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ISSUE | 17

CKSenior

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

www.ckseniormag.ca



WELCOME

Welcome To CK Senior, Issue 17

Welcome to the 17th issue of our CK Senior magazine, and with this issue, welcome to the launch of our new website www.ckseniormag.ca

We are now happy to provide you with an online presence of our publication including both current and past issues. We hope you enjoy this hard copy in hand, and the option to read the current issue online and stroll down memory lane through some of the past issues, articles, recipes, pictures, etc.

By the time you are reading this we will be halfway through the month of February and more than halfway through the winter season - so far so good. The weather has been great this year, we've had minimal snowfalls (up until February), some cold days for sure, but also the bonus of the sun shining on us most of those days. February is our shortest month of the year but also a month of many events. We have Valentine's Day on the 14th, Family Day on the 16th, Pancake Tuesday on the 17th (Our last big feast before Lent.) and then the Chinese New Year begins on February 19th "the Year of the Sheep (Ram, Goat)." With all of these celebrations going on, before we know it we will be into the month of March and will be starting to smell spring coming in the air.

As always it's been a pleasure to put together this issue of CK Senior and we thank our advertisers and contributing writers for making this possible. As you go through the pages we hope you once again discover all the wonderful businesses and services available. Enjoy the rest of your winter, your spring, and we'll be back with issue #18 in June.

Be safe and always remember...

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

Sincerely,

Andrew Thiel, President

Mark Requena, VP / Website Development

Andrew Fraser, IT Specialist

Lisa Persyn, Sr. Graphic Designer

Kristen Myers, Graphic Designer

Nancy Schlereth, Sales Manager



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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

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

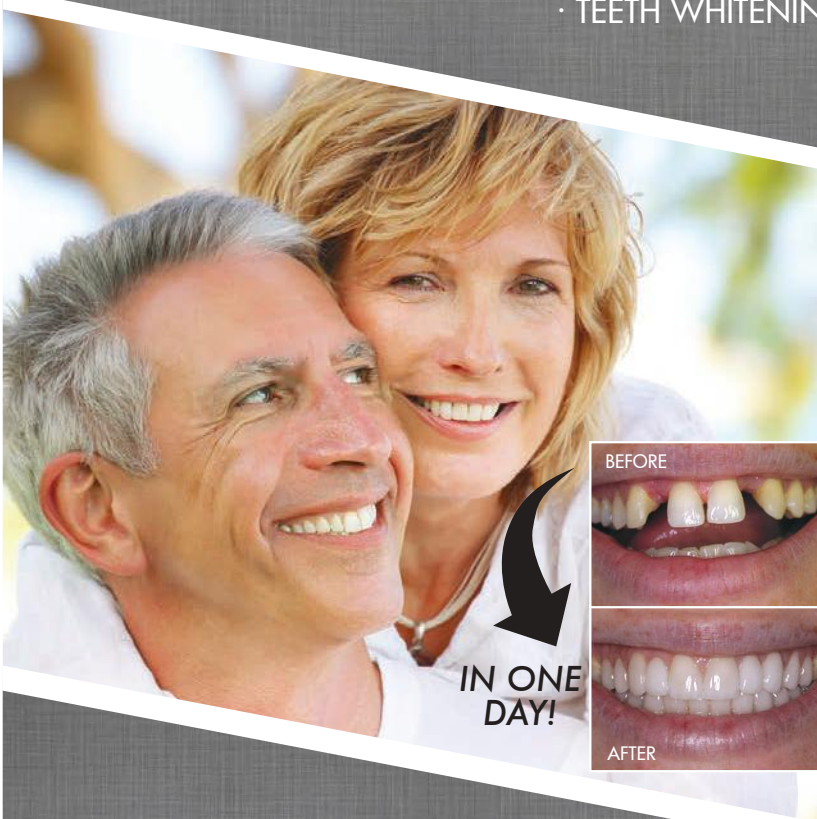
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Our Services:

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

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SENIOR DISCOUNT DAYS

THURSDAYS: *Shoppers Home Health Care | 406 St. Clair St. - Chatham*
20% OFF (Non-sale items only. Offer is not valid on special orders or government funded items) | Age To Be: 55+

FRIDAYS: *Motion Specialties | 785 St. Clair St. - Chatham*
The FIRST Friday of every month 20% OFF
(Non-sale items only and not applicable for government funded items)
No age restriction - customer appreciation day

SATURDAYS: *What's 4 Dinner | 6 Lowe St. - Chatham*
See Store for Saturday Specials | Age To Be: 55+

*All business and discounts noted are subject to change. Some exclusions may apply, see individual stores for details.



