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FALL 2011

CK Senior

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



There's no place like home
pg. 7

2011 South West Regional Senior Games Results
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2011 Senior of the Year Award
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The Grandest Grandchild Photo Contest
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It's a pleasure to be bringing you our 8th issue of CK Senior! In this publication we have the honour again of highlighting not only some of Chatham-Kent's outstanding businesses and services but also Chatham-Kent's "Senior of the Year" and the "2011 South Western Regional Senior Games."

As we enter into the next season we are sad to say farewell to another summer as we all know what comes after fall. But instead of thinking that far ahead, let's think about right now and get outdoors and be a witness as Mother Nature paints our Chatham-Kent with beautiful colour. Fall is a great time to enjoy the cooler temperatures for walking, join an exercise program, volunteer, go shopping, or try a new fall recipe. Seize the moment because as Mrs. Gump said: "Life is like a box of chocolates... you never know what you're gonna get."

I hope that this publication reminds you of all the wonderful places and products that are available in your own backyard, to keep you looking, feeling and living your best. Many thanks as always to our advertisers for making this publication possible.

We wish you all a safe, pleasant, and healthy fall season!

Sincerely,

Andrew Thiel, *President*

Mark Requena, *VP Website Development*

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Jill Gale, *Sales Rep - Dresden/Wallaceburg*

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Locally owned and Operated by Ken and Jan Edwards, Leon's Furniture is proud to be celebrating 26 years serving Chatham Kent. Leon's takes pride in being truly dedicated to this community through its continued involvement with many different charities such as the Canadian Cancer Relay for Life, the Chatham Women's Centre, the two local hospitals and the Boy Scouts Christmas Tree program, just to mention a few. "It is important that we all support one another especially during tough times and that's why we like to say we are in the community for the community" says Ken!

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Meals on Wheels Chatham-Kent is a non-profit organization dedicated to supporting health, well-being, and independence through the delivery of hot, nutritious meals. Our service is available to seniors, people with disabilities, and individuals recovering from surgery or illness throughout Chatham-Kent. Depending on their need, Meals on Wheels Chatham-Kent clients are able to receive temporary or long-term meal assistance.

Meals on Wheels Chatham-Kent is currently seeking enthusiastic volunteers to assist with the preparation, packaging, and delivery of nutritious, home-style meals to individuals in need throughout our community. If this volunteer opportunity is of interest to you, please call 519-351-MEAL (6325) or visit our website at www.mealsonwheelsck.com



If you or someone you know could benefit from nutritious, home-style meals delivered right to your door, Meals on Wheels Chatham-Kent is the one to call! 519-351-MEAL (6325)

When Katharine Moffat moved to Chatham-Kent from Georgetown in 2003, she was grateful to get a family doctor. Then, when Katharine required a knee replacement in 2008, she felt grateful that a facility like Chatham-Kent Health Alliance (CKHA) was in her community with competent doctors and nurses to help her heal properly.

But what Katharine was most grateful for, was the exceptional care her late husband, Andre Boodt, received from the thorough and professional staff at CKHA. During his recovery from Legionnaires Disease and later, a stroke, Andre was treated with great care, compassion and respect at CKHA.

Sadly, Andre passed away due to cancer in 2009, but Katharine never stopped feeling grateful for the care they have both received at CKHA. And to show her gratitude, she has given generously to the Foundation of CKHA. Over the years, she has supported the Foundation of CKHA's dialysis, orthopaedic, physiotherapy and stroke funds as well as the *Cardiac Monitoring System Campaign*, among many other initiatives.

Katharine is also a member of the Foundation of CKHA's *Exemplar Society* - a program that recognizes visionary donors who commit to the Foundation of CKHA through a planned gift. Why is this important to her? Because she wants her support to carry on.

Katharine says she is happy she moved to Chatham-Kent, which has been very good to her and allowed her to meet many new friends. She also feels "it's important to support local healthcare to ensure that those who require services in this community have the best equipped facilities available to them."

For more information on the *Exemplar Society* and 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.

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Like home

This article has been written and submitted by:

Erie St. Clair Local Health Integration Network, Chatham, ON.

