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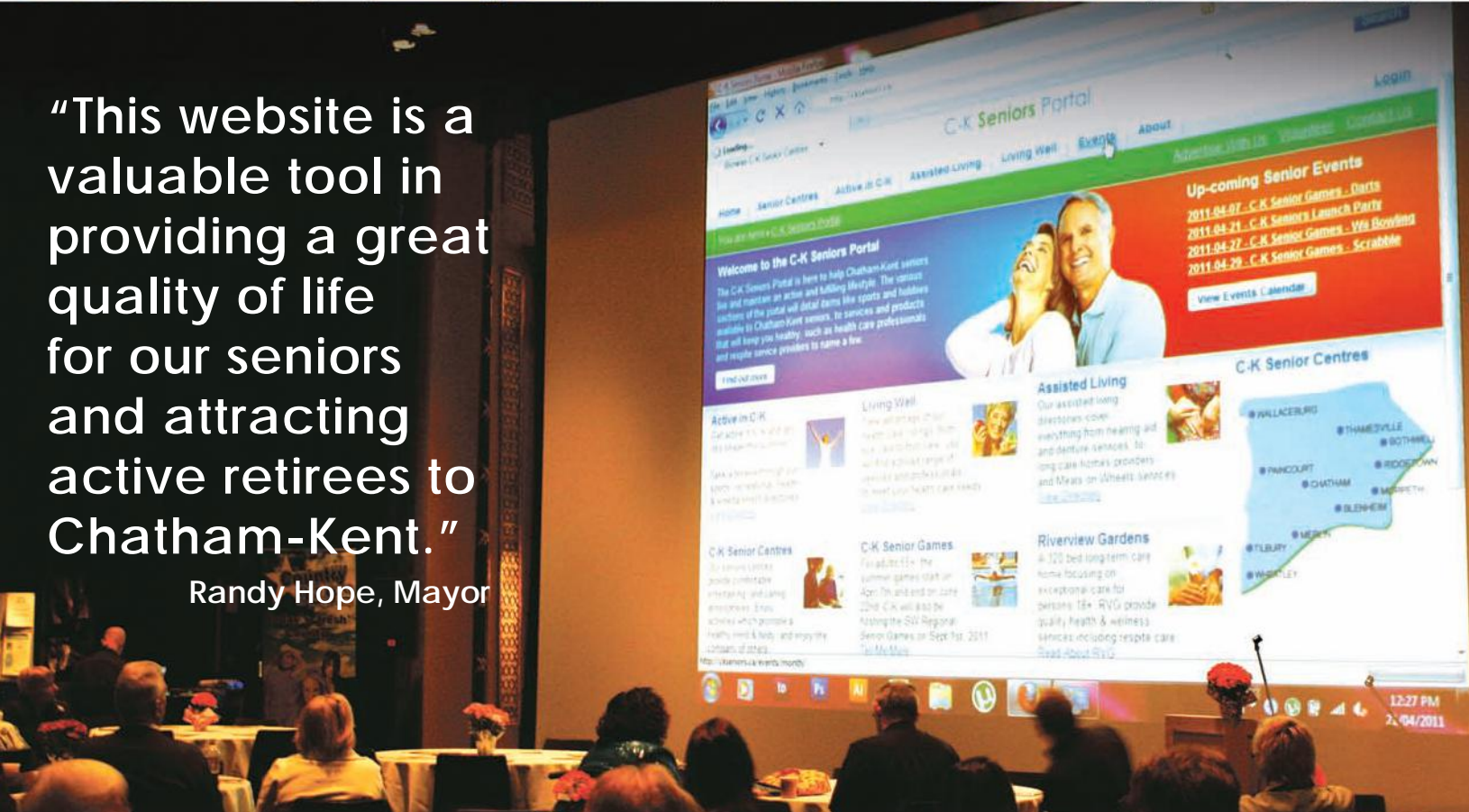
# CKSenior

ADDRESSING THE NEEDS & OPINIONS OF SENIORS LIVING IN CHATHAM-KENT



"This website is a valuable tool in providing a great quality of life for our seniors and attracting active retirees to Chatham-Kent."

