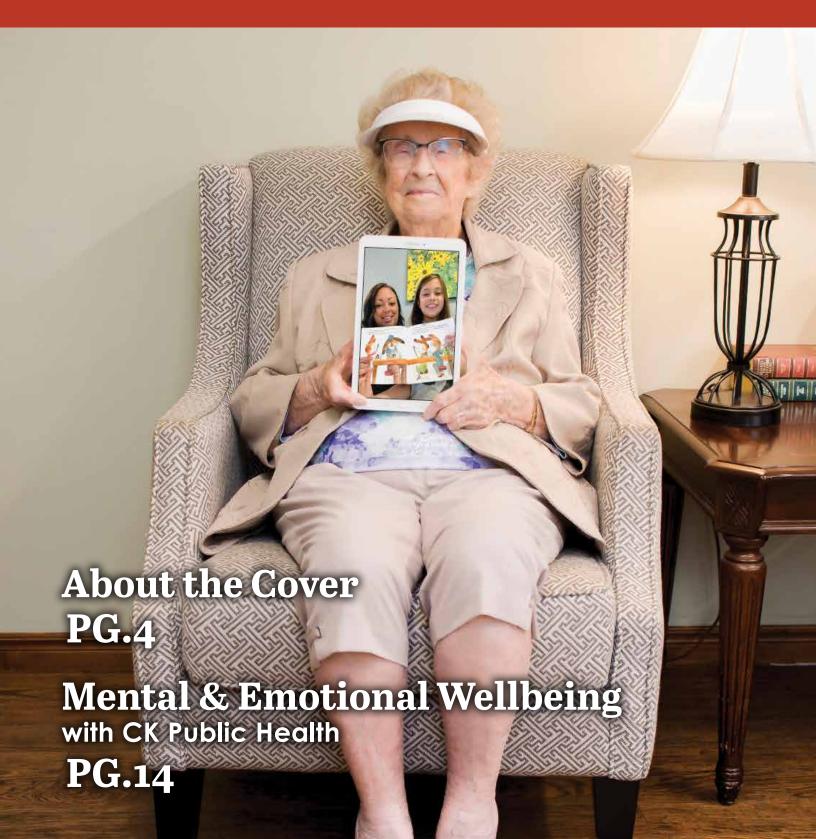
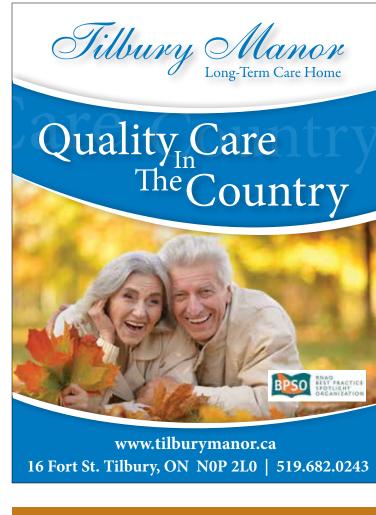
# ENTROPESSUE 32 Fall 2020 | ISSUE 32 Fall 2020 | ISS

www.ckseniormag.co









# Welcome to Our 32<sup>nd</sup> **Issue**

www.ckseniormag.ca

We would like to start this issue of CK Senior by reaching out to anyone who has had to deal with the illness of COVID-19. Our hearts go out to you, and we wish you all the best to regain and maintain good health again. To those who have lost loved ones from this illness, it's hard to find the right words, but please know that we offer you our deepest sympathy.

None of us saw this virus coming, but all of us have been dealing with the consequences of it. When you look around, it's remarkable how people have truly come together through this "while being apart." We all should be very proud and grateful for the community we live in and how all of us are doing our very best in handling the reality of this "new normal."

It almost feels like we missed spring and summer this year; here we are already into fall. So, let's make the most of this season; after all, this is one of the most beautiful and colourful times of the year. Hopefully Mother Nature gives us a long fall season, so we can be outside as much as possible, for as long as possible, enjoying the fresh air and the company of friends and family. When winter comes a knocking, it'll be time to go back indoors once again. So ... find yourself a project to work on, or a new hobby to take up. Find yourself a purpose to wake up each day and enjoy every minute of the day and before long you'll wake up and spring will have returned.

# Interested in advertising in our publications?

Please contact us at 519.397.4444 or info@abstractmarketing.ca Once again, we hope that you learn something new as you turn the pages of this issue, and a BIG THANKS 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,

### **Our Abstract Marketing Team**



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If you have any comments, an interesting local story, or a family recipe that you would like to share... Please send it along to us for consideration for one of our future issues to:

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The CK Senior is printed three times a year.















