

CK Senior

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

FALL 2010

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for Local Seniors*
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40th Anniversary*
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Cover - Volunteer of the Year, June Simmonds is recognized by Mayor Randy Hope



59 King Street West, Chatham
Telephone: 519.397.4444 / 519.360.7841
Email: info@athielmarketing.com
Website: www.athielmarketing.com

welcome to ck senior.

Welcome to the 5th edition of CK Senior!
You will find this publication to be helpful as you go about bettering yourself and your surroundings. This publication highlights services and products in a variety of areas that offer you exactly what you need to look, feel, and live your best!

Thank you to all of our advertisers for coming on board as we could not have accomplished this without you! Sincerely,

Andrew Thiel, President

Nancy Schlereth, VP Sales

Samantha Egan, Graphic Designer

A.Thiel Marketing & Graphic Design

COVER INFORMATION:

Photo Credit: Samantha E. Photography

Models: Mayor Randy Hope

June Simmonds

Maple City Retirement Residence

Location: Maple City Retirement Residence

Join our email list and receive CK Senior electronically as well as discounts and information from merchants and organizations within the Municipality of Chatham-Kent. Just email us at the address above and in the subject line write: sign me up!

A.Thiel Marketing is a complete media group specializing in creating marketing campaigns and website design within the Chatham-Kent marketplace.

With our four local publications - the CK Senior, CK Living Well, CK Outdoor Living, and Big Things Are Happening In Downtown Chatham, we pride ourselves on constantly bringing our clients together for cross-promotions and marketing opportunities.

If you are a brand new business requiring guidance in the local market, or an existing business that needs reinventing, we guarantee success.

From market research and branding to media production and placement, A.Thiel Marketing & Graphic Design delivers cost-effective solutions that always get results. Our wide range of unique and localized services is only matched by our energetic and creative team of professionals. We offer the perfect blend of a traditional full-service local marketing firm, with a team that embraces the non-traditional social media that is currently flooding the communications landscape.

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A locally owned small business operating out of Chatham-Kent, Eco Insulation serves all of South-Western Ontario and are experts in the field of insulation for your home: from basements and crawl spaces to walls and attics, in either new construction or existing structures. All of our products contained recycled material and are recognized by the Canadian Construction Material Center.

At Eco Insulation we want our customers to feel comfortable with their decisions and the products we use. That's why our staff will be pleased to take the time to provide you all the necessary information for you to make an informed decision when choosing the best solution for your home. So whether you're tired of cold floors in the winter or wasting money on high energy bills, give us a call to explore your options during a free in-home evaluation.

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Residence on the Thames LEAVE YOUR CARES. LIVE YOUR LIFE.

Residence on the Thames, located at 850 Grand Ave W, has been in operation for the past 19 years. In that time we have served many clients in Chatham Kent as an option for Independent Retirement Living. Most seniors move into a residential home due to health decline, loneliness, or no longer wishing to maintain a home, and are looking for security. However, many seniors wait too long and find themselves in a crisis situation. Even for our own residents there was no intermediate level of care available in the City of Chatham. Our solution is the Assisted Living Wing. The resident will continue to enjoy the aesthetics of retirement living while receiving the extra required care. We have a bistro style dining room and a cozy northern living room for family and residents to enjoy.

We have an RPN 24/7 and a PSW dedicated to this wing. There is also extra staff on days and evenings to assist the needs of the residents. Residence on the Thames staff believe that every resident deserves to live with dignity and respect in a homelike environment and to maintain their independence as long as possible.

If we can be of any service, please call **519.351.7220** or drop by anytime for a tour.

850 Grand Avenue W.
Chatham, ON
chatham.ontarioretirementcommunity.com





Life without cataracts for brighter, clearer, sharper vision

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

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

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

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

Take your first step towards brighter, clearer, rejuvenated vision. Dr. Anjema treats glaucoma, macular degeneration, diabetes, and cancer of the eyeball, face and eyelids, as well as cosmetic eyelid surgery. Contact Dr. Anjema's new private practice at 519-380-0008.



