

Take me home....I'm FREE!

ISSUE | 23

CKSenior

ckseniormag.ca | April 2017

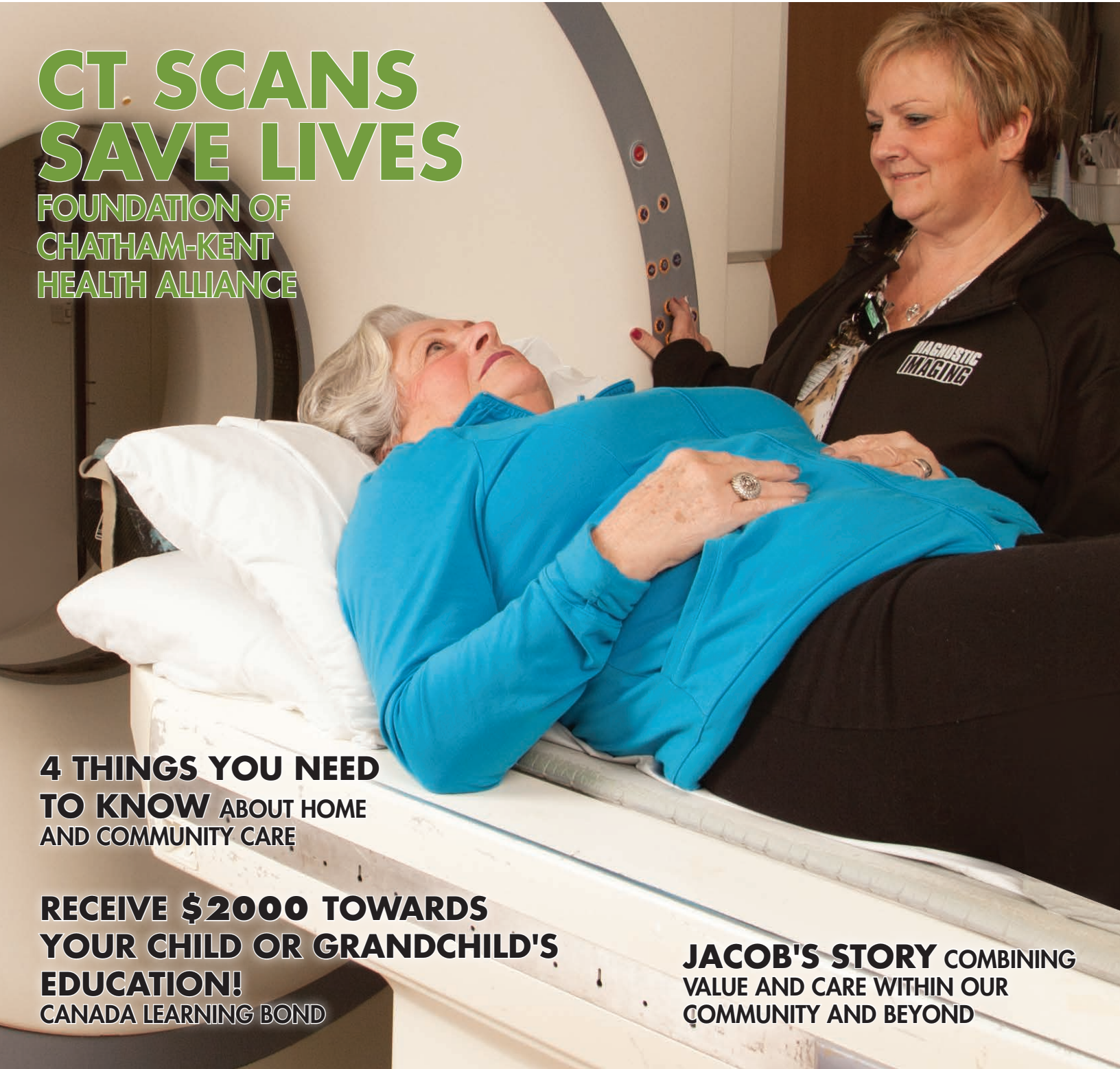
CT SCANS SAVE LIVES

FOUNDATION OF
CHATHAM-KENT
HEALTH ALLIANCE

**4 THINGS YOU NEED
TO KNOW** ABOUT HOME
AND COMMUNITY CARE

**RECEIVE \$2000 TOWARDS
YOUR CHILD OR GRANDCHILD'S
EDUCATION!**
CANADA LEARNING BOND

JACOB'S STORY COMBINING
VALUE AND CARE WITHIN OUR
COMMUNITY AND BEYOND





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WELCOME

TO CK SENIOR, ISSUE 23

Welcome to our 23rd issue of CK Senior! AND ... Welcome Spring, the season of renewal!

Spring is the time of year that we witness the rebirth of all the trees and flowers, and we're thrilled when we spot our first robin of the season as that is a telltale sign of spring. We get the itch to get outside into the gardens and to open our windows and greet our old friend "Fresh Air!" Although our winters here in Southwestern Ontario are nowhere near that of the rest of the province, I'd say we are all still ready for the introduction of some warmer weather and sunshine.

The early spring weather just makes us feel happier, and we begin to plan our upcoming summer days ahead. With the intention to do our best to enjoy every day to the fullest, we resolve to try new things and step out of our comfort zone. Not all of us need a set plan in our lives in regards to our days ahead, however, a lot of us do like to have a blueprint of what is happening today, and what's in store for the following day, and the day after that. We are firm believers that we should grasp all we can, while we can today, and gather as many memories and stories as possible along the way. Sometimes the unplanned events turn out to be the best of times and lead us down roads less travelled and more fulfilling than we anticipated. These "todays" end up being the best stories we tell!

