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October 2019 | ISSUE 30

CKSenior

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Welcome to Our 30th Issue

www.ckseniormag.ca

We just can't believe we are now celebrating our 30th issue of the CK Senior magazine!! They say time flies, and it flies even faster when you're having fun, and working on this publication has been just that... FUN! All of the clients that have been faithfully supporting this magazine through the past ten years have become friends through the magazine, and all of the wonderful seniors we have had a chance to meet and speak with along the way have unquestionably taught us more than a thing or two. It's only during a conversation with a senior that you realize that wisdom from a long life is truly humbling. Seniors really do see the world differently because of the experiences they have encountered along the way. Many of us have had our parents tell us, "if only I knew then what I know now" we should listen It's true! Seniors understand the importance of family, laughing, a good night's sleep, and making time for what's really important. They have learned that it's the hard times that make the sweet times even sweeter. They know that it's the moments that matter. We need to trust them when they tell us time really does fly... and if we are lucky enough, we all will one day get to add the title of "Senior" to our life's resume!

Once again we hope that you learn something new as you turn the pages of this issue, and **BIG THANKS** go out to all of our advertisers, 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....

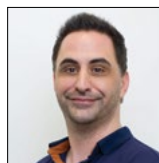
It's alright to slow down, just don't stand still!

Sincerely,

Our Abstract Marketing Team



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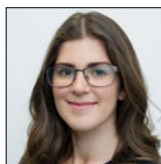
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The CK Senior is printed three times a year.



CKSenior

ISSUE 30

Features



DON'T FORGET TO
☒ **OTE**
ON OCTOBER 21, 2019

8

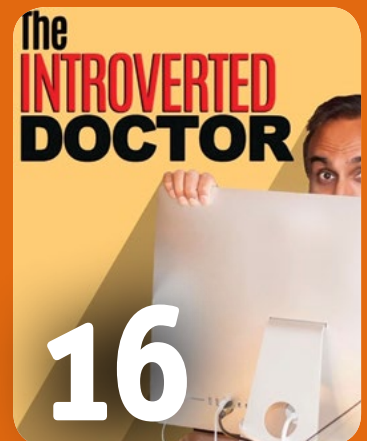


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See answers on pg. 29 | Difficulty Level: ●●○○○

RICK NICHOLLS, MPP
CHATHAM-KENT-LEAMINGTON



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Congratulations 2019 Seniors of the Year!

Cleata Morris & Bob Hamilton

This year, two recipients were recognized as The 2019 Chatham Kent Senior of the Year!

CLEATA MORRIS – After retiring from teaching for 28 years, Cleata moved back to North Buxton where she immersed herself into the life of her community as well as throughout Chatham-Kent and Southwestern Ontario. She has always championed Black History, whether organizing lunch for busloads of people visiting the Buxton Historical Site and Museum, or sharing her story with the media. She is known to everyone under 60 in Buxton as “Aunt Cleata.” She is very active in the North Buxton Community Church, and she makes sure the doors are open for people to go for prayerful reflection. Cleata is also a member of the Merlin Friendship Club and she recently participated with four other seniors, sharing with the children at the Merlin & Area Public School what it was like to be a kid in their generation. She also supports local groups by

attending their fundraisers and their causes. Cleata is probably most known throughout Chatham-Kent for the “Friends of Buxton Male Choir” that she and Lois Pratt started in January 2001. Cleata directs the choir and has practice every Monday at 4:30. There is usually one performance each week except during the Christmas season when they are even busier – they average about 100 gigs a year. They’ve been guests at most seniors’ residences and nursing homes in Chatham-Kent and were part of the TV production “Still Standing.” The choir sings at community celebrations, funerals, and fundraisers. They have also travelled to sing as far as Windsor, Sarnia, Woodstock, London, Alvinston, plus many more and never ask for a fee. Her mission is to bring joy and happiness wherever they are called. Cleata recently turned 95 years of age – she is a fantastic lady and a dedicated community volunteer.

BOB HAMILTON – Bob has been a lifelong contributor to the Bothwell community. He previously was a member of the Bothwell Arena Building Committee, a founding member of the Bothwell Minor Hockey Association, serving as a hockey coach, and was the Past Bothwell United Way Chair. Bob is currently a volunteer for the Fundraising of the Four Counties Hospital Foundation, and is the founder

and chair of the Bothwell Toy and Hamper Program which distributes dozens of Christmas hampers to area families in need, and is host of a free Seniors Christmas Party. Bob is also the Vice-President of the Bothwell Community Boosters. He is also chair and founding member of the Bothwell Area Recreation Advisory Committee, of which he is the driving force behind this group. This group runs the recreation programs at the Bothwell arena which focuses on the youth, seniors, and families. He is very passionate about the need to keep the Bothwell Arena viable. He is at the arena four or five nights a week, leading programs such as Ball Hockey, Pickleball, Fitness Classes, Soccer, Lacrosse, and Roller Skating. He is hands-on purchasing and fixing equipment, assisting patrons, and planning events. He even finds time to volunteer at Riverview Bingo which supports the Bothwell Area Recreation Advisory Committee. Bob is a true mentor and leader, a pillar of the community, and an asset to all of Chatham-Kent.

*This article and photo was
written and submitted by:
Elinor Mifflin and Karen Herman
CK Senior Expo Committee*

*Photo taken June 7, 2019 at the
Senior Expo & Achievements Awards*

DON'T FORGET TO



ON OCTOBER 21, 2019

How will your
platform affect the
lives of our Seniors
in Chatham-Kent?

CHATHAM-KENT-LEAMINGTON



**Mark
Vercouteren**

The Green Party believes that the best option for senior care is to allow them to remain in their homes for as long as possible. We would like to promote intergenerational housing opportunities as a cost effective measure for assistance. In collaboration with provincial and territorial governments, Greens want to develop a set of national home care objectives with a National Home Care Policy. This will incorporate and improve upon existing policies affecting eldercare, including, but not restricted to, ensuring couples needing support and care can continue to live together, economic allowances (such as tax rebates), living choices, transportation, and respite care. We believe that long-term care should not be the only housing and care choice. In a Balance of Care model, more care can be provided for seniors in a cost-effective manner by home and community support services.

It is also important to increase the availability of public transportation which will be necessary as people find it more difficult to own a vehicle. We will also develop a National Seniors' Strategy that includes healthcare, pensions, housing, and a check-in service across Canada that ensures those living alone are well. This includes recognizing the need for improved support for mental health, and palliative care. There is a need to combat ageism, abuse, and neglect.

Along with that, the Green Party will ensure all seniors who qualify are made aware of available federal income supplements and instructed on how to apply for them. We will ensure Canada Mortgage and Housing Corporation will innovate in supporting co-op and shared housing. Pharmacare is also an important part of our platform. With our aging population we must provide flexible programs to accommodate their needs.



**Katie
Omstead**

I have been touched by what happens when family members fall through the cracks in our system, and I will work tirelessly as your MP to make sure that all of our loved ones receive the care they deserve, and have the opportunity to retire with dignity. There is no greater asset to our society than the wisdom and hard work that we have been gifted by generations before us, so my promise to this community is that I will work as hard for you as you have for all of us. I am committed to building upon the accomplishments of the Liberal government, which has taken important steps to improve the lives of seniors across Canada. Through restoring the eligibility for Old Age Security and the Guaranteed Income Supplement back to 65, this government has made sure retirees have received the benefits they worked hard for in a fair and timely fashion. By increasing the Guaranteed

Income Supplement by up to \$947, 900,000 vulnerable seniors have gained greater financial stability. That last act alone has lifted nearly 57,000 seniors out of poverty. The Liberal government has also supported community-based projects that support Canadians living with dementia and their families with a \$20 million investment. In addition to this, Canada's first ever dementia strategy has been implemented. The Liberal government has supported better home care and mental health care with \$11 billion in new, targeted investments. These are all great steps, but I know more still needs to be done. I am committed to listening to seniors, at home, in care, and in our community to ensure that I fully understand and can fight for their needs, so that they receive the care, dignity, and support they deserve.

