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Spring 2021 | ISSUE 33

# CKSenior

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"What good is the warmth of summer, without the cold of winter to give it sweetness."

*- John Steinbeck*

## Welcome to Our 33<sup>rd</sup> Issue

[www.ckseniormag.ca](http://www.ckseniormag.ca)

We welcome you to our 33<sup>rd</sup> issue of the CK Senior. Since Nancy has retired after our last issue, we have brought on Chester Johnston to the Abstract Marketing team. Chester is a new resident of Chatham Kent. He is looking forward to being a part of our great community and experiencing everything Chatham-Kent has to offer.

2020 is finally over. It was a year with a lot of uncertainty and unknowns. COVID-19 has made things difficult for everyone. The vaccine has been able to provide hope to end this virus. We look forward to when we can all be together again with our families, our friends, and our community. During these unprecedented times, CK has still been able to stand strong together. The Gift showed us what we can do when we all come together and help. An extraordinary amount of people were able to be helped last year. We are all in this together.

The cold weather is finally here. We miss the days with the warm sun on our skin. Now, we are forced to bundle up and scrape ice off our windshields in the morning, but the cold weather is not all bad. We like the scenery it can bring, from the frozen river to the treetops filled with snow, especially when the snow looks untouched across the many farm fields in CK. We hope everyone has found ways to stay active and stay healthy this winter. It has been a great time to learn something new or pick up a new hobby. Spring is just around the corner.

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We hope this issue brings you some insightful information as you read each page. A big thanks goes to our advertisers, our contributing writers, and our readers. We appreciate every one of you.

*Let's make 2021 a great year!*

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.







# Getting to Know Your Bud

Bud Bank is a premium cannabis store located in Chatham-Kent carrying a large collection of dry herbs, edibles, creams, and concentrated products. Whatever your cannabis needs, we can help. Our products are all from reputable Canadian suppliers and guarantee the highest quality.

Bud Bank offers a unique experience for all customers online and in-store. The store has a warm welcoming high-end feeling that is clean and sophisticated with a spacious floor concept that is fully accessible.

Cannabis isn't just our business. We consider all of our customers at Bud Bank family. We are committed to putting the customer first. Our highly educated and trained staff will help you find the exact products to fit your needs and answer all your questions. We go above and beyond the government's basic requirements for selling cannabis.

We first opened our door in December after seeing a need for cannabis in our community. We wanted Chatham to enter the cannabis world and are proud to keep the store locally owned and operated.

Bud Bank offers customers premium craft products for competitive prices. You can feel safe purchasing products from Bud Bank, knowing our products have been professionally curated and graded. We are open and ready to serve our community for all their cannabis needs in Chatham-Kent. Come meet with our professional Budtenders.



**Bud Bank Inc.**

Locally owned and operated, it's our mission is to provide the Chatham-Kent community with a space where both experienced consumers and the cannabis curious can feel at home.



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### Dear Friends,

I look forward to the time when our seniors are able to congregate in their social settings. One of the activities I've always enjoyed is my "Singalong with Rick" and "Carolling with Rick" at the long-term care and retirement homes.

Putting a smile on the residents' faces and taking a trip down memory lane does as much good for me as I hope it does for them.

Usually around this time of year, many of our snowbirds head to warmer climates. COVID-19 has put a damper on many of those plans, but there are better days ahead! It's important to stay active both physically and mentally as well.

It seems the older we get, the more important it is for us to focus on the good things in our lives. I call that an "attitude of gratitude." Focus on helping or reaching out to others. You'll find it may do more for you than the person you help. And remember my motto, "Keep looking up!"

**Here's to a healthy and safe 2021!**

**Rick Nicholls, MPP**  
**Chatham-Kent-Leamington**

## SUDOKU

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

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

## FALL PREVENTION FOR SENIORS

Falls can happen anywhere. They are the leading cause of numerous injuries in older adults. In Canada, one in four seniors fall each year. There are a few tips to keep yourself safe.

One of the leading causes for falls is environmental hazards in the home. Loose rugs, poor lighting, and low furniture can put seniors at an increased risk of falling. It's important to assess homes for common causes. Other possible hazards for falls include uneven floors, clutter, and slippery bathtubs. Being aware of the causes for falls in homes is the first step in prevention.

Another cause for falls is poor eyesight. Seniors should maintain regular eye exams each year. Eye conditions such as glaucoma or cataracts can lead to increased risk of falls. Seniors should also keep up to date on their prescription lens and speak with their provider if they have any questions or concerns.

