

Take one it's...FREE

ISSUE | 13

# CKSenior

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



# WELCOME

## Welcome to CK Senior, Issue 13

Here we are already in the midst of yet another fall season; the pause between summer and winter!

Fall is the one season that triggers all five of our senses. We *see* the leaves changing colour, we *smell* the delicious aroma of autumn, we *taste* the harvest from our farmers' crops, we *feel* the chill of the changing weather in the air and we *hear* the crunch of the fallen leaves under our feet. It truly is the time of year that our sense perception is at its peak.

As we reflect back over the past summer and ahead to the next season, autumn gives us a chance to relax a little and take a break before proceeding into what normally feels like the longest season of all, winter. As you sit back and unwind we hope you enjoy going through the pages of this publication and are once again reminded of all of the wonderful businesses and services available to address your needs right here in our own community. As always it was a pleasure putting this publication together and our appreciation and thanks go out once again to all of our advertisers for making this 13th issue possible.

We hope that everyone is enjoying every minute of this wonderful time of the year. In the words of William Cullen Bryant - "Autumn...the year's last, loveliest smile."

Continue to enjoy each day to the fullest, and remember...  
*It's alright to slow down, just don't stand still.*

Sincerely,

**Andrew Thiel**, President

**Mark Requena**, VP / Website Development / Photographer

**Grant Smith**, IT Specialist

**Lisa Persyn**, Graphic Designer

**Candice Cottingham**, Graphic Designer

**Nancy Schlereth**, Sales Manager

**Jill Gale**, Sales Rep, Dresden/Wallaceburg



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If you have any comments on this publication or if you are interested in advertising in our next CK Senior, please contact us at info@athielmarketing.com

**"When a  
child is born,  
so are  
grandmothers."**

*~Judith Levy~*



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*The Verandas* <sup>50+</sup>  
— AT PRESTANCIA —

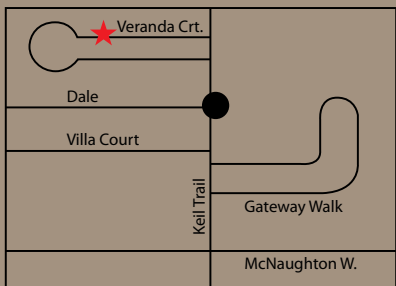


# WELCOME HOME

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# ABOUT THE COVER

If you've had a chance to take a drive down Riverview Line these past few weeks you would have certainly noticed four apple trees lining the roadside, absolutely covered in fruit. Behind the trees, a field of soybeans ready for harvest made it the perfect spot to take our fall cover shot.

On the cover is little Evelyn Requena, Alex Thiel, and his grandmother, Irene Duff. The remaining photos shown here include the youngest Thiel boy, Anderson, along with the Hems twins, Owen and Logan! The children had a great time picking apples, running in the country air, and even taking in a story from Grandma Irene under the blue sky. You can see how Grandma Irene lights up when she interacts



with her grandsons and the other children in these photos. Being a grandmother means many things and in most instances keeps us feeling and looking young. The real trick is to keep moving and to stay fit so we can enjoy our grandparenting years to the fullest.

As the afternoon came to an end, Irene, her grandsons, and the other children took their apples and their memories of the day and headed home. Thanks Grandma Irene for the fun memories made today!

*Becoming a grandmother is like the harvest in the fall, we grow from a mother into a grandmother and if fortunate enough one day into a great grandmother!*





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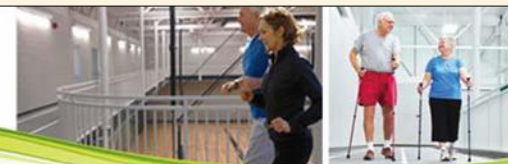
Enjoy the benefits of being active all year long, take advantage of our many senior programs and start your journey toward a Healthier, Active You. Senior Track Memberships are available to the community and include unlimited access to our indoor track and one group exercise class per week. Participate in such classes as – Functionally Fit, Zumba, Yoga and more!

Join our seniors badminton league every Monday and Thursday 2:30pm - 4:30pm. Playing badminton keeps you feeling well, strong, motivated, enthusiastic and young. Most important, playing badminton is a great way to meet new people and have fun.

We offer an exciting line up of programs and services; Volleyball, Walk 2 Run, or Biggest Winner could be the program you were waiting for. Be the first to experience MELT training, a NEW program designed to reduce the negative effects of aging including osteoarthritis, aches and pains.

