

Take one it's...FREE

ISSUE | 11

# CK Senior

ADDRESSING THE NEEDS AND CONCERNS OF SENIORS LIVING IN CHATHAM-KENT



# WELCOME

## Welcome to CK Senior, Issue 11

**It's** hard to believe that we are at the end of yet another year! As we wind down in the final days, we begin to reflect back on all of the things that we accomplished as well as all the things we had hoped to. Looking ahead to 2013, there is nothing quite like the feeling a lot of us experience as we celebrate the coming of the New Year. It gives us a clean slate so to speak, a fresh beginning, filled with opportunities just waiting for us to embrace. So for all the things we hoped to achieve in 2012 and didn't get to, these things can be the start of our **"Wish List"** for 2013.

We hope you enjoy this issue of CK Senior and we sincerely thank all of our advertisers for their confidence in this publication through their continued support. Enjoy this next season and remember to take advantage of the wonderful businesses and services available to us. Always try to step outside the box and attempt something new, you might be surprised and wish you had tried it sooner.

Most importantly, keep moving - it is so vital for so many reasons. ***It's alright to slow down, just don't stand still.***

We wish you all the best for a happy, healthy, and exciting 2013!

Sincerely,



**Andrew Thiel**, *President*

**Mark Requena**, *VP / Website Development*

**Grant Smith**, *IT Specialist*

**Lisa Persyn**, *Sr. Graphic Designer*

**Scott Lauterbach**, *Graphic Designer*

**Nancy Schlereth**, *Sales Manager*

**Jill Gale**, *Sales Rep, Dresden/Wallaceburg*



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# Just for the Health of it!



*Photography provided by:*

**Mark Requena Photography**

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



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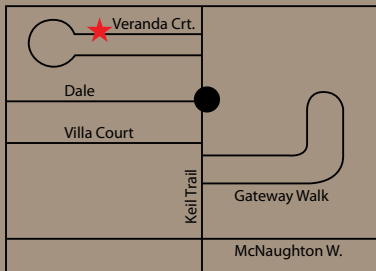


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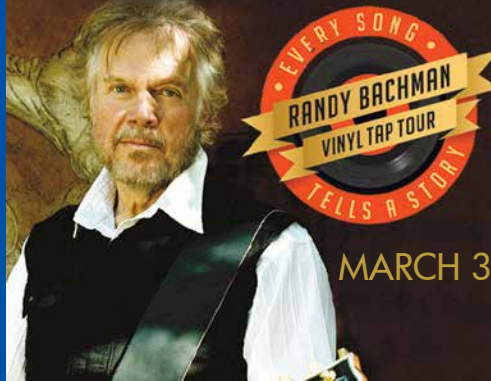
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Grocery List:

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[www.chatham-kent.ca/RiverviewGardens](http://www.chatham-kent.ca/RiverviewGardens) | 519.352.4823

## *Celebrating Life and Love!*

Together, we provide exceptional, resident - focused care while respecting and protecting those who call Riverview Gardens their home.

Nestled in a beautiful setting beside the Thames River in central Chatham, Riverview Gardens offers a friendly community atmosphere. Quality care has been at the heart of our home for over a century. Our home is committed to providing exceptional, residential long-term care services for approximately 320 residents. Residents have access to a range of medical, personal, dietary, and recreational services to meet individual care needs.

If you are considering Riverview Gardens and would like a tour or more information, please contact our Social Worker / Admissions Coordinator at **519.352.4823 ext. 6146**. Private tours are available by appointment.

### Our Services:

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- Counselling
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Meals on Wheels Chatham-Kent wants to help you stay warm this winter! For up to three days per week, Meals on Wheels delivers hot, nutritious meals right to your door.

This program is available on a short or long term basis for those who want to maintain or regain their strength, and continue a healthy lifestyle in their own home.

No referral is necessary. One phone call to **519-351-MEAL (6325)** is all you need to access the services of your local Meals on Wheels program.

With the holiday season quickly approaching, gift certificates are a thoughtful way to reach out to loved ones and show you care. Gift certificates can be ordered on-line and in any denomination at [www.mealsonwheelsck.com](http://www.mealsonwheelsck.com)



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# ST. CLAIR COLLEGE HEALTHPLEX

## Join for the health of it!

**NEW Functionally FIT Classes and Urban Poling**, these programs are the latest additions to the St. Clair College HealthPlex line up and are the perfect "Fit" for you! Delivered in partnership with VON – these programs are designed to help improve balance, muscle tone, aerobic capacity, and flexibility.

