

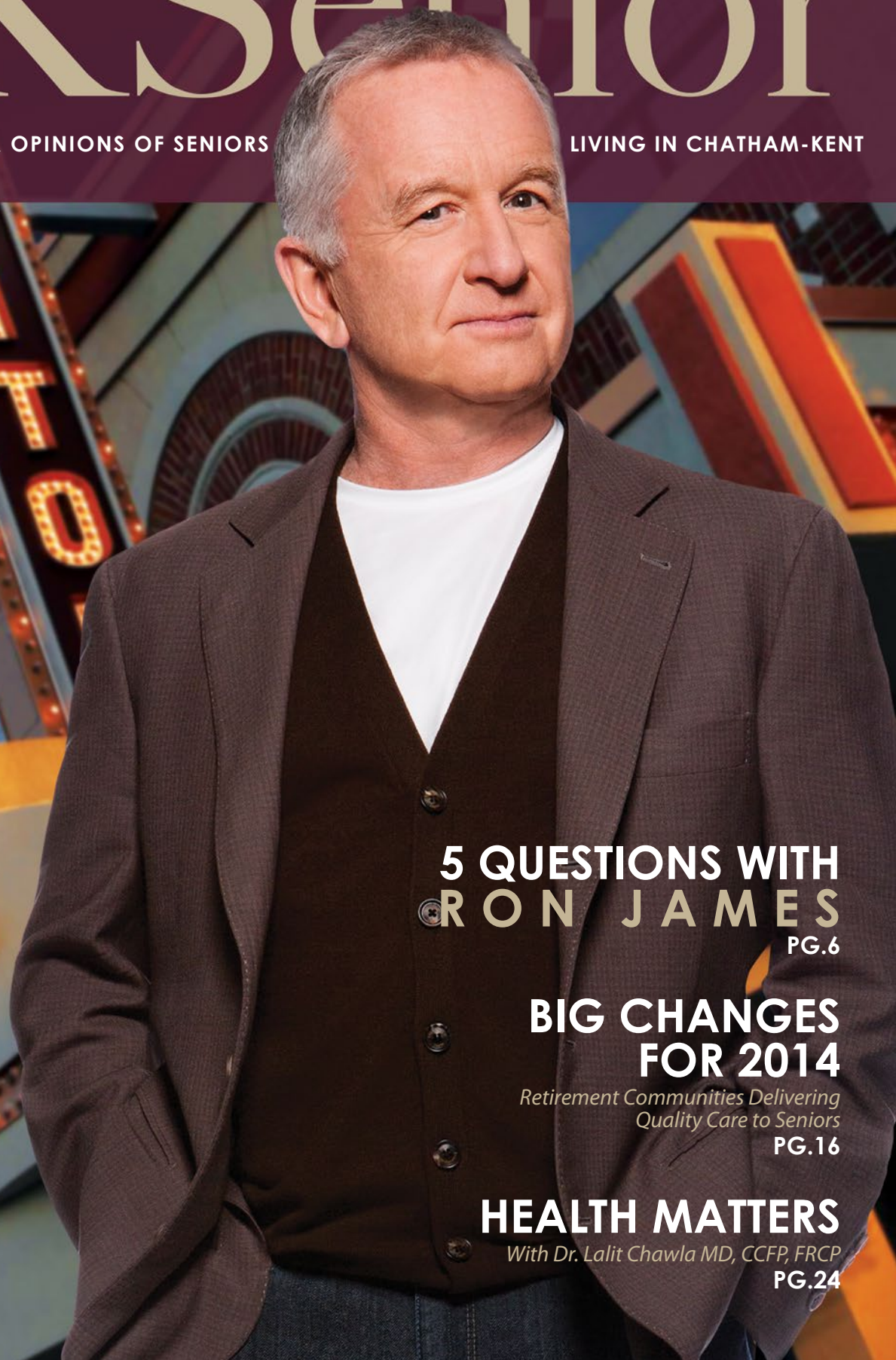
Take one it's...FREE

ISSUE | 14

CKSenior

ADDRESSING THE NEEDS & OPINIONS OF SENIORS

LIVING IN CHATHAM-KENT



**5 QUESTIONS WITH
RON JAMES**
PG.6

**BIG CHANGES
FOR 2014**

*Retirement Communities Delivering
Quality Care to Seniors*
PG.16

HEALTH MATTERS
With Dr. Lalit Chawla MD, CCFP, FRCP
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WELCOME

Welcome to CK Senior, Issue 14

Here we are in early February and smack dab in the middle of winter!

With the holidays in our rear view mirror and spring still out of sight this can be a very dreary and seemingly long time of year for many of us. It's the best time of year to take advantage of the many indoor activities available right here in Chatham-Kent and, when the weather allows, it's a wonderful time of year to get out and enjoy the winter sunshine and cool fresh air on our skin. It's that time of the year to clean out the old and bring in the new. Make a late resolution and work towards achieving it; no matter how big or small it might be, any accomplishment is to be celebrated.

