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ISSUE | 10

CKSenior

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



WELCOME

Welcome to CK Senior, Issue 10

It is such a pleasure to be able to welcome you to our **10th issue of CK Senior!** We are extremely grateful to all of our advertisers for their continued support through the years in making this publication possible. As you browse through and read about the wonderful businesses and services throughout this magazine we hope you are reminded once again of what is available to **address the needs and opinions of seniors living in Chatham-Kent!**

With this issue we are just about hitting the middle of summer (which falls right around the 7th of August) and for those of us who were wishing for a nice hot season, well it seems that our wish has been granted. The weather, although quite humid some days, has thus far been wonderful. On the less humid days we hope you're able to be out and about absorbing some of nature's vitamin D, and on the days that are just too humid then we hope that you are participating in the numerous indoor activities, services, and centres available that can help you to stay cool but still stay active.

Enjoy the rest of your summer, try something new, and remember it's essential for so many reasons to keep moving. ***It's alright to slow down, just don't stand still.***

Stay safe and stay well!

Sincerely,

Andrew Thiel, *President*
Mark Requena, *VP / Website Development*
Grant Smith, *IT Specialist*
Lisa Persyn, *Graphic Designer*
Jaclyn Gillier, *Graphic Designer*
Nancy Schlereth, *Sales Manager*
Jill Gale, *Sales Rep, Dresden/Wallaceburg*
Jason Korkidakis, *Cover Photography (www.enlightenstudios.ca)*

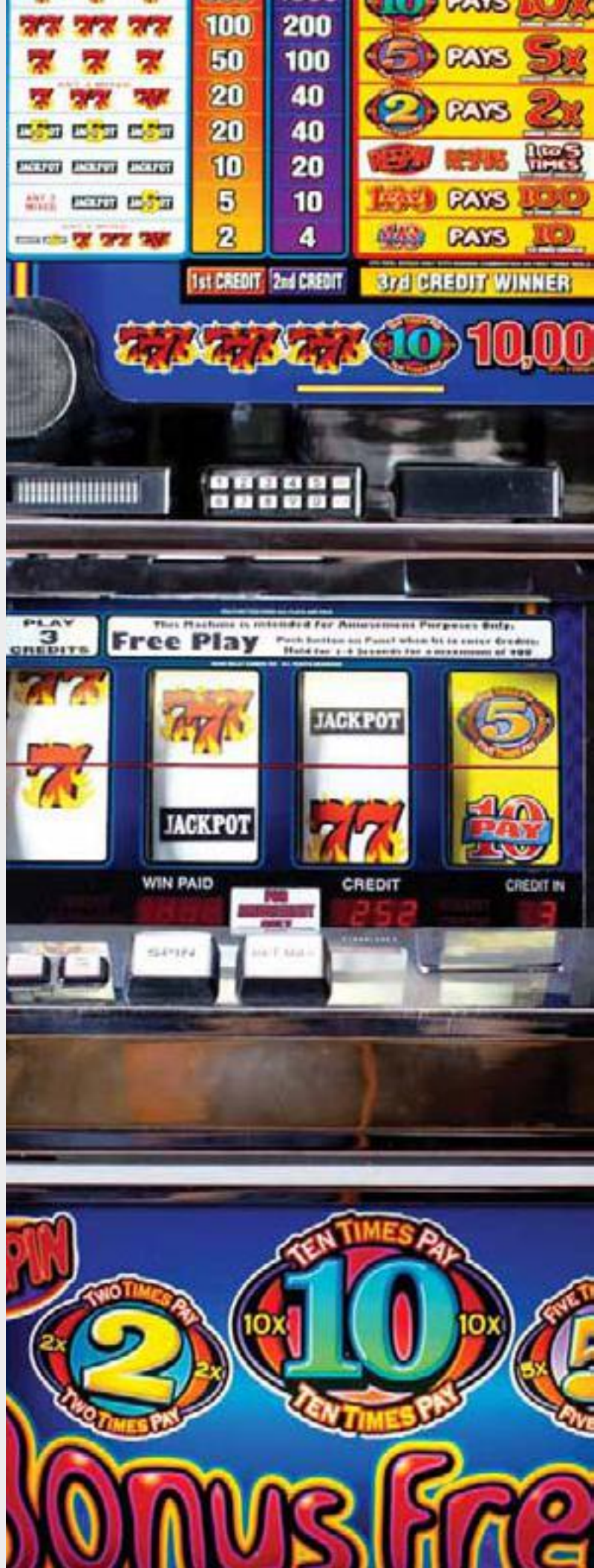


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Welcome Home



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The Verandas

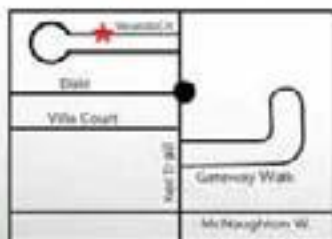
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Featuring

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CELEBRATING 30 YEARS

CHAP program

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

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

Celebrating 30 Years
Helping Seniors Live
INDEPENDENTLY
at HOME



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

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MEALS ON WHEELS CHATHAM-KENT

Driven by nutrition ~
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Meals on Wheels Chatham-Kent is a non-profit organization dedicated to supporting health, well-being, and independence. Our service is available to anyone who requires temporary or long-term meal assistance. Meals on Wheels clients include seniors, individuals recovering from illness or surgery, and people with disabilities.

