

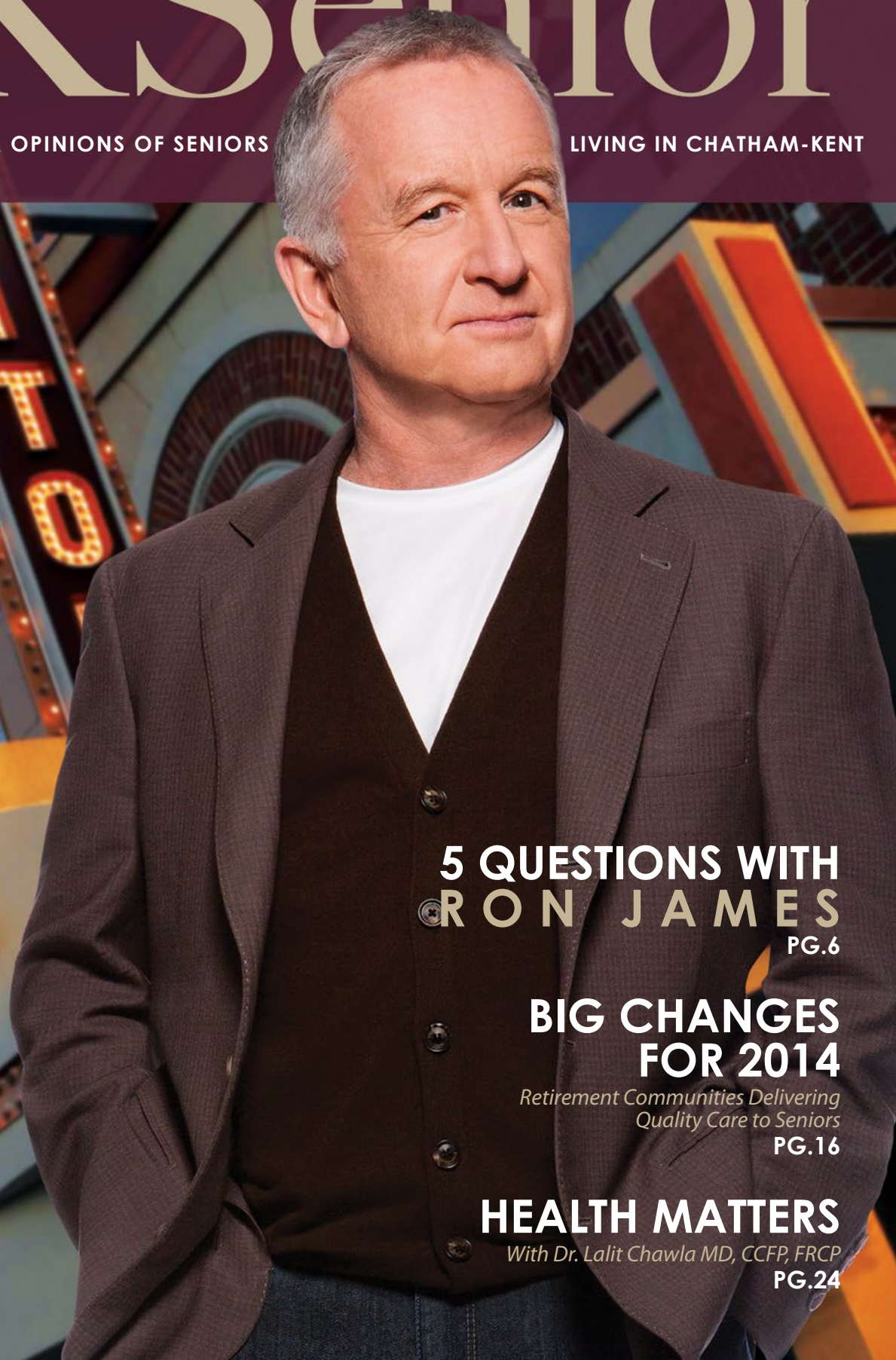
Take one it's...FREE

ISSUE | 14

CKSenior

ADDRESSING THE NEEDS & OPINIONS OF SENIORS

LIVING IN CHATHAM-KENT



**5 QUESTIONS WITH
RON JAMES**
PG.6

**BIG CHANGES
FOR 2014**

*Retirement Communities Delivering
Quality Care to Seniors*
PG.16

HEALTH MATTERS
With Dr. Lalit Chawla MD, CCFP, FRCP
PG.24

WELCOME

Welcome to CK Senior, Issue 14

Here we are in early February and smack dab in the middle of winter!

With the holidays in our rear view mirror and spring still out of sight this can be a very dreary and seemingly long time of year for many of us. It's the best time of year to take advantage of the many indoor activities available right here in Chatham-Kent and, when the weather allows, it's a wonderful time of year to get out and enjoy the winter sunshine and cool fresh air on our skin. It's that time of the year to clean out the old and bring in the new. Make a late resolution and work towards achieving it; no matter how big or small it might be, any accomplishment is to be celebrated.

If you find that the dreary days outweigh the sunny ones, just remember that spring is fated to come. Make the best of every day and never forget the child within that loved winter!

We thank our advertisers once again for making this 14th issue possible and we hope you enjoy turning the pages as much as we enjoyed putting them together for you.

Have a safe and happy season 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



The CK Senior is now available online at: www.ckseniormag.ca



website | design | marketing

159 King Street West, Chatham, ON N7M 1E4
519.397.4444 | info@athielmarketing.com

Reproduction of editorial content, graphic materials, advertisements in whole or in part is prohibited without permission.

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

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, 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

96 London Rd. Thamesville, ON
226.229.0303

Tilbury Leisure Centre

10 Canal St. W. Tilbury, ON
519.682.1020

Wallaceburg Senior Citizens Club Inc.

205 James St. Wallaceburg, ON
519.627.6224

Wheatley & District Friendship Club

171 Erie St. N. Wheatley, ON
519.825.4870

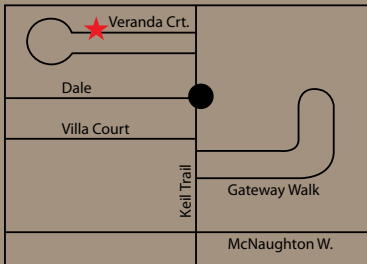
The Verandas 50⁺ AT PRESTANCIA



WEEKLY OPEN HOUSE:
TUES & THURS: 1-3 / SAT: 1-3:30



WELCOME HOME AN ADULT LIVING COMMUNITY



DIRECTIONS:

Take Keil Trail North off McNaughton Avenue West, straight to The Verandas at Prestancia (turn left).



Find us on
Facebook®

WWW.YOURLASTHOME.CA | 519.354.8467

SMILE, LISTEN,...LIVE

Staying healthy and keeping your independence is the key to quality living.

DENTURE SERVICES:

- SECURE & CONVENTIONAL DENTURES
- COMPLIMENTARY CONSULTATION
- ORAL EXAMINATIONS
- QUICK REPAIR & REFITTING
- SNORING & SLEEP APNEA SOLUTIONS
- TEETH WHITENING
- MOUTH GUARDS

HEARING SERVICES:

- AUDIOMETRIC TESTING
- COMPLIMENTARY CONSULTATION
- SUPPLIER OF LYRIC
(100% INVISIBLE, 24/7 WEARABLE)
- BEST HEARING AID WARRANTIES AND BRANDS
- WIRELESS FM SYSTEMS
- NOISE & SWIM PROTECTION

**INTEREST FREE
FINANCING AVAILABLE*



CHATHAM | TILBURY | WALLACEBURG



519.352.1600 | www.chathamdentures.com

Creating your best smile.



519.352.1601 | www.canadianhearing.ca

Bring back the sounds of life.