Take advantage of our Senior Track Membership and experience the benefits of walking. Walking is the perfect activity to:

- Help improve heart health
- Maintain healthy body weight
- Reduce risks of osteoporosis
- Create an overall feeling of wellness
- Have fun and meet new people

Full memberships are available to the community at affordable rates and include access to our Fitness Centre, Group Exercise Classes, Gymnasium, and two-Lane suspended indoor walking/running track.

Start your journey today.... Just for the Health of it!!



ST. CLAIR  
COLLEGE

**HEALTHPLEX**

**Senior Track Memberships**  
*Stay Active, Stay Healthy*

Membership Includes:

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Community, Alumni & SCC Retiree Memberships also available

# ABOUT THE COVER

## St. Clair College HealthPlex A state-of-the-art workout facility



The cover of this issue of CK Senior was taken at the St. Clair College **HEALTHPLEX** which is a 54,000 sq. ft. state-of-the-art facility including a double gym, two-lane elevated walking/running track, fitness centre, fitness studio, the nutritious "I Luv Juicy smoothie and juice bar," and more.

Our cover models are Beverly Perrin and Larry Stokes and are featured here on the elevated track participating in the Urban Poling program which is one of the latest additions to the **HEALTHPLEX** lineup (delivered in partnership with the VON). Both Beverly and Larry use the track on a regular basis and are happy to have this available allowing them to keep up their walking goals no matter what the weather is outside. The benefits of walking are endless and with consistency it has a lasting effect - be active for the health of it.



The senior track membership is available to those 55 and over and includes unlimited access to the **HEALTHPLEX** indoor track, the use of urban poles and access to one group fitness class a week.

More information on the Senior Track Memberships can be found on page 13 of this issue.

## Planned Giving ~ *Is it right for you?*

For many people, the most significant way to show how much they care for the charitable cause they believe in is to leave a legacy or a planned gift. Simply put, a planned gift is a very special, carefully planned donation that strikes a delicate balance between your financial needs, your ongoing family commitments and your deepest charitable goals.

### **Why should I leave a planned gift to the Foundation of CKHA in my Will?**

Through a planned gift to the Foundation of Chatham-Kent Health Alliance's (CKHA) *Exemplar Society*, you can help ensure that your loved ones will have continued access to the best healthcare available, 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.

### **How can I make a difference?**

Planned gifts are an important source of long-term funding. They provide the Foundation of CKHA with a stable and reliable stream of ongoing support that helps to keep CKHA's future strong and secure.

- A **Bequest** is the simplest way to leave a legacy and may be done by designating specific funds or property through your Will
- Transfer **Appreciated Securities** such as stocks, bonds or mutual funds that, over time, have increased in value
- Give a new or existing **Life Insurance Policy** to allow you to make a sizeable future contribution by paying modest premiums now
- A **Charitable Gift Annuity** delivers immediate tax advantages while providing a guaranteed fixed income for life
- A **Charitable Remainder Trust** enables you to receive a tax receipt on the current value of a gift you intend to give in the future

Foundation of  
Chatham-Kent  
Health Alliance

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For more information on the Foundation of CKHA's *Exemplar Society*, or to request a brochure, please contact:

**Michele Grzebien-Huckson,**  
Executive Director, Foundation of CKHA  
p: 519.436.2538  
e: mgrzebien-huckson@ckha.on.ca

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# PROTECT YOURSELF AND YOUR FAMILY

## Being prepared for the future

One of the most important things you can do for yourself and your family is to prepare a will. A will that is drawn by an experienced lawyer saves time and money down the road. It allows you to make decisions about your assets and saves your loved ones from having to navigate through the courts after your passing. A professional can help you with tax planning so the government does not get more than its share.

Powers of Attorney will also give you peace of mind. These legal documents allow you to make your own choice about who will make decisions for you if you can't make them for yourself. You can appoint the people you love and trust.

Every family is unique. Some folks feel they can protect their assets by holding them jointly with a spouse or family member; unfortunately, this can cause unintended future problems within the family and also with the tax man. The best way to avoid problems is to seek the assistance of a seasoned lawyer who can prepare an estate plan that is as individual as your needs.