If you find that the dreary days outweigh the sunny ones, just remember that spring is fated to come. Make the best of every day and never forget the child within that loved winter!

We thank our advertisers once again for making this 14th issue possible and we hope you enjoy turning the pages as much as we enjoyed putting them together for you.

Have a safe and happy season and remember...

It's alright to slow down, just don't stand still.

Sincerely,

Andrew Thiel, *President*

Mark Requena, *VP / Website Development / Photographer*

Grant Smith, *IT Specialist*

Lisa Persyn, *Graphic Designer*

Candice Cottingham, *Graphic Designer*

Nancy Schlereth, *Sales Manager*



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519.350.1977

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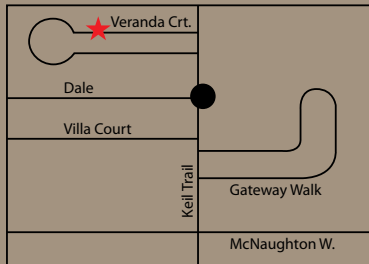
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Featuring

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Municipality of Chatham-Kent

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CHAP

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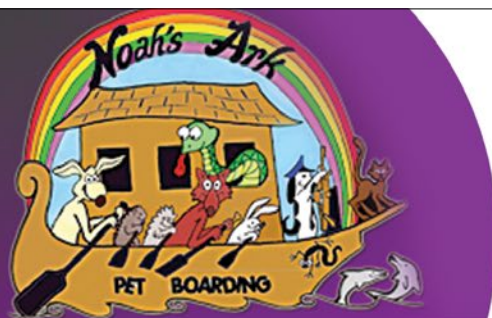
M&M Meat Shops

Pg. 28 ASK THE EXPERT

Manon Larivière, M.Sc.S.Aud

Pg. 30 SUDOKO ANSWERS

How Did You Do?



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5 QUESTIONS WITH RON JAMES

- 1** How does it feel to officially be 55 and on the cover of a senior magazine?

Like there's an "ice floe" with my name on it for the Senior's Cull.

- 2** You have been in the Chatham-Kent area before. Do you have any interesting memories?

Absolutely! Chatham has the dubious honour of being the only theatre where I was chased by a bat onstage for half my act! In my efforts to swat that "flying rat with wings", I knocked over my water and almost got electrocuted. Two years later I returned to perform sans bat BUT, at the 45 minute mark in my show, a man had a heart attack in the fifth row! Fell over in his chair laughing...and stayed there! I had to stop my show for twenty minutes while paramedics put him on a stretcher. He survived thankfully. A comedian likes to "kill" an audience but that was pushing it.

- 3** How do you see Rob Ford living out his senior years?

If he keeps his gluttonous pace for crack, vodka, and KFC, he won't see next week!

- 4** How do you feel about the changes in technology over the past 20 years?

Truth be told, I'm getting so much information I don't know what's going on!

- 5** Your life so far appears to be nothing short of extraordinary. Anything left on the bucket list?

A bath with Beyonce... but that's a long shot.



'TAKE NO PRISONERS' TOUR COMING TO SELECT ONTARIO THEATRES Tickets Now On Sale!!

With six critically acclaimed one-hour comedy specials under his belt and a television series entering its fifth successful season, RON JAMES is back doing what he does best: delivering laughs face to face and coast to coast, with a patented, poetically charged, non-stop performance of brand new material. Whether launching blistering attacks on the micro-managing Harpercons who pinch pennies with one hand, while the other rewards gravy train riding Senators with back-room cash grabs, or probing the plight of the harried Canadian Everyman, fighting for small victories in life's daily struggle against forces that mess with his mojo, Ron 'TAKES NO PRISONERS' in pursuit of the funny. Topics as diverse as battles with Bell Customer Service, professional sports, visiting pandas, international conflict, trash TV, religion, sex, hope, Hell and apocalyptic weather, Ron's comedic perspective is guaranteed to lighten the load of your daily grind in what the Globe and Mail has called, 'two hours of non-stop hilarity'.

