

CKSenior

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



Celebrating Life And Love

When you think of Chatham-Kent's largest long term health care home you would expect some exceptional features. With Wii game consoles, a seven day-a-week tea room, regular shopping and bus trips, a grand lobby and countless other amenities you would be right.

The one item that can not be budgeted for is really one of the most endearing qualities of this home - ***the attitude of the staff***. Residents are treated like extended family and live in one of 10 neighborhoods within the home. During particularly tough times is when the bond between staff and residents is most apparent. The family of the late Marie Lamb wrote:

"...during the last three days of Marie's life it was our privilege to get to know the staff...the visits to her room by staff coming in on days off or on breaks to enquire as to her condition gave us comfort at a difficult time."



The home is nestled in a flourishing green setting with a "river view." "Our home has a special warmth and ambiance," says Colleen Wilson, administrator of Riverview Gardens. "We have created a community where you can meet and enjoy new friends and share experiences in a secure and comfortable setting that is enhanced by comfortable furnishings and exceptional artwork."

For more information about services offered at Riverview Gardens call 519.352.4823 or drop by 519 King St. W. Chatham.



Welcome Home

Chatham Retirement Resort prides itself as a place to make friends and discover new activities. "It's all about choice," says Candiss Smeenck, Administrator of Chatham Retirement Resort. "We encourage residents to participate in community life, while at the same time we respect everyone's privacy and individual lifestyle."

"There are so many activities going on that you have to pick certain ones to be a part of," says Maxine Legate, a resident at Chatham Retirement Resort. "You just could not do them all. One activity I really enjoyed when I arrived here was the community garden. I wasn't just nurturing my tomato plants, I was nurturing new friendships as well."



Maxine Legate

It really helped me settle in." Maxine was born in the Bothwell area and lived in Windsor before retiring at the Resort. This avid walker and former pilot retired in Chatham to be closer to her family.

The 184 person community has a beautiful indoor spa with a hot tub, sauna and heated pool, plus an exercise room with fitness equipment, three dining areas, walking paths and a wide range of additional services.

For tours or additional information please visit www.chathamretirement.ca, drop by 25 Keil Drive North Chatham, or call 519.351.7777.

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*Caring For
People
You Love*

Maple City Retirement Residence is a cozy and comfortable one level retirement residence. The home is located within walking distance of restaurants, drugstores, banks and local shops.

"We care for and support our residents and their families in a warm and compassionate family atmosphere," says Customer Service Coordinator Sandra Dorner. "We try to provide every opportunity to enhance quality of life in retirement living."

Nelly Rusman is one resident at Maple City who seems to share this sentiment. "The girls here do anything for me, I really get spoiled," says Rusman who arrived at the home five years ago on New Year's Eve. Originally born in Holland, she moved to Canada in 1948, and has travelled from coast to coast since then. Rusman says, "The most important thing I have done for my health is staying active. I make it a point to shop, travel, read, knit and participate in a wide variety of activities whenever I can."



Nelly Rusman

Rusman has never been a card player but enjoys crossword puzzles, word search and Sudoku games. She also enjoys watching the television show "Three and a Half Men" and when she has a chance she likes having dinner at Mama Maria's. When she does not feel up to going out many local merchants cater to her right in the home, she mentioned that Affinity Jewellers and The Loft are particularly helpful.

Maple City Residence is proud recipient of Home of the Year Award from Diversicare. The residence is ORCA accredited and has been awarded the highest standard for quality and safety consecutively.

To arrange a tour of this home or for additional information please call 519.354.7111 or visit www.diversicare.ca.

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CHATHAM-KENT *senior games*

The Senior Games have been taking place throughout our municipality for many years. They are made up of the Summer Games and the Winter Games and appeal to residents within the municipality who are 55 years of age and up.

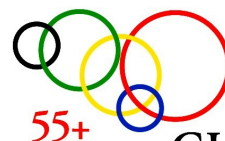


photo credit: Gary Black

2008 Summer Games - Dieppe, NB

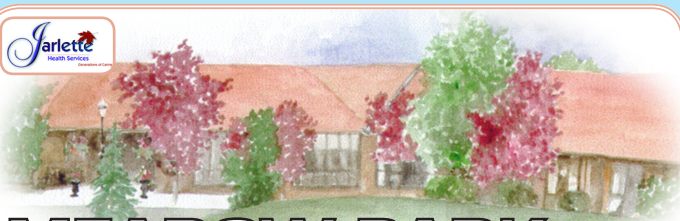
Within the Summer Games, we host a wide variety of events: Golf, Euchre, 5-Pin Bowling, Cribbage, Bid-Euchre, Shuffleboard, Tennis and much more. The Winter Games consist of: Hockey, Duplicate Bridge, Badminton, Curling, Table Tennis, Nordic Skiing, 10-Pin Bowling, and more. The winners of these events have a chance to participate in the Provincials, which take place every other year. Actifest, which are the summer's Provincial Senior Games, take place during the years ending with an even number; Winterfest, which are the Provincial Senior Games of the Winter, take place during odd-numbered years.

