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Spring 2023 | ISSUE 38

CKSenior

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Putting "Active" in the Active Lifestyle Centre

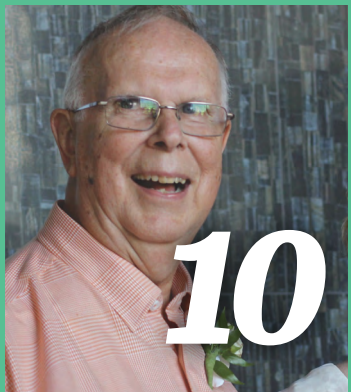
About the Cover | pg.15

Wonders of Modern Medicine

Angelo Ligori's Road to Recovery | pg.6

CKSenior Features

ISSUE 38



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Welcome to Our 38th Issue of the CK Senior

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It's spring and the CK Senior magazine team are excited about Issue #38, the first for calendar 2023. The theme for this issue is "Put a little spring in your step." Many of us are starting to think about getting outside to our gardens, fields, or that neighbourhood sidewalk for a refreshing walk and the theme for this issue, "Put a little spring in your step," reflects those thoughts.

In each issue we try to design our features to reflect the lives, interests, and pursuits of the seniors in our municipality. We hope you find this issue's content interesting and informative, starting with the cover photo of a recent lively Zumba class at the Active Lifestyle Centre.

As always, we welcome and appreciate any observations, feedback, or kudos you may have so please don't hesitate to send them our way. You can reach us by calling (at 519.397.4444), clicking (by email to info@abstractmarketing.ca), or dropping by the office at 216 King Street West - Upper.

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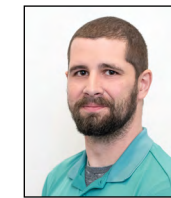
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If you have any comments, an interesting local story, or a family recipe that you would like to share... Please send it along to us for consideration for one of our future issues to:

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Chatham-Kent

Wonders of Modern Medicine

Angelo Ligori's Road to Recovery

Editor's Note: As we get older, parts of our body having aged with us can get past their "best before date." Below is a story from one of your neighbours, Angelo Ligori, who, when faced with this situation, turned to modern medical science to improve his quality of life. I hope you find it interesting and even motivating.

"I have some personal experiences that I would like to share to let everyone know that many of those crazy things we did in our teens come back to remind us there is a price to be paid. As I begin my seventh decade, several of my parts have needed replacement or an upgrade because of incidents and/or bruises of the past.

About two months ago, I got a beautiful left knee replacement thanks to Dr. Ian Turnbull. I had chipped cartilage in that joint playing soccer at age 23 and then compounded the "mileage" on it with miles of biking, swimming, and running in later decades so I am very pleased that the knee even lasted this long. The knee replacement did require medications to keep

down the pain and physiotherapy. Treatment is key to successful recovery, even though it can be boring. In the end though, after this "repair," I am now ready to enjoy years of gardening in the great outdoors.

Additionally, in 2022, I received several dental implants thanks to Dr. Mark Shuren. They were needed thanks to my daredevil bicycle days as a ten-year-old. To round things out, since cataracts run in the family, Dr. Robert McMahon gave me new lenses that are perfect. The future is so bright that I need to wear sunglasses more often.



All of these upgrades are thanks to our healthcare system. I especially want to thank all of the CKHA nurses and support workers that made these experiences easy to get through.

To conclude, please remind your children and grandchildren that their daredevil adventures will often come back as issues later in life and will need repair or replacement. By that time though, who knows what medical miracles will be available.

*This article was written and submitted by:
Angelo Ligori*



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**Wishing you
the best for the**

*Spring
Season!*

Health Matters

Step into SPRING, now is the time to get active!

Did you know physical literacy is a gateway to physical activity, a foundation to healthy aging, and can help prevent falls?

Physical literacy can be summarized as having the skills, confidence, and love of movement to be active for life.