New Home First Program will help seniors stay in their own homes longer!

Clicking the heels of your ruby red shoes is a sure reminder of all those things you love about your own home: your comfy bed where you get the best sleep, your favorite sofa or recliner for reading or watching the tube, familiar spaces decorated and set up to suit your needs, and all those "things" we collect over the years that make us feel safe and comfortable.

Getting older doesn't change how much we love the comfort of our own home, so when a senior's health and independence is threatened we shouldn't expect that they will just walk away from it all.

In fact the opposite is true. When given a choice, most seniors prefer to be at home rather than in a hospital, where they are more comfortable, where there is a lower risk of acquiring an infection, where they are less likely to experience a loss of mobility or function, and where they tend to heal more quickly.

Despite this, many seniors remain in the hospital for long periods of time, in many cases waiting for a vacancy in a nursing home or unable to go back home because they can't get enough care or support in the home. Home First is about to change this.

Home First is a shift in how the health care system thinks and delivers care to seniors. It's about making every effort to support seniors to go home safely after a hospital stay, rather than seeing long-term care as the only option.

Canadian doctors seem to think this is the right way to go. In a recent report by the Canadian Medical Association, it was recommended that, "with the population aging, there is an urgent need to build a system of home-based care to provide families with the support they need to allow patients to get the best care they can at home." Canadian Medical Association. [2011]. Voices into Action - Report on the National Dialogue on Health Care Transformation, Ottawa, ON.

Too often, seniors waiting in hospitals or moving to a nursing home have care needs that could be safely met in the comfort of their own homes. An estimated 37 percent of people in long-term care homes don't need the level of care provided there and could return home.

Beginning this fall, the Erie St. Clair LHIN and Erie St. Clair Community Care Access Centre (CCAC) will be launching Home First in the hospitals, home care, and community support agencies throughout Chatham-Kent, Sarnia-Lambton, and Windsor-Essex. By adopting the Home First philosophy, home will be prioritized as the first and best place to support seniors, with care providers working together to arrange for the right services to make the transition home possible.

To help seniors and their caregivers to feel comfortable and confident to return home, over three million dollars in new funding has been provided to the CCAC to increase home care services.

Additionally, doctors, nurses, and other health care professionals will be educated on Home First and the options available that will safely support seniors to return or remain comfortably in their homes.

In short Home First will:

- respect the wishes of seniors
- get better results for seniors
- make better use of health care services
- ease the pressures on hospitals and reduce ALC rates
- reduce wait times in our hospital emergency rooms

For more information on Home First visit www.eriesclairhlin.on.ca

Choosing a “Home away from Home!”



As time goes by we sometimes choose to move out of our home or reach a stage where we require assistance beyond our home. Thankfully, Chatham -Kent has a wonderful selection of homes to choose from so, although we may be leaving our house, our home can still remain in the same area. Following is an index of homes within our area that you can read about in this issue of CK Senior and/or visit online!

Blenheim

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Tilbury

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Wallaceburg

Fairfield Park (www.fairfieldpark.ca)



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Did you know cataract surgery can significantly reduce and often completely eliminate the need for eyeglasses? Breakthrough lens technology is giving cataract patients terrific options for brighter, clearer, and sharper vision.

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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!

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"Jack was born to a family of farmers. As his family grew, he became a brother and an uncle. After returning from the war he married his high school sweetheart and, soon after, was blessed to become a father. Through challenging and sweet times his family flourished. He loved being a grandpa and was tickled when he became a great-grandpa. Jack was a fisherman, a curler, and a supporter of his church. When he passed away, there was a deep sadness in his loss. The funeral gave his family and friends a special time to celebrate Jack's lifetime of love, dedication, and happiness."



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Sue LeClair

"I have been going to the Active Lifestyle Centre for several years and have been involved as the volunteer Coordinator of the Wood Shop and its participants, as well as being a member of the Board and Committees. As family members develop health issues lately, I have become a caregiver for part of my day. It is a great relaxation to know that I can go to the Active Lifestyle Centre every morning and enjoy the camaraderie and friendships of the members in the Wood Shop. The staff and members are so friendly and I greatly enjoy my time at the Centre."