Dr. Christopher M. Anjema Medicine Professional Corporation

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Unit 174 – 150 Christina Street North Sarnia ON N7T 7W5 Phone 519-336-6556



Celebrating Life And Love

Many of the articles in past issues of the CK Senior, featuring Riverview Gardens, highlighted the volunteers and residents of this beautiful home. One of the key factors that make this home unforgettable and unique is the dedicated and friendly staff.

Pat Beaton has worked at the current Riverview Gardens location since the home opened in 2006. Beaton, a registered nurse, worked at the Victoria residence for 14 years before the new property opened. "I remember that we could not get over how much more room there was on the first day we came here. Since then all the staff and residents have really "gelled" at our new location."



Pat Beaton
Registered Nurse

Pat is the charge nurse on the 4th floor. "Well, someone has to be the leader," she says laughingly. "I work with an outstanding team that genuinely cares for the residents and each other, it is a great working atmosphere."

When asked about the topic of retirement Pat laughed and said "I know it is coming but I enjoy my work too much right now... besides there are too many things I want to buy!"

"Pat is a member of a team of compassionate and caring staff – all of our staff work together to make our home run so smoothly. Pat really is the manifestation of many of the policies and goals we have strived to implement and meet, since the new home opened 4 years ago," says Colleen Wilson, director of senior services. "We really try to hold ourselves to higher standards and with staff like Pat leading the way, we have found ourselves in a really good place today."

For more information about services offered at Riverview Gardens call 519.352.4823 ext. 6146 or drop by at 519 King Street W. Chatham.



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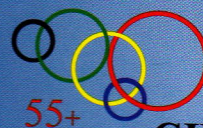
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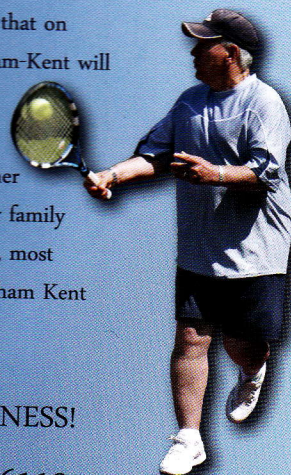
1000 Finch Drive, Sarnia

519-336-7781



CHATHAM-KENT Senior Games

We are proud to announce that on September 1st, 2011 Chatham-Kent will yet again have the privilege of welcoming all of the deserving 2011 summer competitors along with their family and friends to celebrate and, most importantly, have fun. Chatham Kent Senior Games is all about...



FUN! FRIENDS! FITNESS!

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www.ckseniorgames.ca

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Celebrate National Block Parent® Week with us!

NATIONAL BLOCK PARENT® WEEK: OCTOBER 24-30, 2010

The theme is "Still Here...Still Helping....Still Needed."

While the Block Parent® Program was primarily designed for children, our network of safe homes can also be used by seniors in times of distress. Block Parents can summon police, fire department, medical services, or other agencies to help seniors who feel ill, vulnerable, distressed, or lost while in their own community or elsewhere. Seniors are encouraged to look for a house or business displaying the red and white Block Parent® sign or Business decal. Block Parents are there to help!

SAFETY TIPS FOR SENIORS

- Always walk in well-lit areas....walking with a companion is safer.
- Walk with confidence and be aware of your surroundings – look for the Block Parent® sign!
- Carry identification with you at all times.
- Never display large sums of money in public.
- Do not give your credit card numbers over the telephone unless you initiate the call.
- Report all suspicious activity to the police.
- Never open your door to a stranger until you are satisfied with their identity and the purpose of their visit.
- Get to know your neighbours.



Seniors can help make their community safer by becoming Block Parents. As Block Parents, seniors are not required to admit anyone into their home. If someone comes to their door for help, the Block Parent® can safely communicate with them through a locked door to get the information needed to offer assistance. Seniors can also participate in various activities and assist the local program in a number of valuable community initiatives. Please contact 519.354.0430 ext. 235 for further information or visit:

WWW.BLOCKPARENT.ON.CA

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VOLUNTEERS WANTED!



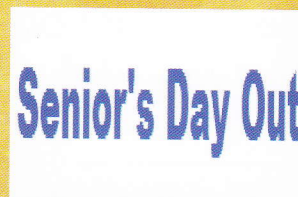
THIS COULD BE YOU!

St. Andrew's Residence is currently looking for people interested in volunteering for the following programs:

Meals on Wheels: Runners and drivers for Mondays, Wednesdays or Fridays from 10:30 – 12:30.

