FREE

CKSenior

SEPTEMBER 2018 | ISSUE 27

www.ckseniormag.ca

October is Voting Month

Get Out & Vote...
It's Never Been so Easy!

Preparing for Holiday Health Care

Tips on How to Stay Healthy

DISCOVER
A NEW CONCEPT IN 55+ LIVING

Say hello to **more choices, rightsized apartments, atrium living** and **à la carte services** designed for a carefree lifestyle.

Just Released
New Leasing Incentives!

MORE COMFORT. MORE CONVENIENCE. MORE CHOICE. MORE VALUE.

Wellings® OF CORUNNA

Live Well at Wellings

Visit the community today!

180 Bunker Ave., Corunna
Leasing inquiries: 519-328-7024
Concierge desk: 226-455-0505
WellingsofCorunna.com

Welcome!

to our 27th issue of CK Senior

As we say good-bye to another summer, let's welcome fall with open arms, as every season has its beauty. Most of us love the fall weather, the beautiful colours, the wonderful harvest, and being able to just open the windows and enjoy the cool crisp days. However, I know we all don't like what's next, winter, the season of snow, but like it or not it's on the way. So why not choose to like it? Why not think of something different you can do this winter? Join a new club, read a new novel, learn a new language, try a new recipe...just try something new.

If you think back to your childhood, winters were something we all looked forward to. We'd go tobogganing, ice skating, build forts in the snow, and just for fun, catch snowflakes on our tongues. Well the latter we can still do no problem, but some of the other things we did in our childhood is where fond memories come in. But why not engage in other new winter experiences? Why not make a promise to ourselves to try something new every week? Challenge yourself, you might just be surprised at the fun you find and the new memories and friendships you make in the process!

As always, A BIG THANK-YOU goes out to all of our advertisers, our contributing writers, and to you, our readers. This magazine would not be possible without all of you.

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*
Mark Requena, *VP / Web Developer*
Jeremy Giles , *Web Developer*
Lisa Persyn, *Graphic Designer*
Candice Cottingham, *Graphic Designer*
Nancy Schlereth, *Sales Manager*
Karen Gore, *In-House Content Writer*
Renee Tulloch, *In-House Content Writer*

100% Locally Grown
designed | developed | printed in Chatham-Kent

Interested in advertising in our publications?

*Please contact us at **519.397.4444** or **info@abstractmarketing.ca***

abstract MARKETING
WEBSITES | DESIGN | PRINTING & SIGNAGE

10 YEARS IN BUSINESS

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:

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

Reproduction of editorial content, graphic materials, advertisements in whole or in part is prohibited without permission.

Opinions expressed in the CK Senior magazine and website are the personal opinions of the original authors, and do not necessarily reflect the views of Abstract Marketing.

The CK Senior is printed three times a year.

The Denture Specialists

TEETH IN A DAY!

Fixed, beautiful new teeth...
in just one day!

Come see our team of professionals
for a complimentary consultation.
Find out how we can change your life!

Located in Chatham & Wallaceburg

Creating your best smile.

519.352.1600 | 519.627.7224
www.chathamdentures.com

*NO REFERRAL REQUIRED. ON SITE LAB TO GIVE YOU THAT PERFECT SMILE!

CANADIAN HEARING INSTITUTE

We are a locally owned and operated
hearing care clinic with locations in
Chatham, Tilbury & Wallaceburg

Our Commitment to you is to provide:

- Great Service & Value
- Up to a 4 year manufacturer warranty
- Complimentary Hearing Evaluation
- The most advanced technology for your lifestyle
- The highest quality batteries and accessories

Bring back the sounds of life.

519.352.1601 | 519.627.7224
www.canadianhearing.ca

CKSenior Features

7

15

10

21

22

24

27

VOLUNTEER TODAY

Make a difference in your community. Opportunities available in Chatham-Kent.

Call Today 519-352-5515
www.vonchathamkent.ca/volunteer
VON Chatham-Kent is a United Way funded agency

TED'S BARBER SHOP

68 KING ST. E.
CHATHAM, ON

C. 519.809.1180
P. 519.397.4655

EDEN VILLA
RETIREMENT & ASSISTED LIVING

Offers affordable Care Plan packages designed to fit your individual needs.

EDEN VILLA OFFERS:

· 24/7 NURSING STAFF
· PERSONAL SUPPORT CARE AND SERVICES
· PRIVATE ROOMS
· NUTRITIOUS MEALS AND SNACKS
· GROUP EXERCISE
· DAILY ACTIVITIES
...AND MORE!

190 STANLEY AVE. CHATHAM
WWW.EDENVILLA.CA
519.354.CARE (2273)

Eden Villa Retirement & Assisted Living

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.

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

SUDOKU

Maintain your mental health while having fun.
You can do it!

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

See Answers on pg. 28 | *Difficulty Level:* ●●●○○

Order your holiday meals & baking now!
"Every Saturday is Seniors' Day"

6 Lowe Street (just off St. Clair St.) Chatham, ON
Hours: Mon to Fri: 9:30am - 5:30pm | Sat: 9:30am - 3:30pm
519.351.7905 | whats4dinnerck.com

We have a hidden secret...
"Kathy's Kloset" Our Consignment Boutique!
Now Accepting Winter Clothing

About the Cover

Unique Gifts for All!

Featured on our cover is Barb Anderson, the owner/operator of Barrypatch gift shop, which is located in Historic Downtown Chatham.

Barrypatch carries a wide variety of personalized gifts and home décor. You will find unique gifts including Canadian-made pottery, stainless steel barware, beautiful crystal pieces, and so much more.

When you visit Barrypatch, Barb and "Ginger Barry" (the store mascot) will be happy to greet you with one-on-one personal customer service.

This gift shop is also a wonderful place to consider when registering for your upcoming wedding and/or wedding shower. Barrypatch has been in operation for close to 25 YEARS, and just recently moved just a couple doors down.

Come on in and visit our new location at:

201 King Street West,
Downtown Chatham, ON
519.358.1455

OPEN:
Tuesday to Friday: 10am - 5pm
Saturday: 10am - 3 pm

CLOSED:
Sunday and Monday

Cover photography by:
Mark Requena Photography
www.markrequenaphotography.ca

Above photo shows one of the many ways we can vote...

DON`T FORGET TO VOTE!