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The philosophical basis of FMT is that everything works best when it is in the right mechanical position. The focus is to improve mobility of a joint that has been damaged due to connective tissue adaptation caused by immobilization or dysfunction. When combined with corrective exercises, FMT will gently restore joint mobility, flexibility, and fluidity. It will stretch, strengthen, and stabilize the body's foundation to allow it to feel and function better.

Treatment begins with an assessment and will involve two visits per week for 3-6 weeks. Many patients experience a reduction of symptoms and discomfort after only a few treatments.

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**In Clear View:**  
Losing your vision, keeping your balance

**Sound Safety Strategies:**  
Coping with hearing loss

**Washroom Woes:**  
Coping with incontinence and fall risks

### Workshop Locations:

Call for details and to register

Active Lifestyle Centre Chatham  
**519-352-5633**

Blenheim & Community Senior Citizens Group  
**519-676-3894**

Ridgetown Adult Activity Centre  
**519- 674-5126**


Tilbury Leisure Centre  
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Wrinkles that are due to muscle contraction (such as frowning or raising the eyebrows in surprise) are called dynamic or expressive wrinkles. These are the wrinkles that soften with BOTOX® treatment.

As we age, not only does our skin produce progressively less collagen, we also lose some of the fat that lies under the skin. Bottom line, we lose volume, and our weaker older skin simply sags. With today's fast and effective dermal fillers, it's never been easier to replace missing volume, and erase wrinkles or sculpt sagging skin.

At **Blush Medical Aesthetics** Tammy and her team of professionals are here to help you to keep your skin healthy and ageless for every season. Stop by and visit us today for a consultation on all of your aesthetic goals!

# WE SALUTE...

## Joanne Garant on her recent Ontario Senior Achievement Award!

Joanne assists with and runs a variety of resident programs at Tilbury Manor Long-Term Care Home. She volunteers at Bingo Games which is a favoured activity of the residents, paying special attention to those who want to play but require considerable help. You will also find Joanne spending time at Chapels, resident memorials, entertainment, hand waxing programs, special events, and so much more! Joanne is an active member of the home's Palliative Care Team, volunteering her time in comforting and sitting with the sick and dying.

Joanne is a long-time Past President of the I.O.D.E., a well-known figure in our local community, and an astute business woman of 14 years. Tilbury Manor Long-Term Care Home is thankful to Joanne for now sharing these skills and talents with their staff and residents.

Joanne has been the recipient of the Ontario Volunteer Service Award, Diversicare Volunteer of the Year nomination, multiple volunteer recognition pins, and now the Ontario

Senior Achievement Award.

Joanne is a cancer survivor, having undergone 5 radical surgeries and treatments during the years 2000 through 2006. Joanne is indeed a survivor, not letting her health issues stop her, valuing life more now, looking out for others, being there for them, and acting as a true advocate for our seniors. Her motto is "everyone to live each day as though it were their last." This is how Joanne lives and how she inspires others to live

Thank-you Joanne for making a difference!



Photo and editorial submitted by: Tilbury Manor Long-Term Care Home

**LOOKING FOR A HEALTHIER LIFESTYLE?**

A photograph of two women, one younger and one older, both smiling and performing a stretching exercise in a gym setting. They are wearing white athletic tops.

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## LET'S GET FIT

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Classes to help motivate your wellness include the VON - SMART class, Zumba, and Gentle Hatha Yoga for seniors. Other classes include Yoga, On the Ball, Low Impact, Zumba, Pilates, Intro to Tae Kwon Do, and TOPS - group meetings.

We offer a large and spacious weight area to work out and stay fit in a friendly environment. We have machines for every muscle group to fit your special needs. Exercise comfortably, walk or run safely, and improve overall health and vitality. New members are well taken care of with orientation on the equipment and continuing programs to keep them progressing. Our Personal Trainer is available to meet every ones needs. Our Infrared Sauna has many benefits such as detoxification, boosting the immune system, increasing circulation, relaxing achy muscles, and increasing metabolism. It's a dry sauna making it easier to breathe in. Call to book one today!



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*C.H.A.P. is an Erie St. Clair L.H.I.N. funded program.*

*support...empower...advocate... support...empower...  
advocate... support...empower...advocate...*

**QUESTIONS?  
CALL US WE CAN HELP YOU.**

# What's on your Life List?

In our 10th issue of CK Senior we challenged you to not only put together a life list, bucket list, wish list, list of goals, or awesome things to do list, but to also share some of those dreams with us so we in turn could share with our readers.