St. Andrew's Residence: Attendants for Front Desk and Tuck Shop duties on Mondays or Fridays at various times.

Senior's Day Out: Volunteer program assistants on Tuesdays, Wednesdays or Thursdays from 9:30 – 3:30.



For more information, contact Jessica Antaya at
99 Park St. Chatham, Ontario N7M 3R5
(519) 354-8103 www.standrewsresidence.com

REWARDS: ENDLESS!



BRAINGYM® AND MORE

A Multi-Sensory Brain Stimulation Program

Brain Gym® And More is an innovative program that supports the current brain research about the brain's plasticity. Residents that participate in this program may find that it reduces or slows down neuro-degenerative disease. This program has been designed for Diversicare and had included other modalities such as Trager®, Stress Management, Bal-A-Vis-X®, Play Therapy, Recreational Therapy, and more.

Brain Gym® And More allows older adults to have an increasing sense of control and independence over their lives. Research studies have found that using Brain Gym® and other sensory modalities slows down or reverses some of the symptoms of aging such as lack of concentration, poor recall, limited thinking patterns, and seeming inability to learn new material.

Brain Gym® And More Improves:

- * Mental functioning – enhancing cognition
- * Memory & concentration
- * Communication
- * Vision/Hearing
- * Co-ordination and mobility
- * Balance - reducing falls
- * Sleeping/Energy levels
- * Learning new skills –i.e. leisure and recreation activities
- * Motivation and overcoming resistance to starting art, dance, craft, or yoga classes
- * Independence
- * Stress management and personal coping styles
- * Moods and reduces depression
- * Overall well-being



Mayor Hope joins in a Brain Gym exercise to help seniors and the volunteer of the year, June Simmonds, at Maple City Retirement Resident.

For more information on Brain Gym® And More visit diversicare.ca or contact any of the outstanding retirement residences listed below.



Hudson Manor
36 Lawson Street
Tilbury, Ontario
N0P 2L0
519.682.3366

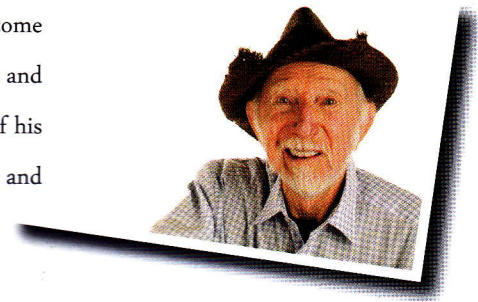


Maple City Residence
97 McFarlane Avenue
Chatham, Ontario
N7L 4V6
519.354.7111



Park Street Place
60 Park Street
Dresden, Ontario
N0P 1M0
519.683.4474

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



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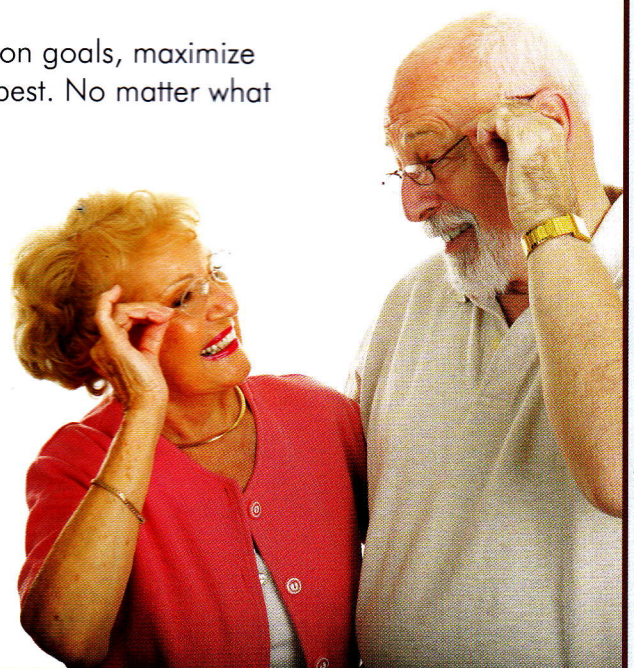
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Young at Heart

CHATHAM'S ACTIVE LIFESTYLE CENTRE IS CELEBRATING 40 YEARS



The Centre Will Become The "Centre" Of Your Lives

The vision of the Chatham Senior Centre is to provide adults 50+ years of age the opportunity to participate in activities designed to enhance senior citizens' lifestyle and needs. The Centre promotes and maintains the enjoyment, well being, dignity, and independence of seniors age 50+ by providing programs and services to meet their present and future needs. The Centre also acts as a resource centre for all senior requirements.

