

FREE!

Fall 2022 | ISSUE 37

CKSenior

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Taking Care of Your Sole in the Comfort of Your Own Home

Nooshki Medical Footcare | Pg. 17



***SOME WELL DESERVED FOOTCARE
AFTER ALL THOSE ROOFTOPS***

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Seasons Greetings from
Tilbury Manor
Long-Term Care Home

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Welcome to Our 37th Issue of the CK Senior

www.ckseniormag.ca

Hello and welcome to the Fall / Winter issue of the CK Senior magazine, dedicated to the seniors of and around Chatham-Kent. Your pursuits, input, and feedback make this magazine possible: thank you and we hope you enjoy the content of Issue #37.

We're excited about our Fall/ Winter issue as it comes out just as we're completing the harvest of the wonderful bounty of fruits, vegetables, etc. that we enjoy in this area while concurrently looking ahead to a wonderful holiday season (containing the holidays Christmas, Boxing Day, Hanukkah and Kwanzaa, just to name a few) with family and friends.

For this issue we are also pleased to welcome two new members to our team, Lance Hammond and Caleb Coulter. They have been amazing additions to the web development and social media departments here at Abstract.

We hope you and yours enjoy a safe, happy holiday season. As always, we appreciate any feedback you might have about what you read in the CK Senior. You can reach us by email at info@abstractmarketing.ca or by telephone at 519.397.4444.

Sincerely,
The Abstract Marketing Team

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If you have any comments, an interesting local story, or a family recipe that you would like to share... Please send it along to us for consideration for one of our future issues to:

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MEADOW PARK CHATHAM
Long-Term Care

Fall Fair at Meadow Park

There were so many fur-friends to learn about, interact with, and feed. There were **goats, a chinchilla, rabbits, a silkie chicken, and an alpaca!**



Everyone enjoyed music and some fall fair favourites like apple cider and cinnamon sugar donuts. The highlight for everyone was the petting zoo! Staff and residents alike came out to interact with the animals. There is nothing more enjoyable and meaningful than being able to connect with an animal - feeding them and having some up-close and personal time is priceless!



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Health Matters

Jenn Daoust PTS, FSTS, NWS,
Performance 360 Health & Fitness

Winter Fitness to Prevent Slips and Falls

When performing winter activities, emphasize strength, balance, and flexibility. We want to actively age and be able to live independently for as long as possible doing the things we love. Our quality of life is important, and being kind to our bodies through regular exercise is key!

Strength training will increase muscle mass which keeps the bones and joints healthy. Our local gym, Performance 360 Health and Fitness on Richmond Street in Chatham, has top notch equipment to ensure that you are comfortable and confident working toward your goals. They have a team of 10+ personal trainers and fitness professionals who work individually, and in a group setting with seniors to provide tips and tricks and ensure their technique is good.



Balance exercises will improve muscle and brain function, leading to less risk of falling and injuries. Yoga is a great way to gain balance (as well as flexibility) and focus on breath work to reduce the stress of the winter months and holidays. The gym also has several ways to improve balance, such as unilateral training, free weights, and cable machines.

Flexibility and mobility work will help keep our bodies moving well and pain free. Use a foam roller or lacross ball to gain more range of motion and to live with less discomfort. There are classes at Performance 360 that will teach you how to use these tools, and make sure you're progressing well. They also have a Fascia Stretch Therapist who is trained in a low impact service from which you will feel immediate results.

Seek daily opportunities to incorporate strength, balance, and flexibility, and practice them often!

- Walking (indoors or outdoors)
- Fascia Stretch Therapy
- Water Aerobics (at the YMCA)
- Gentle Yoga Classes
- Tai Chi
- Physiotherapy
- Fitness Classes (at your local gym)
- Core Exercises and Regular Stretching
- Strength Training (with a certified personal trainer if you can)

Work with a professional, such as a Personal Trainer or Class Instructor, who knows the importance of adding LIFE to your years!

It's about the quality of life and ability to live self-sufficiently for many more years. Get moving, it will help enhance your energy, preserve your independence, manage symptoms of illness or pain, and maintain a healthy weight and heart. Exercise is good for your mind, mood, and memory!

