

# Senior Advisory Committee of the Municipality of Chatham-Kent



## *Senior Centres* 2010 *Directory*

Blenheim  
Bothwell  
Chatham  
Dresden  
Merlin  
Morpeth  
Pain Court  
Ridgetown  
Thamesville  
Tilbury  
Wallaceburg  
Wheatley



# *Blenheim & Community Senior Citizens Group*



**90 Catherine St., Blenheim, ON N0P 1A0**  
Phone: 519.676.3894 Contact: Linda Stonehouse  
Email: blenheimcentre@hotmail.com

## **Hours**

9:00am – 4:00pm Monday – Friday  
7:00pm -10:00pm Wednesday, Thursday, Friday  
1:00pm – 4:00pm Saturday

## **Activities**

- Financial Advice from Laura Walker once per month
- VHA Foot Care once per month
- Pepper, Euchre, Bridge, Cribbage, Bus Tours and B-Day parties, Friday Luncheons and Wii Sports
- Wii entertainment system



# *Bothwell Senior Citizens*



**320 Main Street, Bothwell, ON N0P 1C0**  
Phone: 519.695.6279 Contact: Walter Matt

## **Activities**

- Cards - Pepper, Euchre, Bridge, Cribbage,
- Bus Tours
- Birthday Parties
- Wii entertainment system

## **Hours**

9:00am – 12:00pm Monday – Friday  
Open Some Saturdays





## Active Lifestyle Centre



**20 Merritt Ave., Chatham, ON N7M 6G9**

Phone: 519.352.5633 Contact: Sue Williams

email: [suewilliams.alc@ciaccess.com](mailto:suewilliams.alc@ciaccess.com)

[www:activelifestylecentre.org](http://www.activelifestylecentre.org)

### Hours

9:00am – 4:00pm Monday – Friday

**40th Anniversary Event  
Celebrations on  
May 28 and October 20th  
(call for details or visit our website)**

### Activities

- Blood Pressure Clinics
- Exercise Classes, Tai Chi & Gentle Yoga
- Dancing - Line, Tap, Square, Round
- VHA – Foot Care Program
- Bridge, Pepper and Euchre
- Wii entertainment system



## Leisure Hours Centre



**519 St. George St. North, PO Box 327,  
Dresden, ON N0P 1M0**

Phone: 519.683.2558 Contact: Stan Webster

### Hours

Tuesday Evenings - Please Call Ahead

### Activities

- Cards – Pepper, Euchre, Bridge, Cribbage
- Bingo
- Wii entertainment system





# *Merlin Senior Citizens Friendship Club*

**13 Erie St. S.,Merlin, ON N0P 1W0**

Phone:519.689.4943 Contact Marg Darnley

Email: darnley@ciaccess.com

## **Hours**

9:00am – 4:00pm Tuesday

## **Activities**

- Alzheimer Society
- Potluck Dinners, Bake and Sidewalk Sales
- VON Foot Care
- Hearing Aid Information and Screening  
– Canadian Hearing Society
- Cards
- Quilting
- Art Lessons
- Wii entertainment system



# *Morpeth Heritage Club*



**12579 Talbot Trail, Morpeth, ON N0P 1X0**

Phone:519.674.1010 Contact: George Prins

Senior Games Contact: Anne McIntyre

Phone: 519-354-0187

e-mail address: a.mcin@sympatico.ca

## **Hours**

1:30pm – 4:00pm Thursday

## **Activities**

- Cards, Board Games, and Shuffleboard
- Weekly Lunches
- Celebration of Birthdays once per month
- Bus Trips (4 to 6 per year)



# *Le Club de l'Amitie* *(Friendship Club)*



**10 Notre Dame St., Pain Court, On N0P 1Z0  
C.P 116, Pain Court, ON N0P 1Z0**

Phone: 519.354.1249 Contact: Francois Caron  
Email: mfcaron@hotmail.com

## **Hours/Heurs**

1:00pm - 4:00pm Monday - Wednesday

**Qui peut devenir membre?** Toute personne de 50 ans et plus. Meme si vous êtes encore au travail, vous pouvez devenir membre de l'Âge d'Or, afin de donner votre appui au Club de l'Amitie et a la Fédération des Aînés Francophones de l'Ontario

## *History / Histoire*

Mr. Edmond Chauvin a retired high school teacher, decided with a group of volunteers to establish the "Club de l'Amitie" in Pain Court in 1975. This club was one of the first French clubs to be founded in South Western Ontario. Mr. Chauvin also helped to begin other French clubs in Grande Pointe, Pointe aux Roches and Windsor.