A major component of our Centre is the volunteer structure where we recognize and value the contributions made by our members every day, both at the Centre and in our community. Whether it is volunteering in our kitchen, at the front desk, or in the programs, our seniors help us out in so many ways in order to keep our fees low at \$35.00 for an entire year.

As Chatham-Kent has been designated as a retirement community, the Active Lifestyle Centre's strategic planning falls right in line with this initiative. We cater to seniors 50+ years of age and our total membership is over 950 members who enjoy our activities and programs everyday from Monday to Friday, including evening programs.

The Centre also has a fully functioning kitchen that offers hot lunches at very reasonable prices. (also open to the public). Our home-made lunches include hot entrees, soup and salad, and desserts are also available. Take-out dinners are very popular with our seniors.

Programs and Activities Include:

Bridge · Cribbage · Scrapbooking · Line Dancing
Euchre · Scrabble · Square Dancing · Pepper · Computers
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Beading · Tai Chi · Wii Fitness · Duplo Bridge
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And Much More...



**40TH ANNIVERSARY
CASINO ROYALE**
OCTOBER 23RD, 2010 - 5pm
Appetizers and Dinner \$15.00
Open to Members and the Public
Entertainment
Prize Draws - Trips and Windsor Casino +



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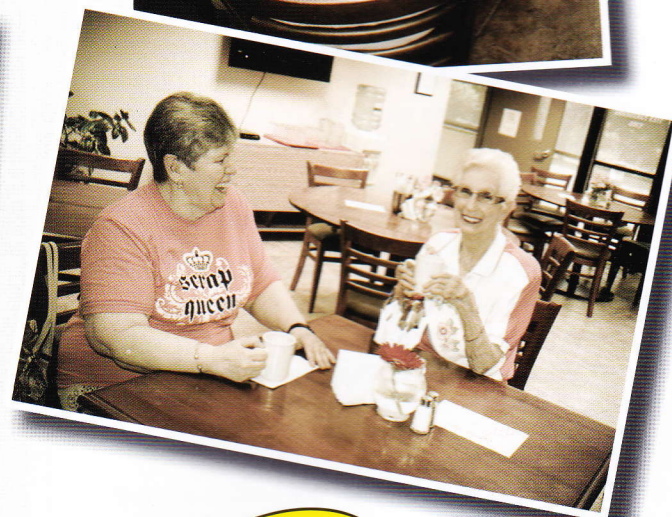
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www.activelifestylecentre.org

Foundation of
Chatham-Kent
Health Alliance



Exemplar Society

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*Together Today
For a Healthier Tomorrow.*

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

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

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

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

In recognition of your gift, you will become a member of the Exemplar Society - a program that recognizes and honours the visionary donors who leave a planned gift to the Foundation. The names of the *Exemplar Society* members will be prominently displayed on a special donor wall and touch-screen in CKHA's main lobbies at both the Chatham and Sydenham campuses.

For more information on how you can support local healthcare through a planned gift, please call the Foundation of CKHA at 519.436.2538 or visit www.foundationckha.com.



FOUNDATION OF

CHATHAM-KENT

Health Alliance



On July 24th, the Sandys Street Landmark, Meadow Park Long-Term Care Home, honoured three well-liked retirees. Pat Spears, Beth Crisp, and Ruth Gadd were on hand to receive special recognition from local MP, Dave Van Kesteren during their recent staff recognition barbeque.

Pat Spears started at Meadow Park on May 1, 1986 and worked as a dedicated HCA for 23 years. Since being retired she has been sharing her expertise with the Alzheimer's Society.

Beth Crisp worked for Meadow Park for 21 years. Beth's peers appreciated the great deal of hard work and dedication that she demonstrated over her term with the home.