For an official list of Nominations and contact information for the 2018 Municipal Election for Chatham-Kent go to:

www.chatham-kent.ca/local-government/municipal-elections/candidate-information/official-notice-of-nominations

Ontario PICKLEBALL STORE

Ontario's #1 Pickleball Store

PADDLES, BALLS, NETS & MORE!

*Free shipping in Canada for orders over $100
$10 shipping fee for US orders

226.626.1956 | info@ontariopickleballstore.ca
1 Notre Dame Street, Pain Court ON N0P 1Z0
* BY APPOINTMENT ONLY

ontariopickleballstore.ca

Home Products

Helping You Live Independently

For years, Shoppers Home Health Care has been helping people live more independently by providing aids to assist in daily living. When you enter the St. Clair Street location in Chatham, you will receive a warm welcome from the expert staff who will provide you with all the assistance that you need to find the right product for you.

Shoppers Home Health Care carries a large line of home comfort products ranging from:

- *Lift Chairs*
- *Urban Poles*
- *The AquaSense® Transfer Bench*
- *Wrist & Foot Night Splints*
- *ObusForme® Head & Neck Pillow*
- *Omron Series 7 Blood Pressure Monitor*
- *Good2Go® Soothing Moist Heat Therapy*
- *Walkers*
- *AirgoTM Canes*
- *Compression Stockings*
- *Ostomy/Incontinence Supplies*
- *And so much more...*

We service everything we sell!

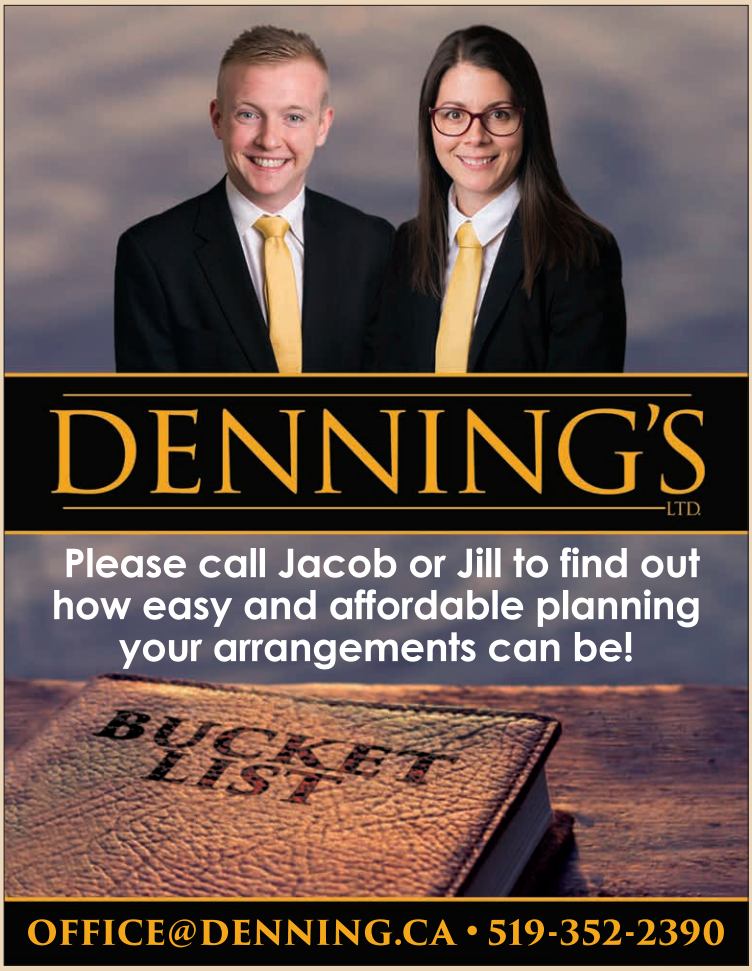
20% OFF Every Thursday ~ see store for details

SHOPPERS HomeHealthCare™

Healthcare Solutions for Better Living

406 St.Clair St. Chatham, ON. 519.351.7272

www.shoppershomehealthcare.ca



The Bucket List

Denning's Ltd.

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.

The Chatham Daily News Reader's Choice BEST of Chatham-Kent WINNER 2018

Comfort of Living
Keep living your life, your way
Comfortable Retirement Living

LIFE, STARTS HERE AT
COMFORT OF LIVING

HUDSON MANOR
Comfortable Retirement Living
36 Lawson St., Tilbury, On N0P 2L0 | 519-682-3366
General Manager: Peggy Fitzmaurice

MAPLE CITY
Retirement Residence
97 McFarlane Ave., Chatham, ON N7L 4V6 | 519-354-7111
General Manager: Barb King

MAYORAL questionnaire

1. WHERE HAVE YOU LIVED OVER YOUR LIFETIME?
2. WHEN/WHERE WERE YOU BORN?
3. WHAT BROUGHT YOU TO/BACK TO CHATHAM-KENT?
4. WHAT ARE FIVE ORGANIZATIONS/ BOARDS/INITIATIVES THAT YOU ARE PROUD TO HAVE HEADED UP, OR HAVE BEEN A PART OF?
5. WHAT IS YOUR EDUCATIONAL BACKGROUND?
6. WHAT ARE SOME OF THE PREVIOUS POSITIONS IN WHICH YOU HAVE BEEN EMPLOYED – AND HAVE ANY OF THEM PROVIDED YOU EXPERIENCE THAT MIGHT BE RELEVANT TO YOUR POSITION AS MAYOR?
7. WHY DO YOU WANT TO CONTINUE TO BE (OR BECOME) THE MAYOR OF CHATHAM-KENT?
8. WHAT DO YOU THINK OF THE LARGE 55+ POPULATION SELLING THEIR HOMES IN LARGER CENTRES AND MOVING TO CK?
9. HOW DO YOU THINK THE RISE OF THE SENIOR POPULATION IN CK WILL AFFECT MUNICIPAL SERVICE LEVELS?
10. WHAT WOULD BE ONE OF YOUR MAIN GOALS YOU WOULD LIKE TO SEE COMPLETED IN YOUR 1ST TERM AND AT THE END OF A POSSIBLE SECOND TERM?
11. MANY OF OUR CK SENIOR READERS ARE ON A FIXED INCOME THAT IS IMPACTED GREATLY WHEN THERE IS A PROPERTY TAX INCREASE. WILL PROPERTY TAX INCREASES CONTINUE IF YOU ARE ELECTED MAYOR?