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DANCING TO THE MUSIC

What a great way to spend a morning!



Photography (including cover) by: Mark Requena Photography (www.markrequenaphotography.ca) | Editorial: Nancy Schlereth

On the cover of this issue we'd like to introduce you to Rita McKinnon and Richard Pouget! Every Thursday morning at the Active Lifestyle Centre (ALC) on Merritt Avenue in Chatham, you will find Rita and Richard (along with their friends) enjoying square and round dancing to the music of violin, fiddle, and piano.

Rita has been dancing for the last five years and has just celebrated turning three quarters of a century, while Richard joined the dance a year ago and will be celebrating 80 years of age this coming August.

These pictures share the story of the fun that dancing brings!

In the lyrics of (singer/songwriter) Lee Ann Womack:
**"And when you get the choice to sit it out or dance...
I HOPE YOU DANCE!"**

For more information on programs that the ALC offers please go to: www.activelifestylecentre.org

Mark Your Calendars!

Upcoming events at the ALC

**Flea Market/Garage Sale/
Bake Sale/Craft Sale**

Saturday, March 28, 2015

Casino Night

(Play for fun – Maybe win a prize)

Saturday, April 18, 2015

Evening Fashion Show

Friday, May 1, 2015

Contact The Active Lifestyle Centre directly for details!

519.352.5633

RICK NICHOLLS, MPP
CHATHAM-KENT-ESSEX

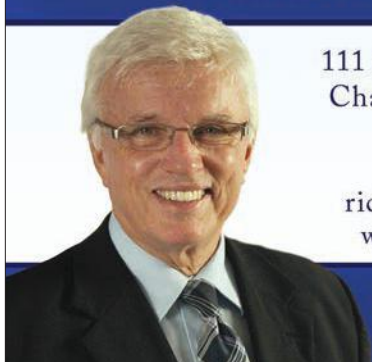


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SIZE MATTERS

It's the little things that add up

We have all been told over the years that “bigger is better,” this may not be the case when you or a loved one are considering a retirement community. In this day and age most retirement communities have computerized records of residents’ birthdays, their names are always on the chart, right along with allergies to medications, and so on. It is not uncommon to receive your birthday greeting and the “standard stuff” at almost any retirement residence. So, would you think that the experience at all homes would be generally the same?

“We couldn’t disagree with you more,” say Debbie Ouellette and Andrea Sullivan, General Managers of Hudson Manor and Maple City Residences. At properties our size we ‘know your story.’ Our staff get to know the life story of all of our residents, we are smaller properties which allows us to actively interact with our residents on a daily basis. We would never just get a birthday card dropped off at a room, we would hand deliver it and then plan a party afterwards. We take the time to listen to residents and love the intimate details of what they did before retirement, learning how big their families are, what their favourite snack is, or what kind of music they enjoy. They are our family; we hear the ups and downs of what is going on in their lives and genuinely take interest. That is something you can’t fake, and that is what makes us different.”

Ouellette and Sullivan go on to say, “Many of our residents come to us with big life changes going on. This could be in the form of a declining medical situation, selling their family home, recently losing their life partner, or in some cases all of these things could be happening at once. It is our job to make them feel welcome and help them through a brand new process. That is something that can’t be done with a fancy computer program or magic algorithm, we take the time to listen and get to “know their story.”

Ouellette is even taking the feedback from her residents a step further. Over time she has seen a gap in services in the standard model of retirement communities in the area. “It seems to be an all or nothing situation in most cases. When a resident checks into a retirement residence they automatically get signed up for every meal every day, housekeeping services every day, and many other daily services. What about a senior who wants to cook their own meals from time to time? What if they like to tidy their own room and have their own snacks on hand? We should be able to offer those more independent seniors an option, and rightfully discount the service for them.” Ouellette said, “I can’t go into too many details right now, but let’s just say there could be some exciting changes this summer.”