We were especially touched by the wish of Yolanda, a resident from the Tilbury Manor Long-Term Care Home. Yolanda just loves animals, and is particularly fond of a little dog named Jacey. The unconditional love an animal can provide for any of us is a wonderful thing. Yolanda's wish is to be able to hold and pet Jacey every chance she gets. Jacey is a volunteer dog and together with his master (also a volunteer) Gertie McLean, Yolanda has the opportunity to do just that on a regular basis. Congratulations Yolanda for making a wish!

And congratulations to Jacey, Gertie, and the staff at Tilbury Manor Long-Term Care Home for making Yolanda's wish come true.



The challenge continues...

No matter what your age, no matter what your goals, we can't wait to hear what's on your life list and/or what's already been crossed off!

Contact us with your story:

A.Thiel Marketing  
[info@athielmarketing.com](mailto:info@athielmarketing.com)

## Life List:

- ☐ Stay active & healthy with a membership to a health centre
- ☒ Spend time with Jacey
- ☐ Volunteer



# THE PINES CHAPEL

## A unique architectural landmark in Chatham-Kent

*Editorial provided by: Joshua Ministries  
The Pine Chapel / The Hub  
64 Ursuline Ave. Chatham, ON N7L 0A8*

*Photography provided by: Mark Requena Photography  
[www.markrequenaphotography.ca](http://www.markrequenaphotography.ca)*



The Pines Chapel, a unique architectural and historical landmark in Chatham-Kent, is currently owned by Joshua Ministries and is physically attached to Caleb Village Retirement residence. The Chapel, formerly owned by the Ursuline Sisters, served as the official chapel for the motherhouse and students of Ursuline College Chatham Catholic Secondary School for a number of years.

In 2004, the facility was sold to Caleb Investors Group who transformed the motherhouse into a beautiful retirement community, but was looking to sell the chapel. In 2010, Caleb investors approached Joshua Ministries' Senior Pastor, Larry Forsyth, who was new to Chatham, with a desire to see the Pines Chapel restored to its original function as a valuable resource for this diverse community. Shortly after the sale was finalized a group of dedicated volunteers began restorations and huge obstacles were miraculously overcome. Everything from financial blessings and trades people who treated the restoration effort with integrity, pride, and sensitivity, helped to achieve the monumental task of currently completing 75% of their goal. The lower level slowly turned into a place called the HUB where young and old meet to nurture friendships over a cup of coffee in the newly renovated café.

The proximity of the senior residents and high school students struck a note in Pastor Larry's heart



*Pastor Larry Forsyth, Joshua Ministries*



as a potential for intergenerational mentoring. In an effort to facilitate this, Joshua Ministries is hosting a traditional high tea and bridal fashion show on January 16th for the female residents of Caleb Village and students from the UCC fashion department.



completing coop placements and others volunteering. Students have shown personal interest and have even helped raise funds to assist with the restoration work. You can see a centre for hope developing that instills knowledge and wisdom which can only be manifested in the presence

of old and young as they share life together. Pastor Larry expresses gratitude for all the support and encouragement Joshua Ministries has received over the past year and is excited for the years to come. FYI, the HUB café is the place for great coffee; the real deal espresso and lattes, stop by and they will be glad to make you one.

Students will be modeling the residents' wedding dresses and then joining together over tea.

There is a sense of family developing where warm hearts and open doors intersect in this high tech and low touch world where few people even know their neighbors. The seamless relationship that exists with Caleb Village and their excellent administration is helping promote this sense of community.

Presently, functions in the HUB include a weekly seniors' exercise program led by the VON, family comedy nights, open mic talent events, senior music gatherings, and Sunday morning services. The chapel

has facilitated school choir presentations, the C-K Singers, Easter and Christmas concerts, community wedding ceremonies, and recently school mass for UCC. Joshua Ministries has a valuable relationship with the students and staff of Ursuline College and currently has a number







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## INGREDIENTS:

1 ¼ cups graham cracker crumbs  
¼ cup sugar  
1/3 cup margarine or butter, melted  
4 (8 oz.) pkgs. of cream cheese, softened  
1 (14 oz.) can Eagle Brand Sweetened Condensed Milk (NOT evaporated)  
4 eggs  
2 tbsp. flour  
¼ cup ReaLemon Lemon Juice from concentrate

# DOUBLE LEMON *Cheesecake*

## DIRECTIONS:

Preheat oven to 350 degrees. Combine crumbs, sugar, and margarine; press firmly on bottom of 9 in. springform pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and flour; mix well. Stir in ReaLemon brand. Pour into prepared pan. Bake 1 hour or until lightly browned. Cool. Top with lemon Glaze. Chill. Serve with fresh strawberries if desired. Refrigerate leftovers.