CHATHAM-KENT-LEAMINGTON



 **NDP**

**Tony
Walsh**

As more Canadians enter their senior years, we need to make better choices to be ready to meet their needs and ensure everyone can age with dignity. With the right leadership, we can make sure that our institutions and public services are strong and prepared – and that every senior has access to the health care and social supports they need to make life a little easier.

To deliver these results all across the country, we will lead a National Seniors Strategy that will work with the provinces, territories, and Indigenous governments to make seniors' health care a priority, reduce isolation, and tackle seniors' poverty. This will include a funded national dementia strategy and an elder abuse prevention plan developed with seniors to put an end to abuse and neglect in our communities.

Our national pharmacare for all plan will provide prescription medicine to all seniors, saving seniors hundreds of dollars every year and ensuring that no

one needs to choose between medicine and other essentials.

Seniors deserve a retirement that's financially secure and dignified. And no senior should miss out on benefits they qualify for because of a paperwork oversight – but that's exactly what's happening to tens of thousands of seniors today. We'll put in place a one-year delay to help seniors at risk of having their GIS benefits suspended for being unable to make the required income statement.

Many seniors are themselves caregivers to a loved one, or rely on the caregiving of family members. We'll make the Canada Caregiver Tax Credit refundable. This will provide thousands of dollars to caregivers with low income from having given up work to care for a loved one.

For too long, our veterans have had to fight for the benefits they've earned. We'll deliver services veterans deserve and improve access.



 **Conservative**

**Dave
Epp**

I understand that one of the main focuses of many seniors is being able to afford to stay in their own home as long as possible. The best way for government to enable seniors to do this is to simply leave more money in their pockets.

Many seniors live on a fixed income and, as such, their situation is even more precarious when exposed to reckless spikes in cost of living. The Conservative leader, Andrew Scheer, recently announced a new plan to improve the day-to-day lives of seniors and contribute to their happiness and dignity.

Conservatives will do this by increasing the Age Credit by \$1,000. In addition, the recently introduced Universal Tax Cut, which will lower the income tax rate, also applies to pension earnings and could mean up to \$440 in annual income tax savings per person.

Between these two measures alone, an average-salary senior couple could save almost \$1,200 each year. That money could be the difference that allows seniors who have contributed to our country their whole lives to stay in the comfort of their own homes and enjoy the retirement they have earned.

Other Conservative platform announcements that will be of benefit to our seniors include the removal of GST from home heating costs as well as the repeal of the Carbon Tax. These will help reverse the increased cost of living that seniors are facing today and put them back in a position where they are able to get ahead.

**How will your
platform affect the
lives of our Seniors
in Chatham-Kent?**

All candidates in both ridings were contacted to the best of our ability for this feature. Candidates answers have been listed in alphabetical order, according to their ridings.

**WE WISH ALL CANDIDATES THE BEST OF LUCK IN
THE UPCOMING ELECTION!**

DON'T FORGET TO OTE ON OCTOBER 21, 2019

CHATHAM-KENT-LEAMINGTON

PEOPLE'S
PARTY 

**John
Balagtas**

Through talking with seniors around the riding I have found that their concerns are the same as the concerns other People's Party candidates around Canada have heard. They would like to know about improving senior's lifestyle, healthcare, and our retired veterans. Our platform in these areas will benefit our seniors greatly. For example we want to make every Canadian richer by ending supply management which currently forces us to pay twice the price for milk, cheese, eggs, chicken, and turkey. We will scrap the federal carbon tax. Cut federal tax to 15% on income between \$15,001 and \$100,000, and 25% tax rate on income above \$100,000.

As healthcare is a provincial and territorial jurisdiction, we will create conditions for innovation. Throwing federal money at the health care issue is not the right approach; it is part of the problem. Our party will replace the Canada Health Transfer cash payments with a permanent transfer of tax points of equivalent value to the provinces and territories, to give them a stable source of revenue. In practice, Ottawa will

give up its Goods and Services Tax (GST), and let provincial and territorial governments occupy this fiscal room. In 2019-20, the GST is expected to bring in \$40 billion in revenues, the same amount currently transferred by Ottawa. We will establish a temporary program to compensate poorer provinces whose revenues from the tax will be lower than the transfer payments they used to receive.

The provinces and territories will be fully responsible for health care funding and management, and fully accountable to their citizens for the results, while Ottawa will respect the Constitution and stop meddling.

Though we have a full policy on Veterans, the Pension Act will be of importance to our senior veterans. The People's Party will reinstate the fair disability pension as previously provided for by the Pension Act. The pension will apply retroactively to 2006 and lump sum payments received since then will be treated as advance payments.

LAMBTON-KENT-MIDDLESEX

 **green**
PARTY OF CANADA

**Anthony
Li**

Seniors comprise a growing proportion of Canada's total population, a majority of whom are women. They built the society we now enjoy, have a wealth of experience, and continue to contribute to the economic and social life of our communities and country.

An essential duty of the social contract between government and citizens is to make sure people can live fulfilling and dignified lives in their senior years. Green Party pledges such as the Guaranteed Livable Income, Pharmacare, public transportation, home retrofits, and affordable housing all contribute to seniors' quality of life.

A Green government will also develop a National Seniors Strategy with the following priorities:

- Ensure the Canada Pension Plan (CPP) remains robust and adaptive to changing needs and circumstances by increasing over time the target income replacement rate from 25 per cent to 50 per cent of income received during working years.
- Regulate the CPP Investment Board to require divestment of coal, oil, and gas shares and ensure that all investments are ethical and promote environmental sustainability.

- Support innovative home-sharing plans and other measures to allow people to stay in their own homes as long as possible. Create more long-term care beds in neighbourhood facilities.

- Protect private pensions by amending the Bankruptcy and Insolvency Act and Companies' Creditors Arrangement Act to establish the pre-eminence of pensioners and the pension plan in the creditor hierarchy during company insolvency proceedings.

- In collaboration with health professionals and provincial/territorial governments, develop and fund a national dementia strategy. Within 25 years, the number of Canadians living with a form of dementia could reach 1.3 million, imposing the highest economic, social, and health costs of all diseases. The strategy would support research, improve quality of life for patients and caregivers, and educate the public to increase awareness and reduce stigma.

- Amend the Medical Assistance in Dying legislation to ensure that everyone has the choice of dying with dignity. This includes allowing advance directives and guaranteeing the right to draw up a "living will" that gives individuals the power to limit or refuse medical intervention and treatment.

LAMBTON-KENT-MIDDLESEX



Libéral

**Jesse
McCormick**

Canadians are living longer than ever before, and as we age, costs go up. Liberals believe that, after a lifetime of hard work, seniors shouldn't have to worry about their savings running out. That's why we restored the age of eligibility for Old Age Security from 67 back to 65. We increased the Guaranteed Income Supplement (GIS) by \$1000 a year, and increased the income exemption for the GIS, so that more seniors who work, but earn a small income, will qualify. And we started an outreach program to make sure that seniors receive the benefits they're entitled to. That has helped thousands, but there's more to be done.