In this highly digitized age, bigger is not necessarily better when it comes to what size of retirement home for which you are looking. Forego the “big box” approach and drop by Hudson Manor or Maple City Residence, you’ll see the difference, and they will get to “know your story.”

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

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Senior's Day Out has been operating for over 20 years to serve seniors in Chatham-Kent. We offer a range of social, physical & recreational activities to meet the needs of each client.

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LONG-TERM CARE AND THE GREAT OUTDOOR AIR

Blenheim Community Village Takes Residents on an Annual Camping Trip

Winter time is a great time to share summertime memories!

When people think of Long-Term Care homes, they usually don't think about toasting marshmallows on an open fire. But at the Blenheim Community Village Residence, the great outdoors, camp songs, and s'mores are something that both residents and staff enjoy.



Over the past six years, residents have enjoyed outdoor day and overnight trips into parks across Southern Ontario where they are able to engage in a wide range of activities including:

- Fishing
- Bird watching
- Great barbecued food
- Short hikes
- Singing songs

The largest camping trip location is Camp Woodeden, where residents actually stay for three days and two nights.

"I am 89 years old and this is the first time I have ever camped and loved everything about it"

- Jeanne Deschryver, Resident



The day trips are designed to bring both a change of scenery and ensure that everyone remains active in the community. They are also an opportunity to help break down generational barriers by connecting staff with residents in a different environment.

"For some residents this is their first experience with camping and for others a reliving of old memories such as, fishing followed by an outdoor fish fry."

*- Gwen Daly, Executive Director,
Blenheim Community Village Long-Term Care Home*

At the end of each event, it is easy to see from the smiles on everyone's faces how much fun was had and how important the outings are. The camping adventures are definitely something that everyone looks forward to every year.

*This article (along with the photos) has been written and submitted by:
Erie St. Clair Local Health Integration Network, Chatham, ON*

About The Erie St. Clair LHIN

The Erie St. Clair LHIN is a Ministry of Health and Long-Term Care agency that plans and pays for health care services totalling a billion dollars a year in our region alone – everything from hospitals to *Meals on Wheels*.

The Erie St. Clair LHIN strives to make the health care system better by understanding and responding to local needs and by getting services to work together more efficiently. That's how we'll all get better health care while saving money and making the system sustainable for our children and grandchildren.


For more information about the Erie St. Clair LHIN, please visit: www.erieclairhin.on.ca or contact Shannon Sasseville, Director, Communications, Public Affairs, and Organizational Development, Erie St. Clair LHIN, at 1-866-231-5446 ext. 3225 or at shannon.sasseville@lhins.on.ca

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SENIORS' COMMUNITY BY
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CAGP

Chatham-Kent RoundTable

The Canadian Association of Gift Planners (CAGP) Chatham-Kent RoundTable is comprised of member charities and gift planning professionals. The local RoundTable strives to raise awareness of the importance of thoughtful, well-planned, tax-preferred gifts and the positive effects these gifts have in Chatham-Kent. Gift planning empowers everyone to make a difference in the community and in the lives of those that follow.

A charitable gift left in your Will, or another form of legacy giving, allows you to offset current or future tax obligations. Gift planning today helps meet your philanthropic goals and enables local charities to continue to assist children, youth, and adults across Chatham-Kent now and for years to come.

For more information on the CAGP Chatham-Kent RoundTable and its membership, please visit our website at www.yourlegacyck.ca



Members of the CAGP Chatham-Kent RoundTable:

- Canadian Cancer Society
- Chatham-Kent Community Foundation
- Chatham-Kent Hospice
- Children's Treatment Centre Foundation of Chatham-Kent
- Community Living Wallaceburg
- Foundation of Chatham-Kent Health Alliance
- Langford Law Offices
- Quaglia Law Office
- St. Andrew's Residence
- Sun Life Financial
- United Way of Chatham-Kent
- United Way of Sarnia-Lambton