Developing physical literacy means:

- being able to read the environment
- knowing how to move within it, and having the skill and fitness to do so in effective ways, whatever the challenge

Physical literacy begins with the development of basic motor skills

such as walking, wheeling, catching, throwing, etc. Eventually these basic motor skills evolve into more complex and diverse movement patterns – ranging from hiking on uneven terrain to pickleball! We have many year-round recreational activities and facilities in the Municipality of Chatham-Kent. Visit: www.chathamkent.ca/livingck/livinginck/dailylife/Pages/Things-to-Do.aspx to learn more!

The ability of older adults to move freely and easily is critical for physical health and independence. Older adults need physical literacy just as much as children do to prevent falls, injuries, and to improve quality of life.

A person with a high degree of physical literacy can successfully navigate potential hazards in their environment like icy surfaces, thereby reducing their risk of falls and injury.

The development of physical literacy is a lifelong process of growth and renewal. Maintaining mobility and preventing injury is vital to living independently as we age.

Physical literacy is a journey, not a destination! So this Spring, let's get moving!

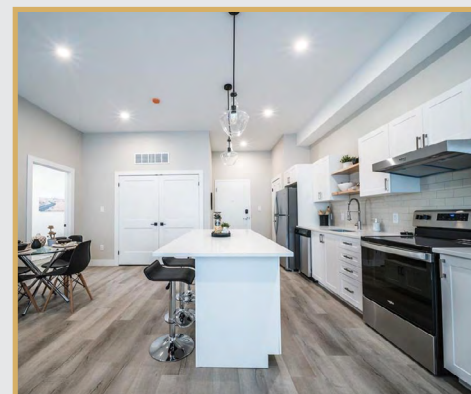
- Start slowly and listen to your body.
- Every step counts – adding any amount of physical activity can provide health benefits.
- Pick physical activities you enjoy and that match your abilities.
- See your doctor for a prescription to participate in fitness and activities.
- Check out some of the local trails to experience a different piece of beautiful Chatham-Kent! Find trails by visiting our website: <https://chathamkenttrails.ca/trails/>

This article was written & submitted by:
Lisa Tetrault - Public Health Nurse
Emily Guerin - Public Health Educator
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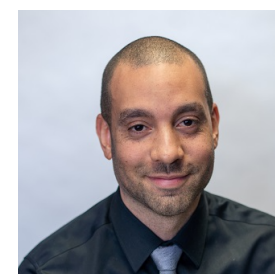
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Dying Gracefully & Gratefully



No one wants to hear a doctor tell them that an illness will end their life, but when George heard this message, he wanted to make sure the time he had left was spent wisely.

Both George and his wife Marsha had lost their first spouse and had been their caregivers. George wanted to make sure Marsha had support through his illness and relieve her of some of the caregiving responsibilities. When friends offered to help, George took them up on it. He traveled to London often for treatments and several friends took turns driving. "George enjoyed visiting with his friends during these trips and the conversations were always different. We were both very thankful for their help," shared Marsha.

George also asked Marsha and his immediate family if they would like to join him on the Rocky Mountaineer train trip and they readily agreed. "This trip was something he had wanted to do for a long time. Before he got too sick, we made sure it happened. It was an amazing adventure!" shared Marsha.

They were both familiar with the Chatham-Kent Hospice and agreed that, when it was time, that's where George wanted to go to live his final days. They connected with Hospice early to see what they would have to do when the time came and learned that there were supports they could benefit from right away.

"We started working with the Spiritual Care Coordinator through phone calls to manage our anticipatory grief. It was extremely helpful. She asked all the tough questions, gave us direction, and helped us face things earlier than we might have. It really helped improve our communication with each other," - shared Marsha.

George's illness progressed and they started having a nurse from Home & Community Care visit. George asked the nurse how they would know when it was time to go to hospice. When he experienced two falls in one day, they all agreed that it was time.

George spent five weeks at Hospice. He worked with the Hospice care team to create a personal care plan. His goal was to stay lucid as long as possible while being comfortable so he could visit with family and friends.

His pain was managed really well and the staff soon knew when he needed more medication before he even asked for it.

For the first two weeks, he had a lot of visitors and also got to know the hospice staff well. "George loved meeting new people and would ask the staff about themselves. Sometimes the housekeeper just wanted to move on to the next room but George would keep them in conversation as long as possible," shared Marsha with a laugh. When

George started to tire more easily, the Hospice staff and volunteers helped manage visitors so George could rest.

