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APRIL 2018 | ISSUE 26

CKSenior

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Welcome...

to our 26th issue of CK Senior, this is it... you're looking at our latest copy right now!

We hope you enjoy this issue and thank you for picking us up and taking us home. A BIG THANK YOU to all of our advertisers and contributing writers for their support; we couldn't do it without all of you!

Early spring is one of the nicest times of the year, especially after the long snowy winter we just experienced. Everyone is ready to lose the boots and the big coats, and bring out their spring attire. The spring flowers are peaking through the soil now, and it won't be long until we are surrounded by colourful trees and plants. Everything is fresh and new, and everyone seems to have a little more skip in their step.

Our cover this issue is taken at The Glasshouse Nursery, which is a landmark for Chatham. It's a great spot to visit not only this time of the year, but any time of the year! It's a dream that was started by a man named Martin some 50 years ago. It may have been Martin's dream initially, but has now continued with his children, his grandchildren, and who knows ... Martin's dream could very well carry on in future VanRaay generations. Some things are just in the blood!

The other great thing this time of the year brings is that people seem to interact more with each other.

We are out and about more, taking walks, participating in new activities, shopping... some of us volunteering and some of us... still working!

Ultimately, because of this, we are meeting new people. I always liked the saying by Steve Wright, *"I like to reminisce with people I don't know,"* and I truly believe there is no better way to make a new friend.

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

Sincerely,

- Andrew Thiel**, *President*
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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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The CK Senior is printed three times a year.

The Globally Awarded

Wellings Lifestyle Community is now open in Corrunna!

Wellings of Corunna is a new concept in 55 plus living, perfectly suited to adults who want to pursue a vibrant, maintenance free lifestyle with amenities and services that will add to the convenience and comforts of their everyday life. This four-storey, 132-unit rental community features the Global Award-winning Wellings signature atrium. "It is a unique concept that our residents love. They often remark, It feels like I'm at a resort!" says Suzanne O'Leary, General Manager. It is owned by Canadian Nautical Lands Group, a company with a 25-year track record of developing and building award-winning senior living solutions.



The reason for the company's winning ways is visible the moment you enter the building. The bright, 8000 square foot, four-storey atrium will leave you breathless. "When people see the atrium, they can't believe it; it's just magnificent and unexpected," says Natalie Tommy, Nautical Lands Group VP of Marketing. The atrium is a welcoming space where you can meet friends, saddle up to the bar and enjoy a cold drink, invite friends for dinner, or have a game of pool or shuffle board. The huge sky lights create a special atmosphere depending on the day, and often family and friends just linger to enjoy the day.

The licensed bar, dinner service, and 24-hour concierge service are amenities residents truly appreciate.



"The concierge service is there for the residents. From making arrangements for move-ins to assisting with deliveries and tech questions, they coordinate the fun! They are at your service, always there to make your day that much better," says Ms. Tommy. "Wellings of Corunna is designed for independent adults. Every effort has been made to design a community that inspires a balanced healthy lifestyle, while encouraging residents to live life to the fullest."

Throughout the community, there is attention to detail that adds to the inviting atmosphere, such as the stunning work of local photographer, Glenn Ogilvie. "Glenn's beautiful photographs show a unique perspective of the hidden gems of Corunna and surrounding Lambton County; we have over 180 prints here," says Ms. Tommy.

All apartments include premium features such as a full-sized kitchen with stainless-steel appliances, walk-in showers, in-suite laundry, exterior balconies, and plenty of room to move. Residents dine in the Atrium restaurant each evening, where they enjoy restaurant-caliber dinners freshly prepared in the Wellings kitchens. Breaking bread encourages the community to come together as a family; it's what separates us from seniors' apartments. Our residents want the freedom to eat when they want, get



up when they want, and have a lifestyle they design. That is just what this new concept in 55+ living at Wellings delivers.

Wellings uses an "a la carte model" where residents choose and pay for only for the services they want to use. Health care is provided by the VON who has an office on the premises. Residents can connect directly when they need any type of health care; it's convenient and affordable. This equates to peace of mind as we age and you don't pay for services you don't need.



Ms. Tommy notes that Wellings embraces all aspects of living well after age 55. "We strive to create an ageless mindset and provide the amenities that make everyday living more convenient, so the focus is on the living life to the fullest. There is so much to enjoy; membership in the fully-equipped gym, games rooms, private dining room, beautiful outdoor patios, and spa services in a community that has the scenic St Clair River Trail close by. It's one of the reasons we love living here!"

Wellings of Corunna is a pet-friendly community, with a large fenced dog park and a fully landscaped outdoor courtyard, barbecue area, and gardens.