Jack Gallaway

"My husband and I have been members for the past year at the Active Lifestyle Centre. One of the reasons we joined was for the wide variety of activities offered. It was important for us to participate in classes that were challenging to the mind and body. The Active Lifestyle Centre certainly offers a wide variety of programs to suit all ages and abilities. Although we are involved with many activities to keep us fit and healthy, we mostly enjoy making new friends in a relaxed environment."

Cliff & Claudette Steptoe



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- SMART Seniors Exercise Program
- Special Events/Fundraising

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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.

Crisis Intervention & Assistance: This program assists seniors and persons with disabilities resolve problems or address issues in pursuit of their needs, rights, and interests. A wide variety of services are offered free of charge.

Home Helper: This 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, 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!**

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We acknowledge and encourage families to carefully consider their loved ones and their own wishes in planning a funeral service. Each service needs to respect and honour the life lived and not simply the life lost. Planning funeral services, whether at the time of need or pre-planning one's funeral service, can be as unique and specialized as the person(s) it is to honour. We encourage families to participate in the funeral process and create meaningful services for themselves and their loved ones. Each service will be reflective of the family it is serving. Please feel free to contact us with any questions that you may have.

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District 32 Windsor Essex
District 33 Lambton
District 33a Chatham-Kent

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Men's 65+

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Silver: District 33a Norbert Bechard
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Silver: District 29
Bronze: District 33a

Tennis

Men's 55+

Gold: District 32 Rikus Huisman & Tim Ngai
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Bronze: District 33a Murray Peterson & Larry Franko

Men's 65+

Gold: District 30 - Josh Dubitsky & Moe Lacerte
Silver: District 32 - Ned Gullani & David Fehrenbach
Bronze: District 33a - Aldo Gonzalez & Tom Brunt

Men's 75+

Gold: District 30 - Glenn McCann & William Rogers
Silver: District 30 - Jim Kirwin & David Shaw

Mixed 55+

Gold: District 32 - Lana Costea & Barry Holden
Silver: District 33a - BJ Makowetsky & Glen Burk
Bronze: District 33a - Penny Bishop & Robert Bishop

Mixed 65+

Gold: District 30 Jacqueline Farquhar & Alan Hogarth
Silver: District 33a Nick O'Donohue & Nancy O'Donohue
Bronze: District 32 Lyle Chambers & Gwen Chambers

Women's 55+

Gold: District 30 - Carol Wigle & Grace Cameron
Silver: District 32 - Rosemary Murphy & Brenda St. Germain

Women's 65+

Gold: District 32 - Sandy Clegg & Nancy Hirota
Silver: District 30 - TJ Anrep & Judith Johnston

Floor Shuffle Board

Gold: District 32 - Linda Armstrong & Linda Raymont
Silver: District 32 - Henry Armstrong & Gerald Wylie
Bronze: District 30 - Michael Cash & Fred Murrell

5 Pin Bowling

Open Teams

Gold: District 30 - Susan Alvaro, Diane Bennett, Jack Cook, Bob Ruse & Don Wolfe

Silver: District 33a - Joyce Cooper, Carol Else, Michele Garraway, Kay Lozon & Ruth VanWolde

Bronze: District 32 - Alex Gyemi, Margaret Gyemi, Wendy Horn, Norma Kemp & Don Salters

Men's 55+ Singles

Gold: District 30 - Jim Emerson

Silver: District 29 - Fred Stevens

Bronze: District 31 - Robert Virgin

Women's 55+ Singles

Gold: District 29 - Joy Patton

Silver: District 30 - Elaine Gallagher

Bronze: District 29 - Betty Van Heeswyk

10 Pin Bowling

Open Team

Gold: District 26 - Doris Dupont, Pat McGladrey, Tom Nagami & Sue Nagami

Silver: District 33a - Stella Evie Davidson, Donna Harris, Joyce Hensel & Margaret Reed

