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ISSUE | 21

# CKSenior

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## PICKLEBALL® pg. 6

*A game that has been around for 50+ years*

## A LOVE STORY pg. 19

*Chatham-Kent Hospice*

## EMPTY NEST pg. 24

*Tips For Embracing This New Phase Of Life*





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# WELCOME

## to CK Senior, Issue 21

**Welcome to the 21st issue of CK Senior!** Our cover story is about the game of Pickleball®. For some, this paddle sport is already a household name, but for others we hope this is an introduction for you to a brand new way of exercising while having fun and making new friendships along the way.

As we embark on another summer in Chatham-Kent, we hope everyone is able to get out and enjoy the warm weather and the long sunny days. One thing we can count on every day is the sun coming up and the sun going down, but everything else is indeed unpredictable. We hope that within the pages of this issue you find solutions, answers, products and services that can assist you with your day and all the happenings that come your way.

As always, we thank our advertisers, our contributing writers, and our illustrator for their support in making this publication possible. We truly enjoy putting together each issue for you, and we thank all of our readers for picking us up and taking us home.

Until our next issue, stay safe, happy and healthy, and always remember.....***It's alright to slow down, just don't stand still!***



L-R: Andrew F., Candice, Mark, Andrew T., Lisa, Nancy  
Missing from photo: Karen & Renee

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# CKSenior

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## ABOUT THE COVER

# Pickleball®

*a game that's been around for 50+ years and is still enjoyed by all ages!*

Most Tuesdays and Thursdays, every season, at the W.I.S.H. centre, you'll find 3 courts loaded with Pickleball® players, and players on the sidelines waiting for their turn on the court. It's a game that is quickly growing extremely popular with the baby boomers of today (ages 52 – 70), those fully retired, and those who are able to sneak away from work for a couple of hours once or twice a week to get in a game. But it actually doesn't stop there.....it's a great game that can be played by the entire family.



Pickleball® is actually a paddle sport that combines the fundamentals of badminton, tennis, and ping pong. You can play singles, but doubles is more the norm. Each player has a solid paddle and the object is to knock the ball (made of polymer) over a net. The dimensions of the court are that of a badminton court, with the net and rules similar to tennis (with a few alterations.) The game was invented in the mid 60's as a pastime for

children but today seems to be one of the most popular growing games for our baby boomers and beyond.

For a wonderful example, Harvey Nicholson (pictured here and on the cover) will be celebrating his 90th Birthday on September 6, 2016 and has been playing the game for close to ten years now. When we asked Harvey, "Why Pickleball®?" here is what he said. *"It's a great way to spend time, and as a Senior I have the time during the day to come out and play. It's a lot of fun and great exercise. My whole family is involved with the*

*game. My daughter, Nancy, and I play often together and my sons also play in St. Thomas and in Windsor. Pickleball® games are held on courts both inside and outside. Outside games are a totally different feel; the elements can sometimes help or hinder your game. The best thing of all about Pickleball® is the exercise it gives me to keep me feeling young, and the friendships I'm making along the way."*



*And where did the name Pickleball® come from? Some sources say it was named after one of the founders dogs "Pickles..."*

*Another source claims "Pickles" was named after the game? Either way "Pickles" was a part of the family then and Pickleball® can be enjoyed by the entire family today!*

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Photos (including cover) taken at: The W.I.S.H. Centre - 177 King St. W., Chatham, ON.  
Cover shot: Back Left (Rita Brooks), Back Right (Harvey Nicholson)  
Front Left (Murray Peterson), Front Right (Lorie Cooper)

Photography by: Mark Requena Photography  
[www.markrequena.ca](http://www.markrequena.ca)



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# To Find Your Health Care Options

Finding your health care options has become a lot easier thanks to the development of some excellent new tools. From phone, to online, to in-person, the following are resources that will help you locate the health care information and services you need.

## FIND IMMEDIATE HELP

**EMERGENCY:** If you are having a medical emergency, call 9-1-1 immediately!

**NON-URGENT MEDICAL ADVICE:** Call *Telehealth Ontario*.

Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.

