

Take one it's...FREE

ISSUE | 15

CKSenior

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



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WELCOME

WELCOME TO CK SENIOR, ISSUE 15

"Hooray!" It's summertime and nothing screams summer more than our cover shot! There's nothing quite like acknowledging summer by being on or near the water. Whether it's on a boat, at the beach, by the pool, or just sitting by one of our local lakes or rivers, water and summer go hand in hand.

Our spring was a cool and rainy season, yet our big winter melt was textbook perfect. Although winter has its valuable traits, it's nice to be able to now talk about the long winter we have all just endured. Having this conversation would be best done while sitting outside under a shady tree, sipping a cool drink, and enjoying a warm summer day. In any case, it's much better to be reminiscing about the winter that kept on giving, than to be still living it. Welcome summertime!!

It's been a real pleasure putting this issue of CK Senior together and we hope that you enjoy it. Through our articles we are hoping that you find helpful information, and through our advertisers we are hoping that you find everything you need or crave, right here locally. As always we thank our advertisers as well as our contributing writers for making this publication possible. Most importantly, we thank you for picking it up and turning the pages.

We wish you a safe and happy season ahead and always remember...

It's alright to slow down, just don't stand still.

Sincerely,

Andrew Thiel, President

Mark Requena, VP / Website Development

Grant Smith, IT Specialist

Lisa Persyn, Graphic Designer

Samantha Egan, Graphic Designer

Nancy Schlereth, Sales Manager

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



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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

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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.

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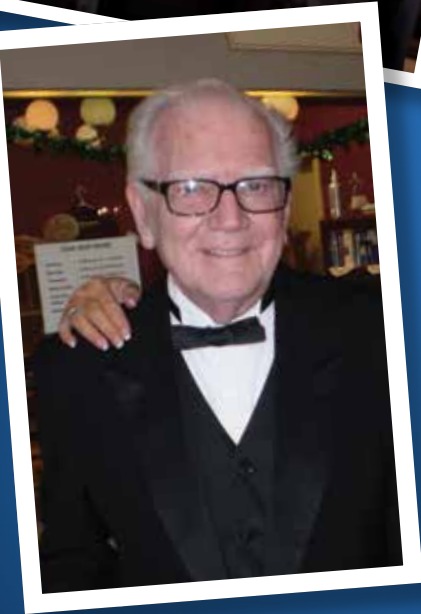


My son says it was his idea.

John tells everyone he discovered Chatham Retirement Resort. He 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 have 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.

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IT'S SANDAL TIME!

STYLE + COMFORT. FEEL THE DIFFERENCE
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Summer is the time for beaches, sunshine and sandals, but not all sandals are created equal. Patients often come to Bioped Chatham during the summer months with complaints of heel pain, arch pain and forefoot pain that are due to unsupportive and inappropriate footwear. Here are some things to think about when considering summer sandals.

1. Does the sandal have support built into it?

Sandals that are built up in the arch and metatarsal (forefoot) will support the foot better than a flat shoe/sandal. Examples would be SOLE flip flops or Birkenstock sandals.

2. Does the sandal have a removable insole?

Sandals with a removable insole allow you to put your custom-made foot orthoses into the sandals to help give you better support. Examples would be Naot or Finn Comfort Sandals.

3. Is the sandal comfortable?

There is nothing worse than uncomfortable shoes! Footwear, no matter the season, should be comfortable as soon as you put them on. If the shoes are not comfortable in the store, they are not going to get more comfortable when you get home.

4. Is the sandal the correct size?

Unlike with a closed in shoe where you have to worry about your toes hitting the end of the shoe, an open sandal does not have the same worry. Ensure that your foot is sitting on the footbed of the sandal correctly and that your toes are not hanging off or up the edge of the sandal.

Phuket

Features: This lightweight, flexible sandal includes a soft thong post, is lightweight and is very comfortable. The foot bed provides exceptional comfort while the shock-absorbing outsole reduces joint stress and fatigue. Fully leather-lined.



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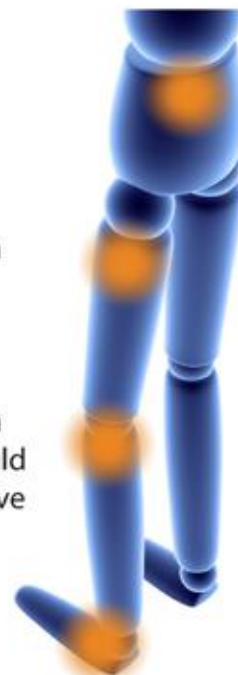
With more than 25 years of experience, BioPed has become the standard of excellence in alleviating foot related discomfort. BioPed Chatham is equipped with an on-site lab where a Canadian Certified Pedorthist manufactures a full range of orthotics, provides adjustments, and delivers specialized fitting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



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LIFE'S GOOD

ENJOYING RETIREMENT ON THE WATER

Our cover shot is of Gord and Lucie Gales, who were born and raised, and are now enjoying their retirement years in Chatham-Kent. Rather than fight the weekly traffic north to cottage country and having been "Boaters" for 30 plus years, they have decided to enjoy a comfortable, floating "home away from home" right here in our own backyard!

Chatham-Kent has access to some beautiful rivers and lakes and with our extended summer weather it's a great boating location. Boating is a wonderful recreational pastime, a vehicle that can take you out on the lake to the biggest swimming pool around and at night, it's the best waterbed you'll ever sleep on. Most importantly, the social aspect is second to none. Some of the best friends you can make are those made on the water.

Blessed with good health as Gord and Lucie enter into their seventh decade confirms that life is what you make it and for them, "Life's Good" on the water!

"Shells sink, dreams float, Life's good on our boat."
- Jimmy Buffett



Cover photography provided by:
Mark Requena Photography
www.markrequenaphotography.ca

Editorial about the cover provided by:
Nancy Schlereth

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Some exclusions may apply, see individual stores for details.



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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!



CAPITOL THEATRE

PERFECT FOR ANY OCCASION!