Randy Hope, Mayor



C-K Seniors Website Portal Launch Party

pg. 11-12

What's on your life list?

pg. 14

Aging Gracefully

pg. 20



As you flip through the pages of our seventh edition of CK Senior we hope you continue to find this publication to be helpful as you go about enhancing your current lifestyle and your surroundings. We continue to highlight some outstanding local services and products in a variety of areas that we hope will offer you assistance in making those key decisions to keep you looking, feeling and living your best.

We hope you enjoy this publication as much as we have enjoyed putting it together for you and we wish all our readers a safe, pleasant, and healthy summer season!

Many thanks as always to our advertisers for their participation in this publication, as without you the success of this publication wouldn't be possible.

Sincerely,

Andrew Thiel, *President*  
 Mark Requena, *VP Website Development*  
 Nancy Schlereth, *VP Sales*  
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Chatham-Kent-Essex

# Pat Hoy MPP

Ontario is committed  
to improving senior's  
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## Constituency Office

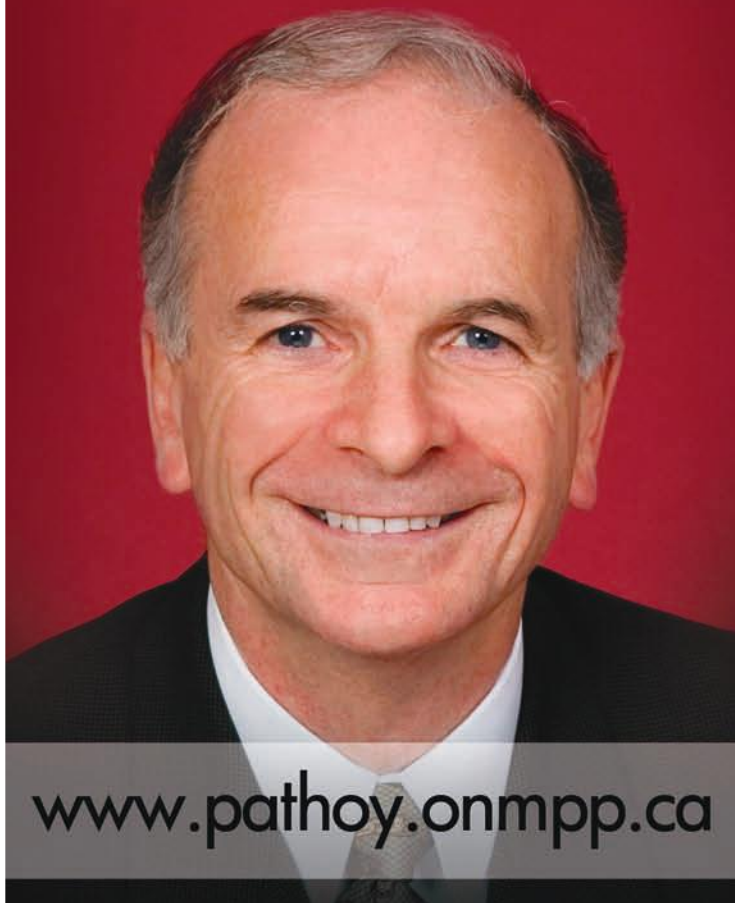
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P: 519.351.0510 F: 519.351.7714

## Queen's Park Office

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Toronto, ON M7A 1A4

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## MEADOW PARK

### Hometown Country Star Pays Meadow Park Chatham a Visit:

In February 2011 residents and staff were excited & honoured to have a visit from hometown country music star, Michelle Wright. Born in Chatham, Ontario and raised in the small community of Merlin, Michelle took after her parents, who were both local performers. She is one of the country's most widely recognized and awarded female country singers of the 1990's. Michelle is someone that all "Chathamites" are familiar with.