A re-elected Liberal government will increase Old Age Security for those over age 75 by 10 percent. That's an extra \$729 a year, on average to support seniors in our community. The Canada Pension Plan Survivor's Benefit will also go up by 25%.

Seniors want to remain engaged in their communities. Liberals have invested in the New Horizons for Seniors Program, which gives grants of up to \$25,000 for community-based projects. Over the past

2 years, organizations like the Active Lifestyle Centre, Chez Nous Retirement Residence and NeighbourLink have received funding for innovative programs they designed to meet the needs of seniors in Chatham-Kent.

We are also committed to taking important steps to improve health care for Seniors in Chatham-Kent. Access to home care, palliative care and long-term care is a concern we hear at the doorstep over and over again. During the last mandate, our government invested \$20 million in community-based programs that support Canadians living with dementia, and their families. We've committed to \$11 billion in new spending over the next 10 years, targeting home care and mental health.

Liberals recognize that seniors have made and continue to make huge contributions to Canadian society. They deserve to enjoy their golden years. A re-elected Liberal government will help to ensure seniors have the support they need.



NDP

**Dylan
McLay**

My aim is to give Lambton Kent Middlesex a strong voice in Ottawa. For years our riding has been left out of the picture because of our lack of strong voice. I will be a voice for everyone in Lambton Kent Middlesex. It's time for a change and it's important as we move forward with issues like trade agreements, supply

management, protecting the small business owners, and farmers. However, we must not forget about our senior population and the issues that concern them such as changes to pensions and transit in our rural areas. Supporting me will be supporting what is best for Lambton Kent Middlesex.

**How will your
platform affect the
lives of our Seniors
in Chatham-Kent?**

**"EVERY ELECTION IS DETERMINED BY
THE PEOPLE WHO SHOW UP."**

- LARRY J. SABATO

All candidates in both ridings were contacted to the best of our ability for this feature. Candidates answers have been listed in alphabetical order, according to their ridings.

LAMBTON-KENT-MIDDLESEX



PEOPLE'S
PARTY 

**Bria
Atkins**

As a life-time resident of Lambton-Kent-Middlesex, I am proud to represent the People's Party of Canada as the only party willing to do politics differently. We are proposing bold new reforms to address the many the issues that Canadians are concerned about.

Our four founding principles are Freedom, Fairness, Responsibility, and Respect. Essentially, we believe in smaller and more effective government in order to promote freedom and prosperity for all Canadians. We recognize that the increasing tax burden created from big government and its policies places a burden on Canadians from all walks of life. Our goal is to lower taxes and abolish capital gains so Canadians can retain more of their hard-earned money. We believe that Canadians should have the freedom to chose how to use their own resources.

Another reform proposed by the People's Party of Canada is to significantly improve our health care system by

decreasing federal interference and introducing reforms that look to better functioning mixed-universal systems. Canada's public health care system has the unfortunate distinction of having the worst wait times of any developed country. The PPC reforms aim to raise our standard of care while increasing the access and speed of delivery of health services to all Canadians.

The PPC also supports a renewed effort to restore pensions and assistance for our veterans, which have been reduced in recent years. We also seek to enshrine in legislation a covenant that requires the government of Canada to maintain its obligations to veterans who have made great sacrifices for our nation.

Overall, the People's Party of Canada is committed to helping our country prosper and flourish, now and for future generations. I am proud to represent a party that seeks to uphold integrity and freedom in this country.

**How will your
platform affect the
lives of our Seniors
in Chatham-Kent?**

YOUR LOCAL CANDIDATES

CHATHAM-KENT-LEAMINGTON

Green - Mark Vercouteren

Liberal - Katie Omstead

NDP - Tony Walsh

PC - Dave Epp

PPC - John Balagtas

LAMBTON-KENT-MIDDLESEX

Green - Anthony Li

Liberal - Jesse McCormick

NDP - Dylan McLay

PC - Lianne Rood

PPC - Bria Atkins



All candidates in both ridings were contacted to the best of our ability for this feature.

Candidates answers have been listed in alphabetical order, according to their ridings.

Cheesecake Stuffed Pumpkin Bread

INGREDIENTS

- 1/2 c. (1 stick) melted butter, plus more for pan
- 1 c. plus 2 tablespoons all-purpose flour, divided, plus more for dusting pan
- 1 tbsp. pumpkin pie spice
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. kosher salt
- 1 c. pumpkin puree
- 1 c. plus 3 tbsp. granulated sugar, divided
- 1/4 c. sour cream
- 2 large eggs plus 1 egg yolk, divided
- 1 tsp. pure vanilla extract
- 6 oz. cream cheese, softened

DIRECTIONS

1. Preheat oven to 350° and butter and flour a 9"-x-5" loaf pan. In a large bowl, whisk together 1 cup flour, pumpkin pie spice, baking soda, baking powder, and salt.
2. In another large bowl, combine pumpkin, 1 cup sugar, melted butter, sour cream, 1 egg and 1 egg yolk, and vanilla until smooth. Pour wet ingredients over dry and fold until completely combined.
3. Make cream cheese filling: In a small bowl, stir together cream cheese and remaining egg, 2 tablespoons flour, and 3 tablespoons sugar.
4. Transfer half the pumpkin batter to prepared pan. Dollop cream cheese filling on top and smooth in an even layer with a spatula. Top evenly with remaining pumpkin batter.
5. Bake until deeply golden and a toothpick comes out clean, 1 hour 5 minutes to 1 hour 15 minutes.
6. Let cool at least 10 minutes before serving.



Find this recipe online at:

<https://www.delish.com/cooking/recipe-ideas/recipes/a50104/cheesecake-stuffed-pumpkin-bread-recipe/>

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To learn more about any of our services, contact us at

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The Four Core Areas that Creates Lasting Change or Impedes it

Dr. Lalit Chawla MD, CCFP, FCFP



If there is one thing I've learned both in my personal life and my professional life, is that helping facilitate behavioural change in others, or myself, can be very challenging; yet it can be one of the most rewarding things I'll ever do. Have you ever personally struggled to make a change, or improve something in your life, whether it's eating better, exercising, getting to sleep on time, or cutting back on Netflix, and then, after a few days or weeks of making that change, you noticed a positive impact in your life? Did you see ripple effects in other areas of your life, and that just made you feel empowered?!!

I'd like to share with you a model that I, and many patients, have found helpful. There are four core areas that are always influencing a person's life (refer to Fig.1):

In anybody's existence, I believe that there are two areas that are always influencing a person's behaviour, thoughts, and overall wellbeing. The first is a person's Internal World, (which is comprised of two core elements that impacts wellbeing and self-concept). The second is a person's External World, which consists of two core elements which affect their health, the way they are experiencing their life, and how they contribute to the world.

The first core sphere of our Internal World is our inner psychology. This core sphere consists of our values, beliefs, emotions, rules, memories, imagination, and philosophies. Essentially, this makes up our view of the world as we believe it to be.

We know people have very different rules and value systems. Conflict or disagreements occur when we encounter people that are very different from ourselves, because we are seeing them through our lens of understanding, or we choose not to agree with their view for a multitude of reasons.

The second sphere consists of our Physical Body; our brain patterns, immune system, ability to heal, the number of limbs, eyes, ears, muscles, nerves, etc.