The St. Clair College Capitol Theatre is a 1210 seat entertainment venue in the heart of downtown Chatham. But it can be much more than a performing arts centre!

Our lounges are perfect for any occasion. The Rotary Lounge is our largest reception area in the lower level of the building. It features comfortable décor and two large bar areas. It can accommodate up to 250 people depending on the set-up.

The Unigasco Lounge on the second floor offers a birds-eye view of downtown Chatham from its two beautifully decorated outdoor patios. Art deco décor, a deluxe bar, and a lovely lobby for spillover guests provide a private location for any party or special event you have in mind. Depending on the time of year, it can accommodate anywhere from 30 to 150 people.

For more information on renting the main auditorium or either of the Lounges, contact the Capitol Theatre at **519-380-0174** or email lgrand@stclaircollege.ca Pictures can be found in the PHOTO section of our Facebook page: www.facebook.com/chatham.capitoltheatre

ST. CLAIR COLLEGE CAPITOL THEATRE

Oct 4 - Commander Chris Hadfield
Oct 17 - Freddy Vette & The Flames
Oct 25 - The Jim Cuddy Band
Nov 13 - Famous People Players
Nov 22 - Eric Burdon & The Animals
Nov 30 - Chatham-Kent Chorale
Dec 7 - Colm Wilkinson
Feb 10 - Veterans of SNL: Rob Schneider,
Chris Kattan and Tim Meadows
Feb 27 - Doo Wop to Pop with The Vogues,
The Marcells, Shades of Blue
Mar 6 - Boogie Wonder Band

All this and much more coming!
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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

Summer Recipe

Strawberry Lemonade Poke Cake

You'll Need:

- 1 box of lemon cake mix
- ingredients to prepare the cake {as listed on the box}
- 1 small box of strawberry flavored Jell-o
- 1 cup of water {used to prepare the Jell-o}
- 1 cup of lemonade {prepared}
- 1 container of Cool Whip Frosting {vanilla flavored}
- sliced strawberries for topping {optional}



Directions:

- Prepare your cake in a 9x13 pan following the directions on the box and allow to cool completely.
- Using a wooden skewer, poke holes all over cake...making sure to reach the skewer all the way to the bottom of the pan.
- Prepare the Jell-o {use the cup of water to boil and then the one cup of lemonade, still cold}. Pour the Jell-o all over the cake, allowing it to seep into the cake through the holes.
- Refrigerate overnight. Frost with Cool Whip frosting and top with sliced strawberries, if desired.

MOVE AND MEMORY

VHA PROVIDES TWO FREE PROGRAMS

VHA Home Healthcare wants to help keep our Senior community healthy and independent for as long as possible. To encourage this, we offer two free programs, "Memory Mentors" and "Seniors on the Move," throughout Chatham-Kent.

"Memory Mentors" is a Brain Exercise program. Since it has been proven that many things can help to stave off dementia, we offer this FREE program with a combination of these things to show people some of the simple ways to keep their minds



as sharp as possible for as long as possible. Socialization, exercise, nutrition, brain games, and prompt medical attention are things we stress with this program. The Alzheimer Society provides expert information on dementia and we give ideas of fun, easy, and affordable ways to help keep our brains in shape.

The **"Seniors on the Move"** program for Fall Prevention, is provided also FREE of charge, in communities large and small, at Senior Centres, Churches, Retirement Homes, or wherever groups or organizations want this information. Since there are many factors that may cause falls, we try to cover many of them. We have speakers on Vision, Hearing, Incontinence, Drugs, Nutrition, Fitness, and Prevention, all providing ideas and suggestions on how people can reduce their risk of falls. We believe it is possible that with further education people can reduce their risks.



KEEPING OUR SENIOR COMMUNITY HEALTHY AND INDEPENDENT FOR AS LONG AS POSSIBLE

We provide free lunch for those who come out. If any group or organization would like VHA Home Healthcare's Free Programs please contact me.

Lynne Hanemaayer
VHA Seniors on the Move &
Memory Mentors Coordinator
519-351-3569 | lynne.hanemaayer@sympatico.ca

VHA Home Healthcare
Creating More Independence

IT'S TEA TIME

AT THE MILNER HERITAGE HOUSE

In 1894, Robert and Emma Milner moved to their newly constructed home at 59 William Street North, Chatham. Robert was an established carriage and sleigh maker, Emma a well-known local artist.

One hundred and twenty years later, their home still stands. Many Chatham-Kent residents remember the home as the original Chatham-Kent Museum with its two cannons standing guard outside the main entrance and the Egyptian mummy awaiting visitors on the second floor. Today, however, the home has been restored to 1905 with historically costumed interpreters to guide visitors through the home where Emma's artwork still hangs.

We invite you to spend a quaint afternoon at the Milner Heritage House. The home is open daily from Victoria Day until Labour Day from 1-5PM. Admission is free, however, donations are graciously accepted.



TEA TIME
Tuesdays at Milner Heritage House
June 24 • July 15, 29 • August 12, 26
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chatham-kent.ca/Milnerheritagehouse



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CHAP | FAMILY SERVICE KENT

CAREGIVER SUPPORT PROGRAM

Our programs at CHAP serve seniors in Chatham-Kent to help keep them living independently at home. These services include; transportation, home helper, frozen meals, client intervention and assistance, and the caregiver support programs. In this article we will feature our **Caregiver Support** program.

The Caregiver Support program provides individual counselling and education for those caring for a loved one who is frail or a senior. This confidential, professional service is provided free of charge.

Caregivers can feel overwhelmed when taking care of someone they love. We are here to provide support through groups or individual sessions. Just knowing you are not alone and where you can turn to for support and assistance can relieve some of the pressures you can be faced with during this time in your life. Appointments with you can be held in our office or in a location of your choice. Presentations, support groups and workshops are available.

We are here to help you!

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STAY INDEPENDENT

WITH THE PEACE OF MIND OF CONNECTCARE

Written By: Mallory Abraham

For over 27 years ConnectCare has provided help at the press of a button to those in the community who want to live independently while having the peace of mind of knowing that they can get help when they need it.