The singer and her mother made a stop here at our long-term care home to visit with her childhood babysitter (our resident) Helen Kiekens. Coincidentally, she also ran into another former babysitter, our staffer, Jayne Eldridge. The women spent time reminiscing and visiting with each other. Staff, visitors & residents were a-buzz with the visit and Michelle was so friendly with everyone. She took time to chat with residents and staff as well as pose for a few photos.



Resident Helen Kiekens  
with Michelle



& Michelle Wright  
Jayne Eldridge (staff)

For more information about  
this story please feel free to contact  
Administrator, Anne-Marie Rumble 519.351.1330

**110 SANDYS ST. CHATHAM, ON**



# GETTING GROCERIES JUST GOT EASIER!



As the new business owner Tracy Rhan of The Grocery Getters has expanded the service and now is delivering to all of Chatham-Kent!

This unique service offers groceries to your door at a click of a mouse. Its online store front can be accessed at [www.thegrocerygetters.ca](http://www.thegrocerygetters.ca) 24 hours a day with a list of scheduled delivery times.

The Grocery Getters offer customers over 4,600 grocery and health-related items to choose from, ranging from: Baby Care, Beverages, Deli, Baking, Dairy, Frozen, Health & Beauty, Pet Care, Home Care & Snacks.

This service is offered to anyone from seniors, physically challenged, bachelors, people without vehicles, mothers at home with children, busy professionals, or really anyone needing groceries.

Some companies have offered personal shopping (florist, prepared food), but no grocery deliverers have offered the professional online ordering system that Tracy has developed. It's a fun & easy way to buy your groceries, just **PICK** and **CLICK!**

 **The Grocery Getters**

or call: **519-365-6071** 8am-6pm

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

Happily married for over 53 years, Peter and Ruth Shillington have always made giving back to their community an important commitment. Whether it be politics, their church or the local healthcare system, among many others, Peter and Ruth have always been willing to lend a hand and a dollar to support the causes that mean the most to them and their family. When the time came to prepare their Wills, together they decided that a planned gift to the Foundation of Chatham-Kent Health Alliance (CKHA) would be a meaningful way for them to make a permanent impact on the community that they call home.

Peter was born and raised in Blenheim. He joined his father at Shillington Insurance in 1957 and led the firm for over 35 years. He served on Blenheim Town Council for over 20 years and as Mayor of Blenheim for 9 years, from 1988-1997.

Ruth was born in Nova Scotia and raised in Ontario. She came to Blenheim in 1952 to teach at Blenheim High School. She taught there for 13 years until she accepted a teaching position at Chatham-Kent Secondary School, where she remained for 20 years until her retirement in 1985.

Together, Peter and Ruth have one son, Harold, who is married, with two children, and lives in Northern Ontario.

When asked why they decided to leave a planned gift to the Foundation of CKHA to benefit CKHA's Highest Priority Needs, they replied, "Because a hospital is always there for you when you need it and CKHA has always been there for us and our loved ones." They added, "Our gift is a lasting way for us to show our gratitude, as community members, for our local healthcare system and the skills and expertise of our local healthcare professionals. We hope that the level of healthcare that we enjoy today will be accessible for future residents of Chatham-Kent for years to come."

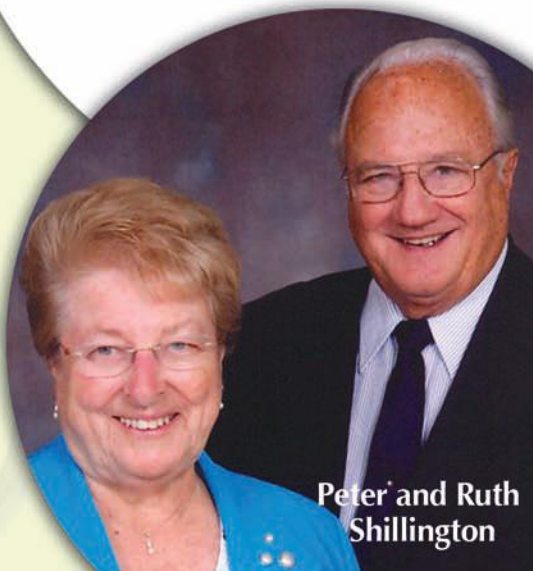
For more information on the *Exemplar Society* and how you can support local healthcare through a planned gift, please call the Foundation of CKHA at 519.436.2538 or visit [www.foundationckha.com](http://www.foundationckha.com).