We keep our menus as fresh as the food we use to prepare our meals. We provide hot & nutritious meals with generous portions. Some dietary restrictions can also be accommodated. We like to vary our menus so our clients don't get bored.

Alongside the provision of good meals, our program also values the social contact with each client, enjoying a short visit, engaging each one in conversation, and ensuring their safety as an effort to reduce isolation and add "care and comfort" by our friendly and committed volunteers.

You can arrange the regular delivery of up to three meals a week with just one call. Sign up online at www.mealsonwheelsck.com or by phone at 519-351-MEAL (6325) to start our meal delivery program. Signing up is easy and meal delivery can start as quickly as the next day!

Set your mind at ease knowing that someone will be checking on you or your loved one.

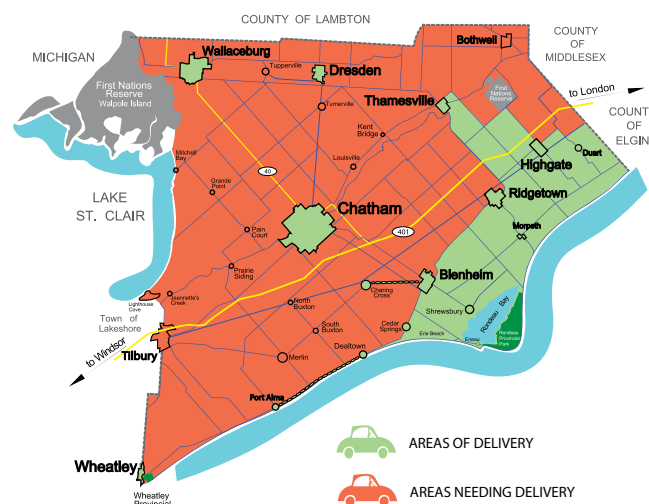


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If you are considering Riverview Gardens and would like a tour or more information, please contact our Social Worker / Admissions Coordinator at **519.352.4823 ext. 6146**. Private tours are available by appointment.

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NEW BEGINNINGS

Serving brain injury and stroke survivors

New Beginnings, with sites in Chatham-Kent and Sarnia-Lambton, is an excellent place for survivors of brain injuries, brain tumors, and strokes to attend. The Clubhouses in Chatham and Sarnia provide free day programs and support groups for survivors, as well as providing support groups for their family members/caregivers.

The atmosphere at New Beginnings is upbeat and fun. "The aim of New Beginnings is to provide a welcoming, safe, and supportive place for survivors to discover their post-injury/illness selves," says Lori Gall, Executive Director of New Beginnings.


Daily programs at the Clubhouses are focused on social and recreational activities, with crafts and exercises being at the core of almost everything that takes place. "While our members are enjoying themselves and taking part in our activities, our staff and volunteers are supporting them in their physical, cognitive, and emotional recovery," says Gall.

The ability to interact and socialize with others who can relate to what the member/caregiver is going through can't be overstated. "Other survivors or caregivers have experienced what you're experiencing and can give you the support you need to move forward," notes Gall. "Knowing you're not alone is huge."

A lot of things about New Beginnings are (wonderfully) unexpected, but being able to offer all of the programs and

services free of charge is perhaps the most amazing thing of all.

For more information about either facility, contact New Beginnings at (519) 351-0297 or via their website's "Contact" page at www.newbeginnings-cksl.com



The image is a promotional graphic for New Beginnings. On the left, there is a logo with a rainbow arch over the text "NEW BEGINNINGS" and "Brain Injury Association of Chatham-Kent". Below this, it says "ENHANCING the quality of LIFE FOR SURVIVORS of acquired brain injuries & their FAMILIES." To the right of the logo are three photographs: a man and a woman sitting together outdoors, a man playing a colorful disc, and a woman sitting at a table. At the bottom, a yellow banner contains the website "www.newbeginnings-cksl.com" and the phone number "519.351.0297".

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



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

www.ckseniors.ca



ABOUT THE COVER

Playing the “Slots for Seniors” at Copper Terrace




We would first like to thank the beautiful *Maddie Moss*, from Blackburn Radio. Maddie was our feature model for the day at Copper Terrace Long Term Care Home. Maddie posed for “**Slots for Seniors**,” featuring the “Bonus Frenzy” and “Blazing 7’s” slot machines found in their recreation area.

“**Slots for Seniors**” is arcade entertainment at its finest. These retired slot machines are stripped of all cash value mechanisms and restored as a source of entertainment geared to our seniors. Many seniors are able to travel outside their retirement living homes and seek out entertainment, however, many cannot and this is where “**Slots for Seniors**” comes into play. These machines still have all the bells and whistles but no cash value and are all converted for 100% free playing.

The machines supply amusement to those that are more stationary, while at the same time provide some motor skill exercise through eye/hand coordination.

Entertainment is one of the biggest things for people to aspire to outside of their daily routines and “**Slots for Seniors**” hopes to bring some of that to them.

More information about “**Slots for Seniors**” can be found on page 14.



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THE BENEFITS OF GIVING YOUR PETS MORE HUGS

Believe it or not... it could save your life



When you bring a pet into your home they soon become part of your family. They can end up being your best of friends and they can also be your best medicine when you're fighting physical and or emotional illnesses. The benefits are truly endless and here are just some of the advantages of sharing your home with a pet!

PETS VS STRESS

It's a known fact that simply being near an animal can generate a calming effect over us, which in turn helps to reduce our stress levels. After spending time with your pet you are likely to feel more relaxed and less worried about problems in your life. In fact you can tell, confess, and confide in your pet about anything!