Today ConnectCare has grown to serve most of Southwestern Ontario, with over 2700 subscribers including seniors, those living with a disability, and individuals who simply want to feel safe when they are alone. With ConnectCare subscribers get help whenever they need it from a responder such as a family member, friend, or neighbor, or from emergency services by simply pressing a button they are wearing.

A non-profit outreach service of St. Joseph's Health Care London based at Parkwood Hospital, ConnectCare relies heavily on a group of dedicated volunteers to perform installations, handle servicing of equipment and assist in day-to-day office operations. These volunteers allow the program to keep the ConnectCare cost affordable and as volunteers, the installers can take extra time during an installation to ensure subscribers understand and are comfortable with the equipment.

With the program continuing to expand, ConnectCare partnered with Philips Lifeline in 2012, enabling the program to offer state of the art equipment such as the Auto Alert,

which is a help button with fall detection capabilities, and room for future expansion.

To collect feedback on the quality and the effectiveness of the service, ConnectCare recently conducted a survey of their subscribers. The results were astoundingly positive, with 96 per cent of respondents saying ConnectCare respects their independence and provides products that are easy for them to use. Over 95 percent said ConnectCare gives them peace of mind and 98 percent said that they would refer a friend or family member to the service. "We were overwhelmed with the number of responses and are thankful that so many of our subscribers took the time to provide feedback. It really shows their level of engagement with the service," said ConnectCare Coordinator Kerrie Dewachter. "It was reassuring and rewarding to see we are fulfilling our promise of peace of mind to subscribers and their families."

For many in the community, ConnectCare means independence. With different service options, low costs, and strong volunteer support, this hospital-owned and operated program is flourishing. ConnectCare staff and volunteers are committed to helping maintain independence and providing peace of mind with a personal touch to subscribers and their families.

HOME PRODUCTS

HELPING YOU 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.

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The TEMPUR® material has the unique ability to support and distribute your body weight evenly across the surface of the mattress, effectively relieving these painful pressure points, preventing pain, and greatly reducing the need to toss and turn. With over 30 comforts of Tempur-Pedic®, Stearns and Foster, and Sealy, Kettles' In Ridgetown has a mattress for your comfort and budget.

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 AND YOUR UNIQUE TEMPERATURE
 THROUGHOUT THE NIGHT.**

partner always enjoy fewer disturbances, personalized body-aligning support, and proven cool comfort. As you sleep, pressure points can pinch off circulation causing discomfort and lead to a seemingly endless night of tossing and turning.



YOUR PET'S HEALTH

IS OUR PRIORITY



Having trouble getting your pet in for their check-up? We now have a veterinarian available to make house calls! We do house calls for most routine procedures, like vaccines, heartworm testing, and general physical exams. Many pets find the car ride or hospital visit stressful; a house call will allow your dog or cat to get examined in the comfort of your own home!

WE NOW HAVE A VETERINARIAN AVAILABLE TO MAKE HOUSE CALLS!

Please ask us about booking a house call; they can generally be scheduled at a time that works well for you! However, if your pet isn't feeling good, it's best to schedule an appointment at the hospital today. Please ask us about our pet taxi service if you have difficulty transporting your pet.

Your pet's health is our priority and we will do whatever we can to help ensure your pet is able to receive the care they need.

With the warm weather coming, don't forget to pick up your flea and heartworm medication. These are parasites that affect all dogs and cats, including exclusively indoor pets. Call today on information on the different types of preventative medications available for your furry friend!

*Independently and locally owned.
Offering preventative care and chiropractic.
New clients welcome.*



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compassionate veterinary care, including:*

Traditional medicine & surgery

Natural healing options -
chiropractic & laser therapy

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Making excellent veterinary care affordable for pet owners

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- ✓ Option to Include Spay/Neuters
- ✓ Yearly Blood Work for Leukemia, Heartworm, Lyme, and Other Tick-borne Diseases
- ✓ Screening for Serious Illnesses

Unlike Insurance it covers preventative care.

ASK US TODAY!

5 LOCATIONS IN C.K. TO SERVE YOU!

Chatham, Blenheim, Ridgetown, Wallaceburg

For more information call 519.352.3630 or visit us online

WWW.CKVETS.COM

Are you a born volunteer?

COME JOIN OUR TEAM – WE WOULD LOVE TO HAVE YOU!

Volunteers donate more than 2000 hours to the Foundation of CKHA each year, helping us reach our \$1.5 million annual fundraising goal and spread the word about the importance of quality local healthcare.

We have many volunteer opportunities available:

- Office Administration
- Special Event Assistance
- Fundraising Committees

Interested?

That's great news! Here's some information on what we are all about...

WHAT DOES THE FOUNDATION OF CKHA DO?

The Foundation of CKHA raises funds to support CKHA in the purchase of much-needed capital equipment, technologies, and furnishings for the Chatham and Sydenham Campuses – all of which are not supported through government funding.

WHY SHOULD I GET INVOLVED?

Every hour donated and dollar raised helps us with our ongoing efforts to provide CKHA with the resources needed to equip our local physicians and healthcare professionals with the tools they need to provide CKHA's patients the best care possible.

At some point in our lives, we, or someone we love, will require the services provided by CKHA. When care is needed, it's great to know that CKHA will be ready with the latest and greatest in healthcare technology. As a volunteer, you will have a hand in ensuring this happens.

HOW MANY HOURS WOULD I NEED TO COMMIT?

Every volunteer opportunity is a bit different and we can work to tailor the opportunity to suit your interests, skillset, and availability. Give us a call and we can go over the current opportunities to see if we are a good fit for you.



WHEN CAN I START?

Wonderful! Please give us a call at 519.436.2538, e-mail us at foundation@ckha.on.ca or visit www.foundationckha.com to connect with a Foundation of CKHA staff member and learn more about our organization and our current volunteer opportunities

Thank You!
We look forward to working with you.