His goal was to unite all francophone's so that they could preserve their language, their culture and their traditions.

The Parish of Immaculée Conception in Pain Court offered this group a small room in the church basement. For the last 33 years this club has been meeting on a weekly basis. We are affiliated with the Provincial headquarters in Ottawa: "La Federation des Aines Francophones de l'Ontario" (FAFO). There are over 10,000 members in this Federation.

## **Activities**

- Crafts
- Partnership with Meals On Wheels
- Members of FAFO Provincial and Regional
- Information Seminars – Public Health, OPP Driving Safe
- Wii entertainment system

## **• Activités (Jeux de cartes)**

Lundi- 13h00 a 16h00 ( 1 :00-4 :00)  
Mercredi- 13h00 a 16h00 ( 1 :00-4 :00)

## **Celebration des fêtes et anniversaries**

1 fois par mois

## **Repas**

- BBQ en septembre
- Diner de Noël
- Diner de spaghetti (St.Valentin)
- Banquet – 35 anniversaire en Avril
- Service de popotte roulante sur demande
- Journées speciales- santé pour aînés, information des services aux aînés, etc.
- Voyages organisés 2 à 3 fois par anee avec le autres cluds de la région
- Participation aux Senior Games



## Ridgetown & Area Adult Activity Centre



**19 Main St. W. Ridgetown ON N0P 2C0**

Phone: 519.674.5126 Contact: Sharon Benishek

Email: [ridgetowncentre@hotmail.com](mailto:ridgetowncentre@hotmail.com)

### Hours

9:00am – 1:00pm - Monday - Friday

Craft Room 1:00pm - 4:30pm - Monday - Friday

### Activities

- Exercise Programs, Cards, Bus Tours, Line Dancing
- Clinics -VON Foot Care, Alzheimer and Hearing
- Monthly Birthday Luncheons
- One-on-one Computer Instruction
- Beginner's Bridge, Bridge, Shuffleboard, Billiards
- Glee and Book Clubs, CHAPS, Meals On Wheels
- Wii entertainment system



## Thamesville Happy Club



**96 London Rd., Thamesville, ON N0P 2K0**

Phone: 519.692.4546 Contact: Don Wright

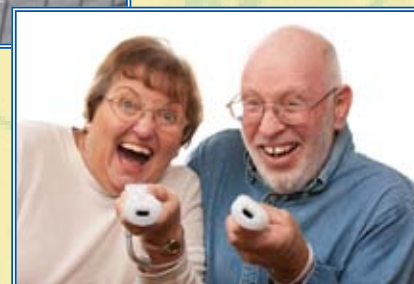
Email: [redhead@ciaccess.com](mailto:redhead@ciaccess.com)

### Hours

Hours vary - please call ahead

### Activities

- Shuffleboard, Bridge, Pepper, Euchre
- Line Dancing
- VON Foot Care Clinic
- Bus Trips
- Wii entertainment system



# *Tilbury Leisure Centre & DSA*



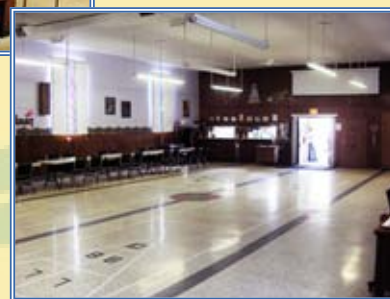
**10 Canal St. W., Tilbury, ON N0P 2L0**  
 Phone: 519.682.1020 Contact: Bunnie Dejong  
 Email: tilburycentre1@hotmail.com

## **Hours**

10:00am – 4:00pm Monday – Thursday  
 9:00am - 3:00pm Friday

## **Activities**

- Clinics: VON Foot Care – Canadian Hearing Society – Alzheimer's Society – Blood Pressure
- Pepper, Euchre and floor shuffle board
- Computer Classes
- Friday Lunches
- Wii entertainment system



# *Wallaceburg Senior Citizens Club Inc.*



**205 James St. Wallaceburg, ON N8A 2N4**  
 Phone: 519.627.6224  
 Contact: Marlene Rabideau  
 srcentre@kent.net

## **Hours**

8:00am - 2:00pm Monday – Friday  
 7:00pm - 9:00pm Friday Evening

## **Activities**

- Silver Threads Choir
- Bus Trips
- Foot Care, Blood Pressure and Hearing Clinics
- Lunch Counter – Dorothy's Corners – Breakfast and Hot Lunches Daily
- Fitness Room
- Wii entertainment system





