

## Get With THE PROGRAM

Our goal is to enhance the quality of life for our residents, to create timeless memories, and to change the perception of aging - one dream at a time!

**Living - DREAMS** is designed to accomplish this goal. No matter how old we are, each of us carries with us cherished parts of our history as well as a few longings.

To see a special friend from high school. To enjoy the birds eye view from a hot air balloon. To ride a horse. To revisit a favourite place or travel destination. To fulfill a life long fantasy.

In our actions and our words, we want our residents to know their dreams are of value and are worth pursuing. With a little help from their friends, their dreams can become reality.

### Go ahead, make a wish

We can't turn back the clock. But wouldn't it be fun to wind it up again, to revisit a warm memory or create a meaningful new one.



chatham retirement resort

## Welcome Home



25 Keil Drive North, Chatham

*Dreams are meant to come to life, to be shared with friends and family. Turn your dreams into memories. For information contact our Dream Team:*

## 519-351-7777

Young  Heart  
...for life!



## Bring Back The Sounds Of Life

# 519.352.1601



- ◉ Hearing Tests
- ◉ Hearing Aid Sales & Service
- ◉ Repairs on all Makes
- ◉ FM Systems
- ◉ Quality Battery Sales
- ◉ Custom Noise / Swim Plugs
- ◉ Ask About Financial Assistance
- ◉ All Insurance Plans

***Special rates for members of the  
Active Lifestyle and area senior centres***  
334 King W. - Free Parking (Across from YMCA)



- 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
- Standard to Precision BPS
- Same Day Repairs and Relines
- Private Waiting Room
- Snoring Sleep Apnea Treatment

### We Offer Secure Denture Solutions

#### Premium Denture Care

334 King West Chatham  
Free Parking (across from YMCA)

519.352.1600

## Follow the Doctor's Orders!

(see back page)

Keep your mental & oral health in good shape with  
Chatham Denture Specialists

When you get a new set of dentures you will use the words listed below to describe your new sense of comfort, style and confidence.

G	E	Q	<b>W</b>	H	E	A	L	<b>I</b>	I	G	E	R	G	D
O	S	L	T	Y	U	T	U	D	S	<b>A</b>	D	U	M	E
<b>R</b>	B	M	Y	V	C	T	X	Z	C	S	N	F	G	L
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E	G	I	F	L	S	A	D	E	N	R	T	Y	<b>O</b>	G
U	H	J	H	Q	<b>E</b>	C	O	M	F	O	R	T	N	H
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A	U	H	K	T	E	C	N	A	R	A	<b>E</b>	P	P	A

APPEARANCE  
ATTRACTIVE  
BRIGHTER  
COMFORT  
CONFIDENCE  
DELIGHTFUL  
FRESH  
FUN  
GORGEOUS  
HEALING  
HIP  
HEALTHY  
LOVELY  
SATISFIED  
SECURE  
SMILE  
SNUG  
STRIKING  
STYLE  
SUPERB  
WONDERFUL

Find and circle all of the words that are hidden in the grid.  
Unscramble the bold letters in red and receive a free denture evaluation at Chatham Denture Specialists, 334 King Street West in front of the YMCA.

**\*ANSWER - WE CATER TO SENIORS**



## Fun Fitness & Friends

Within the Summer Games, we host a wide variety of events: Golf, Euchre, 5-Pin Bowling, Cribbage, Bid-Euchre, Shuffleboard, Tennis and much more. The Winter Games consist of: Hockey, Duplicate Bridge, Badminton, Curling, Table Tennis, Nordic Skiing, 10-Pin Bowling, and more.

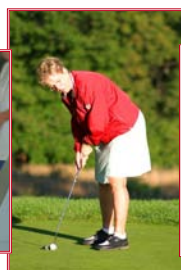
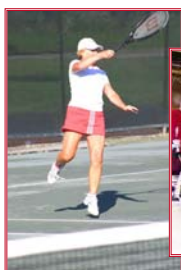
For more information call 519.352.4823 x 6119  
or go to [www.ontarioseniorgames.ca](http://www.ontarioseniorgames.ca).