  
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**Peter and Ruth  
Shillington**



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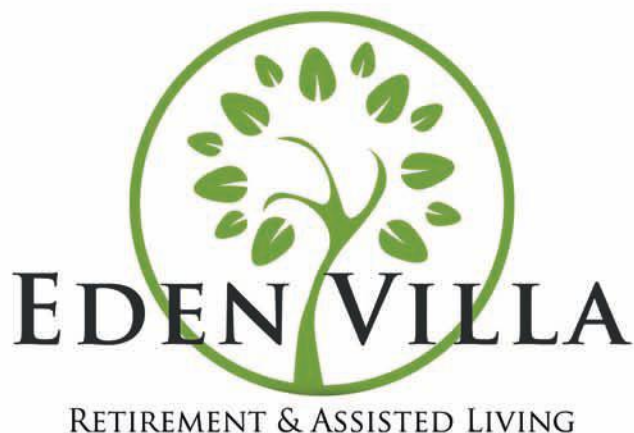


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Not all retirement residences are approved members of ORCA. Members of ORCA must meet and maintain standards for accreditation which pertain to the operational policies, procedures, and staff education essential to fulfilling legislated obligations 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.

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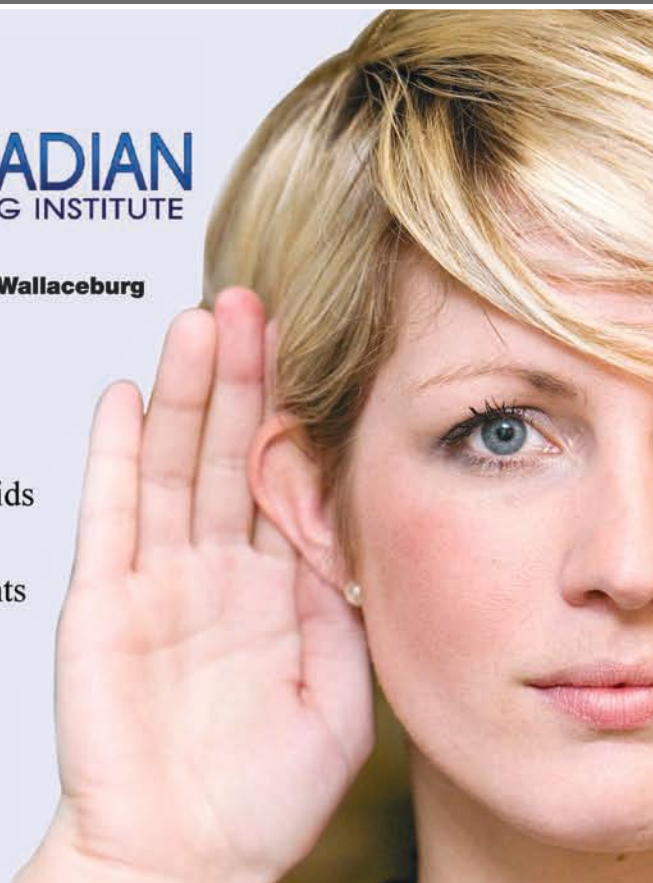
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Don't miss the...