Another great method to avoid falls is to improve balance with exercise. It only takes a few seconds every day. Activities such as yoga, walking, Tai Chi, and weight bearing exercise can further reduce the risk of falls.

Exercise seniors can start doing right now to improve balance:

### SINGLE-LEG STANCE

1. Stand behind a chair
2. Grab the back of the chair firmly with both hands.
3. Lift the right foot and balance with the left foot.
4. Hold for 10-15 seconds
5. Switch feet.

As your balance improves, try holding the chair with one hand.

*Please advise your provider before attempting this exercise.*





# The Gift: Another Successful Donation Event by Chatham-Kent

On November 21, 2020, The Gift happened. Chatham-Kent's community came together to help those in need. The winter season can be a tough time for a lot of people and this year, it's especially true. The Gift has played an important role in making sure Chatham-Kent citizens were taken care of this year. It was inspired by The Miracle that took place on May 16, 2020. Residents placed non-perishable food items on their doorsteps. It was a huge success with over 680 000 items collected. A surplus of three thousand volunteers and hundreds of businesses came together to help collect and distribute the donations. It was a phenomenal event.

Some organizers of The Miracle noticed there was still a need to fill in Chatham-Kent. They wanted to find another way to continue to help those who are in need. The Gift was designed to help those in need that were reluctant to ask for help. The idea became a reality and the organizers set out to achieve the same success as The Miracle. The Gift was run by citizens of Chatham-Kent and all Holiday Hamper Programs, among many other organizations. The Gift also had over three thousand volunteers and hundreds of businesses to help spread the message. Together they were able to help spread the message and reach everyone in the municipality. They wanted to reach everyone that needed help. Not just the people that reached out. The Gift wanted to help the people that wouldn't ask for help. You could even bring donations to a friend or family member that was struggling. They wanted to make The Gift as simple as possible with no barriers.

Everyone was encouraged to leave items of food, clothes, books, or anything else that could help someone on their doorstep on November 21. Besides donating, thousands of people got involved in other ways. People helped with pick-ups, sign making, organizing, sorting, and distributing items. On the final day, volunteers set out to collect items. The response was overwhelming. As Brent Wilken, one of The

Gift organizers, said "It was a huge success with an out of this world amount of donations. It was a true phenomenon." The Gift displayed more unity than The Miracle.

The Gift didn't end on November 21, 2020. People were allowed to donate until the very last day on December 24, 2020, at 11:59 p.m. Well over three million dollars' worth of items were donated to Chatham-Kent's community. At least double the amount of people were helped compared to last year. Over twenty thousand people were able to have a better Christmas this year because of the kindness of our community. As Chatham Goodfellows President Tim Haskell said, "We set out to reach more people than ever and we achieved more than we could have imagined." It's amazing, considering Chatham-Kent is a small community. When you remove the barriers to entry and allow everyone to be helped or donate, great things can happen.

Although The Gift broke a record amount of donations, it was never about breaking records. As Brent said, "They just wanted to give back to our community and help those in need." The Gift has proved what Chatham-Kent can do as a community. The amount of support and donations that The Gift received was amazing. When our community comes together we are strong.



## Exercise for Immune Support



### How is your New Year Resolution holding up?

If you're like 75% of people, that thought has come and gone! Did you make promises to yourself to improve your eating? To move more? Whatever those BIG goals may have been, let's break them down into smaller ones you can actually achieve and do for optimal health!

Look at your nutrition on a simpler level. Drink more water, eat more veggies, cut back on empty calories, and be mindful of protein intake. Now make those goals SMART (Specific Measurable Attainable Realistic and Timely). This would change the goals to be: drink 2L of water per day, eat 1 cup of vegetables with every meal, cut out pop, etc.

If you were wanting, ARE wanting, to exercise more, make a SMART goal. Walk 20 mins 5 days per week, stretch for 3 minutes each day, take a yoga class 2x per week, join the local health club, or meet with a Personal Trainer to ensure you're comfortable and

confident in the gym while being safe.

You need to have a strong WHY. What is the real reason behind the goals you have? Consider this when making a plan of action to create a habit. Exercise and good nutrition support your immune health! You won't always feel motivated. You do however, have to be disciplined.