PETS VS FITNESS

We all know that it's hard to get into a routine of a daily walk, and by having a pet in your home it just makes getting into that routine easier and eventually more consistent. Research shows that dog walkers stick to their walking schedule longer and also improve their speed of walking over time. It's a known fact that if you walk a minimum of 20 minutes per day/5 days per week the benefits are endless. Stronger bones, stronger muscles, a more positive attitude, and even weight loss!

PETS VS CARDIOVASCULAR DISEASE

Stress and lack of exercise are two key factors that can lead to cardiovascular disease. So, by having a pet you can reduce your stress and ultimately you will get more exercise which equals a healthier heart!

PETS VS SERIOUS ILLNESS

Have you ever heard of a "Pet Prescription?" When faced with a serious illness such as cancer or heart disease, having a pet can help you to put your mind onto something else. Being diagnosed with a serious illness can have a traumatic effect on both your mental and physical being. Having to care for a low maintenance pet can help you to find energy you thought you had lost and with the unconditional love you will receive in return they will help to lift your spirits. When we have a purpose or reason to push on, we feel better, resulting in taking better care ourselves.

PETS VS ALLERGIES

Most people steer clear of pets if they or any member of their family has allergies. Remarkably, being around an animal can help to build up your immune system, so the younger you are when a pet comes into your home the less likely you are to develop animal related allergies.

So give your pet a hug every chance you get...it's a win for them and a win for you!



CUSTOM ORTHOTICS

What do they do?

Orthotics are custom-made devices that are placed in footwear and are designed to alter foot function. This brings the bones, muscles, and ligaments of the feet and legs into a more stable and functional position. This reduces overpull and strain that occurs all of the way up the kinetic chain.

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- Capsulitis
- Shin Splints
- Metatarsalgia
- Neuroma
- Runners Knee
- Bunions

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SLOTS FOR SENIORS

In-house slot machines for retirement residences



Toonstra's Car Tunes and A. Thiel Marketing Inc. are proud to be offering in-house slot machines for retirement residences. These machines are for entertainment only and do not take cash or offer any cash prizes, but still feature the great entertainment value of traditional slot play. Many families have had the misfortune of having a loved one not be aware of financial limits when visiting casinos. This can lead to relationship tension and a host of financial hardships. Many retirement homes in the area are considering the "no cash value" slots for these reasons. When running an in-house slot tournament, with a donated prize and no cost to the resident, the entertainment value is still there without exposing the residents to a potential financial pitfall.



The slots featured by Toonstra's are machines that have been in actual casinos in North America. They are ruggedly built and do not break down frequently. The slots come in all of the traditional styles such as Double Diamond, Triple Diamond, Red White and Blue, Double Red White and Blue, Triple Red White and Blue, Blazin' 7's, Five Times Pay, and many more. What's better than your very own slot machine? One that is customized just for your retirement residence. That's right - Toonstra's can customize the decals of your slot machine, your tournament boards, and even offer you suggested prizing.

Most retirement residences have to adhere to a strict budget. No problem! At Toonstra's, purchasing a slot machine is only one option, and not even the most popular. 3-month, 6-month, 1-year, 2-year, and 5-year lease programs are available.

Think about what it would mean to offer your residents a fun new activity and protect them from potential financial trouble? Would your staff members be able to get more done if residents had an activity that they could enjoy for hours? Call A. Thiel Marketing today, 519.397.4444, and set up an appointment to discuss your entertainment options, or visit www.slotsforseniors.com for more information.

Together Today for a Healthier Tomorrow

*Quality and compassionate local healthcare
for every resident of Chatham-Kent – today and tomorrow*

Did you know that every year, more than 260,000 patients benefit from a range of leading-edge initiatives at Chatham-Kent Health Alliance (CKHA), including programs for dialysis, cardiac rehab, breast screening, mental health and addictions? In addition, premature or ill newborns can receive treatment in our neonatal care unit, saving their parents the journey to London or Windsor. And if you need orthopaedic or cataract surgery, the wait times at CKHA are shorter than anywhere else in Ontario.

But here's the simple truth of our times: healthcare costs are rising faster than government funding can keep up. And in order to attract and retain the best doctors, CKHA must offer the advanced facilities, technologies and programs that are commonplace in larger, urban hospitals. This is where you can make a difference.

Through a planned gift in your Will to the Foundation of CKHA, you can help ensure that your loved ones, friends and neighbours and fellow community members will have access to the best healthcare available. By directing your gift to support CKHA's Highest Priority Needs, you will support the purchase of the most urgently needed capital equipment and updates to facilities and services at both the Chatham and Sydenham Campuses, giving our community outstanding care, close to home. And because everyone comes through CKHA's doors at some point in their lives, your gift will have a broad and lasting impact. Residents in our community, for generations to come, will benefit from your thoughtful planning.

In recognition of your gift, you will become a member of the Foundation of CKHA's Exemplar Society – a program that recognizes and honours the visionary donors who leave a planned gift to the Foundation of CKHA. The name of each Exemplar Society member is prominently and permanently displayed on a special donor wall and touch-screen in the main lobbies at CKHA's Chatham and Sydenham Campuses.