Both George and Marsha not only got to know the Hospice team but to trust them as well. "I felt comfortable going home in the evening and getting a good night sleep without worrying about him. I didn't realize how tired I was until then," shared Marsha.

Although they were very familiar with the services offered by the Hospice, the personalized care still surprised them. "George got talking with one of the care team asking if they still made Juicy Fruit gum. The next day, they brought in gum for George.

Another day, George was really craving rice pudding with raisins. One of the staff went into the kitchen and made him some from scratch. He loved it and it was the last thing he was able to eat," shared Marsha.

Another surprise for Marsha was how well she was cared for. "The staff and volunteers always checked in with me and made sure I had eaten. On a particularly bad day, a staff member pulled me out of the room and we sat down and chatted. It was so nice to be able to talk to her. It helped me better manage what was happening," shared Marsha.

Since George's death, Marsha continues to receive grief and bereavement support through the Hospice as she navigates her grief journey.

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Legal Matters

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

"What to do with all this stuff?"

There is a lot of talk about the great wealth transfer that is occurring as Boomers and Gen Xers receive considerable inheritances from the Estates of their parents.

Something that I see a lot of in my practice, which isn't discussed very often, is the great transfer of "stuff," that is also occurring along with this considerable wealth transfer.

Let's face it, our parents and grandparents own a lot of "stuff", and often enough, so do we, even though we might fancy ourselves as minimalist. Whether it be antiques, collectables, or keepsakes, for many households nothing holding any meaning or potential value was thrown away.



I am not talking about hoarding, I am talking about organized and methodical collecting and keeping of "stuff." Sometimes this stuff has sentimental value, and sometimes it was just a hobby, but one thing is for certain, there is a voluminous collection of things in many of our parents' and grandparents' households.

I hear a lot of my clients tell me "My kids don't want any of my stuff. They can just have a yard sale and divide the money when I'm gone." But it isn't always that simple. It can take a tremendous amount of time and effort, as well as emotional strain, to organize and sell or dispose of "stuff."

Often times the dividing and distributing of "stuff" can create arguments and turmoil between siblings, and that's not good for anyone.

If you or someone close to you identifies as a collector of "stuff," consider doing some of the planning before things get to the point of Estate administration.

If there are very specific and meaningful things that you wish to pass on to specific people, maybe it would be a good idea to provide for a specific gift of those things in your Will.

If you have a vast collection, or if you are constantly adding to or removing from your collection, perhaps preparing a list of your wishes in your

own words regarding the distribution of that stuff is a good idea.

I have some clients who have prepared organized 3-ringed binders with colour photographs of each item in their collection and beside each item is the name of the family member or friend whom they wish to receive that item.

Depending on the size and value of the collection, it may even be worthwhile to enlist the assistance of professionals or an auctioneer to assist with the organization, taking of inventory, and sale of "stuff." You can provide instructions regarding this in your Will.

So, if you have "stuff" that holds sentimental value and brings you joy, consider a bit of pre-planning with your loved-ones, as well as in your Will. This can help keep the good memories going for future generations.

This article was written & submitted by: Jason P. Mallory, of Mallory Law in Chatham & Blenheim, is the recipient of the Margaret E. Rintoul Award in Estate Planning

**Comments in this article are not meant as legal opinions. Readers are cautioned not to act on information provided without specific legal advice with respect to their particular situation.*

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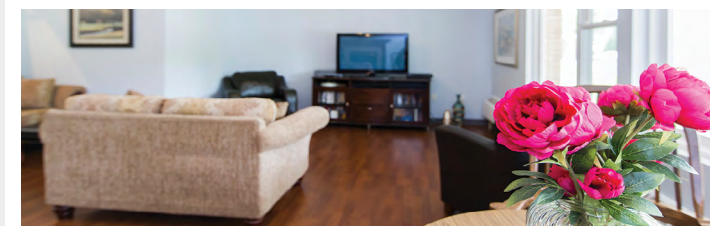
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Nominations Open For 2023 CK Senior Achievement Awards!