***Fitness isn't just a resolution. It's a lifestyle. Focus and reset often. Have an accountability partner. It helps. Good Luck! Let me know if you have any questions regarding goal setting.***

*This article has been written and submitted by:*  
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Performance 360 Health & Fitness  
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# Legal Matters

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

## Keeping it Simple

It seems to me that a lot of focus around making a Will or Estate Planning is about adding complexity. For example, specialized tax planning strategies, complicated trusts, or other ways of “controlling from the grave” (to quote a phrase often used by one of my early mentors).

Although in some situations specialized tax and legal advice is necessary, more often than not, it may be appropriate just to “keep it simple.”

I am often approached by long-time clients for whom I have previously drafted Wills (according to their prior wishes and specifications) on the more complicated end of the spectrum, whom are now asking me to please undo their previously complex plan and just to “keep it simple.”

Unfortunately, this tends to occur after such a client has experienced the loss of a friend or family member, and where that friend’s estate administration was complicated, drawn-out, or expensive due to having complicated provisions or

trusts in their Will. Often my client was themselves an Executor or Beneficiary of this friend’s more complicated estate. After experiencing first-hand the work, time, and cost that can go in to administer a more complex plan, they tell me “There’s no way I want my spouse and children to go through that when I pass away!”

Take for example a person who wants to leave some money specifically for their Grandchild’s education. Now, if we are talking about setting aside \$1,000, it likely doesn’t make much sense to have a lot of “strings attached” to this gift in the Will. Doing so could result in disproportionately high costs or resources expended towards managing these funds for the Grandchild when perhaps a “keep it simple” approach would be better. On the other hand, setting aside \$100,000 for their Grandchild’s education would certainly warrant more specific planning and trust provisions in the Will.

None of this is to say that a thorough Will and Estate Plan are not necessary or

appropriate. On the contrary, I believe that everyone should have a well-drafted Will. The important thing is to strike an appropriate balance where the complexity of your Will is proportionate to the complexity of the assets, tax planning considerations, and family situation of the person making the Will.

A lawyer experienced in Will drafting and Estate Planning is an invaluable resource for helping you determine what level of complexity is appropriate to carry out your wishes... you may find that a “keep it simple” approach to your Will is best.

*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  
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their particular situation.*



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# Why should I leave a gift in my Will to charity?

At the start of a new year, especially after the year we've all just experienced, many people use this time to reflect on the past and plan for the future. This is a great time to make sure your affairs are in order, including creating your first or reviewing your existing Will.

By having an up-to-date Will, you can ensure that you look after the people and causes that matter to you most. A Will is the only way to guarantee that your wishes are followed and your assets distributed to benefit those who matter most to you. You can also use your Will to limit the amount of tax that needs to be paid on your estate. If you don't have a Will, your whole estate could end up belonging to the Government.

In your Will, you will want to ensure that your family is taken care of, but have you considered the impact you can make by also leaving a gift to charity?

Chances are that at some point, a charity will or has touched your life by helping a family member or friend, or by supporting you directly. By leaving a gift in your Will, you

can help their good work live on after you are gone. It's the perfect way to let your care and compassion for your loved ones and community continue for years to come. And it's easier than you think!

You can arrange for a specific cash amount or a percentage of your estate to be donated. As little as 1% of your estate can make a BIG difference! You can also use this opportunity to make the donation in honour or in memory of a loved one.

Talk to your lawyer or financial advisor about how you can include a charitable gift in your Will.

Local charities make a difference in our community. Help their work live on after you're gone!

To learn more about strategic charitable giving in Chatham-Kent, visit the local Chatham-Kent Chapter of the Canadian Association of Gift Planning Facebook page at [facebook.com/CAGPChathamKent](https://facebook.com/CAGPChathamKent).

## Dedicated

### Village on the Thames

Making the decision to move to Village on the Thames will be the best decision for you when you are ready into move to Seniors Living.

Ian Murray, our Executive Director, invites you to stop by to see what makes Village on the Thames unique. Located on the banks of the River Thames, we offer beautiful and spacious private suites ready to be made your own. Three healthy and delicious homemade meals are served daily in our comfortable dining room with choices always available. At Village on the Thames you can be

as busy as you want to be by choosing from a variety of daily activities and shuttle outings.