The main focus of these games is clearly described in our motto: FUN, FRIENDS & FITNESS. These games are an incredible way to stay healthy and active, physically and mentally. For more information on our local, regional and provincial games contact 519.352.4823.



CHATHAM-KENT
Senior Games

519.352.4823



MEADOW PARK

Since 1979 Meadow Park long term care home has been serving the community in the heart of Chatham at 110 Sandy Street. This large one level facility has many activities for residents as well as beautiful gardens that residents and family use for picnics and other special occasions.

Bill Martin, one of Meadow Park's residents was recently honoured with the "Making A Difference Award." This award is given by **Jarlette Health Services** for noteworthy accomplishments and outstanding contributions to society and/or their long term care home.

Bill's story is quite remarkable; this Distinguished Flying Cross recipient was born in Strathroy and then moved to London. Bill owned a grocery store for 20 years and then worked at Canada Trust and the financial industry. Once retired Bill certainly did not slow down, he helped raise 1.5 million dollars to build the New Active Lifestyle Centre where he started an investment group and taught seniors how to handle their own investments.



Bill Martin

This former President of the Chatham Chamber of Commerce has been active in many community groups and charities over the years and has volunteered for numerous local & national societies. "We could not think of a better person to receive this award," says Anne-Marie Rumble, Administrator at Meadow Park, "Bill has given so much back to the community and our home as President of the Residents Council".

"The staff really treat us well here," says Bill. "I am happy to be beside my wife Peggy, without her I could not be living such a successful life."

For additional information on Meadow Park long term care home call 519.351.1330 or visit www.jarlette.com.

Do you find yourself asking people to repeat themselves or is someone always asking you to turn your television down? It might be time to have your hearing checked out at the Canadian Hearing Institute, located at 334 King St. W. across from the Chatham-Kent Family YMCA .

The Canadian Hearing Institute is operated by Ted G. Dalios, a Chatham born and raised entrepreneur who has served the community from that location for two years. The scope of his practice is to offer hearing tests, hearing aids as well as swimming plugs for children and adults and noise protection plugs.

"Hearing loss effects a significant portion of the population," says Dalios. "Not only can it become frustrating for the person losing their hearing, but also for their friends and family. If you're missing the S, T, or K sounds of speech for example, it can start to sound like people are mumbling."

While it may seem like a small thing, it can often have big impacts on communication and raise frustration levels. But with a properly fitted hearing aid, Dalios says he can help bring back those missing sounds as well as the natural sounds of daily living.

The number one complaint from clients once they start using hearing aids is background noise, says Dalios. "The solution for this is an FM system, which is a direct audio link into your hearing aids. An FM system is simple to use and maximizes the ability to communicate properly in challenging listening environments. Basically, it cuts as much of the background noise in a given situation and increases the sounds of speech. There are programs through our office where you can receive an FM system at no cost to the client with the purchase of a set of hearing aids."

"The sooner someone realizes their hearing loss, the easier it is to make hearing enhancement better for the rest of their lives." He suggests scheduling a hearing test on a biyearly basis or annually if you are experiencing hearing loss. If you can't get to the clinic, house and nursing home visits can be arranged for those who require it.

There are no references needed to schedule a hearing test, so call the Canadian Hearing Institute at 519.352.1601 to book yours today.

Canadian Hearing Institute - 519-352-1601
Bring Back The Sounds Of Life!



Ted G Dalios DD, HIS
334 King W. - Free Parking (Across from YMCA)

- Hearing Tests
- Hearing Aid Sales & Service
- Repairs on all Makes
- FM Systems
- Quality Battery Sales
- Custom Noise / Swim Plugs
- Ask About Financial Assistance
- All Insurance Plans

Blenheim Community Village

Independence Without Being Alone



When arriving at Blenheim Community Village you will be amazed that this quaint village is located in a country setting but is still very close to the Blenheim Centre.

The obvious advantage this presents is that, while you live on a quiet cul-de-sac, amenities & opportunities like shopping, dining out and community involvement are very close in proximity.