Featuring

Pg. 2 SENIOR CENTRE DIRECTORY

Municipality of Chatham-Kent

Pg. 6 5 QUESTIONS WITH RON JAMES

'Take No Prisoners' Tour

Pg. 8 QUALITY CONVENIENT PROGRAMS

VitalAire

Pg. 10 CHAP NEW LOCATION

CHAP

Pg. 11 JOIN FOR THE HEALTH OF IT

St. Clair College HealthPlex

Pg. 12 NATUROPATHIC MEDICINE

McGregor Naturopathic

Pg. 13 SUDOKO

You Can Do It!

Pg. 14 WELCOME HOME

Gilles Michaud Construction Ltd.

Pg. 15 SAVE WITH WINTER DISCOUNTS

Smyth Memorials

Pg. 16 BIG CHANGES FOR 2014

*Retirement Communities Delivering
Quality Care to Seniors*

Pg. 18 PROVIDING THE STRENGTH NEEDED

New Beginnings

Pg. 19 WINTER WALKING

BioPed

Pg. 20 65 THE NEW 55!

The Levels of Seniors

Pg. 22 HOME PRODUCTS

Shoppers Home Health Care

Pg. 23 WINTER COOKING

Easy Spinach Lasagna

Pg. 24 HEALTH MATTERS

Let's Talk About S.A.D.

With Dr. Lalit Chawla MD, CCFP, FRCP

Pg. 26 WHAT IS A CHIROPODIST?

Zandberg Foot Clinic

Pg. 27 M&M MEAT SHOPS IS PERFECT

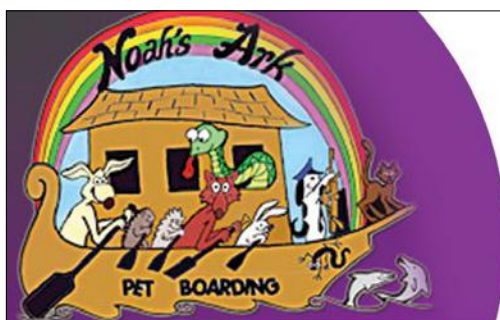
M&M Meat Shops

Pg. 28 ASK THE EXPERT

Manon Larivière, M.Sc.S.Aud

Pg. 30 SUDOKO ANSWERS

How Did You Do?



NOAH'S ARK PET BOARDING

*Noah's Ark now provides a
separate area for your
Cats, Birds, and Reptiles...
And the same wonderful
distinct area for your dogs!*



5 QUESTIONS WITH RON JAMES

- 1** How does it feel to officially be 55 and on the cover of a senior magazine?

Like there's an "ice floe" with my name on it for the Senior's Cull.

- 2** You have been in the Chatham-Kent area before. Do you have any interesting memories?

Absolutely! Chatham has the dubious honour of being the only theatre where I was chased by a bat onstage for half my act! In my efforts to swat that "flying rat with wings", I knocked over my water and almost got electrocuted. Two years later I returned to perform sans bat BUT, at the 45 minute mark in my show, a man had a heart attack in the fifth row! Fell over in his chair laughing...and stayed there! I had to stop my show for twenty minutes while paramedics put him on a stretcher. He survived thankfully. A comedian likes to "kill" an audience but that was pushing it.

- 3** How do you see Rob Ford living out his senior years?

If he keeps his gluttonous pace for crack, vodka, and KFC, he won't see next week!

- 4** How do you feel about the changes in technology over the past 20 years?

Truth be told, I'm getting so much information I don't know what's going on!

- 5** Your life so far appears to be nothing short of extraordinary. Anything left on the bucket list?

A bath with Beyonce... but that's a long shot.



'TAKE NO PRISONERS' TOUR COMING TO SELECT ONTARIO THEATRES Tickets Now On Sale!!

With six critically acclaimed one-hour comedy specials under his belt and a television series entering its fifth successful season, RON JAMES is back doing what he does best: delivering laughs face to face and coast to coast, with a patented, poetically charged, non-stop performance of brand new material. Whether launching blistering attacks on the micro-managing Harpercons who pinch pennies with one hand, while the other rewards gravy train riding Senators with back-room cash grabs, or probing the plight of the harried Canadian Everyman, fighting for small victories in life's daily struggle against forces that mess with his mojo, Ron 'TAKES NO PRISONERS' in pursuit of the funny. Topics as diverse as battles with Bell Customer Service, professional sports, visiting pandas, international conflict, trash TV, religion, sex, hope, Hell and apocalyptic weather, Ron's comedic perspective is guaranteed to lighten the load of your daily grind in what the Globe and Mail has called, 'two hours of non-stop hilarity'.

Reserved seating tickets for Ron James 'Take No Prisoners' are \$55.00 (tax and facility fees included; handling charges may apply) and are available from the box offices listed below. Showtime is 7:30 pm. For more info, pics, and comedy clips, visit www.shantero.com or www.ronjames.ca

TOUR SCHEDULE

Feb. 8 & 9 - Port Hope Capitol Theatre - Box Office: 905 885-1071 or 800 434-5092

Feb. 13 - Guelph River Run Centre - Main Stage - Box Office: 519 763-3000 or 877 520-2408

Feb. 14 - Chatham St. Clair College Capitol Theatre - Box Office: 519 354-8338 or 866 807-7770

Feb. 15 - Windsor Chrysler Theatre - Box Office: 519-252-6579 or 800 387-9181

Feb. 16 & 17 - Sarnia Imperial Theatre - Box Office: 519 344-7469 or 877 344-7469

Feb. 20 - Brockville Arts Centre - Box Office: 613 342-7122

Feb 21 - Brantford Sanderson Centre - Box Office: 519 758-8090 or 800 265-0710

Feb. 23 - London Grand Theatre - Box Office: 519 672-8800 or 800 265-1593

Feb. 27 - Cornwall Aultsville Theatre - Civic Complex Box Office: 613 938-9400

March 1 - Belleville Empire Theatre - Box Office: 613 969-0099

March 6 - Orillia Opera House - Box Office: 705 326-8011

March 7 - North Bay Capitol Centre - Box Office: 705 474-4747 or 888 834-4747

March 8 - Sudbury Fraser Auditorium, Laurentian U - Sudbury Theatre Centre Box Office: 705 674-8381

The premiere of the 5th season of the Ron James Show
airs on the CBC on February 24th @ 9:30PM
Be sure to check it out!

Welcoming you & your loved ones

COMFORTING ACCOMODATIONS | DEDICATED CARE | LASTING FRIENDSHIPS



PROVIDING OPTIONS BEYOND YOUR OWN COMMUNITY!



Hudson Manor Residence

36 Lawson Street
Tilbury, ON N0P 2L0
519.682.3366



Maple City Residence

97 McFarlane Avenue
Chatham, ON N7L 4V6
519.354.7111



Park Street Place

650 Park Street
Dresden, ON N0P 1M0
519.683.4474

VitalAire™

We look forward to serving you.

FOR YOUR HOME OXYGEN, CPAP, & RESPIRATORY CARE NEEDS

Mention this AD and receive:

15% OFF

 masks and accessories

57 Centre Street, Chatham, Ontario

519.436.1415 • 1.800.567.0202

QUALITY CONVENIENT PROGRAMS

For your home oxygen and CPAP...

VitalAire has provided Respiratory Homecare for the past 40 years and we are here to assist you with all your home oxygen needs. We hold national accreditation status with Accreditation Canada. With over 80 locations across Canada, we provide quality programs and convenience for all your home oxygen, CPAP (sleep apnea treatment), and other respiratory requirements.

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

If your doctor is considering oxygen therapy for you, have one of our Healthcare Professionals visit you to discuss your oxygen needs and the use of oxygen in your home. We will explain the expected benefits and ensure that you and your family will be comfortable using your oxygen therapy. Our professionals are available to monitor, follow-up, and support your changing needs.

We are 'Foundation Builders'

*Long-time Foundation of CKHA supporters,
Ken and Shirley Green, share their story of giving*

Ken and Shirley Green are 'Foundation Builders'. They are part of a unique group of generous Foundation of Chatham-Kent Health Alliance (CKHA) supporters who give to CKHA's Highest Priority Needs on a monthly basis, through our Foundation Builders Monthly Giving Program.