# Wheatley & District Friendship Club



**171 Erie St. N. Wheatley, ON N0P 2P0**

[www.mnsi.net/~kcrew](http://www.mnsi.net/~kcrew)

Phone: 519.825.4870 Contact: Linda Wigfield

## Hours

9:00am - 7:00pm Monday, Tuesday, Thursday

1:00pm - 4:00pm Wednesday & Friday

1:00pm - 7:00pm Saturday

## Activities

- Quilting and Ceramics
- Cards – Euchre, Bridge, Pepper, Cribbage
- Creative Arts & Crafts and More
- VON Smart Program
- Wii entertainment system



“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

- George Bernard Shaw

The purpose of the Senior Advisory Committee is to educate and advise Council and community partners regarding ongoing, new, and/or priorities to matters of the quality of life of Senior Residents of The Municipality.

In fulfilling its purpose, the mandate of the Senior Advisory committee shall be to:

- Solicit input from Seniors within The Municipality and act as a public forum for issues that affect all Seniors in The Municipality;
- Act as a liaison for all Seniors in the Municipality, and advise Council on ways to enrich and enhance the health and quality of life of seniors in the community;
- Provide advice based on input received from Seniors within the Municipality, to improve the programs, policies and services provided to seniors; Identifying barriers to access by seniors to the Municipality's services and programs;
- Form partnerships in the community to educate, inform and improve quality of life for seniors.
- Assist the Municipality with Council's Strategic Direction #3, to diversify and grow Chatham-Kent's population by recruiting and retaining active retirees from major Canadian centres.
- Each Committee member will keep their Senior Centre informed of the Committees actions.

The Senior Advisory Committee meets every three months and meetings are open to the public. All questions and comments are welcome but must be booked prior to the scheduled meeting. Contact Deana Ross 519.352.4823 ext. 6119.







# *Celebrating 4 years of Life & Love*



## *Fine Amenities Provided for Care*

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



## *Unique Programming and Social Events*

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



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

***Dianne Tolman, Family Member***



## *Exceptional Features*

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

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

## ***\*How to be admitted to long term care from the community***

### ***Individuals/Caregivers must contact the CCAC first:***

- Contact your Case Manager at CCAC 519.436.2222, They will set up an appointment with you (and your representative) for consents to be signed and completion of the application. (If you do not have a Case Manager, contact the Intake Department at CCAC)
- CCAC authorizes all admission to long-term care; they ensure that applicants are eligible for long-term care / meet criteria established by legislation.
- Make appointments to tour the long-term care facilities
- The long term care facilities that you have chosen will receive your application; each facility will review your application and accept/decline admission to the home. Your name will be added to the wait list of the facilities you have chosen.

### ***Documents requested at RVG upon admission:***

- General Power of Attorney or Continuing Power of Attorney for Property
- Power of Attorney for Personal Care
- Birth Certificate
- Social Insurance Number
- Page of the new Resident's Last Will and Testament showing Executor and Law Firm
- Notice of Assessment for the previous tax year from Revenue Canada
- Identification and information for any benefits the new Resident might have
- Void cheque if using pre-authorized payment
- Health Card

## ***Housing***

### ***Support Housing***

Chatham-Kent Social Housing	519.351.8573
(March of Dimes) Rent Supplement	519.351.8464
(Community Living) Rent Supplement	519.352.1174
Chatham-Kent Housing Authority	519.351.8573
Salvation Army Family Services	519.354.1430
Trillium Retirement Apts	519.351.5801

### ***Retirement Resorts***

Blenheim Community Village	519.676.8119
Caleb Village, Chatham	519.352.1660
Chatham Retirement Resort	519.351.7777
Hudson Manor, Tilbury	519.682.3366
Maple City Retirement Resort	519.354.7111
The Meadows of Wheatley	519.825.4694
Park Street Place, Dresden	519.683.4474
Residence on the Thames	519.351.7220
Serenity Chatham	519.354.2273
Blenheim	519.676.0700
St Andrew's Residence	519.354.8103
Sunrise Park Lodge, Tilbury	519.682.0657
Sydenham Residence, Wallaceburg	519.627.0719
The Village, Ridgetown	519.674.5427

