

FREE!

June 2019 | ISSUE 29

# CKSenior

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



## Cruising in Style

Qs, As, and Classic Cars  
with Al Holland PG.28



**EXPLORING SENIOR LIVING?  
BOOK YOUR TOUR TODAY!**  
Our dedicated staff are waiting to help make  
your retirement a special experience.



99 Park St. Chatham, ON N7M 3R5 | [www.standrewsresidence.com](http://www.standrewsresidence.com) | 519.354.8103 |



**Hot, Nutritious, Home-Style Meals,  
Delivered Right to Your Door.**

**Sign Up Today!**  
**519.351.MEAL (6325)**  
**[www.mealsonwheelsck.com](http://www.mealsonwheelsck.com)**



**Meals on Wheels Chatham-Kent is a not-for-profit organization dedicated to supporting health, well-being, and independence. Temporary and long-term assistance available. No referral necessary.**  
**VOLUNTEERS ARE THE HEART OF THE PROGRAM! DRIVERS AND MEAL RUNNERS NEEDED.**



**EVERY TUESDAY, WEDNESDAY & THURSDAY!**

### Adult Day Away Program

Includes:

- Lunch
- Foot Care
- Nursing Care
- Planned Activities
- Trip
- Transportation



**Call Mindy to try a FREE day! 519.354.8103**

# Welcome to Our 29<sup>th</sup> Issue

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

Here we are knocking on the summer of 2019's door! It truly is hard to believe that we have taken another walk around the sun and, once again, are beginning the summer season. They say that time goes faster as we get older, or maybe that is just our "inherited thinking?" It seems that, no matter to whom you talk these days, the speed of time always comes up in the conversation. The endless summers we enjoyed as children are now replaced with not enough time to do all the things we want to. As a child everything was *NEW*... and as we get older, most things are *ROUTINE*. So why not break out of your routine now and then, and spend a day doing something completely different, something new!

We hope that as you turn the pages of this issue, you learn something that you didn't know about our community that not only assists you in your needs, but inspires you to try that something new. You'll read about how some of the businesses within are reaching milestones that are to be commended. We also hope you enjoy our cover shot (and feature) about local business owner Al Holland (Holland Optical) and his "Champagne Lady" ... appearing right in time as we rev up for this year's Retro Fest/RM Sotheby's 40th Anniversary celebration!

**Interested in  
advertising in our  
publications?**

Please contact us  
at 519.397.4444 or  
[info@abstractmarketing.ca](mailto:info@abstractmarketing.ca)

Our "**CONGRATULATIONS**" goes out to all businesses that are hitting milestones this year; we applaud you!

As always a BIG THANK-YOU goes out to all of our advertisers, our contributing writers, and to you, our readers. This magazine would not be possible without all of you. Until our next issue, stay safe, happy, and healthy, and always remember... *It's alright to slow down, just don't stand still!*

Sincerely,

### Our Abstract Marketing Team



**Andrew Thiel,**  
President



**Mark Requena,**  
VP / Web Developer



**Jeremy Giles,**  
Web Developer



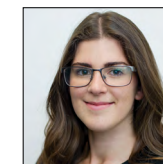
**Nancy Schlereth,**  
Sales Manager



**Lisa Persyn,**  
Sr. Graphic Designer



**Sydney Postma,**  
Graphic Designer



**Megan Canniff,**  
Director of  
Promotional Items

**Not Pictured:**  
**Karen Gore,**  
**Renee Tulloch**  
(In-House Content Writers)



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:

**Abstract Marketing Inc.**  
216 King St. W., Upper Unit  
Chatham ON N7M 1E6  
[info@abstractmarketing.ca](mailto:info@abstractmarketing.ca)

Reproduction of editorial content, graphic materials, advertisements in whole or in part is prohibited without permission.

Opinions expressed in the CK Senior magazine and website are the personal opinions of the original authors, and do not necessarily reflect the views of Abstract Marketing.

The CK Senior is printed three times a year.





# CKSenior ISSUE 29 Features



9



20



28



14



23



10



24

## Oaks Retirement Village

### Offers Respite Care

Whether you are recovering from a hip or knee replacement or you just need some time without the hassle of daily chores and meal preparation, consider booking a respite stay at Oaks Retirement Village.