Ruth Gadd came to work at Meadow Park on December 17th, 1982 as a HCA after working for Barnwell's. Ruth was well known for her dedication and always taking pride in her work.

"We have 115 staff at our home, and I feel so lucky knowing how dedicated each and every one of them are to providing the highest possible level of care for all of our residents," said Anne-Marie Rumble, Administrator at Meadow Park.

For additional information on Meadow Park long term care home call 519.351.1330 or visit www.jarlette.com.



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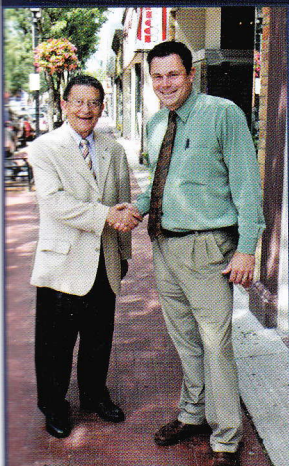
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For the Future...

DEREK ROBERTSON

Council Ward 6

Derek was born and raised in Chatham – Kent, the son of Elaine and the late Doug Robertson, long term proprietors of a downtown Chatham business. Derek obtained his degree from the University of Windsor and currently resides in Chatham (Ward 6) with his wife Denise and daughter Grace. Derek currently serves in the role of Vice President, SelectCore Ltd.



As your Municipal Councillor,
my plan is to:

- Focus on the economy & work to drive new & diverse investment into Chatham-Kent.
- Support and encourage the development of education, recreation, wellness & access to medical practitioners.
- Continue efforts to support further revitalization of Chatham's downtown core
- Council must always keep a keen eye on opportunities to improve the Quality of Life for our residents while keeping a prudent eye on the interest of the ratepayers.

www.voterobertson.ca

FALL 2010 Festival of Crafts!

Kinsmen Auditorium, Chatham

Saturday, November 6

10 am – 5 pm

Sunday, November 7

11 am – 4 pm

admission \$ 2.50

kids under 12 free!

for additional information call

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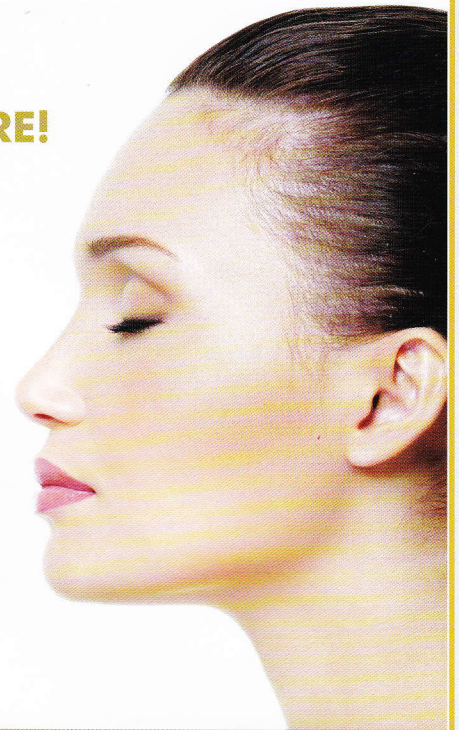
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Opening Times: Mon-Fri: 9:30 a.m. - 5:00 p.m. · Flexible hours by appointment including Saturday · Sun: Closed

Caleb village is Chatham-Kent's newest all-inclusive Retirement Community.

Our one and two bedroom suites are competitively priced starting at \$1950/month & up to \$2950/month based on suite size. Additional person charge is \$525.00. The starting condominium price is \$139,900/1 bedroom.

We are pleased to offer our residents the highest quality of living. Our independent lifestyle includes the following: 3 nutritional meals a day, 7 days a week; an elegant dining room; a 24 hour Bistro offering tea, coffee, juices and snacks; weekly housekeeping services; linen service; complimentary transportation; 24-hr emergency pendant; and each suite comes with fridge, microwave, and personal washer and dryer. Daily community activities and events on site include a Hair Salon, Billiards Room, Card Room, Grand Piano Parlour, Large Screen TV, Wii and much more.....