Bronze: District 29 - Florence Heard, Ron Paton, Jim Robinson & Jennie Robinson

Women's 55+ Singles

Gold: District 33a - Violet Gross

Silver: District 33a - Sharon Punnewaert

Men's 55+ Singles

Gold: District 33a - Al Emerson

Pickleball

Men's 55+ / 65+

Gold: District 32 - Jim McMartin & Vic Piccolo

Silver: District 30 - Frank Holdan & Peter Singleton

Bronze: District 30 - Tim Bobier & Ken Twilley

Women's 55+/65+

Gold: District 32 - Jill Jakob & Barb Laramie

Silver: District 32 - Barb Girard & Wendy Jackson-Sabo

Bronze: District 26 - Margaret Oxley & Gerda Trendell

Mixed 55+

Gold: District 32 - Linda Bourdeau & David Young

Silver: District 32 - Nicola Adams & Gilles Gauthier

Bronze: District 33a - Nancy Chung & Darrell Gilbertson

Mixed 65+

Gold: District 32 - Sharon Getty & Mike Girard

Silver: District 32 - Phyllis Elliott & Wayne Harris

Bronze: District 30 - Jane Evans & Paul Evans

Darts

Men's 55+

Gold: District 33a - William Hall & Leonard Beaulieu

Silver: District 32 - Roger Sinasac & Robert Dudley

Bronze: District 29 - Dennis Luiting & Lionel Walsh

Perfect Score of 180 Congratulations to:

Joe Walsh & Ken Allore!

Women's 55+

Gold: District 29 - Johanne Ansems & Marie Richardson

Silver: District 29 - Gerry Clarke & Margaret Seed

Bronze: District 26 - Faye Mayer & Marlene Russon

Mixed Darts

Gold: District 33a - Edward Andrews & Gina Andrews

Silver: District 26 - Harold Lohmeier & Pearl Richards

Bronze: District 27 - Kay Cooper & Ronald Cooper

Lawn Bowling

Mixed Doubles

Gold: District 27 - Ken Bester & Theresa Bester

Silver: District 33a - Helen Campbell & John Fantin

Bronze: District 30 - Sandy Ronson & Jim Young



Mixed Trebles

- Gold: District 26 - Ian Burns, Andy Dalziel & Helen Gay
- Silver: District 33a - Brian Sims, Dennis Skipper & Mary Whitson
- Bronze: District 33a - Glen Richardson, Les Hogg & Shirley Hogg

Carpet Bowling

- Gold: District 33a - Jim Aukema & Henk Kramer
- Silver: District 33 - Jack Lambley & Joyce Lambley
- Bronze: District 33a - Mike O'Neill & Sheila McGregor

Walking

Nordic Walk

- Gold: District 26 - Donna Wagenaar

Prediction Walk

55+ 3km Women's

- Gold: District 29 - Cecilia Smith
- Silver: District 30 - Sandie Clode
- Bronze: District 26 - Mary Langevin-Irwin

55+ 3km Men's

- Gold: District 29 - Simon G. Smith
- Silver: District 26 - Derek Tickner
- Bronze: District 26 - Thomas Caskenette

75+ 1.6km Men's

- Gold: District 29 - Red Bickell
- Silver: District 29 - Bill Coleman

75+ 1.6km Women's

- Gold: District 27 - Maria Posthumus
- Silver: District 33a - Fay Sandercock
- Bronze: District 29 - Stella Butson

Cards

6 Handed Pepper

- Gold: District 27 - Donald Campbell, Marlene Campbell & Larry Kirk
- Silver: District 31 - Mary Fluker, Patricia Lloyd & Margaret Trupish
- Bronze: District 29 - Terry Heron, Barb Looby & Murray Looby

Euchre

- Gold: District 33a - Darlene Lather & Mark Wilkins
- Silver: District 26 - Edith Johnson & Noel Lotspeich
- Bronze: District 32 - Dennis Bain & Ray Girard

4 Handed Bid Euchre

- Gold: District 29 - Mary Cappa & Doris Parent
- Silver: District 33 - Pat Jumeian & Edna Bell
- Bronze: District 30 - Art Bogue & Maria Mendes