Nominations are now being accepted for the 2023 Chatham-Kent Senior Achievement Awards.

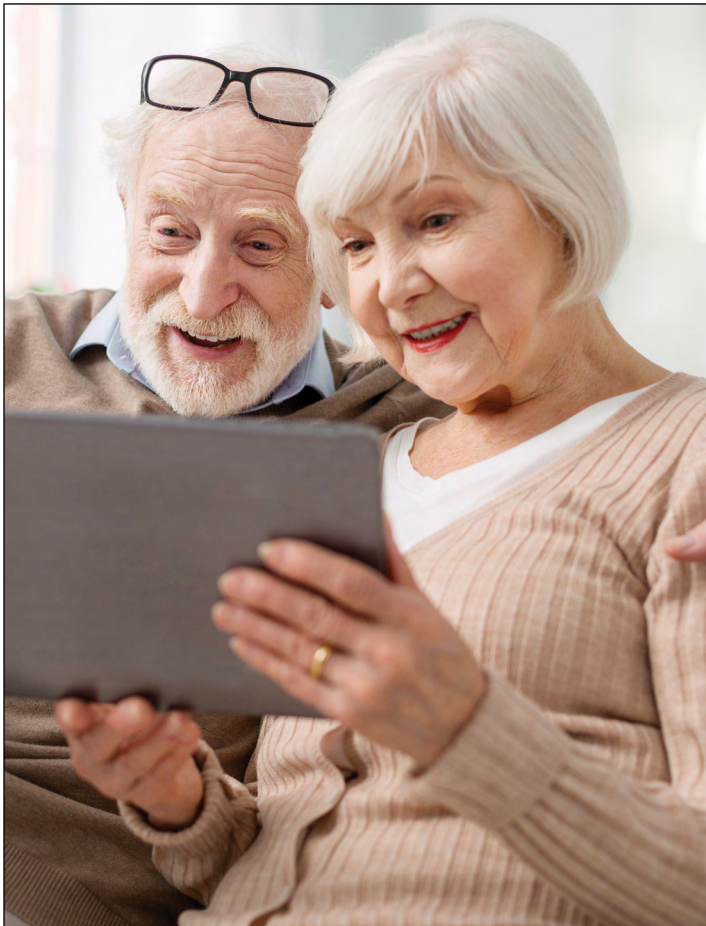
The annual honours aim to recognize older adults 60+ who have achieved significant goals and made outstanding contributions as volunteers in CK.

Nomination forms will be available at all municipal service centres, public libraries, and all 11 Seniors' Centres within the municipality. A PDF version can also be requested by emailing: ckmayor@chatham-kent.ca

and nominations can also be submitted on **Let's Talk CK.**

The 2023 Senior of the Year will be announced during the Broadcast of the Chatham-Kent Celebration of Older Adults on June 1 on Facebook and YourTV. All nominees will be recognized during this virtual event.

Deadline for receipt of nomination forms is **Wednesday, April 5, 2023.**



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Putting "Active" in the Active Lifestyle Centre

The Active Lifestyle Centre is introducing memberships for the 2023/2024 fiscal year. Starting this month, an annual membership will be good until March 31, 2024 and will cost only \$60.00. Or you may choose a six (6) month membership for \$30.00. The daily user fee will be \$3.00 for daytime use in addition to the annual fee; evening classes will be \$4.00.

Not a member yet but thinking about it? You can come out and try out our great programs and pay a \$5.00 daily fee.

Speaking of programs, we presently have 45 programs running in the daytime and evening. New programs are added to the schedule monthly. For example ...

- Exercise, Dance & Zumba
- Billiards & Woodshop
- Arts & Crafts
- Playing Card Games
- Technology, Health & Nutrition Classes
- Games and more

Special workshops such as paint nights, wooden sign and wreath making classes, etc. are also being offered regularly. Social events such as Mother's Day Tea, a Chicken and Slider Lunch, and a Father's Day BBQ are all in the works. Coming soon, exciting daytime trips. For more information, see the Events calendar on the website.

Hungry? Our café is offering light lunches daily from Monday to Friday, 11:00 AM to 1:30 PM. A new partnership with "Fuel 4 You" will allow us to offer great take-out meals again on Thursdays, starting in April.