Reserved seating tickets for Ron James 'Take No Prisoners' are \$55.00 (tax and facility fees included; handling charges may apply) and are available from the box offices listed below. Showtime is 7:30 pm. For more info, pics, and comedy clips, visit www.shantero.com or www.ronjames.ca

TOUR SCHEDULE

Feb. 8 & 9 - Port Hope Capitol Theatre - Box Office: 905 885-1071 or 800 434-5092

Feb. 13 - Guelph River Run Centre - Main Stage - Box Office: 519 763-3000 or 877 520-2408

Feb. 14 - Chatham St. Clair College Capitol Theatre - Box Office: 519 354-8338 or 866 807-7770

Feb. 15 - Windsor Chrysler Theatre - Box Office: 519-252-6579 or 800 387-9181

Feb. 16 & 17 - Sarnia Imperial Theatre - Box Office: 519 344-7469 or 877 344-7469

Feb. 20 - Brockville Arts Centre - Box Office: 613 342-7122

Feb 21 - Brantford Sanderson Centre - Box Office: 519 758-8090 or 800 265-0710

Feb. 23 - London Grand Theatre - Box Office: 519 672-8800 or 800 265-1593

Feb. 27 - Cornwall Aultsville Theatre - Civic Complex Box Office: 613 938-9400

March 1 - Belleville Empire Theatre - Box Office: 613 969-0099

March 6 - Orillia Opera House - Box Office: 705 326-8011

March 7 - North Bay Capitol Centre - Box Office: 705 474-4747 or 888 834-4747

March 8 - Sudbury Fraser Auditorium, Laurentian U - Sudbury Theatre Centre Box Office: 705 674-8381

The premiere of the 5th season of the Ron James Show
airs on the CBC on February 24th @ 9:30PM
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We are 'Foundation Builders'

*Long-time Foundation of CKHA supporters,
Ken and Shirley Green, share their story of giving*

Ken and Shirley Green are 'Foundation Builders'. They are part of a unique group of generous Foundation of Chatham-Kent Health Alliance (CKHA) supporters who give to CKHA's Highest Priority Needs on a monthly basis, through our Foundation Builders Monthly Giving Program.

Long-time Chatham-Kent residents, both Ken and Shirley have directly and indirectly experienced great care at CKHA. It even inspired Shirley to donate her time as a volunteer at CKHA's Boutique Grand Gift Shop for the past couple of years. "As expenses rise and there is less government financial support, volunteers are more and more important to CKHA," says Shirley.

Both Ken and Shirley were born in Chatham. Ken was raised in Blenheim and worked for Union Gas for 27 years, until his retirement in 2002. Shirley was raised in Chatham and worked for Shillington Insurance for 18 years, then Johnson Insurance Inc. for four years, until her retirement in 2010. Married for more than 43 years, together they have two daughters – Jessica and Katie.

When asked why they choose to support the Foundation of CKHA, Ken and Shirley replied, "It is important to give back, especially when we are so blessed." They added, "Giving to the Foundation of CKHA's monthly giving program is really easy... after a few months, you don't feel a thing! If everyone gave a little, it would be a lot."

As parents, volunteers, and active community members, Ken and Shirley both believe that supporting local healthcare is important. "My father and brother were physicians, so I know first-hand the importance of strong, reliable local healthcare," says Ken. "Shirley and I, and our children, have experienced great care at CKHA and we are very fortunate to be able to give back to the community we love through the efforts of the Foundation of CKHA."

Become a 'Foundation Builder' today!

Visit www.foundationckha.com and/or call 519.436.2538



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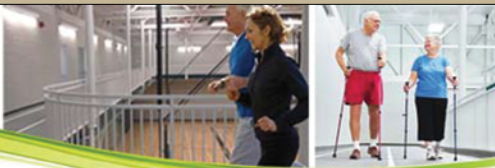
Family Service Kent celebrated the grand opening of their new location at **50 Adelaide Street South, Chatham** on December 12, 2013. They had a wonderful turnout for their open house event from friends, clients, colleagues, and Santa himself paying a surprise visit to everyone. It was a wonderful day, a perfect occasion for the staff to welcome everyone into their new home and a great opportunity to show everyone around. Their new location is now even better equipped to serve and provide their clients with continued assistance through:

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You treat a lot of chronic illness, and general health concerns, but do you treat cancer as well?

Yes, I offer a variety of cancer therapies in the clinic to help patients achieve better outcomes in conjunction with conventional cancer treatments they will be receiving from an oncologist and other health care practitioners. The goal of Naturopathic Medicine in the treatment in cancer is to improve quality of life for patients while maximizing the effectiveness of direct cancer treatments.

What types of therapies do you offer specifically for cancer?

The main therapies we use targeted directly at cancer treatment are high dose intravenous vitamin C and European mistletoe therapy. Both of these therapies have been studied for their direct impact on various types of cancers and have

been shown to increase survival time and quality of life for several cancers. Of course a big component of treatment is a highly individualized treatment plan using diet, lifestyle, nutraceuticals, plant-based medicine, and acupuncture to help decrease the side effects of conventional treatments like chemotherapy and radiation.

Will any of these therapies interact with conventional therapies like chemo or radiation?

