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ISSUE | 25

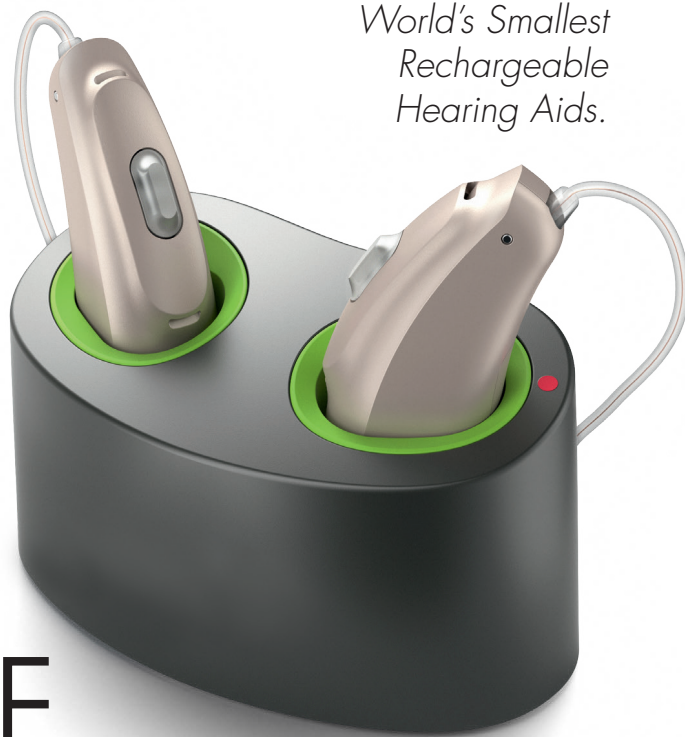
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# CK Senior

## ISSUE 25

Welcome to our 25<sup>th</sup> issue of CK Senior!

Since 2009 we have been distributing the CK Senior magazine throughout Chatham-Kent, and we are extremely happy and grateful to be bringing you our 25th ISSUE! We hope you enjoy this issue of CK Senior, and we thank you for picking us up and taking us home. BIG THANKS, as always, go out to our advertisers and contributing writers for their support. We couldn't do it without all of you!

As we approach the end of 2017 and welcome the beginning of 2018, we are all given a chance to reflect on the memories made during the past year. It's our time to prepare for a brand new year that could offer us endless possibilities. It's time to hang up the new calendar and plan your days ahead. Sometimes the fun in any plan, any visit, any trip, or any upcoming function is more about the anticipation leading up to the day's event, than the event itself.



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On another note, there is a saying going around: "Health is the new wealth," and as we age it couldn't be any truer. Or, maybe we just listen more to these sayings as we grow wiser? How we take care of ourselves in the spring of our lives truly does come out in the fall. So every chance you get to move a little, sing a little, and dance a little, DO IT! Take care of the body you have and celebrate you. Enjoy the things available to you, and spoil yourself once in a while. There is no better time than today!

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

From all of us at Abstract Marketing, we wish you a happy holiday season and all the best for 2018!

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:

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CK Senior is printed 3 times a year.

WEBSITES | DESIGN | PRINTING & SIGNAGE

# Riverview Gardens - Long Term Care Home

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Dogs Smart Pet Food

## "Jimmy's Old Time Radio Show"

Canada's #1 Retirement Entertainer



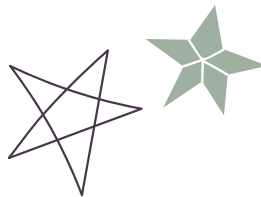
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# "Red Wings Fans Welcome"

## Irwin's Hospice Heart Story

Irwin and his care team had some fun with their Hospice hockey rivalries! From left to right: Nicole, Karen & Kathy from Chatham-Kent Hospice, Irwin, Caitlyn from Christian Horizons.

Each resident we welcome at Hospice is unique. They have their own spirit and personality. Our goal at Hospice is to help each resident live their final days to the fullest, surrounded by care and compassion.