**You will always have the peace of mind in knowing that we are dedicated to keeping you safe.**

We offer daily support through specialized care options with our professional and caring staff. Here at the Village on the Thames it is always **"All about Choice."** We would love for you to stop by or call us today at **519 · 351 · 7220**

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## Community & Home Assistance Program (CHAP)

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CHAP offers assistance through the following services:

### Transportation:

**Competitively priced door-to-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**





# HEALTH MATTERS

## Let's talk about S.A.D.

Dr. Lalit Chawla MD, CCFP, FRCP

I just saw the Disney animated movie "Frozen" with my daughter and I loved the snowman, Olaf. If you haven't seen the film, he's a cute little fellow who doesn't realize that hot and cold don't mix well. He's a cheerful snowman who might have a minor predisposition to the winter blues as he fondly thinks about the idea of summer. He, not realizing that he'd melt in the summer heat, thinks about all the joyful times that come from lying around on a sunny beach, swimming in warm pools, and bathing in a hot tub with his snowman buddies. So if a snowman can get the winter blues then what about the rest of us?

It's no mystery that weather can affect our mood; but for some, the winter months can be a signal for some very depressing times ahead. In the medical world, it's cleverly called S.A.D. (Seasonal Affective Disorder). This condition is most commonly seen in the winter months but can affect people in the summer too. It's estimated that 2-3% of Ontarians suffer from this significantly and 15% with minor symptoms of depression.<sup>1</sup> So that means almost one in five people are affected by this, which is quite significant. In my experience, many people don't even know about this condition and try hard to secretly "fight" through it in silence.

### So what exactly is S.A.D. and what can be done about it?

First of all S.A.D. is a condition where people have various symptoms of depression. (It's thought to be related to the

lack of sunlight with the shorter winter days which affects the body's internal clock.) An easy way to determine if you might have S.A.D. is if you have difficulty coping with the day-to-day activities of life at a particular time of the year. Some of the key symptoms of S.A.D. include the following:

*(but note you should always consult your doctor to discuss your symptoms further)*

- *Change in appetite (usually increased cravings for starches or sugary foods)*
- *Weight change*
- *Poor energy*
- *Feeling of being drained/tired*
- *Poor motivation to do things*
- *Increased irritability*
- *Avoiding social interactions*
- *Feeling anxious*
- *A sense of hopelessness*
- *Poor concentration*
- *Sleeping more than normal*

After you have seen your doctor, he or she can go over different options to see if you, in fact, have S.A.D. (or something else) and what can be done about it. Currently the main treatment options are:

- 1) Light therapy
- 2) Psychotherapy/Behaviour/Lifestyle modifications
- 3) Medications

Light therapy has shown to help people and is generally considered safe, affordable, not time consuming, and easily done in the comfort of your own home.

Some lifestyle modifications include the following:

- *Make your environment brighter by opening blinds allowing more light to enter your home*
- *Sit nearer to windows to get natural light*
- *Get outside more during peak hours of light*
- *Exercise regularly*
- *Take care of yourself, eat properly and regularly, and definitely avoid the almighty depressive elixir - alcohol*
- *Interact with others; keep your environment social and fun*
- *If you can afford a trip down south to a warmer place, plan for it*
- *Some people find yoga, meditations, and massage treatment helpful*

As well, the old adage is very true, "an ounce of prevention is worth a pound of cure." Living a healthy lifestyle all year long can put you in a healthier frame of mind. Just exercising or simply increasing your activity level alone will allow your body to have more natural endorphins (happy juice) which has a lasting effect. Doing this well before the winter months can minimize winter blues and take the bite out of winter.

Focusing on more positive things in your life can also serve to add more "light" in your life. I have a patient who has his grandchildren's photos everywhere in his home, even in his bathroom. He says, "When I'm brushing my teeth my day begins with a smile and I say all the things I am grateful for in my life; it puts me in a great energized state of mind." Even focusing on the language we use on a day-to-day basis can affect our well being. Saying "I'm tired/sad/angry/frustrated," creates an inclination to move toward that unconscious goal you've set up for yourself. The body has a natural way of responding to what the mind is focusing on and vice versa. Remembering the importance of the mind-body connection is important in living a more fun, healthy life full of vitality.



The above are some initial comments, but as a doctor I always advise that you see your own doctor to personally go over your own medical issues and possible treatment plan. What works for one person doesn't necessarily work for everyone. She/he can partner with you in monitoring your success and the strategies you are using. You may even have a few ideas of your own to share.

In summary, S.A.D. doesn't have to be all bad. With some initial understanding, guidance from your doctor, and proactive treatment strategies, you, like Olaf the snowman, can let the winter blues melt away while making the best of our great White North.