# ADOPTA GRANDPARENT

Studies show declining mental health can lead to a range of chronic diseases. Coexisting mental and physical conditions can diminish quality of life and lead to lingering illness duration and worse health outcomes. When facing the challenges of social isolation, older adults are particularly vulnerable to rapid declines. Meeting the care needs of detached older adults (55+) in Chatham-Kent who are isolated more so during the COVID-19 pandemic is of utmost importance. The mental wellbeing of the youth of Chatham-Kent is also top of mind during social distancing measures.

Our objective is to combat the mental and physical health effects of social isolation in older adults and the youth of Chatham-Kent alike during this pandemic and beyond. We're hoping to bring comfort to those who may not have grandchildren or grandparents in an effort to create lifelong relationships.

This project was conceived, developed, and executed in collaboration with CK Public Health, United Way of Chatham-Kent, VON, Gigit, Big Brothers and Big Sisters of Chatham-Kent, St.Clair Catholic District School Board, Lambton Kent District School Board, Riverview Gardens, and Age-Friendly Chatham-Kent.

This project was Funded by the Government of Canada's Emergency Community Response Fund through the Chatham Kent Community Foundation, in partnership with United Way of Chatham-Kent and the Canadian Red Cross.

This article "About the Cover" was submitted by:

CK Public Health

435 Grand Avenue West Chatham, ON, N7M 5L8 519-352-7270 www.ckpublichealth.com

### Cover Photography by:

Mark Requena Photography www.markrequenaphotography.ca

### Cover shot features:

Joy Mellow (holding the tablet) Michelle Robbins and little Layla Bardyla (reading to Joy from the tablet)





# Time to step aside ...

Since April 2009, it has been my pleasure working together with Andrew Thiel, and all of the Abstract Marketing team. I've decided that it's now time to step aside and pursue different things. I'm not really sure what's next for me, but I'm looking forward to finding out!

I'd like to take this opportunity to say thank-you to all of the people that I have had the pleasure to meet, and work with, during this time. So ... THANK-YOU for all your support through these years, I wish you all good health, and happiness.

Bye for now ... Nancy

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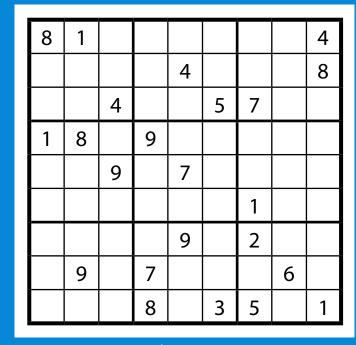


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*See answers on pg. 23* | *Difficulty Level:* ● ● ● ●



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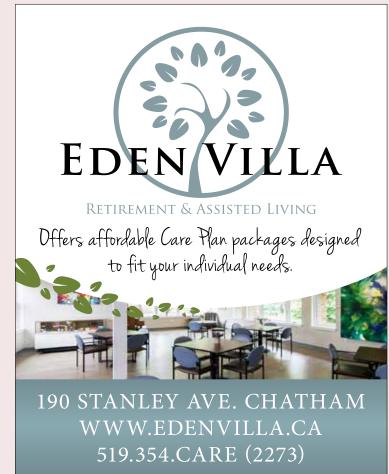
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# "FALL" INTO FITNESS

Now more than ever is time to focus on immune support and mental wellbeing, alongside your physical strength and health. Exercise can help boost your immune system and it helps alleviate stress!

Exercise can enhance your energy levels, keep you at a healthy weight, and even possibly reduce some of the symptoms associated with aging. Exercise can be good for your brain and emotional state as well as your body.

Whether you're looking to lose weight, maintain your current weight, or to feel more energetic & healthy overall, there are numerous ways to stay active - Going to the gym, biking, walking, playing a low impact sport, or playing with the grandkids! Completing a fitness assessment is important to review your goals and limitations. Know your starting point and gauge progress. I can help you.

The most important benefit for seniors from exercise is that it can add years to your life, but it will also most certainly add life to your years.

# Stay independent

Exercise enhances your strength and flexibility, which

supports better coordination and balance. It can help improve your posture and reduce risk of injury. By being physically fit, you could stay mobile and independent for longer.

## **Boost brain health**

Exercise is well known for having a positive impact on stress levels by boosting mood and raising the level of endorphins in your body. Exercise is associated with reducing the risk of memory loss, dementia, cognitive decline, and depression.

The gym, along with other activities, are finally open again and we are stepping towards the new normal. Take the time to reflect on the polarizing emotions you felt during quarantine - the frustrations and lack of motivation on some days and then other days of feeling "okay." Focus on YOU first. You will be better equipped to deal with stress if you make time for your goals and move a little each day!

> This article has been written and submitted by: Jenn Daoust PTS, FSTS, NWS Performance 360 Health & Fitness 770 Richmond St Chatham ON

> > jenndaoust3@gmail.com

# Legal Matters

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

# What happens to our beloved pets?



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One thing is for certain as a result of COVID-19... Puppy and pet ownership is booming in 2020!