# **2011 Annual Chatham-Kent Seniors' Information Fair**

**Friday, June 17th**

**9:00am - 1:30pm**

**Blenheim Arena**

199 King Street, Blenheim, ON

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**OPENING CEREMONIES - 11:00am**

- ~ Volunteer Recognition Awards
- ~ Informative Exhibits
- ~ Live Music by The Pub Crawlers
- ~ Lunch by Brownies Catering

 **Chatham-Kent**





Senior Advisory Committee  
of the Municipality of Chatham-Kent  
**C-K Seniors Portal**

# C-K Seniors Website Portal Launch Party at the Capitol Theatre

Depend on

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

Your one resource for everything that C-K offers seniors.

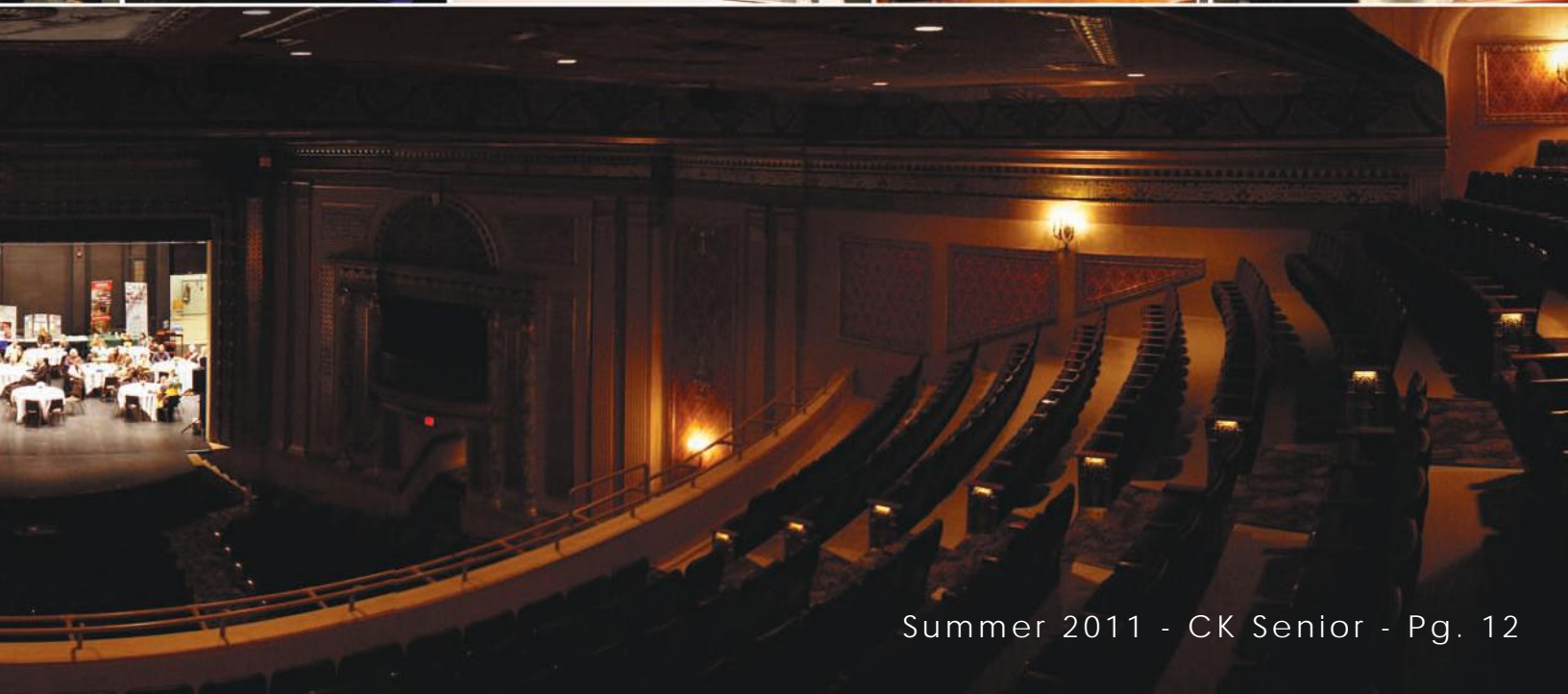




On April 21, 2011 the Senior Advisory Committee of Chatham-Kent, in partnership with A.Thiel Marketing and Bowman's Funeral Home, launched a new community website for seniors. An opening ceremony was held at the Capitol Theatre in Chatham which showcased a number of our local services available to provide information and answer questions to our senior guests. While being served lunch we listened to comments from Chatham-Kent Essex MP Dave Van Kesteren and Chatham-Kent Mayor Randy Hope. "I would like to thank the federal government for its support of this Senior Advisory Committee initiative," said Mayor Hope. "This website is a valuable tool in providing a great