DARRIN CANNIFF

1. *After graduating from high school, I moved to Waterloo for four years to attend Wilfred Laurier University returning each summer for work. After graduation, my first job took me to London for 10 years, 5 of those spent commuting daily to Chatham before moving here permanently almost 20 years ago.*
2. *In Chatham in 1966 and was raised here as the youngest of six boys in my family.*
3. *The overriding consideration in returning to Chatham-Kent was the search for and finding a place where Christine and I felt we were meant to live, where we belonged. But there actually were three specific things that brought me back to Chatham-Kent. First was work related – Union Gas offered me a position I couldn't refuse. Second was family. My wife Christine is also a Chatham native and we both were anxious to get back to Chatham-Kent to be nearer to family. Third was also family related. We knew Chatham-Kent would be the perfect place to raise our family. We have four beautiful children who have all benefitted greatly from living and growing up here.*
4. *Co-Chair of the 2018 International Plowing Match*

- *Chair of the Board of Directors of Mainstreet Credit Union*
- *Past Chair of the Board of Entegrus Inc.*
- *Chatham-Kent's Positivity Day and 'The 12 Days of Positivity'*
- *The Festival of Giving fundraisers*

5. *I graduated from John McGregor Secondary School and holds a*

degree in business from Wilfred Laurier University. Canniff also received his Chartered Accountant designation, followed by the CPA (US) and most recently the Chartered Director's designation from McMaster University.

6. *Experience with a major accounting firm like KPMG right out of university gave me an opportunity to gain insight into what it takes to make organizations both large and small successful and fiscally responsible. During my 20 plus year career at Union Gas, I held increasingly responsible positions that culminated in the positions of Director of Strategic Development and Director of Planning and Forecasting. These two positions provided insight into the advisability of looking longer term when making major decisions and the potential negative fiscal implications of not doing your homework. These roles also provided an opportunity to interact with senior government officials at various levels when seeking government approval or when visioning and constructing partnership opportunities. My current position, as Chief Financial Officer of Transform SSO, provides insight into the challenges that face Ontario's healthcare system, the collaboration necessary and processes required to develop, and implement initiatives to improve efficiencies. This type of insight would well serve the next mayor and citizens of Chatham-Kent.*

7. *Chatham-Kent has significant untapped potential and, with the right leader, a bright and promising future. Like so many other residents of Chatham-Kent, I have a passion for our community and want to unlock our potential so that we can collectively continue to grow and thrive. As mayor, my mission would be to dedicate myself to building a better community, day by day, piece by piece, to be a cheerleader that represents Chatham-Kent in the best possible light. I want to set priorities and build consensus as part of a municipal team that reacts and responds to the needs of the community. I hope to lead a municipality that is both creative and constructive. I want to hear about things that aren't working and try to fix them. I want to lead a community that finds ways to make things work rather than making excuses for why they can't.*

   I believe my formal educational background, career experience in a variety of senior positions and a lifetime dedicated to serving our community has prepared me for this role. I sense that I know Chatham-Kent intimately, what people want and what is needed. Not just from my time on council but through the leadership roles I have taken on over the past two decades, roles dedicated entirely to making Chatham-Kent a more inviting and prosperous place. I want to be mayor because, along with my family, I have dedicated most of my adult life giving back to this community in a variety of ways, albeit on a part time basis. I am now committing myself to championing Chatham-Kent on a full-time basis.

8. *I am aware that a significant number of new residents in Chatham-Kent fall into this category. It is possible that they discovered what many of us have known all along – Chatham-Kent is a safe, welcoming, and affordable alternative to larger, less connected communities. My sense is that these new 55+ arrivals will add significant vitality to Chatham-Kent for years to come. I say 'Welcome to Chatham-Kent.'*

9. *We are all aware that a senior tsunami is underway. A maturing population will impact virtually all services that a community provides, from healthcare to housing, from leisure activities to transportation. These all deserve and require close attention by the incoming council to make certain that the necessary resources are in place and to ensure our older adults lead safe, engaged, active and healthy lives now and into the future.*

10. *In my first term, I will establish a Business Advisory Council to provide strategic advice that advances our economic development efforts to bring new jobs to Chatham-Kent, and help identify solutions that overcomes gaps or weaknesses in services being provided. I would like to lead council in making the necessary commitment to a balanced perspective on infrastructure investment to include items such as high speed internet that will make Chatham-Kent attractive to both businesses and families. One project of particular interest to me is the completion of the project to restorate and update the cenotaph. Both my father and grandfather served in the Canadian Armed Forces and commemorating their memories and the service of others is important to me.*

    A second term is a long way off but I would certainly expect to continue my long term commitment to promoting Chatham-Kent and enhancing the quality of life experiences available to all residents. I would also continue to recognize and support our many rural communities as important and essential hubs in Chatham-Kent. Stemming the loss of population that has declined more than 7% over the past number of years will be a primary focus of both terms.

11. *I understand that CK Senior readers are not the only citizens who watch closely how their tax dollars are spent. However, my experience in finding efficiencies in the roles I executed throughout my career will allow me to contribute invaluable input to the budget process as I work diligently with council to keep taxes as low as possible without reducing services that citizens both need and demand. The key to keeping tax increases to a minimum is to redouble our efforts to bring new jobs and increased prosperity to Chatham-Kent. Success in this endeavour will minimize the tax burden on all of our citizens.*

RANDY HOPE

1. *Chatham-Kent and Toronto for a few years, where I served as a Member of Provincial Parliament.*

2. *Chatham, July 19th, 1959.*

3. *The thing that keeps me here is we actually live in a very prestig community. Where else can you get to a body of water in twenty minutes, and have prime agricultural land. I also think growing up here gives you a different culture and work ethic than if you were born in a larger city. What keeps me here? The passion I have for the community.*

4. *During my tenure, I have served for years as current president, chair and board of director including:*

- *President of the Chatham and District Labour Council*
- *CK Police Services Board*
- *Board of Directors of CK Energy*
- *Vice Chair of Southwest Economic Alliance*
- *Chair of the Chatham-Kent Workforce Planning Board*

5. *I graduated from Tilbury District High School in 1978, and also received an honorary diploma from St. Clair College in 2014 in Business Administration – International Business.*