The type of physiology we have determines how we can carry out what we want to do. We all come into this world with varying degrees of physical ability and limitation. And, if you've ever been sick or have injured a body part, you know that it can affect your psychology or 'state of mind' as well. Conversely, you can have all the winning attitude, the right psychology, beliefs etc., but if you don't have the physical wellness, you can't do what you want

or what you need to do. The mind and body, are intimately connected.

That's why, when we change our physical position, an actual change takes place in our mental wellness. Studies have shown the benefit of exercise in terms of decreasing anxiety and depression. One study even showed that exercise had just as much benefit, as an SSRI (an anti-depressant) in helping improve depression.

The third core sphere, our Physical Environment, is part of our External World. How do you feel when you've been through a dark, cold winter and then you open the door and all of a sudden it's a beautiful sunny day with a nice gentle breeze? For most of us, it creates a sense of relief, joy, and vibrancy. What if you're bored, down in the dumps and you eat something that you love, no doubt you will momentarily feel better. These are examples of how our physical environment influences our thought patterns and well-being, which ultimately affects our behaviours. Our physical environment consists of things like weather, physical space, air quality, pictures on the wall, what we eat, our water intake, nutritional food vs. junk food, etc.

Personally, I've followed the lead from

some of the secretaries and nurses I've worked with - how they'd spruce up their work area by putting up photos of their children, or inspirational quotes etc. Are you optimizing your physical environment?

The fourth sphere is our "People" Environment: Millionaires hang around millionaires; musicians hang around musicians; birds of a feather flock together, and misery loves company. This area is easily neglected. That's why parents are so rightfully concerned by who their children's friends are. When you surround yourself with negative influence, it will affect your psychology and belief system and vice versa.

There are so many people that have difficulty leaving an unhealthy state because of the people that are in their circle. Sometimes we have little choice with the type of people we have around

us, whether it's a relative or a work colleague, but a great deal can be done by how much time or energy we give them.

Make the time to connect with people who lift and recharge your mental, emotional, and spiritual energy. Create growth friends - see my podcast or blog on how to do that (episode 13, <https://www.theintroverteddoctor.com/>)

Take a look at your life and see which one of those four areas you can change and leverage for your advantage. One change in one area creates a ripple affect in the other areas. You don't have to change all of the areas to create a change that makes an incredible impact. We are all one change away from living a better life. Be your own change agent! We all deserve to live our best life!



Dr. Chawla

Dr. Lalit Chawla, MD, CCFP, FCFP

A highly sought after International Speaker, Family Physician in Chatham, Ontario, and an Adjunct Professor at the Schulich School of Medicine and Dentistry in London, Ontario.

www.magicandmedicine.ca

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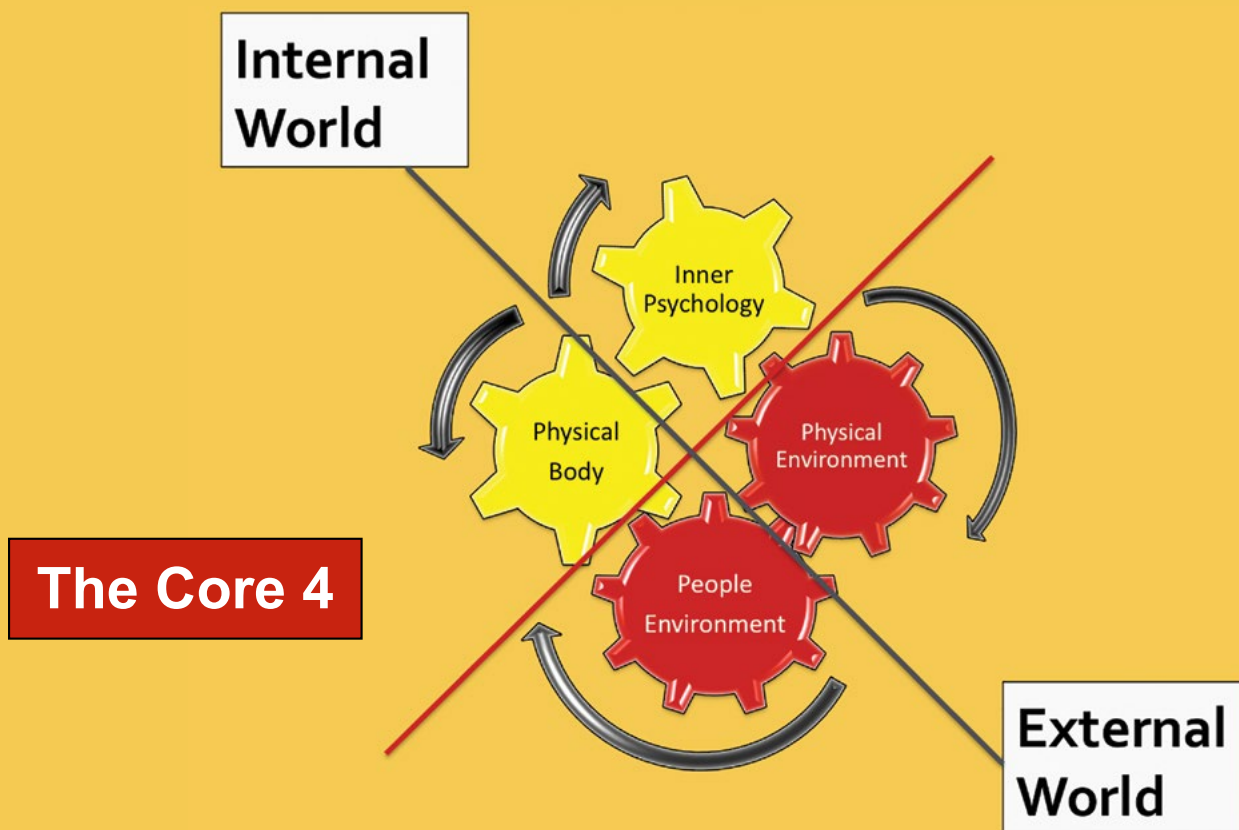


Fig. 1
The 2 Worlds



When 50 Years Seems Too Short

Hospice gives a family the gift of peace.

When Jim first met his younger sister's best friend, Ruth, he didn't know she would become the love of his life. First becoming friends, then husband and wife, Jim and Ruth shared a special bond. While they both grew up in Chatham-Kent, life and work took them away from the community. Ruth was an employee at Union Gas and was able to transfer wherever Jim's job would take him - from Brantford to Windsor to London. Regardless of where they worked, it was always their hope to come back and make a home in Chatham-Kent.

After 10 years of marriage Ruth and Jim were proud to welcome a new addition

to their family - a son, Jared - and then, barely a year later, a second son, Andrew. Their small family doubled in size very quickly! After years of working and taking care of her family, Ruth retired from her work in 2009 but kept busy dedicating more time to her garden and sewing projects.

Their life, like everyone's, was not without its hardships and struggles. Jim & Ruth's oldest son was diagnosed with cancer while in his third year of university and passed away a short six months later. In the years following, Jim suffered two heart attacks and had to undergo heart surgery. Through it all Ruth was their rock. She looked after everyone and held their family together. As they approached their 50th wedding anniversary, Jim and Ruth began planning a trip to Hawaii - a trip they were, sadly, never able to take.

Unexpectedly Ruth was admitted to the hospital after having trouble breathing one day. Scans confirmed she had pancreatic cancer. While waiting for a biopsy, Ruth and Jim contemplated treatment options. After spending 10 days in the hospital, Ruth suffered a

stroke which left her unable to speak. Although not able to share her feelings, Jim could sense Ruth's growing tension. It was the weekend but when a room opened up at Chatham-Kent Hospice, Jim knew Hospice is where they needed to be.