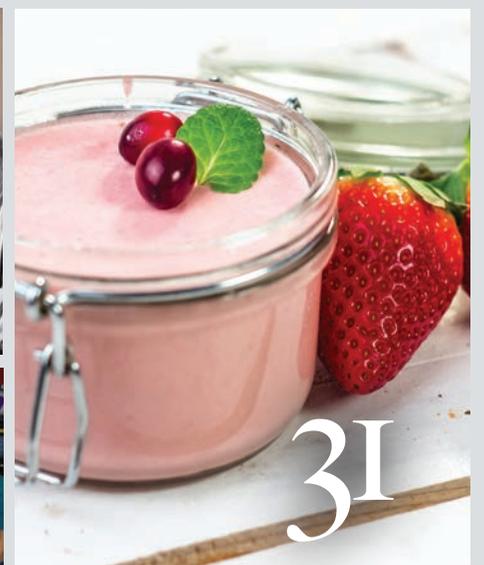
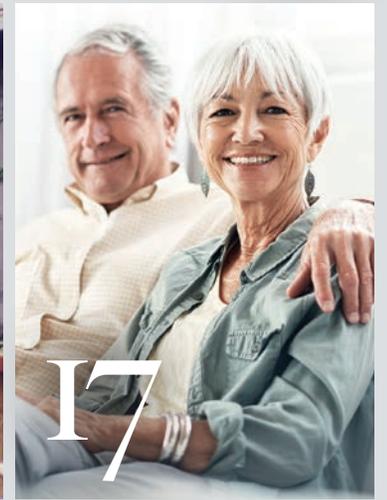
Parking is included, and there is limited covered parking available, if you prefer it, for an additional fee. The list of premium amenities, services, and conveniences goes on and on.

All residents are encouraged to take part in the resident council, creating a community that is inclusive of the residents' wants and needs. This is a unique concept for a 100% rental community, delivering the best of both worlds - pride in where you are living and control of your expenses in a maintenance-free environment.

Apartment rentals in the lifestyle community start at \$1995 per month with a \$500 refundable deposit that secures your rightsized apartment to ensure a smooth transition.

To visit the community and view the model suites, call Suzanne or the concierge at 226.455.0505, or toll free 1.888.620.2248

CKSenior FEATURES



Wellings of Corunna
An Adult Lifestyle Community
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Volunteers: *Our volunteers provide transportation to seniors and adults with long-term disability. They drive locally and out of town.*

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The Bucket List

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A few years ago, Morgan Freeman and Jack Nicholson were in a movie called "The Bucket List." It was a great film that centered on two terminal patients wanting to go to their graves regretting nothing and having experienced everything they could. Not everyone gets a chance to contemplate a "to do" list before their time is up. But that's only because they didn't take the time to do it. You don't have to be staring death in the face to finally warrant the creation of your list, you can do it now.

Whether your deepest aspirations include betting on the ponies at Dresden or climbing through the clouds to view Machu Picchu, writing it down will get you that much closer. We as funeral directors hear too many people lament about the trip they didn't take or the one that got away. Make your list and go at it. If you are having trouble finishing the list, we have a suggestion. Prearrange your funeral.

This topic can fall under the heading, "Make things easier on the family" or "Make a good financial decision." Either way, it will be a nice contrast on the list from skydiving.

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Oaks Retirement Village is proud to offer a secure area within our warm and welcoming residence that provides specialized care and engagement for individuals living with Alzheimer's and related dementias.

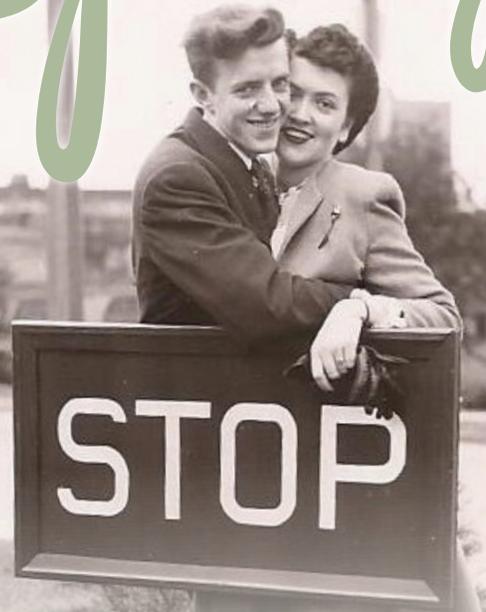
Our memory care philosophy is based on developing authentic relationships with our residents so each day is special. Residents are supported by staff who commit to "Embrace the Moment," making interactions meaningful and positive, one moment at a time.

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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 Tours are always welcome, call (519) 627-9292 to arrange your personal tour today.



Happy! Spring!



*Fashions may come, and fashions may go,
but the spirit of spring is always the same.*

*The birds still sing, the bees still buzz,
and there's no stopping couples from
falling in love!*



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The History of a Rural One-Room School

St. Patrick's School,
1922-1968

The book is entitled 'The History of a Rural One-Room School, St. Patrick's School, 1922-1968'. The school was located a couple of miles north of Merlin.

