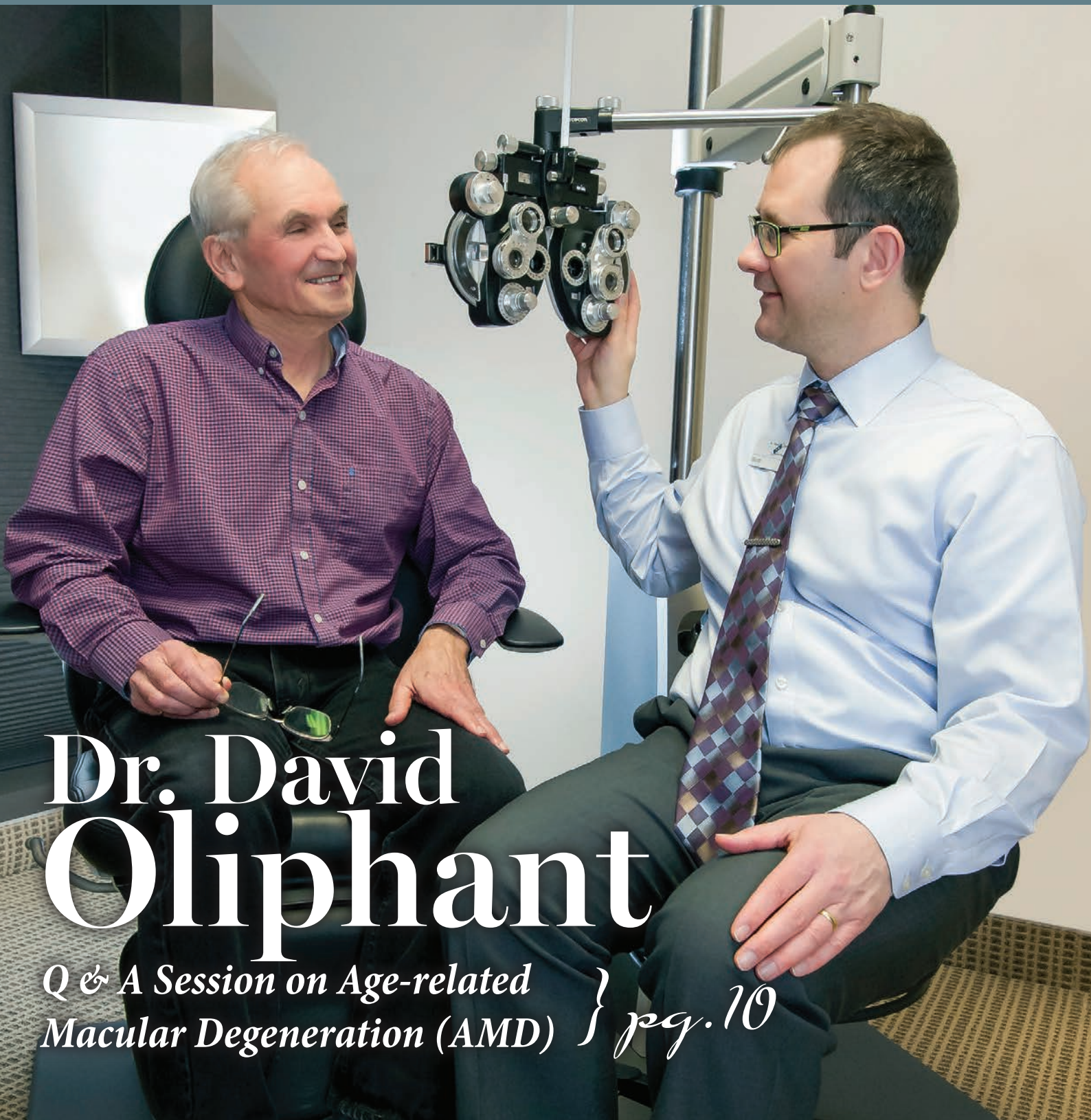


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February 2019 | ISSUE 28

CKSenior

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Dr. David Oliphant

*Q & A Session on Age-related
Macular Degeneration (AMD) } pg. 10*

DISCOVER A NEW CONCEPT IN 55+ LIVING

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Welcome to Our 28th Issue

www.ckseniormag.ca

We can't predict what the weather will be like by the time you are reading this magazine, but WOW was it ever a cold January. In fact we hit record cold days in southwestern Ontario this winter. So, we actually could have literally taken on the title of being "COOL" here in the south!