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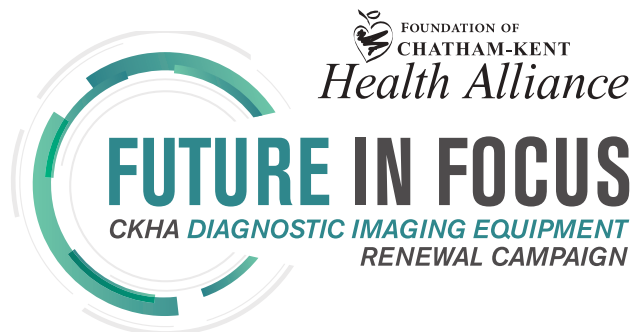


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A \$6.9 million capital campaign to support CKHA in the purchase of new diagnostic imaging equipment for the Chatham and Sydenham Campuses, starting with Phase 1:

- **A new Fluoroscopy System**
- **A new CT Scan**
- **New Ultrasound Equipment**
(including two units for the Sydenham Campus)
- **A new Bone Densitometer**

These four important pieces of equipment serve numerous programs throughout CKHA and are key for diagnoses in a multitude of cases, including heart, stroke, cancer, orthopaedics, rehabilitation, obstetrics and gynecology, just to name a few.

Today, the need to replace this diagnostic imaging equipment is an urgent priority for CKHA as each piece is quickly reaching 'end of life'. By replacing this equipment now, CKHA will not only be able to provide better, more efficient care, but will also be able to retain and attract the high caliber of physicians and healthcare professionals needed at our local hospitals.

Even though this equipment is considered essential for care at CKHA, as with all capital equipment needs at our local hospitals, the purchase is not supported through government funding. To date, more than \$2.3 million has been raised for this important campaign. **Your help is needed to reach our fundraising goal and bring this state-of-the-art equipment to our community!**

Please consider giving generously to the
CKHA Diagnostic Imaging Equipment Renewal Campaign

Thank you for your support!

519.436.2538 | www.foundationckha.com

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



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Smile, listen, ...live

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

The Smile and Hear Expo is a unique hearing and denture event being held in the Chatham-Kent area.

This event brings information, product and technological advances to the local hearing and denture community. Our goal is to educate people in order for them to make informed decisions that will meet their individual needs.



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Thursday, April 9, 2015 | 10am - 2pm

Active Lifestyle Centre - 20 Merritt Avenue, Chatham, ON

Presentations from Experts in Hearing and Dentures • Manufactures Exhibits
Complimentary Light Lunch • Door Prizes • Casino Dollars

*Bring your hearing aids for a **FREE** cleaning and checkup!*

Pre-register in person:

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and fill out an RSVP Form

or

Pre-register by email:

Email your contact information to
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CHAP - Family Service Kent

Featuring our volunteer drivers

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.

CHAP Transportation program provides transportation to seniors and people with disabilities in Chatham-Kent. We provide this service mainly through the use of volunteers. We also provide rides with our staff drivers who are trained in the safe use of our accessible vehicles.

In 2014 volunteers in the CHAP program provided

- Rides (units) - 29,471
- Kilometers driven - 790,000
- Volunteer Hours - 21,000
- Reception Hours - 1,300

What Volunteer Drivers Do?

- Provide rides to destinations
- Recruit new volunteer drivers
- Provide door-to-door service
- Raise awareness about the service
- Stay with riders at the destination
- Offer socialization
- Assist with shopping & parcels
- Deliver our Frozen Meal program in the prescribed manner



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Where do we take our clients?

- Doctor / Medical
- Senior Day Away Programs
- Social Activities
- Banking
- Grocery Shopping
- Barber/Hair Dresser
- Pharmacy
- Social Services

How to Become a Volunteer Driver

- Complete application with references
- Provide police clearance
- Submit completed application and police clearance
- You will be contacted for an interview
- Mileage reimbursed

SUDOKO

*Maintain your mental health, while having fun. **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. 22 | Difficulty Level: ●●●○○

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

WE ARE NOW ONLINE

www.ckseniormag.ca



The CK Senior Magazine is now online!

Over the past few years, we have been constantly receiving requests for extra copies of the CK Senior magazine so we thought it was time to give our magazine an online presence. Now you can go online and read our current issue as well as past issues, some of the high-lights from the magazines, and information that will assist you in planning your days and in choosing the businesses and services you may require.