Foundation of
Chatham-Kent
Health Alliance
Exemplar Society
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For more information on how you can support local healthcare through a planned gift, please contact the Foundation of CKHA:

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NEW FACE IN TOWN

A blushing success

In April of this year Blush Medical Aesthetics opened their doors, welcoming in everyone to tour their facility and meet their team. Tammy Hundt, R.N., CPNc Owner/Operator of Blush Medical Aesthetics happily joined her husband Dr. Hans Hundt MD, FRCSC (Orthopedic Trauma/Foot & Ankle Doctor) at 276 Grand Ave. West in Chatham.

As we age we all experience changes in our skin and we look for ways to maintain our youth. Blush is excited to offer a variety of services to meet your needs in a clean, calm, inviting environment designed for your comfort and safety. As a guest of Blush you will receive the highest level of quality treatments. The certified clinicians include a Dental Assistant, Registered Nurse, Aesthetician, Lash Technician, and an IN HOUSE Licensed Surgeon.

The Blush team's goal is to develop a personal, yet discreet rapport with all their clients. Providing a strong emphasis on after care, which Tammy feels is as important as the procedure itself, a complimentary two week follow-up appointment is offered for every treatment. ***So embrace your future and let this team of professionals help you to keep your youthful Blush!***

MEETING THE NEEDS OF WALLACEBURG SENIORS IN 2013

Oaks Inn Motel, conversion to a retirement residence begins fall of 2012



Management is proud to announce the impending conversion of the Oaks Inn Hotel, Banquet, and Convention Centre to a retirement residence, opening spring 2013.

Construction will begin in the fall of this year, while the hotel, banquet and convention centre will remain open for business until December 2012.

Richard Bikowski and Linda Basir, owners of the Oaks Inn, are very excited about this significant new investment

in the community. Bikowski comments, "We look forward to transforming this landmark into a retirement village. In fact we are going to be changing the operating name to the Oaks Retirement Village." Bikowski adds, "The village is currently being planned as a two - phased project which, once completed, will have 102 rooms in the fully renovated building and 25 garden suites adjacent to the building."

Seasons Retirement Communities has been selected as the retirement residence operator. Michael Lavallée, Chief Operating Officer of Seasons, says, "We are very pleased to be involved with this project. The redeveloped Oaks Retirement Village will be a modern, full-service retirement residence, offering quality customer service and ample choice for seniors of Wallaceburg and the surrounding area."

The new retirement residence will include an Assisted Living component, twenty-four hour emergency response delivered by professionally trained staff, and a range of care



More dates and locations to come!
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Blenheim & Community Senior Citizens Group
519-676-3894

Ridgetown Adult Activity Centre
519- 674-5126

Tilbury Leisure Centre
519-682-1020

Wallaceburg Senior Citizens Club
519-627-6224

Wheatley Friendship Club
519-825-4870




and service packages. The facility will be available to meet residents' individual healthcare needs. Other services will include three meals a day, prepared by the residence culinary team, weekly laundry and housekeeping, unlimited access to life enrichment programs, and amenities such as a pool, health club, licensed pub, and dining room. Phase two of this project will include the development of 25 townhomes which residents will be able to rent.

"Partnerships with local organizations will play a key role in our

ongoing relationship with the community. We look forward to serving the senior population of the area in a meaningful way", says Lavallée.

Established in June 2009, Seasons Retirement Communities is a partnership between Fengate Capital, TriAmico, and other carefully chosen investors. Seasons provides seniors with a high quality retirement residence experience by offering superb amenities, facilities and health care services.



"We provide quality compassionate care with peace of mind for our residents and families."

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Copper Terrace is a 151 - bed long term care home situated in a lovely residential area of Chatham. You get a warm feeling when you enter through the doors and are soon greeted by residents and staff. The home features four units, all of which have their own dining areas. In the common area of the home our residents can mingle with each other, participate in activities, visit the onsite chapel, just relax and watch TV with others, and, on a nice day, enjoy the beautiful garden area which includes a gazebo, garden benches, and a large picnic area. We take pride in maintaining and keeping our home cheery and bright and plans are in the works for future makeovers for our home. Copper Terrace's main goal is to provide the care needed and the surroundings required to feel like home!

For more information or to arrange a tour, drop by or give us a call. We look forward to having you as part of our family!



THE 2012 CHATHAM-KENT SENIOR VOLUNTEER OF THE YEAR

George Prins, 2012 winner, from Eriau, ON



George has been very active in community organizations over the past several years, including Queen Elizabeth Public School Home and School Association, Canadian Agro Marketing Association, Alzheimer Association, and Morpeth Heritage Club. He has served as Commodore of the Eriau Yacht Club, and has been a member of that Club for over 40 years, and is now an Honourary Life Member.

Some of his duties have included - Rescue Boat for sailing races (youth on Saturdays, and adults on Sundays), starter and timer for sailing races, and running the Barge Committee at the Club. George also served as Commander of the Power Squadron, and Senior Advisory Member to Chatham-Kent Council.

George was "Santa" for the Humane Society for over 20 years. In 1963 and 1964, while employed by the Canadian Government in the Entomology Laboratory in Chatham, he and his wife, Marion, were sent to Guyana, West Africa to do research work - the cocoa tree was being attacked by insects and was resistant to the chemicals being used. George was successful in finding a new chemical to solve the problems.



Congratulations to George Prins and all of this year's 83 nominees for all of their hard work and dedication!

The Chatham-Kent Senior Fair committee will be submitting George Prins name as our 2013 Chatham-Kent nomination.

A special ceremony is held at Queen's Park in October each year to honour the recipients.