## LEMON GLAZE:

In small saucepan, combine 1/3 cup of sugar, 1 tbsp. cornstarch, and dash of salt. Add 1/3 cup water, 1/4 cup ReaLemon brand, and 1 egg yolk; mix well. Over medium heat, cook and stir until thickened and bubbly. Remove from heat; add 1 tbsp. margarine or butter. Stir until well blended. Cool slightly. (Makes about 3/4 cup)

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**What's 4 Dinner and Bakeshop** is located at 6 Lowe Street (just off of St. Clair) and is owned and operated by Kathy Moore along with her ten employees. The majority of Kathy's employees are retired, live in Chatham-Kent, and just love to bake and cook.

**What's 4 Dinner** provides homemade meals both in individual and family size servings. They offer daily specials, and homemade baked goods, and pride themselves for their large selection of hearty homemade soups. The freezers are stocked with a variety of homemade meals and baked goods providing a convenient way to shop for yourself, your parents, and your children-those at home and those that may be away at school. When you purchase your meals at What's 4 Dinner, you have no chopping, no shopping, no clean up, and no waste. What you do have are homemade meals and all you need to do is "Just Add Heat!"

Special orders can be placed in advance, drop by and ask for details.

*Also while you're waiting for your order to be filled, visit "Kathy's Kloset" upstairs where you can find unique treasures in our consignment boutique.*

519.351.7905 | [whats4dinnerchatham.ca](http://whats4dinnerchatham.ca)

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## Active Lifestyle Centre "CONNECT"

SENIOR RESOURCE FAIR

Friday, February 15, 2013

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.

20 Merritt Avenue, Chatham  
519.352.5633  
[www.activelifestylecentre.org](http://www.activelifestylecentre.org)



## AN ACTIVE LIFESTYLE

### The Active Lifestyle Centre

2013 will mark the 23rd year that the Active Lifestyle Senior Centre (ALC) has been operating out of the 20 Merritt Ave. facility. This Senior Community Centre has come a long way in catering to the senior population of Chatham-Kent. Our numerous programs cater to both the active and less active senior in order for them to maintain a healthy, productive, and meaningful life after retirement. Not only do we offer over 70 programs to our 1100 members, we also have a wonderful volunteer environment which gives a recent retiree a purpose to utilize the expertise gained in their working years. (Yearly membership - \$35.00)

On February 15th, the ALC will open its doors to every senior in Chatham-Kent to exhibit resources in our community for our seniors. "CONNECT" is our Senior Resource Fair that brings the senior of today in touch with their present and future needs when entering years that often create obstacles both physically and mentally. As well, the resources displayed that day offer seniors many opportunities to be associated with a community partner that offers programming and activities. February 15th, will be a free day including a **FREE LUNCH** for all who attend. Come and tour our facility!



