

# CKSenior

addressing the needs & opinions of seniors living in Chatham-Kent

## Senior Games Edition

Fall - Winter 2009



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## *Celebrating Life And Love*

What really makes the difference between a facility and a home? Some would say the decorum, the food and other comforts, or maybe the programs offered to residents. One thing is apparent at Riverview Gardens, the extraordinary individuals that dedicate themselves to the common good of all residents, really make this property a home for everyone living on site.

One of these extraordinary individuals that you may be lucky enough to run into is Greg Kett. Greg's mother-in-law Isabel Shewchuk is a resident at Riverview Gardens where Greg sits on the Family Council and "unofficially" is in charge of helping keep the beautiful gardens, located in the back of the property, looking lovely. Greg is a Horticulturist and works for the Municipality of Chatham-Kent.



Greg Kett, Volunteer  
Isabel Shewchuk, Resident

There are four "boxed" flower beds in the garden area of the courtyard in the rear of the building. Two of the boxes were originally built for Riverview Gardens and housed flowers. Greg applied for, and received, a grant from the Sunrise Rotary Club, to build two additional beds that house a variety of vegetables.

"It is something I really enjoy doing," says Kett, "and I always have plenty of help from residents that help with the weeding, watering and fertilizing of the plants in the courtyard. It really makes me feel good to see that the area is a social setting for many of the residents and their families who walk through the area while visiting."

Greg has a habit of volunteering and involving himself in various charitable areas of the community. In addition to sitting on the Family Council, Greg recently volunteered at the 2009 Regional Senior Games, is an active member of the Sunrise Rotary Club and still finds time to care for the gardens!

People like Greg make a difference at Riverview Gardens and throughout our community everyday. For more information about services offered at Riverview Gardens or to volunteer call 519.352.4823 or drop by 519 King St. W. Chatham.

Reading is a big part of many people's lives. It can offer hours of enjoyment, can be informative and necessary for understanding and keeping up on current events. Reading has been proven to improve mental functioning and maintain certain reasoning skills. Who doesn't love getting lost in a great story? Some challenges may be finding material that is interesting as many novels are geared to younger audiences. Other challenges may be visual loss or impairment. To meet some of these challenges here are some things we hope will help.

### **For visual challenges lighting is extremely important.**

-The sales staff at a lighting store or home supply store can help you determine which type of lighting (halogen, fluorescent etc.) is best for you. Bring a newspaper or book along to help you make your choice.

-Use task lighting for writing, sewing or reading. Small clip-on lights are suitable, as are bendable gooseneck lamps.

-Consider buying a tiny flashlight or penlight to carry with you - handy for reading restaurant menus or unlocking your door at night.

-Reduce glare whenever possible. Curtains or blinds on your windows will help keep glare out of rooms and off TV and computer screens.

-Consider wearing a hat with a visor for visits to stores with overly bright lighting.

- An eye-care professional can help select a pair of tinted anti-glare sunglasses for outdoors that will eliminate glare from the sides and top, which is far better than the protection regular sunglasses provide.

### **HOLLAND ACCU-OPTICAL LABORATORY**

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## BRAINGYM® AND MORE

A Multi-Sensory Brain Stimulation Program

Brain Gym® And More is an innovative program that supports the current brain research about the brain's plasticity. Residents that participate in this program may find that it reduces or slows down neuro-degenerative disease. This program has been designed for Diversicare and had included other modalities such as Trager®, Stress Management, Bal-A-Vis-X®, Play Therapy, Recreational Therapy and more.

Brain Gym® And More allows older adults to have an increasing sense of control and independence over their lives. Research studies have found that using Brain Gym® and other sensory modalities slows down or reverses some of the symptoms of aging such as lack of concentration, poor recall, limited thinking patterns and seeming inability to learn new material.