**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**

**The host of: [www.theintroverteddoctor.com](http://www.theintroverteddoctor.com) Podcast**  
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1. Canadian Mental Health Association,(2013). Seasonal Affective Disorder (SAD). Retrieved from [http://www.cmha.ca/mental\\_health/seasonal-affective-disorder-sad](http://www.cmha.ca/mental_health/seasonal-affective-disorder-sad)





Senior of the Year 2020

# Questions to Ask Your Mayor

We spoke with Mayor Darrin Canniff to ask him some questions about seniors. Darrin is also a senior himself coming up on 55 this year. He's looking forward to getting the senior's discount.

## *Q. What brought you to Chatham-Kent?*

I was born and raised in Chatham-Kent. I left for a few years only to realize I left one of the best places to live. Chatham-Kent has so many things to offer from a great climate and low cost of living. At its core, it's the people. Chatham-Kent has a friendly and welcoming environment. It's the lifestyle you can maintain and the great people you get to experience it with.

## *Q. Where are your favourite places in Chatham-Kent?*

I'm hesitant to mention my favourite places. Every community has its unique aspects from restaurants to activities. One challenge I have for myself is to eat at every restaurant. I have almost done it, but I'm still working on it. I recommend doing your own test to experience what Chatham-Kent has to offer.

## *Q. What do you do to help seniors in our growing community?*

Seniors are very important to our community from volunteering aspects to the economy as a whole. To thank seniors and celebrate their achievements, the Mayor's office, in partnership with the Senior Expo Committee, hosts the Chatham-Kent Senior Expo and Achievement Awards. We feature dozens of seniors each year. Since we started the program, we've recognized over 1000 seniors. Aside from the seniors' awards, we have an Age Friendly Advisory Committee. We are always looking to enhance senior services. Chatham-Kent wants to ensure our seniors are being taken care of in our community.

## *Q. What are the community resources available to seniors?*

There are a ton of different programs out there for seniors to access. We do everything we can for our seniors. There are 11 senior centres all over Chatham-Kent. We have one of the largest seniors' centre in the province offering hundreds of activities to help seniors. Aside from the seniors' centres, we have community and home assistance programs, age well programs, and an Age Friendly Advisory Committee.

## *Q. How do you feel about transportation options for seniors? Do you think there could be more options?*

There are always more options we can look into; it's the price tag and the amount of use we need to consider. We are working hard to get more transportation options for seniors and have more accessible services. Public transportation isn't nearly used enough. We also don't want seniors to wait for public transit, especially in the winter conditions. We are looking to move to an on-demand service. Seniors could call in to get dropped off at different locations.

## *Q. Are there any projects underway seniors should know about?*

There is a lot of apartment development going on in Chatham-Kent. We haven't had a large apartment complex built for the last 25 years. We now have several apartments being built. A lot of units are going to be accessible for seniors. In particular, one unit being developed is Avalon Independent Senior Living. It's a 51 unit three-story apartment building. All units will be accessible, designed specifically for seniors. We recognize seniors are needing more housing options across Chatham-Kent. Seniors are always on our minds.

## *Q. What do you want to achieve as mayor?*

I want the average person to be proud to live in Chatham-Kent and love the community. I realize we have experienced some negatives in the past, but we are looking forward. Chatham-Kent is growing now year after year. You can see the number of housing units being built at an exponential rate. We have set records for building permits in 2020 and will do the same in 2021. I've been proud to see our community come together over the years, especially with The Miracle and The Gift. It makes a big statement. We are a small community doing big things. We want to continue to amplify these programs. Everyone should feel welcome in Chatham-Kent.

## *Q. What is Chatham-Kent doing to protect seniors during COVID-19?*

We have been doing several things in compliance with the recommendations, such as social distancing. Residents in Chatham-Kent have been doing the right things. We are doing everything to keep our seniors safe. Our community has come together to help the senior population. We all understand safety as a whole and we need to continue to come together to fight COVID-19.

## *Q. What changes have happened in your life since COVID-19?*

The biggest change I have faced is the lack of events. Chatham-Kent usually puts on over 200 events that I would try to attend. I love getting out and visiting members of our community but sadly there has been virtually nothing. I look forward to getting back to socializing. My whole family has had to move online and I'm working from home more, like many others. Working from home does have its advantages but it's always better to meet people face to face.