That is why it is so important for patients to seek out a health professional trained and licensed in the use of complimentary therapies. There is the potential for interactions between drugs and some complimentary medicines. For instance studies have shown that high dose intravenous vitamin C can actually increase the effectiveness of some chemotherapies, but will inhibit a select others if given too soon after therapy. This is fully reviewed with all patients, and only therapies that will be safe and effective for the individual are prescribed. It can be dangerous to try to navigate alternative healthcare options yourself, so it is extremely important to have a focused, science-based practitioner manage all of the therapies, supplements, dietary changes, etc. that a patient with cancer is utilizing.

Do you work on a referral basis?

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HOW TO PLAY THE GAME!

Place numbers in the empty boxes so that each row across, each column down, and each small 9-box square contains all of the numbers from one to nine.

See answers on pg. 30

Difficulty ★★★★★☆

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



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The Verandas

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Gilles Michaud has been a longtime established and highly regarded custom home builder/designer in the city of Chatham for 35 years and is a recipient of several awards for his innovative practices and modern building technology. His High Performance Dual Labeled homes (Energy Star and GreenHouse Certified) incorporate the very latest in homebuilding innovations designed to maximize energy

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BIG CHANGES

As everyone prepares for the *Silver Tsunami*, there are a number of new faces and changes in the various retirement communities throughout Chatham-Kent. The CK Senior took a few moments to ask some of the administrators their thoughts on various topics. We hope you enjoy getting to know some of the “best and brightest” involved in delivering quality care to seniors in our area.



KELLY JOHNSTON,
General Manager

Eden Villa
190 Stanley Ave.
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YOU HAVE DONE A WONDERFUL JOB RENOVATING THE OLD VICTORIA RESIDENCE. CAN YOU TELL US ABOUT THAT EXPERIENCE?

It has been a really interesting and rewarding experience to say the least. There has been an overwhelming amount of support from the community, which is always nice to see! Victoria Residence was a big part of many lives, whether it was volunteer reading with seniors, working as a dietitian or nurse, or having a loved one reside here. You can see the memories flood back as they walk into our home and they are always amazed by the changes.

WHAT DO YOU SEE AS A MAJOR ISSUE IN SENIOR CARE FOR THE CHATHAM-KENT AREA?

Unfortunately, there are a lot of seniors who have families who have moved away with which they have little communication. When this happens, it is hard for the seniors to be aware of what is going on in the community. So it is our job to keep them aware of different events that are going on to ensure they do not become isolated. We have a great group of registered and personal support staff here at Eden Villa to monitor that the seniors stay involved.



I grew up in London, Ontario and moved to Ridgetown to study Horticulture. I then realized that my passion was in the healthcare field and worked at VON with Community Support Services for five years. At VON, I was very involved in working with their volunteers and it was largely senior based. I could see firsthand the positive effects the services offered by VON and their volunteers had on seniors. Eden Villa provided me with the opportunity to work more closely with seniors and I have been happily employed here since late 2010.



ANDREW MCCLINTOCK,
General Manager

Park Street Place
650 Park Street
Dresden, ON N0P 1M0
519.683.4474
diversicare.ca

WHAT ARE SOME OF THE CHALLENGES/BENEFITS OF RUNNING A RETIREMENT RESIDENCE IN A SMALL COMMUNITY?

The challenges and benefits are actually the same: the size of the community. However, the benefits greatly outweigh the challenges in that the community is very close, supportive, and welcoming, like our community at Park Street Place. Dresden may be a small community and Park Street a smaller home, but both communities have a big heart.

PARK STREET PLACE IS PART OF THE DIVERSICARE FAMILY. CAN YOU TELL US WHAT DREW YOU TO BECOME PART OF THEIR TEAM?

Working closely with patients in a hospital setting, I heard only positive reviews of Diversicare's homes, including Park Street Place. The company's mission and values also mirrored my personal care philosophy: providing an opportunity for independence and only the highest quality care, services, and support.



I grew up in the Chatham-Kent area and currently live in Petrolia with my wife and 3 children. My schooling was completed at the University of Windsor where I earned a Bachelor of Human Kinetics and Bachelor of Education. I have been employed in the health care field for the last ten years, most recently as a Recreation Therapist at CKHA's Sydenham Hospital.

FOR 2014

“IF YOU CHANGE THE WAY YOU LOOK AT THINGS, THE THINGS YOU LOOK AT CHANGE.”

- WAYNE DYER



JESSICA SMITH,
Director of Community
Services/Acting CEO

St. Andrew's Residence
99 Park St.
Chatham, ON N7M 3R5
519.354.8103
standrewsresidence.com

deeply embedded in our community, where people in end of life transition, and those who love and support them, have access to outstanding care and bereavement support.

The creation of a Hospice in Chatham-Kent will round out the palliative care services that are currently available to our residents. We are fortunate to have first class palliative care services available in both Hospital and Community. Building a residential hospice in Chatham-Kent will offer an alternative for people who do not wish to die at home or in the hospital.