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For many people, the most significant way to show how much they care for the charitable cause they believe in is to leave a legacy or a planned gift. Simply put, a planned gift is a very special, carefully planned donation that strikes a delicate balance between your financial needs, your ongoing family commitments and your deepest charitable goals.

### Why should I leave a planned gift to the Foundation of CKHA in my Will?

Through a planned gift to the Foundation of Chatham-Kent Health Alliance's (CKHA) *Exemplar Society*, you can help ensure that your loved ones will have continued access to the best healthcare available, 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. Everyone in our community, for generations to come, will benefit from your thoughtful planning.

### How can I make a difference?

Planned gifts are an important source of long-term funding. They provide the Foundation of CKHA with a stable and reliable stream of ongoing support that helps to keep CKHA's future strong and secure.

- A **Bequest** is the simplest way to leave a legacy and may be done by designating specific funds or property through your Will
- Transfer **Appreciated Securities** such as stocks, bonds or mutual funds that, over time, have increased in value
- Give a new or existing **Life Insurance Policy** to allow you to make a sizeable future contribution by paying modest premiums now
- A **Charitable Gift Annuity** delivers immediate tax advantages while providing a guaranteed fixed income for life
- A **Charitable Remainder Trust** enables you to receive a tax receipt on the current value of a gift you intend to give in the future



Foundation of  
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## Exemplar Society

Where life, hope & generosity live

For more information on the Foundation of CKHA's *Exemplar Society*, or to request a brochure, please contact:

**Michele Grzebien-Huckson,**  
Executive Director, Foundation of CKHA

p: 519.436.2538

e: mgrzebien-huckson@ckha.on.ca

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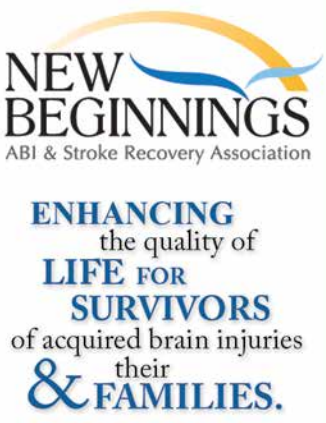

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# NEW BEGINNINGS

## Providing the strength needed

New Beginnings, with sites in Chatham-Kent and Sarnia-Lambton, are excellent facilities 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 support groups for their family members/caregivers.

“New Beginnings provides a safe, welcoming, and caring facility for survivors to discover their post-injury/illness selves,” says Lori Gall, Executive Director. The ability to socialize with others who can relate to what the member/caregiver is going through can’t be overstated. “Knowing that others have experienced the things you’re experiencing provides the strength needed to move forward,” notes Gall.

The atmosphere at New Beginnings is upbeat and fun. Daily programs 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 the Club’s activities, they are continuing to recover physically, cognitively and emotionally,” says Gall.

With a survivor attending the Club’s day programs, it also provides an opportunity for respite for family members/caregivers of survivors.

## PROVIDING THAT “LITTLE EXTRA”

### Remembering her families concerns

Personal support worker Krista McDonald takes her position one step further than just covering the basics with her new independent home care and personal service business “*Care N Cleaning*.” Truly caring for the people in our community that are alone was the reason that Krista decided to start this business.

Watching her grandparents and relatives receiving home care while recovering from surgeries or illnesses, she saw and heard the concerns that they had. Krista remembers the difference that “little extra” made in their day making their lives so much more comfortable. Understanding that there is an emotional side to personal care, Krista spends personal time with her clients adding companionship to the “*Care N Cleaning*.”

Many of us are living in what is called the “sandwich generation”, working full time while still taking care of children and elderly parents. Another set of trustworthy hands available to help is exactly what Krista offers!



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# NOAH'S ARK PET BOARDING INC.

## A Dream Come True

Noah's Ark Pet Boarding Inc. began as a dream for three women living with a menagerie of pets and no place to leave them while we were away. Our pets are our family and with backgrounds with the Chatham-Kent O.S.P.C.A. and local Veterinary Clinics we all agreed there was a need for a better type of pet boarding facility.

Armed with lots of experience and research we invested in and built our dream kennel. We knew we had the perfect location at Highway 42 and the 401. We also knew we had the right people - all family who adore animals.

Now, eight years later, we have a family of five women to spoil and pamper each pet. Dogs are housed in a dedicated building, fully heated and air conditioned, with lots of room to play or just lay around and relax on a couch! Being social in nature it is very rewarding to watch the interaction of like-sized dogs in a supervised setting. Senior pets needing medication or special meals are no problem - we cater to your pet's individual needs, just give us a call. And now with a separate building to house cats, birds, reptiles and pocket pets, our goal has been realized.