We hope you enjoy this issue of the CK Senior and we thank all of our readers for picking us up and taking us home. BIG THANKS once again, go out to all of our advertisers, our contributing writers, and our illustrator for their support in making this publication possible. Without them we couldn't do it!

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

Sincerely,

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

216 King St. W., Upper Unit, Chatham ON N7M 1E6 or info@abstractmarketing.ca

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

Our Services:

- 24 hour nursing care
- Personal and individual care
- Recreational and social activities
- Rehabilitation services
- Nutritious meals and snacks
- Laundry and housekeeping services
- Trust fund account management
- Counselling
- Palliative (end of life) care

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ABOUT THE COVER

Cover shot was taken at the CKHA in the CT Scan room.

*Cover Photography by: Sean Harling, Phoenix Photography
www.phoenixphotography.ca*

Special thanks to our models, the lovely Maddie Moss (laying quietly on the CT Scan table) and Heather Sinclair MRT(R), Registered Medical Radiation Technologist (assisting Maddie as she does with numerous patients daily at the CKHA).

What is a CT Scan?

A Computed Tomography Scan (CT Scan) involves an x-ray tube that rotates around the body while the patient lies on the exam table. As the tube rotates, multiple projections are obtained. At the same time a specialized computer reconstructs the projections into cross sectional images.

Why is a CT Scan Important?

This essential piece of equipment provides detailed imaging, which allows Physicians to gain valuable information in cases involving strokes, brain tumors, head injuries, and bleeding. This equipment can visualize structures such as blood vessels and all other organs in the body.

It is commonly used to diagnose appendicitis, cancers, heart disease and kidney stones, and is used for some interventional procedures/therapies. A CT Scan is often used when a trauma has occurred (e.g. a motor vehicle accident or collision).



Why is a new CT Scan needed at CKHA?

Technology has improved significantly. Our current CT Scan, which was purchased in 2003, offers a 16-slice technology, which at the time of purchase was considered state-of-the-art. Today, CT Scans offer at least 64 slice technology that provides Radiologists and Physicians with more detail for reporting and, in turn, more accurate and faster diagnoses for stroke and cancer patients, among others.

What programs at CKHA will benefit from a new CT Scan?

More than 11,000 CT Scans were performed at CKHA during the 2013/2014 fiscal year, benefiting numerous programs, including the Emergency Department, Cancer Services, and the Stroke and Surgery Programs, among others.

How much will this cost?

The CKHA Diagnostic Imaging Equipment Renewal Campaign was launched in 2014 with a goal of \$6.9 million. To date, \$4.4 million has been raised. The remaining \$2.5 million needed to be raised will support the purchase of new Ultrasound Equipment for the Chatham and Sydenham Campus, along with a new CT Scan for CKHA. Please donate today.

NEW EQUIPMENT MEANS:



Your help is needed to bring this state-of-the-art equipment to our community hospitals

IN THE [TIME]
IT TOOK *YOU*
TO READ THIS,
CHATHAM-KENT



TO BEING WITHOUT A
CT SCAN

Used to gain information about strokes, brain tumors and head injuries, we need your help to replace our inefficient and dated machine.

**CT SCANS CAN SAVE LIVES.
IT COULD SAVE SOMEONE YOU KNOW!**

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Health Alliance



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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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of stroke and acquired brain injuries
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100+ WOMEN WHO CARE

CHATHAM-KENT



100+ Women Who Care is a local group of women who took root in August 2016 donating more than \$20,000 back to the community of Chatham-Kent. The concept of 100+ Women Who Care is to bring together 100 (or more) women who commit to make an immediate, direct, and positive effect in their home community by supporting local charities and non-profit organizations. 100+ Women Who Care meets four times a year for one hour in February, May, August, and November. At each meeting three Chatham-Kent charities in immediate need of financial assistance are presented by the nominating

members; one is awarded the group's collective donation based on

a silent vote. Each 100+ Women Who Care member writes a \$100 cheque directly to the chosen organization, and as a group, in only one hour it becomes a \$10,000 donation to make a positive impact for a local charity in need. The total commitment from each member is 4 hours and \$400 a year—it's as simple and powerful as that!

Recently, in December, 100+ Women Who Care Chatham-Kent supported The Alzheimer Society of Chatham-Kent with a group donation of \$7,850 to support their Music Therapy Program. "The impact you will make to our Music Program will be far reaching. It will help us with the cost of iPods, purchasing music, and distributing the iPods to those in our Day Programs, In-Home Respite Care and Rest and Retirement Homes, and to Long Term Care." - Mary Ellen Parker, CEO Alzheimer Society of Chatham Kent.

100+ Women Who Care offers women the chance to network and socialize with other like-minded women. These meetings allow women to learn about different organizations and volunteer opportunities in the community. Membership is ongoing so you can join at any time.