CALEB VILLAGE

Chatham-Kent Retirement Community

64 Ursuline Ave Chatham, ON · 519.352.1660

All-Inclusive Living at it's Best

Come in & Discover the Caleb Lifestyle

Daily Tours Available



VitalAire has provided Respiratory Homecare for the past 40 years and we are here to assist you with all your home oxygen needs. We hold national accreditation status with Accreditation Canada.

With over 80 locations across Canada, we provide quality programs and convenience for all your home oxygen, CPAP (sleep apnea treatment), and other respiratory requirements.

The goal of home oxygen treatment is to improve your quality of life by reducing shortness of breath and enabling you to have a more active lifestyle, and assisting you to better manage your activities and independence.

If your doctor is considering oxygen therapy for you, have one of our Healthcare Professionals visit you to discuss your oxygen needs and the use of oxygen in your home. We will explain the expected benefits and ensure that you and your family will be comfortable using your oxygen therapy.

Whether you are receiving oxygen or CPAP therapy, our healthcare professionals will:

- Monitor the effectiveness of your treatment
- Provide follow up as required
- Be available to support your changing needs

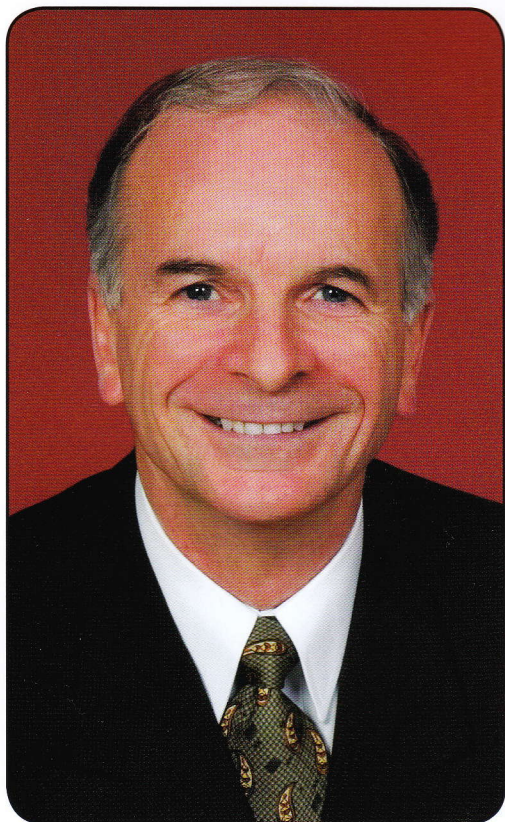
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CHATHAM-KENT-ESSEX *PAT HOY MPP*



Addressing the issues of seniors living in Chatham-Kent-Essex

Constituency Office
111 Heritage Road, Suite 100
Chatham, ON N7M 5W7
Tel: 519.351.0510
Fax: 519.351.7714

Queen's Park Office
Room 172, Main Building
Toronto, ON M7A 1A4
Tel: 416.325.9099
Fax: 416.325.9000

www.pathoympp.com

Fairfield Park

Comitted to the quality life of our residents

Rehabilitation/restorative care is a serious undertaking at Fairfield Park. There is a designated therapy room, as well as trained staff who work with a physiotherapist, occupational therapist, speech therapist, registered staff, physicians, and a dietician to meet residents' therapeutic needs.

At Fairfield Park, restorative care is provided right at the bedside by nursing staff. As well, there is a restorative care team providing a variety of programming 7 days/week, and a physiotherapy service provider, called LifeMark Health Eldercare, that is on-site 5 days/week.

LifeMark Health Eldercare's team consists of a physiotherapist who visits the home weekly and physiotherapy aids who are on-site Monday through Friday, providing a variety of programs to residents based on their individually assessed needs.

Together the staff and physiotherapy team work to keep residents active and independent through a variety of programs specifically designed for each resident, that focus on their individual needs and help them reach their full potential. Some of the programs provided include fall prevention, strengthening, balance, walking, assistive devices, thera-band exercises, hand therapy, sensory stimulation, and range of motion exercises. All are designed to keep residents active and maintain their level of independence and mobility. Dance and art therapy are also programs offered to residents in the home.

As well, residents are able to access the services of an Occupational Therapist who is trained to assess, treat, and make recommendations for skin care, pressure relief, least restraint, activities of daily living, and environmental scans, and to provide prescriptions for assistive devices.