REVERA

VILLAGE ON THE RIDGE

Keep living your life, your way, at Revera - Village on the Ridge. You'll find the range of services, amenities, and choices that fit your life – all in a warm and safe environment.

Village on the Ridge is a bright, cheerful single-storey residence nestled in the rural community of Ridgetown. We offer both retirement living and long-term care, in a setting that's unsurpassed for its charm, tranquility, and beautiful countryside.

Everything is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in the activities you love.

Village on the Ridge is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

To learn more call us 519-674-5427.



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It's our Weekly BBQ Lunch & Tour at Revera – Village on the Ridge.

Every Friday this summer, 12 pm – 1 pm

We're taking it outside! Join us for a delicious grilled menu including hamburgers, coleslaw, potato salad and fresh fruit at our Weekly BBQ Lunch & Tour. Food always tastes so much better outdoors.

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reveraliving.com



Pictured here is Dr. Chawla (along with his friend Alex Thiel) at the recent Downtown Chatham Retrofest!

Let's talk about optimizing your visit to the doctor

Dr. Lalit Chawla MD, CCFP

I'm sure in this upcoming heat we need some tips on how to stay cool but you can Google that and find those answers quick enough. Likely, if you are over 30 years old, you've figured out the right things to do such as put on sunscreen, drink lots of water, and avoid caffeine and alcohol (which dehydrate you). If you are out in the sun, wear a hat, avoid the midday sun, and chill out in the pool. So you don't really need me to repeat those motherly pearls of wisdom. Now if you are over 50 years old, you could probably teach me a few things to avoid the summer time melt down, so let's talk about something that may be more relevant and useful to you.

**WE ALL WANT TO HELP PEOPLE
IN THE BEST WAY POSSIBLE.**

What simple things can you do to optimize your visit with your doctor? Every doctor has a different practise style but the one thing I'm fairly certain of is that we all want to help people in the best way possible. But how do we do that is the better question. How do you avoid the breakdown in terms of communication and walk away feeling better about the clinical visit? Because to be fair, most people don't know what goes on in the

busy world of the doctor's lives. Having said that, I find people are extremely respectful if we walk in late to see them...I think they've figured out we aren't playing yahtzee or backgammon.

So, here's the first tip: Try to understand and explain your reason for the visit as clearly as possible. For example, if you have an ailment such as pain, try to anticipate what the doctor might ask. Here are the things we want to know:

- When did it start?
- Where did it start? Was it from the top of your back, mid back, etc.
- Does it radiate anywhere?
- How severe is it? (low grade, mid grade, high grade)
- Is it sharp or dull or mixed?
- Is it constant, or does it come and go?
- What makes it better?
- What have you tried to relieve it?
- Is it getting better, worse, or the same?
- Do you have any other associated symptoms with it? Fever, rash, fatigue, vomiting?
- What do you think it might be?

So a specific example of a patient's response to a doctor could be:

"Hi doc, you look great by the way, I started to develop a sore throat, about one month ago and it was hurting occasionally, mostly in the morning, but in the last week it has been getting constantly worse, with increasing severity and it hurts to swallow when I eat. It feels like a dull ache and it keeps me up at night. I've been taking Tylenol 500 mg three times a day now for the last 5 days and it doesn't help. I don't have a fever and I've started coughing up some blood. I've been smoking for 45 years and I'm worried that it might be throat cancer".

This leads me to my second point: What do you think it might be and what are you worried about? If you are afraid of cancer, say so. Part of our job is to figure things out, but the other most important part is to address your fears or concerns...the easier it is for you to communicate that to us the easier it is for us to address it. Clarity requires help from both sides; it's like sitting in front of a foggy window with the patient on one side and the doctor on the other. If you clean your side of the window and we clean our side, we both can get a better idea as to what is happening.

Point number three: If you've sprained your ankle, take your shoes and socks off. We definitely will be asking you to do this. We need to see the source of the pain and examine that body part. If your knee hurts please don't wear tight pants that you can't get past your shins, we will need to look at the knees. It's much like asking a mechanic to diagnose the clinking noise that's coming from the engine, you know he is going to open the hood to take a look at the engine. Too often I've seen patients surprised that I would want to listen to their lungs when they are complaining of a cough or feel out of breath and they are wearing four thick layers of clothing...we by nature need to examine the part of the body of concern.

The fourth point: Keep a list of all your main medications, medical issues, allergies, and emergency contact persons. You should have this on you at all times, unless you are swimming. This is a great rule in general because if you are ever in an accident or fall ill and are not able to convey your medical history, the first thing we look for in the emergency room is for any information we can get about you. Men are notoriously bad for not knowing what medications they are on,

**IGNORANCE IS NOT BLISS;
IT CAN BE FATAL.**

even if they are only taking one. Ignorance is not bliss, it can be fatal. We all need to be responsible for our health and keeping this list on our person is a great way to start. The reality is doctors are not mind readers and if

you can't remember your medications, the only way we will is by looking in your chart (if we are lucky to have it). In addition, the information may have been changed by another specialist. So the more you know, the more we know and the better we can help.



The fifth point, which reinforces the last point: Know your medication list. I've said this twice because I can't tell you how many times I've heard people say "I'm on the white pill"...The truth of the matter is that there are really a huge variety of white pills. There is no course in medical school that teaches us the color of the pills, we're too busy learning how to pronounce

**GOOD HEALTH IS IN YOUR HANDS
AND GOOD HEALTH MATTERS.**

their names and what they can do. As well, please tell us if you are taking any herbal products or over the counter medications. When you are on more than one medication or herbal product, they can interact in a bad way and we try to minimize that risk.

While we are honoured that you give our memory a tremendous amount of clout, we are certainly dealing with 100's of pieces of information daily, so any help you can add just saves you and the doctor time. "Help us help you." Then you can chat about some other pleasant things such as the latest Tom Cruise movie you saw or the last football game you went to, because after all good health is in your hands and good health matters at every age!

*Let's talk again soon,
Dr. Lalit Chawla MD, CCFP*

NEW MOBILE CLINIC

HELPS SENIORS AVOID PAINFUL AND LIFE-THREATENING FALLS



**90% OF ALL
HIP FRACTURES
ARE CAUSED BY FALLS**

As we get older, one of the most dangerous risks to our health is having a fall.