This one floor home offers a number of activities scheduled daily, including evenings and weekends. Some of the services offered are central dining, lounges, spiritual programs and pastoral care, designated parking, personal laundry/valet services, horticulture area, beauty salon, library and a recreation/craft/activity area.

Barb Ferren, Executive Director of the Village, says, "All of our programs and services, and the care we provide, are built around our residents. Our approach reflects the value we place on treating our residents with dignity and respect in keeping with our philosophy of maintaining a home-like, warm and welcoming environment. We encourage our residents to continue pursuing life-long goals and interests which will provide them with a quality living experience."

One individual who is always actively pursuing his life-long interest in games is Blenheim Village Resident John Smith. This self admitted "gamer" & third generation fruit farmer says, "I enjoy playing dominos, bridge and cribbage at the Village, and I like to try and play a game of social bridge at the Blenheim Seniors Centre twice a week."

John lives with his wife Flossie at the Village, and when they have the chance to get out their favourite restaurant is Venus De Milo on Talbot Street.

On how staff approach their day to day duties at the home... "Our attitude is based upon the conscious recognition that residents do not live in our place of work, but that we work in our residents' home," says Lisa Maynard, Activation Manager.

For additional information please call 519.676.8119 or visit www.reveralliving.com.



John Smith

Losing your hearing? Thinking about getting a hearing aid? Try consulting an audiologist first. The Blenheim Hearing Clinic, located in the McLaughlin Wellness Clinic 110 Talbot St. W., Blenheim, provides all of their services with registered audiologists.

Hearing loss is a natural part of the aging process. But unlike vision loss, which a patient can see, hearing loss is a silent process which a patient often doesn't recognize. "A lot of times, the person with the hearing loss is not the first one to notice it," says David Pfingstgraef, one of the audiologists associated with the Blenheim Hearing Clinic. Often family and friends notice more missed conversation or the TV getting louder. But while hearing loss still is "very much" associated with older people, he suggests considering a hearing checkup as early as the late 40s or early 50s, when a loss may begin to manifest itself. Pfingstgraef points out that "there are a number of strategies that can help with hearing loss in a variety of situations. However, if hearing aids are the right choice for you then today's generation of digital hearing aids can be adjusted to optimize speech understanding. "Your audiologist will guide you through the entire process from the initial assessment, hearing aid prescription, adjustment period, counseling on care and maintenance and important follow up so that you will have years of better listening. We'll look after you as we would one of our own family," Pfingstgraef reported. "Call us, we can help with your hearing healthcare needs."

The Blenheim Hearing Clinic also has offices in St. Thomas and Aylmer, ON. The clinics have 3 full time audiologists and 3 part time audiologists on staff and all serve as clinical intern sites for the University of Western Ontario's Audiology School. Barbara Taylor, a Doctor of Audiology is the prime audiologist at the Blenheim Hearing Clinic and is available to answer all of your hearing questions. Just call 519.676.3311.

Hear Every Whisper

The Blenheim Hearing Clinic
110 Talbot Street W. Blenheim



hearing testing
hearing aid prescriptions
dispensing • service/repairs

519.676.3311

Better care for a better life



Bayshore Home Health has been dedicated to enhancing the quality of life, dignity and independence of Canadians in their homes since 1966. We are Canadian owned and operate more than 40 home care offices and 20 community care clinics across Canada.

Offering a wide range of home and community health services, we strive to make a difference in our clients' lives - every visit, every time. Our nursing, personal care, home support

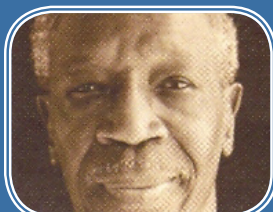


and companionship services are available privately, as well as through government care programs, personal and group insurance

plans and workplace safety insurance.

We also offer specialty services that include temporary staffing of health care professionals, pharmacy and pharmaceutical products support services, health education programs, infusion clinics and dialysis centres.

For additional information on services offered in the Municipality of Chatham-Kent or for general information about Bayshore Home Health call 519.354.2019, drop by our office located at 118 St. Clair Street or visit www.bayshore.ca.



-Widely regarded as the local authority on issues regarding dentures, Ted G. Dalios has been a practising denturist for 11 years. Ted prides himself on customer service, he does house calls and nursing home visits, and keeps his practice open five days a week. So we asked Ted to explain why denture upkeep is so important and to explain why so many people are now going to implant-supported dentures.

Ted G. Dalios of Chatham Denture Specialists explains "Conventional complete (upper and lower) dentures can only restore 10 to 20 percent of what natural chewing ability can accomplish. Dentures secured with implants can get much closer to what natural teeth can do, whether it's complete or partial dentures."