### ***\*Long Term Care Homes (see above)***

Blenheim Community Village	519.676.8119
Copper Terrace, Chatham	519.354.5442
Fairfield Park, Wallaceburg	519.627.1663
Meadow Park, Chatham	519.351.1330
Riverview Gardens, Chatham	519.352.4823
The Village, Ridgetown	519.674.5427
Tilbury Manor, Tilbury	519.682.0243

## ***Emergencies***

***If you need immediate assistance dial 911***

### ***Non-Emergency Calls***

Ambulance Service	1.800.277.9931
Police	519.352.1234
Ontario Provincial Police	1.888.310.1122
Poison Information Centre	1.800.268.9017
Telehealth	1.866.797.0000

## ***Area Hospitals***

Chatham-Kent Health Alliance	
Chatham	519.352.6400
Wallaceburg	519.352.6400
Four Counties (Newbury)	519.693.4441
Bluewater Health (Petrolia)	519.882.4325
Leamington Hospital	519.326.2373

***To Find A Doctor in Ontario***

***1.800.445.1822***

## ***Transportation***

Chatham Handi Bus	519.436.3233
CHAP, Chatham	519.354.6221
Erie Shores, Wheatley	513.326.9030
Helping Hands, Chatham	519.355.1654
Sports Medic	519.351.8680
Voyageur Patient Transfer Services	519.354.4441
Wallaceburg, Cadillac Cabs	519.627.2221



## Food Banks

Blenheim	519.676.3886
Chatham (Outreach For Hunger)	519.351.8381
(Salvation Army)	519.354.1430
Dresden	519.683.6541
Ridgetown	519.674.2472
Tilbury	519.682.2268
Wallaceburg (Salvation Army)	519.627.8257
(St. Vincent de Paul)	519.627.2013
Wheatley	519.825.7433

## Meals on Wheels:

Blenheim	(before 3pm)	519.676.8119
	(after 3pm)	519.676.2311
Bothwell		800.561.1222
	Diabetic Ed.Centre	519.693.7111
		Ex. 2489
Chatham		519.354.0791
	St. Andrew's Residence	519.354.8103
Dresden	N. Baptist	519.683.4892
	V. Jackson	519.683.4624
Ridgetown		519.674.2146
		519.674.5427
Wheatley		519.326.0527

## Grocery Delivery

### Ridgetown Foodland

(\$3.00 in town, \$5.00 out of town - \$40.00 minimum)  
519.674.5270

### Harvey's Food Market Bothwell

519.695.2842

### Sobey's Blenheim

(Tuesday - place order before 10am)  
519.676.9044

### Sobey's Wallaceburg

(Tuesdays- Place order before 11am - \$9.00 charge  
for in town, \$11.00 charge out of town )  
519.627.9911

## Medic Alarm Service

Lifeline	519.351.1110
Security One	519.352.6698

## Senior Support Organizations

Alzheimer's Society	519.352.1043
Brain Injury Association	519.351.0297
Canadian Cancer Society	519.352.3960
Canadian Diabetes Association	519.351.6020
Canadian Hearing Society	519.354.9347
Canadian Mental Health Association	519.351.6144
Heart & Stroke Foundation	519.354.6232
Kidney Foundation	519.352.0049
MS Society Blenheim	519.676.7420
MS Society Chatham	519.351.2008
Ontario March of Dimes	519.351.8464
Parkinson's Support Group	519.352.4366
Victorian Order of Nurses	519.352.5515
Women's Centre	519.354.6360

## Various Professional Services

*Call any of the senior centres in this publication for a complete list of reputable tradespeople within your area. (Plumbers, electricians, etc.)*

*This booklet was created by the Senior Advisory Committee. Please contact the Deana Ross 519.352.4823 extension 6119 for advertising opportunities or additional information about this publication.*



"Seniors are important people in any society," said Mayor Randy Hope, "and in Chatham-Kent we believe it is a high priority for seniors to have easy access to all the services and information they need. A community service directory, especially for seniors, is a great idea! I wish the project well."

# JUST ANNOUNCED!

*Heuvelmans Welcomes the Buick & GMC brands to their Dealership!*



Heuvelmans Chevrolet Cadillac Ltd. announced today that they will be welcoming the Buick and GMC brands to their dealership, offering customers the entire General Motors line up of Chevrolet, Buick, GMC & Cadillac vehicles. Heuvelmans is the authorized GM facility representing all GM Brands for sales, service, parts, warranty & collision repair.