Good Luck George, Chatham-Kent will be rooting for you!

**George Prins BIO was coordinated and submitted by the Senior Fair Committee.*

**The Senior Fair Committee was given permission from Ridgeway Independent to share these pictures.*





GATHERING OUR HEROES

CHATHAM-KENT WWI & WWII ENLISTMENTS



Pte. George STONEFISH | Lieut. Robert Angus McLAREN | AB John Lloyd FOX | NS. Pauline ROSE | Pte. Harry PARKER

NEW GATHERING OUR HEROES WEBSITE

C-K WWI & WWII enlistments

The Kent Regiment Chapter IODE members are pleased to announce the development of a new website, entitled **"Gathering Our Heroes,"** which will include the citizens of Kent County who served in World Wars I and II.



A grant of \$25 000 received from the Government of Canada's New Horizons for Seniors Program will enable the Chapter to complete this project. The website will include a comprehensive

database of the veterans who served from Chatham-Kent. Following each war, IODE members recorded the service of many veterans from our area in thirteen Books of Remembrance, which were donated to the Chatham-Kent Museum for safekeeping.

The website will be designed by A. Thiel Marketing and Graphic Design. Local historian Jerry Hind has completed much additional research and continues to research the names and stories of our veterans from these

conflicts. Jerry Hind will share his research on the website and act as the curator. The Chatham-Kent Museum will share the digital Books of Remembrance on the website.



We have collected and continue to collect additional information about our veterans from both World Wars and it will be included on the website. We thank all those who have contributed to make this project possible. It is critical that WWII information comes from families that have a connection to a WWII veteran.

If you have any useful information please submit electronically to [Jerry Hind at jerrrelr@ciaccess.com](mailto:jerrrelr@ciaccess.com), or a hard copy can be dropped off between 9a.m. - 5p.m. at [A. Thiel Marketing, 159 King St. W., Chatham, Ontario.](#)

SHOPPING FOR NEW FURNITURE

Look no further

Bedrooms & More in Wallaceburg is Chatham-Kent's best kept secret. Conveniently located just outside of Wallaceburg on Highway 40, Bedrooms & More is family owned and operated. Visit their showroom today for a noticeably different experience compared to most other furniture stores. Bedrooms & More's no pressure, friendly staff does not work on a commission base, so their focus and goal is to find the furniture that suits your needs.

Did you know that 99% of Bedrooms & More's products are Canadian-made? Their shop local and support local attitude is refreshing during these times. In fact much of their showroom is made right on site with the remainder of their furniture made in Ontario by a Mennonite community who still take pride in their workmanship. This leads us into the final significant difference you will find at Bedrooms & More – Quality! Mennonite furniture is made of a quality to last generations. It is a timeless elegance that only old world craftsmanship can provide. Working with a network of Mennonite suppliers Bedrooms & More can furnish any room in your home in a variety of unique solid wood pieces, any of

which can be finished to suit your home decor in any colour you chose.

Bedrooms & More features a full mattress lineup and recently signed up as a local **ObusForme** mattress representative. **ObusForme** specializes in sleep products that promote sleep wellness. Mattress shopping can be difficult. Trust their knowledgeable staff to fit you with the perfect mattress – picking the perfect mattress is important because you spend 30% of your life sleeping! Another great maker **Springwall**, is known for "Chiropractic" mattresses and has been in business for over 60 years with a long - standing relationship with the American and Canadian Chiropractic Associations for over 40 years. Longevity in quality makes the "Chiropractic" Eco Series the only sleep set that is recommended and endorsed by the Canadian Chiropractic Association, making this mattress truly Doctor Approved.

ObusForme mattresses can boast about the same quality. While new to the mattress industry, ObusForme has a long history as makers in office chairs and back-supports along with ergonomically designed pillows - all engineered with proper spinal alignment in mind. When the opportunity presented itself earlier in the year to sign on as a local ObusForme dealer, Bedrooms & More quickly seized the opportunity since it blended so well in the mattress lineup.

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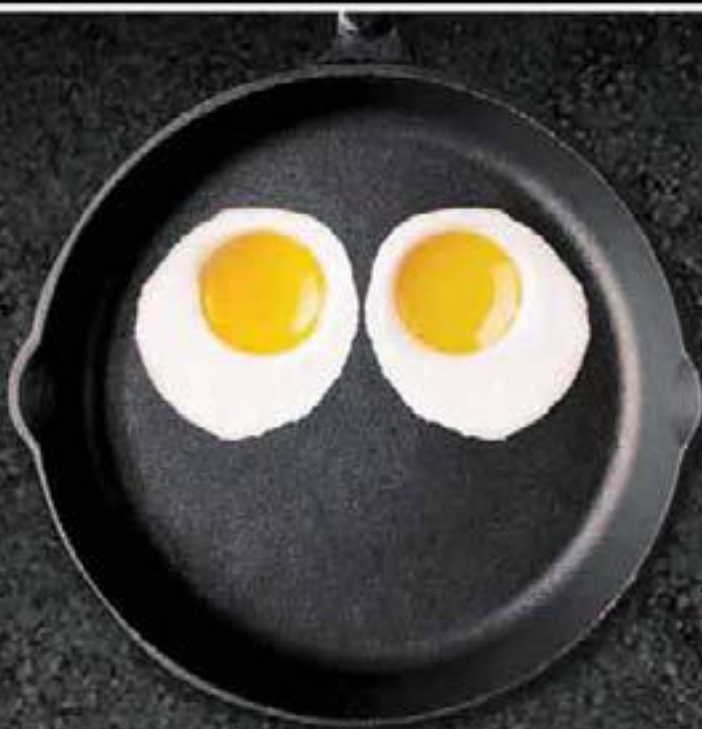


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Infinity Medical has made the exciting move to a new location, 220 St. Clair Street.