HOW MANY MEALS ARE FORECASTED FOR DELIVERY THROUGH MEALS ON WHEELS FOR 2014?

Meals on Wheels Chatham-Kent will continue to grow in 2014! Right now we are serving Blenheim, Chatham, Dresden, Ridgetown, Thamesville, Tilbury, and surrounding areas. Last year over 30,000 meals were delivered throughout Chatham-Kent, and we have some exciting expansion initiatives underway. As Meals on Wheels C-K continues to grow, our need for volunteers increases as well. Anyone wishing to volunteer with the program is asked to visit www.mealsonwheelsck.com

HOW DO YOU THINK THE NEW HOSPICE WILL AFFECT CHATHAM-KENT?

Chatham-Kent Hospice has a vision of a home-like setting,



ANDREA SULLIVAN,
General Manager

Maple City Residence
97 McFarlane Avenue
Chatham, ON N7L 4V6
519.354.7111
diversicare.ca

YOU ARE THE NEW FACE OF MAPLE CITY RESIDENCE, THE LOCAL SENIOR COMMUNITY HAS BEEN RAVING ABOUT YOUR GREAT ENERGY LEVEL AND ATTENTION TO DETAILS. HOW DO YOU STAY SO MOTIVATED?

It is easy to stay motivated when working with such wonderful residents and an amazing staff. There are always new and exciting things happening at Maple City Residence and everyday brings new challenges and opportunities. It is very rewarding to see our senior community thrive while maintaining their independence.

MAPLE CITY IS PART OF DIVERSICARE. ARE THERE ADVANTAGES TO HAVING 3 HOMES LOCATED IN THE MUNICIPALITY OF CHATHAM-KENT?

There are tremendous advantages in being a Diversicare home. Diversicare is the proud recipient of the Canada Award of Excellence and through our shared philosophies in caring for seniors, we can provide the assurance that the same high standards are upheld in all of our homes. Chatham – Kent's senior population has diverse needs and having three locations throughout the municipality enables us to meet their individual needs as well as their preference for retirement home living in their home communities. I am confident that when referring to Hudson Manor in Tilbury or Park Street Place in Dresden that the client will receive the same outstanding care and services that are provided at Maple City Residence.

I have a background in nursing in the Community and Long Term Care sectors in Windsor. In 2011, I moved to the Chatham-Kent area from Windsor, and worked as the Director of Care in a Retirement home. In November of 2012, I joined the Diversicare team as General Manager of Maple City Residence.

Presently, I am pursuing a Degree in Gerontology from Laurentian University in Sudbury. I am a member of the Chatham-Kent Alzheimers Board of Directors and a past member of the Chatham Kent Dementia Network and the Chatham Kent Elder Abuse Awareness Committee.

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NEW BEGINNINGS

Providing the strength needed

New Beginnings, with sites in Chatham-Kent and Sarnia-Lambton, are excellent facilities for survivors of brain injuries, brain tumors, and strokes to attend. The Clubhouses in Chatham and Sarnia provide free day programs and support groups for survivors, as well as support groups for their family members/caregivers.

"New Beginnings provides a safe, welcoming, and caring facility for survivors to discover their post-injury/illness selves," says Lori Gall, Executive Director. The ability to socialize with others who can relate to what the member/caregiver is going through can't be overstated. "Knowing that others have experienced the things you're experiencing provides the strength needed to move forward", notes Gall.

The atmosphere at New Beginnings is upbeat and fun. Daily programs are focused on social and recreational activities, with crafts and exercises being at the core of almost everything that takes place. "While our members are enjoying themselves and taking part in the Club's activities, they are continuing to recover physically, cognitively, and emotionally," says Gall.

With a survivor attending the Club's day programs, it also provides an opportunity for respite for family members/caregivers of survivors.



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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 weather already in full force, 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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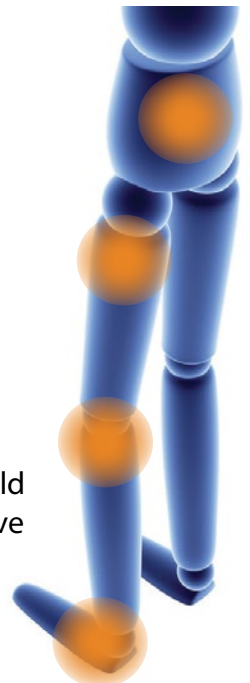
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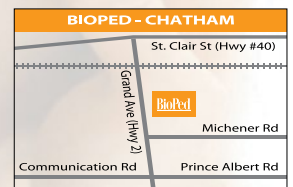
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65 THE NEW 55!

Did you know that once you reach 55 that you are entitled to numerous senior discounts? With that being the case is "55 really the new 65"? It used to be that you were not considered a Senior until you reached the age of 65 but there are now so many of us baby boomers in their early/mid 50's maybe it's time to review and rename the stages of a Senior?