Brain Gym And More Improves:

- \* Mental functioning – enhancing cognition
- \* Memory & concentration
- \* Communication
- \* Vision/Hearing
- \* Co-ordination and mobility
- \* Balance to reduce falls
- \* Sleeping/Energy levels
- \* Learning new skills –i.e. Leisure and Recreation activities
- \* Increasing motivation and to overcoming resistance to starting art, dance, craft, yoga classes
- \* Independence
- \* Stress management and personal coping styles
- \* Moods and reduces depression
- \* Overall well-being



For more information on Brain Gym® And More visit [diversicare.ca](http://diversicare.ca) or contact any of the outstanding retirement residences listed below.



Hudson Manor  
36 Lawson Street  
Tilbury, Ontario  
N0P 2L0  
519.682.3366



Maple City Residence  
97 McFarlane Avenue  
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519.354.7111

*Caring For  
People  
You Love*



Park Street Place  
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Dresden, Ontario  
N0P 1M0  
519.683.4474



10 Tollendal Mill Rd  
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618 William St.  
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84 Marlborough N  
Blenheim, ON  
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519.676.0700

700 - 19th Avenue  
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519.364.3700

190 Stanley Street  
Chatham, ON  
N7L 3J9  
519.354.2273

- Assisted Living
- Independent Living



As an assisted living facility, Serenity provides supervision and assistance with activities of daily living. These include: bathing, dressing and undressing, transferring, using toilet and incontinence issues and walking. We also assist in the coordination of services by outside health care providers; and monitoring of resident activities to help ensure their health and safety and well-being. Assistance includes the administration and supervision of medication and 24hr personal care services provided by a trained staff person.

Assisted living is a philosophy of care and services promoting independence and dignity. The services Serenity has to offer are: 24 hr extensive personal care, lab services, restorative and recreational activities, housekeeping, laundry and nutritious home cooked meals and special diets. Depending on the care needs of your loved one Serenity offers Independent living at some of the Serenity locations.

Please visit [www.canadiancarecentres.ca](http://www.canadiancarecentres.ca) for more information.

[www.canadiancarecentres.ca](http://www.canadiancarecentres.ca)

Help for today. Hope for tomorrow...

# Heads Up for Healthier Brains



Here are 4 simple things that you can do at any age to improve your brain health and that may help reduce your risk for Alzheimer's disease:

1. **Challenge your Brain** – give it a daily workout
2. **Be Socially Active** – connecting socially helps you stay connected mentally
3. **Choose a Healthy Lifestyle** – be active, eat well and watch your health numbers (cholesterol, weight, blood sugar, blood pressure)
4. **Protect your Head** – use a seatbelt and wear a helmet for sports

Take action for a healthier brain today.

Find out more at: [www.alzheimer.ca](http://www.alzheimer.ca) or your local Alzheimer Society

Alzheimer Society

## Alzheimer Society CHATHAM - KENT

Serving Chatham-Kent since 1986

*Programs and Services available:*

- Day Programs (Chatham & Wallaceburg)
- In-home Respite Care Program
- Education
- Counselling
- Caregiver Support Groups
- Cognitive Testing
- Resource Lending Library
- Safely Home® Program