Falls are a leading cause of injury and death among people age 65 and older. A shocking statistic indicates that in Ontario, every 10 minutes at least one older adult visits a hospital emergency department due to a fall. Recognizing that falls are serious, a new Erie St. Clair Falls Prevention Mobile Clinic has been developed and rolled out across communities in Chatham-Kent, Sarnia/Lambton, and Windsor/Essex.

WHAT IS THE FALLS PREVENTION MOBILE CLINIC AND HOW WILL IT HELP?

A team of health professionals travel from community to community to carry out personal assessments that will identify ways to help reduce falls.

The team can help by:

- Identifying specific factors that may contribute to the risk of a fall
- Developing a customized plan to reduce the risk of a fall
- Providing education and resources on how to avoid falls and stay healthy and independent
- Making referrals to community programs and health services
- Providing a detailed report to a primary care provider

HOW LONG WILL IT TAKE?

The average time spent at the clinic is about 90 minutes.

WHAT DOES IT COST?

There is no cost to attend the clinic.

ACCESSING THE MOBILE CLINIC

To book a free assessment with the Erie St. Clair Falls Prevention Mobile Clinic, call:

Chatham-Kent Public Health Unit
Laurel Cammaart | 519-352-7270 ext. 2456

WORKING TOGETHER

The Erie St. Clair LHIN, Chatham-Kent Public Health, VON, and the Chatham-Kent Community Health Centres are working together to make the Falls Prevention Mobile Clinic available.

Take a break and find the hidden words.....

WORDSEARCH

One down 25 to go!

Age
Attorney
Bingo
Community
~~Eyes~~
Family
Gardens
Health
Home
Hospice
Independent
Manor
Meals
Mobile
Motion
Recipe
Residence
Resort
Retirement
Senior
Tea
Terrace
Villa
Village
Vital
Welcome

B	A	M	X	I	R	D	Y	J	D
R	U	I	G	A	R	D	E	N	S
T	E	R	R	A	C	E	N	M	N
U	I	M	C	Q	O	D	R	E	R
F	X	D	O	R	G	Y	O	J	V
S	U	Z	M	M	N	Q	T	H	C
V	Y	E	M	W	I	Q	T	B	P
I	F	E	U	K	B	J	A	A	Y
L	H	R	N	K	Y	O	U	Y	H
L	T	Y	I	I	F	D	M	S	Q
A	L	M	T	Y	A	Y	Y	K	I
G	A	R	Y	N	M	T	G	D	Q
E	E	E	P	V	I	L	L	A	S
E	H	T	H	P	L	X	E	O	G
Y	D	I	A	F	Y	T	L	L	R
E	F	R	E	C	I	P	S	O	H
S	W	E	V	S	I	R	S	R	D
C	E	M	R	R	M	L	S	C	U
U	L	E	Y	V	A	R	O	H	E
E	C	N	O	E	O	Q	X	L	E
P	O	T	M	N	X	R	I	I	G
I	M	L	A	U	S	B	C	N	A
C	E	M	N	Q	O	I	F	D	V
E	I	C	T	M	G	D	Z	E	M
R	X	G	Z	M	K	U	I	P	B
R	E	S	I	D	E	N	C	E	Y
U	R	F	L	A	T	I	V	N	P
R	W	S	E	N	I	O	R	D	B
E	T	D	I	B	K	B	J	E	S
S	M	O	T	I	O	N	A	N	B
O	I	A	U	R	P	M	Y	T	E
R	U	P	N	J	C	O	Z	E	G
T	Z	A	Q	U	H	O	M	E	P



WELCOME HOME

TO AN ADULT LIVING COMMUNITY



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

The Verandas ⁵⁰⁺

AT PRESTANCIA

The Verandas offers a quaint and serene environment 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 Chatham for over 35 years and is a recipient of several

awards for his innovative practices and modern building technology. His high performance "Barrier Free" Dual Labeled homes (Energy Star and GreenHouse Certified) incorporate the very latest in homebuilding innovations designed to future-proof clients who want the ability to age in place and to maximize energy efficiencies and minimize environmental impact.

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

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- **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, Saturday by appointment only.

Just take Keil Trail North off McNaughton Ave. W. Straight to the Verandas at Prestancia (turn left).

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

For more information visit, www.yourlasthome.ca or give us a call at 519-354-8467.

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

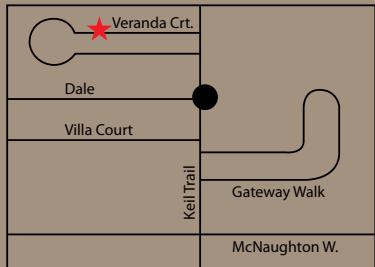
The Verandas ⁵⁰⁺

AT PRESTANCIA



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

POWER OF ATTORNEY

LAWYER JASON MALLORY DISCUSSES POA

Recently I gave a presentation on the topic of Power of Attorney. It was interesting to me that most of the Q&A discussion was focused on the considerations for selecting the right person to act as your substitute decision maker in Powers of Attorney. This person is known as the “attorney.” I often find that people don’t put enough thought into selecting the appropriate person to act as their attorney. After all, your attorney may end up making life-changing decisions on your behalf. In this article, I will outline some important factors that everyone should consider when deciding who to appoint as their attorney.



Jason Mallory is a lawyer with Kerr Wood & Mallory in Blenheim and recipient of the Margaret E. Rintoul Award in Estate Planning

YOUR ATTORNEY MAY END UP MAKING LIFE CHANGING DECISIONS ON YOUR BEHALF

WHAT IS A POWER OF ATTORNEY?

In Ontario, the Substitute Decisions Act provides for two different types of Power of Attorney documents. The Power of Attorney for Personal Care can generally be considered the “health care” power of attorney; sometimes referred to as a living will. The Continuing Power of Attorney for Property generally deals with decision making regarding your assets, liabilities, and financial matters. For more information on these Power of Attorney documents visit my website, www.kwmlaw.ca

HOW MANY PEOPLE?