quality of life for our seniors and attracting active retirees to Chatham-Kent." Guest speaker Sue Minns ([www.sueminns.com](http://www.sueminns.com)) provided an enlightening view on life as a Junior Senior living with a disability. Her positive attitude is a true testament to the fact that one's attitude in life truly is everything!

The C-K Seniors Website Portal was developed to help Chatham-Kent seniors live and maintain an active and fulfilling lifestyle. The various sections of the portal detail items such as where all of the senior centres are located, how to volunteer, and how to keep active with sports and hobbies available. The portal also provides information on assisted living, as well as services and products that will keep you healthy, such as health care professionals, and respite service providers to name a few. Log on and use the monthly CK Seniors events calendar to plan your days ahead; you'll soon find that this site will become a favourite for you to obtain all the information you need for your social, healthy, and assisted living comforts within Chatham-Kent.

The CK Seniors Website Portal was funded by a New Horizons for Seniors Program Community Participation and Leadership Federal Grant.







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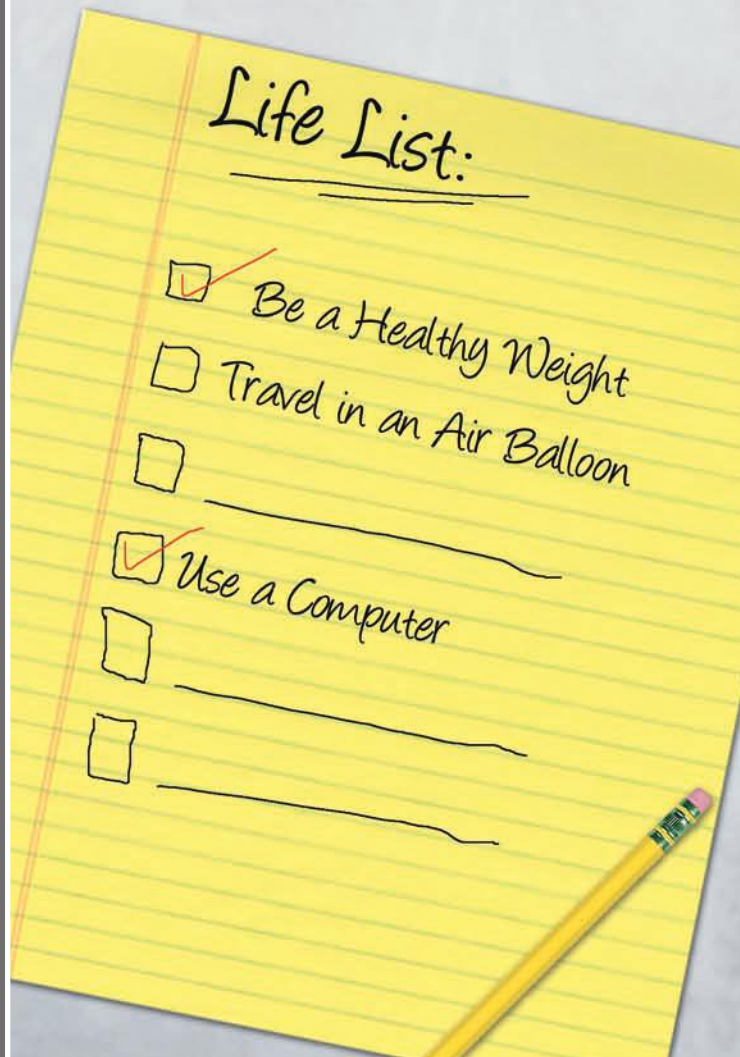


# What's on your Life List?

What is a life list?