## *Q. What changes can Chatham-Kent see as COVID-19 continues?*

The way Chatham-Kent does business is going to change. A lot of businesses are going to move online. We have several grants and training programs for businesses to help make the transition to online easier. We need to continue to shop locally in our community with online purchases. There is also going to be an increase of people working from home.

Vaccinations are going to play a big part in fighting COVID. I want to get the vaccine behind us this year so we can get back to normal, although, it will be a new normal. People are going to be more hesitant than before. It's going to take time.





# Hospice Family Feels at Peace

While Mom and Dad were very community-oriented, Mom's kids and grandkids were her everything. Mom dedicated the majority of her time to taking care of her family.

In the summer of 2018, we knew something wasn't quite right. Mom had been to a series of appointments and she hadn't been feeling the best, but, being the strong woman she was, Mom didn't let on how quite how ill she had been feeling.

At the end of November, Mom was diagnosed with Anaplastic Thyroid Cancer, a very rare form of thyroid cancer, which had spread to her

lungs. She was told she had approximately two months to live.

This shook our entire family. Arrangements were made for Mom to receive home care and we all tried to figure out how to keep her comfortable while at home, taking turns staying with Mom and Dad and doing whatever we could to make the situation work.

Mom tried a trial treatment for several weeks and it appeared to help, but she was suffering significantly from the side effects, and in January the decision was made to stop the meds because it was having such a negative impact on her quality of life.

By the end of February, the pain caught up with her and Mom decided she was ready to go to Hospice.

Once settled in her room, Mom looked very much at peace. You could visibly see the weight lift from both of our parents. Mom saw the spa room and

she couldn't wait to have a jacuzzi in the massive tub. A long soak in the tub was something she hadn't been able to enjoy very much in the last few months.

The stresses and pressures of knowing the end was near had been playing heavily on everyone over the past couple of months, especially Dad. It seemed that Dad now knew Mom was in good hands and he could go home and rest for even a few hours if he needed.

Our entire family was able to visit and be at Hospice with Mom at any time of the day or night. The grandchildren were able to visit and the staff were nothing but caring and generous, helping all of us and our children to fully understand what was happening to Grandma. It made them feel better knowing she was safe.

We took turns spending the night with Mom at hospice so she wouldn't have to be alone. Although we were away from home, Hospice felt like home for the short time Mom was there. The care and compassion for not only Mom, but our entire family, was unbelievable. Hospice provided us with comfort and peace and took away the stress and worry we were experiencing during Mom's final days.

Although we understood the services Hospice offered, we didn't truly understand the importance of Hospice until we were faced with this life-changing experience.

Mom would have wanted us to share her story. Our hope is that it will help other families understand how Hospice can help them. She will forever be in our hearts. We love you Mom!

*Shared by the Chapple Family in loving memory of their Mom.*

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## Shrimp 'n' Bacon Chowder Recipe

### Directions

1. In a large pot over medium-high heat, brown bacon until crisp. Transfer bacon to a plate and reserve fat in pan.
2. Add onions and cook until softened, 6 minutes. Add flour and stir continuously with a wooden spoon until absorbed, about 1 minute.
3. Stir in chicken stock, half-and-half, potato, green onions, salt, and pepper and simmer on medium-low until potatoes are tender, 10 minutes.
4. Add shrimp and simmer until pink, 2 to 3 minutes, then stir in half the cooked bacon.
5. Garnish with remaining bacon and green onions.

### Prep Time

Prep: 15 min.

### Cook Time

Bake: 10 min.

### Yields

4

### Ingredients:

8 oz. bacon, chopped  
1 onion, diced  
2 tbsp. all-purpose flour  
3 c. low-sodium chicken stock  
2 c. half-and-half  
1 russet potato, peeled and chopped into 1/2" cubes  
1/4 c. chopped green onions, plus more for garnish  
Kosher salt  
Freshly ground black pepper  
1 lb. medium or large shrimp, peeled and deveined, roughly chopped

Find this recipe online at  
<https://www.delish.com/cooking/recipe-ideas/recipes/a50837/shrimp-and-bacon-chowder-recipe/>



# Breathe Deep!

## The Importance of Lung Health

**Let's try something:** Take a deep breath and hold it for as long as you can (within reason, please be safe). How do you feel? I feel uncomfortable, fatigued, and relieved to take my next breath. This is because we have just deprived our cells of oxygen, so they can't make energy to function. It's only when we can't get enough air, like during an asthma attack, that it becomes very clear just how essential our lungs are for our whole health.