**For additional information call**

**519-352-1043**



# CHATHAM-KENT-ESSEX

## PAT HOY MPP

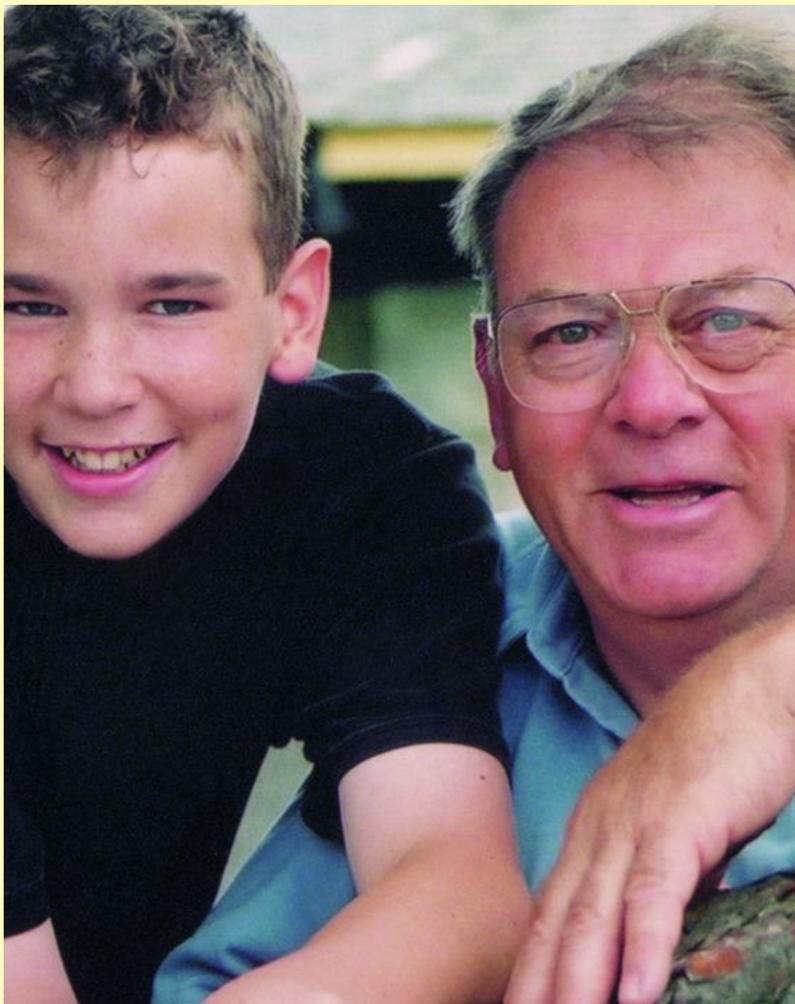


### *Congratulations to all participants of the Senior Games*

Constituency Office  
111 Heritage Road, Suite 100  
Chatham, ON N7M 5W7  
Tel: 519.351.0510  
Fax: 519.351.7714

Queen's Park Office  
Room 172, Main Building  
Toronto, ON M7A 1A4  
Tel: 416.325.9099  
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For more information about our programs, visit our website at [www.bigbrothersbigsistersofchatham-kent.com](http://www.bigbrothersbigsistersofchatham-kent.com) or call the agency at (519) 351-1582.

**Big Brothers Big Sisters  
of Chatham-Kent**



*Paid for in part by the Government of Ontario, Ministry of Education.*



# MEADOW PARK

## ***Movemental Dance comes to Meadow Park***

Involving, revitalizing, unique, inclusive, and remarkable! These are some of the words that quickly come to mind as one watches Anne Crowe deliver an amazing program to a group of about a dozen residents at Meadow Park “Long-Term Care Home. Using a variety of musical genres, Anne leads the residents through a series of movements. When watching you marvel as Anne encourages residents to use their fingers, hands, arms, shoulders, feet and legs to move with the music. At times Anne too flows along with the music while at other times she sits and calmly encouraged the residents to find their own sense of motion to the music. Music is usually calming while at other times more engaging - but with every musical piece the group finds its own sense of motion and from the smiles on every face, a true sense of happiness as well.

Anne frequently passes around a variety of Maraca’s and each resident has a chance to select the one that most appeals to them. One resident is given a small leather-wrapped drumming instrument. Together they created a beautiful harmony and yet each resident follows their own ‘beat’- a remarkable collage of sound and motion. Frequently Anne moves between two residents and lovingly and gently hold their hands.



Anne Crowe teaching the Movemental Dance Class

Residents of various abilities can participate in movemental dance and judging on how much residents enjoy the program it is sure to be a hit for a long time.

For additional information on Meadow Park long term care home call 519.351.1330 or visit [www.jarlette.com](http://www.jarlette.com).