**Chatham-Kent is hosting the  
SouthWestern Regional  
Ontario Senior Games  
on Thursday September 3rd, 2009**

To participate in the Chatham-Kent Senior District Games as an athlete or volunteer please contact:

**DeanaLee Ross 519-352-4823 ext 6119 or  
(c)519-365-3067  
[district33a@ontarioseniorgames.ca](mailto:district33a@ontarioseniorgames.ca)**

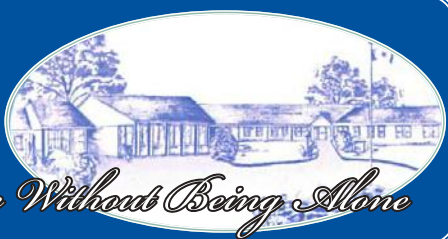
**"Man does not cease to play because he grows old...He grows old because he ceases to play."  
-George Bernard Shaw**





## Blenheim Community Village

*Independence Without Being Alone*



Blenheim Community Village is located in a relaxing country setting, but is still just minutes from Blenheim Centre. At Blenheim Community Village comfortable retirement living in a safe and secure environment is always guaranteed.

Two of Blenheim Community Village's most colourful residents are John Smith and Allen D'Clute. John was featured in the last issue of the *CK Senior* and was quick to point out that he had a friend who was very interesting - Allen D'Clute.

Allen was born in North Dakota in 1914, and moved to the Cedar Springs area in 1917. He grew up in this area and after school decided to join the Air Force during the war years. After his discharge he returned to his family farm and soon married his wife Jean who was also in the services as a WREN (Jean was featured in an August 2002 *Maclean's* issue detailing the importance of the WREN program).

Over the years Allen accumulated numerous accolades from organizations. He received the Gold Honour Award from the Masonic Order and a Lifetime Achievement Award from the Blenheim Seniors Fair. He has also been very active in all sorts of committees and not-for-profit organizations ranging from Shriners to the United Church.

"Allen really is a sort of ambassador for the Village," says John Smith, "Allen helps new people get orientated, is a strong supporter of entertainment programs and is the Chairman of the Residents' Council."

Both Allen and John enjoy playing Euchre, Dominos and various other games. It is no wonder they have similar interests having been raised on their family farms which were located almost next to each other. These two 90 year olds, and life long friends, play cards at the Blenheim Seniors Centre when ever they like - they still drive themselves!



*John Smith (left)  
Allen D'Clute (right)*

For additional information about Blenheim Community Village please call 519.676.8119 or visit [www.reveralliving.com](http://www.reveralliving.com).

# Wills *and Powers of Attorney*

The Substitute Decisions Act of 1992 created two distinct forms of Powers of Attorney, marking a change from past procedure. One of the Powers of Attorney is for Personal Care and is commonly referred to as a "Living Will." This document allows for the appointment of someone to speak when the Grantor is incapacitated and decisions need to be made relative to that person's medical care, up to and including whether life support should be discontinued. The other Power of Attorney is for Property and is to be used when the Grantor is either physically or mentally incapable of handling their own financial affairs. Most Rest and Nursing Homes require that someone be appointed as Power of Attorney to ensure that there is a person responsible for the financial affairs of the resident.

A Will appoints an Executor who acts when the Testator has passed away. Some people believe, incorrectly, that the appointment of an Executor grants the Executor some legal authority while the Testator is alive - that is simply not the case. An Executor under a Will only has legal authority to manage the Estate of the Testator after the Testator has died.

In general terms, Wills and Powers of Attorney are relatively inexpensive when you consider the protection they afford the Estate of the Grantor and Testator.

For more information about Wills and Powers of Attorney please feel free to contact the Law Office of Mark Michael MacKew, Professional Corporation. Home visits can be arranged upon request.

## MARK MICHAEL MACKEW

BARRISTER, SOLICITOR, NOTARY PUBLIC

4 Talbot Street West  
Blenheim, Ontario N0P 1A0  
Phone: 519-676-3266  
Fax: 519-676-0001  
email: [mark@mackewlaw.com](mailto:mark@mackewlaw.com)  
website: [www.mackewlaw.com](http://www.mackewlaw.com)





**Diversicare**  
[www.diversicare.ca](http://www.diversicare.ca)



*Caring For  
People  
You Love*

Maple City Retirement Residence is a cozy and comfortable one level retirement residence. The home is located within walking distance of restaurants, drugstores, banks and local shops.

Location is only one of the assets of Maple City, another is definitely long time volunteer June Simmonds. June was a former resident of Victoria Retirement Residence when she had complications with a back surgery. Now fully recovered she volunteers at Maple City.

"I love to be busy!" says Simmonds, "I'm so busy now, I don't know when I had time to work before retiring." June has the challenge of satisfying the home's needs with her fully stocked tuck cart. She tries to have that "certain something" for every one, in the right size and brand name.