For more information about 100+ Women Who Care please visit **www.100WomenWhoCareChathamKent.com** or contact Quinn O'Hara Lassaline and Rachel Raspburg by email at: **100WomenWhoCare.CK@gmail.com**

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This photo was submitted, and this article was written and submitted by:
100+ Women Who Care

Live the Dream... *without breaking the bank*



Chatham-Kent's rich colourful landscape, beautiful natural scenery, and location between Lake Erie and Lake St. Clair make it a one-of-a kind location for boating, hunting, golfing, and water sports. With activities and entertainment for people of all ages and interests, our rich history, connections to the Underground Railroad, and proximity to water make us a destination for history buffs, classic car enthusiasts, sports fans, water lovers, and anyone excited by culture.

Stretch out in our wide open spaces, marvel at our low cost of living and high quality of life.

Welcoming people, year-round sports and recreation, an exciting arts and culture community, affordable housing, a high quality of life...it's living the dream without breaking the bank, it's what you'll find in Chatham-Kent.

Average House Purchase Price

Chatham-Kent	\$163,276
London & St. Thomas	\$297,480
Barrie	\$438,828
Kitchener-Waterloo	\$387,404
Ottawa	\$397,778
Mississauga	\$647,686
Toronto	\$729,922

January - December 2016 based on statistics from the Canadian Real Estate Association



Climate Comparison

	Jan	April	June	Oct
Chatham-Kent	-3.6	8.5	20.3	11.3
Toronto	-3.7	7.9	19.4	10.7
Ottawa	-10.2	6.5	18.7	8.4
London	-5.6	6.8	18.5	9.2
Barrie	-7.7	5.6	17.9	8.7
Kitchener-Waterloo	-6.5	6.2	17.6	8.2

Average Daily Temperature Comparison by Month (°C)
Based on data from 1981-2010.
Source: Government of Canada, Canadian Climate Normals Station Data



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4 THINGS YOU NEED TO KNOW...

ABOUT HOME AND COMMUNITY CARE

Having control over your own independence can mean different things to different people, but one thing that stands out time and time again is the desire to live independently in your own home. Having access to home and community care services can help many people stay independent, while ensuring they are able to live a safe and healthy life.

1) OPTIONS FOR CARE SERVICES

Home and community care services address the needs of people of all ages including seniors, frail elderly, persons with physical disabilities and chronic diseases, children, and any individuals who require ongoing health and personal care to live independently in the community.

Home and community care services exist to lend a hand with tasks such as meals, bathing, dressing, respite care, and other important aspects of healthy living. Depending on your needs, the range of services can include health care resources, non-medical care, and even companionship and social activities.

2) HOW TO ACCESS CARE SERVICES

One of the main contact points into home and community care services is through the Community Care Access Centre (CCAC). A referral for CCAC services can come from anyone and anywhere, be it self-referral, a family member, physician, hospital, school, or other community agency.

The CCAC conducts an assessment of your needs and provides many services including nursing, personal support, various therapy supports, and medical supplies and equipment. The CCAC also has many specialized programs including Mental Health and Addictions, Nursing, School Health Support Services, Palliative Care Consultation Team, and Telehomecare. There is no charge for any services provided through the Community Care Access Centre.

Additionally, the CCAC offers information about, and referral to, services available from other community care and support agencies. You do not have to be a CCAC patient to receive our

Information and Referral services. For more information call the CCAC at 1-888-447-4468.

Note: The Patients First Act, 2016, will transfer Erie St. Clair CCAC services to the Erie St. Clair Local Health Integration Network. All CCAC contact information will remain the same.

3) ONLINE RESOURCES FOR CARE SERVICES

ErieStClairHealthline.ca: www.eriestclairhealthline.ca

This website provides accurate and up-to-date information about a wide variety of home and community care services, right at your fingertips.

4) WHAT TO DO IF LIVING AT HOME IS NO LONGER AN OPTION

There may come a point when you, or a loved one, are no longer able to live independently at home. This may mean that you will need to look into options such as supported living through a private retirement home or a public Long-Term Care home. For more information on your Long-Term Care home options, please contact the local Community Care Access Centre (CCAC) at 1-888-447-4468.

*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.eriestclairhlin.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*



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FROZEN MEALS: Affordable menu of entrees, soups, breakfasts and desserts. Free delivery in Chatham-Kent.

HOME HELPER: Assistance with housekeeping, maintenance, personal support as well as many other family and individual supports.

CAREGIVER SUPPORT: Individual counselling and education for those who are caring for loved ones.

CLIENT INTERVENTION AND ASSISTANCE: A registered social worker provides assistance and support to address immediate problems or situations.

VOLUNTEERS: Our volunteers provide transportation to seniors and adults with long-term disability. They drive locally and out of town.

*To learn more about any of our programs contact us at
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A GROWING FAMILY

Eden Villa Retirement & Assisted Living is a family-oriented residence that offers you or your loved ones specialized care. As you walk through the front doors, you soon feel the family-focused atmosphere in a home-like setting.

Located in a quiet area of Chatham, in a remodelled historical residence that was once known as Victoria Residence, Eden Villa offers personalized care packages to suit individual's needs. Eden Villa is excited to now also offer newly renovated spacious rooms. You will often find our residents enjoying a card or board game in the dining room, visiting in the common lounge, or being entertained by local talent. At Eden Villa, we don't just consider you or your family member a resident, but part of our growing family, and we would love for you to call our home, your home.

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LEGAL MATTERS

GIFTING FAMILY HEIRLOOMS & PERSONAL BELONGINGS

JASON P. MALLORY, H.B.A., J.D.

There are a number of ways that you can leave family heirlooms or personal belongings, such as jewelry, collections, or automobiles, to your loved ones as part of your estate planning.