We also offer a variety of services such as a hair salon, a nail salon, rentals, and bars. Foot care is now running and the cost is only \$25.00. This offering has expanded to five days a week; call in advance to book your appointment (519-352-5633).

This article was written and submitted by Linda Lucas Executive Director at Active Lifestyle Centre

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Experience the difference caring makes

So often when faced with the deep pain of grief, we feel that no one really understands. No one can feel exactly as we feel, for everyone goes through the grieving process in their own way, and in their own time.

We can find comfort in someone walking beside us, ready to listen and understand the times when we do not have words to explain how we feel.

That does not mean however that we must walk the journey alone.

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LEMON BARS

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Building a Brighter Future

Having a vision and fulfilling that vision of what life will look like after retirement is more within reach than ever. Older adults have a variety of services and institutions, which can enhance lifestyle choices and create a pleasant experience. Despite these opportunities, it can still be challenging to make the right decisions at the right time.

How to begin the conversation?

Through Intergenerational Mediation (IM), also known as Elder Mediation, families can discuss the current situation. A conflict might arise over the care of an elderly parent with cognitive challenges. The elderly parent may feel they are not ready to move to a care facility while the adult children may be divided regarding the needs of their parent.

Intergenerational Mediation offers a place for families to have difficult conversations. IM is forward thinking and helps families navigate the coming changes. It preserves the dignity and autonomy of the elderly, promotes family involvement, and in some cases, even mends

relationships. It can be a safe place for older adults to have their voice heard and to plan for the future.

With almost 1/5 of the Canadian population being over the age of 65¹ and with this number only rising in the coming years, questions will arise around: housing, health, surgeries, treatments, elder abuse, elder neglect, end-of-life, cognitive decline, long-term care placements, and funds for retirement living². In addition, older adults might want to discuss estate planning and inheritance with their children or other potential heirs of their estate.

IM provides a forum for family decision-making. It is private, voluntary, and confidential. Mediators facilitate a purposeful and directed conversation in which they encourage family members to express their interests and concerns. Meetings are informal and held in locations that meet the family's needs, including private homes, mediators' offices, and senior living facilities³. IM can involve larger numbers of participants including older people, family members, friends, and others who lend

support. It is common to include paid caregivers, hospital staff, nursing home and/or community care representatives, physicians, and other professionals.

The Mediator does not decide for the family or individuals but provides a process in which they explore possibilities and find agreement. If the family wishes these can be written out and handed to the family.

The Ontario Association for Family Mediation (OAFM) provides accreditation for IM. 120 hours of training, including but not limited to elder law, capacity, and geriatrics are required. IM mediators recognize and reduce defence responses and therefore open up space for communication and problem solving.

Research has shown that mediation has positive outcomes for individuals and family groups. IM is future focused, builds hope, ensures safety, and reduces the risks of elder abuse, isolation, and neglect. It furthers autonomy and dignity of an aging or disabled person.

If you would like to know more about Intergenerational Mediation and what it can do for you. Please contact Cathrin van Sintern-Dick at 519.359.0061

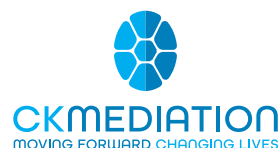
Cathrin van Sintern-Dick holds a BTh, MAPM and is an associate with OAFM, qualifying for AccFM and AccIM.

¹ <https://www150.statcan.gc.ca/n1/en/daily-quotidien/220928/dq220928c-eng.pdf?st=ji6TlxD>

² Laura Tamblyn Watts, CEO of CanAge, Seniors represented in federal budget, but key investments missing, April 8, 2022

³ Kardasis & Trippe, 2010

This article was written & submitted by: Cathrin van Sintern-Dick



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A Hidden Gem in Rural Chatham-Kent

In the eastern corner of Chatham-Kent, in the town of Highgate, there is something that probably shouldn't exist where it is. At first glance it looks like a typical country church. Well, perhaps not typical since it is a round structure with high brick walls, inviting double wooden front doors at the top of a flight of steps, beautiful stained glass, and a square cupola on top of the circular roof. Further examination reveals a modern rectangular addition on the west side and a 15' steel sculpture of a double-bass on the front lawn (pictured below). What is this place?