### *Irwin was one of these residents.*

Irwin grew up in Detroit and attended Detroit Public Schools in Special Education Classes. When these classes ended Irwin went to work with his father at his construction job. Irwin's tasks were to hose down equipment, sweep the floors, pump gas into the trucks, and other mechanical tasks – he was always mechanically inclined.

Irwin was also a huge hockey fan. In the 1960s his father purchased Irwin a small portable TV that broadcast the hockey games and Irwin was hooked. He was a diligent observer, keeping track of each player's statistics and schedules. If you wanted information about any player on the Detroit Tigers or Red Wings, Irwin would know.

Irwin moved to Canada in the 1970s and lived at the Southwest Regional Centre and then Christian Horizons community group home. He lived with four housemates who he had known for many years and considered good friends. He was known for his sense of humour and reading the London Free Press every day. Irwin loved pizza, potato chips, pop, chocolate pudding, and ice cream.

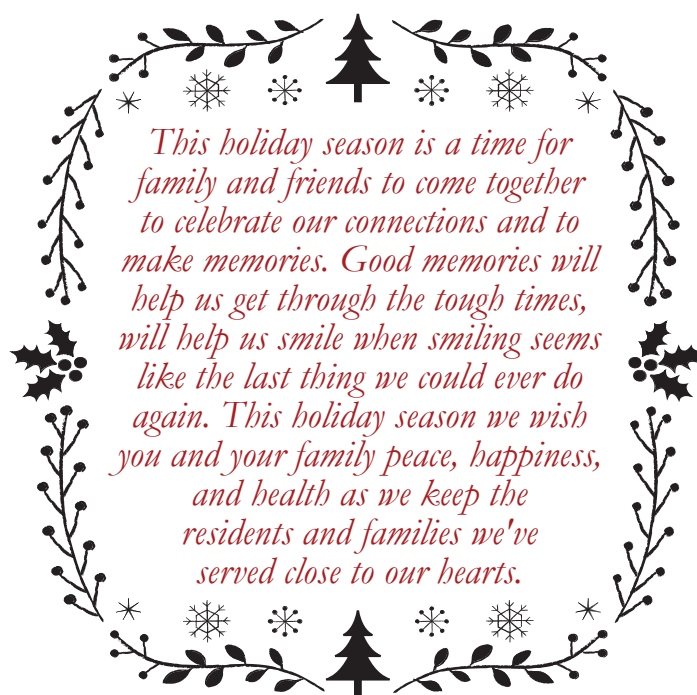
Family was always very important to Irwin. His sister, Carolyn, visited him often from Michigan, and his aunts who lived close by were some of his favourite people.

After Irwin arrived at Hospice, his Christian Horizons support workers shared this about his experience:

*"The hospice felt like a home away from home. Irwin looked much more comfortable in his new surroundings and the care he received is amazing. Irwin had really taken a liking to the outside garden. He was always looking out his window which has a perfect view from his room. From day one of being in the care of the hospice team we, as his support staff, noticed the love and support you had for Irwin. For example, making a Red Wings sign for Irwin's door or just making sure he had ice cream or pudding with his meals because it is something he enjoyed. The amount of respect we have for the hospice staff is tremendous."*

It was an honour to care for Irwin and do all we could to make his end-of-life journey as comfortable as possible. And it is an honour to care for each resident we welcome to Hospice for their own unique end-of-life passage.

### *Go Red Wings Go!*



A photograph of an older woman with short, wavy brown hair and glasses, wearing a blue top and a pearl necklace. She is hugging a person whose back is to the camera. The person being hugged is wearing a vibrant, multi-colored paisley shirt. The background is a soft-focus outdoor scene with green and yellow foliage.