GIFT DURING YOUR LIFETIME

It may seem obvious, but when I discuss estate planning with my clients, many have not considered that they can gift items to their loved ones during their lifetime, rather than waiting for their estate. A gift during your lifetime allows you to experience the recipient's enjoyment and use of the heirloom item. This also avoids the requirement to pay probate tax on the value of the heirloom item, as it will no longer be owned by the deceased at their death.

BEQUEST IN YOUR WILL

Of course, in many circumstances it makes sense to gift the heirloom item in your Will, known as a bequest. Bequests should contain a specific description of the heirloom item (sometimes including a photograph of the item is a good idea) and who is to receive the heirloom item. Also consider what is to happen if you no longer own the heirloom item at your death, or if the intended recipient is not alive at your death. Bequests in your Will are binding upon your Estate Trustees and the beneficiaries of your Estate, and these instructions cannot be disregarded. Keep in mind that if your

instructions change, or if you decide to add other bequests to your Will, this will require a new Will or Codicil which should be completed by an estate planning lawyer.

BINDING INSTRUCTIONS

If you wish to provide more detailed instructions "in your own words", or personal notes to your Estate Trustees and beneficiaries, you may prefer to provide your gift instructions in a separate list or "memorandum", which your estate planning lawyer references and attaches to your Will. It is important that your lawyer review your memorandum to make sure that it is appropriately worded and does not contain any wording that may result in inadvertent legal problems to your estate. This memorandum will also be binding on your Estate Trustees and beneficiaries, but it needs to be completed and dated prior to the signing of your Will. If your instructions change and you prepare a new memorandum, this requires a new Will or Codicil.

NON-BINDING INSTRUCTIONS

Similar to the binding memorandum referred to above, there is a more flexible option that allows you to change or re-write your instructions as frequently as you like. Your estate planning lawyer can refer in your Will to your "strong wish and desire" that your Estate Trustees follow this memorandum, keeping in mind that this wish is non-binding. The non-binding nature of this option is a trade-off for flexibility. Your lawyer can keep a copy of this non-binding memorandum with your Will.

SPECIAL WILL FOR HEIRLOOM ITEMS

If you prefer to bequest the heirloom items in your Will, and if these items are of sufficient market value, your lawyer can prepare a special secondary Will to deal with these personal items without the need to pay probate tax on their value at your death. There is an added cost for your lawyer to prepare primary and secondary Wills for you, but depending on the amount of potential probate tax savings, this additional cost may be more than justified. For example, to bequeath classic cars, jewelry, or antique collections of substantial value it may be appropriate to prepare a secondary Will. I have also prepared secondary Wills for farm clients who own farm equipment and machinery in their personal names.

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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'CODE MARY' RESIDENT INSPIRED TRIBUTE

Recently the family of previous resident, Mary Rombouts, sparked a new tradition at Meadow Park Chatham. On February 14th when Mary passed away, her family invited staff to walk with them and form an honour guard in their Mom's memory as the funeral home left with their beloved Mother. Staff were very honoured and touched to be a part of this moment and the tribute sparked an initiative to provide this tribute to all of the homes residents. The tribute has been named "Code Mary" in honour of Mary Rombouts. When a "Code Mary" is called staff will gather together to escort the family and create an honour guard to show final respects to the individual who was a part of our extended family at the home. We thank Mary's family for inspiring us to continue to strive to make a difference in the lives of the people we care for.



Meadow Park Chatham is a fully accredited long-term care home proudly serving the community of Chatham-Kent since 1979. Tours are always welcome - please contact Lydia Swant to arrange a time to view the home and discuss care and services offered.

Visit us at: **www.jarlette.com**




HAVE YOU HEARD... ABOUT THE CANADA LEARNING BOND?

Receive up to \$2000 toward your child's education!

*As a parent and a grand-parent, we never stop trying to assist our children and grand-children by providing our support in both a physical and financial role. We use our years of wisdom to remind our children of how quickly the years go by, and how planning for the future of their children today will add up to better schooling opportunities and choices for them down the road. Each generation has the ability to learn more and go further in this life, and a great place to start this in motion is with the **CANADA LEARNING BOND!***

"Grandchildren are the dots that connect the lines from generation to generation" ~ Lois Wyse



HOW CAN THE CANADA LEARNING BOND WORK FOR ME?

Receive up to \$2000 for your child's education after high school - all you have to do is open a Registered Education Savings Plan (RESP) and mention the Canada Learning Bond.

You don't have to put any of your money into the plan. When you open an RESP, the Government of Canada will deposit \$500 right away and could deposit up to an additional \$1500 by the time your child is 15.

That's up to \$2000!

Starting an RESP is easy as

1-2-3

1. Go to www.smartsaver.org/startmyresp/
 - Complete application in about 10 minutes
2. Your financial institution will call you with an appointment
 - Appointment date and time
3. Visit your Financial Institution and bring
 - Parent/guardian's SIN number
 - Child's SIN number
 - 2 photo ID's for yourself (at least 1 government ID)

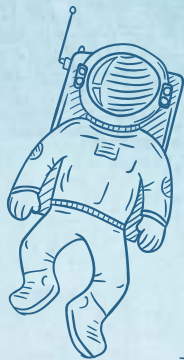


Canada Learning Bond



AM I ELIGIBLE?