# JUST IMAGINE...

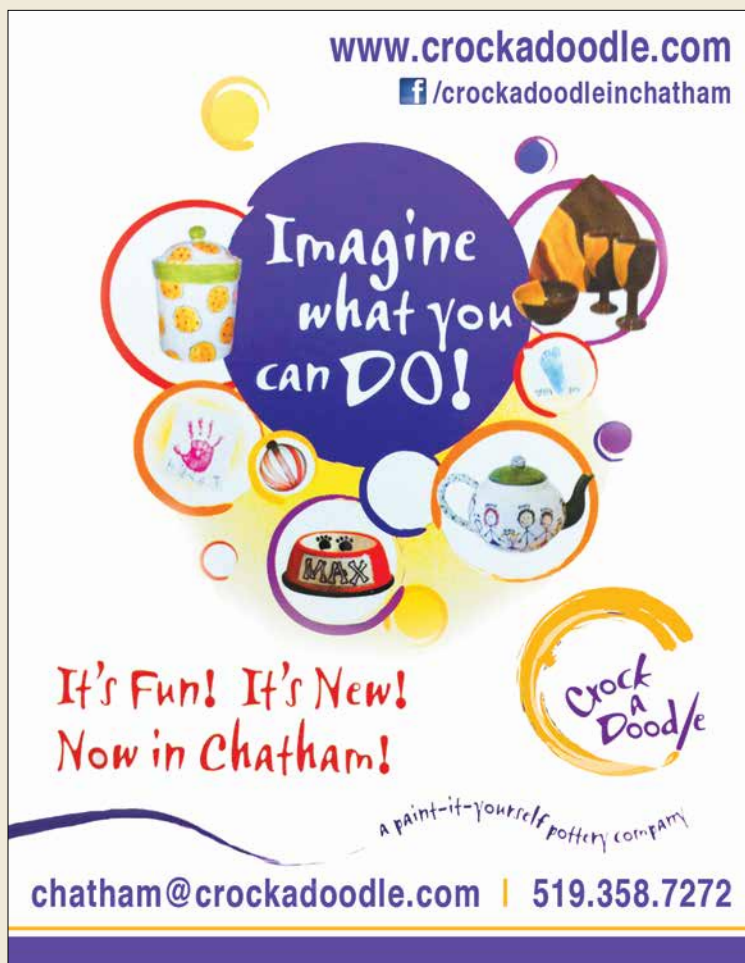
## What you can do

You will find hands-on fun for everyone at the new **"Crock A Doodle"** colourful pottery studio located at 170 McNaughton Ave. West in Chatham.

This studio provides a wonderful place for family and friends to gather and enjoy some creative together-time transforming ready to paint pottery pieces into amazing works of art! Each piece, after being painted by the artist, is then glazed and kiln-fired to a brilliant and durable finish. You can just drop in on your own or arrange a fun morning or afternoon art party. This is a great way to spend time together and create a special gift for yourself or for a loved one.

Also available are "Doodle-to-go-Kits" which are great for those of us who would rather paint at home. You just pick up the pottery you wish to paint and we will send you home with everything you need. Once you have finished your piece then just bring it back to us for the final process of glazing and kiln-firing.

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### A FRESH START WITH COPD

This is a program designed for people with Chronic Obstructive Pulmonary Disease (COPD) to help them gain knowledge about their condition and to find ways to live a healthier, happier life with COPD. This 8-week education series includes information on self-managing COPD and includes education, exercise, and snacks! Class are 1.5 hours, 2 days per week.

### MASTER YOUR HEALTH

The goal of this group is to teach participants how to take charge of their health through self management. A six-week group series is offered at all three of the Chatham-Kent Community Health Centres sites. This group is designed for people with a long-term health issue and those who care for someone with a long-term health issue (Arthritis, MS, Parkinsons, Depression, Cancer, Heart Disease, etc...).

### SAFE STEPS

The main goal of the Safe Steps program is to facilitate safe and independent living for seniors at home. An Occupational Therapist and Physiotherapist will work with you at your home to address:

- **PHYSICAL CONCERNS:**

Fall prevention, home safety, device use, and education to maintain independence.

- **EMOTIONAL CONCERNS:**

Provide information and form connections to social activities/groups in the community.

- **COGNITIVE CONCERNS:**

Help to understand and live with memory changes/confusion.

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# ASK THE EXPERT

## A revolution in hearing enhancement care

Small developments in hearing aid technology are a yearly occurrence, and are often evolutionary. From time to time in the world of technology a revolutionary idea is introduced into the market that offers a completely new level of convenience and fulfills the needs of consumers who have a desire for something outside of what can normally be offered.

Welcome to the world of LYRIC, the contact lens for the ear. Lyric makes the dream of an invisible, 24/7 hearing aid come true. Lyric is the world's only 100% invisible extended wear hearing aid on the market; it is worn 24 hours a day, seven days a week, for up to 4 months., and is water resistant. Lyric is an innovative solution that overcomes prejudices linked to traditional hearing aids and removes barriers of reluctance.

Lyric is unique because it is invisible, more hygienic than daily wear aids and can be worn 24/7 for nearly 4 months. So far, it is the only hearing device that can be worn while showering and sleeping. Lyric users are therefore able to completely forget about their hearing loss. The natural placement of Lyric provides natural sound and has been preferred by 86% of people who wore traditional hearing aids.

A Lyric trained hearing health professional will assess a customer's hearing loss, ear size and shape, medical conditions, and lifestyle to determine if Lyric is right for them. Over half of the people with hearing loss may be Lyric candidates. The hearing loss may be sensorineural, conductive or mixed as long as there are no other contraindications.



Lyric is inserted deep inside the ear canal close enough to the eardrum to truly recreate natural sound quality.