The good news though, is that spring is just around the corner. According to Google, "*March Spring Equinox 2019, in Northern Hemisphere, will be at 5:58 p.m. on Wednesday, March 20th.*" So... mark your calendars, because that really is just up and around the bend, and from there it's smooth sailing right into summer. No one wants to wish their life away, but most long to get back outdoors into the fresh air, and all the good that comes with warmer weather.

It is true that all the seasons have their beauty, and in the words of Sparky Anderson, "*Good seasons start with good beginnings.*" So get out there, and get involved in something you enjoy, maybe try something new, and find a purpose as you begin your next season.

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

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Renee Tulloch, In-House Content Writer

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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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Features



A New Way of Life for adults 55 plus in Corunna

Wellings of Corunna



The minute we started talking to Shelly Rodgers, leasing manager (also known as community builder) for Wellings of Corunna, we knew something different was about to be discovered. She has plenty of experience in the industry and boasts, "Our communities are globally awarded and nationally recognized for the concept, value, and lifestyle they encourage. We are here for people to realize that right-sizing their lives enables more choice and freedom to do what they love doing." She adds, "it's not just about leasing apartments, it's about building a lifestyle community that embraces an ageless mindset and can set the tone for living the very best version of yourself. The Wellings focuses on wellness and believes in the freedom to choose your lifestyle options to create a life that brings you happiness and all the comforts of home. At Wellings you have so many choices, so many ways to customize how you live, and we believe it's the key to living well."

Wellings of Corunna is a new and somewhat unfamiliar concept of active

adult living not seen before in the county. This community offers 132 condo-like rental apartments within a clubhouse atmosphere. This design allows for independent and active living. “At Wellings you pay for the services you do want without the added cost of services you don’t. That’s living well at Wellings, where comfort, convenience, choice, and value are the keys to a balanced lifestyle. This approach is unique and refreshing,” remarks Shelly.

Natalie Tommy, VP of Marketing for Nautical Lands Group (Wellings’ parent company) explains, “The success of the model comes from our (Nautical Lands Group) twenty-five year plus management and development of traditional retirement homes. We were consistently hearing ‘I’m too young to live in a retirement home!’ Wellings is what many of our residents were asking for. A community they could thrive in, with health care services that were available, but optional. They didn’t want to own and maintain, but did want to rent in a community that understood the sense of pride that comes from living in your own home. Full kitchens were a must with the freedom to cook for themselves if they wanted, but dinner service so they could have company for the evening meal. They also asked for the ability to design their own social activities and feel connected to neighbours. In essence we delivered the very model we were asked for, at a price per month that makes sense for most people searching for this type of



lifestyle and community.” Natalie adds, “We saw and talked to so many people living in retirement residences who were paying for services they didn’t use, and saw a need for the Wellings model in both small town Ontario and the larger urban centres.” We are excited that Corunna and Sarnia have begun to understand and embrace this novel concept of living.



Wellings of Corunna is a rental community less than two years old. It features Atrium living, daily transportation provided by LEO, on-site parking, around-the-clock concierge services, fully equipped fitness studio and spa, and a dinner service prepared on-site. Natalie speaks about the residents, “Many of our ‘Wellies’ are active, still travel, and some are even talking about starting a band. They are looking for fun, interesting experiences that will enhance the way they are living now.”