*We would love to meet you and your pet!*



## NOAH'S ARK PET BOARDING



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## "FAVOURITE PET PHOTO" WINNER FROM OUR LAST ISSUE 12 CONTEST IS...



"Chichi"

Thank-you to everyone  
who sent in photos!

# M&M MEAT SHOPS IS PERFECT

## For Senior Shoppers

For 33 years M&M Meat Shops has been a trusted stop for Canadians who love convenient, delicious, quality frozen food. In Chatham, your local M&M Meat Shops was opened in 1987 and has been run by the Lougheed family ever since. Bill Lougheed runs the store with the help of Mary Anne and Judy, who have been working there for 21 years and Mary Jane and Linda who have both worked there for 10 years. Part-time students Aaron and Noah round out the knowledgeable team.

So why is M&M Meat Shops a great place for Seniors? Because it offers the friendly, personalized service of an old-fashioned neighbourhood grocer, with all of the modern appeal of the highest quality frozen food in easy portions with plenty of choices for any dietary needs.

The M&M Meat Shops motto is "Hundreds of Meal Ideas – One Aisle." Our store carries hundreds of quality products, many of them exclusive, in one compact location. From single-serve meals, hearty soups, delightful appetizers, and tempting desserts, to the most popular chicken breasts in Canada, there's something for everyone at M&M Meat Shops. And you won't have to park three blocks away or negotiate endless aisles. Easy, friendly and convenient – that's us.

If you have any special dietary requirements, such as: diabetes, allergies, gluten-free, low fat or sodium, etc. our in-store Product Consultants can give you a personalized list of food options that will suit your specific needs. They are also happy to help you choose the best foods for your lifestyle, budget and tastes.

Looking for ideas on what to eat tonight or this weekend? Just ask our Product Consultants and watch them go, they can even give you tips on how to cook the meal! You can also take home M&M Meat Shops' seasonal full-colour catalogue which has great meal ideas and can be picked up in store, or visit us online to browse all of our delicious foods at [www.mmmeatshops.com](http://www.mmmeatshops.com)

If those weren't enough reasons to love M&M Meat Shops, we also offer a special Seniors' Discount on Tuesdays, to those 60 and over, of 5% off your purchase – and if you spend more than \$30.00 the discount will be doubled to 10% savings! Bill and his team look forward to seeing you soon!





MEAT SHOPS



Meat Loaf Minis



Shepherd's Pie



Breaded Haddock Fillets





## Attention Seniors 60 and over...


**EVERY TUESDAY IS SENIORS' DAY**  
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## WHAT IS A CHIROPODIST?

The practice of Chiropody originated in the UK, where the term referred to a medical professional who specialized in the treatment of foot ailments. Following this model, the United States developed the Doctor of Podiatric Medicine (DPM) program. Today, there are two titles commonly used in Canada: Chiropodist and Podiatrist. Both terms refer to specialists who provide treatment for foot ailments. Generally, both perform the same procedures. Depending on their level of training, Podiatrists maybe be able to perform bone surgery and order x-rays, while most Chiropodists do not. Chiropodist is the most broadly used and accepted term for a foot specialist in Ontario. Chiropodists are highly trained and skilled professionals, specializing in the treatment of foot ailments. They are experts in the biomechanics of feet and are licensed to administer local anesthetics and perform soft tissue surgery.

At the Zandberg Foot Clinic, we are in the business of making feet comfortable and pain-free. We provide a variety of options to treat all kinds of foot ailments. To learn more about our services, please visit our website at [www.zandbergfoot.ca](http://www.zandbergfoot.ca)

Our clinic is run with honesty and integrity and we are committed to providing cost effective care in a timely manner. Call and make an appointment today!

# MORE PHYSIOTHERAPY, MORE CARE

## Understanding the new changes to improve how physiotherapy services are delivered



Over the past several months, the province of Ontario has been making significant changes to the way physiotherapy services are made available. The changes mean that more than 200,000 additional seniors and patients across the province will benefit from improved access to high-quality physiotherapy, exercise and fall prevention classes.

3. In-Home Based Physiotherapy: Those looking for more information on how to access in-home based services are urged to contact the CCAC at 519.310.2222.

4. Clinic-Based Physiotherapy: Patients are encouraged to speak with their primary care provider, or to find a publicly funded local clinic by visiting [www.ontario.ca/physiotherapy](http://www.ontario.ca/physiotherapy). More clinics are expected to be offering these services in the coming months.