Age 50 – The Freshman Senior:

You have just reached middle age, half a century. You may start to feel like you need to catch up on the things you've always wanted to do. You're now the "BIG 50" and may feel like you're sitting on a fence; "old enough to know better, but still too young to care."

Age 55 – The Sophomore Senior:

You have now reached the age where you can start cashing in on those numerous senior discounts, and you really hope to be carded when you do. You're starting to feel aches and pains in places you never did before. Glucosamine becomes your friend.

Age 60 – The Junior Senior:

OK at this point you are now looking back over the years and really reviewing what's still on your bucket list. You're thinking of all the things you did in the early 70's and you're praying that the things you did in the spring of your life do not come out in the fall. Your biggest focus now is the countdown to retirement.

Age 65 – The Senior:

You have now officially made it, you're a full-fledged Senior! This title now will stay with you for the rest of your life. We deal with our aches and pains but no longer sweat the small stuff. Most of us at this age are enjoying retirement and pretty much every retail senior discount that's available out there.

Remember at every stage you are only as old as you feel, but if a title entitles you to save moneyWhy not, right?

Watch for our listing of local senior discounts available in our next issue # 15

*"Every Saturday is Seniors Day"
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HOMEMADE MEALS

Just add heat

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!"

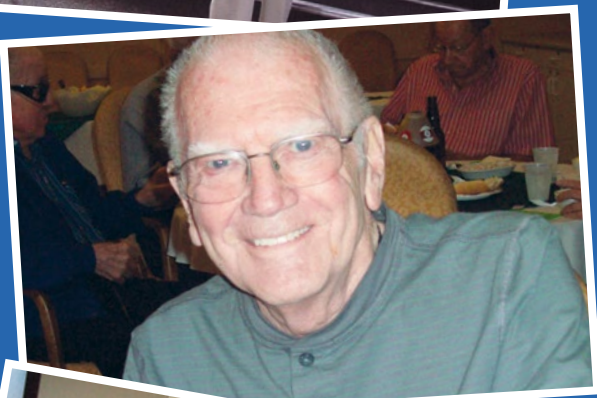
Special orders can be placed in advance, drop by and ask for details.

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

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chatham retirement resort



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My son says it was his idea.

John tells everyone he discovered Chatham Retirement Resort. Says he was looking for a retirement community where I could enjoy my independence.

My best friend says it was hers.

Doris lives at Chatham Retirement Resort so she had a lot to say about the community. She told me I could participate in group activities, or do things on my own. And of course, she was raving about the wonderful people there. She still does!

My lawyer wants all the credit.

Knowing Brian the way I do, it's no surprise he wants all the kudos. He said I couldn't go wrong with Chatham Retirement Resort because they've been the industry leader for 25 years.

But the truth is, it was my idea all along.

No matter what my family and friends may think, the final decision to move to Chatham Retirement Resort was all mine. You see, I was searching for a place that felt like home - and I found it at Chatham Retirement Resort.


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INGREDIENTS

1 (15 ounce) container ricotta cheese
2 (10 ounce) boxes frozen spinach, thawed
1 cup finely grated Parmesan cheese
2 medium garlic cloves, finely chopped
1 large egg, lightly beaten
Kosher salt
Freshly ground black pepper
2 cans tomato sauce or jarred marinara sauce
1 box spinach lasagna noodles, boiled (12 noodles)
1 lb mozzarella cheese, sliced 1/4 inch thick

WINTER COOKING

EASY SPINACH *Lasagna*



INSTRUCTIONS

- 1 Heat the oven to 350°F and arrange a rack in the middle.
- 2 Place the ricotta, spinach, half of the Parmesan, the garlic, and the egg in a large bowl and season with salt and pepper. Mix until combined.
- 3 Spread 3/4 cup of the tomato sauce in a thin layer over the bottom of a 13 x 9 inch baking dish.
- 4 Construct the lasagna by layering 3 of the noodles over the sauce. Top with another 3/4 cup of the tomato sauce and spread it evenly to the edges of the dish. Using a small spoon, dollop a third of the ricotta mixture evenly over the sauce and flatten the dollops with the back of the spoon. Evenly lay a quarter of the mozzarella slices over the ricotta.
- 5 Make 2 more layers of noodles, sauce, ricotta mixture, and mozzarella. Top with the remaining noodles, sauce, and mozzarella. Evenly sprinkle with the remaining Parmesan.
- 6 Bake until the sauce is starting to bubble around the edges, about 60 minutes. Remove the pan to a wire rack and let cool for 15 minutes before slicing.



Let's talk about S.A.D.