Long-time Chatham-Kent residents, both Ken and Shirley have directly and indirectly experienced great care at CKHA. It even inspired Shirley to donate her time as a volunteer at CKHA's Boutique Grand Gift Shop for the past couple of years. "As expenses rise and there is less government financial support, volunteers are more and more important to CKHA," says Shirley.

Both Ken and Shirley were born in Chatham. Ken was raised in Blenheim and worked for Union Gas for 27 years, until his retirement in 2002. Shirley was raised in Chatham and worked for Shillington Insurance for 18 years, then Johnson Insurance Inc. for four years, until her retirement in 2010. Married for more than 43 years, together they have two daughters – Jessica and Katie.

When asked why they choose to support the Foundation of CKHA, Ken and Shirley replied, "It is important to give back, especially when we are so blessed." They added, "Giving to the Foundation of CKHA's monthly giving program is really easy... after a few months, you don't feel a thing! If everyone gave a little, it would be a lot."

As parents, volunteers, and active community members, Ken and Shirley both believe that supporting local healthcare is important. "My father and brother were physicians, so I know first-hand the importance of strong, reliable local healthcare," says Ken. "Shirley and I, and our children, have experienced great care at CKHA and we are very fortunate to be able to give back to the community we love through the efforts of the Foundation of CKHA."

Become a 'Foundation Builder' today!

Visit www.foundationckha.com and/or call 519.436.2538



Ken and Shirley Green



FOUNDATION OF
CHATHAM-KENT

Health Alliance

519.436.2538

www.foundationckha.com

Thank you for your support!

9 Ursuline Ave., Chatham

325 Margaret Ave., Wallaceburg

All donations are tax deductible.

Charitable Registration #: 86741 3460 RR0001



519 King St. W.
Chatham, ON N7M 1G8



www.chatham-kent.ca/RiverviewGardens | 519.352.4823

*Celebrating Life
and Love!*

Together, we provide exceptional, resident - focused care while respecting and protecting those who call Riverview Gardens their home.

Nestled in a beautiful setting beside the Thames River in central Chatham, Riverview Gardens offers a friendly community atmosphere. Quality care has been at the heart of our home for over a century. Our home is committed to providing exceptional, residential long-term care services for approximately 320 residents. Residents have access to a range of medical, personal, dietary, and recreational services to meet individual care needs.

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.

Our Services:

- 24 hour nursing care
- Personal and individual care
- Recreational and social activities
- Rehabilitation services
- Nutritious meals and snacks
- Laundry and housekeeping services
- Trust fund account management
- Counselling
- Palliative (end of life) care

SALES • SERVICE • RENTALS



A division of:
Centric Health
Your Care. Our Focus.

Authorized ADP, DVA, and WSIB Vendor
www.motionspecialties.com

Visit our **RETAIL SHOWROOM** for
Medical Supplies and Equipment or
FREE In-Home Estimates!



Wheelchairs • Walkers • Seating Solutions • Scooters
Aids to Daily Living • Incontinence Supplies
Bracing • Home and Bathroom Safety Equipment
Home Care Beds • Lift-Out Chairs • Paediatric
Products • Ostomy Supplies • Stairway and
Ceiling Lifts • Vehicle Lifts and Conversions



2 RETAIL LOCATIONS IN THE KENT & LAMBTON COUNTY REGION!

» A-785 St. Clair Street, Chatham Ontario
519.358.7096

» 1000 Finch Drive, Sarnia Ontario
519.336.7781



**Helping Seniors
Live Independently
at Home for Over
30 years in
Chatham-Kent**

519-354-6221
www.familyservicekent.com
50 Adelaide St S | Chatham, On | N7M 6K7

Support ... Empower ... Advocate

CHAP NEW LOCATION

To serve you better

Family Service Kent celebrated the grand opening of their new location at **50 Adelaide Street South, Chatham** on December 12, 2013. They had a wonderful turnout for their open house event from friends, clients, colleagues, and Santa himself paying a surprise visit to everyone. It was a wonderful day, a perfect occasion for the staff to welcome everyone into their new home and a great opportunity to show everyone around. Their new location is now even better equipped to serve and provide their clients with continued assistance through:

- Transportation
- Home Helper
- Client Intervention
- Caregiver Support
- Tasty Frozen Meals
- Volunteering



Community Home-Support Assisting People. (also known as C.H.A.P.) is available to answer any of your questions or concerns. Please feel free to drop by anytime during our business hours or call us today at:

519-354-6221 WE CAN HELP YOU



Senior Track Memberships

Stay Active, Stay Healthy!

Membership Includes:

- Unlimited Indoor Track Use
- Specialized surface for reduced joint strain
- Controlled climate for year-round comfort
- Use of Urban Poles, including instruction
- One group exercise class per week, including Functionally Fit, Zuba, Yoga and more!

**Seniors 55+
ONLY**
\$20.00 /Month
(+HST)

Seniors Badminton

Monday & Thursday Afternoons | \$5.00 per day

STOP BY OR CONTACT FOR MORE DETAILS

1001 Grand Ave. West, Chatham | (519) 354-9100 x 3401

Community, Alumni & SCC Retiree Memberships also available

ST. CLAIR COLLEGE HEALTHPLEX

Join for the Health of it!

Enjoy the benefits of being active all year long at the St. Clair College HealthPlex. Take advantage of our many senior programs equipped with everything you will need to 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!

Looking for something NEW? Join us every Monday and Thursday for our senior badminton league. Playing badminton keeps you feeling well, strong, enthusiastic, and young. Most important, playing badminton is a great way to meet new people and have fun. Be the first to experience MELT training, a NEW program designed to reduce the negative effects of aging including osteoarthritis, aches, and pains.

Full memberships are available to the community at affordable rates and include access to our Fitness Centre, Group Exercise Classes, Gymnasium, and 2 Lane suspended indoor walking/running track. **Get Active today at the St. Clair College HealthPlex Just for the Health of it!!**



Residence on the Thames

Steeves & Rozema Group

'It's All About Choice'

"Before I moved into Residence on the Thames I was lonely, now my activities are social: Tai Chi, Cards, Wii Bowling... there is never a dull moment."

ACT NOW!

NO COST, NO OBLIGATION

Trial Stay in a
Furnished Suite

**CALL FOR
DETAILS**

CALL TODAY 519-351-7220

- Wonderful Accommodations
- Marvelous Healthy Meals
- Unique Care Services
- Social Activities
- 24 Hour Emergency Response
- Weekly Housekeeping & Laundry
- Friendly Caring Staff
- Furnished Suites & Complimentary Stays Available



www.myretirementliving.ca





**Meals on Wheels
Chatham-Kent**
is dedicated to supporting
**health, well-being
& independence**



**Serving Chatham,
Blenheim, Dresden,
Ridgetown, Tilbury
and surrounding areas**

MEALSONWHEELSCK.COM | 519-351-MEAL (6325)



220 St. Clair Street
Chatham, ON N7L 3J7
519.354.6600
www.mcgregornd.com

You treat a lot of chronic illness, and general health concerns, but do you treat cancer as well?

Yes, I offer a variety of cancer therapies in the clinic to help patients achieve better outcomes in conjunction with conventional cancer treatments they will be receiving from an oncologist and other health care practitioners. The goal of Naturopathic Medicine in the treatment in cancer is to improve quality of life for patients while maximizing the effectiveness of direct cancer treatments.

What types of therapies do you offer specifically for cancer?

The main therapies we use targeted directly at cancer treatment are high dose intravenous vitamin C and European mistletoe therapy. Both of these therapies have been studied for their direct impact on various types of cancers and have

been shown to increase survival time and quality of life for several cancers. Of course a big component of treatment is a highly individualized treatment plan using diet, lifestyle, nutraceuticals, plant-based medicine, and acupuncture to help decrease the side effects of conventional treatments like chemotherapy and radiation.