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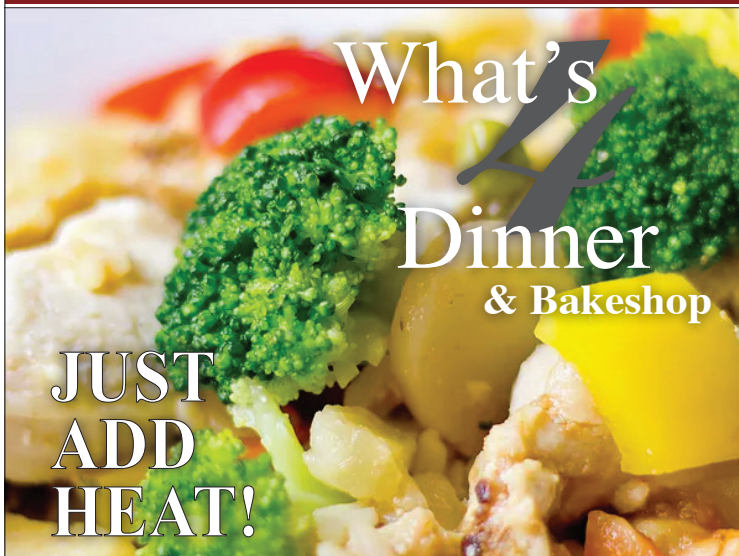
There is a certain joy to living at Village on the Thames; it comes from the warm surroundings, the friendly people, and the freedom to embrace life without the burdens of daily chores. Residents have plenty of time to enjoy each day visiting with friends and participating in activities.

To add to the comfort of living at Village on the Thames, the dedicated staff are ready to assist residents on a moment's notice – around the clock. This welcoming and supportive environment redefines the notion of independent living with the comfort and security of knowing we are always there. For those who need additional care we offer Enriched Assisted Living Care. Enriched Care offers a higher component of staff for that extra unique needed attention. We also offer a dedicated dining room for that extra touch.

With our comfortable home-like setting, Village on the Thames features beautiful landscaped grounds, relaxing lounges, and a dining room that serves three delicious home-cooked meals and snacks daily. Our spacious studios and one bedroom suites are ready to be made your own and decorated to personal preferences. Each room has a nurse call system, individual heating & cooling units, telephone, and hook up for cable television. We take care of the housekeeping, changing & washing the linens, and doing personal laundry too.

Stop by today for a personal visit!!

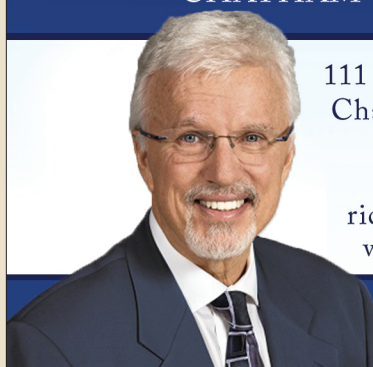
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# "Jimmy's Old Time Radio Show"

Canada's #1  
Retirement Entertainer

'Jimmy's Old Time Radio Show' is one of Canada's foremost entertainers. A specialist in concerts for care homes, Jimmy, or James Skarnikat of Hanover, ON, turned his gerontology background into a thriving music career entertaining seniors. Formerly a Nutritional Manager in long term care and retirement homes, his interest in the growing field of seniors care began in the 90s. A chef at the time, he attended the Food Service Supervisor program at Toronto's George Brown College, beginning an unlikely journey toward becoming a top entertainer. Perhaps it was just a matter of time before his love of music melded with his work with seniors.

Performing coast to coast to rave reviews, Jimmy is currently planning his 4th Canadian tour. His last tour took him from Sydney, NS to Sidney, BC, 149 shows in 15 weeks. With that, plus the balance of the year in Ontario, he now averages 300 - 400 shows annually. It's a vast market, with care home venues in every town, with endless variation, it being continuously interesting. Each home is unique, from lavish city retirement villages to modest ocean-side cottages, big and small, public or private, from retirement living through long term care, locked dementia floors to hospital wards, seniors activity centres, even

churches, legions, and service clubs; all are related off-shoots. Jimmy will tour the Maritimes in the fall of 2018, then head west next in the spring of 2019. It's a big country, one that he commands more and more. Where he used to do Canada within a calendar year, he's so busy now, he has to split the country in half.