A life list (also known as a Bucket List) is a list you make of things that you have always dreamt of doing out of interest or just out of fun! Some might call it a list of your life's goals.

In my opinion, it gives you a goal to aspire to each day, month, and year. It can be really fun to periodically compare the progress of your list with those of your friends and family. You might be surprised at how many you actually accomplish. It's funny how when we have it written down we feel the need to get it done. I encourage everyone to make a list of one, ten, or a hundred things that you have always wanted to do, then make it your mission to make those dreams come true!



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Left: Mallory Nowakowski, Registered Nurse  
Right: Shannon Rolph, Occupational Therapist

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### MASTER YOUR HEALTH

The goal of this group is to teach participants how to take charge of their health through self management. A six week group education series is offered at the Chatham-Kent Community Health Centres in Chatham and Wallaceburg. This group is designed for people with a long term health issue and those who care for someone with a long-term health issue, (arthritis, MS, parkinsons, depression, cancer, heart disease, etc.).

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#### **Emotional Concerns:**

Provide information and form connections to social activities/groups in the community.

#### **Cognitive Concerns:**

Help to understand and live with memory changes/confusion.

We can also refer you to other professionals/programs like social work, dietitian, exercise programs, and more.



*You don't have to be a client of the Community Health Centre to take advantage of these services*



"Jack was born to a family of farmers. As his family grew, he became a brother and an uncle. After returning from the war he married his high school sweetheart and, soon after, was blessed to become a father. Through challenging and sweet times his family flourished. He loved being a grandpa and was tickled when he became a great-grandpa. Jack was a fisherman, a curler, and a supporter of his church. When he passed away, there was deep sadness in his loss. The funeral gave his family and a friends a special time to celebrate Jack's lifetime of love, dedication, and happiness."



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# ❧ AGING GRACEFULLY ❧

Aging gracefully is not impossible. You don't have to look or feel like a stereotypical senior citizen. Here are some tips on how to keep your energy level up and youthful glow going! Aging gracefully takes a little bit of work, but you will not be sorry. Don't throw your hands up to life because you may be getting a little "long in the tooth". Continue to live your life to the fullest.

## Here are some tips on aging with grace...

**"Use it or Lose It"** - This proves true both mentally and physically. You want to strengthen your mental game by continuing to use your mind on different things such as puzzles, reading, writing, math, or anything that will cause you to stretch your thinking muscles.

**Physical Exercise** - As discussed above, it is important to physically exercise regularly as well. Even if you have limited mobility, light exercises and stretches can help you strengthen your bones, muscles, and heart.

**Stay In The "Social Game"** - Spending too much time alone will eventually make you feel depressed. Having friends and a social schedule will help you stay happy and active.

**Be Sure To "Eat Right"** - Older individuals need proper nutrition. Make sure to eat at least three meals a day and follow the nutritional guidelines your health care provider has put in place for you. Eating right will give you the lots of energy to remain active and healthy.

**Keep Appointments With Your Health care provider** - It can be challenging to keep going to appointments with your health care provider; however, it is necessary. If you find that the appointments are becoming cumbersome, talk to your health care provider to see if there is a way to consolidate some of the appointments so you don't have to go back and forth.

**A Positive Attitude Goes A Long Way** - If you look at things in a negative light, you will most likely start to feel depressed, which could inhibit other things you should do to continue aging with grace. If your health care provider prescribes additional medication, don't look at it as more pills to take each day. Put a positive spin on it: the medication is a way for you to keep doing what you are doing. If you're not able to do things as you once did, try not to feel bad about it. Find new things you have never done before that you can do.