The amenities will cater to everyone’s tastes, including: live music, open mic nights, art and sewing groups, cards, sports, and travel opportunities. This community offers Atrium living that you simply must see, with more than 10,000 square feet of interior amenities, including: a restaurant, pub, bistro, informal library and theatre, spa, tech bar, fitness centre, and billiards. It is a community that brings active adults together, which in turn enables adults 55+ to live a dynamic, engaged, motivated, and, frankly, a fun-filled lifestyle. “For some of the residents, it really is about new beginnings and exciting opportunities,” remarks Shelly.

“The transformation that occurs once people start living is incredible. Once people re-think what retirement can be, it’s fun

to see them transform right before your eyes!”

Wellings of Corunna hosts many community events for LEO, and Business After 5, and has become home to the community’s Wellness Expo. All future tenants are invited to these gatherings so that they are able to meet new friends and socialize before they move in. These events definitely have a focus on fun; there is usually music, wine, and lots of laughs. The possibilities are endless.

Wellings of Corunna community builders are compassionate and passionate about delivering customized living solutions that make sense for adults over 55. They are friendly, caring, and truly approachable. They listen and strive to make sure that each and every one of their residents are enjoying their best life.

For more information contact Shelly, 226-455-0505 or srodgers@wellingsofcorunna.com

This article was submitted by:



180 Bunker Ave. Corunna, ON N0N 1G0
www.wellingsofcorunna.com



Legal Matters

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

My lawyer is retiring... *Now what?*

The short answer, generally speaking, is that it is simple and costs nothing to change lawyers or to transfer your Wills and Power of Attorney documents to another law firm.

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

Your Decision

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

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

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

Assess Personal Fit

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

A Simple Process

If you decide to keep your Wills and Power of Attorney documents with the other lawyer, there should be nothing required to be done unless you instruct this lawyer to prepare new or updated documents for you. Even if you do not request changes to your Wills or Power of Attorney documents, the other lawyer may request that you sign instructions

relating to the safekeeping of your documents at their firm, and regarding releasing documents to your attorneys or estate trustees in the future.

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

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

*This article was written by:
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.*



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

MORPETH *Morpeth Heritage Club*
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RIDGETOWN *Ridgetown & Area Adult Activity Centre*
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THAMESVILLE *Thamesville Happy Club*
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TILBURY *Tilbury Leisure Centre*
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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 or trial stay.

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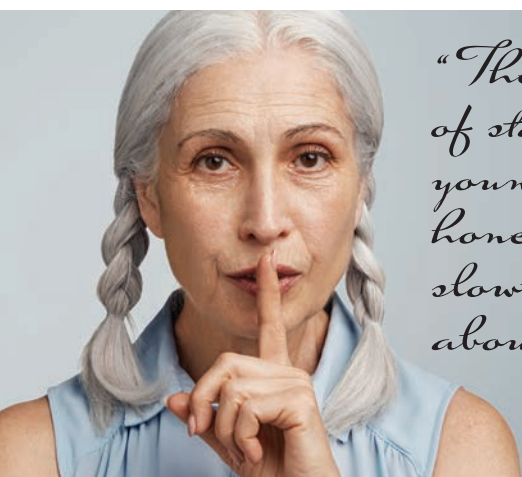


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- Lucille Ball

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See Answers on pg. 24 | Difficulty Level: ●●●●●

2019 CHATHAM-KENT SENIOR EXPO & ACHIEVEMENTS AWARDS

Exhibitors

Entertainment

Awards

Lunch

Friday June 7, 2019

9:00 a.m. Exhibitors and Entertainment

11:00 a.m. Senior Achievement Awards

12:00 p.m. Lunch

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In June We Celebrate and Thank Our Older Adults

Chatham-Kent Senior Expo Planning Committee

On Friday, June 7, 2019, Chatham Kent will celebrate our older adult and senior residents at The 2019 Chatham Kent Senior Expo and Achievement Awards.

Karen Herman, Chairperson for this event, along with the Senior Expo planning committee (Elinor Mifflin, Kathryn Vanek, Barb Ferren), and the Blenheim Senior Centre, look forward to welcoming approximately 500 people, including 60 exhibitors to this year's event. The main objective of this special date is to thank the many older adult residents for their volunteer contributions within our Chatham Kent communities.