Ruth did not need to be able to talk to let Jim know moving to Hospice was the right decision - he could feel her relax the moment they arrived, when the caring staff and volunteers began to get her settled in the suite. The final gift he would give Ruth was comfort and peace.

"If she could not be at home, Hospice was the next best place. I admire all the work the staff and volunteers do tending to each family while making you feel like you are the only one. When Ruth passed she was surrounded by her family and loved ones. During her farewell ceremony, we were able to pick the music and readings making it special - just for her."

Since Ruth's stay at Hospice, Jim has been motivated to give back.

"I want to share our Hospice story with the hope it helps people better understand what Hospice does in our community. It brings peace to the resident and peace of mind to those left behind. I want other families to be able to share that gift with their loved ones."

Accessing Hospice Care

Are you or is someone you love struggling with a life-limiting illness? Residential hospice care may be something to consider. Call 519.436.2222 for more info.





Make a difference every day!

Join our Hospice Hero Monthly Giving Program.

"We believe in end-of-life care and the services offered by Chatham-Kent Hospice that is why we are monthly donors. It is an easy way we can give to help others in our community. We have had friends whose family have been Hospice residents and we have only heard wonderful things. Although we have not had a family member stay at Hospice, we have experienced loss. The support offered through the Chatham-Kent Hospice Grief Walks program was an enormous help in dealing with the recent loss of our son. Life has its ups and downs but knowing our monthly donation is helping families as they say good-bye to their loved one makes us feel good."

- Randy and Cathy Foster, Chatham

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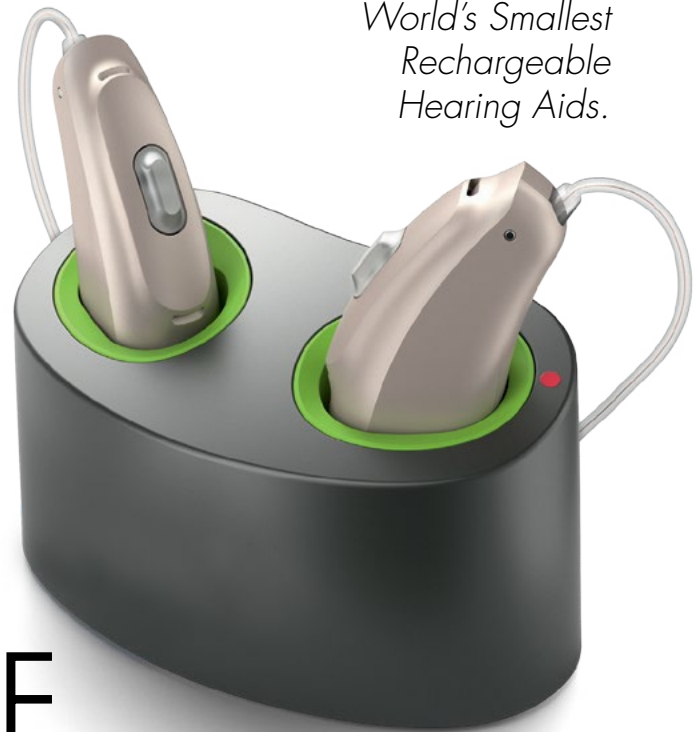
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Welcome Home Regional Champions! CK Senior Games

We are the Ontario Senior Games Association (OSGA), Chatham-Kent District 33A... and so far 2019 has been FILLED with plenty of activities for hundreds of 55+ seniors.



Dr. Tim Baker and Martin Emrich

Earlier this year, CK 55+ Senior Games members sent a number of participants to Huntsville. They competed and enjoyed the "fun, fitness, and friendship" of the ONTARIO PROVINCIAL WINTER GAMES and Gold Medal Winners are now being offered a chance to compete at the CANADA 55+ GAMES in Kamloops B.C. (August 25 to 28, 2020).

Locally, Spring/Summer 2019 witnessed another full schedule of locally organized activities that took place through April, May, and June, and hundreds of participants enjoyed gaming at locations all across our Municipality. OSGA Members (and their non-participant friends and/or family members) then turned their attention to the 2019 SOUTHWEST REGIONAL GAMES hosted this year by Bruce and Grey County.

On August 14, 32 people from 33A attended sites all across Bruce Grey County to compete in a number of

scheduled activities (cribbage, contract bridge, golf, floor shuffleboard, prediction walking, carpet bowling, and tennis). Everyone from these games (and others that were offered) met for a dinner and awards ceremony at the Mildmay-Carrick Recreation Complex. And while we "welcome home" all our attendees, we wish to provide a special shout out to our own 33A District Award Winners.

TENNIS (MEN'S 55+ DOUBLES)

First Place Finishers

Tim Baker & Martin Emrich

TENNIS (MEN'S 75+ DOUBLES)

First Place Finishers

Tom Brunt & Aldo Gonzalez

WALKING (LADIES 1.6KM)

First Place Finisher

Sandra Litwin

CARPET BOWLING

Second Place Finishers

Pete Deveau & Steve Erny

GOLF (LADIES 75+)

Second Place Finisher

Vicki Gough

GOLF (MEN'S 75+)

Second Place Finisher

Gary Mifflin

WALKING (MEN'S 1.6 KM)

Second Place Finisher

Bill Mardling

GOLF (LADIES 75+)

Third Place Finisher

Connie Franklin

GOLF (MEN'S 65+)

Third Place Finisher

Steve Temesy



Tom Brunt and Aldo Gonzalez

What a talented and awesome cohort of 55+ seniors live and play here in Chatham-Kent!

And so - what's next?

33A WINTER GAMES arrive on October 9, 2019. This year, the activities are sponsored by the Blenheim, Chatham, and Ridgetown locations of Revera Retirement Living AND the winners from this series will be invited to enjoy a Celebratory Winners Luncheon (March 2020). Activities in the OSGA's 33A Revera Gold Medal Awards Banquet Winter Games start in October and through November we will offer Euchre, Contract Bridge, Scrabble, Alpine Skiing, Bid Euchre, Carpet Bowling, 5-pin and 10-pin Bowling, Cribbage, Pepper, Duplicate Bridge, Prediction Skating, Darts, 8-Ball, and Snooker!!

BONUS - Family Service Kent has also partnered with 33A and will offer FREE TRANSPORTATION to all District Winter events located in CK.

Want to know more? Look for details at www.ckseniorgames.com - email ckseniorgames@gmail.com - or call Dave Drouillard (District Coordinator) 519.325.8451. Registration Packages will also be available at our 11 Senior Centres and will be posted on several MOCK sites come September.

**Perhaps the next 33A
"Champion" will be YOU!**

*This article (and named photos) was written
and submitted by:*

*Dave Drouillard, (District Coordinator) OSGA
District 33A*





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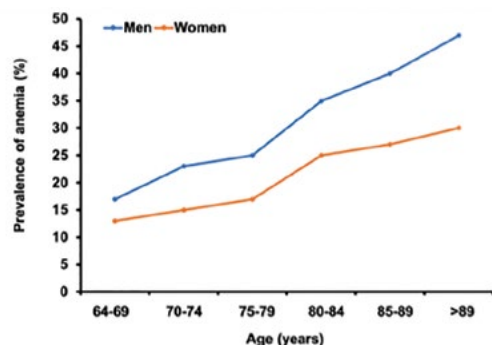
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Health Matters

Article submitted by: *The Healthy Habit*

Iron Requirements For Men and Women

Roughly 17% of Canadian persons over the age of 65 is iron deficient or has iron deficiency anemia (IDA), and increases with advancing age. Many of the potential health consequences are reversible with restoration of healthy iron stores and hemoglobin/red blood cell (RBC) levels.