**755 GRAND AVENUE W., CHATHAM**  
**519-352-9200**

*"Small Enough to Know You ... Large Enough to Serve You"*

# Telehealth Ontario

**Free Access to a Registered Nurse — 24 Hours a day, 7 days a Week.**

Now help is close at hand. You do not need to provide your health insurance number and all information is confidential. It doesn't hurt to call.

1-866-797-0000 TTY : 1-866-797-0007

What is Telehealth Ontario?

Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a **Registered Nurse**.

That means quick, easy access to a qualified health professional, who can assess your symptoms and help you decide your best first step. We can help you decide whether to care for yourself, make an appointment with your doctor, go to a clinic, contact a community service or go to a hospital emergency room.



How Does Telehealth Ontario Work?

When you call Telehealth Ontario, you will be talking directly with a Registered Nurse. You will be asked to describe your symptoms and answer questions to best assess the seriousness of the problem. Based on the assessment, the Registered Nurse can either advise self care, recommend a visit to a health practitioner or, give you the phone numbers of community resources nearest you.

The Telehealth Ontario service is provided in English and French, with translation support for other languages and a direct TTY number for those with hearing and speech difficulties. Callers can also be connected to medication information and health information audio tapes.

Why has this service been introduced?

Telehealth Ontario will improve the use of our health system by providing you with access to experienced health advice 24 hours a day, 7 days a week.

When Should I Call?

When you have a general health question and nowhere to turn, call Telehealth Ontario. Within minutes your questions will be answered, providing you with peace of mind.

A call to Telehealth Ontario will give you confidential advice about any health-related concerns such as :

- \* Symptoms that could require medical attention
- \* Illness or injury
- \* Chronic illnesses
- \* Nutrition and healthy lifestyles
- \* Teen health and lifestyle issues

A call to **Telehealth Ontario does not replace 911** — that's always the first number you should call in emergency situations.

For More Information:

Call ServiceOntario, Infoline at 1-866-532-3161

(Toll-free in Ontario only)

TTY 1-800-387-5559. In Toronto, TTY 416-327-4282

Hours of operation : 8:30am - 5:00pm



# Together Today For a Healthier Tomorrow

Impact your community and local healthcare system through planned giving.

When planning your estate, leaving a planned gift to the Foundation of Chatham-Kent Health Alliance is a unique and positive way to impact your community and local healthcare for years to come.

A planned gift is a pledge to donate a set amount of funds and/or capital assets, owned by you, to the Foundation as part of your estate. This type of donation can be made in the form of an appreciated security, bequest, charitable gift annuity, charitable remainder trust and/or a life insurance policy.

Through a planned gift, you are providing the Foundation with stable and reliable long-term funding and supporting Chatham-Kent Health Alliance's key priorities including:

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

In recognition of your gift, all planned giving donors become a member of the Exemplar Society - a program that recognizes and honours the visionary donors who leave a planned gift to the Foundation. The names of the Exemplar Society members are prominently displayed on a special donor wall and touch-screen in Chatham-Kent Health Alliance's main lobbies at both the Chatham and Wallaceburg campuses.

For details, please contact the Foundation of Chatham-Kent Health Alliance at 519.436.2538, [foundation@ckha.on.ca](mailto:foundation@ckha.on.ca) or visit [www.foundationckha.com](http://www.foundationckha.com). We have caring staff who will work with you to meet your needs and walk you through the intricate steps to leaving a planned gift.



**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)

## Your Substitute Decision-Maker Wallet Card

1. Cut along dotted line
2. Fill out the necessary information
3. Carry your wallet card with you at all times

<p>NAME (Print name in full)</p> <p>ADDRESS (Print address in full)</p> <p>PHONE (Print phone number)</p> <p>DATE (Print date)</p>	<p>NAME (Print name in full)</p> <p>ADDRESS (Print address in full)</p> <p>PHONE (Print phone number)</p> <p>DATE (Print date)</p>
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Health Practitioners should consider this only as a guide when determining SDMs under Ontario's rules for consent to treatment.

"A Guide to Advance Care Planning" is available at [www.citizenship.gov.on.ca/seniors](http://www.citizenship.gov.on.ca/seniors) or by calling 1-888-910-1999.



### Substitute Decision-Maker (SDM) Contact Information

Keep this card in your wallet.

This wallet card is NOT a Power of Attorney for Personal Care.

Complete Reverse Side.