To be nominated for an Achievement Award, Chatham Kent residents must be 55 years old or older and an active volunteer within our community. Nominations forms can be picked up at CK Senior Centres, CK Municipal Centres, CK Libraries, and also available at www.chatham-kent.ca

"Chatham Kent is recognized by the World Health Organization as an Age Friendly Community".

Age Friendly Chatham Kent is committed to fostering healthy, active, and inclusive aging for all Chatham Kent residents, **at all stages of life.** For more information, go to Facebook @AgeFriendlyCK or contact the Age Friendly Coordinator Annie Lukacsovics, Chatham Kent Public Health Unit 519-352-7270 ext. 2438

"Commitment to community knows no age boundaries. Without the efforts of our older adult volunteers, Chatham-Kent wouldn't be the amazing community it is. We owe them our heartfelt gratitude."

- Mayor, Darrin Canniff

"As Chatham-Kent's new Mayor, my goal is to ensure an age friendly, inclusive community dedicated to improving the quality of life for seniors that helps them lead safe, engaged, active and healthy lives.

Thank you for electing me,
I will stand for you! "

Sincerely,

Darrin Canniff



About the Cover

Cover photography by:

Mark Requena Photography

www.markrequenaphotography.ca

Who's Featured?

Dr. David A. Oliphant

Founder of the Complete Eye and Vision Care Centre

412 Grand Ave E, Chatham, Ontario.

519.354.5870,

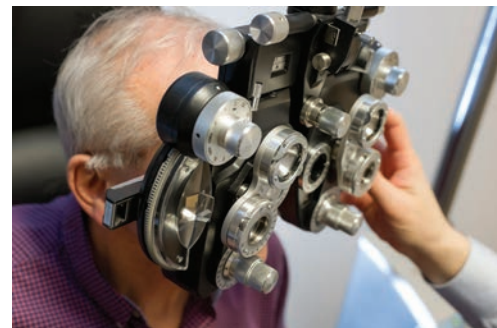
www.chatham-eye-doctor.com

Born and raised in Chatham-Kent, Dr. Oliphant is a graduate of the renowned University of Waterloo School of Optometry, and has published three papers on the subject of colour vision. Dr. Oliphant is also an authorized "Night Vision Tester" for police service applications.

Also featured, ***Angelo Ligori***, a senior advisor at Greenfield Global. Angelo has lived in Pain Court since 2010 with his wife, Rosella, and their son, Daniel. On Saturday mornings, you will find Angelo instructing spin class at the YMCA. When you meet Angelo you can see that keeping fit, being active, and taking care of his health is a priority in his life.

AMD Awareness

Question & Answer session with Dr. David Oliphant about AMD.



What is AMD?

Macular degeneration is damage to the special area of the retina (the macula) that provides us detailed central vision.

1. What are the early signs of AMD?

In the early stages, most people do not notice changes to their vision. The most common symptom is blurred central vision and difficulty adjusting to changes in light levels (most often it is recovering from bright lights). As the disease progresses, people will have trouble with small detail, like reading and recognizing faces. They become less confident with driving, especially at night. Moderate visual loss may include wavy, distorted, or missing areas of their vision.

2. Who is at risk of developing AMD?

Age: Macular degeneration is the leading cause of blindness in people over the age of 55.

Family history and Race: Individuals with a family history of AMD are at a greater risk. Genetic testing has advanced our understanding of who is at the greatest risk. The Caucasian race is more susceptible to macular degeneration.

Smoking: People who smoke are up to 5X more likely to develop macular degeneration.

Diet and General Health: Macular degeneration is also associated with conditions such as high blood pressure, arteriosclerosis, and obesity. Individuals with diets high in fat, cholesterol, and sugar, and low in antioxidants are more likely to be affected by age-related macular degeneration.