We provide care services in the comfort of a fully-furnished, private suite equipped with an emergency call bell system, cable TV, internet, and telephone.

We offer 24-hour access to our self-serve hospitality and

refreshment area, along with three delicious meals served daily in the dining room. Laundry and housekeeping services are provided weekly.

Booking a respite stay is also an excellent way to try retirement living to determine if it is the right choice for you.

**Oaks Retirement Village has so much to offer.**

We encourage you to book a tour to learn more about our respite services and how we can provide comfortable accommodations for a short term or trial stay.

Call (519) 627-9292 for more information or to book your tour.



**PROUD TO BE LOCALLY OWNED**

## Happy, Healthy, Safe.

- Spacious suites
- Delicious meals with a la carte choices
- Housekeeping and laundry services included
- Professional care services included
- Telephone, cable, and internet included
- Indoor pool, salon, theatre, fitness centre, and luxurious common areas
- Secure Memory Care Area available

## Retirement Living at Its Best

**Oaks Retirement Village**

**Come in and experience our warm and welcoming residence for yourself. Book your tour today! (519) 627-9292**

80 McNaughton Ave., Wallaceburg, ON

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

Find us on Facebook



### FOURTH STREET

TEASE Salon and Barbershop  
Cellular Magician  
Tattoos By Vickie & Lady Blackbird Boutique  
City Lights Hair Salon  
St. Clair Insurance  
Chatham-Kent Chamber of Commerce  
New York Hair  
A La Mode Salon  
Liberty Tax Service  
All That Jazz Dance

### JAHNKE STREET

Fringe Hair Studio & Aesthetics

### WELLINGTON STREET WEST

Dalios Denture & Hearing Clinic

### FORSYTH STREET

Bright Smiles Community Dental

### KING STREET WEST

Retro Suites Hotel  
Modern Trends Hair Studio  
Radius Health Clinic  
CIBC  
Classic Nails  
Easy Nails  
Chatham City Pharmacy  
Good Doctors Walk-in Clinic  
Locked In - Chatham's Escape Room  
Fit4Less  
Main St. Barbershop  
Midwives of Chatham-Kent  
Hooper's Martial Arts  
Sunlife Insurance

## Experience DOWNTOWN CHATHAM

Downtown Chatham is largely known for **SHOPPING, ENTERTAINMENT, AND DINING!**

BUT.....Did you know that the Downtown is also home to many services such as Financing, Legal, Medical, Aesthetic, Accounting, Electronics, Marketing, Insurance, Health, Wellness, and Fitness?

Check out the list below (as well as a few highlighted businesses) for all of these services, and more, that call Downtown Chatham home!

Shakti Yoga	Pediatricians
Quality Air Heat & Cool RC	Scotiabank
Spenser Associates Inc.	All-Risks Insurance Broker
ROA Studio Inc.	Cardinal Property
Chatham Daily News - Post Media	Abstract Marketing
Body Language	Chatham Capitol Theatre
Evolution Lipo	Adult Language and Learning
Body Sculpting	Employment Resource Centre
Canadian Mental Health Association (Lambton-Kent Branch)	Ontario Workforce
La Girouette	TD Bank
All Kindz of Copies	Chatham Denture Specialist
ART & Heirloom Shoppe	<b>LLEWELLYN STREET</b>
College Boreal	Nest Realty
ARTspace	<b>FIFTH STREET</b>
Rojena's Alterations	Dillon Consulting
Young Drivers of Canada	<b>WILLIAM STREET SOUTH</b>
RBC	Junior Achievement
Holland Accu-optical	Adventure Hour Day Nursery



All-Risks Insurance is a full service brokerage, offering home, auto, commercial, and life insurance products. With a team of seven licensed brokers we are ready to serve the community for all their insurance needs.

**519.360.2511 | [all-risks.com/chatham](http://all-risks.com/chatham)**



Rojena's Alterations is celebrating five years on King Street, providing alterations (including zippers) for all clothing including denim, leather, suede, and wedding gowns.

**519.397.4846 | Cell: 519.991.4384**



We provide an integrative and individualized approach to your health. We offer orthopaedic physiotherapy, pelvic floor physiotherapy, and nutrition counselling. We also offer direct billing, so you don't have to!