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## FIND LOCAL HEALTH SERVICES

**ERIE ST. CLAIR HEALTH LINE:**  
[www.eriestclairhealthline.ca](http://www.eriestclairhealthline.ca)

Erie St. Clair Health Line website puts accurate and up-to-date information about health services at your fingertips. The website provides easy access to a reliable source of health information so you can find the services you need, close to home.

**HEALTH CARE OPTIONS:**  
[www.ontario.ca/healthcareoptions](http://www.ontario.ca/healthcareoptions)

The Health Care Options website is designed to help people make decisions about options for treatment, care, and health

services. You can search for key health services available in your community; for example searching for “seniors home” will display a list of long-term care facilities in your local region. Additional information such as where to find physiotherapy, how to take medication safely, and options for home care will also appear.

## REVIEW WAIT TIMES FOR CARE

**ONTARIO WAIT TIME INFORMATION:**  
[www.ontario.ca/waittimes](http://www.ontario.ca/waittimes)

To help improve your access to care, the Ontario Wait Times website provides the best available data on wait times for hospitals all across Ontario. Information includes: emergency room wait times; surgery, MRI, and CT scan wait times; and home care wait times.

## FOR MORE INFORMATION

To find more health service information or to find details on specific topics such as health conditions and diseases, private health care facilities, or Ontario’s health insurance plan, please:

- Speak to your primary care provider
- Visit the ministry’s website at [www.health.gov.on.ca](http://www.health.gov.on.ca)
- Call the ServiceOntario INFOLine at 1-866-532-3161; TTY, 1-800-387-5559

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*This article (along with the photo) has been written and submitted by: Erie St. Clair Local Health Integration Network, Chatham, ON. For more information about the Erie St. Clair LHIN, please visit: [www.eriestclairlhins.on.ca](http://www.eriestclairlhins.on.ca) or contact Andrew Tompsett, Lead Communications and Public Affairs Erie St. Clair LHIN, at 519 351-5677 ext. 3209 or [Andrew.Tompsett@lhins.on.ca](mailto:Andrew.Tompsett@lhins.on.ca)*



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The Healthy Habit sponsors the radio show "Insights for Health" on CFCO every third Saturday at 7:30 a.m. Experts discuss various health topics and natural remedies. Their website [www.thehealthyhabitatham.com](http://www.thehealthyhabitatham.com) features all their past interviews. You can like them on FACEBOOK for additional weekly features and specials.

*So visit The Healthy Habit, Monday through Saturday,  
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# HEALTH MATTERS

*The magic in life comes from the simple joys.*

## TOUCH

*Dr. Lalit Charwla MD, CCFP, FCFP*

We acknowledge the five senses as being sight, smell, taste, hearing, and touch. These five senses are important for our survival. Most of us experience at least 4/5 of them daily, however there are many people who are severely deprived of one of the most fundamental senses - human touch. Touch, in the medical sense, is the sensation of feeling something hot, cold, sharp, soft etc. We need this sensation to navigate our physical world so we don't walk off a cliff or cut off our fingers. But the "human touch" that I'm referring to is the one sense not always quantified or qualified in science. This sense of touch is important for us to thrive and feel alive.

There is something beautiful and soothing when you touch another human being. When my daughter hugs me or my wife embraces me I feel connected with the human race unlike any other act. The significance of touch sparks a deep level of emotional connection. Animals can also create that connection as well. I think that is why pets are so important for many people. For some, a pet may be the only form of physical contact they will have with another living being, for that day, that week, or even that year. I also think that's why people garden; it's soothing and life giving. People are "touched" by the feel of the air, the scent of the earth, and the beauty of nature that is constantly changing and touching us in different ways. Touch connects us with life.

As a physician, I've seen couples and families who lack unity. There may be many people physically in the home, but the relationships lack affirming physical contact. I sometimes ask patients when was the last time they received a pat on the back or a handshake. When was the last time they hugged their teenage children? When was the last time they received a hug? Positive touch connects people together and nurtures relationships.

My daughter, when she was four years old, had a habit of coming up to me and rubbing my arm. She would be chatting away with a friend and in the midst of her conversation would come up and rub my arm for a few seconds. It let her know that I was there, but it also let me know she was there too. It's a great feeling of connection, no matter how brief the interaction is.