If your child was born on or after January 1, 2004 AND your family received the National Child Benefit Supplement, you can receive the Canada Learning Bond. The National Child Benefit Supplement may be part of your Child Tax Credit.



HOW DO I SIGN MY CHILD UP?

Start a Registered Education Savings Plan (RESP) account with a licenced provider where the government can deposit the money. Visit your bank or financial advisor and ask for a NO CONTRIBUTION REQUIRED RESP for the Canada Learning Bond. You and your child will both need a Social Insurance Number (or SIN #). You may need additional items such as a birth certificate or photo ID. As your RESP Provider what to bring.

Need a SIN#? Call Service Canada at 1.800.622.6232 to ask how you can get one!



WHAT IF MY CHILD DOESN'T CONTINUE EDUCATION AFTER HIGH SCHOOL?

Your child has 36 years to use the RESP and if it is not used, any money received from the government is given back.



DO I HAVE TO USE MY OWN MONEY?

No. If you DO choose to put money in, you will get additional grant money through the Canada Education Savings Grant (CESG). Get more information from your bank or financial advisor when you sign up for an RESP!



WILL THIS AFFECT OTHER BENEFITS?

No. Having a Canada Learning Bond does not affect other government benefits such as Ontario Works, housing subsidy, and childcare subsidy.



WHAT PEOPLE ARE SAYING ABOUT THE CANADA LEARNING BOND

"The Canada Learning Bond is not too good to be true," assures Kate. She encourages parents who are uncertain that they can "overcome their fears about applying because it's easier than people think."

"All you have to do is go to a bank or credit union with your and your child's Social Insurance Numbers (SIN), fill out an application while you are there, and the bank does the rest."

~ Kate (two parent family with one child)
Chatham, Ontario

"In my generation, grandchildren were gifted with long duration Canada Savings Bonds, for their futures. This is the digital age version for grandparents to continue a long standing tradition. Even has 'make sense' Government participation. Good investment for all our futures."

~ Peter Brull
Chatham, Ontario

"Canada Learning Bonds are a fabulous opportunity for families! The sooner you start, the more you can save! Don't miss out!"

~ Kelly Emery
Director, Children's Services



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THIRTY YEARS AND COUNTING FOR...

THE SENIOR EXPO AND ACHIEVEMENT AWARDS

A tradition which began in the late 1980s will be renewed again this year as the community holds its 30th annual Senior Expo and Achievement Awards on Friday, June 16 at the Blenheim Recreation Centre.

Chatham-Kent Counc. Karen Herman, the planning committee chairperson, said, "The day is a showcase to demonstrate the many contributions of seniors throughout the municipality."

"The contributions by seniors through volunteer efforts can't be measured in just dollars," she said. "They enrich our lives and our communities in too many ways to count."

More than 500 persons attended last year's event at which 50 seniors were recognized. The ceremony is sponsored by the municipality annually to the tune of \$3,000.

Herman said the planning committee members include Elinor Mifflin, Linda Paling, Bobbi-Jo Ferren, Kathryn Vaneck, and Barb Ferren, as well as Councillors Frank Vercouteren and Trevor Thompson. "We are busy making preparations but require the help of the community at large in one key area".

"Perhaps the most important aspect of the awards is that the process is totally community-based," she said. "Nominations are made directly from community members so it's a form of recognition by your peers."

To be nominated, a person must be 60 years or older, reside in Chatham-Kent and have contributed to the community. "We ask for a brief description of what activity the nominee was involved with and how they helped," Herman said. "It's a very simple process. We don't want any deserving person to be overlooked."

Honourees receive Achievement Award Certificates from CK council, as well as from the Federal and Provincial governments. They are also greeted and thanked at this event by the Mayor and Council members, MPs, and MPPs.

Nomination forms can be found on the municipal website at www.chatham-kent.ca or the Chatham-Kent Senior Expo and Achievement Awards Facebook Page. Forms can also be found at CK Senior Centers, CK municipal centres, and libraries.

2017 CHATHAM-KENT SENIOR EXPO & ACHIEVEMENTS AWARDS

Exhibitors | Entertainment | Awards | Lunch | Door Prizes

Friday, June 16th 2017

9:00AM - 1:30PM

Achievement Awards begin at 11:00AM

Blenheim Recreation Centre Arena

199 King St. Blenheim, Ontario

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HYALURONIC ACID retains moisture to protect and lubricate the cartilage and connective tissues in moving joints. Oral supplement studies reveal improvement in joint pain within two months of use.

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A supplemental approach requires time and patience. Think long-term for pain relief ... naturally.

(Consult your pharmacist. Natural supplements can interact with medications.)

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JACOB'S STORY...

COMBINING VALUE AND CARE WITHIN OUR COMMUNITY AND BEYOND

Growing up with a rural route address in Elgin County, you couldn't help but get to know your neighbours. Everyone attended the same church suppers, fall fairs, and community functions – not to mention those hour-long bus rides to school, which quickly defined your friends and childhood rivals.

My mom and dad still live in Dutton-Dunwich, and on each occasion I visit, my car wants to veer down the rural concession where I grew up.

As the tires rumble against the tar and chip road, I'm always glancing off into far reaching farmland where a farm house used to be. 100 acre parcels where a home, family, and stories have given way to more tilled and tiled fields. Farming has transformed, oddly enough, in much the same way as the Funeral Profession.