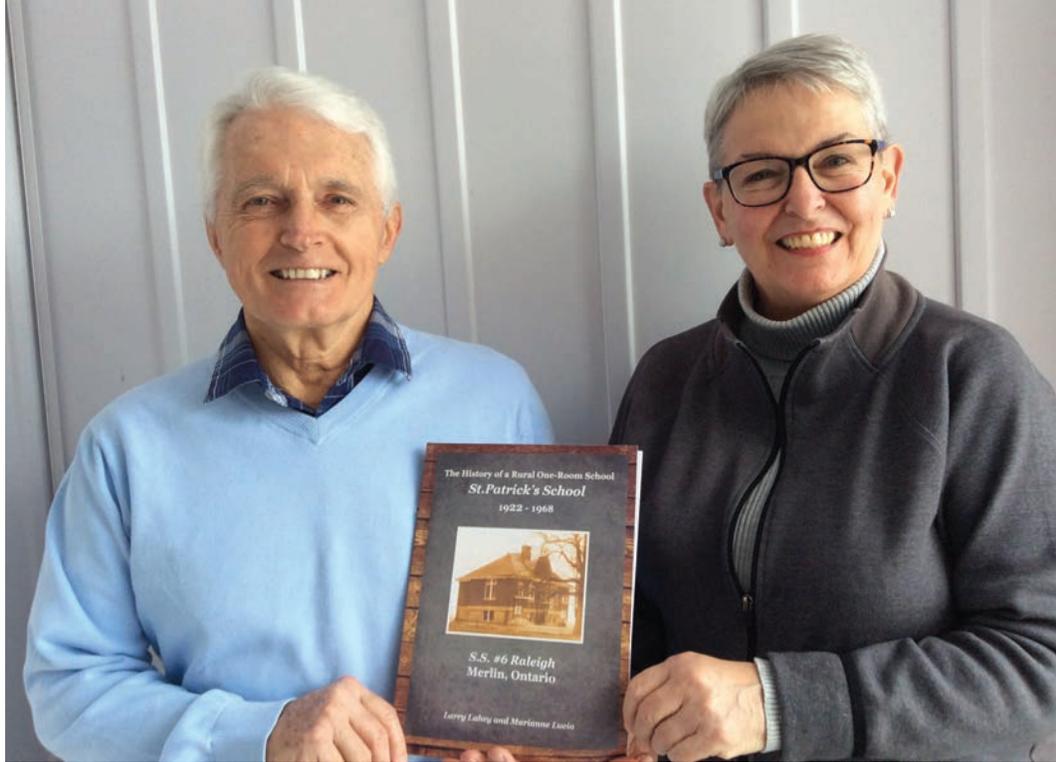
The book sells for only \$15, tax included, and can be purchased at Lenover Quality Meats on Park Ave. East, Chatham, Ontario.

How did it come about?

Marianne saw a copy of a recently published book (2016) about a one-room school in Harwich and thought, "Wouldn't it be great to have a history of St. Patrick's," the one-room school that she had attended. She contacted Larry Lahey, who had some experience in writing local history, and after a year of research the book was completed. The book has 72 pages, including an index with 600 names.

The book contains 28 different topics, one of which is Christmas concerts. In 1947 there were twenty separate Christmas concerts hosted by one-room schools in the Merlin area from Dec. 11 to Dec. 22.

"Throughout Canada it was a tradition for a one-room school to hold a Christmas concert with all students participating. St. Patrick's was no exception. Parents got involved by setting up the stage and curtains. Due to an epidemic of measles at St. Patrick's, the Christmas concert of 1952 was cancelled. In 1955 the rendition of 'Big Bad John' by Tennessee Ernie Ford, mouthed by student, John Hickey, was so well received that an encore was requested. In 1958 St. Patrick's and Sacred Heart school of Fletcher combined for a concert at St. Pat's. One



Co-authors are Marianne Lucio (nee Gillhula) and Larry Lahey (both former students, as were their fathers)

year a parent, playing Santa, came to the concert 'two sheets to the wind'. Teachers were evaluated by the quality of concert they were able to organize."

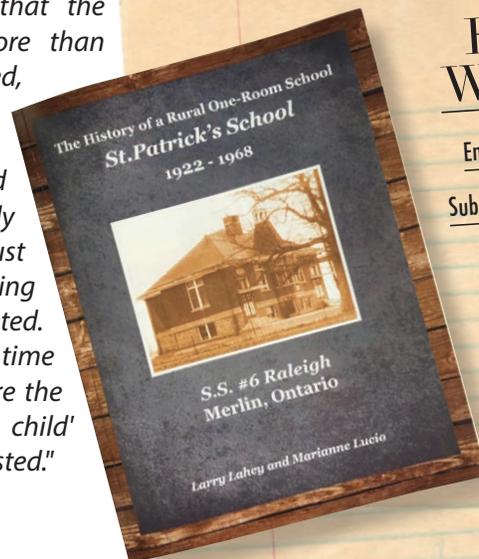
The authors were surprised at the large number of teachers that came from Perth County (near Stratford). Also surprising is how many young women found their way to St. Patrick's from Ottawa, Bradford, Toronto and Peterborough.

The book also discusses corporal punishment which is now prohibited but was in favour at this time.

"By far the most common form of corporal punishment was the strap administered to the palm of the hand. Most students felt that the strap was more than likely deserved, however a few resented being strapped in the early grades, just for not having work completed. This was a time when the 'spare the rod, spoil the child' philosophy existed."

"Several local men married St. Patrick's teachers. You can picture the eager anticipation that must have been in the eyes of the single men, each time a new teacher would come to teach at St. Pat's."