"Ill-fitting dentures can come loose and cause embarrassing moments when sneezing or eating. Food can also fall under the dentures causing irritation and sore spots in the mouth. There is no substitute for securing dentures in the mouth. You will smile better, chew better and your self confidence will be increased. It is important to remember that there are different types of dentures from value to precision and on to secured. It depends on the denture wearer's goals and needs. This is a personal decision that we work with our patients to determine the optimum level of treatment."

If you are not ready for implant supported dentures be sure to regularly check the state of your current dentures. The bite deteriorates which can have negative effects on the jaw joints. This may be prevented through proper care and replacement. Dentures should be replaced at an average of 5-7 years with yearly check-ups and relines every 2-3 years for optimum health of the gums and performance of the dentures. "It is common to see dentures 10-15 years old," says Dalios, "but over time, the mouth changes as do the dentures themselves. Often times you can notice the "sunken in" appearance of a denture wearer that has had the dentures too long. It is a plastic so it will wear out and wear down and we need to keep on top of it. The longer someone goes without replacement, the more drastic the process will be to correct the problem."

Chatham Denture Specialists

- Are your dentures loose or painful?
- Do your dentures limit your food choices?
- Do you look older than you should?
- Is your face collapsing?
- We can help
- Nursing Home Visits and House Calls
- Open 5 Days a Week
- Implant Supported Dentures
- Full and Partial Dentures from Standard to Precision BPS
- Same Day Repairs and Relines
- Private Waiting Room
- Snoring Sleep Apnea Treatment



TED G. DALIOS DD

We Offer Secure Denture Solutions

Premium Denture Care
334 King W. - Free Parking (across from YMCA)

519.352.1600

Most people notice significant changes in skin tone, skin colour and texture, and vein prominence after the age of 50. Manifestations such as brown spots and/or moles on your face, hands and chest are always a real concern. These growths are not just an issue that could affect your general health but a sometimes painful inconvenience when coming into contact with jewellery or clothing.

"I encourage all seniors to treat moles, brown spots, skin tags or any item that you feel is not normal," says Kim Tomen of Medical Aesthetics Laser and Skin Clinic. "If the mole is suspicious (i.e. could be malignant) OHIP will cover the cost of testing and the subsequent removal of a malignancy." In cases where the mole or skin tag is benign Medical Aesthetics Laser and Skin Clinic can remove them but a fee is charged. If an individual has many skin tags in one area a flat rate is usually applied. One treatment normally cleans up an area and the lesions do not return.

Another common condition among seniors is the prominence of veins, especially in the facial and leg areas. Medical Aesthetics Laser and Skin Clinic perform "sclerotherapy" for leg veins. Sclerotherapy is a series of injections that collapse the bulging, non-working veins. This procedure helps reduce cramps and pain in the legs. This procedure is covered by OHIP as well.

"We guarantee a private, calm, friendly, supportive and professional atmosphere for visitors to our clinic," says Tomen.

Medical Aesthetics Laser and Skin Clinic requires prior complimentary consultations before most procedures. Convenient hours include evening appointments until 7 pm. Appointments can be made in person, by phone or online.

For additional information contact Medical Aesthetics Laser and Skin Clinic by calling 519.352.4545 or visit their new office located at 240 Grand Ave. W. Suite 208, Chatham.

look your best
WITHOUT SURGERY OR DAYS OF RECOVERY

medical aesthetics
laser and skin clinic
chatham inc.

new office located at 240 Grand Ave. W. Suite 208
www.chathamlaserclinic.com



VON Chatham-Kent Victorian Order of Nurses

VON is a not-for-profit health care organization offering a wide range of community health care services. If you, or someone in your family, were recovering from an illness and needed home care, who would you trust? Most Canadians would say VON. We believe in treating the whole person, not just their ailment.

Supportive Care is compassionate care provided to individuals facing a life-threatening illness while remaining at home. **No fee.**

Volunteer Visiting provides friendship and support to help alleviate worry, isolation and strain through confidential one-to-one companionship. **No fee.**

Telephone Assurance and Safety Checks offer support by providing contact to isolated persons, or those with Alzheimer Disease or other dementias. **No fee.**

SMART - Seniors Maintaining Active Roles Together, offers physical activity as a positive health intervention for adults 55 and over. Led by trained volunteer instructors, it offers fun and safe exercises. **\$2 fee per visit.**

Kids' Circle provides Illness and Bereavement support to children and teens who are coping with a life threatening illness themselves, or of a family member, or are dealing with the loss of a loved one. **This unique Chatham-Kent service is offered at no cost to the client.**

For more information on the above programs call 519.352.4462

Visiting & Shift Nurses* work together with clients, caregivers, and health care professionals to assess an individual's health care needs and develop a personal plan of care to meet those needs.