SO DO IT....go online to www.ckseniormag.ca and explore! You can even pass along our website address to any of your family or friends outside of the hard copy area and now read CK Senior together!



Access on any device!

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LOOKING BACK

C-K Senior of the Year 2014

Dixie Peters was well-deserving of the 2014 **SENIOR OF THE YEAR** award last summer, and congratulations go out again to Dixie on such a wonderful accomplishment!



Dixie has been volunteering her time to help others for nearly 20 years, which includes unbelievable compassion and devotion to widows, widowers, family and friends in their struggle to deal with losing a loved one. Dixie began supporting others after experiencing the loss of her husband Jim. She attended a Chatham Mental Health Association grief workshop and from there she began volunteering and later became the widow-widower support group program coordinator. Over time, the program was discontinued and Dixie decided to continue the support group on her own creating "A Time to Mourn"- a current Blenheim & Area bereavement support program.

Thank-you Dixie, we are lucky to have volunteers like you to help make Chatham-Kent a better place for all of us.

Photo/editorial content submitted by: Karen Herman

Photo taken by: Blenheim News Tribune

June 19th, 2015

2015 Chatham-Kent Senior Expo & Achievement Awards

Blenheim Recreation Centre Arena
199 King St, Blenheim, Ontario
9:00AM-1:30PM

Highlights

- Exhibitors
- Entertainment
- 11AM - Awards
- Lunch
- Door Prizes

For more information call; Karen Herman
CK Senior Fair Committee (519) 436-3206

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Pictured above is Dr. Chawla along with Frank & Ruth Draper (married for 65 years)

THE NEW DAY'S RESOLUTION

Dr. Lalit Chawla MD, CCFP, FCFP

As we head into the second month of the New Year, inevitably many people will have made a new year's resolution which they secretly know they won't keep in its entirety. As I get older I find more and more people are joking and even making a farce of the whole idea of a resolution, and rightfully so. They, through years of experience, have understood that people more than likely won't change by simply creating a new year resolution.

Yet the sparkle of the brand New Year challenges many of us to participate in making another New Year's resolution. The New Year is great because it landmarks a new chapter in our lives as to what may come. We celebrate the New Year with new vigor because it brings new hope. Like all books, we can read the first several pages but if it's not compelling we won't continue. In other words, in order to make effective change in our lives we need to understand **WHY** we really want to make that change in our lives; to go beyond the first chapter and complete the story. For example, the most common New Year's goal is to lose weight. This is really a perceived goal. Nobody wants to lose weight; what we want is to gain something from that weight loss such as more energy, to look younger, to stop taking too many medications, to keep up and play with our kids, to live longer etc. In summary, to participate in our life in a more positive and empowering way!

I tell patients the key to getting what you want in the New Year, or any time of the year, is to be clear and write down why you want it. Only then will you be able to begin moving forward to the feelings you want from your resolution. Once you know why and have many reasons to support them, then and only then will you create a life that you truly want.

The next step? How to make that change you desire really happen. Once we have the **WHY**, it's helpful and necessary to harness strategies that will work for you. In my lectures and workshop I go through many strategies that work incredibly well and that allows for sustained change and results. Here are a few that I'd like to share with you using weight loss as an example.

1. Focus on the present moment.

Failure and disappointment comes when our focus is on long term results without celebrating or focusing on short term goals. Don't look into the future about losing 20 lbs of weight ...it doesn't work. Look at the moment-to-moment events in your life because in reality that's all we can control is our moment to moment thoughts and actions. When we look too far ahead, we walk into potholes or trip over a curb because we are not focused on the present moment. Think of your life in terms of hours and the day you have in front of you. The past is gone and tomorrow will come again and again; don't jump ahead.

2. Focus only on changing 1% daily.

For the majority of us it is difficult for us to change our

whole life and behaviour by trying to be the “new you” immediately. If you could improve your behaviours and thoughts by only 1% a day, in one month, you’d improve by 30% and that’s a great investment. So if you don’t drink enough water, make that your “1% goal for the day” and continue with that behaviour consistently. Try drinking a bit more daily and add that new routine to your life. Water is a vital fuel for life, and you can’t feel 100% healthy if you don’t fuel your engine. The body runs on water, not caffeine, soda pop, juice or alcohol.