In the masculine world, it can be difficult for men to show affection by touch. It certainly has improved, especially over the last 20 years, but it is still difficult





for many men to even give another person a hug without having a stigma attached to the action. A stigma that physical connection that is nurturing is not a masculine trait; nothing could be further from the truth in my opinion. Real men know how to access their entire range of emotions. Real men know that nurturing is a masculine trait.

*Hug or tell  
someone they are  
special to you,  
it's the one  
gift that expands  
both people.*

As a physician I've seen many couples whose relationships are strained. They often report there is no real connection. Upon further probing, I often find that there is limited to no intimate physical connection. Many men can falsely feel that the carnal aspect of the relationship defines the physical aspect of the relationship. They can feel that hugging or holding hands isn't important or significant. When this happens this can lead to a lack of a deeper level of connection with their partner; hence no important connections are made with their partner. When this occurs consistently, then the relationship can run into real trouble.

Single people, especially seniors, can be at high risk of experiencing a lack of physical touch in their lives. I remember one individual who was severely ill with depression, and shared with me a very touching story. He had great counselling by his physician and wonderful family support. When I asked this high functioning executive what was the single most important factor in his recovery, he said, "At the time, I never talked much as I remained inactive in the confines of my home. I had a friend who visited me frequently and he gave me a daily foot massage. No words were exchanged but I felt alive and connected. I was literally able to take my first steps to recovery. I remember thinking it was so nice to have human contact, not just human sympathy."

We need that sense of connection and sharing. It's worthwhile to take an inventory of the richness of your "physical" connections. When was the last time you were truly touched, or genuinely reached out and touched someone's life? It's really not as hard as it may seem. It's the one thing that you can never give away without getting something valuable in return. Human touch creates empowering spiritual and

mental health. Find ways to add a better level of connection in your life; it's the one gift that expands both people in the process. It's the one gift that truly matters.

Dr. Chawla

**Dr. Lalit Chawla, MD, CCFP, FCFP**  
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1			9				7	
2		5						
6	7		8					
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5					4		8	2
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See Answers on pg. 21 | Difficulty Level: ●●●○○

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# LEGAL MATTERS

*Transferring your Will and Power of Attorney documents to another law firm?*

## FREQUENTLY ASKED QUESTIONS

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

I am frequently asked the following questions: ***My lawyer is retiring, what do I do? Is it difficult or expensive to change lawyers?*** The short answer, generally speaking, is that it is simple and costs nothing to change lawyers or to transfer your Wills and Power of Attorney documents to another law firm.

These questions are top-of-mind because there are a number of Chatham-Kent lawyers either retiring from practice or whom will likely be stepping away from their practices in the next 5 or 10 years.

### YOUR DECISION

If your lawyer has retired, she or he has probably transferred your files to another lawyer for safe-keeping. It is your decision regarding whether or not you wish to have your Will and Powers of Attorney, which are very important personal documents, retained by the other lawyer. These documents are yours, regardless of the fact that they are being held in safekeeping at a lawyer's office, and therefore you can decide where you would like them stored.

If you are unsure with which lawyer your Wills and Power of Attorney documents are currently stored, contact a lawyer of

your choice to make inquiries and obtain your documents on your behalf.

### ASSESS PERSONAL FIT

If another lawyer does hold your Will and Power of Attorney documents from a retired lawyer, my recommendation is that you arrange an introductory meeting with the other lawyer. This meeting will provide an opportunity for you to get to know one another and for you to assess personal fit. Keep in mind that eventually your spouse, children, or friends may be dealing with this lawyer in the event of your incapacity or death. It is also possible that you yourself will at some point want to update your Will or Power of Attorney documents with this lawyer.

### A SIMPLE PROCESS

If you decide to keep your Wills and Power of Attorney documents with the other lawyer, there should be nothing required to be done unless you instruct this lawyer to prepare new or updated documents for you. Even if you do not request changes to your Wills or Power of Attorney documents, the other lawyer may request that you sign instructions relating to the safekeeping of your documents at their firm, and regarding releasing documents to your attorneys or estate trustees in the future.