# DENTURE DO'S AND DON'TS

*(brought to you by the Chatham Denture Specialists)*

- Do leave your denture out at night while you sleep or at least 6 hours per day. Your gums need time to rest.
- Do come in for your regular check-ups.
- Do brush dentures with a soft toothbrush and ordinary facial soap over a washbasin full of water, this will protect the denture in case it slips from your hands during cleaning.
- Do replace your dentures every 5-7 years.
- Don’t place dentures in water that is too hot. Hot water can cause them to warp.
- Do not attempt to adjust, repair, or re-fit your denture yourself.
- Do not attempt to fix a break with glue, many glues often contain harmful chemicals not intended human consumption.
- Do not leave your denture to dry out. Place it in water or a commercial cleanser, this will prevent the denture from drying out and distorting.
- Do not chew/bite foreign objects (pens, pipes, bones, nails, hard candy) with your denture, this could cause you to break the teeth off the denture.
- Do not use toothpaste to brush your dentures - it is too abrasive.



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chathamretirement.ca



chatham retirement resort



Living at Chatham Retirement Resort has endless advantages from meal preparation, housekeeping, laundry and maintenance to 24 hour health care staff and a simply outstanding recreation program.

Over the years Chatham Retirement Resort has earned the reputation as *"The Next Best Place to Grandma's House"* and many of the residents refer to the resort as *"The place where the fun never ends."*

The amazing activity staff exceed other facilities, just check out the web site [www.chathamretirement.ca](http://www.chathamretirement.ca) and take a peek at the event calendar. *Something for everyone - everyday!*

Stop in today and see why so many seniors call us home.

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**519.358.7096**

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**519.336.7781**



# 2009 South Western Regional S



The results are in for the 1st, 2nd, & 3rd place winners from Thursday, September 10, 2009 South Western Regional Senior Games

There were 743 athletes that came from Waterloo/Wellington, Bruce Grey Counties, Huron/Perth/Middlesex and Chatham-Kent Districts to participate

**Contract Bridge and Cribbage held at the St. Joseph's Parish Centre**  
• 1st Chatham-Kent  
• 2nd Chatham-Kent  
• 3rd Huron/Perth/Middlesex

**Euchre took place at the Chatham Cultural Centre**  
• 1st, 2nd, & 3rd London, Windsor/Essex and Lambton

**5 Pin Bowling at Bowlerama**  
• 1st Chatham-Kent  
• 2nd Chatham-Kent  
• 3rd Huron/Perth/Middlesex



**4 Handed Bid Euchre held at William Erickson Arena**  
• 1st, 2nd, & 3rd Waterloo/Wellington, Oxford/Elgin & Huron/Perth/Middlesex

**6 Handed Pepper held at Thames Campus**  
• 1st Huron/Perth/Middlesex  
• 2nd and 3rd Grey Bruce Counties

**Darts held at the Moose Lodge**  
• 1st, 2nd, & 3rd Huron/Perth/Middlesex, London and Waterloo/Wellington

**Scrabble which took place at the Active Lifestyle Centre**  
• 1st, 2nd, and 3rd Chatham-Kent



**Holey Board and Lawn Bowling took place in Tecumseh Park**  
• Holey Board 1st and 2nd Huron Perth Middlesex  
• Lawn Bowling 1st Chatham-Kent 2nd Waterloo Wellington 3rd Windsor Essex

**Shuffleboard held at William Erickson Arena**  
• 1st Waterloo Wellington 2nd Windsor Essex 3rd Grey Bruce Counties

**Co-Ed Slo Pitch held on Thames Campus Ball Diamonds**  
• 1st and 3rd Huron/Perth/Middlesex "St. Mary's Kinsmen", "Londesboro" 2nd "London Compatibles".



Swimming took place at the Gable Rees Pool numerous events held Waterloo Wellington, London and Huron Perth Middlesex were very well represented!

**For a more detailed listing of results**

**We are proud to announce the 2011 South Western Regional Senior Games**

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



**EXTENDING OUR SERVICE TO OUR SENIOR GAMES**

# Chatham-Kent Western Senior Games



September 3rd, 2009 – the day the Municipality of Chatham-Kent successfully hosted the 2009 Regional Senior Games.

Counties, Huron/Perth Middlesex, London, Oxford/Elgin, Windsor/Essex, Lambton and Kent participated in the 18 events held in Chatham-Kent.