6. *I was a Provincial Member of Parliament and that helped me tremendously because when I had taken over this job, there was no transition - it was swim or sink. It was the relationships, and the respect you got from parliamentarians because you had served there.*

7. *We had laid out a strategy since I took office to get our debt under control and we got our financial house in order. Everybody asks why do you want to continue and it's because there is still a lot of hard work and heavy lifting to do over the next four years. There are some initiatives that I want to see finished like the new arena, community hubs, bypasses and urban planning. There is a huge agenda in front of us and we need someone with strong leadership abilities to carry them forward. It is an honour and privilege to service this community. There's a lot more we can do, and it's not just about me, it's about a united council that is focused on the same agendas.*

8. *I think it's great and it's not only those who are 55+ who are moving to the area. For starters those who want to downsize in Chatham-Kent, it is good for them. We have never seen the housing market go the way it is, and we are seeing the population increase. For those who want to downsize, it creates an opportunity in the market for their homes and not at rock bottom prices. By having new people come from the larger centres, it gives them a real taste of what it's like to be here and for those 55+ who are selling their homes, it puts money in their pockets, allowing them have a more disposable income available. It's also the younger ones coming here who are looking for childcare, looking for quality of life and the ability to walk their children to schools in close proximity. It's about living in a small town but having a big town atmosphere.*

9. *It's not only municipal, but all services. There will be more volunteers to draw from and more support mechanisms for the services we do provide here. It gives us the opportunity for engagement in more not-for profit organizations to support volunteer work, but it also allows mentoring for small businesses. People are living longer and there will be the issues of medicine and healthcare, where we will have to be mindful of the changes that are needed. It will take convincing of the government that services are not just needed in Windsor and London, but provided in Chatham as well. When we talk about services, it's not just the social service and the health side of things; it's about being physically active.*

10. *Nothing can be achieved in isolation, but there are things I would like to see completed, like the arena, the redevelopment of the entertainment district, and the completion of the casino. All these goals integrate - if you say you want to bring economic development, it always has other effects that play into it, whether it is needing more skilled workers or housing. There are some objectives I am trying to achieve like community hubs, which are so essential to me and the arena because I hear it from our young players. It's always been my goal to put a 401 connection into Charing Cross to move the growth in a different direction. In some other communities, it's about repositioning the land in a different place to mitigate costs. We need to continue to engage people, continue to promote each of our communities and continue to work with seniors in their endeavours and activities to create a healthier place.*

11. *I like it no better than anyone else, whether it is someone on a fixed income or a working family. The goal is to keep costs to the lowest denomination without threatening services. When someone says they are not going to raise taxes, I've seen it when there was a 0% increase and we paid for it the following year. We are in a good spot right now and my goal is to push for new growth and stay above. We have been holding the line and have been keeping operational costs below inflation but unless we have more assessment growth, then*

ALYSSON STOREY

1. *Chatham, except when I lived in London and Kingston during university, then Brantford and Toronto for several years while working for the provincial government. Afterwards, I spent 3 years in Italy working for the Department of Foreign Affairs before returning to Chatham over a decade ago.*

2. *At PGH in Chatham in 1975.*

3. *When I finished at the Department of Foreign Affairs I moved back home to Chatham so I could figure out my next steps. Once back home, I got a job at RM Auctions and got involved in different community organizations and this made me realize there was a lot to offer in CK, and a lot I could contribute. I chose to stay because I believe in this community and want to help make it a better place.*

4. *I have been very fortunate to be part of many great organizations across Chatham-Kent. Five of these are:*

- *Past President of Rotary Club of Chatham*
- *Founder of Build the Barrier*
- *Spearheaded 2018's Flood our Community with Love initiative*
- *Founder of Husky History initiative*
- *CK Table volunteer*

5. *A CCI graduate and Ontario Scholar, with a double major in History and Art History from Queen's University.*

6. *Much of my volunteer and professional experience has prepared me if elected as Mayor of Chatham-Kent. One of the most relevant would be my position as Manager of Culture and Special Events at the Municipality of Chatham-Kent, which I held for close to a decade. I was responsible for a multi-million dollar budget plus a large staff, volunteer team and seven municipal facilities. I am very familiar with municipal day-to-day operations and can hit the ground running day one. On any given day I would be working with different municipal staff, Council, and stakeholders across the community and the Province. Most recently I successfully lobbied the Province to build a concrete median barrier on Highway 401 – which no one had been able to secure for more than 20 years. I know how to get things done and have the track record to prove it.*

   In addition, I have also worked for the provincial government, federal government overseas, was President of the Rotary Club of Chatham from 2016-2017 and most recently as the Donor and Community Relations Coordinator for the Chatham-Kent Hospice.

7. *I am running for Mayor because I love this community - it made me who I am today. I made a choice to return to Chatham-Kent and contribute in a positive way. I was raised in a family where community service was integral to our lives. My Grandpa Joe Storey, my parents Tom & Cindy and my Uncle Augie Sunnen all were excellent role models of community service that I continue aspire to.*

   I also want to be Mayor of Chatham-Kent because I believe in the citizens and what we can achieve. We are facing tough challenges with job losses and population numbers that continue to decrease. These challenges cannot be solved by just one person, but by sharing our expertise with one another and working together towards a common goal. We need someone who will represent this community professionally and respectfully. Someone with fresh ideas who welcomes different viewpoints in order to achieve the best result. Someone who will embrace transparency, and be open and honest with our fellow citizens. I am that person. I have the right skills and experience to help lead this community into prosperity and success.