.....
This article (and photos) was written and submitted by: Marianne Lucio and Larry Lahey



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People who live in the St. Andrew's community have the use of a courtyard, two auditoriums for large- and small-group activities, 24-hour on-site nursing care and assistance, emergency call buttons, and the freedom to come and go as they please.

St. Andrew's Residence is run by a board of community members that has the best interests of the residents at heart. *"As we've grown over the years, our mission has expanded to provide care for all seniors in our community,"* said Mindy Jenner, Community & Client Relations Manager. As a result, St. Andrew's Residence runs the local Meals on Wheels (MOW) program, which provides hot meals to seniors in need of nutritional support in our community.

MOW runs Mondays, Wednesdays, and Fridays at lunchtime. For more information regarding the Meals on Wheels Program, please contact Melissa Bishop, Volunteer and Community Services Coordinator at 519-354-8103.

Seniors' Day Out is another popular St. Andrew's program; one that offers social, recreational, and therapeutic activities for seniors in a group setting. It helps to support family caregivers who provide day-to-day care.

This program runs Tuesdays, Wednesdays, and Thursdays from 9:30 a.m. to 3:30 p.m. Each week, program participants receive a call from staff reminding them of the week's schedule and offering assistance in arranging transportation if needed.

Anyone interested can contact Mindy at St. Andrew's Residence at 519-354-8103. You can also visit the website www.standresresidence.com, and reach out via e-mail to mjenner@standresresidence.com

Everyone is welcome...

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See Answers on pg. 29 | Difficulty Level: ○○○●●



**VOLUNTEER
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Keeping the Dream Going

This generation,
the next generation,
and conceivably
the next...

*are working together to keep Papa and
Mama's (Opa & Oma's) dream growing!*

We moved from Ottawa to Chatham 50 years ago, in 1968. Papa (Martin), now 96, worked at the Fram factory (now a municipal works garage) right behind our farm home. He would walk through the alfalfa field to get to work. Always in love with his plants he decided to build a hobby lean-to greenhouse against the horse barn. Jerusalem Cherry plants were easy to grow for him. He grew so many he would take me and my two younger brothers to the Saturday Kinsmen farmers market to sell them, a bit of a tough gig but it was the start of things to come.



Needing more space he acquired two abandoned tobacco greenhouses and with the help of family and friends reconstructed them to make a very quaint, little garden centre which was to become the original home of 'The Glasshouse'. Mama (Angela) added charm to the place with her handmade pottery creations she displayed in the small storefront.



Always working side by side with Papa, the horticulture bug developed in me too. My parents retired the business to my wife, Sue, and I around the mid 80's. We were quite fortunate to be able to purchase a small corn field directly across the road where the new Glasshouse would be built, little realizing what the bits of growth and expansion over 30 years would lead to. Fast forward and here we are with our own little family and the bugs, got them too!

Sarah, Erin, and Simon have always worked alongside us in the business which is the most rewarding part for Sue and I. Home off the bus and they



always knew where to find us...that's if they wanted a job or two to do. Simon, now 26, runs the landscape installs, and loves moving big rocks and trees with the equipment. I always loved that part the most too, so much so that on occasion I still steal that job back from him. Building waterfalls and big gardens will always be a passion for both of us, as it is where the business really set its roots. There's nothing more rewarding than the transformation of someone's living space so quickly and beautifully.

Incidentally Simon and I took the very same college landscaping program. The differences were, they were 30 years apart and some of my classmates were now his teachers. Another difference was my accomplishments didn't include the winning of a national landscape competition...were we proud of him though!! I still remember him visiting the job site when he was around twelve and climbing up and falling asleep on the tractor seat dreaming of this day... yeah right!



Erin is quite business minded, I must say. In today's business world that's necessary. You need to know how to deal with customers and employees, business, policy, and effective marketing. Erin has this and has always been rather creative too. She claims she got that from Oma. She would dart over to her pottery shop after school where Oma would throw her a ball of clay.

Erin often wonders what Oma would think of the new Betula Boutique if she could see it now. Erin was instrumental right out of university in the success of this department and knows Oma would probably be in there every second day if she were still around. Erin also has a knack for attracting talented, hardworking employees...ohh so sorry Erin 'Team Members'. We are very proud of the great people who have left their footprints here over the years. Many come back to pay regular visits and reminisce.

Sarah is our oldest and has found her life and career passion elsewhere. We are very proud of Sarah, but as parents like to keep reminding her that we may need a fourth generation to help carry on the gardening business as Erin's little Donovan won't be able to do it all on his own.

We can't say enough about the support we have received from our community. Chatham-Kent is small and with all the big box stores today it's surprising any independent can make a go of it. Yet we're glad to say we are doing great and it is because of people who still value personal customer service. We believe there is still loyalty in today's retail world but you must work hard to achieve it. It is so easy to buy on-line or from mass merchants but real satisfaction comes from people you know and trust. We look forward to many more wonderful years of serving our great community!