Will any of these therapies interact with conventional therapies like chemo or radiation?

That is why it is so important for patients to seek out a health professional trained and licensed in the use of complimentary therapies. There is the potential for interactions between drugs and some complimentary medicines. For instance studies have shown that high dose intravenous vitamin C can actually increase the effectiveness of some chemotherapies, but will inhibit a select others if given too soon after therapy. This is fully reviewed with all patients, and only therapies that will be safe and effective for the individual are prescribed. It can be dangerous to try to navigate alternative healthcare options yourself, so it is extremely important to have a focused, science-based practitioner manage all of the therapies, supplements, dietary changes, etc. that a patient with cancer is utilizing.

Do you work on a referral basis?

The clinic accepts patients without a referral, but with patient consent we will contact your family doctor or oncologist to update them with the treatment plan we will be using.

Blenheim Community Village

www.reveralliving.com

*Independence
Without Being
Alone*

Call today to learn more
519-676-8119



10 Mary Ave. P.O. Box 220
Blenheim, ON N0P 1A0

SENIORS' COMMUNITY BY
revera

Village on the Ridge

We couldn't have come this far without the support
of good people like you.



9 Myrtle Street
Ridgetown, ON N0P 2C0
519-674-5427

SENIORS' COMMUNITY BY
revera
www.reveralliving.com

S U D O K O

You can do it!

HOW TO PLAY THE GAME!

Place numbers in the empty boxes so that each row across, each column down, and each small 9-box square contains all of the numbers from one to nine.

See answers on pg. 30

Difficulty ★★★★★☆

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



WELCOME HOME

To An Adult Living Community



Nestled in a quiet cul-de-sac on the north side of the city of Chatham, you will find ***The Verandas at Prestancia*** - a 50+ adult living community.

The Verandas

AT PRESTANCIA

The Verandas offers a quaint and serene environment in which to reside, while maintaining convenient accessibility to all major highways and modern amenities. The husband and wife team, Gilles and Diana Michaud, have found their niche in the Chatham-Kent home construction market. By focusing on a limited number of homes each year, they are able to work closely with their clients while carefully monitoring the work of their trades associates and suppliers to complete individual homes on time and on budget.

Gilles Michaud has been a longtime established and highly regarded custom home builder/designer in the city of Chatham for 35 years and is a recipient of several awards for his innovative practices and modern building technology. His High Performance Dual Labeled homes (Energy Star and GreenHouse Certified) incorporate the very latest in homebuilding innovations designed to maximize energy

efficiencies and minimize environmental impact. In addition, and best of all, his innovations mean you will have an exceptionally comfortable living environment throughout the entire year so you never have to sacrifice comfort to save on energy cost.

WE ARE PROUD TO OFFER OUR CLIENTS HIGH PERFORMANCE HOMES THAT HAVE:

- *Greatly improved durability and comfort*
- *Healthier indoor air quality*
- *Lower energy costs*
- *AND a substantial return on investment*

Gilles and Diana would like to invite you to come out and tour the model homes and discover the green living difference. Open house weekly Tue/Thurs 1 - 3 and Saturday 1 - 3:30pm. Private tours are available by appointment.

Just take Keil Trail North off McNaughton Ave. W. straight to the Verandas at Prestancia (turn left). Give us a call at 519-354-8467 or visit us online at: www.yourlasthome.ca

"Discover the many benefits of green living today - and see how we really do build a better home!"

This article is brought to you by: Gilles Michaud Construction Limited

KERR WOOD & MALLORY

PROFESSIONAL CORPORATION
BARRISTERS & SOLICITORS



**FRIENDLY PROFESSIONALS.
PERSONAL SERVICE.
SPECIFIC ADVICE.**

Neil E. Wood
Q.C., B.A., LLB

Jason P. Mallory
H.B.A., J.D.

REAL ESTATE LAW • MORTGAGES
WILLS & POWER OF ATTORNEY • ESTATES
BUSINESS LAW

KERR WOOD & MALLORY

P.O. Box 1150, 15 George St.
Blenheim, ON N0P 1A0
519-676-5465
info@kwmlaw.ca

www.kwmlaw.ca



Smyth Memorials

**SAVE WITH WINTER
DISCOUNTS!**

**WE PAY THE H.S.T.
UNTIL MARCH 31ST, 2014!!**

519.354.3930

**"Where memories are
carved in stone"**

7 Maple Leaf Dr. Chatham, ON N7M 6H2

Tilbury Manor
Long-Term Care Home

**Quality Care
In
The Country**



www.diversicare.ca

16 Fort St. Tilbury, ON N0P 2L0 | 519.682.0243

SAVE WITH WINTER DISCOUNTS

Smyth Memorials

Smyth Memorials has served thousands of families over the past 67 years and has been run by Dennis Brewer, with his assistant Dawne Zimmer, for the past 14 years.

Smyth has built their reputation and gained your trust on their name over the years, and truly is a place "where memories are carved in stone."

Every penny counts these days so why not plan now and save for tomorrow.

Visit our showroom today for a great selection of styles and colors. It would sincerely be our privilege to help you to select an ideal stone for your memories.



BIG CHANGES

As everyone prepares for the *Silver Tsunami*, there are a number of new faces and changes in the various retirement communities throughout Chatham-Kent. The CK Senior took a few moments to ask some of the administrators their thoughts on various topics. We hope you enjoy getting to know some of the “best and brightest” involved in delivering quality care to seniors in our area.



KELLY JOHNSTON,
General Manager

Eden Villa
190 Stanley Ave.
Chatham, ON N7M 3J9
519.354.2273
edenvilla.ca

YOU HAVE DONE A WONDERFUL JOB RENOVATING THE OLD VICTORIA RESIDENCE. CAN YOU TELL US ABOUT THAT EXPERIENCE?

It has been a really interesting and rewarding experience to say the least. There has been an overwhelming amount of support from the community, which is always nice to see! Victoria Residence was a big part of many lives, whether it was volunteer reading with seniors, working as a dietitian or nurse, or having a loved one reside here. You can see the memories flood back as they walk into our home and they are always amazed by the changes.

WHAT DO YOU SEE AS A MAJOR ISSUE IN SENIOR CARE FOR THE CHATHAM-KENT AREA?

Unfortunately, there are a lot of seniors who have families who have moved away with which they have little communication. When this happens, it is hard for the seniors to be aware of what is going on in the community. So it is our job to keep them aware of different events that are going on to ensure they do not become isolated. We have a great group of registered and personal support staff here at Eden Villa to monitor that the seniors stay involved.



I grew up in London, Ontario and moved to Ridgetown to study Horticulture. I then realized that my passion was in the healthcare field and worked at VON with Community Support Services for five years. At VON, I was very involved in working with their volunteers and it was largely senior based. I could see firsthand the positive effects the services offered by VON and their volunteers had on seniors. Eden Villa provided me with the opportunity to work more closely with seniors and I have been happily employed here since late 2010.



ANDREW MCCLINTOCK,
General Manager

Park Street Place
650 Park Street
Dresden, ON N0P 1M0
519.683.4474
diversicare.ca

WHAT ARE SOME OF THE CHALLENGES/BENEFITS OF RUNNING A RETIREMENT RESIDENCE IN A SMALL COMMUNITY?

The challenges and benefits are actually the same: the size of the community. However, the benefits greatly outweigh the challenges in that the community is very close, supportive, and welcoming, like our community at Park Street Place. Dresden may be a small community and Park Street a smaller home, but both communities have a big heart.

PARK STREET PLACE IS PART OF THE DIVERSICARE FAMILY. CAN YOU TELL US WHAT DREW YOU TO BECOME PART OF THEIR TEAM?

Working closely with patients in a hospital setting, I heard only positive reviews of Diversicare's homes, including Park Street Place. The company's mission and values also mirrored my personal care philosophy: providing an opportunity for independence and only the highest quality care, services, and support.



