

# CKSenior

WINTER 2010 | 2011

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



**INSPIRING IMPROVEMENTS  
AT RIVERVIEW GARDENS pg 2**

**GETTING YOUR GROCERIES  
JUST GOT EASIER pg 6**

**CHAP AIDS SENIORS IN LIVING  
INDEPENDENTLY AT HOME pg 7-8**

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## Active Lifestyle Centre “CONNECT”

SENIOR RESOURCE FAIR

Friday, February 18, 2011

When: 10:00 am - 2:00 pm

Where: Active Lifestyle Centre

20 Merritt Avenue, Chatham, Ontario

What: Speakers, information sharing, entertainment, give-aways and **FREE LUNCH** for all seniors.

All Chatham-Kent Seniors welcome to view and access resources to assist with all living needs and stages of care.







## *Celebrating Life And Love*



In many long term health care homes the mantra of “celebrating life and love” is apparent, but what has been happening in the Alzheimer ward at Riverview Gardens is nothing short of awe inspiring.

When touring the 6th floor in the past it was commonplace to see numerous residents being entertained by the television and just as many would continuously walk around the floor.

Walking through the main common areas today is a VERY different experience. The TVs are now usually off, residents are folding towels, reading newspapers, using plastic tools, and playing “DJ” from time to time.



Wendy Holmes

“We have found incredible behavioral changes can be made to our residents that have dementia simply by giving them activities to perform on a regular basis. This can be something as simple as folding bins of towels; the constant activity gives them a sense of self worth and stimulates brain activity. As residents engage in these activities we have noticed them respond to those in their group.

It is not a full on conversation yet, but individuals are responding by sitting next to the same individuals in their group, or acknowledging others with smiles and nods,” says Wendy Holmes, Nurse Manager of the 4th and 6th floor.

Things have changed, and have changed in a big way. Many staff are helping Wendy implement these changes but one key member of her team is Jennifer Craig, Social Work Admission Coordinator. Jennifer says, “Feedback from family and friends of the residents has been amazing. It has been so rewarding, we (staff) feel like the residents are giving more back to us then we are giving them.”

Since the changes have been implemented, there has been a significant decline in incidents. Residents are visibly calmer and happier.

“We could not have made all of these changes without the support of Colleen Wilson, Director of Senior Services, or Donna Cottingham, Director of Nursing. They allowed us to develop various programs simultaneously and in a timely fashion, and we are thrilled with the results!” says Wendy Holmes.

Colleen Wilson says, “It is amazing to see the changes that have taken place over the last few months. At the Christmas party for the 6th floor residents, individuals that had been quiet for years were singing and dancing. Everyone that attended was amazed and visibly moved, myself included.”

**For more information about services offered at Riverview Gardens call 519.352.4823 or drop by 519 King Street West, Chatham.**



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Come down and meet them Grandma, I don't want you to miss this opportunity because you deserve the very best!

Love,  
Susan

P.S. Oops I almost forgot to tell you, they have in-house physiotherapists so you can exercise as much as you like. I hope I will be able to keep up with you



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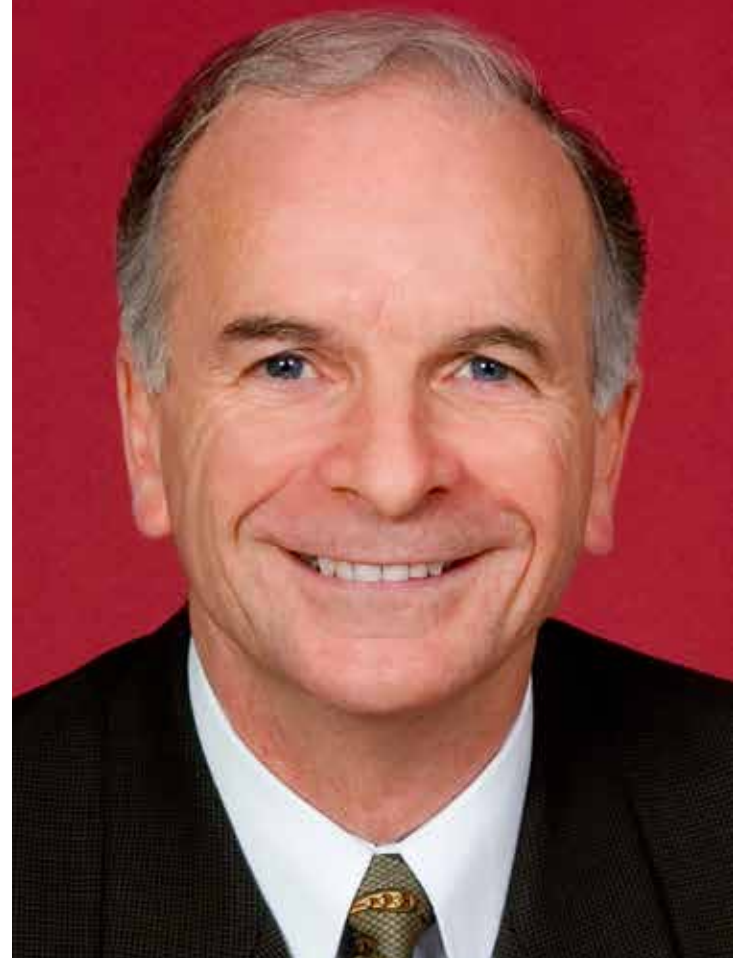
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Foundation of  
Chatham-Kent  
Health Alliance