*This article was written and submitted by:
Dave VanRaay, along with some
family photographs*

*Glasshouse Photography by:
Mark Requena Photography
www.markrequenaphotography.ca*



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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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- Gilles Michaud, a respected veteran of the local construction industry
- Robb & Kim Nelson of FamilyLending.ca
- Bruce Warwick of Grand West Dental Group



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General Manager: Barb King

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650 Park St., Dresden ON N0P 1M0 | 519-683-4474

General Manager: Anne Byrne

My Hospice Experience

A Look Back

Before my husband was admitted, I knew where Hospice was located and that it was a place where people went to die. I soon became aware of just how vital this service is to our community. I no longer look at it as a place to die but as a place where the gentle transition from this life is made a top priority.

During the time Donnie was being cared for at Hospice, my stress levels dropped far enough that my sleep patterns returned to normal and although the demands and expectations of managing a household hadn't decreased, they were able to return to what they were before his cancer treatments. I found that day-to-day decisions were more manageable and I was able to think clearly enough to deal with all of the details that typically surround a death - funeral arrangements, service plans, flowers, remembrances, etc. and to share them with Donnie.

When I arrived each day to be with my husband, my energy levels were renewed and I found it easier to focus on just being with him and making the best of the time we had left together.

The health care professionals and volunteers we have at our Hospice are remarkable individuals. The medical, emotional, spiritual, and practical support that they offered Donnie and myself was invaluable.

Donnie loved to laugh and share stories; attentive ears, warm smiles, and gentle laughter were an ever present part of the caring, supportive people who work and volunteer at Hospice. Donnie wanted to visit with friends and family; staff received them like welcome guests. He loved dogs; Hospice welcomes pets.

Had he stayed at home or had he been taken into the hospital, I do not believe that death would have come to him in such a peaceful, non-threatening way and I am certain that he would not have been able to accept this transition in the same manner. I am so grateful to the visionaries who brought this vital place from a dream into a reality.



*This article and photo were shared by Mary Haden in memory of her husband Donnie
www.chathamkenthospice.com*

**Support families in life's final journey
Please donate today.**



Contact us to learn more or to donate:

By Phone: 519.354.3113 | Online: www.chathamkenthospice.com

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

Charitable Status # 809001597RR0001



THERE ARE SO MANY WAYS TO SUPPORT CHATHAM-KENT HOSPICE

Your donation of time and compassion as a volunteer is one of these ways.



Here are some of the ways you can support Chatham-Kent Hospice:

We are currently looking for caring, dependable people who enjoy cooking and baking to help make homemade meals and treats for our residents. We are also seeking compassionate, energetic individuals to help provide care alongside our dedicated clinical staff as a Direct Support Volunteer.

Due to the sensitive nature of what we do, our volunteers participate in a thorough screening process along with orientation and training to ensure they feel confident and comfortable supporting our residents and their loved ones. Why not turn over a new leaf this Spring and join us as a Hospice Volunteer?

Please contact Melanie at mwatson@chathamkenthospice.com or 519-354-3113 to see if this is the right fit for you.

- *Donate in memory or in honour of someone*
- *Donate towards our ongoing operational needs*
- *Become a Hospice Hero Monthly Donor*
- *Plan a Gift in your Will*
- *Organize a fundraising event to benefit Chatham-Kent Hospice*
- *Invite us to make a presentation to your group or service club*
- *Become a Hospice volunteer*

Nourishing The Body & Soul... With Every Meal

Erie St. Clair Local Health
Integration Network

Food is essential for life. It also provides a sense of comfort and social connection. For some seniors, though, shopping for and preparing food becomes a difficult task as they age. But this doesn't have to be a reason to give up independent living.

With services like Meals on Wheels, provided through St. Andrew's Residence in Chatham, and the Frozen Meals Program, provided through Community Home-Support Assisting People (CHAP) in Chatham, people across Chatham-Kent have access to healthy food delivered by volunteers at a reasonable price. The food choices provided also cater to many specialty diets and restrictions.

Regular volunteers get to know the clients on their routes and are often the ones who notice that something might be wrong with a regular customer — perhaps no one comes to the door, or the client complains about recent falls. The volunteers also provide a short social interaction with clients, which is important for people who may not be able to get out as much as they used to.

A nutritious meal, on a predictable schedule, delivered by a volunteer who has their best interests at heart — now that's feeding the soul, too.

Longtime volunteer Gayla Cleeve agrees.

"I started because I wanted to learn about volunteering and that was over 20 years ago.



I love that this service is offered and that they get a really, really good meal when they can't get out. And I love that we can check on people and call for help when it's needed. It is very social, with the people we serve and with the other drivers."

One of the biggest challenges is the misconception that you have to be very ill to receive Meals on Wheels services. Unfortunately, some seniors put off signing up for meal service until they are very unwell, which is sometimes too late because they are already in hospital or long-term care. Meals on Wheels and the Frozen Meals Program are available to anyone who is in need of a meal and who finds it challenging to prepare one themselves. Maintaining good nutrition and starting a meal plan early on is a great way to maintain health and wellness, help people live at home longer, and maintain their vitality.

Meals on Wheels Chatham-Kent (519-351-6325) and the CHAP Frozen Meals Program (855-437-5368) service the entire municipality of Chatham-Kent.