**519.397.1219 | [radiushealthclinic.com](http://radiushealthclinic.com)**



**Historic Downtown Chatham BIA also welcomes Marjorie Crew as our newly appointed Board Member!**

**519.352.8387 | [www.downtownchatham.com](http://www.downtownchatham.com)**



# Legal Matters

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

## How often should I review my will?

***How often should I review my Will? This is perhaps one of the most common questions that I get asked. It seems like a fairly simple question, but the answer is actually more complicated, and really comes down to “it depends.”***

Although Wills are drafted with the intention that they are somewhat flexible (by covering different scenarios with “back-up” provisions) and may in some situations remain unchanged for quite some time, you should not consider your Will to be one of those “set it, and forget it” sort of things.

***My general recommendation to clients is that they make a reminder for themselves to review their Wills at least every 2 or 3 years.***

There are certain events that should cause you to review your Will in order to determine if anything needs to be updated, such as if an Executor or beneficiary of your estate has moved to another jurisdiction, has suffered an illness, or has passed away.

Changes in the nature of relationships with persons named in your Will should also be considered. In several instances I have had a client tell me that for years they have not been in contact with a certain friend or family member that they previously appointed as an Executor of their Will or Guardian of their children. Also, if you experience a separation or divorce, one of the first things you should do is see an estate planning lawyer to review your Will.

You should also consider the potential implications of changes in the financial, psychological, and emotional wellbeing of the person you have appointed as Executor of your Will and Trustee of your estate. It may be that the person

you selected as Executor in your last Will has gone through some stressful events in their own lives, and therefore the potential burden of placing upon that person the responsibility of administering your estate may be more than she or he can handle.

If you have children under the age of 18, your Will should contain a provision regarding appointment of a guardian and custodian with respect to your minor children. If in your Will you named a wife and husband pair as your guardians, and that couple goes through a separation or divorce, this is something that you should re-visit with your estate planning lawyer as soon as possible.

Wills may also contain specific gifts of things, such as family heirlooms, land, or money to certain people. If your Will contains such provisions, but you decide at a later date that you want to change whom receives such things upon your passing, it is prudent to make such

changes in a new Will with your estate planning lawyer. Too often I see older Wills with hand-written changes to such provisions in the columns of the document, or on scrap pieces of paper. Such notes can create confusion and disputes amongst beneficiaries, not to mention that hand-written changes in many scenarios are not legally binding. Also, if you have already given away the thing that you have gifted in your Will, or if you have already gifted the sum of money that was included to be gifted in your Will, you should consider updating your Will, so that there is not confusion or duplication of gifts upon passing.



***If you think that there is something that you need to update in your Will, don't put it off.***

Call your estate planning lawyer as soon as possible to arrange an appointment to review your Will and to discuss the changes that you have in mind. Around the Winter and March Break holiday seasons, I often receive calls from panicked clients, leaving on a flight in the next day or two, who want to make changes to their Wills... I usually find out they have been considering these changes for months or years, but just never got around to making an appointment to review their Will. This unfortunately does not leave a suitable amount of time to give your Will changes the proper consideration, and in the worst case scenario your lawyer may be too busy to squeeze you in on such short notice, possibly leaving you with your “out-of-date” Will for the time being.

If you do have a Will that you feel is still relevant, but the lawyer who prepared it for you has retired, you should at the very least make an effort to locate the original Will and determine which lawyer now holds this document in safekeeping for you. This is often a good time to re-evaluate your Will, and to introduce yourself to the lawyer who now holds your Will. A large portion of the Wills that I prepare are for clients who want to review with me a Will that was prepared by a different lawyer, who has now retired from the practice of law.