5. Primary Care Physiotherapy Services: Currently the Ministry of Health and Long-Term Care is in the process of evaluating this model. For the most recent information, please visit [www.ontario.ca/physiotherapy](http://www.ontario.ca/physiotherapy)

Sometimes change can be a stressful thing, but the new changes to physiotherapy means that more people have easier access to the services they need. This provides a better quality of life in their home and in their community.

### before

The previous service delivery approach and open-ended funding model resulted in:

- Inequitable access for patients
- Accountability issues
- Uncoordinated care
- Aggressively growing financial pressure

### now

The new physiotherapy model ensures that:

- Access is improved and equitable
- Care providers are held accountable
- Care is coordinated
- Funding provides targeted care and greater value for Ontarians

One of the most common questions asked is about how people will receive physiotherapy care. The answer depends on the type of care that is needed. There are five streams of physiotherapy and exercise/falls prevention services available to seniors and those who require access to service.

1. Group Exercise and Falls Prevention Classes are being offered in long-term care facilities and in retirement homes and other community locations. Those looking for more information are urged to contact the VON at 519.352.4462 ext. 5222.

2. Both physiotherapy and exercise classes are being offered in Long-Term Care Homes. Residents are urged to speak with their nurse or home administrator for more information.



*This article has been written and submitted by:  
Erie St.Clair Local Health Integration Network, Chatham, ON.*

# THE CHATHAM-KENT AGE FRIENDLY ACTION PLAN

How do we make Chatham-Kent a great place to live regardless of age?



Canada is a wonderful place to live. Imagine for a moment that you have lived your entire life here. You have worked, raised a family, given back to your community while building a lifetime of memories, experiences and pride. Now imagine for a moment that after all of that, you no longer feel welcome in your community. Imagine feeling so unwelcome, that you live your life confined to your home, unable to get by day to day without help.

Just as in communities around the country, this scenario is a reality for many older residents in Chatham-Kent. It also represents a stark warning regarding the kind of future younger residents unknowingly have to look forward to in their futures. Worse still, it is entirely preventable.

We do not tell our elder residents in words that they are not welcome in our community. It is not a deliberate act but rather the sum of unintended consequences. It is merely the result of organizing our community in the way that we have done for decades that has made Chatham-Kent, like so many other places, age un-friendly.

It is not surprising that the needs of seniors were not top of mind when services and infrastructure were designed. After all, when these programs and structures were conceived and built, older age groups represented only a small minority of the overall population, and their needs were therefore not considered a priority.

In 1950, the average life span for men in Canada was 63, and 67 for women. Today it is about 80. In 1971, one-half of the population was age 25 and under, but by 2011 one-half of the population is 40 and over. As recently as 1981, less than 9% of the population of Canada was age 65 and over, while today it

is 14%. In Chatham-Kent alone, the over 65 crowd is projected in the next 20 years to rise to nearly 30% of the population.

What does it mean for a community when such a large percentage of the population is older – soon in Chatham-Kent's case nearly one in three – and confronting an age un-friendly environment? What does it do to individuals, or to families, to businesses and over-stretched social service providers? How do we respond?

The World Health Organization (WHO) studied this issue and concluded that age un-friendly community design has a profound negative impact on the average person, including:

- An inability to remain physically and socially active as one ages,
- An inability to find and get services you need,
- Early on-set of age related health problems & diseases, and the costs that go with them,
- Increasing isolation as people choose to stay home,
- Dependency on family and social services to meet simple day to day needs,
- Poor quality of life and shorter life expectancy.

They recommend that communities address change in 8 key determinants of Age Friendliness:

- Outdoor Spaces and Buildings
- Housing
- Transportation
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Health and Community Services

Focusing change in these 8 areas can prevent, repair and reverse the damage (be it physical, mental, social or financial) created by living in such a community.

This work represents one of the great challenges of the 21st century. The aging demographic is not a temporary Baby Boomer tsunami, but represents the “new normal” as modern medicine and healthy lifestyles rapidly increases human life expectancy. Our response therefore needs to take the long view, implementing change over decades, and re-evaluating our Action Plan as society’s needs evolve.

Under the guidance of the Seniors Advisory Committee and with generous funding from the Ontario Trillium Foundation, we will start by talking directly to older residents of Chatham-Kent about their lives today. What can we do better to help them access services, shop, play, travel and otherwise live life with dignity and respect?

The feedback we receive from older adults will inform the recommendations to come in Chatham-Kent’s Age Friendly Action Plan. To address all of the concerns identified in the WHO’s 8 key determinants of age-friendly communities we need to take a holistic approach. Everyone will have a role to play as the fixes for this problem will cut across all sectors (private and public) and all levels of society.