As if not busy enough, Jimmy also performs to general public audiences, playing, recording, and promoting his own material as "Skarni", a segment of his Baltic last name. His work entertaining seniors has become the driver for his own music, affording Skarni the ability to visit recording studios across the country, creating a unique Canadian sound.

Working with seniors as he does, the recordings by Skarni have been influenced by his Old Time Radio Show. A few of his songs reflect the sentiments and themes he encounters. The song "Bad Man" on his self-titled debut record was inspired by Johnny Cash, the song coming to him while rehearsing for a JC themed show. His second record, "Across The Great Divide And Back," includes the song "Why'd You Have To Ask Me," a throw-back to an old-time country sound, written on a rainy Winnipeg afternoon in between concerts, reflecting on touring and being away from home. Other seniors' inspired songs are planned for future projects as Jimmy works to foster a stronger societal focus on Canada's aging demographics.

*Seniors have been good to him, so he endeavours to give back a little.*



Jimmy's asked all the time if he has "tapes," so in the summer of 2017, he began a recording project laying down some favourite classic covers. "Jimmy's Old Time Radio Show - Volume One" will be available toward the end of 2018. It'll be an honest reflection on the songs, played as he always does, simply and with reverence, on acoustic guitar with voice, pure music, the way his audiences tell him they enjoy it.

His classics record will be part of a trifecta of seniors' focused projects. Also in the works, Jimmy is writing a book about being a professional care home entertainer, with quips from his 1300 + concerts, plus insights to offer those in the retirement industry or anyone close to seniors. Already getting interest from publishers, the book will offer the unique insight from Canada's #1 retirement entertainer, from the time he mid-song caught a falling lady, to stories about the legends shared by those that actually met them, to the iron grip handshake of the oldest living Canadian Mountie, many endearing stories, the hospitality shown him from Atlantic to Pacific binding everything together.

For Recreation Therapists, insights are offered, from safe activity rooms to taking bookings, from the temperature he likes his water to best infection control practises, many subjects exploring the full-scope of his experiences, all with love and thanks to a vast and dynamic industry.

Also planned, a concert video will be filmed and made available to care homes. Seniors have long days to fill, so Jimmy's goal is to provide a memento to his many generous venues, something that can be viewed and enjoyed by the seniors as an activity, a presentation of some favourite hits.

Jimmy's 2018 concert schedule is booked solid and it includes several visits to south-western Ontario. If he could, he'd bring every senior the gift of music, so show by show he is tenaciously working toward that goal, travelling and performing constantly, recording, writing, working hard, and learning more and more from the road. It's been a great ride so far and there's no stop in sight.

*This article (and photo) was written and submitted by:  
James Skarnikat, Hanover, Ontario.*

For more about "Jimmy's Old Time Radio Show" and "Skarni" go to:  
**[www.jimmythecrooner.com](http://www.jimmythecrooner.com) | [www.skarni.com](http://www.skarni.com)**

Or check out on  "Jimmy's Old Time Radio Show" and "Skarni"

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## REMEMBER LASSIE?



- "Lassie's first appearance was in the movie called *"Lassie Come Home"* released on October 7, 1943 (74 years ago!)
- Lassie is a female rough collie dog, a fictional character created by English American author Eric Knight
- *"Lassie Come Home"* was first published as a short story in 1938, and later as a full-length novel in 1940

### BUT DID YOU KNOW...

What the name of the dog that played Lassie in this movie was?

\* Turn to page 16 for answer



## Active Lifestyle Centre "CONNECT" OLDER ADULTS RESOURCE FAIR

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A man and a woman are walking a dog on a leash in a park. The man is on the left, wearing a patterned short-sleeved shirt and blue jeans. The woman is on the right, wearing a red turtleneck, a grey cardigan, and black pants. They are both smiling and holding hands. The dog is a small, brown and white puppy on a leash. They are walking on a grassy path with trees in the background.