Dr. Lalit Chawla MD, CCFP, FRCP

I just saw the Disney animated movie "Frozen" with my daughter and I loved the snow man, Olaf. If you haven't seen the film, he's a cute little fellow who doesn't realize that hot and cold don't mix well. He's a cheerful snowman who might have a minor predisposition to the winter blues as he fondly thinks about the idea of summer. He, not realizing that he'd melt in the summer heat, thinks about all the joyful times that come from lying around on a sunny beach, swimming in warm pools, and bathing in a hot tub with his snowman buddies. So if a snowman can get the winter blues then what about the rest of us?

It's no mystery that weather can affect our mood; but for some, the winter months can be a signal for some very depressing times ahead. In the medical world it's cleverly called S.A.D. (Seasonal Affective Disorder). This condition is most commonly seen in the winter months but can affect people in the summer too. It's estimated that 2-3% of Ontarians suffer from this significantly and 15% with minor symptoms of depression.¹ So that means almost one in five people are affected by this, which is quite significant. In my experience, many people don't even know about this condition and try hard to secretly "fight" through it in silence.

So what exactly is S.A.D. and what can be done about it?

First of all S.A.D. is a condition where people have various symptoms of depression (it's thought to be related to the

lack of sunlight with the shorter winter days which affects the body's internal clock). An easy way to think if you might have S.A.D. is if you have difficulty coping with the day-to-day activities of life at a particular time of the year. Some of the key symptoms of S.A.D. include the following:

(but note you should always consult your doctor to discuss your symptoms further)

- *Change in appetite (usually increased cravings for starches or sugary foods)*
- *Weight change*
- *Poor energy*
- *Feeling of being drained/tired*
- *Poor motivation to do things*
- *Increased irritability*
- *Avoiding social interactions*
- *Feeling anxious*
- *A sense of hopelessness*
- *Poor concentration*
- *Sleeping more than normal*

So after you have seen your doctor, he or she can go over different options to see if you, in fact, have S.A.D. (or something else) and what can be done about it. Currently the main treatment options are:

- 1) Light therapy
- 2) Psychotherapy/Behaviour/Lifestyle modifications
- 3) Medications

Light therapy has shown to help people and is generally considered safe, affordable, not time consuming, and easily done in the comfort of your own home.

Some lifestyle modifications include the following:

- *Make your environment brighter by opening blinds allowing more light to enter your home*
- *Sit nearer to windows to get natural light*
- *Get outside more during peak hours of light*
- *Exercise regularly; walking in the mall is a great idea*
- *Take care of yourself, eat properly and regularly, and definitely avoid the almighty depressive elixir - alcohol*
- *Interact with others; keep your environment social and fun*
- *If you can afford a trip down south to a warmer place, plan for it*
- *Some people find yoga, meditations, and massage treatment helpful*

As well, the old adage is very true, “an ounce of prevention is worth a pound of cure.” Living a healthy lifestyle all year long can put you in a healthier frame of mind. Just exercising or simply increasing your activity level alone will allow your body to have more natural endorphins (happy juice) which has a lasting effect. Doing this well before the winter months can minimize winter blues and take the bite out of winter.

Focusing on more positive things in your life can also serve to add more “light” in your life. I have a patient who has his grandchildren’s photos everywhere in his home, even in his bathroom. He says, “When I’m brushing my teeth my day begins with a smile and I say all the things I am grateful for in my life; it puts me in a great energized state of mind.” Even focusing on the language we use on a day-to-day basis can affect our well being. Saying “I’m tired, sad, angry, frustrated” creates an inclination to move toward that unconscious goal you’ve set up for yourself. The body has a natural way of responding to what the mind is focusing on and vice versa. Remembering the importance of the mind-body connection is important in living a more fun, healthy life full of vitality.



The above are some initial comments, but as a doctor I always advise that you see your own doctor to personally go over your own medical issues and possible treatment plan. What works for one person doesn’t necessarily work for everyone. She/he can partner with you in monitoring your success and the strategies you are using. You may even have a few ideas of your own to share.

In summary, S.A.D. doesn’t have to be all bad, with some initial understanding, guidance from your doctor, and some proactive treatment strategies you, like Olaf the snowman, can let the winter blues melt away while making the best of our great White North.

Dr. Lalit Chawla MD, CCFP,FRCP

1. Canadian Mental Health Association,(2013). Seasonal Affective Disorder (SAD). Retrieved from http://www.cmha.ca/mental_health/seasonal-affective-disorder-sad



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WHAT IS A CHIROPODIST?

The practice of Chiropody originated in the UK, where the term referred to a medical professional who specialized in the treatment of foot ailments. Following this model, the United States developed the Doctor of Podiatric Medicine (DPM) program. Today, there are two titles commonly used in Canada: Chiropodist and Podiatrist. Both terms refer to specialists who provide treatment for foot ailments. Generally, both perform the same procedures. Depending on their level of training, Podiatrists maybe be able to perform bone surgery and order x-rays, while most Chiropodists do not. Chiropodist is the most broadly used and accepted term for a foot specialist in Ontario. Chiropodists are highly trained and skilled professionals, specializing in the treatment of foot ailments. They are experts in the biomechanics of feet and are licensed to administer local anesthetics and perform soft tissue surgery.