Even if you have digressed, remember to celebrate the 1 % change you’ve made daily. Daily celebration is the key to feeling that you are moving in the right direction. Too often, we think we need to only celebrate after we have achieved our end goal, but really your end goal should be a daily goal that you are trying to achieve. Don’t set the bar too high, even high jumpers progress upward slowly when they are practising.

3. Remember the important principle of conditioning and establishing routines.

The one reason New Year’s resolutions fail is because we forget this crucial principle. We condition ourselves to new change for the moment and the excitement of the “New Year” moment. We all can change for a moment, but by the time spring rolls around, the “New Year” has turned around and become an “Old Year” resolution. So write (or recall) your “New Year WHY Resolution” somewhere that you will see it daily. We need to remember what the reasons are that we want to change; to gain a new empowering emotion, state or wellbeing that the change will bring us. So think of this as a New Day’s Resolution vs. the New Year’s Resolution. (I’ve touched on this point briefly but there are more in depth ways to add this principle in our lives).

4. For weight loss, use the buddy system.

Most people need a friend to keep them accountable and aligned. That’s why so many sports have cheer leaders. Choose a friend that can keep you honest and committed. Don’t plan to exercise with a friend who doesn’t do it on a regular basis, you both might give in and say “Let’s skip our walk and go for a coffee.” That’s why people hire personal trainers, they won’t let you sleep in and they won’t take you for coffee. The best motivator is a friend with a megaphone and not afraid to use it.

5. Make your resolution fun and use your imagination in terms of meeting your goals.

Making weight loss fun, for example, takes the work out of it. There are new ways to be challenged online and still be connected. There are many online activities and programs that also add a sense of community and purpose to the

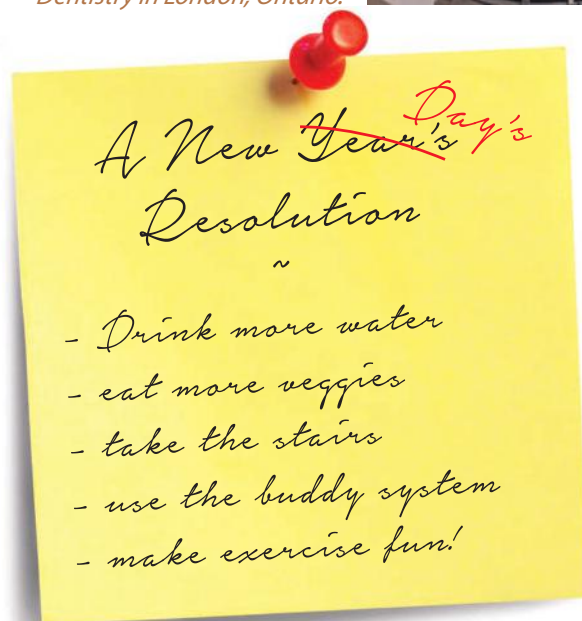
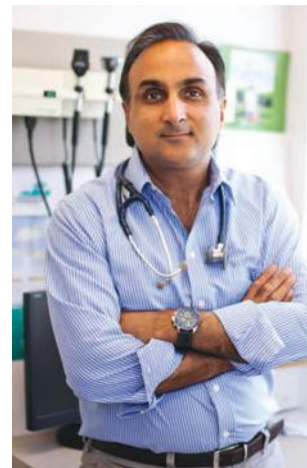
goal you are striving. So linking up with others who share your sense of purpose and excitement helps you achieve what you are going for.

These are a few simple strategies to help things move along. So as you don’t really need to make New Year’s resolutions anymore but actually make New Day’s Resolutions to live your best life on a daily basis. As cliché as this may sound, the old saying “The journey of a thousand miles begins with one step” and each health step certainly does matter!

Let’s talk again soon,

Dr. Chawla

Dr. Lalit Chawla, MD, CCFP, FCFP
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RESIDENCE ON THE THAMES

Questions about Senior Living

Dear Ian,

What is the difference between a retirement home and a long term care home?