With all of the distancing and social restrictions in place as a result of COVID-19, pet companionship provides us with a certain feeling of normalcy and renewed purpose in a time of uncertainty.

As if the pandemic wasn't reason enough to make sure that your estate planning is in order, the added responsibility of a new family pet makes having an updated Will ever more important.

# This begs the question, what happens to our beloved pets upon the death of a pet owner?

Upon your death, any pet that you own is treated as part of your personal property to be distributed pursuant to your Will. Generally speaking, if you do not specifically provide instructions in your Will regarding what is to happen

to your pet at your death, it would be the responsibility of your Estate Trustee to give your pet to the beneficiaries of the residue of your estate. However, what happens if you have multiple equal beneficiaries of the residue of your estate, for example, your children - are they to have shared ownership of your pet? Might they argue regarding whom should take over responsibility of your pet? I doubt this would be the intention in most cases. Also, what if the beneficiaries of your estate do not wish to take on the ownership and care of your pet?

It may be appropriate for you to provide clear instructions in your Will as to whom is to receive and care for your pet in the event of your death, and also to provide a back-up plan in the event that the person you first name is not willing or able to care for your pet.

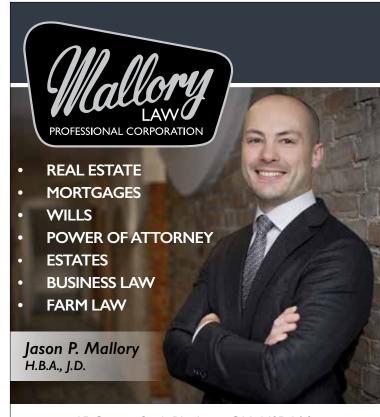
You might also want to provide for a certain amount of money to be paid to this pet caregiver, with the intention that this money be used towards the cost of veterinary care, grooming, food, etc. I advise clients, however,

regarding the potential implications of wording such a monetary provision with guidelines and restrictions within a Will, as wording in such a way may result in a "trust," which could, among other things, result in added estate administration or accounting costs that you did not intend.

The important thing is to name a person to whom you wish your Estate Trustee to give your pet in the event of your death. Ideally this person will be someone whom you know will provide good care and a comfortable environment for your beloved pet.

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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# The Introverted Doctor

# WE ARE NOT IN THIS TOGETHER: HATE, DIVISION AND ACCEPTANCE Dr. Lalit Chawla MD, CCFP, FCFP

I didn't know what to share in this podcast. I didn't want to do another episode around COVID-19. I wanted to focus on more positive things to lift our spirits. That's why I released the interview I did with Hockey Legend Hayley Wickenheiser, who has such an even keel mindset and temperament. One thing she said that stayed with me is that "nothing is as great as it seems, and nothing is really as bad as it seems in life." Know this comes from someone who won 7 World Championships, and 5 Olympic medals, 4 Gold and 1 Silver. She's won the Order of Canada and done so much. If anyone has bragging rights, she certainly does, yet she's one of the humblest people I know.

Hayley is always looking to find the brighter side of life and is able to be calm in a storm. If you've listened to that interview, I'd love to hear what you walked away with.

So ... I've been thinking, now that we are several months into the pandemic and our lives have changed, there are lots of emotions happening. Initially, I think there was so much fear and anxiety because of the uncertainty about what would happen locally in our area and country. And that uncertainty still exists, but now the predominant mood appears to be that people are tired, restless, and confused about the future.

There appears to be a lack of empathy or even hate in some people's social media posts or conversations. People seem to be more divided than ever before.

One thing I know that is useful as a reminder for myself, because it's not always evident or apparent, is that not everybody is experiencing this pandemic and the restrictions equally.

Some people find their home as a new haven for rest while others are finding it a prison. Some love the time they have at home with themselves and their children and learning new life skills. Others are rising up, volunteering and helping people in the community. Some families and couples are becoming stronger and united.

Conversely, others are still working and afraid of whether they will bring an infection home to their family. They are trying to figure out how they will be managing their children's education and well-being, as things

are constantly changing.

Others are at home worried about how they will pay their bills as they've lost their job or had significant financial cutbacks in earnings.

I also know some people are at home scared about their safety and the safety of their children because of the abusive relationship they're in. We know domestic violence has gone up; for some children, school is their only safe haven.

People are still feeling very lonely as they are confined in their apartments or home with limited social interactions. Mental health-related issues such as anxiety and depression have increased.

# So, while we are in this pandemic together, we are not all experiencing it the same way together.

One thing that is appearing more and more evident is that people are becoming more divided on everyday issues or new government policies. Just look at the discussions regarding wearing masks, the opening and closing of services, etc.