If you decide to move your Will or Power of Attorney documents to a lawyer different from whom received your



documents from your retiring lawyer, this is also a simple process and should, in most situations, cost you nothing. You can either personally retrieve your Will and Powers of Attorney from your retiring lawyer, or your lawyer of choice can obtain these documents on your behalf and she or he will take care of everything for you.

Jason Mallory practices Wills and Estates law in Chatham-Kent and he serves clients throughout Ontario. Please contact Jason if you would like to review your current Will and Power of Attorney documents, or to discuss what to do if your current lawyer is retiring.



**Jason P. Mallory**  
is a lawyer with Kerr Wood  
& Mallory in Blenheim and recipient  
of the Margaret E. Rintoul Award  
in Estate Planning

*\*The comments in this article are not meant as legal opinions and readers are cautioned not to act on information provided without seeking specific legal advice with respect to their particular situation.*



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## WHEN MOM IS HAPPY

*You have peace of mind*

***"Peace of Mind" for YOU and your loved ones is all we could ask for. Knowing that your loved ones are happy, safe, loved & cared for is the best feeling in the world!!***

Ian Murray, the Executive Director of Residence on the Thames, invites you to stop by and see what makes Residence on the Thames unique. We are located on the banks of the River Thames, and we offer beautiful, spacious private suites ready to be made your own. Three homemade, healthy and delicious meals are served daily in our dining room with alternate choices always available. Here at Residence on the Thames your loved ones can be as busy as they want to be by choosing from a variety of daily activities and outings. Along with the peace of mind in knowing that we have them cared for 24 hours a day.

We offer them daily support through specialized care options to meet their needs with our professional and caring staff. Here at the Residence on the Thames it is always ***"All about Choice."*** We would love for you to experience how we ***"feel"*** so please stop by to check us out or call **519-351-7220** today!!!

# GREAT IDEAS...

## Have No Age Limits

Marie Schram (founder of the company "EASY-DUZ-IT") is a wonderful example reminding all of us that you are never too old to take on new challenges, and it's never too late to act on a great idea!



Marie has called Chatham-Kent her home for the past 50 plus years, and 2 years ago, at the age of 77, while out working in her garden she came up with the idea of the "JIFFY STICK." Finding it harder and harder to get down and back up again, she found herself using the corner of her weeding pail to support herself while outside gardening. Soon after, Marie quickly came up with the idea and put it into motion. With the help of her son, she found

the best price for production of her idea, making it a reality, and now has an inventory of the "JIFFY STICK" ready for sale!

The Jiffy stick has many uses, inside and out and is great for everyone who needs just a little support getting down and back up with ease. So when you need to get down to your knee level to pick something up, to work in the garden or to clean something up, the "JIFFY STICK" helps you get down and back up..... in a jiffy!



Editorial provided by: Marie Schram  
Photo taken by: CK Senior

FOR MORE INFORMATION  
OR TO PURCHASE A "JIFFY STICK"...

CALL: 519.397.4016  
OR EMAIL MARIE DIRECTLY AT:  
MPHSCHRAM@GMAIL.COM

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too  
old  
to  
play  
in the  
dirt!

Now...  
Where did  
I plant those  
radishes  
again?



Illustration by: Crystal Waters



# TILBURY MANOR

## Partners With RNAO To Enhance Resident Care

Tilbury Manor is one of eight long-term care homes across Ontario that has formally committed to enhancing the quality of life and care for residents by working towards becoming a Best Practice Spotlight Organization (BPSO) of the Registered Nurses' Association of Ontario (RNAO).

As part of this initiative, Tilbury Manor will implement and evaluate multiple nursing best practice guidelines (BPG) over the next three years.

BPGs are evidence-based resources created by the RNAO to offer the best possible care. As part of this program, Tilbury Manor will implement a minimum of three BPGs, which include Promoting Safety: Alternative Approaches to the use of Restraints; Caregiving Strategies for the Older Adults with Delirium, Dementia, and Depression; and Risk Assessment and Management of Pressure Injuries for the Interprofessional Team.

*"We are so honoured to be able to work towards this prestigious designation. Together, Tilbury Manor and RNAO have enhanced the care services and life enrichment for our residents. We are committed to further enhancing quality through evidence-based care and becoming a leading LTC home in care excellence,"* said Sara Le, director of resident care at Tilbury Manor and RNAO BPSO lead.