This article has been written and submitted by:
Jenn Daoust PTS, FSTS, NWS
Performance 360 Health and Fitness
770 Richmond St Chatham ON 519-436-1530

SUDOKU

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		9	2			6		
5	1	8			4			
				3				5
	2	7			5			8
	8	5		1		9	4	
1			6			5	2	
4				9				
			5			4	3	9
		3			6	7		

Difficulty Level: ○○○○●

SALTED MAPLE & TOASTED WALNUT BRITTLE

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So... How did
you do?
SUDOKU
ANSWERS

1	8	7	9	2	4	3	5	6
6	3	4	1	7	5	2	9	8
9	5	2	3	6	8	1	7	4
3	2	5	7	8	9	4	6	1
7	4	6	2	1	3	5	8	9
8	9	1	5	4	6	7	2	3
5	7	8	6	3	1	9	4	2
2	6	3	4	9	7	8	1	5
4	1	9	8	5	2	6	3	7

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Gerry Bowler's Christmas Encyclopedia

Gerry Bowler, St. Benedict's Day, 2000 A.D.



A few years back Gerry Bowler was encouraged by friends to write a book about all things "Christmassy" and the result was "The World Encyclopedia of Christmas" (ISBN 0-7710-1531-3, McClelland & Stewart Ltd, Toronto, Ontario). I pull his book out every Christmas season as it contains a wealth of knowledge about this, the "most wonderful time of the year." Here is the introduction by Gerry: enjoy.

In the Czech Republic a child gazes at a carp swimming in her bath tub; in Portugal a man is trying to make a turkey drunk. In Ethiopia men are shouting and waving hockey sticks; in New Zealand a family is barbecuing on the beach. In Denmark they are lighting a candle, while in Mexico they are strolling behind a young couple searching for a place to stay. In Austria costumed figures are driving demons away with brooms, while in Canada warmly dressed singers are trudging door to door through the snow. In Japan someone is reserving a table at an expensive restaurant, while in China someone is reserving a seat in a cathedral. Children everywhere are yearning for the annual visit of Santa Claus, Father Christmas, Mother Goody, Grandfather Frost, Père Noël, Befana, Baboushka, Saint Nicholas, or the Old Lady of Bethlehem. A myriad of different activities indicates that it is Christmas time on planet Earth.

There can be no doubt that Christmas is the world's most popular holiday. It is celebrated on every continent, by Christians

for whom it is the second most sacred date on the calendar, and by increasing numbers of people of other faiths and folk with no religious faith at all. Stores specializing in Christmas items now do business all year round; Christmas buying fuels much of the industrialized economy; and every year the festival penetrates new cultures, accruing new meanings and importance.

All over the world, the month of December is scarcely long enough to prepare for all that must be done: baking, cooking, shopping, brewing, wrapping, rehearsing, travelling, decorating, writing, meditating, fasting, and hoping. All around the world people will mark the occasion with celebration: eating, drinking, spending, parading, praying, playing, singing, dancing, gathering, and giving. And what a host of symbols has accumulated about this holy and merry time: bells, stars, snowmen, elves, robins, lights, logs, holly, ivy, gingerbread men, prune people, candy canes, evergreen trees, goats, oxen, asses, camels, reindeer, fat men in red suits, angels, shepherds, weary astrologer-kings, a Virgin, and a baby in a makeshift cradle.

Christmas could not have gained or maintained this astonishing hold on people's lives if it had not developed a number of important, and differing, meanings and claims over time. Its original meaning — and still its deepest — was the celebration of the birth of the baby Jesus in Bethlehem and the solemnities surrounding the profound mysteries by which God

took on human form. Marking this event would require of believers two distinct attitudes of the heart: the disciplined preparation that would grow into the season of Advent, and the festive joy that would become the Twelve Days of Christmas.

From its earliest days, Christmas took on different aspects and was a holiday whose meaning could shift with time and place. Centuries of complaints by church councils and reformers attest to the tension between the demands of a sacred season and those of a midwinter festival. At times celebrations have been centred on the whole community, with Christmas coming to stand for neighbourliness and hospitality; at other times the emphasis was on the individual family.