Personal Support Services* enhance an individual's quality of life by providing assistance with personal care and support needed to make them comfortable in their own homes.

Foot Care Clinics are offered at a variety of locations throughout the municipality. VON nurses can also provide foot care in your home.

For more information on the above programs please call 519.352.5515

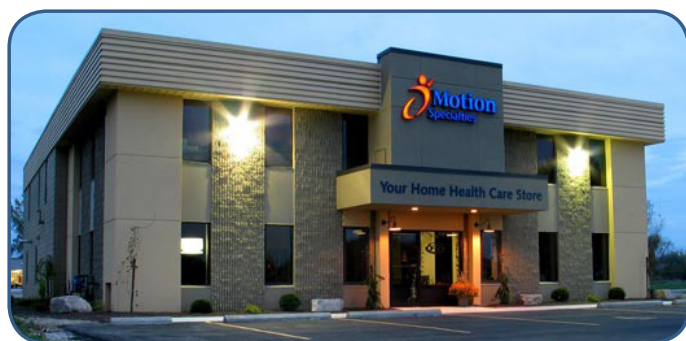
* Under contract through the Erie St. Clair Community Care Access Centre



VON Chatham-Kent
519.352.5515
www.von.ca



- Mobility
- Seating
- Pressure Management
- Aids to Daily Living
- Transfer Solutions
- Personal Care Products
- Beds
- Vehicles



Motion Specialties Chatham, a locally owned and operated business, opened a beautiful retail and service location at 785 St. Clair Street in Chatham. This home health care store is a part of The Motion Group, with over 34 locations coast to coast in Canada who have been meeting the mobility needs of Canadians since 1985.

Local Owners Jeff and Lesley Bremner are committed to delivering superior products and immaculate customer service to help improve the lives of everyone in need of assistive devices.

Products ranging from wheelchairs, walkers, scooters, lifting devices, hospital beds, Tempur mattresses, lift out recline chairs, T.E.N.S units, first aid and incontinence products, and so much more, address every need of caregivers and their loved ones.

Motion Specialties focuses on maintaining a friendly atmosphere through their showroom and knowledgeable staff. Motion Specialties is also pleased to be a preferred provider for WSIB, March of Dimes, ADP, and many other Funding Agencies. Motion Specialties services all they sell.

785 St. Clair Street, Chatham ON • 519.358.7096 • www.motionspecialties.com

Two of Chatham's hottest restaurants want to give you a break during this cool season!

\$5

Get 5 "bones" off your meal!

Present this coupon to your server prior to ordering and receive \$5.00 off your regular priced entree.

Expires April 30/2009 • Not valid with any other offer
Limit one coupon per person

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\$5

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FIVE DOLLAR PROMOTIONAL BILL
NO CASH VALUE • FOOD PURCHASES ONLY

5

5

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BUCKS

Good Food...Good Fun...Red Tamarac

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CK Senior

Don't miss one issue of the CK Senior by joining our email list. You will also receive products, discounts and information from merchants and organizations located within the Municipality of Chatham-Kent. Just email us at ckseniors@gmail.com and in the subject line write: sign me up!

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Advertising opportunities and distribution details please call 519.380.9938
or email ckseniors@gmail.com

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Ask Dr. Button...

Gord Duff of Sioux Dr. in Chatham asks Dr. Button: "What suggestion would you make to help avoid getting the Flu this winter?"



Dr. John Button

Influenza (Flu) Prevention

"The yearly flu shot is the first and most important step in flu prevention. The vaccine protects against the three main strains that experts believe will cause the most illness during flu season. While it does not offer complete protection it can make your illness milder if you get a different flu virus. Getting the flu vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic illnesses, such as diabetes, heart disease or lung disease, and people 65 and over. The vaccine is very safe and well tolerated and contrary to popular myth does not cause the flu. Peak flu season is from December to March so October and November are the best times for immunization.

Flu is often spread by hand to hand contact so hand washing is very important after you cough or sneeze. Cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue immediately.

Flu spreads rapidly in places where people congregate. Avoid close contact with sick people and if you develop the symptoms yourself - stay home."

- 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 spring issue please email ckseniors@gmail.com.

Municipality of Chatham-Kent Senior Centres

Blenheim & Community Senior Citizens Group
90 Catharine 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