Iron is essential for many body functions throughout life. Symptoms of an iron deficiency may include reduced resistance to infections, impaired cognitive performance and behavior, fatigue, decreased exercise and work capacity, and chronically feeling cold.

Are you at risk of iron deficiency?

A wide range of causes and underlying diseases may lead to an iron deficiency or IDA, particularly as we age. It is not uncommon that more than one factor

may contribute to the development of an iron deficiency or IDA. The most common causes of iron deficiency and IDA in Canada in persons of advancing age are inadequate intake of dietary iron, consumption of poorly available forms of iron, or diminished iron absorption. In addition, nutritional deficiencies in vitamin B12 and folate may contribute as well. The rate of vitamin B12 deficiency anemia in the elderly mirrors that of iron deficiency. The cause of iron deficiency and IDA are similar between men and women.

If you are at risk for iron deficiency or IDA, you should see your health care provider as soon as possible. Untreated iron deficiency or IDA may result in frailty and overall poor physical health; leading to an increased risk of falls and fracture, cognitive decline, and, ultimately, the loss of independent functioning. Your health care provider will examine you and measure your hemoglobin and serum ferritin. If iron deficiency or IDA is identified, oral elemental iron therapy will be initiated. The amount of elemental iron that you will be required to take will depend upon the severity of your iron deficiency or IDA.

Are all iron supplements the same?

No. Traditional elemental iron salt formulations (iron gluconate, iron sulfate,

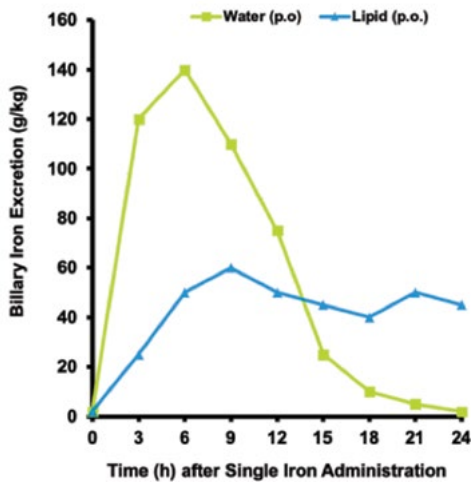
iron fumarate) required higher daily oral supplementation to maintain and correct an iron deficiency because of their poor bioavailability and absorption. In addition, these sources of elemental iron are associated with significant side effects such as constipation and gastrointestinal upset. A newer and safer source of elemental iron is iron (II) bisglycinate (a.k.a ferrous bisglycinate).

Causes and Diseases Frequently Associated with Iron Deficiency and IDA in the Elderly

Category	Subtypes
Chronic Inflammatory Disease	Rheumatologic Disease Chronic Infection
Cancer	
Endocrine and Metabolic	Kidney Disease Hyper or Hypo Thyroidism Diabetes
Blood Loss	Ulcer Bleeding from blood thinners Surgery
Destruction of RBC	Heart disease Mechanical destruction of RBC (heart valve) Liver or spleen disease
Lack of nutrients	Vitamin B12 deficiency Folate deficiency Copper deficiency Iron deficiency
Drug-induced	Chemotherapy Seizure medications Miscellaneous drug reactions

Iron (II) bisglycinate is made of only essential nutrients, iron chelated to two glycine molecules. It is not an iron salt. Iron (II) bisglycinate is absorbed

4.5x better than iron salts, resulting in a significant reduction in stomach upset, nausea, and constipation. Because of the improved absorption, a dose of 25 mg of iron (II) bisglycinate is equivalent to 50 mg of iron sulphate (an iron salt).



Wouldn't you prefer to take less?

Are all formulations of oral supplemental iron the same?

No. Most oral iron supplements must be taken with a citrus drink to aid in stability and absorption. Many persons cannot tolerate the acidity of a citrus beverage. The acidity of citrus beverages are responsible for the irreversible erosion of dental enamel. Liquid iron formulations must be taken with a citrus beverage using a straw to avoid grey discolouration of your teeth. Tablet formulations may be problematic as we age because they may not always dissolve and may pass intact into the feces. Tablets may contain up to 90% excipients (binders, fillers, lubricants, and solubilizers) that may trigger unwanted side effects.

EasyIron® and EasyIron E.G.® are formulated with Iron (II) bisglycinate using Superior Nutrient Absorption (SNA). Excipient free!

SNA delivers iron (II) bisglycinate and other important nutrients suspended in healthy cold-pressed extra virgin olive oil in a vegetarian capsule—liquid in a capsule. Cold-pressed extra virgin olive oil has a natural source of vitamin E, making it the perfect natural preservative for iron (II) bisglycinate and the other important nutrients. SNA protects the stomach from the harshness of the iron and protects the vitamins from being degraded by the stomach acid. More importantly SNA ensures that all of the nutrients are easy to absorb by your body. SNA uses healthy olive oil to carry the nutrients across the intestinal cell membrane and into the cell unchanged. SNA ensures that all the nutrients are delivered to the liver and slowly released to the rest of our body throughout the day (blue line in the graph). Unlike tablet and liquid iron formulations that have peak concentrations in our body 5 to 6 hours after ingestion, (green line in the graph) and usually are taken 2 to 3 times per day, SNA supports the liver's ability to slowly release iron (II) bisglycinate and important nutrients into our body over a 24 hour period. This ensures that iron (II) bisglycinate and its associated nutrients are available to your tissues throughout the day. You only have to take EasyIron® and EasyIron E.G.® once a day.

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Dr. Mary Nagai is the Director of Medical and Scientific Affairs at Platinum Naturals and holds an MD, PhD from the University of Toronto. A scientist at both UHN-TRI and U of T Faculty of Medicine with over 16 years of experience as a clinician scientist and advocate for natural integrative medicine.

*This article was written by:
Dr. Mary Nagai
MD, PhD,*

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Balance & Flexibility – Key Words to Longevity

Jenn Daoust

What comes to mind when you read those two words? Balance & Flexibility can refer to several definitions!

Balancing your day-to-day activities, having a balanced meal or lifestyle, or simply, having good balance so you don't fall over and get hurt. Same goes for flexibility. Do you have a flexible schedule? Are you flexible about what you're choosing to eat? Are you just plain flexible, like can you touch your toes and reach your hands together behind your back?

Due to lack of an active lifestyle, we risk slowing down and becoming more sedentary as we age. Balance

& Flexibility in relation to fitness and nutrition are more important now than ever for optimal health. Getting yourself involved in a fitness program that puts emphasis on improving these areas will ensure that you remain injury free, adding extra years and quality of life. Proper program design can also help to rehabilitate an old injury so you can live pain free.

Seek daily opportunities to incorporate balance and flexibility, and practice them often.

- Walking (indoor or outdoor)
- Fascia Stretch Therapy
- Water Aerobics (at the YMCA)
- Gentle Yoga Classes
- Tai Chi
- Physiotherapy
- Fitness Classes (at your local gym)
- Core Exercises and Regular Stretching
- Strength Training (with a certified personal trainer if you can)

Work with a professional, such as a Personal Trainer who knows the importance of adding LIFE to your years! It's about the quality and ability to live self-sufficiently for many more years. Get moving; it will help enhance your energy, preserve your independence, help manage symptoms of illness or pain, and maintain a healthy weight and heart.