Eye Colour: Light eye colour has also been linked to an increased risk of developing AMD. Lighter colored eyes have less pigment in them and it is believed that lighter colored eyes do not offer as much protection to UV energy as does a darker eye colour. Individuals with high levels UV exposure seem to be at greater risk.



3. What can I do to help prevent AMD?

Work on the behaviours you can control. Maintain your ideal weight with proper diet and exercise, stop smoking if you smoke, and use a hat and/or UV protecting sunglasses when outside.



4. What is the difference between dry & wet AMD?

Dry AMD is the more common form. Vision generally changes slowly over time. Ninety percent of macular degeneration is the dry form. Approximately ten percent of individuals with dry macular degeneration will convert to wet macular degeneration. The wet form usually involves a sudden leakage, or bleeding, from newly formed weak blood vessels under the macula. Symptoms of wet AMD progress rapidly. Any sudden change in vision should be assessed by your optometrist as soon as possible.

5. What do you do if you have AMD?

Evaluate lifestyle factors and improve diet and exercise, if necessary. Be diligent with UV protection. Magnification and proper lighting play a vital role in vision with macular degeneration. Simple changes are using large print books, or increase font size with screen time and use additional light. Tinted lenses will help with glare or issues with light levels. Low vision devices will work in conjunction with glasses to help manage reduced vision.

“See your optometrist regularly to monitor for progression and consider investing in imaging and genetic testing to understand your risk for vision loss.”

This Q & A was provided by:

dr. David  Oliphant
Optometrist

412 Grand Ave E, Chatham, Ontario.
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On another note, we would like to take this opportunity to say congratulations to Kristi Willder in obtaining her Brokers License! Kristi is focused on providing the highest standard of service to her clients so they are able to make informed decisions that best suit their buying and selling needs.

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nursing care guidelines and has sustained positive outcomes throughout all areas of care and services they provide to their residents.

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Adult Day Programs

Erie St. Clair Local Health Integration Network

Do you have a loved one living at home on their own who is frail and elderly? Are you or a family member supporting and caring for a loved one with a disability? Do you know someone living with Alzheimer's?

If you answered yes to any of these questions, you and/or your loved one may benefit from one of the Adult Day Programs offered across Erie St. Clair.

Adult Day Programs offer supervised recreational and social activities in a group setting. Making

new friends and engaging in stimulating activities can help your loved one stay healthy and independent longer.

These programs (also known as respite programs) offer a much-needed break for caregivers.

There are many different Adult Day Programs offered across Windsor/Essex, Chatham-Kent, and Sarnia/Lambton. To find out if you or your loved one is eligible for one of these programs, contact one of the Erie St. Clair LHIN-funded local health service provider agencies listed below.

Windsor/Essex:

- Alzheimer Society of Windsor and Essex County: Day Away Program
- Assisted Living Southwestern Ontario: Participation Industries
- South Essex Community Council: Adult Day Program

Chatham-Kent

- Alzheimer Society of Chatham-Kent: Adult Day Programs, Chatham and Wallaceburg
- New Beginnings ABI and Stroke Recovery Association
- St. Andrew's Residence: Seniors Day Out Program

Sarnia/Lambton:

- Victorian Order of Nurses Sarnia-Lambton: Adult Day Program
- Lambton Meadowview Villa, Petrolia: Adult Day Program

**Note: Most programs offer subsidized rates for eligible participants.*

This article and photo has been written and submitted by: Erie St. Clair Local Health Integration Network, Chatham, ON.

For more information, contact the Erie St. Clair LHIN at 1-888-447-4468



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What is the goal of Maple City Homes?

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Why build with Maple City Homes?

Our brand new homes are built using superior processes, quality products, and select finishes to ensure your home will last for many generations to come. Our homes are built to be as energy efficient as possible, which may drastically reduce your monthly costs and lessen your carbon footprint.