"I have everything from emery boards to almonds," says Simmonds, "if family is not available I may be the only connection for a resident that needs or wants a certain amenity." June believes that the quickest way to forget your troubles is to help some one else get rid of theirs. When June is fluttering from room to room helping others, helping with raffles or raising money for craft supplies, it is very apparent that she loves her role as a volunteer.

To arrange a tour of Maple City Retirement Residence please call 519.354.7111 or visit [www.diversicare.ca](http://www.diversicare.ca).



*June Simmonds  
MC-Volunteer*



*Our Lifestyle  
Creates  
Lasting Memories*

Hudson Manor is a one storey retirement home set in a quiet residential area close to Tilbury's Memorial Park. Residents can relax in the serene garden setting by a gentle waterfall, or, in the courtyard gardens, visitors will find friends socializing in an outdoor oasis.

At Hudson Manor a real emphasis is placed on independence and wellness. While assistance is always available, Hudson Manor provides activities that residents can do on their own as well. "I love the fact that I get to bake cookies once a month," says Corinne Dupuis, a resident at Hudson Manor. "I do enjoy not having to cook my meals, do dishes or cleaning, but there are some activities that I did in my former home that I just found relaxing. I can do whatever I choose to here and still be independent."



*Corinne Dupuis  
HM-Resident*

Corinne originally planned to stay a month at Hudson Manor and then became a permanent resident. "I was very lonely at my old apartment, there was no social activity for me. After being here for a month I saw that there were plenty of activities here for me and I liked all the residents and staff, it really was the big happy family atmosphere I was looking for!"

For additional information or to arrange a tour, drop by Hudson Manor located in Tilbury at 36 Lawson Street, call 519.682.3366 or visit [www.diversicare.ca](http://www.diversicare.ca).



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. Throughout that time, we have taken pride in helping older adults maintain their independence and positive quality of life. Below is a summary of the services we currently offer:

**Transportation:** *Do you need a ride to the doctor's office or an out-of-town medical appointment?* Would it really help if you could just get out to the grocery store? Through our transportation program, we offer a low cost door-to-door service to locations throughout Chatham-Kent and the surrounding area. When you ride with us, you will be accompanied by a dedicated volunteer or staff person from our program. CHAP transportation can also accommodate those who require wheelchair accessibility.

**Frozen Meals:** *Convenience, quality and taste!* With an affordable menu of over 65 entrees, soups, and desserts, the CHAP Frozen Meals program makes it easy to enjoy a nutritionally balanced, home-style meal any time you want. Just heat and serve the meal of your choice in the oven or microwave. We provide free delivery for those who are unable to pick up their order AND we can accommodate many specialized diets.

**Caregiver Counselling and Education:** *Are you someone who is caring for the needs of a loved one?* Our caregiver program is dedicated to providing emotional support and counselling to those who are also providing support to others. This is a confidential, professional service that is available *free of charge*. Arrangements can be made to meet at our office, or in the privacy of your own home. Our caregiver counsellor is also available to run workshops, support groups, and attend speaking engagements on caregiver-related topics.

If any of these programs interest you, and you would like more information, please do not hesitate to contact the CHAP office at (519) 354-6221. Our goal here at CHAP is to meet your needs, and we anticipate that CHAP will announce the addition of several new services in the near future. New volunteers are always welcome!

**What can**  
**CHAP**  
**do for YOU?**



- **Transportation**
- **Frozen Meals**
- **Caregiver Counselling**

**FAMILY SERVICE KENT**

**Please give us a call! (519) 354-6221 Ext. 242**

Family Service Kent - 770 Richmond St. Chatham, ON N7M 5J5

[www.famskent.ca](http://www.famskent.ca)



## Copper Terrace

peace of mind with  
compassionate  
quality care

The newly renovated Copper Terrace is a 151 bed long term care home situated in Chatham. The home has a beautiful garden area with a gazebo, beautiful benches and a large picnic area. The main common area now boasts a tuck shop with a wide variety of items, many activity areas, a chapel, a TV room with 60 inch flat screen and a state of the art computer station. The touch screen station features software that enables each resident to have their own account that gives them access to email, games, photographs and general internet access. All features are in an extra large font.