- No background noise, acoustic feedback or effects of occlusion
- Very good directionality and localization
- Sound experience is natural – one doesn't realize that sounds are heard through a device

Lyric can only be provided by a certified and trained hearing health professional. The Canadian Hearing Institute, a local leader in hearing healthcare with locations throughout Chatham-Kent is the exclusive professional provider of the Lyric hearing aid. For a personal consultation of this revolutionary technology please phone 519.352.1601.



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Copper Terrace is a 151 - bed long term care home situated in a lovely residential area of Chatham. You get a warm feeling when you enter through the doors and are soon greeted by residents and staff. The home features four units, all of which have their own dining areas. In the common area of the home our residents can mingle with each other, participate in activities, visit the onsite chapel, just relax and watch TV with others, and, on a nice day, enjoy the beautiful garden area which includes a gazebo, garden benches, and a large picnic area. We take pride in maintaining and keeping our home cheery and bright and plans are in the works for future makeovers for our home. Copper Terrace's main goal is to provide the care needed and the surroundings required to feel like home!

*For more information or to arrange a tour, drop by or give us a call. We look forward to having you as part of our family!*



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## WHAT TO LOOK FOR WHEN CHOOSING A RETIREMENT RESIDENCE IN ONTARIO.

The following is a list of things to look for  
when touring a Retirement Residence

### AT FIRST GLANCE

- Is the home an accredited member of the Ontario Residential Care Association and or do they have licences with the Retirement Home Regulatory Authority? (as per the Retirement Home Act 2010)
- Resident's Bill of Rights
- Cleanliness and odour free
- Smiling Staff and Residents

### HEALTH CARE SERVICES

- Health care monitoring available 24 hours
- Visiting and on-call Physician
- Personal nursing care provided or arranged if necessary
- Assistance with the activities of daily living if necessary

### SUPPORTIVE SERVICES

- Housekeeping Services
- Laundry service for personal clothing
- Social, physical, spiritual, and recreational activities
- Residents' council

### DIETARY SERVICES

- Meal plans developed by a Registered Dietician
- Private dining room
- Comfortable central dining room
- Choice of menu
- Special diets accommodation

### COMMON AMENITIES

- Lounges to socialize
- Are there outdoor patios, walkways or gardens available?
- Parking for residents, staff, and guests?
- Multi-denominational chapel?

### RESIDENT SUITES

- Suites with private washrooms and grab bars
- Accessible and easy to maneuver in with a walker
- Personal climate control (heat and air-conditioning)

### SAFETY FEATURES

- Emergency response system in suites
- Smoke alarms in hallways and resident suites
- Sprinkler systems in hallways and resident suites

### FINANCIAL CONSIDERATIONS

- What extra costs, if any, will there be each month?

### OTHER CONSIDERATIONS

- Who operates the residence? Are they well-established, reputable organization?
- Is the home centrally located - close to shopping, churches, medical services? and family members?



**Hudson Manor Residence**  
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**Maple City Residence**  
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Chatham, ON N7L 4V6  
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**Park Street Place**  
650 Park Street  
Dresden, ON N0P 1M0  
**519.683.4474**



# WINTER WALKING

## In boots from Bioped

The only thing prettier than watching the snow fall is getting out there for a walk and feeling the snowflakes falling on your skin.

With winter just around the corner and the snow starting to fly, making sure you are safe while out walking becomes not only important, but possibly lifesaving. When choosing footwear for the winter months there are a few things to consider:

1. Check the treads on your existing boots. You change your tires when they start to wear down and you should do the same with your winter boots. Worn out treads will lead to more slipping and sliding.
2. Make sure that the tread on the boots is varied to give you more grip in all types of conditions. Look for a different tread on the heel compared to the front of the shoe.
3. Look for boots that have slip resistant or slip proof treads- this will give you more traction on snow and ice.
4. Treacherous conditions require footwear that performs well, not boots that are high fashion. Wear practical boots during bad weather and bring your fashion shoes or boots with you to put on once you arrive at your destination.

Always remember to wear warm socks and clothing while staying active in the great outdoors!