---

*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.*

O/A KERR WOOD & MALLORY  
BARRISTERS & SOLICITORS



- REAL ESTATE
- MORTGAGES
- WILLS
- POWER OF ATTORNEY
- ESTATES
- BUSINESS LAW
- FARM LAW

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



15 George St. | Blenheim, ON N0P 1A0  
519.676.5465 | [info@mallorylaw.ca](mailto:info@mallorylaw.ca)  
[www.mallorylaw.ca](http://www.mallorylaw.ca)





111 Heritage Drive, Suite 100  
Chatham, ON N7M 5W7  
519.351.0510

115 Erie St. N., Unit B  
Leamington, ON N8H 3A3  
519.326.3367

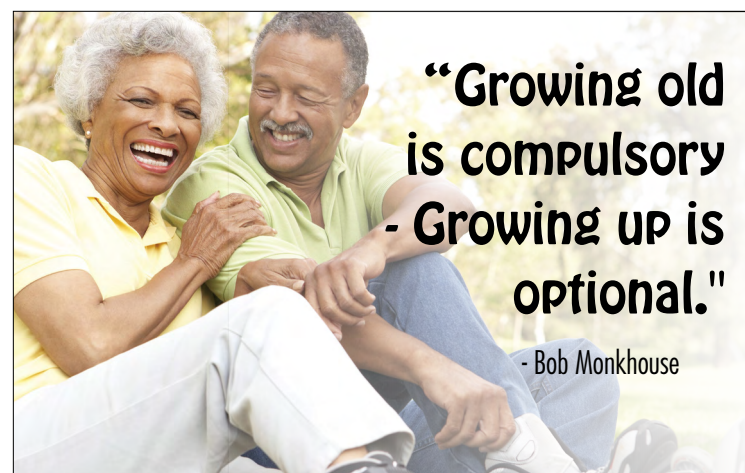
rick.nichollsco@pc.ola.org  
[www.RickNichollsMPP.ca](http://www.RickNichollsMPP.ca)

## SUDOKU

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

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

See answers on pg. 25 | Difficulty Level: ●●●●●



**"Growing old  
is compulsory  
- Growing up is  
optional."**

- Bob Monkhouse

## Trust Me – Make the Call Today!

### Village on the Thames

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

Here at Village on the Thames, your loved ones can be as busy as they want to be

by choosing from a variety of daily activities and outings.

Enjoy the peace of mind in knowing that we have them cared for, 24 hours a day. We offer daily support through specialized care options with our professional and caring staff. Here at Village on the Thames it is always "All about Choice." We would love for you to stop by or call 519-351-7220 today!

**Village on the Thames  
is the best Seniors  
Living choice when  
your loved ones are  
ready – Trust Me and  
make that call today!**

[srgroup.ca](http://srgroup.ca)  
519-351-7220



**Trust Me,  
Make the  
Call Today!**

**Village on the Thames**  
850 Grand Ave. W., Chatham  
**519-351-7220**

Call us today for a  
personal visit & lunch!



## Fun...Fitness... Friendship CK Senior Games

We are the Ontario Senior Games Association (OSGA), Chatham-Kent District 33A, and CK 55+ Senior Games. But MOSTLY we are just local seniors getting together for fun, fitness, and friendship in facilities all across the Municipality.

First, some history... in 1982 the Older Adult Centres Association of Ontario (OACAO) and the Ministry of Tourism and Recreation organized a program to promote activities for Ontario's seniors. Provincial Championships followed two years later (in Kitchener) and then the first "Actifest" - two years after that.

Rapid growth until 1996... the Ontario Senior Games Council separated from OACAO and in 1997 became a not-for-profit incorporated body. With the Ministry of Citizenship, Culture and Recreation, the 1998 Ontario Seniors' Secretariat envisioned Winter Games as well as Summer Provincials. In March 2000, Collingwood hosted the first ever Winter Provincial 55+ Games.

OSGA Membership grew... in 2015 the Ministry of Tourism, Culture and Sport took the lead for the Ontario Games Program and both the 55+ Summer and 55+ Winter Games. Now, let's zoom in on District 33A - Chatham-Kent.

Local events began in 1988. Today we are one of 37 Ontario Districts with hundreds of CK 55+ OSGA Members participating in over 25 events scheduled for Spring/Summer or Fall/Winter. CK's many activities are for all seniors in facilities and locations from Tilbury to Thamesville - Wallaceburg to Wheatley.

The Older Adult Centres provide tons of support, answer lots of questions, loan us facilities, volunteers, and equipment, assist with forms and filing, and even sit on the District Organizing Committee to ensure District 33A follows all the Provincial Guidelines, Bylaws, and Gaming Rules.