8. *I think this a positive development and I welcome them to Chatham-Kent. This demographic brings a lot of energy and enthusiasm (and retirement income) to contribute to our community. They have expertise and experience to share with service clubs, as volunteers, mentors and so much more. Plus it increases our residential tax base and population, which is very important.*

9. *We need to be aware of the needs of seniors and how to make them feel both welcome and safe in our communities. This includes day-to-day infrastructure like sidewalks and curbs that are smooth and don't create tripping hazards, updating our website and technology to ensure larger font and readability, and provide meaningful and recreational and cultural activities so they can stay active and engaged. It means that all municipal facilities should be fully accessible. We should also ensure that seniors' voices are heard and represented around the Council table and on municipal committees. As our senior population grows, our municipality must adapt to that and respect their needs.*

10. *Senior safety and engagement is a big priority for me. Our seniors have a wealth of knowledge in so many areas - I want them to know they are a valued part of our society and their life experiences are important. In partnership with local service clubs to start, I would like Council to consider implementing a mentoring program matching seniors with students as well as those entering the work force for the first time.*

    I would like to continue to lobby

for better transportation and communication options. Access to reliable transportation is a big issue in Chatham-Kent, and not just for seniors. We live in a large geographic area making it difficult if you need to get to an appointment in another town and do not have a vehicle or are unable to drive. Taking a pro-active approach to innovative transportation options like ride-sharing services, more responsive hours and routes for public transit are all ways to help our citizens get where they need to be.

Access to broadband internet across Chatham-Kent is also a top priority for me. More and more seniors are active online and have embraced the internet for communication, education and more. This is difficult to do without high-speed internet which is still not available in all parts of CK.

11. *This is an issue that is very important to me. If our population continues to decline, it would be very difficult to avoid an increase in property taxes. The last ten years have been challenging ones for Chatham-Kent. Each year we have fewer taxpayers and fewer businesses paying into the system and shouldering the burden. We need to stop this population loss and create an environment where we welcome newcomers to our community. We need to ensure that while we continue to welcome seniors to our community, we also welcome young families and encourage professionals who are looking to start their career and building their lives in Chatham-Kent. Our seniors helped build this community and we owe it to them to make it a great place for them, their children and grandchildren to live. We do that by listening to each other and working together in a fiscally responsible way. That creates the environment where you can create jobs, achieve success, and keep taxes low because there are more of us sharing the load.*

This editorial is written by Sarah Schofield, and it's content in no way reflects the opinion of Abstract Marketing. Abstract Marketing contacted Sarah as a freelance position, to do interviews for this article which took place prior to all the candidate nominations.

There are now six mayoral candidates, they include:

- ***Harold Atkinson***
- ***Darrin Canniff***
- ***Randy Hope***
- ***Robert Salvatore Powers***
- ***Alysson Storey***
- ***Allan Robert Traylor***

We wish all of the candidates the best of luck in the upcoming election.

Sarah Schofield is a photojournalist, proudly born and raised in Chatham-Kent. Published locally and provincially, Sarah attended Loyalist College's photojournalism program in 2010. After completing her internship at the Chatham Daily News in 2012, she spent the summer as a reporter for the Dresden-Bothwell Leader-Spirit newspaper, a freelancer and is currently working for The Chatham Voice.

Sarah Schofield | Photojournalist | s.schofield@live.ca

MAPLE CITY HOMES

Your Home Your Way

Low Maintenance

Easily Accessible

Financing Available

519-350-6625 maplecityhomes.ca

A Company Powered by
Community Leaders with a Shared Vision

Your future lives here

At Maple City Homes we are focused on more than building and selling houses. We're building a community where families thrive in upscale quality homes that reflect and enhance their lifestyle.

We're more than home builders, we're your neighbours!

Our company is a collaboration of local businesses, including Veteran Home Builder Gilles Michaud, Trevor Mailloux of TMC Construction, and Robb & Kim Nelson of Family Lending.

Each member of our team has earned the trust of the community and back up the work we're doing with their guidance and valued reputations.

DAYLIGHT POINT
at Prestancia
by MAPLE CITY HOMES

Keil Trail North Left on Dale Drive leads to Daylight Point

SEMI DETACHED HOMES STARTING AT **$329,500**

*One Single Family Home $369,500

ONLY 15 UNITS AVAILABLE

WILL SELL OUT QUICKLY!

RESERVE YOUR HOME TODAY!

519-350-6625

maplecityhomes.ca

Ask about more beautiful developments coming soon in Chatham-Kent

DAYLIGHT POINT
at Prestancia
by MAPLE CITY HOMES

Very Attractive Main Floor Layout

Choice Between 2 Floor Plans

Homes are finished with our Standard Selections, however, depending on the time of purchase, upgrades are available at an additional cost.

RESERVE YOUR HOME TODAY!

MAPLE CITY HOMES

519-350-6625

maplecityhomes.ca

Riverview Gardens - Long Term Care Home

Celebrating Life and Love

Together, we provide exceptional, resident - focused care while respecting and protecting those who call Riverview Gardens their home.

Nestled in a beautiful setting beside the Thames River in central Chatham, Riverview Gardens offers a friendly community atmosphere.

Quality care has been at the heart of our home for over a century. We are committed to providing exceptional, residential long-term care services for approximately 320 residents.

Residents have access to a range of medical, personal, dietary, and recreational services to meet individual care needs.

Our Services:

- 24 hour Nursing Care
- Personal and Individual Care
- Recreational and Social Activities
- Rehabilitation Services
- Home cooked meals, tailored to meet all dietary needs
- Laundry and Housekeeping Services
- Palliative (end of life) Care
- Special Area and Bracelet System, for at risk wanderers
- Short Stay Beds, for care giver relief
- Dental, Foot Care, Massage & Music Therapy Services (fees apply)

Riverview Gardens

519 King St. W.
Chatham, ON N7M 1G8
chatham-kent.ca/RiverviewGardens

519.352.4823

Looking for a private tour? Use extension #6146

Chatham-Kent
Cultivating Growth, Shore to Shore

Jarlette Health Services
Generations of Caring

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.

110 Sandys St, Chatham, ON

519-351-1330 www.jarlette.com

Best Practice Spotlight Home

Meadow Park Chatham

Best Practice Spotlight Organization (BPSO) team

This past spring 2018, Meadow Park was selected by the Registered Nurses' Association of Ontario (RNAO) for a 3-year program in which our team will rigorously evaluate our current practices in the areas of falls, pain management, and pressure injuries.

We will be making necessary changes to ensure we provide optimal care that is safe and efficient, ensuring our residents receive the best care possible. Best Practice Guidelines are developed based on evidence from extensive research and are used by health care professionals to determine the best plan of care for residents.

Please visit us on the web! www.jarlette.com

Reader's Choice BEST of Chatham-Kent WINNER 2018

BPSO RNAO BEST PRACTICE SPOTLIGHT ORGANIZATION

C.H.A.P.