Cribbage

- Gold: District 29 - Marg Lang & George Werden
- Silver: District 26 - Cathie Cairns & Jim Goll
- Bronze: District 29 - Helen Reycraft & Ken Reycraft

Contract Bridge

- Gold: District 29 - Labelle Hoffmeyer & Vesta Miller
- Silver: District 31 - Jim Piggott & John Piggott
- Bronze: District 33a - David Derbyshire & Derek Parry

Duplicate Bridge

- Gold: District 32 - Pauline Mikolash & Al Morrison
- Silver: District 26 - Molly Buckrell & Wendy Kudsia
- Bronze: District 27 - Emily Pedrosa & Fred Upton

Scrabble

- Gold: District 33a - Marilyn Green & Tom Green
- Silver: District 33a - Rose Barnier/Sterling & Caroline Laprise
- Bronze: District 29 - Lynette Stewart & Frances Williamson





Bill 21 (The Retirement Homes Act) has been passed, but as long term members of ORCA (The Ontario Retirement Communities Association) we have been adhering to superior industry standards for decades.

ORCA is a voluntary, non-profit association established in 1977 that sets professional operating standards, inspects, and accredits retirement residences in Ontario.

Not all retirement residences are approved members of ORCA. Members of ORCA 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:

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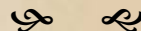
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CK Seniors

We Salute You!

This Editorial provided by:
Chatham-Kent Daily Post
www.ckdp.ca

An impartial community committee has selected the winners of the 25th Annual Senior Achievement Award. Presentation of the awards took place at a special ceremony Friday, June 17th. during the Chatham-Kent Seniors' Fair at the Blenheim Recreation Centre. Nominations had been sought from citizens across Chatham-Kent.

"This award recognizes outstanding seniors who have made outstanding contribution to the citizens of Chatham-Kent without any purpose of personal gain," said Mayor Randy Hope. To qualify, the nominee must be a resident of the Municipality of Chatham-Kent, be 60 years of age or older, and must have achieved significant goals during the nominee's retirement years. The free seniors' fair is designed to promote and educate our seniors of the many leisure activities and other local, provincial, and federal resources available to them.

"This is the 25th year of the event," said fair chairperson and Ward 2 Councillor Karen Herman. "The CK Senior Information Fair Committee has once again done a very fine job in recognizing the senior volunteers of our Chatham-Kent communities."

*The following citizen is the winner of the
"Senior of the Year" Award.*

KATHRYN VANEK – CHATHAM-KENT – Chatham-Kent Council nominated Kathryn Vanek for a Senior of the Year Award, presented by Council and the Province of Ontario. In its nomination, Council had the following to say about Vanek:

"Kathryn works passionately, supporting many good initiatives in her Chatham-Kent community. Near and dear to her heart is supporting agriculture, seniors, and her music. People respond admirably to her warmth, her sunny disposition, and to her kind generosity.

As a daughter, wife, and mother of farmers, she was inducted into the 2008 Kent Agriculture Hall of Fame for her contribution to agriculture. Kathryn has continued her busy life in retirement, sharing her gift of music playing the organ and singing at Senior Citizens' homes; "Catch a Tune with Kathy." She also plays in the duo "Wayne and Kathy" as well as joins in with another volunteer Chatham-Kent band called the Pub Crawlers. Residents in seniors' homes say that Kathy is not just a visitor and entertainer, but a beloved



Kathryn Vanek

*The following volunteers were
nominated for the Seniors'
Achievement Award:*

friend. As an active member of her church she has dedicated 30 years to the choir.

Supporting the youth in her rural community, both Kathryn and her husband continue to co-coordinate a rural baseball program, "The Kent Bridge Baseball Association."

Kathryn is a member and volunteer secretary for "The Past Kent Wardens Association."

Annually, the Chatham-Kent Seniors information Fair is held in Blenheim and for 25 years she has worked on the Chatham-Kent Senior Achievement Award Nominations committee, Kathryn continues to support the recognition of outstanding community volunteers. Kathryn has a generous heart and is so deserving of this recognition."