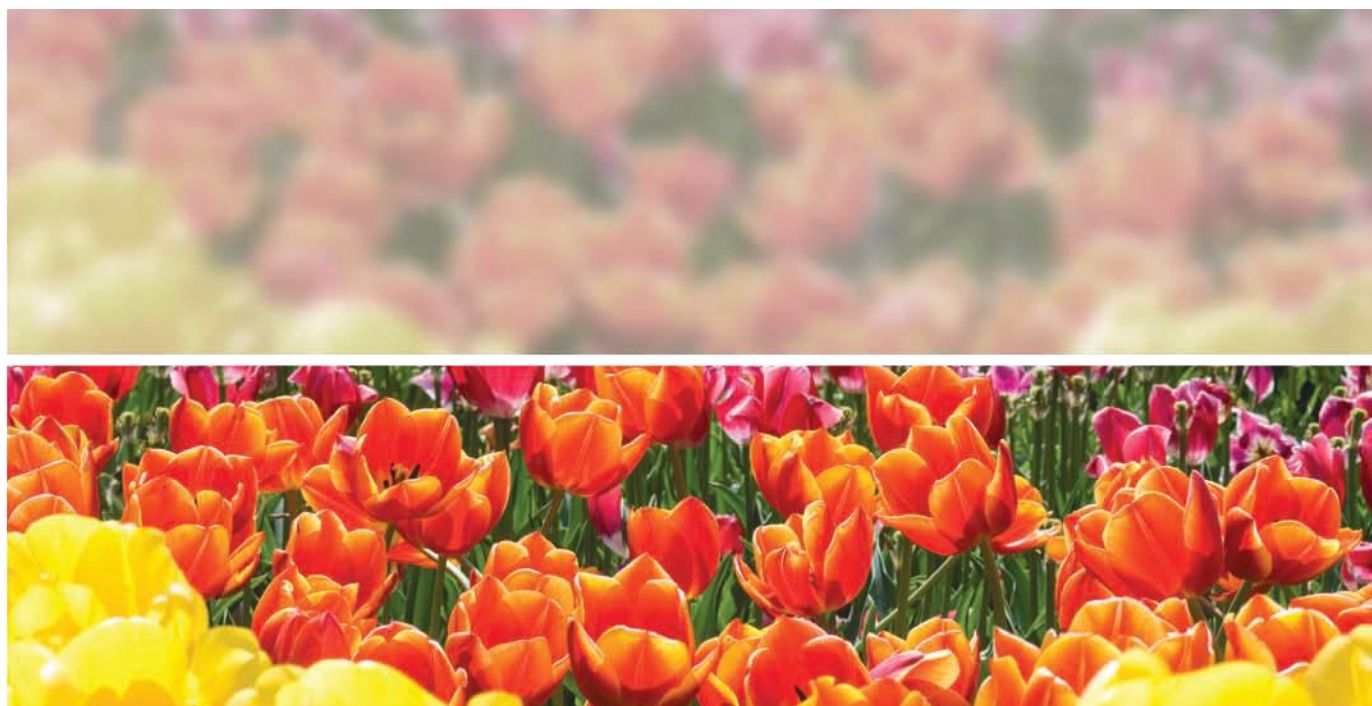
**Ask For Help!** - One aspect of aging gracefully is to acknowledge that everyone needs help sometimes. So, don't feel you are losing your independence if you need a ride somewhere, or need someone to grab groceries for you. You have probably helped others for years, it is your turn now.

**Talk About Your Feelings** - It's just as important now as it has ever been to talk about any thoughts or feelings you are having. Speak to friends or family, and if you don't feel comfortable confiding in them, consider talking to a counsellor.

**Participate In Groups, Classes, Activities** - The best way to stay active is to join things such as groups, classes, and activities. Check your community/senior centres, community colleges, or even places of worship to learn about any available in your area. A great resource is our local senior portal;

**[www.ckseniors.ca](http://www.ckseniors.ca)**





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

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

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

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

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

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

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

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

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

Morpeth Heritage Club  
12570 Talbot Trail Morpeth, ON - Ph: 519.674.3249

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



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