*"Meet Tilbury Manor Long Term Care Home-Registered Staff"*



For more information please contact:

Sara Le (pictured above 2nd from right)  
Director of Resident Care

**519.682.0243**  
**drc.tilbury@diversicare.ca**



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# Introducing the NEW...

## Chatham-Kent Hospice Foundation

Now that the Chatham-Kent Hospice is operational, we have created the Chatham-Kent Hospice Foundation to be responsible for the fundraising activities. The dedicated Board of Directors will focus on securing contributions to support the work of Chatham-Kent Hospice, foster relationships with donors and the community at large, and manage the donations in a responsible and transparent manner. Helping make this transition is Jodi Maroney who moves from Director of Development to Executive Director of the Chatham-Kent Hospice Foundation. We will continue to be committed to excellence in all we do and strive to exceed the expectations of our donors and community partners.

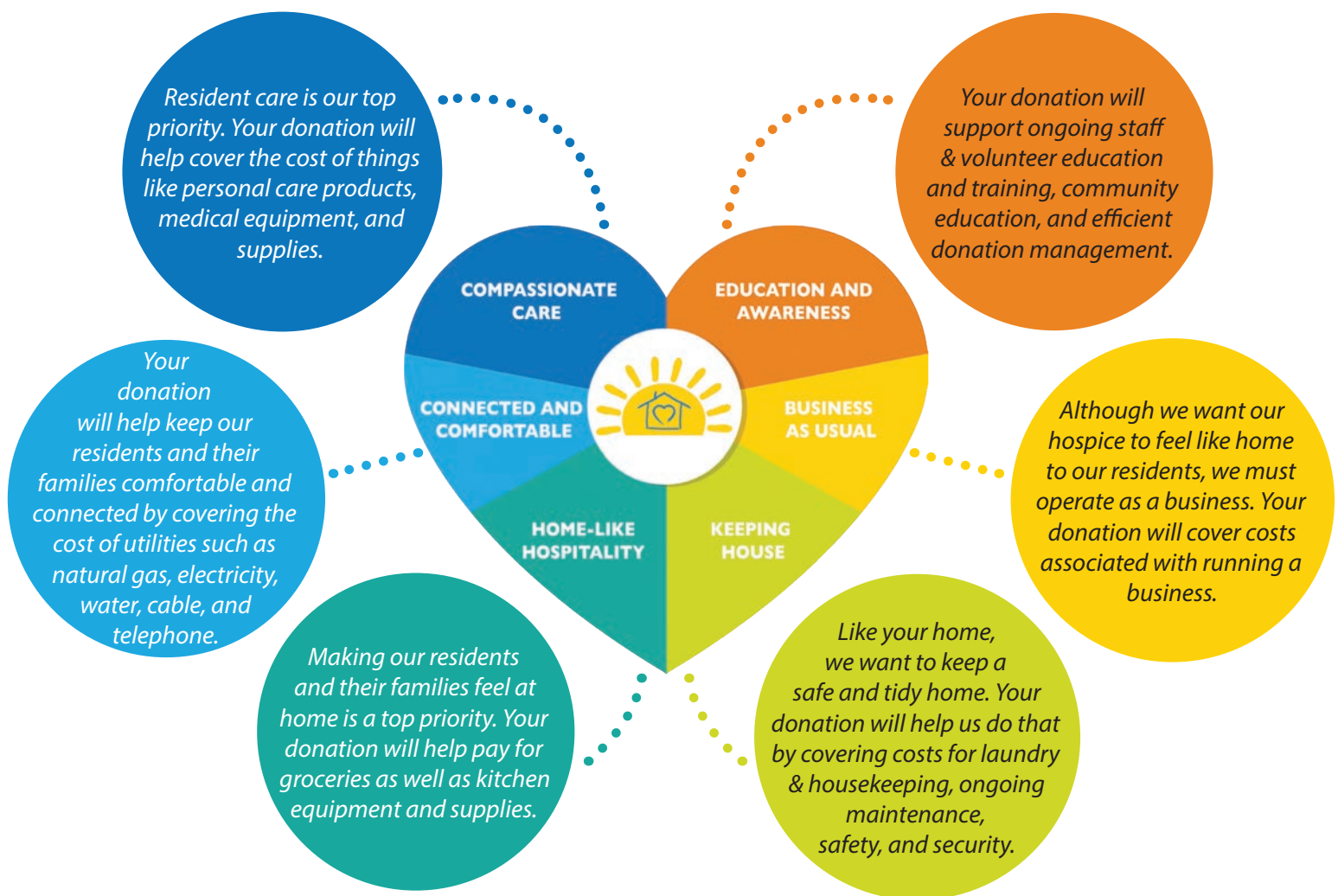


**Chatham-Kent Hospice  
FOUNDATION**

To learn more about the  
Chatham-Kent Hospice Foundation,  
visit [www.chathamkenthospice.com](http://www.chathamkenthospice.com).

## What YOUR Donations are used for!

*The need for specialized hospice care in a home-like setting will never diminish.  
Your donation will ensure Chatham-Kent Hospice continues to provide special end-of-life care for our community.*





## A Love Story

*"We were given the greatest gift of all; the gift of time to be able to reconnect and fall in love all over again."*

On May 29th, 2016, I lost the love of my life, my closest friend, my beloved companion, and yes, my greatest challenge. Ed Aitken, at the age of 67, peacefully passed away at Chatham-Kent Hospice.

Ed and I enjoyed our small town life together, renovating our house, being involved in our church, and making friends and many happy memories. We especially loved cruising in our little '51 MG named Buttercup. These were wonderful times for us! Then Ed's health began to deteriorate and after 2 years of intense suffering, Ed was admitted into the hospital on May 4th, 2016. Although I knew his condition was serious, I continued to hold on to the hope of him making a turnaround and coming home. I will never forget the morning when the doctor gently told me there was nothing more they could do for Ed and suggested we move him to the Chatham-Kent Hospice. The strand of hope I'd been holding on to was suddenly severed, my heart was crushed, and my world became numb as I realized I had to tell Ed, the love of my