People also have different ideas about the pandemic - if it's real or a conspiracy - and we have people on both sides. Hate seems to be prevailing more and more now.

# So, what is the solution?

I think we need to revisit a couple of principles, and the first one is that just because people don't agree about a particular viewpoint or idea, it does not mean or should not mean that we hate each other. Hate is a powerful

word that has a lot of intensity behind it. We need to relearn that we can disagree without being disagreeable. That's part of living in a more open society. The notion of respectful debate and the right to voice our opinion and not silence other voices by oppression is something we value in our country. I think we are losing that notion. Just because I disagree with your idea or viewpoint doesn't mean I hate you.

Each person has a different background and life story. We are all shaped by our experiences and beliefs. Not all of us have the same ability, resources, and awareness to respond in a situation.

I'm reminded of Maya Angelou's quote:

# "Do the best that you can until you know better. Then when you know better, do better."



We've all made our own mistakes. We sometimes struggle to understand our own life story, let alone understand others' actions and opinions. When I remember that, it helps me become more compassionate and understanding about others and their viewpoints and situations.

So, while we are in this together, we are not experiencing it the same way together because we all have different life stories and circumstances. If we remember these above two points, we can become more united and connected as we move along in this pandemic.

May you and your family be healthy, happy, and safe during this time.

I hope this served you. Please share this message with others, if you think it might serve them or others they know. Stay calm, find your daily joys, and live with intention.

Sincerely,

Dr. Chawla

Dr. Lalit Chawla, MD, CCFP,

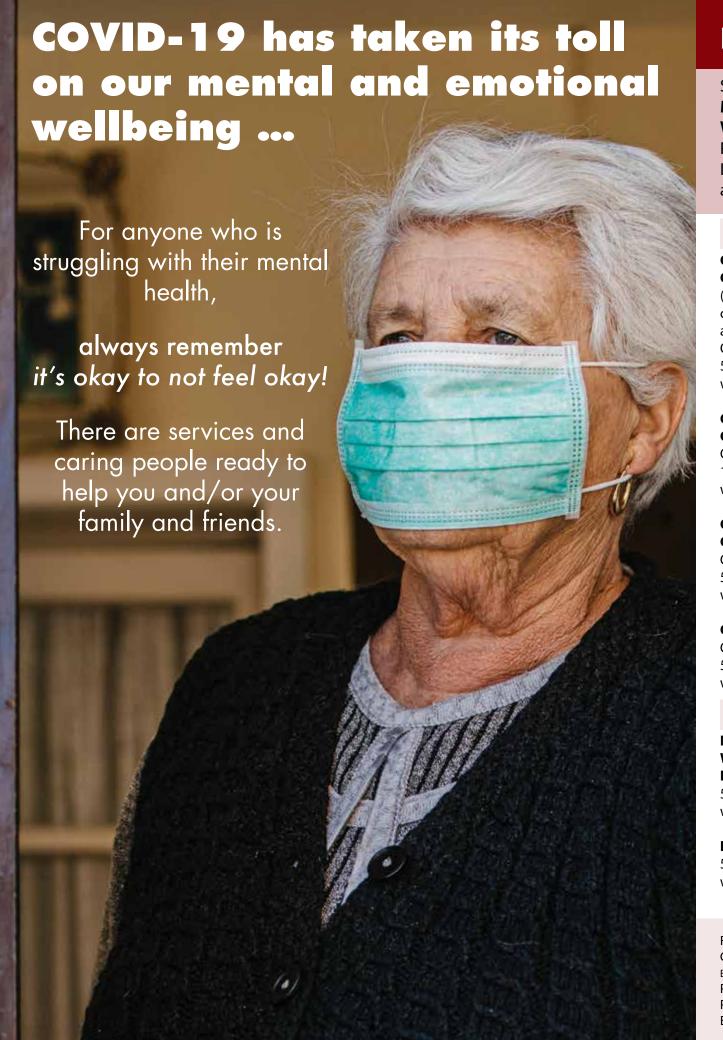
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# MENTAL HEALTH RESOURCES FOR CHATHAM-KENT

Since the COVID-19 situation is evolving and it is changing by the day ... MENTAL HEALTH AND SOCIAL SERVICES IN YOUR COMMUNITY HAVE CHANGED THE WAY THEY DO BUSINESS IN ORDER TO MEET YOUR NEEDS DURING THIS TIME.

Please visit the websites noted below for the update to service due to COVID-19. If you're not sure where to look, dial 2-1-1 and a specialist will refer you directly to an agency or organization that can help.