From Spring through Fall of 2014, we will conduct a comprehensive survey and a series of focus groups for the general public. These focus groups will take place at a variety of locations around the Municipality to dig down into

these critical issues and capture the needs unique to each geographic region. We invite you to take part.

More information about the survey and focus groups will be made public in the New Year. Watch your local paper, and keep an eye on the Chatham-Kent Seniors Web Portal [www.ckseniors.ca](http://www.ckseniors.ca) for further details as they become available.



For more details or to volunteer your time to the cause, please contact Devin Andrews, Age Friendly Project Coordinator, 519-354-8103, [dandrews@standrewsresidence.com](mailto:dandrews@standrewsresidence.com)

## Facts of the Aging Demographic

- In 1950, average life expectancy in Canada was 63 years for men and 67 for women. Today it is 80.
- In 1971, one-half of the Canadian population was 25 years old or younger. Today, one-half is 40 years old or older.
- In 1981, 9% of the Canadian population was age 65 or older. Today it is 14%. In Chatham-Kent, it is expected to rise to nearly 30% of the population over the next 20 years.
- 1959 was the year during the Baby Boom when the largest number of babies were born. This cohort will turn 60 before the end of the decade.
- 20% of the New York City workforce is over the age of 55. This stat is reflected in all sectors. 4 generations now work side by side in the workplace.
- The New York Academy of Medicine predicts that a person entering the workforce today will have the ability to work 60 years.
- A Danish health study predicts that one-half of all the children born in Denmark in 2009 will live to or past 100.
- A European Union Health Commission study reveals France has the highest longevity rates in the EU. Today in France, a 72 year old can expect to live another 15 years. By 2050, that rate will have increased and a person can then expect to live another 15 years starting at age 78.
- Close to one in five people, 20%, are over the age of 60. However, this same group possesses 50% of all disposable income in society and, 70% of all wealth. When they shop they are not specifically seeking “old person” services. BUT despite that, only slightly more than 10% of all marketing is directed at these consumers.

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	6						4	
8		3	1	2		9		7
7						2		
		8		9		4		
		6						1
2		4		3	7	5		8
	5						7	
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**What's 4 Dinner** provides homemade meals both in individual and family size servings. They offer daily specials and homemade baked goods, and pride themselves for their large selection of hearty homemade soups. The freezers are stocked with a variety of homemade meals and baked goods providing a convenient way to shop for yourself, your parents, and your children-those at home and those that may be away at school. When you purchase your meals at What's 4 Dinner, you have no chopping, no shopping, no clean up, and no waste. What you do have are homemade meals and all you need to do is "Just Add Heat!"

Special orders can be placed in advance, drop by and ask for details.

Also while you're waiting for your order to be filled, visit "Kathy's Kloset" upstairs where you can find unique treasures in our consignment boutique.

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Hours: Mon to Fri: 9:30am - 5:30pm | Sat: 9:30am - 3:30pm  
519.351.7905 | [whats4dinnerchatham.ca](http://whats4dinnerchatham.ca)

# DIGITAL RETINAL SCREENING

## New and Improved Technology

### *What is Digital Retinal Screening?*

Today, digital retinal screening is an improved technology with which your doctor can take high-resolution digital photographs of the interior portion of your eye, commonly the retina.

It can take detailed images of the various structures of the retina including the optic nerve, blood vessels, nerve fibre layer and the macula. It can also show abnormalities that may threaten your normal vision.

This technology provides a baseline for comparison with previous and future visits which aids in monitoring disease progression and response to therapy.



*Dr. David Oliphant providing Digital Retinal Screening*

### *Who Should Have a Digital Retinal Screening?*

**Healthy Patients** - Knowing what the eye looked like when it was healthy is often times the best way to detect if a disease is starting. The patient's healthy photograph can also be compared with future photographs to determine if there have been any changes.

**Diabetic Patients** - People with diabetes are at a high risk for developing a variety of eye diseases including cataract, glaucoma and diabetic retinopathy, one of the leading causes of blindness. Early detection and treatment is key to preventing vision loss. Through the use of screening, your doctor can accurately diagnose diabetic retinopathy, as well as carefully monitor any disease progression.

**Glaucoma Patients** - As most people have no symptoms or warning signs until the disease has advanced beyond repair, it is critical for glaucoma patients to have retinal screenings so the doctor can detect even slight changes in the condition of their optic nerve.