# Exemplar Society

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*Together Today  
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*Quality and compassionate local healthcare for every  
resident of Chatham-Kent - today and tomorrow*

Did you know that every year, more than 260,000 patients benefit from a range of leading-edge initiatives at Chatham-Kent Health Alliance (CKHA), including programs for dialysis, cardiac rehab, breast screening, mental health and addictions? In addition, premature or ill newborns can receive treatment in our neonatal care unit, saving their parents the journey to London or Windsor. And if you need orthopaedic or cataract surgery, the wait times at CKHA are shorter than anywhere else in Ontario.

But here's the simple truth of our times: healthcare costs are rising faster than government funding can keep up. And in order to attract and retain the best doctors, CKHA must offer the advanced facilities, technologies and programs that are commonplace in larger, urban hospitals. This is where you can make a difference.

Through a planned gift in your Will to the Foundation of CKHA, you can help ensure that your loved ones, friends and neighbours and fellow community members will have access to the best healthcare available. By directing your gift to support CKHA's Highest Priority Needs, you support the purchase of the most urgently needed capital equipment and updates to facilities and services at both the Chatham and Sydenham Campuses, giving our community outstanding care, close to home. And because everyone comes through CKHA's doors at some point in their lives, your gift will have a broad and lasting impact. Everyone in our community, for generations to come, will benefit from your thoughtful planning.

In recognition of your gift, you will 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 will be prominently displayed on a special donor wall and touch-screen in CKHA's main lobbies at both the Chatham and Sydenham campuses.

For more information on how you can support local healthcare through a planned gift, please call the Foundation of CKHA at **519.436.2538** or visit [www.foundationckha.com](http://www.foundationckha.com).



FOUNDATION OF

**CHATHAM-KENT**

# Health Alliance

# CHAP: KEEPING SENIORS LIVING INDEPENDENTLY AT HOME

SERVICES PROVIDED BY CHAP  
A PROGRAM OF FAMILY SERVICE KENT

**As we all grow older it can become more challenging to manage the day to day activities that we take for granted that living at home requires. Transportation, cooking, cleaning, yard work and general home maintenance can all become unmanageable.**

**CHAP** (Community Home-support Assisting People) provides services that are focused on keeping seniors living independently with dignity at home. We take pride in providing service to all of Chatham-Kent.

**CHAP** was founded in 1981 with transportation program. CHAP is a program of FAMILY SERVICE KENT. Over the last 29 years it has grown to provide many services with the same mission. In addition to the transportation program, we now provide Home Helper, Frozen Meals, Caregiver Support and Client Intervention programs.

## VOLUNTEERS

Volunteers are the main force of the transportation program providing over 1100 round trip rides on average per month.

At CHAP we recognize the contributions of our volunteers to our programs through appreciation events. They are reimbursed for their mileage as a transportation volunteer. We are always looking for volunteers from all areas of Chatham-Kent to enhance our service to seniors. In this season of giving, consider giving of your time to enhance the lives of our seniors in our community.

## TRANSPORTATION

This program offers eligible recipients a competitively priced, door-to-door service to any location within Chatham-Kent, as well as Sarnia, London and Windsor for medical appointments. While priority is given to requests for medical appointments, other needs can be accommodated. Service to those who require wheelchair accessibility is available. When riding with CHAP you will be accompanied by a dedicated staff person or a caring volunteer. All fees include round trip with up to three stops.