# about the cover

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

## P.A.W. Rescue... Every animal comes with a story!

Late July 2017 a litter of four little puppies (Bouvier/Rottweiler mix) were born. A few days afterwards one of the puppies (named Maxine) was rejected by her Mom. "When a mother dog rejects one or more of her pups, it usually means something is wrong with either her health or the health of the little guys. Without mom's care, a rejected baby pooch needs immediate supportive care from you, and veterinary treatment as soon as possible." It was at that time that Myriam of P.A.W. Rescue was contacted and quickly came to the rescue of the little canine. Maxine was only 3 days old. Myriam and little Maxine quickly bonded. She was so tiny Myriam had to bottle feed her quite often, and therefore she took her with her everywhere she went in order to make sure she was continually nourished. They truly became the best of friends!

Through the services at P.A.W. Rescue, at 7 weeks old, Maxine met her "Forever Family," Cheryl and Jim Walton. When Cheryl heard Maxine's story, that was it...she was sold! When they took little Maxine home that day, they were so excited and wanted her to have a fresh start in her life. So in addition to all of the puppy paraphernalia "The Walton's" had already for her, they also decided to give her a real fresh start and renamed her "Sadie."

The cover shot was taken at Tecumseh Park, check out 12 week old Sadie now!



*Myriam of P.A.W. Rescue reuniting with Maxine, the puppy!*

Pet And Wildlife Rescue is a charitable not for profit organization that provides various rescue and shelter services across Chatham-Kent, which includes assisting lost and abandoned pets.

Their services vary from reintegrating abandoned pets through adoptions, providing

public education on compassion towards animals (through local schools and groups), assisting injured or orphaned wildlife, operating a pet food bank for the less fortunate, and organizing community events such as micro-chipping clinics and affordable spay and neuter programs.

They have helped many animals over the past years. If you are looking for a new family pet, please consider adopting a loving pet from P.A.W. Rescue.

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PET AND WILDLIFE RESCUE

CHARITY # 806379376RR0001

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Your donation will not only help P.A.W. Rescue, but will also qualify you for a chance to win veterinary services that will help your furry family member. Give the gift of helping P.A.W. Rescue, and you may just get a great gift in return! *Veterinary service provided by DMS Veterinary Group.*

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## ANSWERS FROM PG. 13



Knight's novel was filmed by MGM in 1943, as "Lassie Come Home" with a dog named Pal (1940-1958) playing Lassie. Although Lassie was supposed to be a girl, Pal was actually a male.

- Pal then appeared with the stage name Lassie in six other MGM feature films through 1951
- Pal's owner and trainer was Rudd Weatherwax
- Pal was ready to retire after 11 years in the industry and his three-year-old son, Lassie Jr., stepped in to pick up the family business
- In 1954, the long-running, Emmy winning television series "Lassie" debuted, and, over the next 19 years, a succession of Pal's descendants appeared on the series. Pal's descendants continue to play Lassie today.

# SUDOKU



8	9	2			3		1	4
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6					7			9

See Answers on pg. 26 | Difficulty Level: ○●●●●



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# Your Prescription For A Healthy Weight

## Fat Is In And Carbs Are Out!

Two years ago, I stumbled over a book that has drastically changed my perspective on healthy diet and has allowed me to help hundreds of patients start to recover from diabetes and obesity. That book was "Dr. Atkins' Diet Revolution," published in 1972. Dr. Atkins promoted a diet high in fat and low in carbohydrate. Carbohydrates, found in wheat-based foods, corn, winter squash, potatoes, rice, sugar, etc. are a type of MACRONutrient that supply our body with energy. Protein and fat are the other two MACRONutrients that we consume in our food. Not eating carbohydrates causes the body to metabolize the fat your body is storing into ketones, which are used by your cells for energy. The fat metabolism results in weight loss. Years later, emerging research suggests that as long as high intakes of meat are avoided (eating less than 10-12 oz per day) and lots of leafy greens and other low carb veggies like broccoli are consumed, a low carb lifestyle may be a sustainable short to intermediate term strategy to help with weight loss and blood sugar control.