**Patients with Macular Degeneration** - Over 90% of people with macular degeneration have the dry form of the disease, which does not usually cause severe vision loss. However, if not detected early, the disease can progress to a wet form, which is characterized by the growth of abnormal blood vessels in the macula that can leak fluid or bleed. This can lead to significant complications and vision loss in the center of the visual field. For this reason, it is very important for all macular degeneration patients to have regular retinal photographs.



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# apple crisp

## INGREDIENTS

### CRISP TOPPING:

1/2 cup	all purpose flour
3/4 cup	oats
1/2 cup	brown sugar, packed
1 tsp	cinnamon
1/3 cup	butter

### FRUIT:

6 cups	Gala apples, sliced
3/4 cup	sugar
2 tbsp	water
1 tbsp	lemon juice

Vanilla ice cream

## PREPARATION

### TOPPING:

Combine flour, oats, brown sugar and cinnamon. Cut in butter until mixture is crumbly. Set aside.

### FRUIT:

Arrange apples in greased 9" square baking dish. Sprinkle with sugar, water and lemon juice. Sprinkle topping evenly over fruit. Bake at 375°F for about 40 minutes, or until fruit is tender-crisp.

Brought to you by:



## IT'S "APPLE TIME"

It's been said that one of nature's best aids to good health is truly only an apple away. But why? Does "an apple a day really keep the doctor away?" What makes apples so great?

Here are just 5 benefits of consuming an apple a day.

**1. FIBRE:** Looking to add more fibre to your diet? One medium apple (with skin) provides approximately 4 grams of fibre.

**2. HYDRATION:** Apples are 84% water so they can satisfy your hunger and thirst.

**3. REDUCES TOOTH DECAY:** Not meant to replace your toothbrush but apples are known as nature's toothbrush.

**4. LOW IN CALORIES:** A medium-size apple is approximately 80 calories. Not only is it fat and sodium free, but have I mentioned it's full of fibre?

**5. VITAMIN C:** One average-size apple can provide you with approximately 25% of your recommended vitamin C, a great way to keep colds at bay.

SO TAKE ADVANTAGE OF THE FALL APPLE HARVEST, GET THAT APPLE A DAY INTO YOUR DIET AND REAP THE MANY BENEFITS!

## Active Lifestyle Centre "CONNECT" Senior Resource Fair

**WHEN:** Friday, Feb. 14, 2014 | 10:00 am - 2:00 pm  
**WHERE:** 20 Merritt Avenue, Chatham, ON N7M 6G9

Speakers, information sharing, entertainment,  
Give-aways and **FREE LUNCH** for all seniors.

**All Chatham-Kent Seniors welcome to view and  
access resources to assist with all living needs  
and stages of care.**

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"Check out our new expansion at the  
2014 Senior Fair"



519.352.5633

20 Merritt Ave. Chatham, ON  
[www.activelifestylecentre.org](http://www.activelifestylecentre.org)



## SENIOR RESOURCE FAIR

### Save the Date

2013 marks the 23rd year that the Active Lifestyle Senior Centre has been operating out of the 20 Merritt Avenue facility. This Senior Community Centre has come a long way in catering to the senior population of Chatham-Kent. Our numerous programs cater to both the active and less active senior in order for them to maintain a healthy, productive and meaningful life after retirement. Not only do we offer over 50 programs to our 1100 members, we also have a wonderful volunteer environment which gives a recent retiree a purpose to utilize the expertise gained in their working years. (Yearly membership - \$35.00)

On February 14, 2014 the Active Lifestyle Centre will open its doors to every senior in Chatham-Kent to exhibit resources in our community for our seniors. "CONNECT" is our Senior Resource Fair that brings the senior of today in touch with their present and future needs when entering years that often create obstacles both physically and mentally. As well, the resources displayed that day offer seniors many opportunities to be associated with a community partner that offers programming and activities. February 14 will be a free day including a **FREE LUNCH** for all who attend. Come and tour our facility, learn about the resources and enjoy a nutritious lunch.