In various countries the focus will be on outdoor worship and merriment; in others Christmas is kept indoors. The holiday has stood for international good will, and on the other hand, as in Soviet Eastern Europe, for national identity and resistance. It has been child-centred and adult-centred; alcohol-centred and toy-centred; raucous and domestic; holy and profane. Everywhere, however, and at all times, it has been the season of miracle and surprise, the time closest to the hearts of the people who keep it.

Article Submitted by Jim Loyer
<https://gerrybowler.com/fiction/>

Muriel Elladeana Ritchie, Passes at 107

If you are a frequent reader of the CK Senior, you may remember Muriel Ritchie from issue 24. We had an article celebrating her 102nd birthday! Regrettably, on October 17th, 2022, Muriel passed away at the age of 107.

She lived a long, remarkable life, and her daughter Nancy says, "Her secret to longevity was in her giving nature." The following article was shared to us from Nancy, and comes directly from Muriel's obituary.

Our amazing matriarch has passed on in her 107th year. MOM LOVED and CARED FOR HER FAMILY to the best of her abilities. She always had room in her tireless, indomitable spirit, to share her loving, inspirational, caring nature. If you were fortunate enough to know her, you became her extended family. A very loyal friend and advocate for the underdog, she would give you the shirt off her back and if she had an extra penny, she would share half of it with you.



She believed in God's work, teaching bedtime prayers and meal graces to her children. She respected all of God's creations. Our family home included a cat, dog and the beautiful singing of canaries and the chatting of budgies. The neighbourhood stray cats always had a supper meal waiting on her side porch. Even the neighbour's well fed, almost blind basset hound named "Pokey" would slowly saunter along on his daily trip to our front door for his morning peanut butter toast! She tried her best to create a welcoming home. Her Sunday dinners included her best tablecloth and china.

She would offer her skill at "READING TEA LEAVES" There was always a pot of tea on her table for sharing time and laughter. Often giving immediate family a very biased teacup reading with lots of hope and inspiration included. For a short time, she owned a racehorse and very much enjoyed attending the Dresden horse races limiting her weekly visit betting to \$20.00.

She was a frequent shopper at Bibles for Missions-she collected china loving to repurpose her purchases-everyone received gifts for all occasions. Mom also worked outside the home for financial security. She was frugal, always reviewing the latest sale flyers. In the early 1950's she discovered her passion for real estate, becoming the first real estate lady in Chatham. She purchased a spectrum of properties which she cared for, refurbishing them to sell.

As a variety store owner, she would offer immediate credit to buy food. Her charity was learned firsthand living through the depression on her Uncle Alfred's farm for their survival. In her late 80's she purchased an

1893 Knox Church in Kent Bridge with the hopes of a future tea house with a Godly presence. Refurbishing was started but sold it at age 91.

Being fiercely independent, it was only at age 95 that she would agree to transition from her single detached home into a non-senior associated apt., residing there until age 104. At age 104 she was welcomed into Chatham's St. Andrew's residence retirement community. At age 106 she transitioned into long term care at Riverview Gardens in Chatham.

At a very young age she developed a passion for reading. An insatiable reader of novels, those books took her places, she was unable to go. She read different newspapers and had fun sharing the horoscopes with us. As a lifelong learner she went back to school @ age 55 to learn NEW MATH to keep up with her high school children. In her early 60's she enrolled at Windsor's St. Clair College campus, commuting daily offering rides to other students.

Continue her legacy of giving to those in need. Be it in a smile, kind gesture or a hand up or a handout. Be charitable with all including yourself, BE GRATEFUL and HAPPY.

You can find the link to finish reading Muriel's obituary on our website, www.ckseniormag.ca, or in the Obituaries & Tributes section at www.chatham.mckinlayfuneralhome.com

- Shared by Nancy in loving memory of her mother, Muriel.

Family Time in the Hospice Courtyard Filled With Sun and Peace



N. Jane Rivers grew up in a family of six children – five girls and one boy. The "Booth Kids," as we were often called, were no strangers to loss – losing both parents at a young age and then two siblings, David and Dianne. Despite these losses – or perhaps because of them, we had a closeness as siblings that was supported by the caring community of Erie Beach until we were grown and launched our own careers.