In addition to our volunteers we have drivers on staff who drive our vans which transport our wheel chair clients.

## FROZEN MEAL PROGRAM

Through our supplier, Apetito, we are able to offer our customers a broad menu of entrees, soups and desserts at a very affordable price. These meals are nutritionally-balanced, and special dietary needs can be accommodated as well. CHAP will provide free delivery for those who are unable to come to our office to pick up their order.

## CAREGIVER COUNSELLING

CHAP responds to the emotional needs of those who are caring for a loved one who is frail or elderly. Our caregiver counselling services are delivered by a qualified professional and are offered free of charge.

Educational workshops regarding caregiver issues can be arranged as well.

Diane Lozon  
Manager

Shirley Fowler  
Transportation  
Coordinator

Shawn Goudreau  
Frozen Meals  
Coordinator

Rachel Christensen  
Program  
Coordinator

Deb Blake  
Community  
Outreach  
Coordinator

Carrie Gauthier  
Social Service  
Worker

Marjorie Crew  
Community  
Development  
Coordinator

Pam Reaume  
Caregiver Support  
Counsellor







770 RICHMOND STREET, CHATHAM, ON  
PHONE: 519.354.6221  
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## THE CLIENT INTERVENTION AND ASSISTANCE PROGRAM

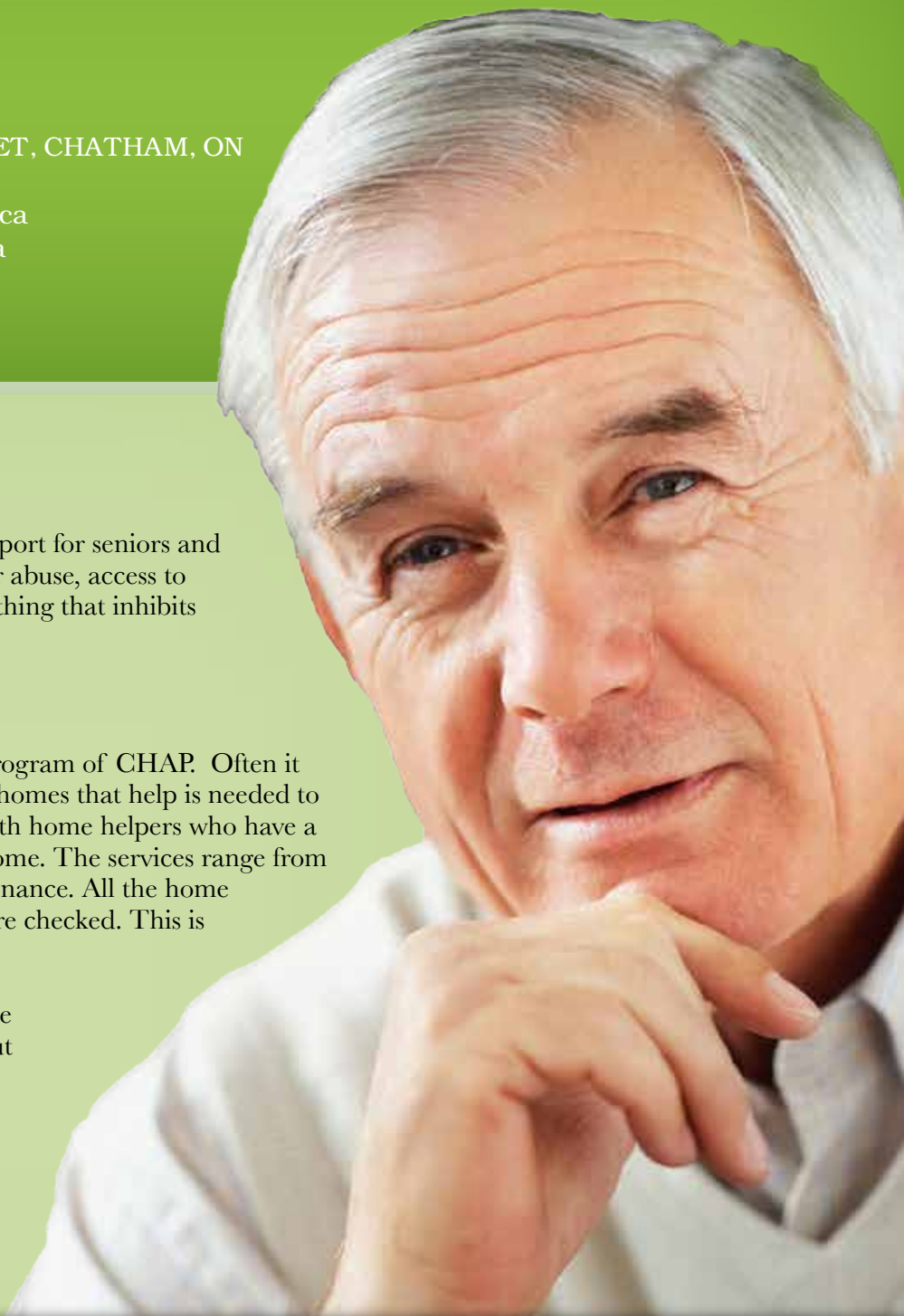
This program provides intervention and support for seniors and persons with disabilities. Issues such as elder abuse, access to services, safety and well being including anything that inhibits their quality of life are addressed.