Their on-site skin care specialists continue to offer all of the same, plus even more, wonderful products and services in their new and improved state-of-the-art facility. Aging is one of the top concerns of clients seeking advice and Infinity Medical is ready to answer any of your skin care concerns.

Visit our website for a full listing of all of our products and services, or better yet, stop by and visit us at our new facility. Let us help you stay forever young!

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The ALC Senior Centre provides adults 50+ years of age the opportunity to participate in activities designed to enhance senior citizens' lifestyle and needs.

A major component of our centre is the volunteer structure where we recognize and value the contributions made by our members every day both at the centre and in our community.

As Chatham-Kent has been designated as a Retirement Community, the Active Lifestyle Centre's strategic planning to expand falls right in line with this initiative.

The centre also has a fully functioning kitchen that offers hot lunches at very reasonable prices. (Open to the public.) Our take-out menu offers our seniors a nutritious meal with no fuss or grocery buying. Facility rentals and catering also available.

WHAT WE OFFER OUR MEMBERS:

Bridge	Card Making	Quilting	Hoopnastics
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Supporting families in their time of loss.

When we built the Blenheim Community Funeral Home nine years ago, it was important to us to include the name "Community" instead of our names because of our broader community-based understanding of funeral service.

We believe that when someone passes away, the whole community is affected by the loss. We recognize that while we may provide the facilities and services to facilitate a funeral, it is the community that comes together and supports a family in their time of loss. Our mission was to create a facility that



would be friendly and that would be able to support the communities that support us.

Our Children's Room is close to the visitation area so that parents can still see and hear their children and know that they are happy and safe. Having a children's room makes it easier for children to be a part of a significant life-changing event and we believe that is important.



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ASK THE EXPERT

TED G. DALIOS, DD, HIS

New permanent teeth-in-a-day solutions for denture-wearers. An advanced approach to restore function and quality of life...

At the Chatham Denture Specialists in Chatham, Ontario, we experience the challenges and frustrations denture-wearers face on a daily basis. Whether they are new to wearing dentures or have been wearing dentures for most of their lives, all patients agree that even the best dentures do not come close to replacing the function of healthy, natural teeth.

Some of the challenges denture-wearers experience regularly are: sore spots in the mouth from dentures rubbing on the gums (especially the lower denture), a decrease in bite force, loose dentures that move around and cause embarrassing moments in public, difficulty speaking (whistling and clicking of denture teeth), and an inability to eat a variety of foods. Many people who wear false teeth also complain that their food tastes bland. This is because the roof of the mouth (or palate) is covered by the upper denture, interfering with taste buds and the ability to taste food while eating. As a result, many denture-wearers over-salt their food. In combination with a limited food selection and not enough fresh vegetables or fruits, too much salt intake can pose serious health issues such as high blood pressure (hypertension), high cholesterol, heart complications, nutritional deficiencies and chronic digestive problems to name just a few potential health risks.

Many denture wearers suffer silently from emotional distress. Loose, ill-fitting dentures can cause people to become very self-conscious, introverted, and insecure.

If asked, most denture-wearers would admit to wishing they could have healthy natural teeth again, which is impossible. However, the next closest thing to natural teeth used to be conventional dental implants and crowns, which can be financially prohibitive as costs may reach up to \$50,000 per jaw. This traditional method of dental implants is not only very expensive, but also requires placement of many implants, bone grafting, sinus lifts, and long healing and recovery periods. The whole procedure from start to finish could take up to two years to complete.

Now there exists a much more affordable technique for fixed, non-removable teeth that are fully functional and minimally invasive (meaning very little pain or discomfort) with only

in one treatment session. This technique is changing the lives of denture-wearers all over the world. Coined "teeth-in-a-day," this procedure has seen very high success rates on thousands of patients in Canada and in Europe, where the procedure was developed, as well as in the United States with a success rate in the high 90 percent range. This "All-On-Four" technique converts the patients' denture into non-removable, fully functional, fixed teeth in one day. There is no painful and lengthy healing period, no large bulky denture rubbing on the gums or covering the roof of the mouth and best of all, you never have to take your teeth out of your mouth! This treatment allows patients to regain their quality of life by enabling the denture-wearer to feel confident eating in public, dating, smiling, and laughing without fear of their denture falling out, or having to take them out to clean them. The freedom to brush your teeth in a natural way is something that no longer needs to be taken for granted.

If you feel self-conscious about the way you look without your teeth, or you crave to eat what you want, when and where you want to, and be able to taste and enjoy your food again, this may be the solution for you.

This process takes place with your denturist and a specialized dental implant surgeon, who work together onsite to take you from dentures into fixed teeth in the same day!

If you would like to know more about how you can go from removable dentures into fixed, naturally functioning teeth, please call the Chatham Denture Specialists to book your complimentary, no obligation consultation and determine if you are a candidate for this advanced procedure:

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Take advantage of our Senior Track Membership and experience what the benefits of walking can do for you. Walking is the perfect activity to help individuals lead a more active lifestyle and make new social connections. Weight-bearing aerobic activities (such as walking) are proven to have many health benefits which include improving heart health, assisting in maintaining healthy body weight, reducing the risks of osteoporosis, and creating an overall feeling of wellness.