I grew up in the Chatham-Kent area and currently live in Petrolia with my wife and 3 children. My schooling was completed at the University of Windsor where I earned a Bachelor of Human Kinetics and Bachelor of Education. I have been employed in the health care field for the last ten years, most recently as a Recreation Therapist at CKHA's Sydenham Hospital.

FOR 2014

“IF YOU CHANGE THE WAY YOU LOOK AT THINGS, THE THINGS YOU LOOK AT CHANGE.”

- WAYNE DYER



JESSICA SMITH,
Director of Community
Services/Acting CEO

St. Andrew's Residence
99 Park St.
Chatham, ON N7M 3R5
519.354.8103
standrewsresidence.com

deeply embedded in our community, where people in end of life transition, and those who love and support them, have access to outstanding care and bereavement support.

The creation of a Hospice in Chatham-Kent will round out the palliative care services that are currently available to our residents. We are fortunate to have first class palliative care services available in both Hospital and Community. Building a residential hospice in Chatham-Kent will offer an alternative for people who do not wish to die at home or in the hospital.

HOW MANY MEALS ARE FORECASTED FOR DELIVERY THROUGH MEALS ON WHEELS FOR 2014?

Meals on Wheels Chatham-Kent will continue to grow in 2014! Right now we are serving Blenheim, Chatham, Dresden, Ridgetown, Thamesville, Tilbury, and surrounding areas. Last year over 30,000 meals were delivered throughout Chatham-Kent, and we have some exciting expansion initiatives underway. As Meals on Wheels C-K continues to grow, our need for volunteers increases as well. Anyone wishing to volunteer with the program is asked to visit www.mealsonwheelsck.com

HOW DO YOU THINK THE NEW HOSPICE WILL AFFECT CHATHAM-KENT?

Chatham-Kent Hospice has a vision of a home-like setting,



ANDREA SULLIVAN,
General Manager

Maple City Residence
97 McFarlane Avenue
Chatham, ON N7L 4V6
519.354.7111
diversicare.ca

YOU ARE THE NEW FACE OF MAPLE CITY RESIDENCE, THE LOCAL SENIOR COMMUNITY HAS BEEN RAVING ABOUT YOUR GREAT ENERGY LEVEL AND ATTENTION TO DETAILS. HOW DO YOU STAY SO MOTIVATED?

It is easy to stay motivated when working with such wonderful residents and an amazing staff. There are always new and exciting things happening at Maple City Residence and everyday brings new challenges and opportunities. It is very rewarding to see our senior community thrive while maintaining their independence.

MAPLE CITY IS PART OF DIVERSICARE. ARE THERE ADVANTAGES TO HAVING 3 HOMES LOCATED IN THE MUNICIPALITY OF CHATHAM-KENT?

There are tremendous advantages in being a Diversicare home. Diversicare is the proud recipient of the Canada Award of Excellence and through our shared philosophies in caring for seniors, we can provide the assurance that the same high standards are upheld in all of our homes. Chatham – Kent's senior population has diverse needs and having three locations throughout the municipality enables us to meet their individual needs as well as their preference for retirement home living in their home communities. I am confident that when referring to Hudson Manor in Tilbury or Park Street Place in Dresden that the client will receive the same outstanding care and services that are provided at Maple City Residence.

I have a background in nursing in the Community and Long Term Care sectors in Windsor. In 2011, I moved to the Chatham-Kent area from Windsor, and worked as the Director of Care in a Retirement home. In November of 2012, I joined the Diversicare team as General Manager of Maple City Residence.

Presently, I am pursuing a Degree in Gerontology from Laurentian University in Sudbury. I am a member of the Chatham-Kent Alzheimers Board of Directors and a past member of the Chatham Kent Dementia Network and the Chatham Kent Elder Abuse Awareness Committee.

NEW BEGINNINGS

ABI & Stroke Recovery Association

ENHANCING
the quality of
LIFE FOR
SURVIVORS
of acquired brain injuries
& **FAMILIES.**



For information on how to join please visit our website or call:
www.newbeginnings-cksl.com | 519.351.0297

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.



EDEN VILLA

RETIREMENT & ASSISTED LIVING



coming soon...
20 newly renovated rooms!

24/7 NURSING STAFF • PRIVATE ROOMS
NUTRITIOUS MEALS AND SNACKS
GROUP EXERCISE, ACTIVITIES, AND MORE....

WALK IN TOURS WELCOME

190 STANLEY AVE. CHATHAM

WWW.EDENVILLA.CA

519.354.CARE (2273)

WINTER WALKING

In boots from Bioped

The only thing prettier than watching the snow fall is getting out there for a walk and feeling the snowflakes falling on your skin.

With winter weather already in full force, making sure you are safe while out walking becomes not only important, but possibly lifesaving. When choosing footwear for the winter months there are a few things to consider:

1. Check the treads on your existing boots. You change your tires when they start to wear down and you should do the same with your winter boots. Worn out treads will lead to more slipping and sliding.
2. Make sure that the tread on the boots is varied to give you more grip in all types of conditions. Look for a different tread on the heel compared to the front of the shoe.
3. Look for boots that have slip resistant or slip proof treads- this will give you more traction on snow and ice.
4. Treacherous conditions require footwear that performs well, not boots that are high fashion. Wear practical boots during bad weather and bring your fashion shoes or boots with you to put on once you arrive at your destination.

Always remember to wear warm socks and clothing while staying active in the great outdoors!



Amy Aetrex
Ankle Boot

Sole Loft

BioPed

**ORTHOTICS, FOOTWEAR
& PEDORTHIC CARE**
feel the difference

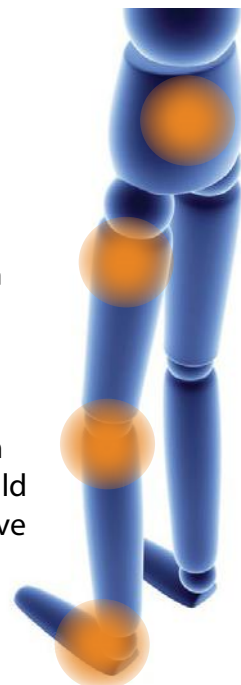
With more than 25 years of experience, BioPed has become the standard of excellence in alleviating foot related discomfort. BioPed Chatham is equipped with an on-site lab where a Canadian Certified Pedorthist manufactures a full range of orthotics, provides adjustments, and delivers specialized fitting services.

Complementing this with a broad range of fashionable, orthopedic-quality footwear, compression hose, lower leg braces, and adjustable over-the-counter inserts, we offer the convenience of a wide range of professional services to every patient.

The most common alignments we can help with:

- Heel/Arch Pain
- Bunions/Hammertoes
- Knee pain
- Complications associated with Diabetes
- Arthritis

If you are having problems with your feet or lower legs and would like more information please give us a call at 519.355.1142 or visit our website www.bioped.com.



ORTHOTICS, FOOTWEAR & PEDORTHIC CARE

BioPed

feel the difference

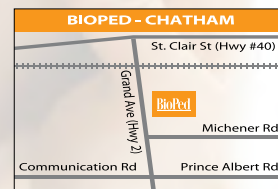
**BACK, KNEE OR FOOT PAIN?
OUR CANADIAN CERTIFIED PEDORTHISTS CAN HELP!**

BioPed Chatham operates our own on-site labs for complete service and your maximum convenience. We provide the highest quality products and services related to foot & lower leg care including custom orthotics, orthopaedic-quality footwear, lower limb bracing and compression stockings.

**Please Call for an
Appointment**

455 Grand Avenue E,
Unit 7, Chatham ON
chatham@bioped.com
(519) 355-1142

Jennifer Johnstone C. Ped (C)
www.bioped.com



65 THE NEW 55!

Did you know that once you reach 55 that you are entitled to numerous senior discounts? With that being the case is "55 really the new 65"? It used to be that you were not considered a Senior until you reached the age of 65 but there are now so many of us baby boomers in their early/mid 50's maybe it's time to review and rename the stages of a Senior?