Exercise is good for your mind, mood, and memory!

This article has been written and submitted by:

Jenn Daoust PTS, FSTS, NWS

Are you unsure of where to start? Do you have questions regarding what you've read in this article? Contact me.

JennDaoust3@gmail.com

519.903.2058

"Looking at age from the outside is so scary. But when you're inside age – and I'm very much inside age – it isn't scary at all."

- Jane Fonda



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PAIN COURT	<i>Le Club de l'Amitie (Friendship Club) 10 Notre Dame St. 519.354.1249</i>
MERLIN	<i>Merlin Senior Citizens Friendship Club 11 Erie St. S. 519.689.4943</i>
MORPETH	<i>Morpeth Heritage Club 12570 Talbot Trail 519.674.1010</i>
RIDGETOWN	<i>Ridgetown & Area Adult Activity Centre 19 Main St. W. 519.674.5126</i>
THAMESVILLE	<i>Thamesville Happy Club 96 London Rd. 226.229.0303</i>
TILBURY	<i>Tilbury Leisure Centre 10 Canal St. W. 519.682.1020</i>
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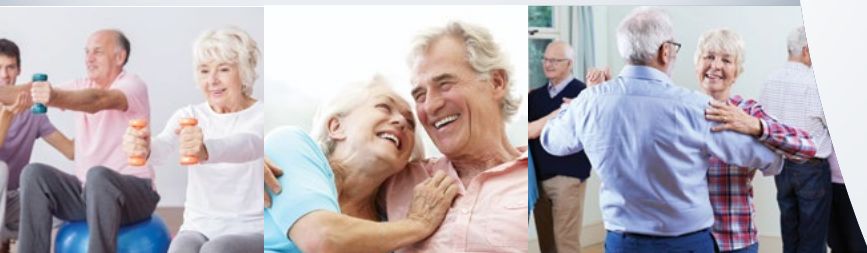
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Mark Your Calendars!

The Active Lifestyle Centre
(2019 scheduled events)

OCTOBER 17 - Back by popular demand... Crafter Shelly Webster is hosting another Pebble Art class at the Active Lifestyle Centre from 6-9pm. \$35 per person includes supplies and instruction and a finished project to take home. Registration required. Call the Centre at 519.352.5633 to save a spot.

OCTOBER 24 - The Active Lifestyle Centre is hosting the Mayor's Financial Literacy Workshop for Seniors. This free workshop, in collaboration with the Canadian Foundation for Economic Education, is interactive, needs-based, and open to all older adults across Chatham-Kent. If you are retiring, perhaps downsizing, estate planning, living with a disability, a victim of fraud, and living on a budget and so on...this workshop is for you! Call the Centre at 519.352.5633 to save your spot.

OCTOBER 24 - Artist Bev Fish is hosting an evening Painting Party workshop from 7-9pm. \$40 per person; includes supplies and instruction. Call the Active Lifestyle Centre at 519.352.5633 to reserve your spot.

OCTOBER 28 - The Active Lifestyle Centre together with the Chatham-Kent Fire Services is offering an FREE in-service on Fire Safety in the Home. This presentation runs from 10:30am-12:00pm in our Craft Room. Call the Centre at 519.352.5633 to save your seat (ask for Jan). Space is limited. EVERYONE WELCOME!

NOVEMBER 4 - This is the second instructor-led Craft Class at the Active Lifestyle Centre. This month, participants will be making Christmas centerpieces. \$15 per person includes supplies and a finished project to take home. Class runs from 10am-12pm and space is limited so call the Centre at 519.352.5633 to reserve a spot.

NOVEMBER 14 - MARK YOUR CALENDARS! The Active Lifestyle Centre has a one-day bus trip planned to Brantford's Sanderson Centre to see the Walters Family Christmas show with special guest, Jim Whitter. Call the Centre at 519.352.5633 for more details. Price includes the bus, lunch and show. Space is limited; call early to avoid disappointment. EVERYONE WELCOME!

NOVEMBER 14 - Crafter Shelly Webster will be on site at the Active Lifestyle Centre for a Christmas glass painting class. Call the Centre at 519.352.5633 for more details

NOVEMBER 18 - The Active Lifestyle Centre and the Alzheimer Society, with host Tara Seney, are bringing you a fall in-service. The topic will be Memory Tips and is open to everyone. This FREE workshop takes place at the ALC from 10:30am-12:00pm; registration is required. Call the Centre at 519.352.5633 to save your seat. Space is limited.

NOVEMBER 22 - Hop on the bus as it takes you to Petrolia Playhouse for the annual Starbright Christmas Extravaganza. Hosting this trip is the Active Lifestyle Centre. \$100 for members and \$115 for non-members. Price includes the bus, lunch, and show. Call the Centre at 519.352.5633 to reserve your spot on the bus. Call early; space is limited. EVERYONE WELCOME!

NOVEMBER 23 - Save the Date... The Active Lifestyle Centre proudly presents their Silver and Gold Christmas Dinner Dance. Gourmet dinner and dancing with the Shake Band and wine tasting with Early Acres Estate Winery along with a silent auction and door prizes. Tables of 8 available at a reduced rate for small businesses or your group of 8 friends. Sponsored by VIA Rail. Call the Centre at 519.352.5633 for details. Space is limited.

NOVEMBER 25-DECEMBER 12 - The Active Lifestyle Centre is hosting their annual "Penny Sale." Come on down to 20 Merritt Ave. to see what treasures await you!

DECEMBER 9 - The MTO and the Active Lifestyle Centre are pleased to offer an in-service for older adults who would like to learn about the Driver's License renewal process. This session is also excellent for anyone hoping to refresh their knowledge of road safety or to learn about the new road signage. This one hour information session is FREE and everyone is welcome. Space is limited. Call the Centre at 519.352.5633 to save a seat (ask for Jan).

DECEMBER 11 - Do you have a sweet tooth? Come on down the Active Lifestyle Centre on 20 Merritt Ave. for a fundraiser Christmas Bake Sale and satisfy your cravings.

DECEMBER 13 - To celebrate the Christmas season, the Active Lifestyle Centre is hosting their annual Christmas Luncheon featuring a traditional turkey dinner and entertainment with the Respect Revolution. \$12 per person; reservations required. Call the Centre at 519.352.5633 to save your seat; space is limited.

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



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ABOUT THE COVER

Hurray for Hollywood!

Active Lifestyle Centre

The cover shot was taken on Friday, Sept. 20th. at the Active Lifestyle Centre during an evening of music and dinner, organized in appreciation for their volunteers!

Volunteers and their guests filled the hall at 20 Merritt Ave., Chatham, ON which was decorated in a **"Hurray for Hollywood"** theme in black, gold, and silver!

On the cover from L to R are: Karen Miller, Sharon Slater, Marjorie Johnson



Mary McDonnell (98) and her Daughter Nancy Gagnon. Mary was one of the original founders of the ALC.

Below are some of the many volunteers/ guests of the evening (L to R): Karen Miller, Janny Grabec, Jan Reinhardus, Judy Crawford, Ralph Reinhardus, Marjorie Johnson, Phyllis Castle, Bob Castle, Vicki Carrington, Sharon Slater, Cheryl Sterling, Mary-Lynn Verbeem

"Not only is volunteering important because it helps others...but it also helps to better you as an individual!"