Helping Seniors Live Independently for 35+ Years

C.H.A.P. has been helping seniors live independently at home for over 35 years. C.H.A.P. is a program of Family Service Kent. C.H.A.P. offers assistance through the following programs:

Transportation: *Competitively priced door-to-door service. Wheelchair accommodations available.*

Frozen Meals: *Affordable menu of entrees, soups, breakfasts, and desserts. Free delivery in Chatham-Kent.*

Home Helper: *Assistance with housekeeping, maintenance, and personal support, as well as many other family and individual supports.*

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, with kilometers driven financially reimbursed.*

To learn more about any of our programs, contact us at 519.354.6221

CHAP
COMMUNITY & HOME ASSISTANCE PROGRAMS
A Program of Family Service Kent

Helping Seniors Live Independently at Home
For over 35 years in Chatham-Kent
Transportation. Frozen Meals. Home Helper. Support Services

Support ... Empower ... Advocate
519.354.6221
50 Adelaide St. S. Chatham, ON N7M 6K7
www.familyservicekent.com

Volunteer Today. Improve Tomorrow.

John Lawrence

Named 2018 Chatham-Kent Senior of the Year

During the June 2018 Senior Expo and Achievement Awards, the Annual Chatham Kent Senior of the Year award was presented to Chatham resident John Lawrence for his countless hours serving the residents of our community.

John Lawrence has served on the Executive Committee of the Chatham YMCA and was the Building Campaign Co-Chairperson for this welcomed fundraising initiative. In 2010, he received the YMCA Volunteer of the year award as well the prestigious Fellowship of Distinction Award.

Since 2015, John is a very dedicated Rotarian with the Chatham Sunrise Rotary. Within this club, he has been involved with the Grand Avenue Tree Planting Project as well as the Chatham Daffodil Bulb Planting Project. He helped create Howell Park (across from St Clair College) on Grande River Line. During John's second term as Rotary Sunrise club President, the board committed $40,000.00 to the Chatham Kent Hospice. He was also instrumental in coordinating the seven Chatham Kent Rotary clubs to also donate.

"Clean Water for Living," is also a project of the Rotary Sunrise. John speaks to Rotary Clubs in Chatham Kent, Ontario and Michigan regarding the Great Lakes and the important ways to improve the use of our water. As director of the Environmental Sustainability Rotary Action Group (ESRAG), John and his group support environmental projects around the world.

John was a member of the founding committee to plan and fundraise for the Chatham Kent Hospice. Even after having to have a double bypass heart surgery, it was only a month later that he walked in "The Hike for Hospice" fundraiser.

Chatham Kent Mayor and Council annually request nominations of Older Adults (Aged 60+) to receive Senior Achievement Awards. The event Chairperson, Councillor Karen Herman, noted there are so many volunteers that graciously volunteer their time to our Chatham Kent communities. It gives us great pleasure to hold this annual event for an opportunity to say thank you.

John Lawrence

This article has been written and submitted by: Elinor Mifflin and Karen Herman Blenheim CK Senior Expo Committee

Photos submitted by The Blenheim News Tribune

Hospice is My Home

Terry Shares his Hospice Experience

"Hospice has really become my home away from home since moving in. Everyone– staff & volunteers – do all they can to make me comfortable. They always make me feel like I am their priority and will bend over backwards to make my day better," shared Terry.

Terry lost his wife about two years ago and, with his family living out of province, it was difficult for him to continue to care for himself at home once he got sick. Terry loves that he can stay in contact with family with frequent phone calls and internet communication.

His son Graeme shared how much they appreciate Hospice. "When I was young, my dad held my hand and guided me through life. Since Dad moved into Hospice, I find myself wanting to hold his hand and tell him it's OK and don't worry about us, his kids. It's hard living so far away from him but knowing he is being taken care of so well at Hospice makes it much easier to leave after a visit."

Terry commented on how much he appreciates that staff and volunteers so willingly take a few minutes to chat with him. He describes this as "social care" and says that it's made all the difference for him.

"It's amazing how everyone is interested in my history, my family, and my friends. When someone visits, they always go out of the way to make them feel welcome."

When he's not chatting with volunteers and staff, Terry enjoys watching television as it helps pass the time and keeps him company. "I can have great naps while watching television," jokes Terry.

Terry in his suite with his son, Graeme & daughter-in-law, Tammy.

Terry still is able to enjoy his meals and was amazed when the staff made him some of his favourite foods – fried green tomatoes and clam chowder soup.

"From the minute you walk into Hospice, you are treated with the utmost dignity and respect. It's quite amazing and I can't thank the staff and volunteers enough!"

This article and photo was submitted by:
Chatham-Kent Hospice
www.chathamkenthospice.com

Chatham-Kent Hospice

YOU ARE CHANGING HOW FAMILIES EXPERIENCE END OF LIFE.

4 GREAT things your donation helped make happen.

BECAUSE OF YOU....

Terry is comfortable and connected to his son, Graeme. Our utility bills for gas, hydro, water, internet, and phone are $4,500 per month.

Terry can enjoy his favourite foods, fried green tomatoes and clam chowder. Our grocery and dietary needs are $750 per week.

Terry receives the care he needs and Graeme is reassured that his dad is not alone. It costs $337 a resident per day to receive specialized medical and social care.

Families, like Terry's, will continue to receive compassionate, end-of-life care in a loving, supportive environment.

Help families say good-bye

Please donate today.

Chatham-Kent Hospice
FOUNDATION

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

Legal Matters

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

Lasting Memories

Many years ago, the summer before I attended University, I embarked on an adventure to Canada's Arctic to work at a world renowned fishing lodge. For me, it was an experience of a lifetime, and for years I have dreamt of going back to this incredible place. Just this past summer I was excited to return to the same waters to fish again and to re-live that amazing experience! This "bucket list" trip provided me with the inspiration for this, my next article on the topic of estate planning.

When we consider estate planning, in particular providing gifts or legacies to our loved-ones after passing, our thoughts often focus on transferring physical "things" (such as jewelry or family heirlooms), or gifts of money. Of course, these categories do form an important and necessary consideration in proper estate planning. But, have you ever considered providing a gift that cannot be physically transferred by a Will?

Perhaps you have been dreaming about taking your children and grand-children on that trip of a lifetime, to share experiences that you have been putting off yourself for far too long.