life, he was dying. Our pastor visited and suggested Ed search his heart and ask God to reveal to him any unfinished business needing to be cleared up. When the pastor returned the following day, Ed told him he had received an answer, "I need to marry Ruby." That day, Ed asked for my hand in marriage and the following morning, we were married at a simple bedside ceremony with the kids present.

I had no concept of what a hospice was, so visions of a place where you simply go to die, a gloomy, dark, and depressing place, were vivid in my mind. When we arrived, we were told this would be our home for the duration of our stay, adding, Ed was their main focus. To my surprise our stay at hospice was an unforgettable experience. The accommodations were akin to a five-star hotel including a well-equipped private suite, homey dining room with delicious offerings made daily by the volunteers, and a beautiful outdoor space where Ed

was able to spend time enjoying the sunny weather.

When word got out that Ed and I were recently married, the hospice staff came up with the idea to host a reception for us. When the big day arrived, Ed was presented with a lovely boutonniere and a beautiful corsage for me. Attached to the corsage was the most beautiful ring I'd ever seen. We were then whisked to the dining room which was fully decorated complete with fresh flowers on every table. Our friends and family were there to greet us. It really was awesome! After a while, Ed asked if he could be taken back to the room to rest. As we reached our room, a sign on the door read "Honeymoon Suite ~ Do Not Disturb". In the room, a large heart with words "Ed and Ruby" was imprinted into the plush bed-spread with two pink carnations on top. We felt we were living out a storybook tale. Everything was just perfect!

While Ed rested, I returned to the reception to say good bye to our guests. Shortly after, I returned to check on Ed along with his son and daughter. As we gathered around his bed, Ed took his last breath. There are no words to express the loss I felt at that time but somehow I found solace in knowing he was finally at peace. I will be forever grateful for all the memorable moments we were able to share in Ed's final days due to the care and compassion showed to us by everyone at Chatham-Kent Hospice. I was allowed to take off my caregiver hat and give him my undivided love and attention. Instead of being overworked and sleep deprived, I was able to hand his care over to the capable staff. We were given the greatest gift of all; the gift of time to be able to reconnect and fall in love all over again.