Take Helen, a 60 year old woman who I met for the first time in the spring of 2016. She came to my office for her first "get-to-know-you" type appointment and seeing that she was overweight, I asked her if she was diabetic. She said absolutely not but I sent her for blood work just to be sure. Her blood work showed she was not only diabetic but her sugars were very poorly controlled. When I told her the diagnosis, she said "I don't want to be on any medication! What can I do?!" We discussed the diabetes management guidelines laid out by Diabetes Canada but having had success with a low carb prescription with similar previous patients, I gave her the MetabolicHealth Minute advice that follows, which she accepted emphatically. At a follow-up appointment 2 months later, she had lost 30 lbs and her blood sugar had completely normalized without any medication or a single calorie counted!

## Your MetabolicHealth Minute

Here's all you need to know to start your recovery from diabetes and obesity:

- Those who are not obese or diabetic will also benefit from avoiding sugar and highly refined carbohydrates but need NOT follow a low carb lifestyle.

### AVOID THE FOLLOWING FOODS:

- Eat far less bread, buns, bagels, breakfast cereal, muffins, pasta, potatoes, and rice, especially if they are white.
- Don't eat foods with added sugar. Yogurt is an example of a healthy food that many food processors turn into a junk food by adding sugar to it. Read labels and avoid sugar.
- Don't drink any sweet beverages like pop, juice, specialty coffees, cappuccinos, or iced beverages.
- Minimize your alcohol consumption.
- JUST SAY NO THANK YOU TO DESSERTS. Eat desserts very sparingly, the way they were intended to be consumed. When desired, consider using sugar substitutes, which are safe in moderation. You CAN eat dessert if it's a birthday, anniversary, special holiday, or your mother-in-law made it for you!

## So What Should I Eat?

EAT WHAT?	WHY?
Moderate protein (up to 4 ounces of meat or 25g of protein/meal); minimize prepared meats	You need some protein but too much protein can hurt your kidneys and trigger sugar production that will prevent weight loss
Two vegetables: at least one leafy green and one other non-starchy veggie	You need veggies for fibre, micronutrients, and as a place to top with fat (the nutrient that is going to be your energy in place of carbs)
Eat fat (yes fat!) like butter, olive oil, coconut oil, avocado, cheese, full fat salad dressing, and mayonnaise (made with olive oil)	Topping broccoli with homemade cheese sauce is delicious! Restricting fat is done in low calorie diets but this is not a low calorie prescription!
Salt your food to taste	Low carb lifestyles are naturally diuretic; you will need more salt than you were previously using; if you do not add more salt to a low carb lifestyle, you may develop severe leg cramps, weakness, or constipation
Eat 3 servings of fish per week (omega-3s)	Omega-3s are essential fatty acids that our bodies cannot make
Only eat when hungry and stop when you're full	
Allow at least 4 hours between meals; try not to snack after dinner	
If you must snack: 1/3 cup nuts or 1 oz of cheese	
Drink 8 cups of water/day	To keep your kidneys flushing and prevent kidney stones
Take Vitamin D 2000 IU each day	Our bodies do not make enough vitamin D; low Vitamin D leads to thin bones
Consider a daily multivitamin to ensure adequate B-vitamins	Wheat based foods sold in Canada are fortified with thiamine, riboflavin, niacin, folic acid and iron; instead of eating wheat, take a daily multivitamin to reduce risk of deficiency.

I have seen patients lose many pounds over the last few years by following the simple MetabolicHealth Minute advice. But this advice does not replace the individualized care and direction provided by your doctor or nurse practitioner. Please consult your healthcare provider prior to making any significant lifestyle changes, especially if you are taking blood sugar lowering medication.

It is important to know that the lifestyle prescription discussed above is not the standard of care promoted by Diabetes Canada, which, in its 2013 Clinical Practice Guidelines, advocates for "the percentage of total daily energy from carbohydrates to be no less than 45% to prevent high intakes of fat, as this is associated with reduced risk of chronic disease for adults."

See [MetabolicHealth.ca](http://MetabolicHealth.ca) for supporting research, testimonials, and most importantly, recipes!