Every little hamlet and town had a Funeral Home of their own at one time. A mom and pop business with an apartment perched on top. The local undertaker may well have sold caskets and furniture, operated the Sears catalogue outlet or manned the community ambulance base. Many of these businesses, like small scale family farms, have faded into the realm of history.

I feel fortunate to be a Funeral Director, and part of a team with the privilege of serving people in seven small communities that cross county lines and, over 100 kilometres. Yet no matter the front door at which I find myself standing or the folks to whom I'm chatting, I'm thankful that Denning's has sustained this fixture in town. It is a place to come and gather even today, when it could easily have disappeared in time.

As Funeral Directors we are committed to telling stories and sharing the memories of that lady who always served dessert at the church supper, the man who sold midway tickets at the fall fair, and the classmate who hassled you at the bus stop. Thinking about our own end isn't easy. Beginning a conversation with a Funeral Director you trust, who may well be your friend or neighbour, ensures nothing is lost in translation or time, and that your story is told your way.

The Denning's family is here.....to help your family.

Sincerely,

Jacob Rowe
Managing Funeral Director
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8	9	2			3		1	4
				6	8		7	
4	5			8				1
		8				2	0	
1		3	7			5		
	7	1			6		5	
5		9	2				8	
6					7			9

See Answers on pg. 30 | Difficulty Level: ●●●○○

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LIFE LESSONS...

OUR FIRST YEAR IN REVIEW

It seems like just yesterday when we were preparing to open the doors of our community's first residential hospice but nearly a year has gone by and in reflecting on our first year, there are many life lessons we have learned.

As this article was prepared, Chatham-Kent Hospice has served over 195 families from across Chatham-Kent but facts and statistics don't demonstrate the true impact to our community; the impact on hospice residents and families, or on our staff and volunteers. We have received wonderful feedback from our hospice families that prove we are making a difference in their lives as they say goodbye to their loved one but what are the lessons learned by staff and volunteers as they walk alongside families in their journey?

EVERY DAY COUNTS!

This is something that we often don't give much thought to when we are well but at Hospice, it is a priority. Over the past year, our staff and volunteers have helped organize many events such as wedding receptions, birthday parties, graduation parties, and other family celebrations. We have also learned that these events do not have to be elaborate to be significant. A family movie or games night, family dinners, music therapy session, spa baths or family visits all help people develop warm memories that will sustain them through their grief journey.

SMALL GESTURES MAKE A BIG IMPACT

Our staff and volunteers have all received specialized training in palliative and end-of-life care but it's their generous hearts that make them the best at what they do. They are honoured to share this journey with families and this means showing kindness at every opportunity. A small gesture like encouraging family to get some rest or nourishment, listening to the family's needs, answering questions every step of the way, or giving hugs when needed, these are all simple gestures that help residents and families know they are cared for and not alone.

- 195 FAMILIES SERVED
- 80% OF RESIDENTS WERE OVER AGE 65
- AVERAGE LENGTH OF STAY IS 9 DAYS
- 50% OF RESIDENTS HAD A CANCER DIAGNOSIS
- 220+ VOLUNTEERS HAVE GIVEN OVER 10,000 VOLUNTEER HOURS

SUPPORT FOR FAMILIES IS IMPORTANT

When a resident and their family come to Hospice, they have often been caring for their loved one for weeks, months, or even years. Caregivers are tired and stress levels can, understandably, be very high. The first priority is to ensure the resident is comfortable but support of the family is also given priority. With the ability to get much needed rest and the opportunity to have meaningful conversations, often guided by our Spiritual Care Coordinator and other staff, stress levels are reduced, relationships are strengthened or healed, and people feel supported as they say good bye.

WHEN YOU GIVE, YOU OFTEN GET MORE IN RETURN

As noted, we have over 220 volunteers who have given over 10,000 hours of time since we opened last year. Why do they continue to give? Because they get so much more in return.

Our volunteers tell us that they are rewarded with knowing they have made the day better for someone who might be living their last day or for their family; they are able to share skills they've honed over the years in a way that makes a difference; volunteering gives them a purpose outside of themselves which leaves them feeling fulfilled.

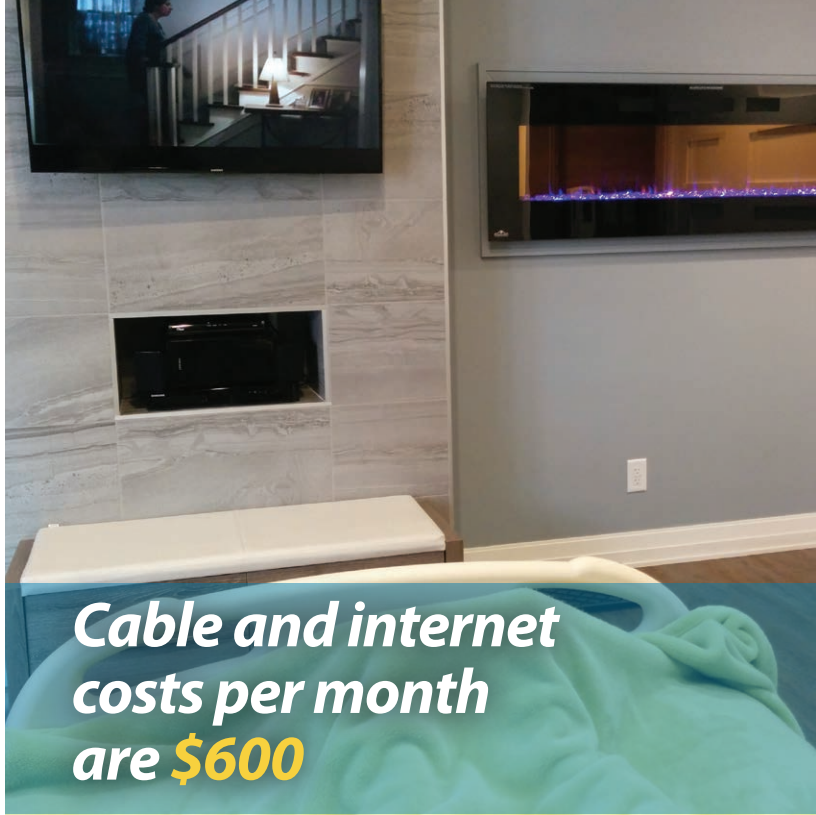
We see the same level of generosity in our donors – individuals, groups, and organizations who support the work of Chatham-Kent Hospice so residents and families can access care, at no cost. In Chatham-Kent, we have seen the interest and willingness to support our friends and neighbours when facing end of life and, for the staff and volunteers involved in the daily care, it is truly heartwarming!