The Mary Webb Centre is well known to many CKers but a complete unknown to others. In 2010, the local United Church congregation regrettably had to close the doors of the building as a church and it looked like the next thing to come through those doors would be a wrecking ball. This would be a shame for such a historic and an



architecturally unique building and a handful of local people from diverse backgrounds felt the same way.

This group wondered if people might pay to see music concerts presented in the expansive main hall with its inclined floor, three sections of curved pews with perfect sightlines and fantastic acoustics, and awesome stained glass dome. Maybe downstairs, community events could be held and in the six alcoves around the room, art could be displayed. Heck, could art classes, quilt shows, lectures, card tournaments, yoga, Pilates, and more that take place in the building?

The idea of this group from 13 years ago had a solid foundation and with very hard work by them and many volunteers since, it has made The Mary Webb Centre a resounding success. Key words are "volunteers" and "hard work," since a building built in 1898, that burned to the ground in 1917, and was rebuilt in 1918, is not designed for Juno Award winning performers to take to the stage again and again. Or for 250 people to move easily in and out and up and down stairs – or be able to use two tiny water closets.

Grants, donations, and fundraising see ongoing repairs and improvements made annually, and recently the addition of a new wing to provided accessibility to all and modern washrooms for the filled concert hall audience. It remains a 100% volunteer run operation which is quite astounding with the amount of activity that occurs there. 12-15 top music concerts a year that span music genres and have included big

Canadian names such as Jim Cuddy, The Ennis Sisters, Steven Page, Molly Johnson, Murray McLachlan, Sarah Slean, Jimmy and Heather Rankin, Ian Thomas, Valdy; even Glass Tiger!

The large lower level hall is a kaleidoscope of colours with art on all the walls from local and regional artists and becomes a very socially active bar during the sold out concerts. Weekly art classes and music jam session see the hall bustling & the parking lot full of cars.

Most visitors, including the musicians who drive from big cities to small town Chatham-Kent, scratch their heads when they walk into the building. How does a state of the art concert hall, beautiful art gallery, and inviting community hall exist in a town of 400 people? It's a result of a crazy idea, a lot of hard work, prudent management, and passionate volunteers.

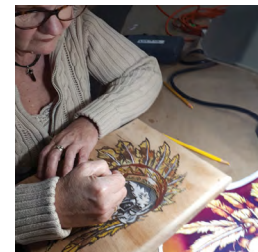
It's worth a trip just down the road here in Chatham-Kent – take a tour, view, buy art, or catch a show.

Support this vibrant venue to keep those doors open, lights on, and music live! And tell some friends - it is indeed a gem and it shouldn't be hidden. www.marywebbcentre.ca

*This article was written & submitted by:
Peter Garapick.*



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Spring into Fitness!



What better way to add a spring to your step than to start a fitness routine! It's never too late to get moving and make good choices. Start small and don't overwhelm yourself.

You can get healthier and build connections with others in group fitness classes (at Performance 360) or water aerobics (at the YMCA). Another great thing to explore is low impact training designed for active older adults. At Performance 360, we put a huge focus on active aging and mindful movement! Our senior fitness classes are designed to keep you moving, balanced, active & healthy.

Get fit to improve your quality of life in retirement!

These should be your best years. Enjoy them!

Exercise and fitness has been shown to increase mental alertness and personal happiness as well as physical fitness. The value of exercise for seniors goes well beyond merely a focus on physical health, just as it does for everyone else.

The simplest exercise for seniors is walking; an hour a day hiking on easy trails, or walking with a pet or with a companion is one of the best daily exercises available.

Seniors interested in this most basic exercise need to develop a walking routine. This may mean a regular daily walk to a restaurant or coffee shop that is far enough away from home. Joining the gym allows you to walk or bike indoors, away from the elements safely.

Benefits of Exercise for Seniors

Exercise keeps you strong and nimble and helps you avoid falls—which is one of the biggest causes of the need to move into a retirement or nursing home. Exercise is also shown to have other benefits including maintaining mental acuity, beneficial in fighting viruses as well as boredom and depression, and of course, it maintains or improves self-confidence and personal happiness!