***Thank you - We had the time of our lives!***

*In memory of Ed Aitken, shared by his loving wife Ruby.  
Submitted by: Chatham-Kent Hospice*





# grapefruit rosemary water

## INGREDIENTS

- 1 large grapefruit
- 1 sprig fresh rosemary
- 2 quarts fresh water

## INSTRUCTIONS:

*Wash the outside of the grapefruit and slice into 1/4" slices*

*Place the grapefruit slices, sprig of rosemary and water into the pitcher, stir and put in the refrigerator to chill*

*Serve over ice... and enjoy!*

*Recipe from: [amyinthekitchen.com](http://amyinthekitchen.com)*

## Congratulations.. Beverlee Bodnar

Issue 20 Contest Winner of 2 FREE MOVIE PASSES!

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# SUDOKO ANSWERS

*So...How did you do?*

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

*“Home is where you feel at home, and are treated well”*

*-Dalai Lama*



## Retiring? Downsizing?

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Come and visit the Oaks Retirement Village and see Chatham- Kent's Premier Retirement Community for yourself. Whether it's our Happy Hours, weekly live entertainment, or our healthy fitness classes, you will find something in our community that appeals to you. If you feel you need a little TLC or simply want a place that allows you to live independently, then we are definitely a community you should check out.

At Oaks Retirement Village we believe retirement should be some of the best days of our lives and strive to make each day for our residents one that is happy, healthy, and safe. Don't delay, stop in today. Currently we are building our Wait List for our new addition opening this fall!



80 McNaughton Avenue,  
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Call 519-627-9292

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





*Rose Peseski*  
Resident Services  
Manager



*Barb King*  
Dining Services/Office  
Manager



*Colleen McDonald*  
Life Enrichment  
Manager



*Andrea Sullivan*  
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Life Enrichment  
Manager



*Barb King*  
Dining Services/Office  
Manager



*Janice McGuire*  
Resident Services  
Manager



*Andrea Sullivan*  
General Manager





## MEADOW PARK CHATHAM

### *More Than Just a Month*

Each year June marks **Senior's Month**, an important month to recognize the amazing work that goes on behind the doors of long-term care homes across the province. At Meadow Park Chatham we feel Seniors Month is more than just a month long celebration. It is just a small sampling of the great care and efforts that happen within the 100 bed long-term care home. It is a month to showcase how far long-term care has come but to also acknowledge the efforts we need to make moving into the future. It is an opportunity to raise awareness about how our community and province can advocate for seniors of today and for seniors of tomorrow.



Meadow Park was proud to celebrate alongside our most senior resident Mr. Doug Stuart who celebrated his 101st Birthday on June 23rd. As well, the home celebrated its 5th annual Family Council BBQ and car show with a special visit from our Chatham-Kent-Essex MPP Rick Nicholls.

By the end of June, Meadow Park Chatham had made their mark in the Ontario Long Term Care Association "Better Care for Seniors" advocacy campaign. With over 1,600 letters submitted to MPPs across Ontario, the home did its very best to communicate the needs of residents who live in long-term care.

Overall, it has been a month of great achievements, milestones, and great pride and love for the people we serve. Seniors month is more than just a month. It is commitment and passion to make a difference in the lives of those we care for **every** day.

#### **Meadow Park Chatham Long-Term Care**

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Phone: (519)351-1330

Contact: Lydia Swant – Resident & Family Services

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## BE A PART OF SOMETHING BIG!

### *Join our CHAP Team of Volunteer Drivers!*

Our programs at CHAP serve seniors in Chatham-Kent to help keep them living independently at home.

CHAP Transportation program provides transportation to seniors and people with disabilities in Chatham-Kent. We provide this service mainly through the use of volunteers. We also provide drives with our staff drivers who are trained in the safe use of our accessible vehicles.

#### **THE FOLLOWING COULD NOT HAPPEN WITHOUT OUR VOLUNTEERS:**

##### **In 2015, volunteers in the CHAP program provided:**

Rides - 30,603 • Kilometers driven - 856,303

Volunteer Hours - 28,467

##### **Where do we take our clients?**

Doctor/Medical • Senior Day Away Programs • Social Activities  
Banking • Grocery Shopping • Barber/Hair Dresser  
Pharmacy • Social Services

##### **How to Become a Volunteer Driver**

- Complete application (contact us)
- Provide police clearance • Mileage reimbursed

**To become part of this team, call 519-354-6221 ext 241**

# What's Next When Kids Leave The Nest?

*Tips For Embracing This New Phase Of Life*  
by Lisa M. Petsche

When the last of your offspring has left home, the adjustment can be difficult. This may be particularly so if you have focused the majority of your time and energy on raising your children, or if you're a single parent and now find yourself alone.