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The Art of the Outdoors. Naturally

Wayne Michaud and Nature's Pride Landscape Group

Since 1999, Wayne Michaud, Owner of Tilbury's Nature's Pride Landscape Group, has been proud to oversee the marriage of art and nature, one client at a time. A Pain Court, Ontario product, Wayne has seen area backyards as his canvases since high school, when he built on his carpentry and construction background while working alongside a local landscaper. In the years since, Wayne – now a certified horticulturist – has continued to perfect a meticulous attention to detail. "Anybody can landscape," he often says, "but the difference is in the detail."

Today, Nature's Pride's business ethos reflects a commitment to maintaining strong one-to-one customer relationships. A happily married father of three, Wayne sees Nature's Pride as an extension of the values that he holds dear in his family life. After all, "It does become very personal when you have somebody working on your property. It's all about client relations," he elaborates. "We take things to heart and pride ourselves on our relationships with our clients." To this day, Wayne still counts his very first client as one of his regulars.

Over the past decade-plus, Wayne has observed a number of homeowners across Chatham-Kent and Essex County expressing a desire to expand their living spaces into the areas outside of their homes. "People are looking for resort-type vacations in their own backyards," he explains. To this end, Nature's Pride regularly performs start-to-completion design-build projects that incorporate livable, luxurious pieces like outdoor kitchens, decks and fences, and tranquil water features. As much work as possible is always done in-house.

True to its name, Nature's Pride makes every effort to proudly use natural products and sustainable methods, whenever possible. On any given day, this could mean using real, naturally sourced rocks, mulches, and other materials, or battery-powered equipment to eliminate noise and harmful emissions. "We're trying to have less of a footprint," Wayne emphasizes.

Wayne's staff also, and perhaps most importantly, prides itself on its professionalism. "Integrity is a big, big thing," Wayne stresses, numbering fairness and regular communication among his company's core values. Of course, in landscaping, professionalism always also means cleanliness – both after and during the job. "We won't leave your property looking like a war zone," Wayne promises, at any time during a project, no matter its size.

Wayne's flexible, highly skilled staff can accommodate virtually any landscaping project in a way that is sensitive to any homeowner's budgetary and aesthetic concerns. Importantly, this staff still includes Wayne, who regularly finds the time to do hands-on work himself. Although his growing team is currently comprised by a number of exceptional landscape professionals, Wayne stresses that "Nature's Pride is always looking for even more new talent."

If you are considering expanding or beautifying your living spaces, a more comprehensive list of Nature's Pride's services is available on its website, at www.naturespride.ca.

Wayne Michaud
owner



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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 series is offered at all three of the Chatham-Kent Community Health Centres sites. 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...).

SAFE STEPS

The main goal of the Safe Steps program is to facilitate safe and independent living for seniors at home. An Occupational Therapist will work with you at your home to address:

- **PHYSICAL CONCERNS:** Fall prevention, home safety, device use, and education to maintain independence.
- **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.

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What's on your Life List?

Last summer in our 7th, issue of CK Senior we asked you "What's on your Life List?" Also known as your bucket list, your wish list, your list of goals, or, for that matter, how about your awesome things to do list! Again, in my opinion having a life list gives us a goal to aspire to each day and when it's written there in black and white you might just be surprised at how many you actually accomplish.

I can't stress enough the importance of having goals in life, whether it is learning something new, participating in a marathon walk, or painting that masterpiece. As a child we learned the meaning of making a goal and then with perseverance and passion we learned how great it felt to reach those goals. So why stop now? As long as we are here and no matter what our age or state, we can always make a new goal a reality. They say that when our memories become more important than our dreams then we know we have reached our later life, so let's get those dreams into our memories now. Let's live today and remember tomorrow!

So... What's on your Life List?

I challenge you to not only put together a list but to share some of your dreams with us so we in turn can share with our readers in our next issue. No matter what your age, no matter what your goals, we can't wait to hear what's on your life list and/or what's already been crossed off!

You can contact us with your story and/or photo at:

A.Thiel Marketing & Graphic Design inc.
info@athielmarketing.com
159 King Street West
Chatham, ON N7M 1E4



THE ROOTS RUN DEEP

Park Street Place celebrates 25 years!

Twenty-five years ago, on October 17, 1987 to be exact, Park Street Place opened its doors in a somewhat uncertain climate. The original administrator in 1987, Shirley Deacon, says, "When we opened the facility there were over 400 available empty beds in the Chatham-Kent area; we were a little worried at first to be honest. And then amazingly enough we were full within one year! The key to our success was an outstanding operational staff and the unconditional support of an absolutely wonderful community."

The residents and staff of Park Street Place truly honour their roots. Over 25% of the original staff are still working at the residence, the original administrator still sits on the Volunteer Auxiliary, and even the daughter of the very first resident, Mrs. Ila Bloom, is a resident herself - Mrs. Louella Babcock.

One of the original staff members, Janet Martin, truly enjoys her work. "Park Street Place is truly a wonderful place to live and work. The relationships and friendships I have made over the years are truly remarkable. We are like a large family and enjoy a fantastic level of support from the family members of



the residents and from the community in general."

Over the past few years Park Street Place has undergone renovations to many of its common areas, including the dining area, pool table lounge, library, TV lounge and corridors. While the residence is looking forward to the next 25 years, all involved will remember the roots planted in the past 25 years.