## HOME HELPER PROGRAM

Our Home Helper Program is the newest program of CHAP. Often it is the chores and home maintenance in our homes that help is needed to complete. This program matches seniors with home helpers who have a wide variety of skills to work around your home. The services range from housekeeping to handy person home maintenance. All the home helpers are police screened and references are checked. This is a fee based service to those who qualify.

**CHAP** Team members who coordinate these programs are dedicated and passionate about the positive role they have in helping people maintain independence and quality of life. There are seven members of the team that specialize in each of the services provided.

As we move forward into 2011, we look forward to continuing our work and growing in every community within Chatham-Kent. We will continue to strive to keep our senior population living healthy and happy in their homes.



### FRIENDS OF CHAP:



Judy Shea  
Volunteer

Darlene Peach  
Volunteer

Dave Robertson  
Staff Driver



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## MEADOW PARK

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### SENIORS' WEEK AT MEADOW PARK

Many passers by were wondering what was going on at Meadow Park this fall. The landmark nursing home decided to pull out all the stops this year to celebrate Seniors Week. The fun-filled week included a classic car show, barbeque and bake sale.

"All involved had a great time," says Anne-Marie Rumble, Administrator of Meadow Park. "Our auxillary had a wonderful bake sale and there were many vendors that set up in the home itself. Our barbeque was also very popular and all the proceeds were donated to the to the Diabetes Association. Every year the celebration seems to grow and this year was no exception."

### MAKING A DIFFERENCE AWARD



This fall Meadow Park celebrated the awarding of the 3rd annual Making A Difference Award.

Betty Simpson is the third recipient of the Making A Difference Award. Past recipients of the award were Bill Martin and Laurence Miller. This award is given by Jarlette Health Services for noteworthy accomplishments & outstanding contributions to society and/or their long term care home.



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**Diversicare**  
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Many people are currently discussing Bill 21 or the Retirement Homes Act. The new bill will establish standards of care and protection of residents' rights in retirement homes. The legislation will set standards for care of all residents of retirement homes in Ontario.

Isn't it nice to know that Diversicare homes have been held accountable to professional operating standards since 1977? As members of ORCA our homes must meet and maintain standards for accreditation which pertain to the operational policies, procedures, and staff education essential to fulfilling legislated obligations and the maintenance of a safe, comfortable living environment for residents. Only ORCA member residences are monitored to ensure they comply with industry

standards. A retirement residence with an ORCA membership is your best assurance of quality and peace of mind.

As accredited members of the Ontario Retirement Communities Association, we uphold and affirm our responsibilities to our residents by subscribing to the following principles: "We believe in quality of life for all residents that encompasses their right to dignity, respect, privacy, and autonomy."

So while we applaud and look forward to the new legislation, rest assured our homes will continue to provide the highest level of care for all of our residents.

*We thank all of our residents  
and staff for a wonderful  
2010, and wish everyone  
a Merry Christmas and  
Happy New Year.*



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One type of new replacement lens reduces or eliminates the blurring and distortion caused by astigmatism, which can mean glasses-free distance-vision activities like golf, driving, or going to the movies.

Another breakthrough lens is a multi-distance lens, similar to bifocals. In addition to the distance activities above, some patients who choose a multi-distance lens are even able to read without glasses again!

Cataracts impair vision slowly and gradually. This is why regular eye exams with your usual optometrist are so important; without regular visits, many patients don't realize how much their vision could dramatically improve.

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

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

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

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

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

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

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

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

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

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

Morpeth Heritage Club  
12570 Talbot Trail Morpeth - Ph: 519.674.1010

Wheatley & District Friendship Club  
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