Feelings of emptiness may be profound, and challenging to overcome.

If you find yourself in this situation, here are some suggestions that can help.

## BE KIND TO YOURSELF



- Recognize that it will take time to adjust to this new phase of life. Try not to dwell on the past, as it will keep you from moving forward.

- Prepare a list of things to do

when you find yourself feeling lost or blue. Include small indulgences to give you a lift as well as tasks or projects that will give you a sense of satisfaction (de-cluttering your home, for example).

- Look after your health. Eat nutritious meals, get adequate rest and exercise regularly. This is a good time to take that Pilates class or join a gym. In addition to safeguarding your physical health, these measures will also help ward off depression.

- Keep a positive attitude about life and aging, and associate with people who have a similar outlook.

## NURTURE YOUR SPIRIT

- Write down your thoughts, feelings and experiences, chronicling your journey of self-discovery and growth.
- Do things that centre you and bring inner peace, such as meditating, listening to music or spending time in nature.
- Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping an ill or elderly neighbour.

## GET BUSY

- Think back to former pastimes that fell away once you had a family, and revive one that still holds appeal.
- Take up something new - for example, gourmet cooking, sculpting or modern jazz.
- Get involved in your community. Volunteer for a neighbourhood association, charitable or environmental cause, animal shelter or political campaign. Along the way you might make new friends. If you miss being around young people, volunteer at a local school or community centre.
- Cultivate some solitary pastimes. Learn to enjoy your own company.
- If you have been out of the work force while raising your family, look for a job.



- *Return to school for a certificate or diploma, or perhaps even a degree.*
- *Or just take some courses here and there for personal interest. Check out the offerings from the local school board's adult education centre as well as post-secondary institutions. Don't forget the option of distance education.*
- *If you are married, go on regular dates with your spouse. Get creative, trying new activities and types of food, or revisit activities from your courting years. Take turns doing the planning. This is a good chance to step up the intimacy and generate some romance and excitement.*
- *Plan some trips, with your spouse or friends, or perhaps on your own or with a tour group, depending on your situation and preferences.*

## REACH OUT

- *Keep in touch with your offspring through modern technology. Learn to become comfortable with the communication methods they favour, such as texting and Skyping. Just don't overdo it.*
- *Take the initiative in calling friends and relatives to catch up. Instead of waiting for invitations, extend them.*
- *If you don't feel you're adjusting well to your new circumstances, seek support from a counsellor.*
- *Whether or not you anticipated being an empty nester at this point in your life, the reality may initially seem unsettling. But with time, patience and trust in your resilience, you will successfully adapt and find yourself growing and enjoying life in ways you never imagined.*



*This editorial was written and submitted by: Lisa M. Petsche, a registered social worker and a freelance writer specialising in life transitions. Some of Lisa's publication credits include Windsor Parent, Forever Young, The Seniors Review (Hamilton), Fifty-Five Plus (Ottawa) and Senior Living (Saskatchewan)*



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*-CK Senior*

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*New Beginnings ABI & Stroke  
Recovery Association*

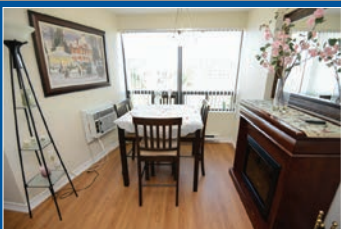
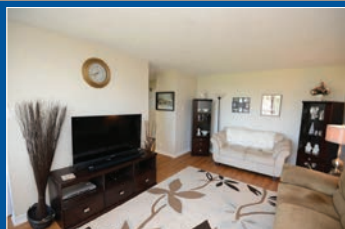
The New Beginnings Club enhances the quality of life for survivors of acquired brain injury (ABI), and stroke. We are committed to providing support and educational services for survivors and their families.



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.

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