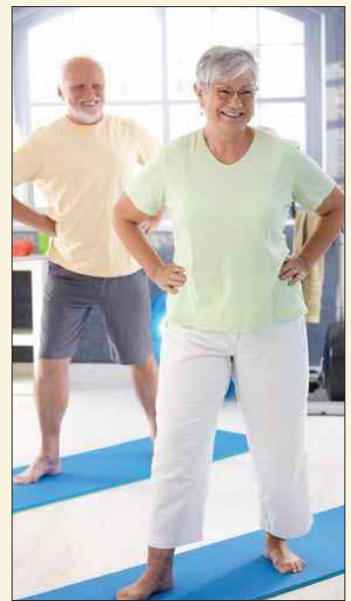
# ACTIVE LIFESTYLE CENTRE

## Growing to accommodate our Seniors

*The Active Lifestyle Centre has grown to accommodate its many senior members and programs!*

In December 2012, the Centre received Federal Community Infrastructure Initiative Funding for a 3000 sq. ft. expansion to their present facility. In January 2013, the ground was broken and the construction began. An extra large auditorium, along with a storage area, accessible washrooms, a kitchen nook and an enlarged billiard room is the result of many months of planning, building, installing, painting and landscaping. *The result is amazing!*

One has to see it to believe it! With 1100 members registered and 190 seniors using our Centre every day, the programs are booming, the music is inspiring and the seniors are participating in everything from bridge, euchre, line dancing, hooping, clogging, choir, bingo, quilting, computer lessons, pepper, cribbage, scrapbooking, card making, drumming, Burlesque dancing, shuffleboard, carpet bowling, book club and Tai Chi, as well as foot care, manicures, massages, hearing tests, blood pressure clinics and exercise programs.



Every day, our Cafe serves a delicious and healthy luncheon at very reasonable prices. And if you like, take home is also available. Our chef caters to our birthday parties, as well as all other special events, such as Elvis and Casino night. The Centre is also available for rentals for all types of occasions with a 100 birthday party being held over the summer. Three weddings were held at the Centre last year, along with events for the Sunshine Rotary Club, Cornell School of Dance, Lions Club and the Rugby Chatham-Kent final dinner.

Our Senior Resource Fair on February 14 will showcase our wonderful Centre. We will have many dignitaries, both local and federal, on hand to celebrate our expansion. Thanks to Westhoek Construction who coordinated each building day the year has proven to be a huge success for the Centre. Our members will be enjoying the inviting atmosphere that exudes from the programs in our Centre. Please drop in to experience our magnificent Centre and all that it has to offer the seniors of Chatham-Kent.

*We are growing in both numbers and space.  
"Be sure to check out our new expansion at the  
February 14, 2014 Senior Fair."*

*This article was submitted by the Active Lifestyle Centre*

# ASK THE EXPERT MANON LARIVIÈRE, M.Sc.S.Aud

Audiologist

## Rechargeable hearing aids available for today's market

With the seasons changing, some folks are getting ready to make some important changes too. Putting away the summer clothes and taking out the fall and winter bins. Storing that lawnmower and taking out leaf rakes and snow shovels. Or better yet, getting geared up for a renovation project to keep busy during the colder months. If that is the case for you, I suggest choosing flooring and furnishings in a color that is high contrast to your hearing aid batteries. Because when those buggers slip from your fingers and fall, they can be hard to find!

Ever drop a hearing aid battery? Ever run out of batteries unexpectedly? Annoying, isn't it? You can simplify things and say goodbye to weekly battery changes with eCharger – the sustainable power solution for rechargeable Siemens hearing aids.

Siemens launched its first battery charger back in 2010 because hearing care professionals and hearing aid users had been asking for a rechargeable solution. As usual, Siemens answered the call: There are now several models of rechargeable Siemens hearing aids. Choosing rechargeable instruments reduces battery waste, as they use approximately one battery per year, instead of 52 disposable batteries. So you can feel good about choosing a sustainable solution!

And it's so easy to use! You simply drop your Pure or Motion hearing aids into the eCharger at bedtime. Within six hours, they are powered up and ready for your busy day ahead. The eCharger's electronic drying function protects your hearing instruments from moisture damage and ensures long-term reliability. The elegantly designed charger is about the size of a coffee mug, so it doesn't use up too much precious real-estate on your countertop or nightstand. And since the instruments are in the charger every morning when you need them, you'll always know where they are!

But wearing hearing instruments is not really about elegant designs and interesting accessories. It's about hearing better. The process starts by finding a trusted hearing care professional, getting a hearing test, and discussing your specific needs and concerns. And although in most cases of early hearing loss, it is ok to wait and carefully consider options, it is important to know that the old saying "use it or



lose it" applies to hearing. The hearing sensitivity itself will not be affected by delaying treatment, but when there is hearing loss, even mild hearing loss, the brain is being deprived of important auditory stimulation. The longer we wait before trying hearing instruments, the harder it is to get used to hearing those sounds again.