You should always appoint a primary and a secondary attorney or consider appointing at least two primary attorneys together. Think of this second attorney as a “back-up.” It is very important to have a back-

up attorney in case the primary attorney is unable or unwilling to make decisions for you if the need should arise.

We’ve all heard the saying too many cooks in the kitchen. This can hold true for Powers of Attorney. On one hand, selecting multiple attorneys to act together has the benefit of providing a support network. On the other hand, it is often hard for multiple people to agree on important or difficult decisions. For example, it is common in my experience for the last surviving parent of four children to decide to appoint all four to act together as their attorneys because they find it difficult to select just one or two of their children, or because they don’t want to “hurt anyone’s feelings” by excluding anyone. Appointing this many attorneys to act together can be problematic for many reasons – for example, they may have difficulty agreeing or it may be inconvenient for one of the children because she lives far away.

If you decide to appoint more than one attorney to act together, you must also decide if you will require them to agree unanimously on decisions (known as jointly), or if they can make decisions together or separately (known as jointly and severally). Keep in mind that an appointment jointly will require all of your attorneys to agree on decisions and to sign documents together.

If you appoint multiple attorneys together you also have the option of allowing for majority rule, or appointing a particular person as a tie breaker.

**The comments in this article are not meant as legal opinions and readers are cautioned not to act on information provided without seeking specific legal advice with respect to their particular situation.*

The attorneys you appoint for Personal Care and Property do not have to be the same; although in many circumstances it will be more practical to appoint the same people in both documents.

WHO TO APPOINT?

A good starting point is to consider the following things when determining who you will appoint as your substitute decision maker:

Legal Requirements: The Substitute Decisions Act requires that an attorney must be mentally capable. An attorney for Personal Care cannot be someone that you pay for health care services (i.e. nurse, physician), unless that person is a family member. There are also certain age and other legal requirements that you should discuss with your lawyer.

Trust: First and foremost, you must trust the person you appoint. After all, this person may end up making decisions on your behalf that will affect your health, wellbeing, and finances.

Proximity & Convenience: This is often a consideration when a person appoints their children as attorneys. Often children live hours away, or in a different province or country. Acting as an attorney is a very demanding role, and often requires daily involvement. In many situations it will not be practical or convenient to appoint someone who does not live relatively close to you.

Familiarity: It will be easier on the attorney if they are already familiar with your assets and liabilities, and your wishes for future care and treatment if you become mentally incapable. An attorney who is familiar with where you live, work, and conduct business will likely have an easier time than would someone who must familiarize themselves with your affairs after you become incapable.

Knowledge & Ability: Acting as an attorney requires a lot of attention and diligence. Consider appointing an attorney for property who has a good track-record managing their own financial affairs. Likewise, appointing an attorney for personal care who is familiar with medical decisions and who you feel will be able to maintain a clear mind when making emotional health care decisions is important.


Age & Health: Keep in mind that as we age, so do those people whom we appointed as attorneys. With age, the likelihood of physical or mental health issues increases. Make sure that you re-evaluate your attorney appointments periodically over time to make sure that, if the need arose, the person you appointed has the energy, ability, and willingness to act.

CONCLUSION

Everyone's circumstances will be different, and there is no "one size fits all" answer for whom you should appoint as your attorney. There are, of course, other possible considerations, but if you at least consider the above factors you will be on your way to choosing an appropriate attorney.

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

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HERE WE GROW AGAIN!

DR. DAVID OLIPHANT OPTOMETRIST

The practice of Dr. David Oliphant, located at 412 Grand Ave. East in Chatham, has welcomed Dr. Eric Chevalier as their newest associate. Dr. Chevalier has finished his studies at the University of Montreal with an award of excellence in ophthalmic optics, and will now be relocating to Ontario with his wife Dr. Erin Zimmerman. Dr. Chevalier is a native of Montreal and is excited to be offering seniors in the area all optometric services in both French and English. "We are really thrilled that Dr. Chevalier has decided to join our team," says Dr. David Oliphant. "We hold the care of our patients in the highest regard, and he fits that model perfectly. The fact that we can offer care in both French and English is a great addition, but Dr. Chevalier's experience in new treatments for conditions like dry eyes (keratoconjunctivitis sicca) will also enhance the level of care we can now offer."

Dr. Chevalier has worked and trained in the U.S. and Canada. He has spent time with Drs. Dan & Hoffman of the Eye Centers of South Florida where he observed many advanced cataract surgeries and optical procedures, and also spent a year working at LasikMD Centre in Montreal while attending the University of Montreal.

"I am truly excited to be joining Dr. Oliphant and his team!" says Dr. Chevalier. "I wanted to find a team that really cared about offering the highest level of care to patients, in a state-of-the-art facility, and found everything I was looking for in one clinic." In his search for an appropriate clinic, Dr. Chevalier searched out many of the clinic websites in the area and was drawn to Dr. Oliphant's website.

One of Dr. Chevalier goals is to run more educational seminars for seniors in the area. The seminars will focus on

DR. ERIC CHEVALIER

Eric is our newest member to the team, offering optometric services in both French and English.



how to detect the early stages of Diabetes and Glaucoma, two diseases that are very prevalent in the senior community.

Dr. Chevalier loves the outdoors and believes that living in this part of Ontario lends itself well to his hobbies outside of work. He is an avid cyclist and enjoys many water sports, canoeing in particular.

Dr. Oliphant and Dr. Chevalier welcome all area seniors to drop by the clinic located at 412 Grand Avenue East, in Chatham, Ontario.