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Open: 24/7 1.866.299.7447 www.lambtonkent.cmha.ca

### **CK SEXUAL ASSAULT CRISIS CENTRE**

Open: 24/7 519.354.8688 www.cksacc.org

### **CK VICTIM SERVICES**

Open: 24/7 519.436.6630 www.ckvictimservices.com

**CK WOMEN'S CENTRE** 

Open: 24/7 519.354.6360 www.ckwc.ca

### **KIDS HELP PHONE**

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# **FAMILY SERVICE KENT**

519.354.6221 www.familyservicekent.com

### **SALVATION ARMY**

Chatham: 519.354.1430 Wallaceburg: 519.627.8257 Ridgetown & Blenheim: 519.674.3765 www.cksalvationarmy.org

# **Support Services**

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519.352.1043 www.alzheimer.ca/en/ chathamkent

### **BLENHEIM YOUTH CENTRE**

519.676.0207 www.blenheimyouthcentre.ca

### **CK HOSPICE**

519.354.3113 www.chathamkenthospice.com

### VON

519.352.5515 www.von.ca/en/site/chatham

### YMCA COMMUNITY CONNECTIONS

519.360.9622 www.ymcaswo.ca

# Counselling & Treatment

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519.355.0667 www.hdgh.org/actprogram

## **CANADIAN MENTAL HEALTH ASSOCIATION** (CMHA)

519.436.6100 www.lambtonkent.cmha.ca

### **CHATHAM-KENT HEALTH ALLIANCE - MENTAL HEALTH** & ADDICTIONS PROGRAM

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For more information please contact: Cathy DeBresser Knowler B.A., B.Ed., M.Ed. Public Health Educator, Mental Health | CK Public Health P 519.352.7270 ext#2484 C Public Health E Cathydk@chatham-kent.ca



This information has be submitted and brought to you by: CK Public Health 435 Grand Avenue West Chatham, ON, N7M 5L8

519.352.7270 www.ckpublichealth.com



# I Felt the Pressure of Caregiving **Fall Away**

One Family's Hospice Experience During the Pandemic

Mal and his wife Gail were together for 44 years and, between the two of them, had five children. They met in Kingsville while playing darts at the Royal Canadian Legion Branch 188 - a game they both enjoyed their entire lives.

When they weren't going to dart tournaments, they really enjoyed camping and spending time with friends at their seasonal trailer they had for 25 years at Campers Cove in Wheatley, ON.

Mal worked in the food processing



industry and they moved several times for work, before retiring in Wallaceburg.

Mal was rarely, if ever sick, until he started to experience sudden fatigue in December 2019. They discovered he had leukemia. He managed at home with periodic stays in hospital in Wallaceburg and Chatham for blood and platelet transfusions.

He received some chemotherapy treatments as well, but he didn't like how he felt after the treatments and decided that was enough.

While in the hospital, the staff talked to him about what he would like to do moving forward and introduced him to the idea of hospice care. Gail had visited the hospice in Windsor before and had a friend who volunteered with the Chatham-Kent Hospice, but other than that, they knew very little. Once they understood the type of care Hospice could provide, Mal agreed that Hospice was where he wanted to go. He knew he didn't want to die at home for Gail's sake. The transition to hospice happened very quickly.

"Mal went from having three blood transfusions a week to help overcome fatigue, to having a burst of energy after arriving at Hospice. I'm not sure why, but this was quite a gift for our family," said Gail.

Although they had some experience with Hospice in the past, they were very happy with what they experienced at Chatham-Kent Hospice.

"I felt the pressure of caregiving fall away as soon as we arrived," Gail said, adding that it was an added bonus to sleep overnight in Mal's room throughout his stay.

Mal received many visitors while at Hospice until the restrictions for COVID-19 hit. At the time, the restrictions were two visitors at a time.

The family reached out to the Retro Suites who provided them with a room at a reasonable rate. That allowed all the family to congregate together and take turns visiting Mal.

Because of the onset of the COVID-19 pandemic and the restrictions put in place, Mal's family was not able to hold a funeral. "Not being able to have a funeral for Mal or spend time with my family has been really hard on all of us," Gail said. "We're hoping to hold a Celebration of Life in the near future, once some of the restrictions are relaxed."

Grief is difficult at the best of times, but during a time with social isolation restrictions, it makes a hard time even more so. If you or someone you know are struggling with caring for a loved one at end of life, or need support for a recent loss, please know that Chatham-Kent Hospice is here to help.

# **Accessing Hospice Care**

Are you or someone you love struggling with a life-limiting illness? Call 519-436-2222 to learn more about residential hospice care.



"It means the world to me and my family that I am able to live at Hospice. After day-to-day tasks in my home became more difficult, having trouble with my vision, and losing my balance, it makes me feel safe knowing the caring team of doctors, nurses and PSWs are there if I need anything.

I know I am not the only one they are caring for but they make it seem like no detail is too trivial.