## 10 Pin Bowling at Bowlerama

- 1st and 2nd Huron/Perth/Middlesex
- 3rd Chatham-Kent

## Carpet Bowling was held at Active Lifestyle Centre

- 1st and 2nd Oxford/Elgin and Windsor Essex
- 3rd Chatham-Kent

## Cribbage

- 1st and 3rd went to Windsor/Essex and 2nd to Huron/Perth/Middlesex



## All 6 Golf flight competitions took place at Country View Golf Course

- Men's A Flight – 1st Windsor/Essex 2nd London 3rd Chatham-Kent
- Men's B Flight – 1st Chatham-Kent 2nd Waterloo/Wellington 3rd Huron Perth Middlesex
- Men's Callaway – 1st Grey Bruce Counties 2nd Windsor Essex 3rd Chatham-Kent
- Women's A Flight – 1st Chatham-Kent 2nd Windsor Essex 3rd Huron Perth Middlesex
- Women's B Flight – 1st London 2nd Oxford/Elgin 3rd Huron Perth Middlesex
- Women's Callaway – 1st and 3rd Windsor Essex 2nd Huron Perth Middlesex



## Prediction Walk took place in Kingston Park with 4 divisions

- Women's 55+ 3 km walk – 1st and 2nd Waterloo Wellington, 3rd Grey Bruce Counties
- Women's 75+ 1.6 km walk – 1st Waterloo Wellington 2nd Chatham-Kent 3rd Chatham-Kent
- Men's 55+ 3km walk – 1st and 3rd Waterloo Wellington 2nd Huron Perth Middlesex
- Men's 75+ 1.6km walk – 1st Waterloo Wellington



## Tennis took place at the Chatham Tennis Club

- 55+ Mixed Doubles - 2nd Chatham-Kent
  - 65+ Mixed Doubles – 2nd Chatham-Kent 3rd Lambton
  - 55+ Men's Doubles – 2nd Chatham-Kent 3rd Chatham-Kent
- 1st place went to London and Windsor Essex in all divisions.



**please visit [www.ontarioseniorgames.ca](http://www.ontarioseniorgames.ca)**

**2011 Regional Senior Games will be held in Chatham-Kent!**

For additional information on participating in the 2011 games, or volunteer & sponsor opportunities, please contact: DeanaLee Ross, Chatham-Kent Senior Games District Coordinator, 519-365-3067, [district33a@ontarioseniorgames.ca](mailto:district33a@ontarioseniorgames.ca).



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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 in your home. We will explain the expected benefits and ensure that you and your family will be comfortable using your oxygen therapy.

Whether you are receiving oxygen or CPAP therapy, our healthcare professionals will:

- Monitor the effectiveness of your treatment
- Provide follow up as required
- Be available to support your changing needs

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**\$20** Towards the purchase of a replacement CPAP mask provided by VitalAire

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Looking for ways to keep active in mind, body and spirit? The Senior's Day Out program at St. Andrew's Residence is the answer you've been searching for!

This adult day program provides a wide range of social, physical and recreational activities designed to meet the unique needs of each client within a safe, supervised environment. For over 20 years, Senior's Day Out has been operating to serve seniors in Chatham-Kent, who may be experiencing difficulty managing the activities of daily living, require caregiver support, or simply wish to expand their social circle! Healthy lunches, planned activities, transportation and an optional assisted bath are all provided for an incredibly low fee of less than \$20.00 per day! Funded by the Erie St. Clair Local Health Integration Network, Senior's Day Out runs Tuesdays, Wednesdays, and Thursdays from 9:30am to 3:30pm at St. Andrew's Residence in Chatham.

Social activities attract older adults into our program where coffee, conversation, exercises and a rousing game of cards remain their favourite pastime. Clients are encouraged to stay with the program as health care issues present themselves and participants enjoy access to Registered staff as well as health and wellness presentations on topics of interest to today's seniors, at no additional cost. The Senior's Day Out program includes activities such as music and entertainment, crafts, games, discussion groups, gentle exercises and community outings. Additional care services such as foot care and a hairdresser are also available on site.