OUR TEAM



Dr. David A. Oliphant



Mary Kalp



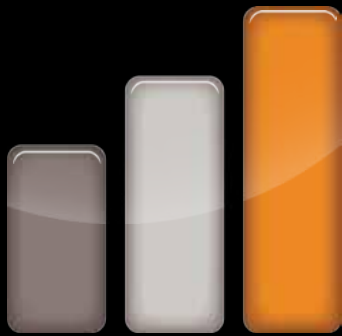
Jordan Farquharson

dr. david Oliphant
Optometrist



Dr. David Oliphant, Optometrist

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THE DENTURE SPECIALISTS: DENTURE & IMPLANT SOLUTIONS

NEW PERMANENT TEETH-IN-A-DAY SOLUTIONS FOR DENTURE-WEARERS. AN ADVANCED APPROACH TO RESTORE FUNCTION AND QUALITY OF LIFE...

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

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

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

If asked, most denture-wearers would admit to wishing they could have healthy natural teeth again, which is impossible. However, the next closest thing to natural teeth used to be individual dental implants and crowns, which can be financially prohibitive as costs may reach up to \$50,000 per arch. This traditional method of dental implants is not only very expensive, but also requires placement of

TED G. DALIOS, DD, HIS

Ted and his team are proud to offer exceptional denture, hearing, and snoring/obstructive sleep apnea treatment to the residents of Chatham-Kent, with locations in Chatham, Wallaceburg & Tilbury.



many implants, bone grafting, sinus lifts, and long healing and recovery periods. The whole procedure from start to finish could take up to two years to complete.

Now there exists a more affordable technique for fixed, non-removable teeth with minimal pain or discomfort, in one treatment session. This technique is changing the lives of denture wearers all over the world. Developed in Europe, the "teeth-in-a-day" procedure has seen success rates world-wide. This "All-On-Four" technique converts the patient's denture into a fixed and fully functional smile one day. There is no lengthy healing period, no large bulky denture rubbing on the gums or covering the roof of the mouth, and your new teeth become a part of you! This treatment allows patients to regain their quality of life by enabling them to feel confident eating in public, dating, smiling, and laughing without fear of a denture falling out. The freedom to brush your teeth in a natural way is something that no longer needs to be taken for granted.

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

Be yourself again and call The Denture Specialists. Our dental team has one goal in mind, and that is to provide you with a beautiful functional smile.

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

334 King Street West, Chatham, ON
519.352.1600
www.thedenturespecialists.com



A.Thiel Marketing



BioPed



Blenheim
Community Village



Blenheim
Independent Living



Canadian Hearing
Institute



CHAP



Chatham-Kent
Hospice



Chatham Retirement
Resort



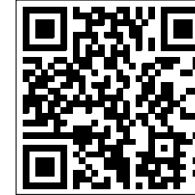
Chatham-Kent
Veterinarian



Copper Terrace



Denture Specialists



Dr. Oliphant



Eden Villa Retirement
& Assisted Living



Gilles Michaud
Construction



Kerr Wood & Mallory



Kettles in Ridgetown



Riverview Bingo
Palace



Riverview Gardens



S&R Residence on the
Thames



St. Andrew's
Residence



St. Joseph's Health
Care - London



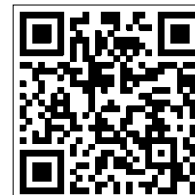
The Cultural Centre
(Milner House)



The Foundation of
C-K Health Alliance



Tilbury Manor
Long-Term Care



Village on the Ridge



VitalAire



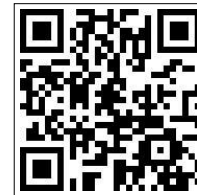
What's 4 Dinner
& Bakeshop



Meals on Wheels
Chatham-Kent



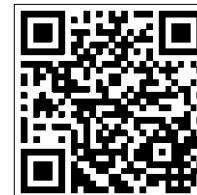
Motion Specialties



Shoppers Home Health
Care



Slots for Seniors



St. Clair Capitol
Theatre



St. Clair College
Healthplex

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



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, Zumba, Yoga and more!

Seniors 55+ 2 Membership Options

12 Month
\$20.00
/ Month (+HST)

4 Month
\$25.00
/ 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.

The possibilities are endless at the HealthPlex with our exciting line-up of programs and services. 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!!**

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 Klosest" upstairs where you can find unique treasures in our consignment boutique.

*"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



HOSPICE

COMPASSIONATE END-OF-LIFE CARE IN A HOME-LIKE SETTING

Hospice is not about dying. It is about living life to its fullest in the most meaningful way possible.

A residential hospice offers an alternative for people who are unable to or do not wish to die at home but do not require hospitalization. The hospice cares for patients and their families and friends who are dealing with a terminal illness, providing comfort, support, and pain management. Patients are able to die with dignity in a home-like setting.

Hospice services are non-denominational, culturally sensitive and offered at no cost to the patient or family. The palliative care team includes doctors, nurses, personal support workers, counselors, and volunteers who provide a range of medical and support, services around the clock. Friends and family members are encouraged to visit with their loved ones at any time and to participate in their end-of-life care. The patient rooms include comfortable living spaces for family members to stay day or night.

The Chatham-Kent Hospice will be a 10 bed residence located on land owned by St. Andrew's Residence. The residential hospice will include private bedrooms, indoor and outdoor family/social spaces with additional space for bereavement counselling, a resource library, and meeting rooms. By collaborating with St. Andrew's Residence through the sharing of administrative resources, the hospice will be able to reduce operating costs, however, all hospice direct services - both medical and non-medical - will remain separate and completely focused on end-of-life care.

Our goal is to raise \$5 million; \$3 million to build the residential facility and \$2 million for an Operational Sustainability Fund. The Erie St. Clair Local Health Integration Network is supporting the Chatham-Kent Hospice by providing \$920,000 in annual operating funding once the residential hospice is open. The Municipality of Chatham-

Kent has pledged \$1.5 million in matching funds to start in 2015 and to be spread over five years. As of April 2014, the community has raised the \$1.5 million to match the municipal pledge but we still have \$2 million to go and need the community's support now to get the hospice built and the doors open.

We also will need volunteers – lots of them! Volunteers are vital to the success of any hospice and will be needed in a variety of capacities from bedside volunteers to volunteer cooks, receptionists, housekeepers, or gardeners just to name a few.