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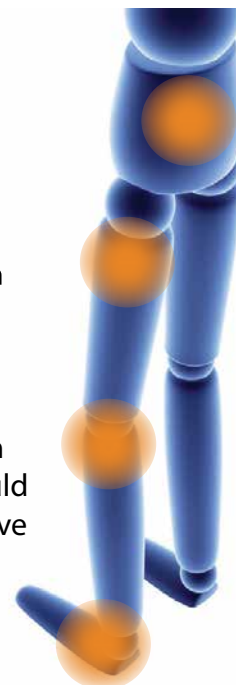
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- Knee pain
- Complications associated with Diabetes
- Arthritis

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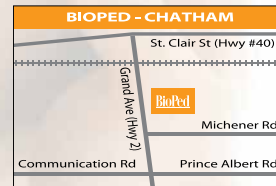
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For information, please call us at 519.352.4425. Make DriveWise your wise choice for all your driving needs.



# IMPROVED LOCAL HEALTH CARE

## Services for Seniors

In 2006, local health care was changed for the better when, rather than having health care decisions being made out of Toronto, authority was given to local organizations called Local Health Integrations Networks.

### **What is the Erie St. Clair Local Health Integrations Network (ESC LHIN)?**

The Erie St. Clair LHIN is an agency that plans and pays for health care services in our area, including everything from hospitals to Meals on Wheels. Erie St. Clair LHIN services the regions of Chatham-Kent, Sarnia/Lambton, and Windsor/Essex which includes over 649,000 people and supports a one billion dollar annual budget.

The Erie St. Clair LHIN strives to make the health care system better by understanding and responding to local needs and by getting services to work together more efficiently.

### **How has the ESC LHIN improved local health care?**

The concept of having health care managed at a local level sounds positive, the proof as they say, is in the pudding. Over the past few years there have been significant improvements to our wait times:

#### **CATARACT SURGERY:**

Wait Times Before ESC LHIN: **78 Days**  
ESC LHIN Wait Times Now: **65 Days**

#### **KNEE REPLACEMENT:**

Wait Times Before ESC LHIN: **355 Days**  
ESC LHIN Wait Times Now: **176 Days**

#### **HIP REPLACEMENT:**

Wait Times Before ESC LHIN: **211 Days**  
ESC LHIN Wait Times Now: **172 Days**



Shorter wait times mean that more people are able to access services in a timely manner.

### **What has the ESC LHIN done for seniors?**

Not only are wait times improving, but through a wide range of programs and initiatives, access to other health care services have been drastically improved. For example:

- The Meals on Wheels program is helping seniors thanks to changes that have not only ensured that the program is sustainable, but it has expanded to include more seniors in more communities. For more information, contact St. Andrew's Residence: 519-351-6325

- The Home First initiative is helping seniors return home safely after a hospital stay with the home care supports they need. For more information, contact the CCAC: 310-2222

- The Falls Prevention strategy is helping seniors avoid injury due to falls through education, and prevention resources. For more information, contact the CCAC: 310-2222

- The new Chronic Pain Management program is helping seniors appropriately treat and manage their chronic pain. For more information, contact the Erie St. Clair VON: 1-855-419-5200

Is there still room to improve? Yes, and we are working hard every day to make sure things are better for seniors and all residents in our communities.

---

*This article was written and submitted by:  
Erie St. Clair Local Health Integration  
Network, Chatham, ON*



Active Lifestyle  
Centre



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# MUNICIPALITY OF CHATHAM-KENT SENIOR CENTRES

<b>Active Lifestyle Centre</b>	20 Merritt Ave. Chatham, ON.....519.352.5633
<b>Blenheim &amp; Community Senior Citizens Group</b>	90 Catherine St. Blenheim, ON .....519.676.3894
<b>Bothwell Senior Citizens</b>	122 Elm St. Bothwell, ON .....519.350.1977
<b>Le Club de l'Amitie (Friendship Club)</b>	10 Notre Dame St. Pain Court, ON.....519.354.1249
<b>Merlin Senior Citizens Friendship Club</b>	11 Erie St. S. Merlin, ON.....519.689.4943
<b>Morpeth Heritage Club</b>	12570 Talbot Trail Morpeth, ON .....519.674.1010
<b>Thamesville Happy Club</b>	96 London Rd. Thamesville, ON .....226.229.0303
<b>Tilbury Leisure Centre</b>	10 Canal St. W. Tilbury, ON .....519.682.1020
<b>Ridgetown &amp; Area Adult Activity Centre</b>	19 Main St. W. Ridgetown, ON.....519.674.5126
<b>Wallaceburg Senior Citizens Club Inc.</b>	205 James St. Wallaceburg, ON.....519.627.6224
<b>Wheatley &amp; District Friendship Club</b>	171 Erie St. N. Wheatley, ON .....519.825.4870