Retirement homes provide rental accommodation with care and services for seniors who can live independently with minimal to moderate support and are able to fund the lifestyle on their own. You can choose your retirement home and wait lists depend on the individual home. There is flexibility to choose your type of suite, the services you need, and the activities you want to participate in.

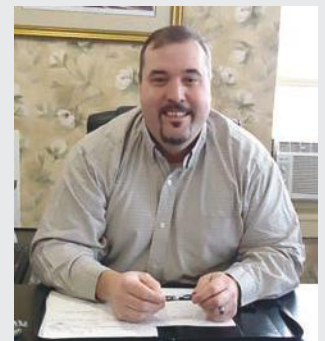
Long-term care homes (such as homes for the aged and nursing homes) are designed for people who require the availability of 24-hour nursing care and supervision, sometimes within a secure setting. They receive government funding, with residents paying a co-payment for accommodations. There is likely to be a waiting list and you may not get your first choice of facility.

What are the benefits of living in a retirement home?

Some of the benefits of living in a retirement home:

- Freedom from maintaining a home and preparing meals
- Enjoying privacy while knowing someone is aware of your well-being
- Belonging to a community of peers and participating in that community
- Living in a safe and secure environment that can accommodate varying levels of physical mobility and changing care needs

In a retirement home, you no longer need to worry about keeping the yard maintained, shoveling the snow, or doing house repairs. You have your own suite and your own privacy, but are able to share meals and activities with others. You also have help nearby if you fall or otherwise need assistance.



Ian Murray, Executive Director
*Residence on the Thames,
Steeves & Rozema Group*

If you are interested in finding out more about Senior Living, call Ian at the Residence on the Thames and book a visit today! 519.351.7220 or if you have a question for Ian Murray, please email directly to ian_murray@srgroup.ca and your question may be answered in the next edition!



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5	8	3	2	7	1	4	6	9
9	1	2	6	4	3	7	8	5
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A photograph of an older man with grey hair, wearing a green sweater, looking out a window. The view outside is a snowy residential street with houses and trees.

LEGAL MATTERS

POA ADVANCED DIRECTIVES

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

In CK Senior, Issue 15, I discussed the important considerations when selecting an appropriate substitute decision maker in Powers of Attorney. In this issue I will focus specifically on the Powers of Attorney for Personal Care. In particular I will discuss several possible *special instructions* (also known as “advanced directives”) that you may want to consider.

WHAT IS 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.

SUBSTITUTE DECISION MAKERS ARE REQUIRED TO FOLLOW YOUR WISHES

The Substitute Decisions Act requires that substitute decision makers (“Attorneys”) follow the wishes and instructions expressed by the incapable person prior to their mental incapacity. These wishes may include immensely important subjects such as preferences regarding long-term care, or end-of-life decisions. However, as important as it is to communicate your specific wishes and preferences to your Personal Care Attorney in case the circumstances should arise,

I always counsel clients that it is also important to consider echoing those wishes in writing. Reiterating your special instructions within your Personal Care Power of Attorney will at the very least help make difficult life-changing decisions somewhat easier for your Personal Care Attorney.



FAMILY INVOLVEMENT IN DECISIONS

For various reasons, which I discussed in Issue 15, you may not appoint any of your family members to be your Personal Care Attorney. Or, for example, you may select just one or a few of your children to be your Personal Care Attorney. In such cases, although you do not want certain family members to have ultimate decision-making authority regarding your health matters, you may wish for your Personal Care Attorney to involve these other family members in certain decisions and to consult with them before making a final decision.

PREFERENCE OF CARE FACILITY, HOME CARE, OR LIVING WITH CHILD

Your children may have suggested to you, or you may have discussed with your children, that you would agree to living with them if the situation should ever arise in which you require permanent health care. On the other hand, you may specifically want to ensure that your children would not feel obligated to provide such care for you, or perhaps you would refuse such an offer from your children. If you would prefer to be cared for at a certain facility, you can include these preferences in your Personal Care Power of Attorney. Also keep in mind that if you prefer, and if your health and financial situation permits, you may wish to receive long-term care within the comfort of your own home. You should consider stating these intentions in your Personal Care Power of Attorney.