The value of adult day services continues to be on the rise for both clients and caregivers. As our society ages, more seniors and their families are in need of the services and support provided by programs such as Senior's Day Out than ever before. Clients are afforded the outstanding care and service that St. Andrew's reputation is built on and the respite that caregivers receive can make all the difference. This program aims to improve quality of life for seniors, lift burden from caregivers, and assist clients to live at home longer. An endless potential of fun, friends and fellowship is waiting for you!

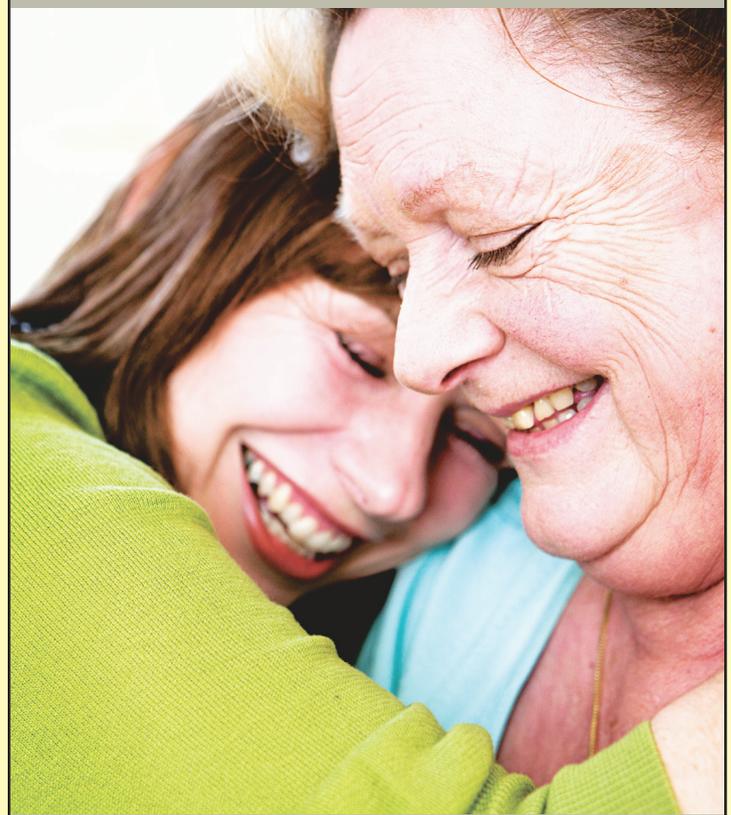
For more information about the Senior's Day Out program, or for a complementary trial, please call Melissa Parker at St. Andrew's Residence 519-354-8103.



Senior's Day Out Family Barbeque



EXECUTIVE HOUSE  
SENIOR SUPPORT & COMPANIONSHIP



## FIND YOUR PEACE OF MIND

Are you or a loved one having difficulty keeping up with day-to-day living at home? Maybe meal preparation is becoming harder to manage, or perhaps a companion to share a cup of tea and a slice of cake with is simply all you need?

Allow us to step in and assist with daily companionship, light housekeeping, meal preparation, driving to and from appointments, shopping, social activities and much, much more. **Call today to discuss all of your requirements with our friendly staff on 519 351 4622 or email : [execheouse@kent.net](mailto:execheouse@kent.net).**

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**Seeing is believing - call today!**

\*Not valid in conjunction with any other offer.  
Certain restrictions apply - see terms and conditions for more details.

**Blenheim  
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**The Village  
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Canadian-owned, with over 45 years' experience, Revera provides retirement, long-term and in-home care in over 185 locations across Canada.

## CHAP PROGRAM

As an important part of Family Service Kent, CHAP (Community Home-support Assisting People) has been operating in Chatham-Kent for more than 25 years. We take pride in helping older adults maintain their independence and a positive quality of life. Below is a summary of the services we offer:

**Transportation:** We offer a low cost door-to-door transportation service to locations throughout Chatham-Kent and the surrounding area. CHAP has wheelchair accessible vehicles to accommodate all people.

**Frozen Meals:** With an affordable menu of over 65 entrees, soups, and desserts, the CHAP Frozen Meals Program makes it easy to enjoy nutritious, home-style meals at your convenience. Free delivery is offered throughout Chatham-Kent, and many specialized diets can be accommodated.