Jane was second born and the one we like to remind was the shortest. Her hair was a lifelong experiment – from long to short, curly to straight, blond to red – and every shade in between. Every style and colour fit her vibrant personality and moniker of "little spitfire." Jane was our tireless organizer – whether planning family trips for Joe and Chris to Pine Grove or the "Golf Girls" to Florida and beyond. But most importantly, Jane was the sister who was kind, compassionate, and caring. It is impossible to count the lives she touched with her warm smile and endless generosity.

When we learned a short few months ago of Jane's cancer diagnosis, we braced ourselves for what we had experienced too often before in hospitals. Our experience this time, however, was entirely different. Jane was privileged to spend the last week of her life at the Chatham-Kent Hospice. As the remaining three "Booth Girls," we felt it important to reach out to the hospice and attempt

to put into words what we experienced that week. It was truly profound.

When we arrived that Friday morning we were warmly greeted by a receptionist who completed our COVID-19 testing in the gentlest of ways. A nurse then met with us before we saw Jane to explain how she was doing and what we could expect. Entering Jane's room was not easy knowing what we were facing but seeing her sitting up in bed with her flaming red hair making a perfect halo made it more joyous than sad. We chatted about anything and everything while sharing many a good laugh. We returned on Saturday, the first warm, sunny day that spring.

To our surprise, the staff suggested Jane spend the day outside in the courtyard where she could enjoy the sunshine and host a bit of a party.

We sat there for hours entertained by Annie, Jane's three year old granddaughter. Jane never took her eyes off her. Someone brought wine for a shared toast – and a little Scotch for Joe. The afternoon ended with popsicles, Jane selecting the blue one and then showing us her blue tongue just as we had all done as kids.

Sunday morning started with a call from the hospice; it was time to come. Again, the staff told us exactly what was happening and what to

expect. Jane had told them after her party that she was tired and ready. She had fought the good fight and now it was time to go. We shared our collective tears in her beautiful room as we each said our own goodbyes as she took her last breath.

What happened next was totally unexpected. We gathered once again with Jane in the sunny courtyard for a private service. One of the nurses said the most touching words and helped each of us light a candle in Jane's memory while listening to her favourite music. We were given beautifully hand crocheted hearts, no doubt made by hospice volunteers, which we could take or place over Jane's heart. We followed behind as she was taken out to the hearse. Just before it departed, however, Greyson, Jane's eight year old grandson, expressed his need to go with her. The funeral director immediately said he could ride up front with him, which he did.

Words cannot express our gratitude for those who created the Chatham-Kent Hospice, for those who continue to support it today, and for those who choose to work there. We know Jane and Joe were donors who also gave of their time in supporting the annual gala and auction. As the three remaining Booth Girls, we feel privileged to make a donation in her memory.

- Shared in loving memory of Jane by her sisters... Patricia, Catharine, and Berta..

Build Lasting Memories

as Her Daughter, Not Her Caregiver



“ Instead of taking care of Mom's medications, meals, and every need like I had been, I was able to just be her daughter again, a role I missed very, very much. ”

Shared by Lisa, in loving memory of her mom, Kerry



Memories are precious, especially after the death of a loved one. Chatham-Kent Hospice not only reduces stress by supporting families as they say good-bye to their loved one but helps families create special memories that will last a lifetime.

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Legal Matters

Jason P. Mallory, H.B.A., J.D.

Important Notice to Clients & Friends of James Wickett Law Office & Mallory Law Office

After more than 46 years practicing law, James Wickett will be retiring effective December 1, 2022.

Jim is grateful for the opportunity to have gotten to know his clients and their families and to provide legal services for them over the years, and is looking forward to spending more time with his wife, children, and grand-children in retirement.

It is with great confidence that Jim will be transferring his legal practice to Jason Mallory, lawyer and owner of Mallory Law.

Mallory Law was recognized with a 2022 Business of the Year Award by Chatham-Kent Chamber of Commerce.



Jason has over a decade's experience providing legal services to clients in Chatham-Kent.

Jason focuses his law practice in the areas of Wills & Estate Planning, Business Law, as well as Farm, Residential, and Commercial Real Estate transactions.