NO RESUSCITATION & DISCONTINUE LIFE SUPPORT

Including a no resuscitation provision in your Power of Attorney means that you do not consent to “CPR” in certain circumstances. If you include such a provision you will need to indicate whether or not this is “no matter what” or only in certain scenarios depending on your medical condition and likelihood of recovery. Discontinuation of life support is quite a different directive and applies typically in situations involving comas. Alternatively, you may wish that your life be prolonged regardless of your medical condition or diminished health.

BLOOD TRANSFUSIONS

Depending on your personal or religious beliefs, you may wish to refuse blood transfusions.

ORGAN DONATION

In addition to donor consent forms, consider including your wishes regarding organ donation in your Personal Care Power of Attorney, as this may have implications regarding your end of life care.

These are just some of the possible special instructions that you may consider appropriate to include in your Personal Care Power of Attorney. The above list, of course, is not exhaustive and your particular circumstances or beliefs may require the inclusion of other advanced directives. Everyone has different beliefs, circumstances and experiences; the most important thing is that you have these discussions with your loved ones and family, as well as with the lawyer drafting your Power of Attorney documents, to make sure that your Personal Care Power of Attorney is right for you.

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

**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.*



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

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Spinach & Cheddar QUICHE

Resource: www.afamilyfeast.com/spinach-and-cheddar-quiche

A Delicious Breakfast

Ingredients

for the crust

- 1 1/2 cups flour
- 1/4 teaspoon fine salt
- 1 teaspoon sugar
- 1 stick cold butter, cut into small pieces
- 4-5 tablespoons ice water

for the filling

- 1 10-ounce box frozen chopped spinach
- 1/2 cup onion, chopped
- 1 tablespoon unsalted butter
- 1 1/4 cups extra sharp white cheddar cheese, shredded
- 4 eggs
- 2 cups light cream
- 1 teaspoon salt
- 1/8 teaspoon ground nutmeg
- pinch cayenne pepper

Instructions

for the crust

1. In the bowl of a food processor, mix flour, sugar, and salt to combine. Add cold butter and pulse until butter is pea-sized.
2. Add 3 tablespoons of ice water and pulse to combine. Add 1 to 2 additional tablespoons of ice water one tablespoon at a time (pulsing after each addition) as needed just until the dough comes together. Do not over mix.
3. Form the dough into a flat oval and wrap in plastic. Chill for at least 30 minutes.
4. When you are ready to bake, preheat the oven to 450 degrees.
5. Roll out the chilled dough to fit a deep dish pie plate and crimp the edges.
6. Partially bake the pie crust for 8-9 minutes, making sure you weigh the bottom of the crust down with pie weights or dried beans so that it does not puff up as you bake it. Allow to cool slightly.

for the filling

7. Defrost the spinach and drain well. You can let it sit overnight to defrost in the refrigerator or you can defrost it in the microwave. Either way, it is important to get all of the water out of the spinach. After it has drained, wrap the spinach in a few layers of paper towel and squeeze to remove the last remaining moisture.
8. After partially baking your pie crust, reduce the oven to 425 degrees.
9. Place the onion in a small pan and sauté with the butter until the onions are soft and translucent. Cool slightly.
10. Sprinkle the drained spinach and sautéed onion evenly into the bottom of the partially-baked pie crust. Sprinkle the shredded cheese on top of the spinach and onions.
11. In a bowl, beat the eggs. Add cream, salt, nutmeg, and cayenne pepper, and whisk to fully combine the custard mixture. Pour or ladle the custard over the spinach and cheese.
12. Bake at 425 degrees for 15 minutes. Lower the oven heat to 350 degrees and bake for 20-25 minutes more, or until a knife inserted into the center of the quiche comes out clean.
13. Let cool until the quiche sets up a bit (about 30 minutes) and serve in wedges.

Prep Time: 1 hr
Cook Time: 45 min
Total Time: 1hr, 45 min
Servings: 6-8

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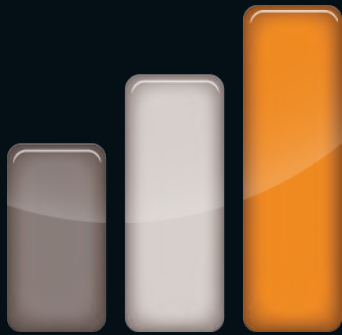
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