**Caregiver Counselling:** Our Caregiver Program is dedicated to providing emotional support and counselling to those who are caring for others. This is a confidential, professional service that is available free of charge.

**Community Advocacy:** This program assists seniors and persons with disabilities resolve problems or address issues in pursuit of their needs, rights, and interests. Services are offered free of charge, and may include assistance with daily tasks such as completing forms, as well as more serious concerns that affect safety and well-being.

**Home Helper:** The CHAP Home Helper Program is dedicated to allowing older adults to stay at home for as long as possible. We hope to improve their quality of life by assisting with household chores, yard maintenance, the installation of grab bars, and much more.

If any of these services interest you, please contact the CHAP office at (519) 354-6221. If you are looking for a great way to give back to your community, volunteers are always welcome!

# CHAP

**TRANSPORTATION  
FROZEN MEALS  
CAREGIVING COUNSELLING  
COMMUNITY ADVOCACY  
HOME HELPER**

give us a call 519.354.6221 ext.242

Family Service Kent  
770 Richmond St. Chatham, ON N7M 5J5



# Together Today For a Healthier Tomorrow

Impact your community and local healthcare system through planned giving.

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

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

Through a planned gift, you are providing the Foundation with stable and reliable long-term funding as well as supporting the hospital's key priorities including:

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

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

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



**Leave a Legacy Today!**

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**CHATHAM-KENT**  
**Health Alliance**

For more information: 519.436.2538  
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# FALL 2009 Festival of Crafts

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10 am – 5 pm

Sunday, November 15

11 am – 4 pm

admission \$ 2.50

kids under 12 free!

for additional information call  
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"...a time to mourn..."



Dixie I. Peters

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# VON Chatham-Kent - Keeping You on Your Feet!

VON Chatham-Kent • 519.352.5515 • www.von.ca

VON Chatham-Kent realizes the importance of keeping your feet healthy. VON staff nurse, Della Turner, a Registered Practical Nurse says it is common for the pads of your feet to thin as you age. If corns and calluses appear on these thinned pads, "it can feel as if you are walking on stones". During treatment, corns are removed while calluses are reduced in size and smoothed down. Toenail cutting is one of the final stages of the appointment. VON Chatham-Kent Foot Care appointments are finished by massaging a soothing lotion onto the client's feet. As well as other helpful foot care tips, Della advises clients of the benefits that a good quality lotion can provide to keep their feet hydrated between appointments. This ends the session in a very positive way.

Proper foot care keeps individuals "on their feet" and active in the community. "Della does an incredible job looking after my feet!" says Donna, a client of VON's Foot Care Clinic. Pain from corns and calluses and thickened toenails prompted Donna to search out a reputable foot care clinic eight years ago. With the exceptional service she has received from VON's foot care nurses, Donna says that her feet are now pain free and that she "knows the value of good foot care."



Donna & Della

### VON Foot Care Clinics...

- use Registered Nurses and Registered Practical Nurses who specialize in foot care
- use state of the art sterilization equipment, autoclaves following the chemical wash process, both of which ensure the most effective form of sterilization
- provide preventative foot care suggestions and overall foot care

There are a variety of VON Foot Care Clinics throughout the municipality. For more information or to book an appointment, please contact 519-352-5515.

DVA and private pay clients welcome.