Meal delivery services are also available in Sarnia/Lambton and Windsor/Essex:

Sarnia/Lambton:

Canadian Red Cross

(Sarnia, Bright's Grove, and Point Edward)

519-332-6380

Lambton Elderly Outreach

(rural Lambton County)

800-265-0203

Windsor/Essex:

Victorian Order of Nurses

(Windsor and Essex County)

888-470-2717

Community Support Centre of Essex County

(Essex, Lakeshore, and Tecumseh)

855-728-1433

Amherstburg Community Services

(Amherstburg, LaSalle, Harrow, and
McGregor)

519-736-5471

*This article 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.eriestclairlhin.on.ca
or contact Shannon Sasseville,
at 519-351-5677 ext. 3225, or
at Shannon.Sasseville@lhins.on.ca*



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Legal Matters

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

Social Media & Your Will

Chances are you are on Facebook or another social media platform in order to stay connected with friends and family. You might also have a blog or website. Have you ever considered what would happen to your social media profiles, or online information, in the event of your death?

Unless you state otherwise in your Will, it would be your Executor who has the responsibility to deal with your social media profiles and information available online.

The obvious comes to mind such as your Facebook or perhaps a LinkedIn or Instagram profile – but also consider if you have a website related to your business, or perhaps an online dating profile.

You may wish to specifically instruct your Executor on how to deal with your certain accounts in your Will. This could include instructions regarding editing your profiles, removing your information, or closing your accounts with social media applications.

Don't forget online retail accounts or payment services such as Amazon, PayPal, or eBay, to name a few examples.

If you wish for someone other than your Executor to be responsible for these things in the event of your death, consider providing these specific instructions in your Will.

Consider keeping a list of passwords and login information in a safe place and inform your Executors where to find this information so they can carry out your instructions with respect to your social media profiles or other online presence.

With identity theft and fraud being such a relevant concern these days, it is very important to consider the importance of having your social media profiles and online presence dealt with appropriately in these circumstances.



Jason P. Mallory, of Mallory Law in Blenheim, is the recipient of the Margaret E. Rintoul Award in Estate Planning



MUNICIPALITY OF CHATHAM-KENT SENIOR CENTRES

CHATHAM *Active Lifestyle Centre*
20 Merritt Ave. | 519.352.5633

BLENHEIM *Blenheim & Community Senior Citizens Group*
55 Jane St. | 519.676.3894

BOTHWELL *Bothwell Senior Citizens*
122 Elm St. | 519.350.1977

PAIN COURT *Le Club de l'Amitie (Friendship Club)*
10 Notre Dame St. | 519.354.1249

MERLIN *Merlin Senior Citizens Friendship Club*
11 Erie St. S. | 519.689.4943

MORPETH *Morpeth Heritage Club*
12570 Talbot Trail | 519.674.1010

RIDGETOWN *Ridgetown & Area Adult Activity Centre*
19 Main St. W. | 519.674.5126

THAMESVILLE *Thamesville Happy Club*
96 London Rd. | 226.229.0303

TILBURY *Tilbury Leisure Centre*
10 Canal St. W. | 519.682.1020

WALLACEBURG *Wallaceburg Senior Citizens Club Inc.*
205 James St. | 519.627.6224

WHEATLEY *Wheatley & District Friendship Club*
171 Erie St. N. | 519.825.4870

**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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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.

Tours are always welcome and we look forward to speaking with you personally!



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I've been selling real estate in Chatham-Kent since 1989 and my wife Cindy has been my Client Care Manager since 2015. We have had the pleasure of helping many people buy or sell their homes. ***"I have always enjoyed the time spent helping CK seniors prepare and market their homes when they decide the upkeep is getting to be a little too much to handle anymore."***

Our goal is to provide CK seniors a sensitive, understanding approach when they decide it's time to make a move. We offer advice, and help you prepare your home for the sale. So if you are considering a move now or in the near future please give me a call; I'm here to answer all your questions. Out of respect to all CK Seniors I am offering a discount on my services.....we would love to help you with your next move.

Hope you have a wonderful spring!

Eric & Cindy FitzGerald



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So... How did you do?