This article was submitted by:



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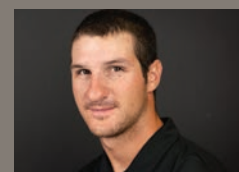
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Project Manager



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PATRICIA PETERS
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JOANNA SALWICKA
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Site Team Members photos
not shown here are:

JIM DUPUIS,
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ERIC LAPRISE
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A Growing Family


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

Located in a quiet area of Chatham, in a remodelled historical residence that was once known as Victoria Residence, Eden Villa offers personalized care packages

to suit individual's needs. Eden Villa is excited to now also offer newly renovated spacious rooms. You will often find our residents enjoying a card or board game in the dining room, visiting in the common lounge, or being entertained by local talent.

At Eden Villa, we don't just consider you or your family member a resident, but part of our growing family, and we would love for you to call our home, your home.

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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:

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Health Matters

Article submitted by: The Healthy Habit

INFLAMMATION... Put out the Fire for Optimal Health.

Arthritis. Headaches. Depression. Snoring. What do these seemingly unrelated conditions have in common? Inflammation.

Understanding inflammation and how to get it into balance can make a life-changing difference in recovering from a wide range of health conditions.

We all instinctively get the concept of inflammation. Everybody at some point in their lives has had a condition that was painful, swollen, red, or hot. These symptoms - in addition to loss of function - are the hallmarks of classic inflammation. You also know intuitively when that twisted ankle is still swollen, or a scar is still painful, that the healing process isn't complete. This is because inflammation is ultimately a healing process - when it works the way it should. More on that shortly.

What triggers inflammation? It can arise due to a traumatic injury, such as that

classic sprained ankle, or from gradual wear and tear over time. It can also be triggered by an infection, like bacteria in a wound, or from a virus.

Notice how your mood takes a dive when you've got the flu? That's inflammation affecting the brain. Any irritation can also be a trigger. Even emotions and stress are forms of irritation that can spark the fire. Diet is potentially the biggest promoter of all, with certain foods being notorious for provoking inflammation in the digestive tract and throughout the body.

Inflammation is not all bad. Think of it like the gas and the brakes on a car. You need both pro-inflammatory compounds (the gas) and anti-inflammatory compounds (the brakes) to complete the healing journey. But the body can get stuck in acceleration mode and is not able to finish the healing process - and the inflammation that once healed becomes a problem itself.

Inflammation can also exist without those

telltale symptoms. We now understand depression and dementia, for example, to be manifestations of inflammation. This may be why some natural anti-inflammatory botanical medicines are showing promise in preventing and treating these conditions.

In order to combat inflammation it helps to understand what might be triggering it, but that's not always possible. The good news is that even if you have multiple factors potentially contributing to inflammation - or factors you can't identify - then simple steps can make a big difference in putting out the fire. What we eat, for example, can help or hinder our health with each meal and snack. Foods that raise blood sugar such as white flour products and sweets are foes in this department, while blood sugar stabilizing fibre, protein, and fat are friends. Not all fat is created equal when it comes to inflammation. Omega-6 fatty acids found in vegetable oils tend to promote inflammation, especially when they have been damaged by cooking. **Omega-3 fatty acids**, on the other hand, are anti-inflammatory. You can find these in grass fed animal foods, deep cold water fish



A Few More Tips

for maintaining a healthy inflammatory response.

Butt out: Is it any surprise that smoking promotes inflammation?

guard against gum disease, which can be a sneaky source of inflammation.

Keep moving: Regular moderate exercise is great protection against inflammation.

Express yourself (appropriately): Dealing with difficult relationships, inner conflict, and holding in negative emotions cause the body to produce inflammatory compounds. Working through those challenges can improve overall health.

Sleep tight: Getting 7 to 9 hours of good quality sleep nightly will reduce the risk of inflammatory conditions.

Open wide: Regular dental checkups - along with oral hygiene - are critical to

such as salmon and sardines, or in a high-quality fish oil supplement.