Please consider how you can support our community hospice!



TESTIMONIALS

My aunt spent her final three weeks in residence at the hospice. Each of her children and grandchildren were able to visit her, have private moments with her, and say their good-byes. My uncle was able to come and go at all hours of the day or night and the family was able to stay in the room with her whenever she wanted them to or they needed to. My aunt's end-of-life care also included the family and considered their needs as well. When my aunt felt well enough, she was wheeled to the window to enjoy the sunshine. When she was unwell, she was comforted and supported. As she passed away, it was in the most peaceful environment with people who loved her. We couldn't have asked for a better good-bye to my special someone.
Cathy Telfer – Chatham

Some time ago I had to say goodbye to my sister-in-law/friend. Her surroundings were quiet and beautifully comfortable. Her husband was accommodated within her room. Pictures of family and pets graced the walls. The sun shone that day as did the volunteers who had become like family in their efforts to make this transition as easy as it could be. In looking back I realize how very important this atmosphere is for all involved. Her last days were hard for all; however, the atmosphere of that room and the peace in her eyes will remain for those of us left behind.

M. Lorraine Trinacty - Blenheim

WANT TO GET INVOLVED?

Visit www.chathamkenthospice.com,
find us on Facebook or call 519-354-3113

TOWARD AN AGE FRIENDLY CHATHAM-KENT

WE WANT YOUR OPINION

Age Friendly CK is busy harvesting the opinions of those age 50+ to gain insight into the needs and wants of local residents. Have you completed your survey yet?

HAVE YOU COMPLETED YOUR SURVEY YET?

Today, we all benefit from a remarkable and wondrous achievement. Modern medicine and healthy lifestyles have given us all longer, better lives than at any time in human history. Now we must prepare our communities to face this reality so we can live these later years in comfort.

In 1950, Canadian men had an average life expectancy of just 64; that was not even old enough to apply for CPP. Women could expect 68 years; and in total, just one in 20 people was over 65.

Life expectancy for both genders has since then risen to around 80. It is still rising, and will continue to do so for the foreseeable future. This means the challenges posed by advances in aging are long-term, and will continue to impact individuals and society irrespective of generational pressures such as the size of the Baby Boom.

There are now as many people over the age of 65 as there are those under 15. By 2050, there will be nearly twice as many. By the end of this decade there will be more people each year who are old enough to leave the workforce and retire than there will be those old enough to leave school and enter the workforce. In the next 20 years, the number of people in Chatham-Kent over 65 is projected to rise to almost one in three people!

To adapt to this fundamental shift in how we live our lives - and ensure we can be independent and active in our later years - we need to prepare now. This is the time to be heard, join the conversation!

Where do you like to shop? Are those buildings accessible and can you get there without a vehicle if you no longer drive? What social activities do you want? What will get you out of the house and improve quality of life? What community services are required to make sure you have what you need to live independently at home?



Take the survey, and register for one of the focus groups where you can talk in person about the issues that impact your life.



For more information visit www.ckseniors.ca or call 519-354-8103. Paper copies of the survey are available at any: Municipal Service Centre, Chatham-Kent Library Branch, Senior Activity Centre, and Community Health Centre or by calling 519-354-8103.



Over 50? We need your help! Register for a Community Focus Group

AgeFriendly Communities promote active and healthy aging.
Tell us how our community can improve your quality of life.

Seating at a focus group is limited. **Participation is by registration only.**
To sign up for your community's event, or to find out details on other dates and locations, contact Devin at 519.354.8103 or dandrews@standrewsresidence.com



ckseniors.ca



Over 50? We need your help! Take the AgeFriendly Survey

AgeFriendly Communities promote active and healthy aging.
Tell us how our community can improve your quality of life.

Surveys are available at: any Chatham-Kent Municipal Service Centre,
any branch of the Chatham-Kent Library, any of the 11 Senior Activity Centres,
www.ckseniors.ca/agefriendly or 519.354.8103



ckseniors.ca

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

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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 and 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 therapy. Our professionals are available to monitor, follow-up, and support your changing needs.

EDEN VILLA

A GROWING FAMILY

Eden Villa Retirement & Assisted Living is a family-oriented residence that offers you or your loved ones specialized care. As you walk through the front doors you soon feel the family-focused atmosphere in a home like setting. Eden Villa is designed to allow for the respite stay or permanent resident and their main goal is to offer an easier transition during the difficult time of leaving one home for another.

Located in a quiet setting in a remodelled historical residency that was once Victoria Residence, Eden Villa offers several personalized care pack packages to help suit your care needs and financial flexibility.



At Eden Villa we don't just consider you or your family member a resident but part of our growing family and would love for you to call our home, your home. Tours are always welcome and we look forward to speaking with you personally!



*Offers affordable Care Plan packages
designed to fit your individual needs*

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

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WWW.EDENVILLA.CA
519.354.CARE (2273)

IT'S NEVER TOO LATE!

FOLLOW YOUR DREAM AT ANY AGE

My name is Susan Persyn, and I have lived in Chatham-Kent my entire life and proud to call Wallaceburg my hometown. I am happily married with three wonderful children, a wonderful daughter-in-law, and two amazing grandchildren.

Over the years while working in factories and retail, there was always a desire to work in the Real Estate field. I thought, you are never too old to go back to school. After researching the steps and deciding to go for it, I signed up for my first course. The thought of having to do exams and pass with a 75% was quite daunting. I wondered if this old mind (at 53) could handle all of this information.

I persevered and continued studying and after successfully completing and passing the necessary courses, the first time no less, I now find myself the newest member of the Homeward Realty team.

If I could give anyone any words of advice it would be that no matter how old you are, you are never too old to learn and never too old to follow a dream!

**I found my dream,
let me help you
find yours!**

Homeward
Realty Inc. Brokerage
homeward.ca



Susan Persyn

Sales Representative

Office: **519.627.9933**

Cell: **519.359.6863**

I'm available by text!

sue_per31@hotmail.com

*I look forward to helping you find and achieve
your dream of home ownership.*

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

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