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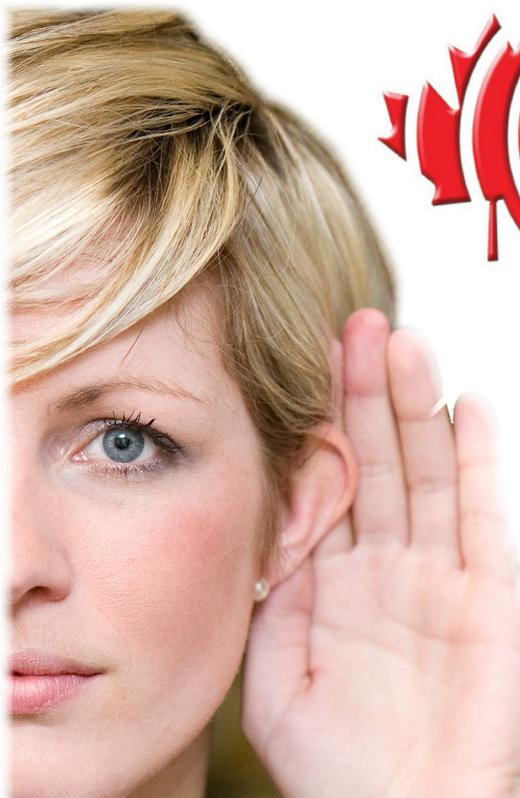
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# Ask Dr. Button...



Dr. John Button

**Sheila D. of Tilbury asks - "I have noticed that I seem to be sleeping less and somewhat "lighter". Is this normal and what can I do to get a good nights sleep?"**

As we get older, our sleeping patterns change. Older adults sleep more lightly and awaken more frequently, often up to 8 times per night.

The amount of sleep we require depends on many factors, especially age. For most adults 7 - 8 hours is adequate. Adults who get less than 7 hours of sleep have a greater mortality rate and perform complex mental tasks less well. Lack of sleep impairs memory and physical performance as well as the ability to concentrate. Adequate sleep boosts the immune and nervous system. Quality of sleep is every bit as important as quantity.

Work, household and child care responsibilities as well as illness and other unexpected challenges may make sleep elusive. Some of these things you cannot change but you can create an environment and adopt these habits that will encourage a more restful night.

1. Go to bed and get up at the same time every day, even on weekends. This will reinforce your body's sleep-wake cycle.
2. Don't eat or drink large amounts before bedtime.
3. Avoid nicotine, caffeine and alcohol, all of which are stimulants, in the evening.
4. Exercise regularly, particularly aerobic exercise.
5. Make your bedroom cool, dark, quiet and comfortable.
6. Sleep primarily at night. Limit daytime sleep to about a half-hour preferably mid-afternoon.
7. Choose a comfortable pillow and mattress.
8. Adopt a relaxing bedtime routine. Signal your body it's time to wind down.
9. Go to bed when you are tired and turn out the lights.
10. Use sleeping pills as a last resort and only after consulting your doctor.

*- Dr. John Button has been practicing family medicine in Ridgetown, Ontario for the past 30 years. He is very involved within the community as a member of the board of directors for the CKHA Foundation, and a past president and current Ridgetown Kiwanian. To submit a health related question for our fall issue please email [info@athielmarketing.com](mailto:info@athielmarketing.com).*

## Municipality of Chatham-Kent Senior Centres

**Blenheim & Community Senior Citizens Group**  
90 Catherine St. Blenheim - Ph: 519.676.3894

**Bothwell Senior Citizens**  
122 Elm St. Bothwell - Ph: 519.695.3547

**Active Lifestyle Centre**  
20 Merritt Ave. Chatham - Ph: 519.352.5633

**Leisure Hours Centre**  
519 St. George St. N Dresden - Ph: 519.683.2558

**Merlin Senior Citizens Friendship Club**  
11 Erie St. S. Merlin - Ph: 519.689.4943

**Morpeth Heritage Club**  
19837 Hill Rd. Morpeth - Ph: 519.674.1010

**Le Club de l'Amitie (Friendship Club)**  
10 Notre Dame St. Pain Court - Ph: 519.354.1249

**Ridgetown & Area Adult Activity Centre**  
19 Main St. W. Ridgetown - Ph: 519.674.5126

**Thamesville Happy Club**  
96 London Rd. Thamesville - Ph: 519.692.4546

**Tilbury Leisure Centre**  
10 Canal St. W. Tilbury - Ph: 519.682.1020

**Wallaceburg Senior Citizens Club Inc.**  
205 James St. Wallaceburg - Ph: 519.627.6224

**Wheatley & District Friendship Club**  
171 Erie St. N. Wheatley - Ph: 519.825.4870



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