Another way to look at it is this: Hearing instruments keep the brain stimulated with sounds of different pitch and loudness, and help maintain its ability to make sense of sounds. The ears hear, but it's the brain that has to figure out what those sounds mean! And as the ears age, making sense of sounds becomes harder, especially in noisy environments – all the more reason to keep the ears and brain trained to stay attuned to important sound information.

So as you get ready to go pick out your new flooring at the (often noisy!) renovation store, or maybe buy a new snow blower, you might not be able to find your car keys, but you'll know exactly where to find your fully charged Siemens hearing aids... In that shiny little eCharger!

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**Active Lifestyle Centre**

20 Merritt Ave. Chatham, ON

519.352.5633

**Blenheim & Community Senior Citizens Group**

90 Catherine St. Blenheim, ON

519.676.3894

**Bothwell Senior Citizens**

122 Elm St. Bothwell, ON

519.350.1977

**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, ON

519.674.1010

**Ridgetown & Area Adult Activity Centre**

19 Main St. W. Ridgetown, ON

519.674.5126

**Thamesville Happy Club**

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226.229.0303

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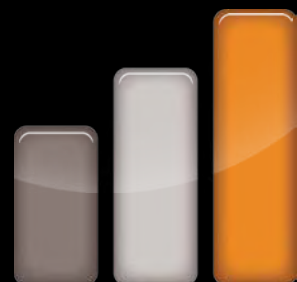
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# GETTING READY FOR WINTER

Don't let the winter weather keep you indoors.

Plan ahead and stay healthy and safe when venturing outside!

*The winter is a beautiful season and it feels so good to get outside and enjoy some of the crisp air. There are, without doubt, higher incidents reported for illnesses and injury due to cold and dry air, flu viruses and icy walkways during this time of year so here are just a few tips that may help you to stay healthy and safe when heading outdoors!*

Pick your days to venture out carefully. Make sure walkways and roadways have been cleared.

Wear a hat; remember, close to half of your body heat is lost through your head.

Dress warm. Layer your clothing and make sure you stay dry. Don't forget your gloves or mitts.

Help avoid slips and falls by wearing non-skid footwear with good traction.

If you're outside shoveling snow, remember that puts extra strain on your heart so do some warm up exercises before you pick up that shovel.

Equally important to remember is good nutrition. The food we eat provides the fuel we need to keep warm. To warm up your body remember hot food and warm drinks do the job best.

Winter offers lots of outdoor activities, but even just walking outside can be a challenge so plan your route before you leave your home, go slow, and think about your every step. Avoid icy sidewalks; choose the grassy patch alongside when in doubt for better tractions.

Winter can zap the energy from our bodies and can even affect our moods, so consider taking a multi vitamin to help reverse some of these seasonal side effects. *(Always check first with your doctor before taking any supplement).*



If you use a cane to help with balance, you may want to consider purchasing an ice pick attachment for the end of your cane. This will add extra safety and grip on icy walkways to help prevent slipping.

When heading outside, make sure you have all the proper gear for your outdoor adventure. Preparation is the key to a successful outing.

Don't ever be afraid to reach out for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional.

Get your car serviced before wintertime hits. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. If the weather is really stormy then arrange rides to and from your doctor's appointments and the grocery store or have your groceries brought in to you.

And when "the weather outside is frightful" staying indoors is the best decision, however, it does not mean you have to be inactive. Stay active by walking in place, using a stationary bike, working out with a fitness video and doing daily stretching exercises to help maintain flexibility. *(Always check first with your doctor before beginning any exercise program).*

*Plan ahead,  
stay healthy  
& stay safe!*

*"Let it Snow, Let it Snow,  
Let it Snow!"*



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# C.H.A.P.

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*C.H.A.P. is an Erie St. Clair L.H.I.N. funded program.*

*support...empower...advocate... support...empower...  
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GROUP EXERCISE, ACTIVITIES, AND MORE....

*newly renovated rooms will be available soon...*

## How did you do?

### SUDOKO ANSWERS

9	7	2	8	4	5	6	1	3
1	6	5	3	7	9	8	4	2
8	4	3	1	2	6	9	5	7
7	9	1	4	6	3	2	8	5
5	2	8	7	9	1	4	3	6
4	3	6	5	8	2	7	9	1
2	1	4	9	3	7	5	6	8
6	5	9	2	1	8	3	7	4
3	8	7	6	5	4	1	2	9

Difficulty ★★☆☆☆

# Riverview Bingo Palace

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...it's fun, it's fast,  
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Our **FAST TRACK BINGO** shutter board system uses cutting edge technology to bring to you a fast and exciting style of game play, unlike any paper game.

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## SESSION TIMES

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