Freddy Polak (94). Freddy volunteered for 20 years at the ALC.



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Legal Matters

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

Joint Assets with Adult Children: Solution or Problem?

Here is a common scenario...

Mr. Planner is in his late-80's. **Mr. Planner's** spouse passed away one year ago. **Mr. Planner** has three children, all of whom are over the age of 50.

Mr. Planner lives in a city we will call "Hometown." One of his children also lives in Hometown. This child we will refer to as "**Hometown Child**." The other two children live several hours away.

Mr. Planner has a Will that provides for his entire estate to be divided equally 3-ways amongst his children upon his passing.

Most of **Mr. Planner's** assets are in the form of cash or investments; we will refer to these as his "Accounts."

Mr. Planner receives advice from a friend that he should add his children to all of his Accounts as joint owners with "right of survivorship." **Mr. Planner** is told that if he does this he will avoid "probate tax" that would otherwise be payable on the value of his Accounts upon his passing.

Mr. Planner thinks this sounds too good

to be true, so he seeks the advice of his lawyer.

Mr. Planner's lawyer advises him of the risks of adding **Hometown Child** to his Accounts as a joint owner, such as potential creditor claims or divorce issues, loss of sole control of his finances, introducing conflict between his children, and potential income tax consequences. **Mr. Planner** quickly realizes that the implications of adding his children as joint owners of his Accounts is not as straightforward as his friend made it seem.

Mr. Planner's lawyer also provides some calculations, for example, of the "probate tax" that would be payable if no children are added as joint owners to the Accounts, and it turns out that the amount of the "probate tax" is not as large as he thought it would be. The lawyer cautions **Mr. Planner** to consider the potential risks carefully, before making a decision.

Now **Mr. Planner** is confused by this contradictory information. Unsure of what to do, **Mr. Planner** decides to ask

his children what they think.

Not surprisingly, **Mr. Planner's** children are of the opinion that steps should be taken to avoid any amount of "probate tax" upon his passing, and all of them agree that the risks outlined by his lawyer are unlikely to be an issue in their family.

Mr. Planner decides that he needs to add children to his Accounts as joint owners in order to avoid "probate tax" upon his passing.

Mr. Planner has a closer day-to-day relationship with **Hometown Child**. Due to geographical distance, **Mr. Planner** does not spend as much time talking with his other two children as he does with **Hometown Child**. As well, **Hometown Child** has personal experience with the local financial institutions where **Mr. Planner** holds his Accounts.

Because of this, **Hometown Child** urges **Mr. Planner** to add only **Hometown Child's** name to the Accounts, stating that it would just be more convenient and less of a hassle than trying to

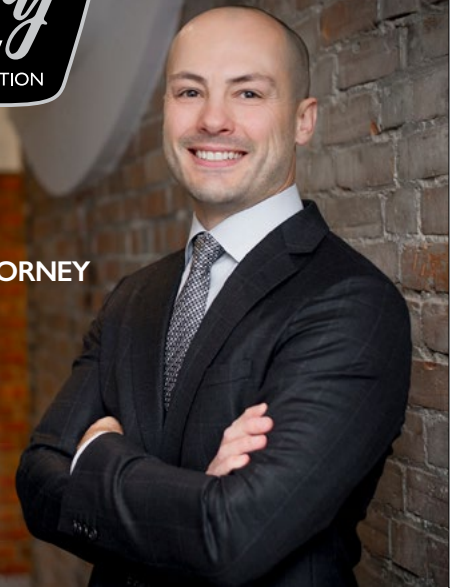


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coordinate the other two children. **Hometown Child** also reassures **Mr. Planner** that **Hometown Child** will follow **Mr. Planner's** wishes and treat the other two children fairly and equally in dividing the Accounts upon **Mr. Planner's** passing.

Mr. Planner proceeds to take steps to add only **Hometown Child** as joint owner on all of his Accounts. After doing so, **Mr. Planner** does not make an appointment with his lawyer to review these developments, or to update his Will.

Some years later, **Mr. Planner** passes away. Recall that **Mr. Planner's** Will provides that his estate is to be divided equally amongst his three children.

It is important to note however, that essentially all of **Mr. Planner's** "estate" will not actually fall within the wishes contained in his Will, prima facie. Instead, the majority of **Mr. Planner's** "estate" is in his Accounts, which at his passing were owned solely with **Hometown Child** as joint owner, with "right of survivorship."

In the years after **Hometown Child**

was added as joint owner to all of **Mr. Planner's** Accounts, **Hometown Child's** personal relationship with the other two siblings deteriorated to a point where they do not get along.

Now that **Mr. Planner** has passed away, **Hometown Child** has a change of heart and now feels that **Hometown Child** is the sole rightful owner of all of the Accounts. **Hometown Child** is reluctant to share any monies from the Accounts with the other two siblings and does not cooperate in providing them with any information regarding the Accounts.

Unfortunately, a long period of quarrelling ensues between the siblings. Sides are taken. Fingers are pointed. Threats are made. In the meantime, **Hometown Child** has been dealing with the monies in the Accounts as if **Hometown Child** is the sole and rightful owner, and no monies are distributed to the other two children according to **Mr. Planner's** Will.

The other two children retain a litigation lawyer, and a lawsuit is initiated. What follows is a long and arduous process,

that results in much anxiety and disgruntlement between the children of **Mr. Planner**. Of course, none of this is what **Mr. Planner** ever intended, and it is a very unfortunate result, to say the least.

This is a fictional story, with fictional characters. However, variations of this scenario occur quite commonly. Often the outcome is not quite as dire as my example above, but sometimes it is worse.

The point being that you should consider the potential implications and risks of adding adult children as joint owners of your assets as part of your estate planning, before doing so. Often the potential risks will far outweigh the benefits.

*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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At Wellings, we've spent the last few months upgrading our knowledge on the fundamentals of ageless living and what it means to live well. We have always shared the views of many experts that ageless living starts with having a mindset that is open and curious about what's next. There are many elements we came across that excited us, such as demystifying nutritional supplements and their importance as we age, lighting, living spaces that encourage inspirational yet calming environments to grow in, the importance of play, and the benefits of physical activity in a social and familiar environment. There is so much to share and we will continue to present and develop ideas with our residents' input across the province.

At Wellings of Corunna, our recent

Wellness Expo embraced a lot of what we have been learning - connecting local experts, residents, and the larger community with new and familiar concepts of living well at any age. The Wellings chef gave a cooking demo, there were travel tips, tech tips, and products that could assist us to live better, and special guest Kathie Donovan- TV personality and author amused us with a talk on ageless living that was informative, funny, and full of everyday tips we could start using right away.

The Wellings is a "perfect place to live, grow and change in", according to Walter, a resident of the Wellings.

"My new beginning started once I embraced the change and realized the daily pressures of large home maintenance, bill paying, and property taxes were gone!" said Doug at Wellings of Picton.

Ross at the Wellings of Corunna shared with us, "I was looking for people my own age who were active and independent. I found it here at the Wellings and it feels like a family."

There are a lot of fun stories shared and, one thing we know for sure, the laughter and comradery is guaranteed daily. You can live the life you want, the way you want to...on your own terms.

Wellings of Corunna is a fun place to connect with adults 55 + who are too young and able bodied to live in a retirement residence. Wellings is a living option to the traditional retirement home; it's a youthful lifestyle choice and you owe it to yourself to discover it firsthand.

Connect with Shelly Rodgers for more information and to visit:

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