Age 50 – The Freshman Senior:

You have just reached middle age, half a century. You may start to feel like you need to catch up on the things you've always wanted to do. You're now the "BIG 50" and may feel like you're sitting on a fence; "old enough to know better, but still too young to care."

Age 55 – The Sophomore Senior:

You have now reached the age where you can start cashing in on those numerous senior discounts, and you really hope to be carded when you do. You're starting to feel aches and pains in places you never did before. Glucosamine becomes your friend.

Age 60 – The Junior Senior:

OK at this point you are now looking back over the years and really reviewing what's still on your bucket list. You're thinking of all the things you did in the early 70's and you're praying that the things you did in the spring of your life do not come out in the fall. Your biggest focus now is the countdown to retirement.

Age 65 – The Senior:

You have now officially made it, you're a full-fledged Senior! This title now will stay with you for the rest of your life. We deal with our aches and pains but no longer sweat the small stuff. Most of us at this age are enjoying retirement and pretty much every retail senior discount that's available out there.

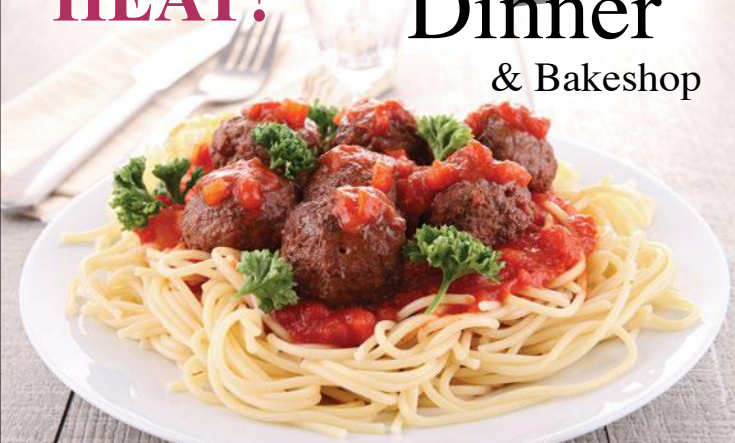
Remember at every stage you are only as old as you feel, but if a title entitles you to save moneyWhy not, right?

Watch for our listing of local senior discounts available in our next issue # 15

*"Every Saturday is Seniors Day"
Check out our specials!*

**JUST
ADD
HEAT!**

**What's
4
Dinner
& Bakeshop**



6 Lowe Street (just off St. Clair St.) Chatham, ON

Hours: Mon to Fri: 9:30am - 5:30pm | Sat: 9:30am - 3:30pm

519.351.7905 | whats4dinnerchatham.ca

HOMEMADE MEALS

Just add heat

What's 4 Dinner and Bakeshop is located at 6 Lowe Street (just off of St. Clair) and is owned and operated by Kathy Moore, along with her ten employees. The majority of Kathy's employees are retired, live in Chatham-Kent, and just love to bake and cook.

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!"

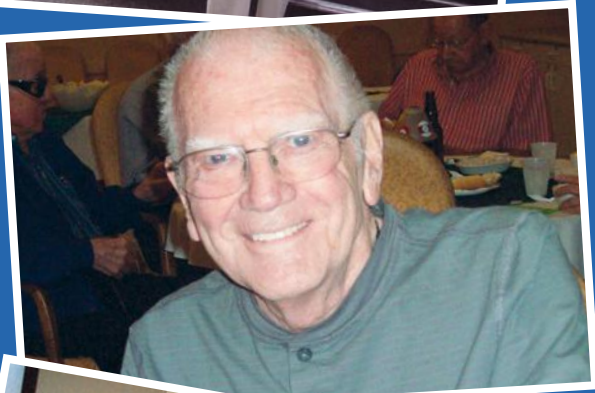
Special orders can be placed in advance, drop by and ask for details.

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

Discover life at...



chatham retirement resort



25 Keil Drive North
Chatham, ON N7L-5J9
519-351-7777

My son says it was his idea.

John tells everyone he discovered Chatham Retirement Resort. Says he was looking for a retirement community where I could enjoy my independence.

My best friend says it was hers.

Doris lives at Chatham Retirement Resort so she had a lot to say about the community. She told me I could participate in group activities, or do things on my own. And of course, she was raving about the wonderful people there. She still does!

My lawyer wants all the credit.

Knowing Brian the way I do, it's no surprise he wants all the kudos. He said I couldn't go wrong with Chatham Retirement Resort because they've been the industry leader for 25 years.

But the truth is, it was my idea all along.

No matter what my family and friends may think, the final decision to move to Chatham Retirement Resort was all mine. You see, I was searching for a place that felt like home - and I found it at Chatham Retirement Resort.


REGAL
Lifestyle Communities

www.chathamretirement.ca



websites | design | marketing

A.Thiel Marketing provides effective
website design and marketing services
in Chatham-Kent.

Learn how A.Thiel Marketing can
increase your sales and take your
business to the next level.

*Book your free
consultation
today!*



159 King Street West, Downtown Chatham
P. 519.397.4444 C. 519.360.7841
E. info@athielmarketing.com

HOME PRODUCTS

Helping you to live independently

For years, Shoppers Home Health Care has been helping people live more independently by providing aids to assist in daily living. When you enter the St. Clair Street location in Chatham you will receive a warm welcome from the expert staff who will provide you with all the assistance that you need to find the right product for you.

Shoppers Home Health carries a large line of home comfort products ranging from:

- The AquaSense® Transfer Bench
- Wrist & Foot Night Splints
- ObusForme® Neck & Neck Pillow
- Manual & Power Wheelchairs
- Omron Series 7 Blood Pressure Monitor
- Good2Go® Soothing Moist Heat Therapy
- Vehicle Lifts, Stair Lifts & Porch Lifts for residential homes
- And so much more.....

If you or someone you know has lost some independence, then it's time to visit Shoppers Home Health Care for many innovative solutions. Call or stop by to talk to any of our experts today!

We service everything we sell!