As we enter our second year of operation, we look forward to learning more lessons, serving more families, and becoming better at what we do every single day. To everyone who has supported Chatham-Kent Hospice in any way –

Thank You!



It costs **\$233** to support one resident for one day



Cable and internet costs per month are **\$600**



Groceries and dietary supplies average **\$385** per week



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

Support families in life's final journey.
Please Donate Today.



Contact us to learn more or to donate:

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By Mail: 34 Wellington St. E. Chatham, ON N7M 3N7

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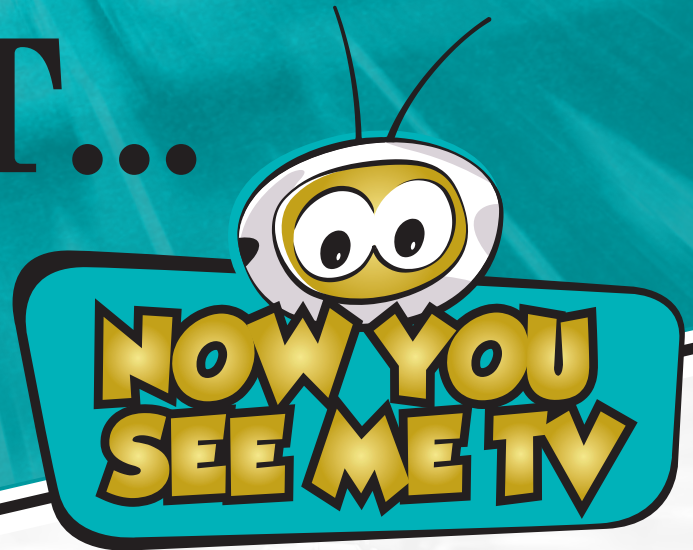


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SOCIAL SERVICE WORKER GERONTOLOGY PROGRAM

ST. CLAIR COLLEGE, CHATHAM CAMPUS

"The increased longevity and diversity of our population as a whole, and the movement of the baby boomer generation into its senior years, is creating significant demand for professionals with knowledge and expertise in aging"

– Ministry of Training, Colleges & Universities 2007, Queens Printer for Ontario

The Social Service Worker Program at St. Clair College was established in recognition of the need to educate and train professionals to provide frontline services and supports to older adults and their families. Students are prepared with the foundational knowledge and core skills required to work in the diverse and challenging field of eldercare. As our population ages, new and emerging job opportunities in the field of gerontology are on the horizon. Graduates may work in a range of settings that provide services to seniors such as retirement and long term care facilities, health and recreation programs, private home support services, adult day programs, dementia programs, elder abuse services, seniors' centres, and entrepreneurial initiatives.

The program falls within the scope of practice of the profession of Social Service Work, governed by the Social Work and Social Services Act (1998). The program promotes the values, ethics, practice and conduct standards for Social Service Work set out in the Ontario College of Social Work and Social Service Worker's Code of Ethics and Standards of Practice. Students who successfully complete the Social Service Worker Gerontology diploma and the block field placement are eligible for registration with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) and may then use the title of Registered Social Service Worker.

ADDITIONAL FEATURES:

- First offered at the Chatham Campus, September 2014.
- A two year diploma program (full-time).
- Program content includes Social Service worker training in interpersonal communication, case management, interviewing, group work intervention, diversity, advocacy, social justice, and community practice.
- A number of specialized courses are also offered such as Activation and Restorative Care, Recreation, Leisure and Therapeutic Program Planning, Dementia Care, Adult Development, Death, Dying, Grief and Bereavement, and Volunteer Management.
- Students are introduced to many social service and community based agencies focused on seniors during their time at the college to better understand the needs of seniors and well as increase their chances of eventual employment in the field.
- Social service worker students are in a unique position to understand and respond to the increasing problem of loneliness and isolation in the senior population as a focus of SSW practice is on social functioning.
- Future pathways to success – on completion, students may gain advanced standing toward a Bachelor of Social Work, a Bachelor in Gerontology, a Bachelor in Disabilities Studies, or an Honours Therapeutic Recreation Degree at specific universities.
- Due to it's popularity, the program is also now being offered to international students in Toronto by St. Clair College.
- Placement sites have included Alzheimer Society of Chatham-Kent, Meadowpark, Village on the Ridge, Copper Terrace, Residence on the Thames, Riverview Gardens, St. Andrew's Residence, Sydenham Residence, Victorian Order of Nurses, Eden Villa, Canadian Mental Health Association, The Active Lifestyle Centre, Chatham Kent Hospice, New Beginnings, Park St. Place, Salvation Army, and Community Living (Chatham and Wallaceburg).
- Chatham Campus has recently undergone an expansion consisting of additional study space, a student recreation centre, and more meeting space.