One person who you see using this new space frequently is the President of the Resident Council Mack Nead. This jovial 76 year old retired from Navistar in 1985. Having been a former stock car driver at Ridgetown Raceway, he considers himself quite a race fan. Mack is always on the go, "I really enjoy the wide range of activities offered here," says Nead "almost every special occasion there is live music, a great area to play pool, and there is something for everyone - even a 'sit & dance' program is available." When asked if he will be using the new computer station he smiles and says "I am finally going to learn!" Mack has been at Copper Terrace for seven years and is now going home on week-ends.



**Mack Nead**

Mack credits all the staff for making Copper Terrace such a wonderful home, but current Programs Director Nicole Hopper in particular. When asked how she keeps such a high level of enthusiasm for her job she says, "I am an eight year employee and love my job for many reasons. One reason in particular is how the residents enjoy and really get excited by the activities we provide daily. The joy it brings them really makes me feel like Copper Terrace is my home away from home - like they are sharing their home with me."

To arrange a tour or for additional information, please drop by Copper Terrace located at 91 Tecumseh Road in Chatham, call 519.354.5442 or visit [www.copperterrace.ca](http://www.copperterrace.ca).

## MEADOW PARK

On Friday April 24, 2009 Meadow Park Volunteer Betty Simpson received a special honour of being 2009's Circle of Excellence Volunteer. The award is presented to volunteers across Ontario who provide valuable service as a volunteer in long term care homes. The award was created by the Ontario Long Term Care Association and certificates are presented to volunteers during National Volunteer Week.

Betty Simpson has been volunteering with Meadow Park since January of 2005. Her husband Ken was a resident in the home for several years and upon his death she was determined to continue to make a difference in the lives of those she had become close to during her husband's stay at the long term care home.

Betty began her program, fondly known as "Betty's Bunch," back in 2005. Her goal was to get residents out of their rooms and down to her program for some reminiscing and, of course... a delicious snack! Betty has been successfully providing her program to our residents 2 to 3 times a week in our West Activity room. Although small and simple in nature the program has been a huge success and its effects are felt by many of our residents. Some residents just show up occasionally while others are dedicated members of the "bunch" never missing a day!



**Betty Simpson**

Meadow Park is proud to have nominated Betty for this very prestigious award. On Friday April 24, 2009 a celebration took place at Meadow Park to honour Betty as well as three other residents for receiving life time achievement awards from the OLTCA (Ontario Long Term Care Association). Betty is the fourth volunteer at Meadow Park to receive this award.

For additional information on Meadow Park long term care home call 519.351.1330 or visit [www.jarlette.com](http://www.jarlette.com).

## Making a Difference by Leaving A Legacy

Ensuring the health of future generations is a priority for many residents of Chatham-Kent. The Foundation of Chatham-Kent Health Alliance's *Leave a Legacy* program guarantees that your contribution stays within your community and helps to ensure that the hospital can continue to provide high quality healthcare to the citizens of Chatham-Kent well into the future. By giving a planned gift to the Foundation, you are providing the hospital with vital funding for key priorities including:

- Sustaining the ongoing need for new medical equipment and technology
- Providing seed monies to invest in innovative new healthcare programs
- Meeting the growing needs of seniors in our community

Here's how you can *Leave a Legacy* through the Foundation of Chatham-Kent Health Alliance...

### **Bequest**

Designate specific funds or property through your will.

### **Appreciated Securities**

Transfer stocks, bonds or mutual funds that over time have increased in value to the Foundation.

### **Life Insurance Policy**

Give a new or existing life insurance policy to the Foundation. You can name the Foundation as owner and/or beneficiary of the policy.

### **Charitable Gift Annuity**

Receive payments for life by purchasing a Charitable Gift Annuity and in turn, receive secure income for life.

Interested in learning more? The Foundation has caring staff who will work with you to meet your needs and walk you through the intricate steps to *Leaving a Legacy*.

## Planned Giving

**Leave a Legacy  
Today!**

 FOUNDATION OF  
**CHATHAM-KENT**  
*Health Alliance*

**For more information: 519.436.2538**

**9 Ursuline Ave • PO Box 2030 Chatham ON  
N7M 5L9 • [www.foundationckha.com](http://www.foundationckha.com)**



VitalAire has provided Respiratory Homecare for the past 40 years and we are here to assist you with all your home oxygen needs. We hold national accreditation status with Accreditation Canada.

With over 80 locations across Canada we provide quality programs and convenience for all your home oxygen, CPAP (sleep apnea treatment), and other respiratory requirements.

The goal of home oxygen treatment is to improve your quality of life by reducing shortness of breath and enabling you to have a more active lifestyle, and assisting you to better manage your activities and independence.