Jason was born and raised in Chatham, and lives with his wife and sons in Erieau. Jason attended the Ivey School of Business where he graduated with Distinction as an "Ivey Scholar," and obtained his Law degree from Western University where he was recipient of the coveted Rintoul Award in Estate Planning.

Jason is well known for his down-to-earth and down-to-business approach to providing legal services.

Mallory Law has offices conveniently located in Chatham and Blenheim, and with a team of six incredible Legal Assistants you can be assured that you will continue to receive excellent service and timely responses to your legal inquiries.

We are also excited to announce that both Elisa and Casey, who have worked with Jim for a combined 44 years, will join the Mallory Law team at our 16 Victoria Ave., Chatham location, effective December 1, 2022.

We invite you to contact Mallory Law for a complimentary appointment with Jason at our Chatham or Blenheim locations, so that you can get to know Jason, and for Jason to appreciate what is important to your family.

Jason and the Mallory Law team look forward to developing a long-lasting and productive relationship with you and your family in the months and years ahead.

This article was written by: Jason P. Mallory, of Mallory Law in Chatham & Blenheim, is the recipient of the Margaret E. Rintoul Award in Estate Planning

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Jason P. Mallory
H.B.A., J.D.

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Medication management involves many tasks like visiting a pharmacy, counting pills, remembering doses, refilling prescriptions, and more. But not everyone has the time, energy, and knowledge to manage all these tasks. Some forget to take their doses on time, while others find medication regimens too inconvenient or complex to follow consistently.

Not taking medication properly means:

- Taking less than the prescribed dose
- Not filling prescriptions on time
- Stopping the medication without a doctor's advice
- Making changes in the dose, size, or frequency without consultation

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Besides prescribed medication, we can add over-the-counter medication and supplements to your packets.

In most cases, you don't have to pay any extra cost than what you already pay for your prescriptions. Our staff will go over it all with you during your free onboarding consultation.

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Have you ever missed a dose because you forgot to refill or renew your prescription? Get in touch with us to never let that happen again.

Simple, quick and reliable, our refill and renewal process ensures you never run out of your medicine. Read the points below to learn how:

- Our pharmacists monitor your prescriptions closely.
- We stay in touch with your healthcare providers to arrange timely refills.
- Your prescription refills are

automatically scheduled into our system.

- Any changes required in your prescription are discussed with your doctor.
- We ensure you don't miss a dose by sending you the refills before you run out.

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We understand that medication might be a little technical for people to understand. Hence, you are always welcome to discuss your prescription concerns with our experienced team. We offer free periodic MedsChecks that can help you understand:

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- Drug interactions check
- How over-the-counter supplements may benefit you
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Article Submitted by Adam Cole from Sunshine Drugs

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7PM

FA LA LA LA LA

If you had to tell someone why Christmas was important to you, what would you say? What stories or songs of the season bring back happy memories for you? Why do they never seem to grow old? This concert will feature not only the chancel choir and chamber orchestra, but will also highlight the Bel Canto Children's Choirs as well as many other performers from the community. The highlight will be a dramatic presentation of "Polar Express."

**This concert will be presented at the Capitol Theatre
Tickets available at CK Tickets Box Office

DUELING KEYBOARDS

JAN
21
7PM

A favourite among concert goers, Dueling Keyboards puts the piano and organ at centre stage. St. Andrew's is blessed to have both a concert grand piano as well as the historic 1925 Casavant Pipe Organ and they are all set to go head to head once again to find out who is the champion. This concert will feature some familiar pianists and organists from Chatham-Kent and beyond.

www.standrewschatham.org/saturdaysat7

75 WINDSOR SYMPHONY ORCHESTRA MUSICAL PICTURES

NOVEMBER 25, 2022: 7PM

TICKETS: \$30.00

Georg Philipp Telemann was likely the most prolific composer of his time. He and Johann Sebastian Bach were contemporaries and friends. In fact, Telemann was the godfather to one of Bach's many children! Telemann's Alster Echo Overture refers to a lake outside of Hamburg where Telemann lived and worked. This piece is a great early example of programmatic music that will paint a lakeside picture for all to enjoy. Also on the program is Bach's famous Ricercare a 6, more commonly known as Bach's Musical Offering is an example of genius at work. This particular work combines six independent voices into one cohesive whole.

www.standrewschatham.org/windsorsymphony

SATURDAYS AT 7 AT ST. ANDREW'S

Since 2013, Saturdays at 7 at St. Andrew's has been showcasing local, regional, and international talent in a variety of styles from classical to jazz and everything in between. From Celtic reels to musical theatre, from African-American spirituals to Christmas carols from around the world, the universal language of music is alive and well inside the walls of the historic sanctuary of St. Andrew's United Church on William St. in Chatham.