Check out the gym for some excellent simple exercises perfectly suited for seniors who want to remain agile and strong. Here at Performance 360 we have 10+ personal fitness experts who specialize in active aging, balance, and mobility.

Improve stability through balance training.

A simple exercise to train balance in integration with multiple senses:

1. Walk down a long straight hallway with one hand touching the wall, but walk as if you were walking on a tight rope. Feel the way your ligaments and abdomen tighten slightly as you make shorter steps.
2. Turn and walk down the hallway again, this time keeping your feet closer together, with toes consistently touching heel of the foot in front.
3. You can make this even more difficult by walking down the hallway in the same way while turning your head from side to side. This can be tricky at any age as your senses rely on the visual signal.

Heel and toe raises:

1. Stand behind a chair, grabbing the back of the chair, with your feet together but not touching.
2. Do ten repetitions with a 3 second pause and you'll feel it in the back of the calf muscles.
3. Now stand on your heels, stretching the arch of the foot, lower back down then repeat this stretch for up to ten repetitions.

In the first set of reps, you are rising and lowering steadily but in the second set, you are emphasizing balancing on your heels.

As we get into some warmer weather, other examples of great exercise activities include golf, which involves plenty of walking, as well as the exercise of hitting the ball or pickleball or tennis for cardio and hand-eye coordination.

Tai Chi, a low impact exercise regimen with a huge focus on breath work and balance, can be done indoors or outdoors.

As always, in any weather, working out is the typical way of exercising and seniors find that this is a great time to socialize. Senior exercise is a fundamental way to remain active for amazing quality of life!

*This article was written & submitted by:
Jenn Daoust PTS, NWS, FSTS
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At St. Andrew's Residence, our mission is to enrich the lives of seniors across Chatham-Kent.

As a non-profit organization with strong roots in our community for over 50 years, we pride ourselves on the reputation we have created when it comes to providing a home that offers all the care and services our residents require to keep their independence and enjoy retirement living to the fullest.

St. Andrew's Residence is located in the heart of Chatham, with shopping, banking, local museums, theatres, and churches only a short distance away. If you prefer to stay close to home, our beautifully landscaped courtyard offers a secure place to relax, enjoy a walk, or entertain friends.

Our Community Programs

St. Andrew's Residence provides much more than exceptional retirement care; as an organization committed to seniors, we have and will continue to work closely with our community partners to bridge the gaps in seniors' care through programs such as Meals on Wheels and our Seniors Day Out Program.

With the support of the Chatham Community Foundation and the Government of Canada, we recently purchased a new Meals on Wheels

vehicle so we can reliably continue to provide services across much of Chatham-Kent. Since the onset of COVID-19, we observed close to a 40% increase in usage, bringing our yearly deliveries to 35,000 meals. We are grateful for the support of our funding partners and are proud to be caring for the community which cares for us.

We are excited to announce that we are reimagining how we offer our Seniors Day Out Program in a new form which accommodates the needs of seniors living across the various communities of Chatham-Kent. Incorporating older adults across Chatham-Kent, from Wheatley to Dresden, Ridgetown to Wallaceburg, and all the wonderful places in between that we call home, we aim to provide equal access to social activities and personal care services in a safe and comfortable environment.

Together We Are Stronger

Moving towards a state of normalcy with COVID-19, we continue to embrace opportunities for expanded residential and community programs to enrich the lives of seniors. Currently, we offer more than 150 monthly programs for our resident's enjoyment. True to our mission, we continue to welcome new volunteers, from driving for Meals on Wheels or assisting with the Seniors Day Out programs, to helping in various capacities at the residence, to participating on our board or supporting the St. Andrew's Residence Foundation.

To learn more about St. Andrew's Residence, our home, our programs, or how to get involved, contact Mindy Jenner, Community and Client Relations Manager, at 519-354-8103 ext. 245 or by email at mjenner@standrewsresidence.com

*This article was written & submitted by:
Mindy Jenner from St. Andrews Residence & Meals on Wheels*





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