My family is able to check in, even at a distance, to see how I am doing and are reassured that I am well taken care of and at peace. It is a weight off my mind and I could not have made a better decision to come here."

-Francesca



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# A Look Back

St. Andrew's Residence is proud to be celebrating 50 years of service to our community! In recognition, we are sharing a recap of our history over this year's editions of the CK Senior Magazine. These articles include excerpts from "A Look Back – St. Andrew's Residence," a story written by the very well-known editor and author Win Miller, who now calls St. Andrew's Residence home.

# Staying true to the vision of a better way

After the construction of 16 additional suites as well as the addition of the McGeachy Auditorium, with an extensive waiting list holding strong, it was clear that there was still more to be done to help seniors access the services and social interaction that St. Andrew's Residence had to offer. With the support of funding from what was then known as the Ministry of Health, Long Term Care Division, in 1988, the Senior's Day Out program was launched. As an outreach program for seniors still living in their own homes in the community, the idea of the program is to bring seniors out of their home and into our home for the day, allowing participants to remain independent for as long as possible. Each day is filled with social programs, as well as a hot noon meal and access to hairdressing, foot care, and an assisted bath if desired. More than 30 years later, the Senior's Day Out program continues to provide the same level of supportive services today.



# The establishment of the St. Andrew's Residence Foundation

Throughout the various phases of development, much of the financial support behind the vision of St. Andrew's Residence has been as a result of private donations and beguests from those who believed in the dream of Neil McGeachy - that there just had to be a better way. In these developing years, these supporters included the congregation of St. Andrew's United Church, the Ivey Foundation, St. Andrew's Residence Ladies Auxiliary, and the Estates of W.A. and Margaret McGeachy, Edna M. Riseborough, Mary (Molly) Lorriman Wagner, Katheryn Clements, Gwen Charteris, Murray Smith, Winnifred Fair, Peter McGeachy, the Bradford Family, S.J. Smith, George Park, Mildred Stephens, Raymond Stanton, Helen Morley, and others.

The financial need of the Residence would always be present, and thus, in 1992 the St. Andrew's Residence Foundation was established. Its role was to secure funds to allow the Residence to continue to offer the services required by those who entrusted us with their care. Over the years, the Foundation has provided funds for renovations, capital repairs and replacements, new programs, as well as subsidies for residents experiencing financial hardship.

# Time to Grow Again!

In 1997, the Board of St. Andrew's engaged Life Lease Associates of Canada and Jorden and Cook Architects to build a 32 unit Terrace located adjacent to the Residence with a connecting corridor.

The guiding vision for the Residence was to be able to provide a continuum of care to those who chose to become part of the St. Andrew's family. Officially opened on December 9, 1998, St. Andrew's Terrace would allow for the transition to maintenance-free living with access to support services if required and when or if more care was needed, the Residence



could become a new home with an easy transition.

An overhead, covered link to St. Andrew's Residence provides a convenient and safe walkway all year round. Suite owners can enjoy all the amenities offered at the Residence such as planned activities, beautiful grounds, common areas, and reception services. In addition, services such as meals, laundry, housekeeping, and assistance with daily living can be provided on a fee for service basis.

# A New Partnership

In 2007, under the development of Aging at Home strategies and in the mandate of integration of health services, Meals on Wheels Chatham and St. Andrew's Residence voluntarily merged the program to help ensure the long term stability of this vital community service which had a long rich history of providing healthy meals and social interaction to Chatham-Kent residents.

For many, Meals on Wheels Chatham-Kent is the first service that families/neighbours or friends seek to help their loved ones stay in their own home and live independently. The program provides nutritious, inexpensive meals which in turn promote the independence and wellbeing of seniors, as well as support vulnerable members of our community.

Today, with the assistance of over 65 volunteers who each week give 1-3 hours of their time, the Meals on Wheels Program at St. Andrew's Residence has expanded to also deliver meals outside of the city of Chatham – including areas such as Morpeth, Ridgetown, Thamesville, Kent Bridge, Blenheim, Merlin, North/South Buxton, Tilbury, Port Alma, and Pain Court.

# To be continued...

From left to right; Charles White, Silvia Robinson, Katheryn Clements, Bill Erickson, Rick MacFarlane, and Bill Alexander This article (and photos) was submitted by: St. Andrew's Residence

When choosing a company to renovate your home or business, you can feel confident that with JEM Roofing & Exteriors Inc. you are in good hands for all aspects of your roofing or renovation project.

We are deeply rooted within the Chatham-Kent community with over 27 years of roofing experience, and 10 years of renovation experience; we are highly capable and ready to take on your roofing or renovation project. JEM Roofing has grown to 15 employees, a roofing and renovations team who work under the same family owned philosophy which is to:





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# **Community & Home Assistance Program (CHAP)**

Helping Seniors and Adults with Disabilities Live Independently for 35+ Years

CHAP offers assistance through the following services:

### **Transportation:**

Competitively priced doorto-door service. Wheelchair accommodations available. Grocery services available. Rates vary.