Each breath brings fresh air through the airways and into tiny sacs in our lungs called alveoli (1). Here, oxygen-rich air encounters oxygen-depleted blood sitting on the other side of a very thin membrane. The body takes advantage of something called diffusion, whereby oxygen moves from an area of high concentration in the lung to low concentration in red blood cells (1). Now our freshly oxygenated blood can transport oxygen to every corner of the body so that our cells can make fuel to survive.

In order for diffusion to work, our alveoli must be flexible and free from barriers like particles, infection, and pollutants. As you may have guessed, we are constantly inhaling pollutants, allergens, toxins, and viruses, so our lungs need a natural defense system to prevent infection, detoxify pollutants,

and eliminate waste.

Our lungs are lined with mucous to trap foreign particles, and we have tiny finger-like projections called cilia that move mucous upward to be expectorated from the body (2). Think of it like an escalator that is continually working to keep our lungs clean.

Our lungs are also home to a powerful antioxidant called glutathione, which detoxifies the lungs and repairs damage to lung tissue (3). This antioxidant is so important that we experience decreased lung function if we don't have enough of it. In fact, impaired glutathione activity is a central feature of inflammatory lung diseases, including asthma and pulmonary fibrosis (3).

It can be challenging for our lungs to keep up with demand for detoxification. Consider what your lungs are being asked to detoxify on a daily basis. We may inhale car pollution, cleaning products, fragrances, or have workplace exposures. In people who suffer from chronic lung conditions like asthma and COPD, improving lung function is central to improving quality of life.

The tricky thing is that, unless we are suffering from a lung condition, we don't usually do lab testing to assess

lung health. As such, it's important to consider what our own lung health may be like as a result of our environment, and to speak with a healthcare provider if we're noticing chronic cough, fatigue, or shortness of breath.

There are a number of well-researched natural treatments that can support lung detoxification and improve lung capacity.

**N-acetylcysteine (NAC)** is a precursor nutrient to glutathione, and at adequate oral doses it increases glutathione concentration in the lungs (4). It is also a mucolytic, meaning it helps to thin mucous to make it easier to expectorate (4). NAC has been shown to significantly reduce the frequency and severity of exacerbations and improve lung capacity in patients with COPD (5, 6).

**Fenugreek seed (*Trigonella foenum-graecum*)** is an herb that has been shown to significantly improve lung functions, called FEV1 and FEV1/FVC, by 10% in asthmatics versus placebo (7). This improvement is due to its mucilaginous action, which facilitates lung secretions, and antioxidant effects. Fenugreek also significantly reduces an immune marker called IL4 (7). This indicates that fenugreek can help to rebalance the immune system to address one of the causes of asthma.

**Ginger (*Zingiber officinale*)** acts as a bronchodilator, meaning it opens our airways (8). It also significantly reduces inflammatory cells and congestion in the lungs (8). In a similar fashion to fenugreek, research shows it significantly reduces IL4, IL5 and IgE levels (8), indicating that it also improves the underlying immune mechanism in asthma.

Let's take a slow, deep breath and appreciate how important our lungs are to our whole body. Lung health isn't only something to consider in people with chronic lung conditions like asthma and COPD; it's a vital part of everyone's health. Our lungs are the foundation for the survival of every

cell in our bodies, so a little extra lung support can go a long way toward improving our overall health.

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*Dr. Hilary Chambers is a licensed and registered Naturopathic Doctor practicing in Toronto, where she has a clinical focus on treating digestion and autoimmune disease.*

*Prior to pursuing her Naturopathic career, Dr. Chambers graduated with an Honours Bachelor of Science with a Specialization in Physiology from Western University, where she received the prestigious Gold Medallion award.*

*Dr. Chambers earned her Doctor of Naturopathic Medicine degree at the Canadian College of Naturopathic Medicine in Toronto. She has additional certifications in Prescribing Therapeutics, as a Naturopathic Doula, and in Intravenous Nutrient Therapy.*

*Dr. Chambers is the Chief Spokesperson and Education Ambassador of Healthology. She is excited to be working with Healthology to improve the health and well-being of people across Canada.*

*This article was written by:  
Dr. Hilary Chambers, ND*



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2	4	6	9	7	3	5	8	1
7	8	9	1	5	4	2	6	3
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# REAL ESTATE WITH TRICIA WEESE

Tricia has been working as a real estate agent for the last seven years. She is a Broker with Advanced Realty Solutions Inc. Brokerage. She mainly works with the senior population in Chatham-Kent and other surrounding areas. Tricia is one of the few realtors in Chatham-Kent with the SRES designation. The SRES is the Seniors Real Estate Specialist designation. Real estate agents that hold this designation have the knowledge and expertise to help those over 50 with home buying or selling.