Maybe it is returning to a special place from your own childhood, or a new experience or destination that you have always been fascinated with. Maybe you have always wanted to try something exhilarating like sky-diving, or driving a race car. Everyone's "bucket list" item will be individual to her or himself, but you get the idea. During your lifetime, these experiences with loved-ones can provide lasting memories that will continue indefinitely. For many of us, these experiences may create a legacy even more valuable than any "thing" or monetary gift could provide.

As another possibility, you may consider writing into your Will that an amount of money be set aside for certain loved ones to use for an experience that you would like for them to enjoy after your passing. Rather than simply transferring a sum of money to them, you can express these particular wishes in your Will.

The point of this is to consider if perhaps there is something more lasting that can be achieved by sharing the gift of an experience with those that you care about, rather than exclusively gifting "things" or money in your Will.

Jason P. Mallory, of Mallory Law in Blenheim, is the 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.*

o/a KERR WOOD & MALLORY
BARRISTERS & SOLICITORS

Mallory LAW
PROFESSIONAL CORPORATION

- REAL ESTATE
- MORTGAGES
- WILLS
- POWER OF ATTORNEY
- ESTATES
- BUSINESS LAW
- FARM LAW

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

15 George St. | Blenheim, ON N0P 1A0
519.676.5465 | info@mallorylaw.ca
www.mallorylaw.ca

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***

St. Andrew's Residence

Active Living • Professional Care

EXPLORING SENIOR LIVING? BOOK YOUR TOUR TODAY!

Our dedicated staff are waiting to help make your retirement a special experience.

99 Park St. Chatham, ON N7M 3R5 | www.standrewsresidence.com | 519.354.8103 |

Supported by: Ontario — Erie St. Clair Local Health Integration Network

meals on wheels

Driven by Nutrition ~ Delivered with Care. Chatham-Kent

Hot, Nutritious, Home-Style Meals, Delivered Right to Your Door.

Sign Up Today!

519.351.MEAL (6325)

www.mealsonwheelsck.com

Meals on Wheels Chatham-Kent is a not-for-profit organization dedicated to supporting health, well-being and independence. Temporary and long-term assistance available. No referral necessary.

VOLUNTEERS ARE THE HEART OF THE PROGRAM! DRIVERS AND MEAL RUNNERS NEEDED.

SDO

Seniors Day Out Program

Adult Day Away Program

Includes:

- *Lunch*
- *Foot Care*
- *Nursing Care*
- *Planned Activities*
- *Trip*
- *Transportation*

EVERY TUESDAY, WEDNESDAY & THURSDAY!

Call Mindy to try a **FREE** day! 519.354.8103

Preparing for Holiday Health Care

Erie St. Clair Local Health Integration Network

In the coming months, the instance of common colds, the flu, and a variety of other illnesses begin to increase – meaning trips to the family physician, nurse practitioner, and emergency department rise as well.

Each year, the holiday season presents the additional challenge of trying to address a higher volume of health care needs in the community with, at times, fewer resources as health care professionals try to squeeze in some well-deserved time off with their loved ones. This can lead to unnecessary visits to hospital emergency departments and longer-than-usual wait times as a result.

There is a key resource available to help you navigate through the various closures and adjusted hours of operation if you do need non-emergency health care services over the holidays.

Erie St. Clair Healthline (www.eriestclairhealthline.ca) is an online listing of more than 1,800 programs and services available throughout the Erie St. Clair LHIN region, including Chatham-Kent. The site features a Non-Emergency Medical Services page that displays information including holiday hours, contact numbers, and locations for a variety of health care organizations including family health teams and community health centres. It also features pharmacies with extended hours and crisis intervention assistance.

"One of our goals as a LHIN is to provide information and referral services to our communities," said Shannon Sasseville, Director, Communications, Public Affairs, and Community Engagement with the Erie St. Clair LHIN.

"The Erie St. Clair Healthline can help people find the right care, at the right time, in the right place and help prevent overcrowding at local hospitals. People can also call us at 1-888-447-4468 to speak with our Information & Referral team for details on which services are available over the holidays."

If you are taking prescribed medications, it is important to ensure you have enough supply to get through the holidays. If you are running low, it's a good idea to get your prescription refilled ahead of time or visit your physician or nurse practitioner in advance for further direction, to avoid unnecessary delays to your medication plan.

Of course, if you are experiencing a medical emergency, please call 9-1-1 or visit the emergency department immediately.

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

Proud to be Voted Chatham-Kent's *BEST* Website Developer 5 Years in a Row!

Located in Downtown Chatham, we specializes in website development, graphic design services, and marketing campaigns for the Chatham-Kent marketplace and surrounding areas.

abstract MARKETING

WEBSITES | DESIGN | PRINTING & SIGNAGE

When you're ready to work with the best... contact us.

216 King St.W., Chatham ON
p. 519.397.4444
e. info@abstractmarketing.ca

Tilbury Manor
Long-Term Care Home

Quality Care In The Country

www.diversicare.ca
16 Fort St. Tilbury, ON N0P 2L0 | 519.682.0243

SUDOKU ANSWERS

So... How did you do?

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

Play the game on page 6

Stuffed Butternut Squash

INGREDIENTS:

- *2 medium butternut squash, about 2 1/2 pounds each*
- *2 teaspoons olive oil, divided*
- *3/4 cup quinoa*
- *1 1/2 cups low sodium vegetable broth*
- *1 bunch kale, stems removed and chopped (about 6 packed cups)*
- *2 cloves garlic, minced*
- *1 teaspoon dried oregano*
- *1/2 teaspoon kosher salt (plus additional for roasting squash)*
- *1/2 teaspoon black pepper (plus additional for roasting squash)*
- *1 (15 ounce) can low sodium chickpeas, rinsed and drained*
- *Zest of 1 orange, plus 1 tablespoon fresh orange juice*
- *1/3 cup reduced sugar dried cranberries*
- *Grated Parmesan cheese or crumbled feta cheese (optional)*

DIRECTIONS:

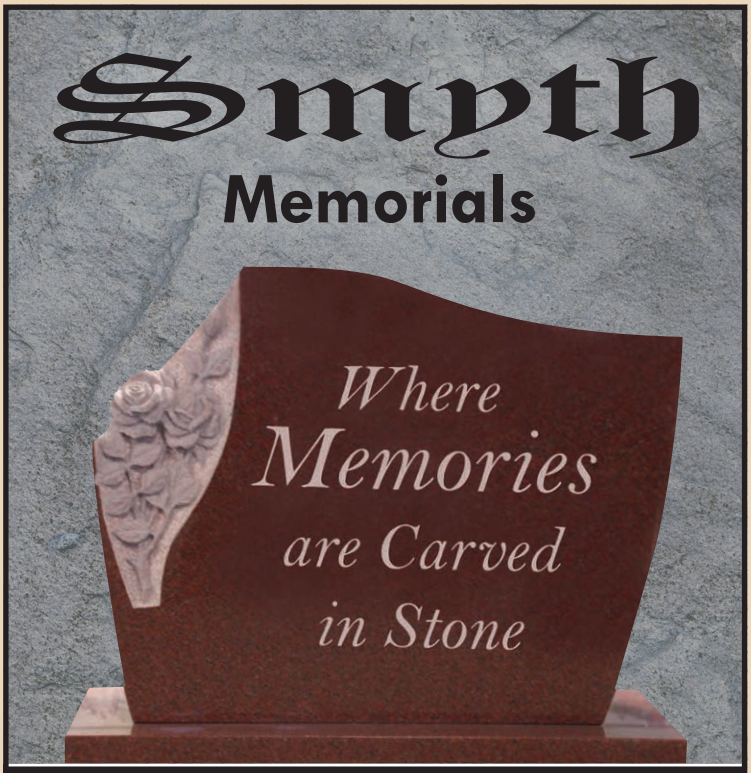
Place a rack in the center of your oven and preheat the oven to 425 degrees F. Halve the butternut squash, scoop out the seeds, then arrange the halves on a baking tray, cut sides up. Drizzle with 1 teaspoon olive oil and sprinkle lightly with salt and pepper. Bake 45-55 minutes, just until the squash is fork tender. Remove from the oven and let cool. Reduce the oven temperature to 375 degrees.

While the squash is baking, place the broth in a small saucepan and bring to a boil. Add the quinoa, return to a boil, then reduce the heat, cover, and let simmer for 12 minutes, until most of the broth is absorbed. Remove from the heat and let sit, covered, for 15 minutes. Fluff with a fork, then set aside.

In a large skillet, heat the remaining 1 teaspoon olive over medium. Add the kale and cook until wilted, about 4 minutes, then reduce the heat to medium low. Add the garlic, oregano, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Cook 30 additional seconds, until is fragrant. Stir in the chickpeas, orange zest, orange juice, cooked quinoa, and cranberries.

Once the squash is cool enough to handle, scoop out the flesh, leaving a 1/2-inch-thick border around the sides and a 3/4-inch border along the bottom. Reserve the flesh for another use (or if you don't mind a super duper stuffed squash, mix it in with the rest of the filling). Stuff the kale quinoa filling into the squash halves, then return the squash to the oven. Bake at 375 degrees until hot, about 10 additional minutes. Sprinkle with cheese and serve warm.

Smyth
Memorials



7 Maple Leaf Dr. Chatham, ON N7M 6H2

519.354.3930
SMYTHMEMORIALS.COM

Serving Kent County

Smyth Memorials has served thousands of families over the past 70 years

Smyth has built their reputation and gained your trust on their name over the years, and truly is a place "where memories are carved in stone."

Every penny counts these days, so why not plan now and save for tomorrow?

Visit our showroom today for a great selection of styles and colours. It would sincerely be our privilege to help you to select an ideal stone for your memories.

Oaks Retirement Village

Offers Respite Care

Whether you are recovering from a hip or knee replacement, or you just need a few weeks without the hassle of daily chores and meal preparation, consider booking a respite stay at Oaks Retirement Village.

We provide care services in the comfort of a fully-furnished, private suite equipped with an emergency call bell system, cable TV, internet, and telephone.

We offer 24-hour access to our self-serve hospitality and refreshment area, along with three delicious meals served daily in the dining room. Laundry and housekeeping services are provided weekly.

Oaks Retirement Village has so much to offer. We encourage you to book a tour to learn more about our respite services and how we can provide comfortable accommodations for a short term stay. Call (519)627-9292 for more information or to book your tour.

ORCA
Ontario Retirement Communities Association

Reader's Choice BEST of Chatham-Kent RUNNER-UP 2018

Find us on Facebook

PROUD TO BE LOCALLY OWNED

Happy, Healthy, Safe.

- Spacious suites
- Delicious meals with a la carte choices
- Housekeeping and laundry services included
- Professional care services included
- Telephone, cable and internet included
- Indoor pool, salon, theatre, fitness centre and luxurious common areas
- Secure Memory Care Area available

Retirement Living at Its Best

Oaks Retirement Village

Come in and experience our warm and welcoming residence for yourself. Book your tour today!
(519) 627-9292

80 McNaughton Ave., Wallaceburg, ON

www.oaksretirementvillage.ca

Chatham's Gaming Destination!

18+ Play. Smart

$750,000 WAS RAISED LAST YEAR ALONE FOR OVER 90 CHATHAM-KENT CHARITIES

BINGO PROCEEDS ENABLE MANY GROUPS TO HELP OUR COMMUNITY IN MANY EXTRAORDINARY WAYS!

MORE WAYS TO PLAY - BINGO!

WE HAVEN'T CHANGED, WE JUST GOT BETTER.
YOU CAN PLAY COMPUTER BINGO,
PAPER BINGO... OR BOTH!

SESSION TIMES:

10:00 AM, 1:00 PM,
3:30 PM, 6:30 PM,
& 9:30 PM DAILY

RIVERVIEW GAMING CENTRE

MONDAY MADNESS!
$15 ALL IN PACKAGE

REMEMBER... SENIORS DAY IS EVERY TUESDAY!

497 RIVERVIEW DRIVE, CHATHAM • 519.351.3232

WWW.RIVERVIEWGAMINGCENTRE.COM

VISIT OUR WEBSITE FOR OUR MONTHLY CALENDAR OF EVENTS

Is your entertainment getting a little dull?

Try the fastest growing retirement residence activity in Ontario.

TWO UNIT DEAL

AS LOW AS

$99.00

PER MONTH

SLOTS FOR SENIORS

www.slotsforseniors.com

NO MONEY INVOLVED... JUST PLENTY OF FUN!