If your doctor is considering oxygen therapy for you, have one of our Healthcare Professionals visit you to discuss your oxygen needs and the use of oxygen in your home. We will explain the expected benefits and ensure that you and your family will be comfortable using your oxygen therapy.

Whether you are receiving oxygen or CPAP therapy, our healthcare professionals will:

- Monitor the effectiveness of your treatment
- Provide follow up as required
- Be available to support your changing needs

*We look forward to serving you.*

**\$20**

**Towards the purchase of a replacement CPAP mask provided by VitalAire**

Date \_\_\_\_\_ Branch \_\_\_\_\_ Approved by \_\_\_\_\_

**FOR YOUR HOME OXYGEN, CPAP, AND RESPIRATORY CARE NEEDS**

**57 CENTRE ST. CHATHAM, ONTARIO • 519-436-1415 • 1-800-567-0202**

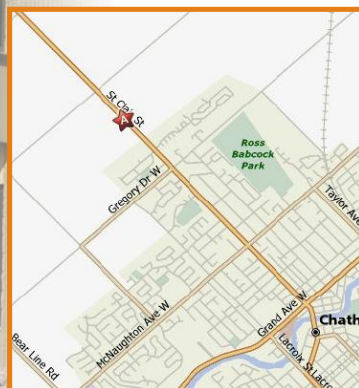


Your Home Health Care Store

785 St Clair Street, Chatham Ontario

**519.358.7096**

Visit us on the web!  
[www.motionspecialties.com](http://www.motionspecialties.com)



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**Aids to Daily Living  
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Lift Chairs  
Rentals**



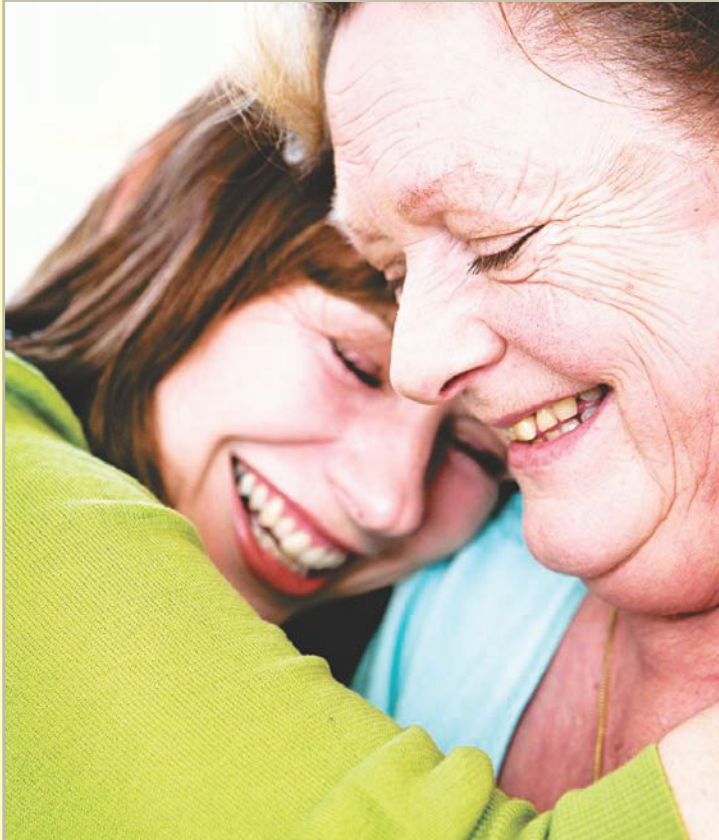
Receive  
**15% OFF**  
any item storewide when  
you bring in this ad!

Sales promoted are not applicable with any other discounts or funding programs.



EXECUTIVE HOUSE

SENIOR SUPPORT & COMPANIONSHIP



## FIND YOUR PEACE OF MIND

*Are you or a loved one having difficulty keeping up with day-to-day living at home? Maybe meal preparation is becoming harder to manage, or perhaps a companion to share a cup of tea and a slice of cake with is simply all you need?*

Allow us to step in and assist with *daily companionship, light housekeeping, meal preparation, driving to and from appointments, shopping, social activities and much, much more.* **Call today** to discuss all of your requirements with our friendly staff on **519 351 4622** or email **exechehouse@kent.net**

Our *experienced professionals* are fully trained and insured caregivers providing up to **24 hours** of care in the comfort of your own home and at very affordable rates too.