It all began on a hot June evening with a single concert. The success of that concert inspired Devon Hansen, then the new Director of Music at St. Andrew's, to move forward with the idea of this series of concerts that has successfully evolved into a community gem for all of Chatham-Kent.

Saturdays at 7 has presented over fifty concerts, showcased hundreds of performers of all ages and abilities, and been supported by over 14,000 patrons from Chatham-Kent and beyond. In recent years, the annual Christmas concert program, a popular way for families to celebrate Christmas, has been performed on the Capital Theatre stage.

Devon Hansen's vision and programming creativity is supported by St. Andrew's Performing Arts Committee who share in the vision and provide support and encouragement. Countless volunteers fulfil various roles for the presentation of the concerts such as publicity, ushering, and tech support. Donations made at the door (suggested \$15) support St. Andrew's music program, the Choral Scholar program, the Bel Canto Choir School, and the Chatham-Kent Chamber Orchestra. The Committee also arranges for the Windsor Symphony Orchestra to perform in Chatham.

But it is the musicians who need to be recognized for their contribution to the many programs. Chatham-Kent is blessed to have so many musicians who willingly share their talents in choirs or as vocal soloists or instrumentalists. The concerts also showcase the magnificent 100 year old three console Casavant pipe organ and the newly acquired Yamaha CFIII concert grand piano.

This year, ten concerts will celebrate the tenth anniversary season by featuring the best of the last decade. For more information visit www.standrewschatham.org/saturdaysat7

Article submitted by Mary Alice Marchand from St. Andrew's United Church



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Nooshki Medical Footcare proudly provides services that are usually only offered in clinic settings, in the comfort of your own home. Advanced nail, skin, lower limb, and diabetic footcare as well as custom orthotic fittings and custom compression garment fittings are among the services that are available. The aim is to achieve and maintain optimal foot health the children, adults, and seniors of Chatham-Kent.

Marlena Zalewska, founder of Nooshki Medical Footcare, has been a Registered Nurse since 2013. She obtained her training and designation as a PodOrtho Nurse which qualifies her to provide advanced foot and lower limb care. Her dream of providing mobile, quality, safe, and compassionate footcare led her to start this venture and offer such a needed service accessible to those living in Chatham-Kent.



Special Care for Seniors & Individuals Living with Diabetes

We see a large number of cases where adequate footcare is overlooked, and the overall health and well-being of both seniors and those living with diabetes is therefore affected. Once cracks, sores, or wounds form on the feet, they are an entryway for bacteria that can lead to infection, making them very serious issues, as slower wound healing associated with age or related to diabetes, can quickly lead to serious health complications. With regular and thorough footcare and the correct footwear, the overall health of your feet can be greatly improved, helping you to avoid unwanted and often painful complications long before they arise!

In addition to professional footcare, it is very important for seniors and individuals with diabetes to visually

check their feet and look at their soles every day to ensure that no cuts or blisters are present. Small issues such as cuts, scrapes, or callouses can become serious if they aren't treated early, so awareness and diligence is of great importance!

What to Expect

Marlena explains, "When I meet a client at home, I start off with a foot assessment and develop an individualized plan of care. I then perform all necessary foot, skin, and nail care on the spot and address any areas of concern, including ingrown nails or corns and callouses. I use medical grade sterilized equipment for each client, which makes this medical service safe for all, even for diabetics."

To celebrate the launch of Nooshki Medical Footcare, the first 100 clients to book a Footcare Service are provided with a welcome gift that encourages and facilitates daily foot self-checks so everyone can stay in control of their foot health!

To read more about each service that Nooshki Medical Footcare can provide, please visit us online www.nooshkifootcare.ca or call 226 996 9799 to book your first mobile footcare service today.