Photo:
Shirley Deacon (left),
Janet Martin (right)

Bill 21 (The Retirement Homes Act) has been passed, but as long term members of ORCA (The Ontario Retirement Communities Association) we have been adhering to superior industry standards for decades. ORCA is a voluntary, non-profit association established in 1977 that sets professional operating standards, 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.



"WE BELIEVE IN QUALITY OF LIFE FOR ALL RESIDENTS THAT ENCOMPASSES THEIR RIGHT TO DIGNITY, RESPECT, PRIVACY, AND AUTONOMY."



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Park Street Place
650 Park Street
Dresden, ON N0P 1M0
519.683.4474



THE PERFECT FIT

Fitting all shapes and sizes at The Loft Fashion and Mastectomy Boutique

The Loft Fashion and Mastectomy Boutique is a locally-based lingerie boutique situated in the heart of Historic Downtown at 137 King Street West, Chatham, Ontario (phone: 519.351.9508, website: www.theloftchatham.ca). Anita and her staff provide professional consultations and fittings and have established a reputable name based on the quality service they provide for their clients.

Anita Labadie
Owner



Receiving a breast cancer diagnosis is the biggest fear of most women and becomes a surreal moment in their lives that will never be forgotten. Women with this diagnosis experience a wide range of feelings and emotions, and spend the next days dealing with options and making choices. Those who end up having to take the mastectomy route then have the further challenge of dealing with breast forms, bras, camisoles, and fashion in general after surgery.

As you adjust to life after surgery, it's nice to know that there is someone local to help you find what works best for you.

The Loft has been offering Post-Mastectomy services to breast cancer survivors since 1988, making them the most experienced fitters in the Chatham-Kent area. Expertise, compassion & personal care, in addition to the most extensive selection of mastectomy products, have attracted many clients from near & far.

In addition to the mastectomy products and services The Loft also carries a full range of.....

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Photo: Courtesy of Windsor Life Magazine

DO YOU GOLF?

Here's "FORE" really great benefits

Although the benefits of golf are truly endless, here are **"FORE"** really great benefits coming your way when you enjoy the game of Golf!



Photo: Courtesy of Marg McKeown

Fun: There is a saying "If it's not fun then don't do it!" The most successful people in the world have a great deal of fun at what they do. Golf for some becomes a career but for most it's a fun sport and for everyone it begins as a game that we play just for fun.

Exercise: Golfing pretty much exercises all the muscles in the body. Whether you're carrying your clubs, pulling your clubs, or riding a cart you're exercising and burning calories. During a round of golf you're walking, bending, and swinging. Bottom line, you're moving.

Focus: Although you're having fun playing golf and getting in some exercise while doing so, another benefit is that you're also improving your concentration. You're visualizing the greens and where the ball is going to land, all while deciding where on the ball you'll need to hit to get it there. This kind of attention in visualizing your next shot converts over to your personal life without your even realizing it, thus improving your ability to focus better on everyday tasks.

Relationships: The best thing about this sport is that anyone can play. You don't have to be great at it and there is no age limit. You can take the family or go with your friends and play a round all while enjoying the sport and the company. It can be a social outing arranged through tournaments made up of first time golfers and seasoned golfers, allowing you to meet new people of all makes and statuses. One of the best things about golf is meeting up with family or friends on a regular basis, and when the game is over you stand back and realize you have just accomplished much more than a round of golf!

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Our physical therapists individualize treatment for patients of all ages suffering with pain, weakness, stiffness, or reduced activity from various injuries. We offer a variety of services addressing patients' individual needs:

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Family Health Team



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AND ILLNESS PREVENTION

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September 5 - Parenting Adolescents

September 12 - Parenting Adolescents

September 19 - Memory and Aging

Part I - What is Normal and What is Not

September 26 - Memory and Aging

Part II - Development of Strategies

October 3 - Safe Medication and Driving

October 10 - Seniors Travel

October 17 - Flu/Common Cold

November 7 - Cooking Demo/Gluten Free

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9:30 am, 10:30 am, 1:00 pm 3:30 pm
6:00 pm, 7:00 pm, 9:30 pm

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497 Riverview Drive, Chatham **519.351.3232**



MUNICIPALITY OF CHATHAM-KENT SENIOR CENTRES

Active Lifestyle Centre	20 Merritt Ave. Chatham, ON.....519.352.5633
Blenheim & Community Senior Citizens Group	90 Catherine St. Blenheim, ON519.676.3894
Bothwell Senior Citizens	122 Elm St. Bothwell, ON519.350.1977
Le Club de l'Amitie (Friendship Club)	10 Notre Dame St. Pain Court, ON.....519.354.1249
Merlin Senior Citizens Friendship Club	11 Erie St. S. Merlin, ON.....519.689.4943
Morpeth Heritage Club	12570 Talbot Trail Morpeth, ON519.674.1010
Thamesville Happy Club	96 London Rd. Thamesville, ON226.229.0303
Tilbury Leisure Centre	10 Canal St. W. Tilbury, ON519.682.1020
Ridgetown & Area Adult Activity Centre	19 Main St. W. Ridgetown, ON.....519.674.5126
Wallaceburg Senior Citizens Club Inc.	205 James St. Wallaceburg, ON.....519.627.6224
Wheatley & District Friendship Club	171 Erie St. N. Wheatley, ON519.825.4870