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

Play the game on page 13

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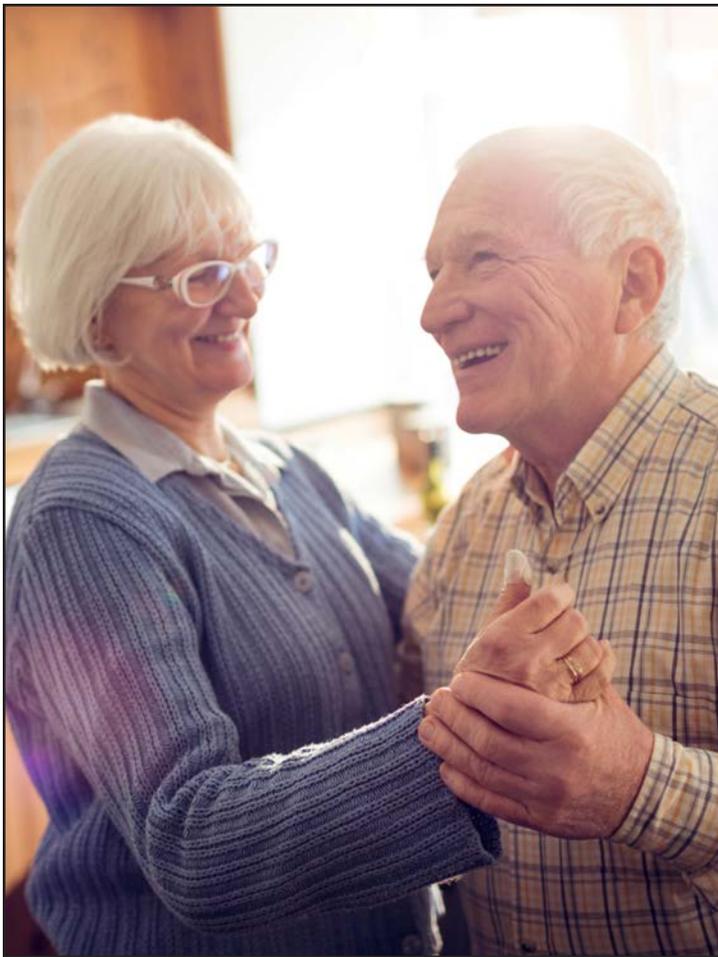
If you, or someone you love, has trouble getting in and out of the bathtub, we have the solution!

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***If you would like more information, please
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Chatham Retirement Resort
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Still, things change. There's no denying that as we age, our needs become different. What was once a breeze — household chores, running up the stairs, taking care of the everyday — can become a pain, the very things that get in the way of enjoying life. So, if it's really about freedom, then a change may be in order.

It's helpful at all stages of our life, but particularly in older age, to reflect on your health and ask yourself whether where you are living gives you the best opportunity to do what you want.

For example:

- 1. Can you comfortably manage your daily personal and care needs?**
- 2. Are there any areas of your life where you could use some help to live as independently as possible?**
- 3. Are there any risks to your safety or well-being in your home?**
- 4. Has your ability to make sound decisions about your own health and well-being changed?**
- 5. Are you able to manage your own money?**

There are no right or wrong answers. The point is to begin thinking about why a change might actually be a good thing, something to look forward to, not avoid. Take your time here.

Talk it out with your children and your friends. The point is to begin thinking about this now, so that when it comes time to make a decision, you're not rushed.

**Visit our website at
www.reveraliving.com**

Strawberry Mousse

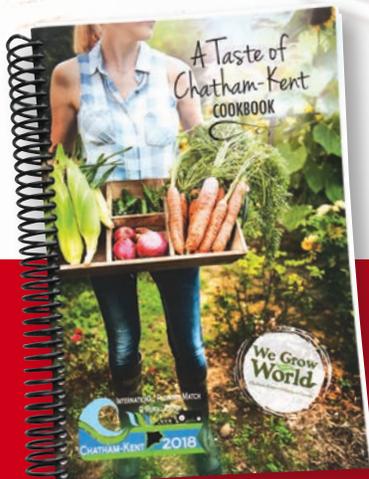


BY: KAREN PYNENBROUCK
CHATHAM, ON

Featured in *A Taste of
Chatham-Kent Cookbook*,
pg. 328

- 1 pkg light cream cheese
- 1 tsp vanilla
- ½ cup boiling water
- 1 pkg Jello Light Strawberry Jelly Powder
- ½ cup cold water
- 2 cups thawed whipped topping 99% fat free
- 2 cups sliced strawberries (or diced)

Beat cream cheese and vanilla in a large bowl with electric mixer on low speed until well blended; set aside. Stir boiling water into dry jelly powder in a small bowl, at least 2 min. until completely dissolved. Add cold water; stir until slightly thickened. Gradually add to cream cheese mixture, beating until well blended after each addition. Gently stir in 1½ cup whipped topping and the strawberries. Spoon evenly into 10 small dessert dishes. Refrigerate 1 hr or until firm. Top each with whipping topping (optional). Serves 10.



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Awards

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Celebrate Seniors Month

June 2018

A tradition that began in the late 1980s will be renewed again this year as Chatham-Kent holds its 31st annual Senior Expo and Achievement Awards on Friday, June 15 beginning at 9am at the Blenheim Recreation (Arena) Centre.

Chatham-Kent Councillor Karen Herman, the Senior Expo committee chairperson, said, *"The main objective of this special day is to thank the many Chatham-Kent Older Adults for their contributions to our communities as well provide all attendees with exhibitor information for their decision making on required services and lifestyle choices."*

Herman said, *"The planning committee members also include Elinor Mifflin, Kathryn Vaneck, Barb Ferren, Bobbi-Jo Ferren, and Jessie Passa as well as local councillors who participate throughout this event. On behalf of the committee we shout out a huge gratitude to the many volunteers and contributors. Without them we could not make this event the fun and informative success that it is."*

"Chatham-Kent is recognized by the World Health Organization as an Age Friendly Community and the contributions by our older adults 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 people attended last year's Senior Expo and perhaps one of the most important aspects of this special day is the Nominations for the Senior Achievement Awards. All nominees are recognized by their peers and receive certificates of gratitude from all three levels of government. One honouree will be selected as the Chatham Kent Senior of the Year.