Photography by:
www.markrequenaphotography.ca

Article submitted by:

Marlena Zalewska, Owner & Operator of
Nooshki Medical Footcare
226.407.5991 | marlena@nooshkifootcare.ca
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New Beginnings Club enhances the quality of life for survivors of acquired brain injury (ABI) and stroke.

The club works to support all survivors and their families to regain empowerment and friendship after their illness/injury.

If you need assistance with transportation or other rehabilitative supports, the staff at the club can help you connect to services available within the community.

We are committed to providing support and educational services for survivors and their families.



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Teapot Memories

Many teapots are prized possessions and may carry more than a lovely Earl Grey or English Breakfast, they often contain fond memories that enrich our lives.

During my childhood, I would peer into the family china cabinet at an old, cottage tea set complete with cream and sugar, jam pot, and butter dish. It was adorned with pretty flowers and had a thatched roof, and to me they seemed the most special pieces of china in the whole world. When peering at the fragile teapot I imagined a village in the country dotted with similar little cottages and it made me appreciate simpler times and a life closer to nature. I still treasure that brown and yellow set, and recall admiring it and the imaginative thoughts it evoked when I was young.

Another shiny, beautiful gold and navy blue teapot was also on display in that cabinet, along with a brown one, decorated with hand-painted flowers. I still possess these teapots and sometimes wonder how many cups of tea were served from them? How many friendships strengthened over the bond of conversation during tea time?

In university, my best friend and I studied hard in our respective disciplines but when needed, we would gather our tea and Triscuits and have a private, little tea party in



Allanburg Lounge, a rarely-used area apart from the noise and bustle of our residence. It was a time to relax and laugh, and not that we knew it then, it was a time to build the foundation of a friendship that has lasted more than 30 years. When my friend married, I presented her with a gift of a bright, yellow teapot – an everyday vessel that would remind her of our many tea breaks during our undergrad years. Despite the distance, I visit several times a year and we always have our tea using this bright, sunny teapot, a salute to our days at Brock.

Another one of my favourite teapots reminds me of my Sunday School teacher, Mrs. Ternovan. I was so happy when she passed it along to me and I treasure it not just because it is lovely, but because of who it came from. I am the person I am today because of my godparents who raised me (and left me the teapots mentioned above) but also the many mentors who influenced me and helped shape my values and morals. Joanne was one of those

teachers and whenever I hold the handle of this decorative pink and blue piece, I smile because I know I was cared for by so many kind people with gentle, nurturing souls.

More recently I have been involved with Purses with a Purpose, a popular fundraiser of the Zonta Club of Chatham-Kent and the Chatham-Kent Public Library. As co-chair of this event, it was a challenge to ensure we had enough teapots to serve over 100 guests - but folks love teapots, teacups, and all the trappings of a tea party, and the event always came together and went well. Funds were raised and somehow over the years I have amassed a few more teapots and a good number of teacups. They have less history than the pots I inherited, but when I see these newbies of my collection I am proud of my involvement with this event and the pleasant memories entwined with these larger, community-minded tea parties.

My lovely teapots have stories attached to them and using them is more than just functional, they are the gateway to precious memories. What is the story behind your favourite?

*This article was written by:
Wanda Bell*

Wanda Bell recently opened a small tea room called Mrs. Bell's Tea Room, located at 11 3rd Street in downtown Chatham.
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St. Andrew's Residence Our Home

At St. Andrew's Residence, our mission is to enrich the lives of seniors across Chatham-Kent.

As a non-profit organization with strong roots in our community for over 50 years, we pride ourselves on the reputation we have created when it comes to providing a home that offers all the care and services our residents require to keep their independence and enjoy retirement living to the fullest.

St. Andrew's Residence is located in the heart of Chatham, with shopping, banking, local museums, theatres and churches only a short distance away. If you prefer to stay close to home, our beautifully landscaped courtyard offers a secure place to relax, enjoy a walk or entertain friends.

Our Community Programs

St. Andrew's Residence provides much more than exceptional retirement care; as an organization committed to seniors, we have and will continue to work closely with our community partners to bridge the gaps in seniors' care through programs such as Meals on Wheels and our Seniors Day Out Program.