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For 34 years M&M Meat Shops has been a trusted stop for Canadians who love convenient, delicious, quality frozen food. In Chatham, your local M&M Meat Shops was opened in 1987 and has been run by the Lougheed family ever since. Bill Lougheed runs the store with the help of Mary Anne and Judy, who have been working there for 22 years and Mary Jane and Linda who have both worked there for 11 years. Part-time students Aaron and Noah round out the knowledgeable team.

So why is M&M Meat Shops a great place for Seniors? Because it offers the friendly, personalized service of an old-fashioned neighbourhood grocer, with all of the modern appeal of the highest quality frozen food in easy portions with plenty of

choices for any dietary needs. The M&M Meat Shops' motto is "Hundreds of Meal Ideas – One Aisle." Our store carries hundreds of quality products, many of them exclusive, in one compact location. From single-serve meals, hearty soups, delightful appetizers, and tempting desserts, to the most popular chicken breasts in Canada, there's something for everyone at M&M Meat Shops

If you have any special dietary requirements, such as: diabetes, allergies, gluten-free, low fat or sodium, etc. our in-store Product Consultants can give you a personalized list of food options that will suit your specific needs. We offer Gluten-Free, Natural, Calorie Conscious, Sodium Conscious, Sustainable, and Balanced meals.

So stop by today, try something from our menu, take home our seasonal full-colour catalogue, or visit us online to browse all of our delicious foods at www.mmmeatshops.com

And most importantly...don't forget to receive your special Seniors' Discount on Tuesdays, to those 60 and over, of 5% off your purchase – and if you spend more than \$30.00 the discount will be doubled to 10% savings!

Bill and his team look forward to seeing you soon!



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ASK THE EXPERT MANON LARIVIÈRE, M.Sc.S.Aud

Siemens Hearing Canada

Rechargeable hearing aids available for today's market

With the seasons changing, some folks are getting ready to make some important changes too. Putting away the summer clothes and taking out the fall and winter bins. Storing that lawnmower and taking out leaf rakes and snow shovels. Or better yet, getting geared up for a renovation project to keep busy during the colder months. If that is the case for you, I suggest choosing flooring and furnishings in a color that is high contrast to your hearing aid batteries. Because when those buggers slip from your fingers and fall, they can be hard to find!

Ever drop a hearing aid battery? Ever run out of batteries unexpectedly? Annoying, isn't it? You can simplify things and say goodbye to weekly battery changes with eCharger – the sustainable power solution for rechargeable Siemens hearing aids.

Siemens launched its first battery charger back in 2010 because hearing care professionals and hearing aid users had been asking for a rechargeable solution. As usual, Siemens answered the call: There are now several models of rechargeable Siemens hearing aids. Choosing rechargeable instruments reduces battery waste, as they use approximately one battery per year, instead of 52 disposable batteries. So you can feel good about choosing a sustainable solution!

And it's so easy to use! You simply drop your Pure or Motion hearing aids into the eCharger at bedtime. Within six hours, they are powered up and ready for your busy day ahead. The eCharger's electronic drying function protects your hearing instruments from moisture damage and ensures long-term reliability. The elegantly designed charger is about the size of a coffee mug, so it doesn't use up too much precious real-estate on your countertop or nightstand. And since the instruments are in the charger every morning when you need them, you'll always know where they are!

But wearing hearing instruments is not really about elegant designs and interesting accessories. It's about hearing better. The process starts by finding a trusted hearing care professional, getting a hearing test, and discussing your specific needs and concerns. And although in most cases of early hearing loss, it is ok to wait and carefully consider options, it is important to know that the old saying "use it or



lose it" applies to hearing. The hearing sensitivity itself will not be affected by delaying treatment, but when there is hearing loss, even mild hearing loss, the brain is being deprived of important auditory stimulation. The longer we wait before trying hearing instruments, the harder it is to get used to hearing those sounds again.

Another way to look at it is this: Hearing instruments keep the brain stimulated with sounds of different pitch and loudness, and help maintain its ability to make sense of sounds. The ears hear, but it's the brain that has to figure out what those sounds mean! And as the ears age, making sense of sounds becomes harder, especially in noisy environments – all the more reason to keep the ears and brain trained to stay attuned to important sound information.

So as you get ready to go pick out your new flooring at the (often noisy!) renovation store, or maybe buy a new snow blower, you might not be able to find your car keys, but you'll know exactly where to find your fully charged Siemens hearing aids... In that shiny little eCharger!



Siemens Hearing Instruments are available at the:



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Meals on Wheels
Chatham-Kent



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

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