Since moving to Fairfield Park, Islaine Montgomery, a resident in the home, has become more independent in her activities of daily living. Upon arriving at Fairfield Park, restorative staff arranged to have her assessed for a custom fitted power wheelchair, which has allowed her to move about the home independently. As well, she regularly participates in LifeMark Health's thera-band class, as well as in individual strengthening exercises.

Islaine, a Wallaceburg/Dover Centre native, enjoys knitting and crocheting. This avid reader is a retired nurse who thoroughly enjoys the staff at Fairfield Park. "The staff here are wonderful, they absolutely bend over backwards to keep residents happy," says Montgomery.

The motto at Fairfield Park is to take "Pride in Caring". This is very evident by the fact that all staff promote and encourage residents to participate in a variety of programs that keep them active and maintain or improve their strength and mobility. As well, participation in the programs provides residents with an excellent opportunity for socialization.



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CHAP PROGRAM

As an important part of Family Service Kent, **CHAP** (Community Home-support Assisting People) has been operating in Chatham-Kent for more than 25 years. We take pride in helping older adults maintain their independence and a positive quality of life. Below is a summary of the services we offer:

Transportation: We offer a low cost door-to-door transportation service to locations throughout Chatham-Kent and the surrounding area. CHAP has wheelchair accessible vehicles to accommodate all people.

Frozen Meals: With an affordable menu of over 65 entrees, soups, and desserts, the CHAP Frozen Meals Program makes it easy to enjoy nutritious, home-style meals at your convenience. Free delivery is offered throughout Chatham-Kent, and many specialized diets can be accommodated.

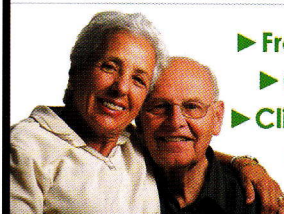
Caregiver Counselling: Our Caregiver Program is dedicated to providing emotional support and counselling to those who are caring for others. This is a confidential, professional service that is available free of charge.

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

Home Helper: This program is dedicated to allowing older adults to stay at home for as long as possible. We hope to improve their quality of life by assisting with household chores, yard maintenance, and much more.

If any of these services interest you, please contact the CHAP office at 519.354.6221. If you are looking for a **great way to give back to your community, volunteers are always welcome!**

CHAP



► Frozen Meals ► Transportation
► Caregiver Counselling
► Client Intervention & Assistance
► Home Helper
► Volunteer Opportunities

give us a call 519.354.6221 ext.242
Family Service Kent
770 Richmond St. Chatham, ON N7M 5J5



TIPS ON BEING ACTIVE



What happens to muscles as we age?

Muscle mass decreases as we age. Beginning in the fourth decade of life, adults lose 3%-5% of muscle mass per decade, and the decline increases to 1%-2% per year after age 50. Muscle keeps us strong, it burns calories and helps us maintain our weight, and it contributes to balance and bone strength. Without it, we can lose our independence and our mobility.

Is it ever too late to build muscle?

The good news is that muscle mass can increase at any age in response to exercise. In an important study of weight lifting and older adults conducted with 100 male and female residents of a nursing home in Boston (age range: 72 to 98 years of age; average age 87), subjects lifted weights with their legs three times a week for 10 weeks. At the end of the study, there was an increase in thigh mass of 2.7%, walking speed increased 12%, and leg strength increased a whopping 113%! In a similar study of adults 65-79 years old, subjects who lifted weights three times a week for three months increased their walking endurance by 38% (from 25 minutes to 34 minutes) without appreciable increases in mass.

MUNICIPALITY OF CHATHAM-KENT SENIOR CENTRES

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

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

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

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

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

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

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

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

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

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

Morpeth Heritage Club
12570 Talbot Trail Morpeth - Ph: 519.674.1010

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



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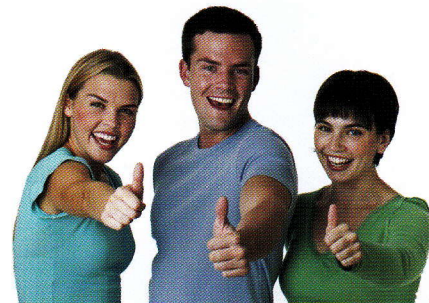
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