Frozen Meals: Affordable menu of entrees, soups, breakfasts, and desserts. Free delivery in Chatham-Kent. \$2.25 - \$6.00

**Home Help:** *Assistance with* housekeeping, maintenance, and personal support, as well as respite. Rates range from \$18 - \$20 per hour.

Client Intervention and **Assistance:** A registered social worker provides assistance and support to address immediate problems or situations, free of charge.

**Volunteers:** Our volunteers provide transportation to seniors and adults with a long-term disability. They drive locally and out of town, with kilometres driven financially reimbursed.

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



20 Merritt Ave, Chatham On, N7M 6G9 519.352.5633

Our main goal at the "Active Lifestyle Centre" Is to keep everyone SAFE, HEALTHY & ACTIVE as we navigate through this Pandemic.

THE ALC is currently re-opening with some new programs and services!

All social distancing protocols are in place; mandatory masks, \$2.50 user fee, and paid membership are required.

**CHECK OUT OUR NEW SERVICES** 

**Styles by Myles Hair Salon** 519-809-6924

Shayna's **Nail Shop** 519-917-3636

**Foot Care** by Appointment 519-352-5633

2 MEAL CHOICES EACH WEEK TAKE OUT MEALS SERVED COLD TO EAT LATER ORDER EARLY-LIMITED QUANTITIES "EAT IN" MEALS SERVED RESERVATION REQUIRED ALL MEALS ARE \$12.00

# **ALC FALL PROGRAM SCHEDULE** 2020

### **MONDAY**

Floor Yoga 9:00 - 10:00 Greeting Cards 9:00 -3:00 Foot Care by Appointment Cardio 11:00 - 12:00 Drumming 1:00 - 2:00

## **TUESDAY**

Chair Yoga 9:00 - 10:00 Crafts 9:00 - 3:00 Foot Care by Appointment Essentrics 11:00 - 12:00 Chair/Yoga 1:00 - 2:00

# **WEDNESDAY**

Line Dance 9:00 - 10:00 Crafts 9:00 - 3:00 Foot Care by Appointment Chair/Yoga 11:00 - 12:00 Chair Exercise 1:00 - 2:00

# **THURSDAY**

TAKE OUT Pick Up 11:00 - 2:30 Greeting Cards 9:00 - 3:00 EAT IN Lunch 12:00 - 2:00

### **FRIDAY**

Floor Yoga 9:00 - 10:00 Greeting Cards 9:00 - 3:00 Essentrics 11:00 - 12:00 Ukelele 1:00 - 2:00





# **Apple Streusel Muffin Recipe**

# **Ingredients:**

2 cups all-purpose flour

1 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

2 large eggs, room temperature

1/2 cup butter, melted

1-1/4 teaspoons vanilla extract

1-1/2 cups peeled chopped tart apples

# **Streusel Topping:**

1/3 cup packed brown sugar1 tablespoon all-purpose flour1/8 teaspoon ground cinnamon1 tablespoon cold butter

## Glaze:

3/4 cup confectioners' sugar 2 to 3 teaspoons 2% milk 1 teaspoon butter, melted 1/8 teaspoon vanilla extract Dash salt

Find this recipe online at https://www.tasteofhome.com/recipes/apple-streusel-muffins/

# **Directions**

Preheat oven to 375°. Whisk together first 5 ingredients. In another bowl, whisk together eggs, melted butter, and vanilla; add to flour mixture, stirring just until moistened (batter will be stiff). Fold in apples.

Fill 12 greased or paper-lined muffin cups three-fourths full. For topping, mix brown sugar, flour, and cinnamon; cut in butter until crumbly. Sprinkle over batter.

Bake until a toothpick inserted in center comes out clean, 15-20 minutes. Cool 5 minutes before removing from pan to a wire rack to cool. Mix glaze ingredients; drizzle over tops.

# **Nutrition Facts**

1 muffin: 295 calories, 10g fat (6g saturated fat), 55mg cholesterol, 398mg sodium, 49g carbohydrate (32g sugars, 1g fiber), 3g protein.

# **Total Time Makes**

Prep: 20 min. Bake: 15 min. 1 dozen



# SUDOKU ANSWERS

So... How did you do?