These games include Bid Euchre, Cribbage, Carpet, 5-pin and Lawn Bowling, Contract and Bid Bridge, Golf, Prediction Events - Walking, Nordic, and Run, Pickleball, Darts, Pepper, Scrabble, Tennis, Billiards, Floor Shuffleboard, Cycling, Swimming, Crokinole, Bocce, Ladder Ball, Washer Toss, and Slo-Pitch.

Winter events offer some repeats as well as Badminton, 10 pin Bowling, Curling, Prediction Skating, Hockey, Table Tennis, and Skiing. And, if local "champions" decide to go forward, there are Regional Games (coming up this August), Winter Provincials (held in Huntsville last March), and Summer Games scheduled for 2020. Also in 2020, Kamloops B.C. will host the Canada Games where Provincial gamers can compete Nationally.

And... CK is populated with LOTS of 55+ champions. This year's Silver Medal Curling Champions - at the Huntsville



Winter Provincials (photo submitted by Brenda Taylor) - were Jim Brackett (skip), Brenda Taylor (vice), Jim Howe (second), and Anita Quenniville (lead).

We are already celebrating lots of 33A gold, silver, and bronze champions, including Gold Medal Duplicate Bridge Champions Ron Martin and his partner Derek Parry. In fact, there could be quite a few CK gamers at the August Regionals - and some definite medal challengers.

Want to get in on the action - the fun - the fitness - the friendship? Just visit [www.ckseniors.com](http://www.ckseniors.com); email [ckseniorgames@gmail.com](mailto:ckseniorgames@gmail.com); or call Dave Drouillard (District Coordinator) 519 325 8451. And maybe the next photo will be YOU!

*This article (and group photo) was written  
and submitted by:  
Dave Drouillard, (District Coordinator) OSGA  
District 33A*







# Pelvic Health Physiotherapy

## What is Pelvic Health Physiotherapy?

Pelvic Health Physiotherapy is a special branch of physiotherapy that deals with assessing and treating pelvic floor muscles. Through education, manual therapy, and exercise prescription, Pelvic Health Physiotherapists successfully treat common dysfunctions such as incontinence, prolapse, sexual dysfunction, and low back pain.

## What are pelvic floor muscles?

The pelvic floor muscles are a group of muscles that line the bottom of female and male pelvises. They have very important roles in supporting overall pelvic health, including:

- Sphincteric control/closure of the urethra and anus to help prevent incontinence.
- Supporting/lifting the organs within the pelvis to help prevent pelvic organ prolapse.

- Achievement of pain free intercourse, arousal, and orgasm.
- Venous return and lymphatic drainage to help prevent lower extremity swelling and varicose veins.
- Stability through low back, pelvis, and hips to help prevent associated pain.

## What qualifications are required to practice Pelvic Health Physiotherapy?

After becoming a Registered Physiotherapist, further training is required to perform the internal examinations necessary to effectively treat pelvic floor muscles and their related dysfunctions. Internal pelvic floor examinations are strictly regulated under the Canada Health Act. Currently, out of 7,300 physiotherapists in Ontario there are only 580 rostered to practice Pelvic Health Physiotherapy.

## Common dysfunctions treated by Pelvic Health Physiotherapists:

If the pelvic floor muscles are not working optimally, the most common dysfunctions to occur are:

- Incontinence.
- Pelvic Organ Prolapse.
- Sexual dysfunction (pain with intercourse or difficulty achieving orgasm)/Pelvic pain.
- Low back and/or hip pain.

Approximately 50% of all child-bearing women will experience pelvic health dysfunction. But, these conditions DO NOT only affect child-bearing women. Surgeries (abdominal, pelvic, low back) and hormonal changes during menopause influence pelvic health as well.

**MYTH:** It is normal to have leakage during pregnancy.

**MYTH:** It is normal to have leakage after having a baby.

**MYTH:** It is normal to have leakage as we age.

**FACT:** It is common to have leakage, but not normal. Urinary leakage is preventable and treatable.

## Types:

- Urinary stress incontinence: Leakage occurring with laughing, coughing, sneezing, jumping, running...etc.
- Urinary urge incontinence: Leakage preceded by an overwhelmingly strong sensation of urgency, little warning, and you can't make it to the bathroom on time.
- Mixed incontinence: Combination of both and most common type.