Curcumin is a natural, plant-based anti-inflammatory that deserves special mention. The decades-long scientific interest around this extract of the herb turmeric has generated enormous popularity – and a few misconceptions. While the herb turmeric can be part of a healthy diet, sprinkling it on food or drinking it as a tea will not allow you to reap the benefits seen in clinical trials of curcumin. Curcumin is notoriously hard to absorb and while supplements can be extremely helpful in managing

inflammation, it can be difficult to compare apple to apples when purchasing curcumin supplements. Shop for professional grade curcumin products where staff are knowledgeable and can answer your questions.

*This article was written by:
Kate Rheaume, ND (doctor of naturopathic medicine) and author of the best selling book
"Vitamin K2 and the Calcium Paradox: How a Little Known Vitamin Could Save Your Life"
(HarperCollins)*



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Family Benefits From Hospice Care

Chatham-Kent Hospice

How do you show your loved one how much they mean to you when they are nearing end of life? You do all you can do to care for them and love them.

That's what Margie's family did. They cared for her at home, when she was in hospital, and when she eventually moved to Hospice. It's the memories of their life together and knowing they did all they could for her at end of life that will sustain them as they miss her every day.

Margie and her husband Bill met at Rondeau Park in the 1950s as both families had cottages in the park at the time. They were married for 57 years and knew each other for over 63 years. Together, they had three daughters and often vacationed in the park. When they retired, they bought a home just outside the park and enjoyed it very much.

When Margie got sick and eventually needed Hospice care, they were overwhelmed with what they discovered. Before moving Margie to Hospice, her



husband Bill and their daughters really knew very little about the type of care offered. Because the family had all rallied to care for Margie while at home and at hospital, they all experienced the burden of care being lifted from their shoulders upon arrival. The day Margie moved into Hospice, they could see the difference in her as well. She had a "settled in" feeling about her.

Not only did they find the building, décor, and Margie's room very comfortable and peaceful, they found the staff and volunteers very genuine and sincere to both Margie and the family.

"Everyone showed a real interest in our family's welfare; they were wonderful," shared Bill.

"Margie loved going outside and being able to easily move her bed into the courtyard was terrific. The little touches really added up like the musical therapy, therapeutic touch, visiting dogs, and watching a monarch butterfly cocoon. These are memories I will treasure."

This story is kindly shared by Bill Shillington and family in memory of Margie Shillington

Accessing Hospice Care...

Are you or is someone you love struggling with a life-limiting illness? Residential hospice care may be something to consider.

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

Play the game on page 10

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1
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+

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CUP

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ORGANIC RAW EGG



1
EGG

1. Preheat the oven to 350° Fahrenheit and line a baking tray, or cookie sheet with parchment paper.
2. In a large mixing bowl, combine all your ingredients and mix until well combined.
3. Using a cookie scoop or your hands, form 12 small balls on the cookie sheet, spread 3-4 inches apart. Press each ball into a cookie shape and press down with a fork. Bake for 8-10 minutes, or until cookies are "just" golden brown but still soft. Remove from the oven and allow to cool.

Serving: 1 Cookie | Calories: 101 cal | Carbohydrates: 3 g | Protein: 5 g | Fat: 9 g

* Cookies are fridge and freezer friendly for a week. This recipe can be found at www.thebigmansworld.com

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*For Seniors, for
Long-Term Care,
and for Ontario*

Meadow Park Chatham is doing their very best to support the Ontario Long-Term Care Association's Better Seniors' Care Campaign. It is our goal to raise awareness about three very important concerns for seniors and individuals who need the level of care and support we provide here in Chatham-Kent.

***The Chatham-Kent community can help by visiting
BetterSeniorsCare.ca to pledge their support.***



The Atom AE Cobras, spent their PA Day helping Meadow Park raise awareness of the Better Senior's Care Campaign, through an event called Cobras Care.

We want to let Ontario MPPs know that long-term care needs the following:

1. Funding to hire more staff.
2. Focus on rebuilding old homes and keeping homes up-to-date and modern.
3. Shift focus on more resident care instead of unnecessary government paperwork.



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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