Why not join us from **8-11am** at the *Active Lifestyle centre* on **Friday, 22nd May 2009**. (20 Merit Ave. Chatham, N7M 6G9) Enjoy *free refreshments*, meet our staff and find out more about our *amazing senior support*.

We are members of the NACPSW  
National Association of Certified Personal Support Workers



Not just any retirement home... the retirement home with only you in mind.

Come visit Chatham's only non-profit retirement home where our interests are our seniors. With no large for-profit corporation guiding our path, the focus of our mission is the seniors we serve. With the wisdom of 16 caring community Board members, St. Andrew's Residence and Terrace work to provide quality services and care for you. Integrity, Security and Respect are the cornerstones of our business and for over 40 years we have proudly served the seniors of our community.

Our location provides the opportunity to enjoy and participate in all the activities of our downtown core. Proximity to shopping, restaurants, parks, churches and theatre provides seniors with the ability to participate as fully in our community as they wish. At St. Andrew's we believe in a whole-person approach to our services and encourage continued participation in all the activities available in house or around town.

St. Andrew's vision is to grow with the community to actively provide exceptional services and facilities to seniors. From this vision we have developed our **NEW Assisted Living Program**. In addition to our 24 hr registered care coverage, meals, housekeeping, laundry and full activity calendar, we are now offering assistance with dressing/grooming, hygiene, transportation to and from activities, continence management and behavioural interventions. Our commitment to grow with the needs of our seniors and offer new programs such as Assisted Living comes with the backing of the St. Andrew's Residence Foundation. Our Foundation provides us with the opportunity to go the extra mile to fulfill our mission and vision in providing the very best care, services and facilities to our community of seniors.



At St. Andrew's Residence and Terrace we provide the right lifestyle for you now... and in the future. To arrange for a tour, please call 519.354.8103 or visit [www.standrewsresidence.com](http://www.standrewsresidence.com).



*Are you looking for some fun,  
affordable entertainment?*

**Play for as  
little as \$12**

## *Come to .....Riverview Bingo*

### **YOU WIN**

We give away over **\$20,000** everyday!

We offer regular bingo, 4 progressive games,  
exciting progressive fasttrack bingo, a Free Palace  
Players Club with great prize draws and offers

**Win  
Big  
Money  
\$\$\$\$**

### **THE COMMUNITY WINS**

The 117 Chatham-Kent charities bingo supports  
received almost 1 million dollars last year alone  
Bingo proceeds enable many groups to help our  
community in many extraordinary ways

**PLAY BINGO, EVERYBODY WINS**

**\*\*\*Group Discounts and Packages Available\*\*\***

### **Session Times**

**9:30am      6:00pm**

**10:30am    7:00pm**

**1:00pm      9:30pm**

**3:30pm**

**7 DAYS A WEEK**

**Thurs. Fri. Sat.**

**Midnight**

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# Ask Dr. Button...

## ***Stella J. of Wallaceburg asks Dr. Button: What activities can I do to keep as mentally fit as possible?***

Your brain plays a role in every action and thought that your body undertakes. Just like the rest of your body it needs to be looked after. Healthy lifestyle choices and risk management will improve your brain's ability to maintain long-term health.

In maintaining your brain's fitness, it is important that you take action on those things that you can control, namely lifestyle choices. Although there are no guarantees, healthy choices will keep your brain better prepared to withstand illness and insult.

Healthy food choices not only improve your general health, they also promote brain health. A balanced diet that exercises control over caloric, saturated fat (cholesterol) and salt intake and that reflects the recommendations of the Canada Food Guide, will enhance your brain's health.

Good control of high blood pressure, diabetes, and

high cholesterol not only promotes basic health but also can prevent serious insults that threaten brain health; stroke and heart disease. Alcohol intake needs to be controlled.

Exercise helps control weight, blood pressure, diabetes and lipid (cholesterol) levels and impacts directly and indirectly your brain health. Stress management is a significant factor in maintaining brain fitness.

Research has shown that mental stimulation that encourages brain activity will help sustain brain health throughout life. Doing puzzles such as crosswords, Sudoku and word search, and reading are great ways to keep your brain active (see page 3). And although not foolproof, an active brain is a healthy brain.



**Dr. John Button**

***- Dr. John Button has been practicing 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 fall issue please email [ckseniors@gmail.com](mailto:ckseniors@gmail.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**  
19837 Hill Rd. 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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