SHOPPERS HomeHealthCare™

Healthcare Solutions for Better Living



new **Serta
Perfect
Lift Chair**

**406 St.Clair Street
Chatham, ON**

519.351.7272

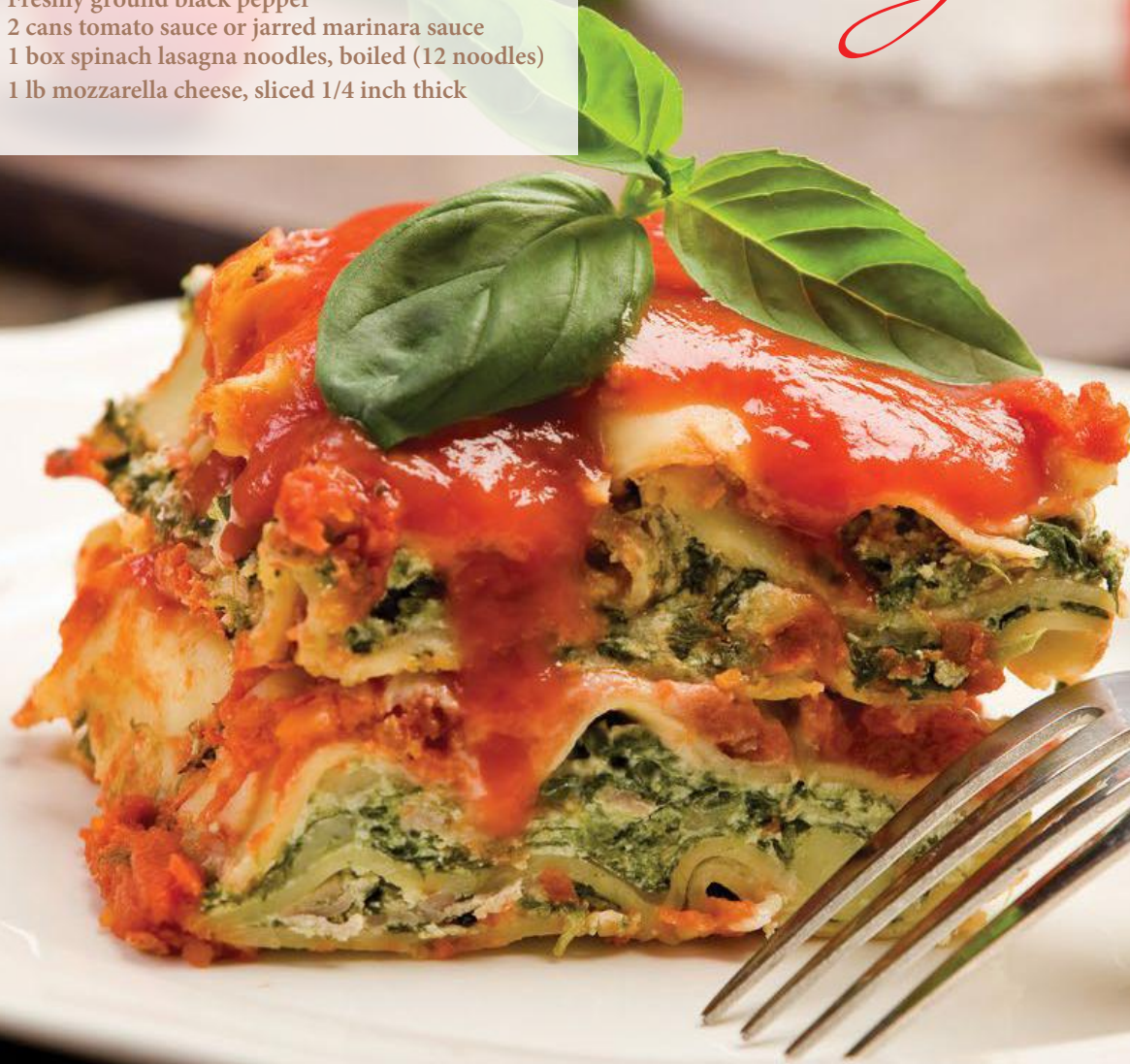
www.shoppershomehealthcare.ca

INGREDIENTS

1 (15 ounce) container ricotta cheese
2 (10 ounce) boxes frozen spinach, thawed
1 cup finely grated Parmesan cheese
2 medium garlic cloves, finely chopped
1 large egg, lightly beaten
Kosher salt
Freshly ground black pepper
2 cans tomato sauce or jarred marinara sauce
1 box spinach lasagna noodles, boiled (12 noodles)
1 lb mozzarella cheese, sliced 1/4 inch thick

WINTER COOKING

EASY SPINACH *Lasagna*



INSTRUCTIONS

- 1 Heat the oven to 350°F and arrange a rack in the middle.
- 2 Place the ricotta, spinach, half of the Parmesan, the garlic, and the egg in a large bowl and season with salt and pepper. Mix until combined.
- 3 Spread 3/4 cup of the tomato sauce in a thin layer over the bottom of a 13 x 9 inch baking dish.
- 4 Construct the lasagna by layering 3 of the noodles over the sauce. Top with another 3/4 cup of the tomato sauce and spread it evenly to the edges of the dish. Using a small spoon, dollop a third of the ricotta mixture evenly over the sauce and flatten the dollops with the back of the spoon. Evenly lay a quarter of the mozzarella slices over the ricotta.
- 5 Make 2 more layers of noodles, sauce, ricotta mixture, and mozzarella. Top with the remaining noodles, sauce, and mozzarella. Evenly sprinkle with the remaining Parmesan.
- 6 Bake until the sauce is starting to bubble around the edges, about 60 minutes. Remove the pan to a wire rack and let cool for 15 minutes before slicing.



Let's talk about S.A.D.

Dr. Lalit Chawla MD, CCFP, FRCP

I just saw the Disney animated movie "Frozen" with my daughter and I loved the snow man, Olaf. If you haven't seen the film, he's a cute little fellow who doesn't realize that hot and cold don't mix well. He's a cheerful snowman who might have a minor predisposition to the winter blues as he fondly thinks about the idea of summer. He, not realizing that he'd melt in the summer heat, thinks about all the joyful times that come from lying around on a sunny beach, swimming in warm pools, and bathing in a hot tub with his snowman buddies. So if a snowman can get the winter blues then what about the rest of us?

It's no mystery that weather can affect our mood; but for some, the winter months can be a signal for some very depressing times ahead. In the medical world it's cleverly called S.A.D. (Seasonal Affective Disorder). This condition is most commonly seen in the winter months but can affect people in the summer too. It's estimated that 2-3% of Ontarians suffer from this significantly and 15% with minor symptoms of depression.¹ So that means almost one in five people are affected by this, which is quite significant. In my experience, many people don't even know about this condition and try hard to secretly "fight" through it in silence.

So what exactly is S.A.D. and what can be done about it?

First of all S.A.D. is a condition where people have various symptoms of depression (it's thought to be related to the

lack of sunlight with the shorter winter days which affects the body's internal clock). An easy way to think if you might have S.A.D. is if you have difficulty coping with the day-to-day activities of life at a particular time of the year. Some of the key symptoms of S.A.D. include the following:

(but note you should always consult your doctor to discuss your symptoms further)

- *Change in appetite (usually increased cravings for starches or sugary foods)*
- *Weight change*
- *Poor energy*
- *Feeling of being drained/tired*
- *Poor motivation to do things*
- *Increased irritability*
- *Avoiding social interactions*
- *Feeling anxious*
- *A sense of hopelessness*
- *Poor concentration*
- *Sleeping more than normal*

So after you have seen your doctor, he or she can go over different options to see if you, in fact, have S.A.D. (or something else) and what can be done about it. Currently the main treatment options are:

- 1) Light therapy
- 2) Psychotherapy/Behaviour/Lifestyle modifications
- 3) Medications

Light therapy has shown to help people and is generally considered safe, affordable, not time consuming, and easily done in the comfort of your own home.

Some lifestyle modifications include the following:

- *Make your environment brighter by opening blinds allowing more light to enter your home*
- *Sit nearer to windows to get natural light*
- *Get outside more during peak hours of light*
- *Exercise regularly; walking in the mall is a great idea*
- *Take care of yourself, eat properly and regularly, and definitely avoid the almighty depressive elixir - alcohol*
- *Interact with others; keep your environment social and fun*
- *If you can afford a trip down south to a warmer place, plan for it*
- *Some people find yoga, meditations, and massage treatment helpful*

As well, the old adage is very true, “an ounce of prevention is worth a pound of cure.” Living a healthy lifestyle all year long can put you in a healthier frame of mind. Just exercising or simply increasing your activity level alone will allow your body to have more natural endorphins (happy juice) which has a lasting effect. Doing this well before the winter months can minimize winter blues and take the bite out of winter.

Focusing on more positive things in your life can also serve to add more “light” in your life. I have a patient who has his grandchildren’s photos everywhere in his home, even in his bathroom. He says, “When I’m brushing my teeth my day begins with a smile and I say all the things I am grateful for in my life; it puts me in a great energized state of mind.” Even focusing on the language we use on a day-to-day basis can affect our well being. Saying “I’m tired, sad, angry, frustrated” creates an inclination to move toward that unconscious goal you’ve set up for yourself. The body has a natural way of responding to what the mind is focusing on and vice versa. Remembering the importance of the mind-body connection is important in living a more fun, healthy life full of vitality.



The above are some initial comments, but as a doctor I always advise that you see your own doctor to personally go over your own medical issues and possible treatment plan. What works for one person doesn’t necessarily work for everyone. She/he can partner with you in monitoring your success and the strategies you are using. You may even have a few ideas of your own to share.