With the support of the Chatham Community Foundation and the



Government of Canada, we recently purchased a new Meals on Wheels vehicle so we can reliably continue to provide services across much of Chatham-Kent. Since the onset of COVID-19, we observed close to a 40% increase in usage, bringing our yearly deliveries to 35,000 meals. We are grateful for the support of our funding partners and are proud to be caring for the community which cares for us.

We are excited to announce that we are reimagining how we offer our Seniors Day Out Program in a new form which accommodates the needs of seniors living across the various communities of Chatham-Kent. Incorporating older adults across Chatham-Kent, from Wheatley to Dresden, Ridgetown to Wallaceburg, and all the wonderful places in between that we call home, we aim to provide equitable access to social activities and personal care services in a safe and comfortable environment.

Together We Are Stronger

Moving towards a state of normalcy with COVID-19, we continue to embrace opportunities for expanded residential and community programs to enrich the lives of seniors. Currently, we offer more than 150 monthly programs for our resident's enjoyment. True to our mission, we continue to welcome new volunteers, from driving for Meals on Wheels or assisting with the Seniors Day Out programs, to helping in various capacities at the Residence, to participating on our Board or supporting the St. Andrew's Residence Foundation.

To learn more about St. Andrew's Residence, our home, our programs or how to get involved, contact Mindy Jenner, Community and Client Relations Manager, at 519-354-8103 ext. 245 or by email at mjenner@standrewsresidence.com.

*Article submitted by Mindy Jenner from
St. Andrews Residence & Meals on Wheels*

NOW IS THE TIME TO GET ACTIVE!

Physical Activity throughout the year is a part of healthy aging and can help prevent falls. Walking is a great way to stay active... even in winter!

Tips for Winter Walking

- Wear bright, warm reflective clothing, and non-slip footwear.
- Tell someone before you leave.
- Consider walking poles or a cane. Use ice grippers on footwear or assistive devices when outdoors.
- Walk on clear, well-lit paths.
- Watch for hazards. Wear your glasses if you need them.

Keep your health care provider informed of your physical activity level

Enjoy winter walking and be safe!



www.CKPublicHealth.com/StandingUp
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It's good to see you. Did you eat?

As the cost of food continues to rise, more people are using food banks and emergency pantries – many for the first time ever. Since 2020, foodbank usage across CK has increased 30%.

With your support, our partnered agencies can help make sure that no one in Chatham-Kent goes to sleep hungry.

Donate today.

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United Way of Chatham- Kent Launches Fall/Winter Fundraising Campaign

*Seniors, mental health
top priorities for 2023
funding*

With the holidays just around the corner, United Way of Chatham-Kent has launched their fall/winter campaign to support the ways we can make an impact in CK over the next year. The theme of this year's campaign is a simple message as we all continue to adjust to the evolving pandemic: It's Good to See You.

It's good to see you is what we say to friends and neighbours as we start going to gatherings and in-person appointments. But it's also a way to say that it's important to truly acknowledge the people who sometimes aren't noticed or seen – the people who are struggling with the many complex challenges facing our community. Prices of basic necessities continue to rise - with many people already feeling stretched, having community support in place is more important than ever.

Recognizing these needs, United Way of Chatham-Kent has developed focus areas for funding in 2023. They emphasize supporting those already in need and anticipate the needs of the community for the coming year. These areas include:

- Seniors
- Mental health and addiction
- Poverty and homelessness
- Youth
- Reconciliation and Indigenous programming

Donor Relations Associate Marge Muharrem says that by giving to the United Way, we can continue to support programming that addresses the needs of the most vulnerable in our community. "And what those needs look like this year are very different from how they may have looked in previous years." This, she adds, is partly due to inflation and the rising cost of living, but it is also in part due to the physical, mental, and emotional toll the pandemic has taken on people. "It could take many years to truly feel like we have healed."

This year's campaign reflects the desire to see people in person again as well as the understanding that for many people, things are not yet getting better. As Muharrem says, "The need in CK is high, but so is the generosity of our community."

To donate to United Way of Chatham-Kent, visit us at 425 McNaughton Ave West in Chatham, go to www.uwock.ca or call 519-354-0430.

Article Submitted by Karen Green,
from United Way Chatham-Kent



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