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

Play the game on page 5



# RICK NICHOLLS, MPP CHATHAM-KENT-LEAMINGTON



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97 McFarlane Ave., Chatham, ON N7L 4V6 | 519.354.7111 General Manager: Barb King

# Riverview Gardens - Long Term Care Home

# Celebrating Life and Love

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

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

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

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

# Our Services:

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





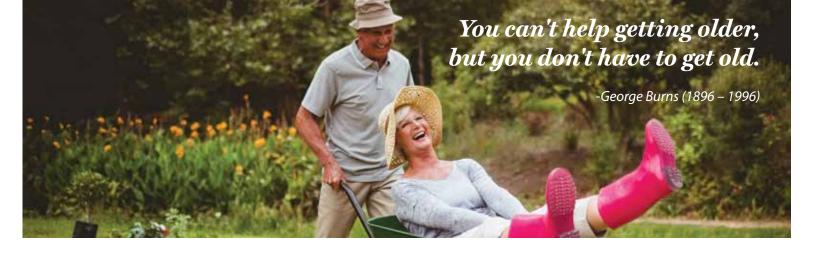


519 King St. W. Chatham, ON N7M 1G8 chatham-kent.ca/RiverviewGardens

519.352.4823

Looking for a private tour? Use extension #6146





# Enhancing the Quality of Life

New Beginnings ABI & Stroke Recovery Association

New Beginnings Club enhances the quality of life for survivors of acquired brain injury (ABI) and stroke.

We are committed to providing support and educational services for survivors and their families.

The Club works to support all survivors and their families to regain empowerment and friendship after their illness/injury.

If you need assistance with transportation or other rehabilitative supports, the staff at the Club can help you connect to services available within the community.



On peut vous offrir de l'information en français.



Enhancing the quality of life for Survivors of stroke and acquired brain injuries

Etheir families.





For more information, please visit our website or call:

9 Maple Leaf Drive Chatham, ON

519-351-0297

260 Indian Road S. (Eastland Centre) Sarnia, ON **519-491-2668** 

www.newbeginnings-cksl.com

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# IT'S "APPLE TIME"

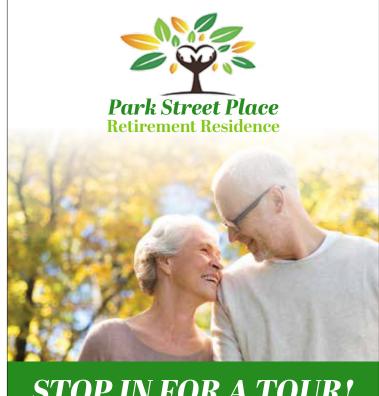
It's been said that one of nature's best aids to good health is truly only an apple away. But why? Does "an apple a day really keep the doctor away?" What makes apples so great?

Here are just 5 benefits of consuming an apple a day.

- 1. FIBRE: Looking to add more fibre to your diet? One medium apple (with skin) provides approximately 4 grams of fibre.
- 2. HYDRATION: Apples are 84% water so they can satisfy your hunger and thirst.
- 3. REDUCES TOOTH DECAY: Not meant to replace your toothbrush but apples are known as nature's toothbrush.
- 4. LOW IN CALORIES: A medium-size apple is approximately 80 calories. Not only is it fat and sodium free, but have I mentioned it's full of fibre?
- 5. VITAMIN C: One average-size apple can provide you with approximately 25% of your recommended vitamin C, a great way to keep colds at bay.

SO TAKE ADVANTAGE OF THE FALL APPLE HARVEST, GET THAT APPLE A DAY INTO YOUR DIET AND REAP THE MANY BENEFITS!





# STOP IN FOR A TOUR!

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(visit our webiste for monthly event calendars)

# DON'T FORGET....









# CHATHAM

Active Lifestyle Centre

20 Merritt Ave., Chatham ON

519.352.5633

# BLENHEIM

Blenheim & Community Senior Citizens Group

55 Jane St., Blenheim, ON

519.676.3894

# **BOTHWELL**

**Bothwell Senior Citizens** 

122 Elm St., Bothwell ON

519.350.1977

# **PAIN COURT**

Le Club de l'Amitie (Friendship Club)

10 Notre Dame St., Pain Court ON

519.354.1249

# MERLIN

Merlin Senior Citizens Friendship Club

11 Erie St. S., Merlin ON

519.689.4943

# MORPETH

Morpeth Heritage Club

12570 Talbot Trail, Morpeth ON

519.674.1010

# RIDGETOWN

Ridgetown & Area Adult Activity Centre

19 Main St. W., Ridgetown ON

519.674.5126

# THAMESVILLE

Thamesville Happy Club

96 London Rd., Thamesville ON

226.229.0303

# TILBURY

**Tilbury Leisure Centre** 

10 Canal St. W., Tilbury ON

519.682.1020

# WALLACEBURG

Wallaceburg Senior Citizens Club Inc.

205 James St., Wallaceburg ON

519.627.6224

# WHEATLEY

Wheatley & District Friendship Club

171 Erie St. N., Wheatley ON

*519.825.4870*