~ Dr. Dax Biondi, MSc, MD, CCFP



This article (along with the photo) has been written and submitted by:  
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or contact Andrew Tompsett, Lead  
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LHIN, at 519 351-5677 ext. 3209 or  
[Andrew.Tompsett@lhins.on.ca](mailto:Andrew.Tompsett@lhins.on.ca)

## Stay Active In The Community With Adult Day Programs

Maintaining strong social connections is important for a healthy, active, and long life. This is particularly important for older adults who may become socially isolated, individuals with Alzheimer's, or individuals with disabilities. Adult Day Programs are one way to nourish social bonds with friends and neighbours in our community.

Adult Day Programs provide part-day supervised programming in a safe and stimulating group setting that promotes skill development, enriching activities, and personal care. Each program is unique depending on the location and agency providing the service, but generally programming may include:

- Activities that promote self-esteem
- Exercise classes
- Communal outings
- Variety of nutritious meals and snacks
- Games and crafts
- Wellness activities such as blood pressure monitoring
- Assistance with medication administration

Programs are available for a low cost and offer subsidized rates for eligible participants.

### Support for Caregivers

Not only are people who attend able to benefit from the Adult Day Program, but caregivers also receive the added benefit of

some respite time. This allows caregivers to have a break, run errands, and invest much-needed time caring for themselves.

### Adult Day Programs in Chatham-Kent

There are a variety of options for accessing Adult Day Programs across Chatham-Kent. To find out if you or your loved one is eligible for one of these programs, contact one of the Erie St. Clair LHIN-funded local health service provider agencies listed below:

- *Alzheimer Society of Chatham-Kent – Adult Day Programs – Chatham & Wallaceburg*
  - Phone: 519-352-1043
  - Website: [www.alzheimer.ca/chathamkent](http://www.alzheimer.ca/chathamkent)
- *New Beginnings ABI and Stroke Recovery Association*
  - Phone: 519-351-0297
  - Website: [www.newbeginnings-cksl.com](http://www.newbeginnings-cksl.com)
- *St. Andrew's Residence – Senior's Day Out Program*
  - Phone: 519-354-8103
  - Website: [www.standrewsresidence.com](http://www.standrewsresidence.com)

For a complete list of programs across the region, visit the Adult Day Programs page on [www.eriestclairhealthline.ca](http://www.eriestclairhealthline.ca)

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# LEGAL MATTERS

## THE IMPORTANCE OF A PROPERLY SIGNED WILL

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

*Most of us do not realize that there are very specific rules when it comes to signing a Last Will and Testament. Running afoul of these rules could invalidate your entire Will!*

It is the job of your estate planning lawyer to ensure that your Wills are properly executed and witnessed.

The Testator is the person who is signing their Will. For a lawyer-drawn or type-written Will (one that is not entirely in the handwriting of the testator), the testator must sign the Will in the presence of two witnesses. All three individuals must be present at the same time during the signing of the Will.

I have seen a Will that was missing the signature of one of the witnesses, and a Will

that was not signed by the testator but was signed by the witnesses only. These are just a few examples of improperly signed Wills.

There are specific rules about who can be a witness to a Will. For example, no beneficiary or spouse of a potential beneficiary should be a witness. This requirement is intended to prevent issues of undue influence, and if not properly complied with may invalidate a gift contained in the Will to a person who was also a witness to the signing of the Will.



Different and very specific rules apply to a member of forces on active service, and with respect to Holograph Wills that are entirely in the handwriting and signature of the testator.

It is also imperative that you sign only one original Will if you are executing a general Will. If your lawyer has prepared multiple Wills for you for probate-tax planning purposes (such as where the testator owns shares in a private corporation or certain farm lands, for example) you are again only to sign one original of each of the multiple-Wills, and specific wording is required in such multiple Wills to ensure that they do not revoke the other.

Your estate planning lawyer will assist you with these Will signing rules. If you are unsure of the rules or have any questions with respect to the proper execution of your Will, be sure to ask your lawyer for clarification before it is too late.