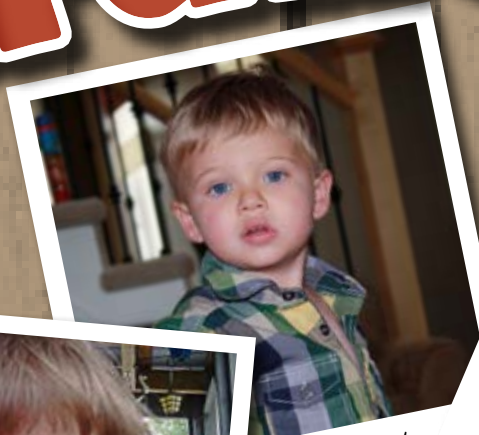
"This lady well deserves this award," said Ward 2 Councillor Frank Vercouteren, representing Council at the presentation. "She has been a worker here at the CK Senior Information Fair since it started. We couldn't do it without her."

*The following citizens are the winners
of the Seniors' Achievement Award:*

MURIEL DALE - SOUTH BUXTON, ELAINE LEWIS - WALLACEBURG, THERESA NADEAU - CHATHAM, PUB CRAWLERS BAND - CHATHAM KENT; (which includes the following members) PAT DAY, DOROTHY DHAEN, JIM EBERLE, WAYNE EDWARDS, JUNIOR LUCIER, JOE SHEPPHERD, JOHN TEW, HUGH THOMAS, DAVE TRICKER, CHERYL TRINCA, SANDRA VAN-RAAY, RON WADE, GERRY WAGTER, BILL WEAVER, and the leader of the band - CHRIS MASTERSON.

PAUL ANDERSON - RIDGETOWN, ED ANSON - BLENHEIM, PHILIPPE BLAIS - CHATHAM, RON BOLOHAN - BLENHEIM AREA, GEORGE BORTKIEWICZ - CHATHAM, ELLA MAE BROWN - BLENHEIM, BARBARA CAMPBELL - BLENHEIM, SHARON CARRIVEAU - CHATHAM, BOB CHRISTIE - CHATHAM, WAYNE (RILEY) COLL - BLENHEIM, MARG AND GEORGE DARNLEY - MERLIN, JANICE DEKONING - WALLACEBURG, BOB DODGE - CHATHAM, SHEILA DUNKLEY - CHATHAM, BOB ESKRITT - RIDGETOWN, WILLIAM GRIN - CHATHAM, MARIE HARRISON - CHATHAM, REV. KATHERINE HAWLEY - WALLACEBURG, KAREN HEATHCOTE - BLENHEIM, LINDA HENDERSON - TILBURY, ART HYTEK - CHATHAM, BERNIE JONES - CHATHAM, MURRAY KNOTT - BLENHEIM, ILA LITTLE - WALLACEBURG, RUTH LOXTON - WALLACEBURG, CAROL MAIRS - CHATHAM, DIANNE MARDLING - RIDGETOWN, DOROTHY MARIS - MERLIN AREA, LINDA MARTIN - CHATHAM, DON MCGREGOR - CHATHAM, CLAYT MIFFLIN - CHATHAM, JOY MOYNAHAN - CHATHAM, MIKE MURPHY - CHATHAM, MARG NAUTA - MERLIN AREA, SHEILA NUGENT - KENT BRIDGE, MARGARET NUTE - CHATHAM, BILL OLDE - RIDGETOWN, ANTONIO PERINI - DOVER, DON ROSE - WALLACEBURG, DIANNE SCHWARZ - CHATHAM, RUTH SCOTT - BLENHEIM, JEAN SHOEMAKER - BLENHEIM, EUNICE SIMPSON - RIDGETOWN, DOUG & KATHY SMYTH - TILBURY, HELEN SPENCE - RIDGETOWN AREA, WALTER SPENCE - RIDGETOWN AREA, DELORES STEFINA - BLENHEIM, THEO VAN ASTEN - BLENHEIM, MINNIE WALKER - CHATHAM, JOE WIERSMA - CHATHAM, REV. LEONA WRIGHT - CHATHAM, PRISCILLA & DWIGHT YELLOWAGE - CHATHAM