Tricia is the expert when it comes to seniors buying or selling. We asked her a series of questions to answer about real estate.

**Q.** What should seniors look for when wanting to hire a real estate agent?

It's always a good idea to meet with a real estate agent before hiring them. You want to ensure you're getting a good fit. You want someone that can help meet your needs or concerns when buying or selling. Some agents prefer using more technology than others. It's best to know this information before moving forward.

The best way to get in contact with a real estate agent is by using the old school methods. You can always call or meet in person.

**Q.** What is the difference between buying/selling to seniors rather than an adult?

A lot of times seniors haven't moved in decades. They have a lot more questions when it comes to the process. For instance, they don't know their home's worth or they don't know how the process works because it's been so long. I always sit down with every client I have and let them know what to expect. This keeps clients from feeling overwhelmed and can smooth the process.

**Q.** What should you consider when buying or selling?

I always say it's good to have a plan. If the client doesn't have a plan, I will sit down with them to establish a good plan. Having a plan will ensure you have an easier time whether you're buying or selling. If a client is looking to sell their home, it's easier to secure something and then sell. I want every client to be able to look ahead.

**Q.** What are some tell-tale signs for downsizing?

Downsizing a lot of times comes down to preference. It's usually safer to downsize to a smaller house, especially if you're a snowbird. This leaves you doing less housework and allows you to focus on other things. A home is also the biggest asset for seniors. They've used their house to build their nest egg. Financially, it would be a better option to sell their home.

**Q.** How has COVID-19 affected the Real Estate industry?

It has made an impact on the way we interact with clients and showings. We do the best we can to ensure we're taking every precaution needed. We want to keep ourselves and our clients safe. A few precautions we take are staggering clients with no back to back showings, limiting the number of surfaces being touched, and sanitizing in the house.

Virtual tours have also become more popular because of COVID. They are a great way to screen people before bringing them to a showing, although in-person is always ideal when looking to buy.

**Q.** What are good locations for seniors in Chatham-Kent?

Chatham-Kent is fortunate enough to have a lot of wonderful options for seniors. It comes down to preference and what they like to do. Lessening commute times is always a good idea. If they want to take part in certain activities like the senior center or visiting downtown, they should look at areas around them. Chatham also has lots of walking trails that would be perfect for anybody.

**Q.** What makes you stand out?

I have over 15 years of sales and marketing experience from my past career. Working as a real estate agent, I can combine my passion for real estate and my experience from my past career to help home buyers or sellers achieve the outcome they desire. I always want my clients to have the best experience. I showcase each property in the best way possible by hiring photographers and videographers. I'll also sit down with clients and create a plan from start to finish. I want everyone to feel comfortable.

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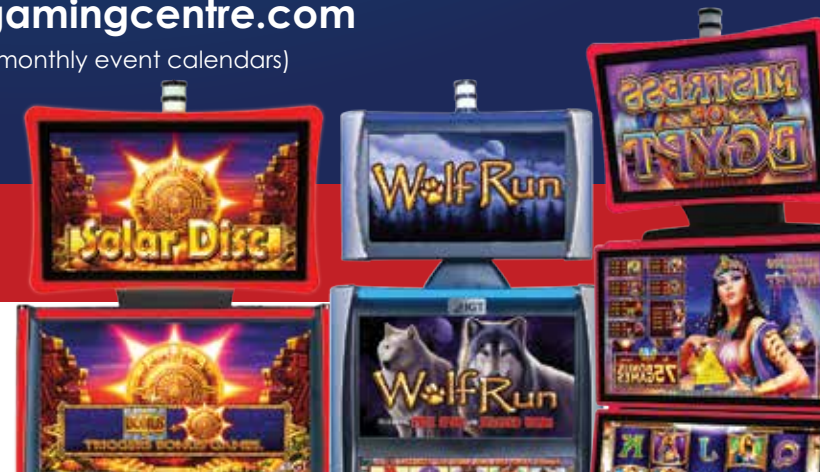


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