## HINNEGAN - PESESKI FUNERAL HOME

SERVING CHATHAM &  
AREA SINCE 1904

*Thoughtful, Compassionate &  
Understanding People*

- BUSINESS BUILT ON REPUTATION
- SERVICING ALL RELIGIOUS FAITHS & ETHNIC CULTURES
- OFFERING PRE-ARRANGEMENT PLANNING
- CHAPEL FACILITIES
- BEREAVEMENT SERVICES
- OFFERING INEXPENSIVE IMMEDIATE DISPOSITION AND CREMATION

156 William St. S., Chatham  
519-352-5120

[www.peseski.com](http://www.peseski.com)

*Handicapped accessible and all facilities on one floor.*

# Senior Games – Details



## Senior Games Mission Statement

To provide older adults (55+) in Ontario with an opportunity to:

- increase their social interaction with others,
- increase their physical and mental well-being,
- maintain and enhance their psychological and physiological well-being through participation in recreational activities and sports.

## Goals

- enhance the opportunity for seniors to expand and develop their social interaction,
- provide an environment that stimulates physical activity,
- provide an environment conducive to mental development,
- increase participation in recreational activities, and
- facilitate more cooperation and communication between older adult groups within the Province of Ontario.



## Objectives

- ensure that activities are conducive to an environment for social interaction;
- have appropriate recreational and sport activities so that the older adult is able to meet new people and establish new relationships;
- encourage social activities in the form of banquets, luncheons, dinners, dances and more that will stimulate social interaction;
- establish an environment that reflects current trends in sport, fitness, and cultural and artistic activities;
- promote any innovative physical activity for the older adult through appropriate administrative governing bodies in fitness and sport;
- promote improved fitness levels;
- promote activities that reflect current needs of the older adult in relation to their mental well-being;
- demonstrate that older adults can remain active;
- encourage increased participation on an ongoing basis; and
- promote active living among older adults in Ontario.



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





# Senior Games – Activities

## **We are proud to announce the 2011 South Western Regional Senior Games will be held in Chatham-Kent!**

Chatham-Kent Successfully hosted the 2009 South Western Regional Senior Games September 3rd. Over 750 participants from the South Western Region competed in 18 physically and mentally active events!

Chatham-Kent is proud to announce that we have secured the bid for the 2011 South Western Regional Senior Games being held September 1st. Due to the success of 2009 it is anticipated that our participation for 2011 could possibly double! We are honoured to have the opportunity to host the Regional games back to back.

For more information on the Ontario Senior Games Association and the results of the 2009 South Western Regional Senior Games go to <http://www.ontarioseniorgames.ca/home/>.

2010 will be a banner year for the Ontario Senior Games Association. August 12th -14th Oshawa will be hosting the Provincial level competition known as Actifest. Chatham-Kent is hosting the district qualifying events from April – June, all gold medal winners in sanctioned events will have the opportunity to advance to Actifest! For more information visit <http://www.actifest2010.com/index.html>.

In 2008 Actifest was hosted in London. The winners will be advancing to the 2010 Canada Senior Games being held in Brockville. For more information go to <http://www.brockville2010.ca/>.

**For additional information on participating in the 2011 games, or volunteer & sponsor opportunities, please contact: DeanaLee Ross, Chatham-Kent Senior Games District Coordinator, 519-352-4283 ext 6119, [district33a@ontarioseniorgames.ca](mailto:district33a@ontarioseniorgames.ca).**



ProResp offers a wide range of services for respiratory-related palliative care and respiratory conditions such as:  
• COPD • Emphysema • Bronchitis • Pulmonary Fibrosis • Cystic Fibrosis • Obstructive Sleep Apnea • Respiratory Muscle Disorders • Asthma •



## Community Respiratory Therapy

• Home Oxygen • CPAP Therapy • Airway Management •

Whether you need CPAP or Oxygen Therapy, Our Respiratory Therapists and Nurses work with you and your health care team to develop a care plan that addresses:

- ✓ **Your doctor's orders**
- ✓ **Your expectations**
- ✓ **Our clinical team's goals for your care**

### Our Mission

Our success is helping people breathe easier.

We provide responsive, reliable and ethical community based respiratory services.

We assist our clients in achieving their desired level of independence and quality of life.

### Teamwork

Our clinical team connects closely with you, your caregivers, and your physician as well as local sleep labs, community care teams, hospitals, and long term care facilities to achieve the best possible respiratory care for you in the community.

Our collaborative approach, knowledge and effective communication optimize therapy planning and service delivery, resulting in successful treatment outcomes.



**For more information visit us online at [www.proresp.com](http://www.proresp.com)**