To be nominated for an Achievement Award, a person must be 60 years or older, reside within Chatham-Kent, and contribute their volunteer time for our community. Herman says, *"We don't want any deserving person to be overlooked."*

**Nomination forms can be found on the
municipal website at:**

**[http://www.chatham-kent.ca/local-government/
mayors-office/2018-chatham-kent-senior-
achievement-awards](http://www.chatham-kent.ca/local-government/mayors-office/2018-chatham-kent-senior-achievement-awards)**

**or the forms can also be found at CK Senior
Centers, CK Municipal Centres, and CK libraries.**



MEADOW PARK CHATHAM

Long-Term Care

Meadow Park is a fully accredited long term care home serving our community of Chatham, Ontario.

We've been established since 1979 and can even say that some of our staff have been with us on that journey since the beginning.

At Meadow Park, we pride ourselves in changing the perceived culture of long term care by embracing and celebrating what we truly love.

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519-351-1330 www.jarlette.com

Better Seniors Care

We've submitted over 1500 letters to Ontario MPPs.

The goals this year:

1. More care, with the addition of more staff.
2. Better care, by having a Behavioural Supports Ontario (BSO) team in every home.
3. More care, by adding more beds to the system.
4. Better care, by enhancing the capital renewal program so that more homes can redevelop.



We greatly appreciate the support we've had from our residents, families, staff, and the community.

The photo attached reflects the support of our residents and staff to advocate for better seniors care for future long-term care residents and the staff who provide care and support on a daily basis.

For more information visit www.BetterSeniorsCare.ca

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Riverview Gaming Centre...

We are more than a Bingo Hall NOW!

Riverview Gaming Centre, formerly known as Riverview Bingo Palace, is located at 497 Riverview Drive in Chatham, ON. The new name better reflects everything that is available for customers. We are more than a Bingo Hall now!



This gaming facility includes 5 Bingo sessions daily at 10:00a.m., 1:00p.m., 3:30p.m., 6:30p.m. & 9:30p.m. and Cabinet Machines called TapTix machines. TapTix machines are available for play at all times that the Gaming Centre is open. Hours of operation at Riverview Gaming Centre are Sunday to Thursday 9:00a.m. to 12:00a.m. midnight and Friday & Saturday 9:00a.m. to 1:00a.m.!

Over 90 charities work together with Riverview Gaming Centre to raise funds for their clubs, organizations & schools. These funds help our



charities do lots of great things in our Chatham-Kent communities.

Fundraising opportunities are also available for nonprofit groups including sports teams, groups raising money for special events, school groups or teams, etc. For more information, check out the Fundraising section on the Riverview Gaming Centre website.

In recent years, our facility has undergone extensive renovations. We have added electronic bingo, new comfortable tables and chairs, an updated full service snack bar, electronic point of sales, upgraded security and sound systems, new flashboards, and new bingo machines for our callers. We now offer more ways to play Bingo. You can play electronic, paper, or a combination of both!

We invite you to stop in and see our new facility! We have a busy monthly calendar at Riverview Gaming Centre.

****Every Monday is Monday Madness. At all sessions on Mondays the \$15 All-In Package is available. This package includes a 3 strip book, 3 Early Bird Cards, 3 Super Jackpot Cards and a Double Action Book. This package is valued at \$23.***

****Every Tuesday is Senior Day. At the 10, 1 & 3:30 sessions we have extra draws for all of our registered Seniors. Registration is free. We also treat our Seniors to a free bowl of soup at our Snack Bar.***

****Every Wednesday We have draws for Extra Player Points.***

****Every Thursday***

We have a \$5 Meal Deal at the Snack Bar.

Check out our monthly calendars for more details. These calendars are available at the Gaming Centre or online at www.riverviewgamingcentre.com

The Players Club is available to all players at Riverview Gaming Centre. Points are collected every time you play. Remember you can win extra points on Wednesdays at all sessions!! These points can be redeemed for a chance to win a weekly prize valued at \$100 or the monthly prize valued at \$1000. The weekly draws take place every Saturday and the monthly prize takes place on the last day of every month. Stop by the Sales counter and get your Free Players Card if you don't already have one!

TapTix machines can be played throughout the day and are not linked to the bingo sessions. Drop in for a few minutes or stay a bit longer. We have 25 TapTix machines available for your gaming fun!

There is a chance to win one of the 2 progressive prizes at our TapTix machines that have grown to over \$10,000!!

We invite everyone in the community to check us out! We thank our regular customers and look forward to meeting new players!

*This article has been written and submitted by: Riverview Gaming Centre
Image credits: Riverview Gaming Centre
& www.cgaming.olg.ca/taptix/*

Chatham's Gaming Destination!

18+ 
Play Smart

\$750,000 WAS RAISED LAST YEAR ALONE FOR OVER 90 CHATHAM-KENT CHARITIES
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& 9:30 PM DAILY



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