Photo: SSWG Students
Including: Dayton Martin (far right) and Jami Weening (back row centre)

"I decided to return to school after being a stay at home Mom for 6 years. I took a risk choosing the SSW-G program knowing little about the profession. Within the first couple of weeks I felt like I had finally found where I belonged. The instructors are passionate about our community and helping our Seniors live their best life. We have a strong group of individuals about to graduate and put our skills to good use!"

- Jami Weening
2nd year SSWG student

"The Social Service Worker – Gerontology program at St. Clair College has been highly informative in providing me with the skills and tools needed to gain immediate employment or becoming the basis and building blocks for future academic endeavours. The program faculty are extremely knowledgeable providing a learning experience which is very engaging in a smaller class environment; a true premium learning format! I found the program to be designed for success if you are willing to commit the required energy and effort. This was easily the most productive 2 years of my life."

- Dayton Martin
2nd year SSWG student

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Since opening in 2014, Oaks Retirement Village has completed a significant renovation and new construction to meet the needs of the local community and senior population. Completed by local companies under the direction of local ownership, the new addition provides beautifully appointed suites of exceptional quality to enhance the already beautiful existing home.

A growing community of residents leads to community employment opportunities. The Oaks Retirement Village team supports each resident with exceptional services ranging from activities, to housekeeping and laundry, to dietary, to personal care and nursing. Oaks Retirement Village is proud to have created meaningful employment for over 75 members of the local community. General Manager Andrew McClintock explains, "We hire only the most caring and best staff and train them to provide resident-centred services no matter where residents are on the care continuum. We have many residents who are very independent, but take comfort in the fact that we are here for them if and when they need us."

More recently, many staff have undergone additional training through a unique partnership with the Alzheimer's Society of Chatham-Kent to better serve residents of the new Memory Care Home Area, a secure section of Oaks Retirement Village which specializes in supporting and caring for residents with Alzheimer's Disease and related dementias. Resident Engagement Coordinator Tina deBakker explains, "Our staff, residents, and families are encouraged to 'Embrace the Moment' and approach each day with the promise to make all interactions positive and meaningful, one moment at a time."

A full schedule of activities, numerous beautifully appointed amenity spaces, and luxurious suites combined with highly trained and compassionate staff, Oaks Retirement Village truly offers something for everyone. If you or your loved one would like to experience Chatham-Kent's premiere retirement residence, contact the home at 519 627 9292 or visit them at oaksretirementvillage.ca to book your personal tour and to see how Oaks Retirement Village can support your needs.

For Oaks Retirement Village, being locally owned means more than just supporting residents with exceptional amenities and services.

Mason Jar Carrot Cake

INGREDIENTS

CAKE:

- 2 cups all-purpose flour
- 2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. salt
- 1 orange (peel and all), pureed in blender (cut off ends, quarter, remove seeds and pith)
- 2 cups granulated sugar
- 1 1/4 cups vegetable oil
- 4 large eggs
- 2 cups carrots, grated
- 1/2 cup walnuts or pecans, chopped

CREAM CHEESE FROSTING:

- 4 oz. cream cheese, room temperature
- 2 tbsp. butter, room temperature
- 4 cups confectioners' sugar, sifted
- tsp. grated orange peel
- 1 tbsp. orange puree

GARNISH:

- mint leaves, blueberries, carrot shavings, walnuts or pecans, chopped

DIRECTIONS

- Wash 8 jars, lids, and rings in hot soapy water
- When jars have cooled, generously grease the inside of each jar with vegetable shortening.
- Preheat oven to 325°F. Place a baking sheet in the middle rack of the oven.
- Sift together the flour, baking powder, baking soda, cinnamon and salt; set aside.
- Beat together the orange puree, sugar, oil and eggs; add the dry ingredients, mixing well. Add the carrots and nuts. Beat for 30 seconds.
- Divide the batter evenly among the 8 jars, filling them about 1/2 full. Use a thin knife to release any air bubbles trapped in the batter.
- Bake for 35-40 minutes, or until a wooden pick inserted into the cakes comes out clean.
- When cakes are done, using oven mitts, remove from the oven and let cool.
- Prepare cream cheese frosting. Cream together the cream cheese and butter until light and fluffy. Mix in the powdered sugar and orange peel and orange puree until well combined.
- Spread onto cooled cake. Add chopped nuts, carrot shavings, mint leaves, and blueberries to garnish.



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"GOOD THINGS COME TO THOSE WHO
WAIT, BUT BETTER THINGS COME
TO THOSE WHO ARE PATIENT."



WELCOME SPRING!

Illustration by: Crystal Waters

SUDOKU ANSWERS

So...How did you do?

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

Play the game on page 21

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MORPETH

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519.674.1010

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Citizens Club Inc.*

205 James St., Wallaceburg ON

519.627.6224

WHEATLEY

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Friendship Club*

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