In summary, S.A.D. doesn’t have to be all bad, with some initial understanding, guidance from your doctor, and some proactive treatment strategies you, like Olaf the snowman, can let the winter blues melt away while making the best of our great White North.

Dr. Lalit Chawla MD, CCFP,FRCP

1. Canadian Mental Health Association,(2013). Seasonal Affective Disorder (SAD). Retrieved from http://www.cmha.ca/mental_health/seasonal-affective-disorder-sad



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

Copper Terrace

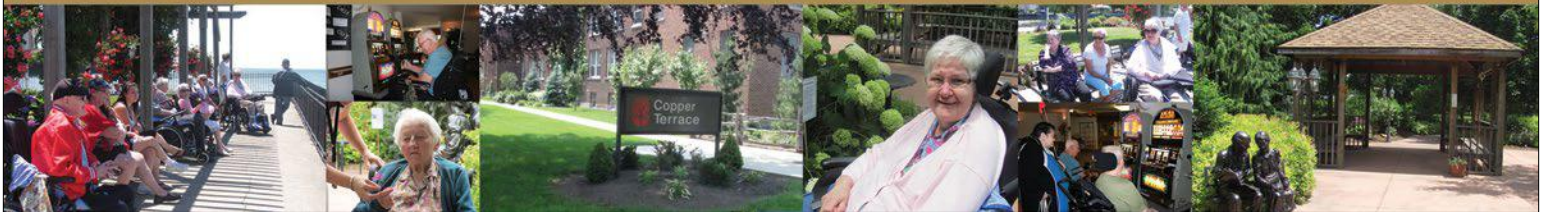
Peace of mind with compassionate quality care.

- Rehabilitation Programs
- Hairdressing Service
- Chapel and Pastor
- Dietary Needs (*prepared on site*)
- Life Enrichment Programs
- Offsite Outings

91 Tecumseh Road in Chatham, ON • 519.354.5442 • www.copperterrace.ca

Copper Terrace is a 138 - 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!



Providing foot treatments in the community since 1993!



Al Zandberg, D.Ch.
Registered Chiropodist/Foot Specialist

Services:

- Nail Disorders/Fungus
- Ingrown Toenails
- Warts
- Painful Heels
- Digital Disorders
- Plantar & Digital Corn Treatments
- Ankle Sprains
- Rheumatoid Arthritic Feet
- Intermetatarsal Neuromas
- Children's Foot Assessments
- Foot Mobilization Technique

We also offer:

- Diabetic, Geriatric & Pediatric Footcare
- Shockwave Therapy
- CO2 Laser Surgery
- Custom Orthotics
- Toe Appliances
- Shoes

264 Wellington St. W.
Chatham, ON
N7M 1K1

519.351.9762
www.zandbergfoot.com

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

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!

M&M MEAT SHOPS IS PERFECT

For Senior Shoppers



M&M Meat Shops is happy now to introduce Gluten-Free products and Homestyle Naturals! Whether you are gluten-intolerant or just looking into the possible health benefits of a gluten-free diet, M&M Meat shops now has some very popular products for you to include in your gluten-free lifestyle! And we listen... Our valued Customers told us they would like some natural options for their natural lifestyles, so we are happy to announce our all-new tasty line of products with NO ADDED PRESERVATIVES.

For 34 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 22 years and Mary Jane and Linda who have both worked there for 11 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

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. We offer Gluten-Free, Natural, Calorie Conscious, Sodium Conscious, Sustainable, and Balanced meals.

So stop by today, try something from our menu, take home our seasonal full-colour catalogue, or visit us online to browse all of our delicious foods at www.mmmeatshops.com

And most importantly...don't forget to receive your 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!



Attention Seniors 60 and over...

EVERY TUESDAY IS SENIORS' DAY
RECEIVE 5% OFF YOUR PURCHASE

DOUBLE YOUR DISCOUNT!
RECEIVE 10% OFF YOUR PURCHASE
WHEN YOU PURCHASE MORE THAN \$30.

Valid proof of age required. Purchases of Gift Cards and taxes excluded. Not to be used in conjunction with any other offer.

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

Siemens Hearing Canada

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!



Siemens Hearing Instruments are available at the:



519.352.1601 | www.canadianhearing.ca

Contact us today for a complimentary hearing assessment



A.Thiel Marketing



BioPed



Blenheim
Community Village



Canadian Hearing
Institute



CHAP



Chatham Retirement
Resort



Copper Terrace



Denture Specialists



Eden Villa Retirement
& Assisted Living



Gilles Michaud
Construction



Holland Accu-Optical



Hudson Manor
Residence



Kerr Wood & Mallory



Maple City
Retirement Residence



McGregor Naturopathic



Meals on Wheels
Chatham-Kent



New Beginnings



Noah's Ark Pet
Boarding



Riverview Bingo
Palace



Riverview Gardens



Smyth Memorials



S&R Residence on the
Thames



St. Clair Capitol
Theatre



St. Clair College
Healthplex



The Foundation of
C-K Health Alliance



Tilbury Manor
Long-Term Care



Village on the Ridge



VitalAire



What's 4 Dinner
& Bakeshop



Zandberg Foot Clinic



Motion Specialties



M&M Meat Shops



Park Street Place



Regal Lifestyle
Communities



Shoppers Home Health
Care



Slots for Seniors



Don't have a reader? Search for a "QR Code Reader" in the App Store.

AND THE "BEE BY THE SEA" DRAW WINNER IS...



BOB BOUGHNER

This gift basket was brought to you by:

Rubies
Inc.

Rubies Inc.

661 Grand Ave E Chatham, ON N7L 1X5
519.351.1119 | www.rubiesinc.ca

SUDOKO ANSWERS

Difficulty ★★★★★☆

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

HOLLAND ACCU-OPTICAL

see something beautiful **hoo**

MON - FRI 8:00 AM - 5:00 PM SAT 9:00 AM - 12:00 PM

519.352.8632

Transitions
ADAPTIVE LENSES

200 KING ST. WEST, DOWNTOWN CHATHAM

WWW.HOLLODOPTICAL.CA

WE NOW HAVE AN OPTOMETRIST
ON SITE ACCEPTING NEW PATIENTS!

Transitions Signature VII

*New Transition Lens available!
Just released Jan. 7th, 2014*



**THESE ARE YOUR EYES
WITHOUT UV PROTECTION**

You only have one pair of eyes,
don't make the mistake of frying them.

Second Annual CELTIC FESTIVAL

**ASHLEY
MACISAAC**

2014 **3** SATURDAY
MAY 8:00 PM

\$25-\$40
PLUS HANDLING FEE



**THE BARRA
MACNEILS**

2014 **4** SUNDAY
MAY 7:00 PM

\$25-\$40
PLUS HANDLING FEE



ST. CLAIR
COLLEGE
CAPITOL
THEATRE

238 King Street West, Chatham
Phone: 519.354.8338 | 1.866.807.7770
Box Office: 75 William Street North, Chatham



www.stclaircollegecapitoltheatre.com

Riverview Bingo Palace

**YOUR
GAMING
DESTINATION**

**OVER \$20,000
GIVEN AWAY DAILY!
NEW MODERN VERIFIERS**

FAST TRACK
...it's fun, it's fast,
& it's easy to play!

Our **FAST TRACK BINGO**
costs \$1 a card for a one
line game and \$2 a card
for a full card game. We
play before and during
each session. Try your luck!

**\$1,000,000 was raised
last year alone, for over 100
Chatham-Kent charities**

Bingo proceeds enable many groups to
help our community in many
extraordinary ways.

SESSION TIMES

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

Special Midnight Session on Fridays & Saturdays

497 Riverview Drive, Chatham | 519.351.3232

www.riverviewbingopalace.com

SLOTS FOR SENIORS

Change the lives of your residents today!

No cash value slot machines | Hours of entertainment for your residents



519.397.4444 | slotsforseniors.com

Now available in retirement residences in Chatham-Kent, Windsor, Essex & Toronto.