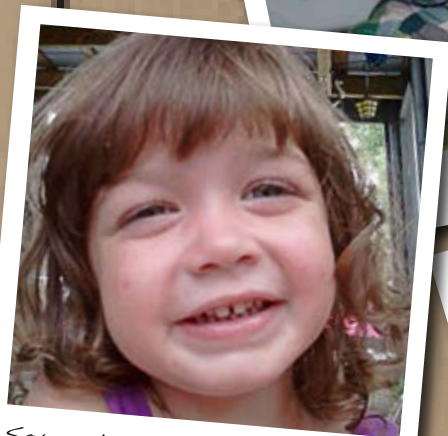
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Chloe smiling for Grandma O.



Savannah at Grandma & Pappa's



Tyden's being silly!!!



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- 1/2 cup of Hellmann's Real Mayonnaise

Preheat oven to 375 F. In a shallow 8" x 8" pan
arrange apple slices. In a medium bowl, combine
flour, brown sugar, oats, and cinnamon. Stir in
Hellmann's Real Mayonnaise.

Using fingers, gently squeeze dough to form
crumbs. Evenly sprinkle crumbs over apples and
bake for 30 minutes or until topping is golden.

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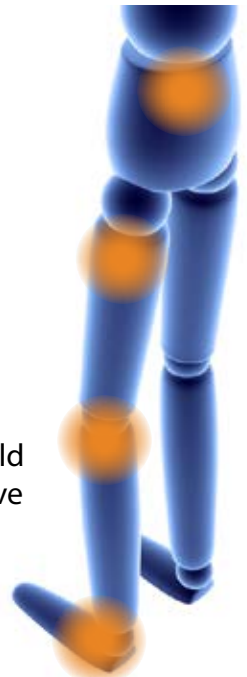
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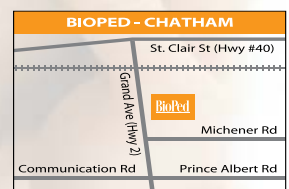
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Dama was originally a Personal Care Giver, who worked with residents providing personal care. After some time, she decided to switch her career direction and focus on providing a wide range of services and programs to residents promoting health and enhancing the quality of life for those who call Riverview Gardens home. The programs that Dama, and her fellow staff members offer, are designed to respond to the Residents' needs and interests and to enhance the Residents' physical, intellectual, social, recreational, creative, spiritual and emotional well-being. Dama explained that, “While providing personal care is very important, I really appreciated the fact that it was the extras that really made a difference in the life of our residents. Whether it was accompanying a resident outdoors for a walk in the fresh air and listening to that first deep breath; seeing someone laugh at a movie from their past; or, just watching a resident enjoy the company of a loved one at a family event, I know, that I am making a real difference in their quality of life.”

Dama and her fellow recreation team members, work with the nursing staff, residents' families and Riverview Gardens administration to deliver an incredible variety of programs for residents. The activities at Riverview Gardens are simply too many to mention but some of the residents' favourites include musical entertainment, bingos, penny sales, chime and vocal choirs, sing-a-longs, Wii games, indoor and outdoor games, gardening, movies, trivia, billiards, summer barbecues, in-house clothing sales and exercise programs. In addition to all the activities there are over 20 special events and theme days each year and monthly bus trips out to venues like restaurants and local casinos.

Dama says, “We could not do it without the support of so many local individuals and community groups such as our Riverview Gardens Auxiliary, Volunteers and Family Council, the Rotary Club, Knights of Columbus and the CAW, the local clergy and student groups who come together to ensure our residents receive not only quality care, but a wonderful quality of life.” (Pictured above enjoying the music are: Resident – Verlyn Shuttleworth, Rec Staff – Betty Amelia & Musical Volunteer – Jean Elliot)

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519.358.7096

» 1000 Finch Drive, Sarnia Ontario
519.336.7781

MUNICIPALITY OF CHATHAM-KENT SENIOR CENTRES

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

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

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

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

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

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

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

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

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

Morpeth Heritage Club
12570 Talbot Trail Morpeth, ON - Ph: 519.674.3249

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



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