**Jason P. Mallory**

*is the managing lawyer at 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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**HOME HELPER:** Assistance with housekeeping, maintenance, and 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 519.354.6221*



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Collaboration with family members and health care professionals enable us to learn the life story of our residents so we can provide services and care that are individualized and resident-centred.

Oaks Retirement Village would love to hear from you. If you have questions, or would like more information about Oaks Retirement Village and our Memory Care Area, please visit our website at [www.oaksretirementvillage.ca](http://www.oaksretirementvillage.ca) Tours are always welcome, call (519) 627-9292 to arrange your personal tour today.



# homemade Bits & Bites



## INGREDIENTS

- 2 (225g) box Cheese Bits
- 6 cups Cheerios Cereal
- 6 cups Shreddies Cereal
- 6 cups pretzels
- 2 cups (1 pound) butter, melted
- 1/3 cups Worcestershire Sauce
- 2 tbsp Tabasco Sauce
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp salt
- 1 tsp chili powder
- 1 cup peanuts

## INSTRUCTIONS

- Preheat oven to 250F
- Mix Cheese Bits, Cheerios, Shreddies and pretzels together in a large roasting pan.
- Melt butter and add the remaining ingredients together in a separate bowl until well mixed. Pour the butter mixture over the Bits & Bites. Using a wooden spoon, mix well to make sure all the Bits & Bites are coated in the butter mixture.
- Bake in the oven for about 2 hours. Stir the Bits & Bites every 15 minutes, pulling the ones at the bottom up to the top. After the 2 hours, the moisture should all be gone. If not and some pieces are still moist, bake another 15-30 minutes.
- Once cool, bag and seal the Bits & Bites so they stay fresh and crispy.



# 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 16*

## Meadow Park Chatham The Value of Pet Visits: Priceless!

Meadow Park recently said farewell to a very dedicated volunteer and her four legged partner. Felicia and Ollie have been visiting the long-term care home for the past year providing pet visits to the residents who call Meadow Park home. Ollie is a 9 year old black lab who is a St. John Ambulance Therapy Dog with the Southwest Ontario Branch. His owner, and visiting partner Felicia, are very proud to provide friendship and companionship to the sick, the elderly, and the isolated. The value of their visits is hard to put into words. Ollie's presence is comforting and he has the ability to comfort residents and staff alike. His visits bring back fond memories for the residents and in some cases find their smile again. The residents and staff wish to say thank-you for the joy and comfort this special duo has brought to our home. We wish you all the best on your next adventure!



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. (519)351-1330

From the Staff & Residents at Meadow Park we wish you a very Merry Christmas and a happy and healthy new year.

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20 Merritt Ave., Chatham ON

**519.352.5633**

## **PAIN COURT**

### **Le Club de l'Amitie (Friendship Club)**

10 Notre Dame St., Pain Court ON

**519.354.1249**

## **RIDGETOWN**

### **Ridgetown & Area Adult Activity Centre**

19 Main St. W., Ridgetown ON

**519.674.5126**

## **BLENHEIM**

### **Blenheim & Community Senior Citizens Group**

55 Jane St., Blenheim, ON

**519.676.3894**

## **MERLIN**

### **Merlin Senior Citizens Friendship Club**

11 Erie St. S., Merlin ON

**519.689.4943**

## **THAMESVILLE**

### **Thamesville Happy Club**

96 London Rd., Thamesville ON

**226.229.0303**

## **BOTHWELL**

### **Bothwell Senior Citizens**

122 Elm St., Bothwell ON

**519.350.1977**

## **MORPETH**

### **Morpeth Heritage Club**

12570 Talbot Trail, Morpeth ON

**519.674.1010**

## **TILBURY**

### **Tilbury Leisure Centre**

10 Canal St. W., Tilbury ON

**519.682.1020**

## **WALLACEBURG**

### **Wallaceburg Senior Citizens Club Inc.**

205 James St., Wallaceburg ON

**519.627.6224**

## **WHEATLEY**

### **Wheatley & District Friendship Club**

171 Erie St. N., Wheatley ON

**519.825.4870**