## Pelvic organ prolapse:

If the supportive role of the pelvic floor muscles is not optimal, the organs in the pelvic floor (bladder, uterus, and/or rectum) can descend in to the vaginal canal. This occurs very commonly, in 50% of women.

## Common descriptions:

- A feeling of pressure in the vagina, or the feeling that something is in the way or protruding out.
- Discomfort, friction, or difficulty with intercourse or inserting a tampon.
- Discomfort with impact activities such as jumping and jogging.

## Associated symptoms:

- Low back pain.
- Bladder and bowel dysfunction.
- Sexual dysfunction.

## Sexual dysfunction:

One in five women will have pelvic pain, including pain with intercourse.

## Possible reasons:

- Presence of a pelvic organ prolapse.
- Pelvic floor muscle tightness and/or scar tissue restrictions.
- Poor dominant muscle patterns and awareness.

## Low back and/or hip pain:

There is a strong connection between low back pain and pelvic floor muscle dysfunction. If the stability role of the pelvic floor muscles is not optimal and the joints of the lumbar spine, pelvis, and hips are not being properly stabilized, your bodies are smart and clever and they will find another (LESS optimal) way to compensate for this. Groups of muscles doing a job that they SHOULD NOT be doing start to become OVERWORKED and can contribute to muscle soreness, increased pressure through the joints, and impingement of the nerves.

*In a survey of 200 women with chronic low back pain, 78% reported incontinence.*

---

*In a survey of 1,636 patients with low back pain/pelvic girdle pain, 57% of women had pelvic floor complaints.*

## You can book an appointment

Online at: [www.willowhealthcentre.com](http://www.willowhealthcentre.com)  
OR by calling: 519.365.0122



**TEGAN VERMEIJ**  
MSC. PT



**CARLEY GRAHAM**  
MSC. PT



**DANIELLE DEL GRECO**  
MSC. PT



**KRISTA HICKMAN**  
RMT

This article (and staff photos) has been written and submitted by: Willow Health Centre  
423 Richmond Street, Chatham, ON



**519-365-0122**  
**[www.willowhealthcentre.com](http://www.willowhealthcentre.com)**

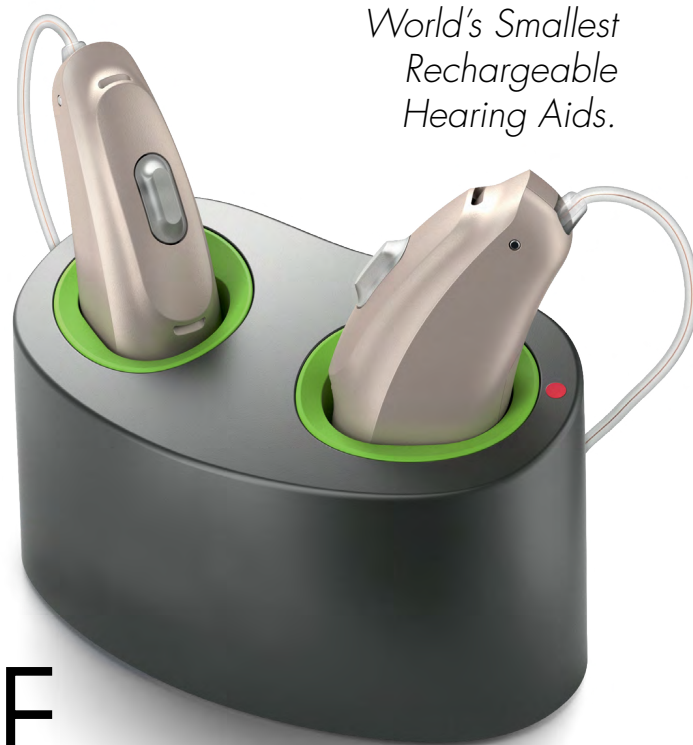




Providing the worlds best hearing technology.

FREE YOURSELF...  
From the hassle of disposable batteries.

519.352.1601 | [canadianhearing.ca](http://canadianhearing.ca)



World's Smallest  
Rechargeable  
Hearing Aids.

## C.H.A.P.

*Helping Seniors Live Independently  
for 35+ Years*

C.H.A.P. has been helping seniors live independently at home for over 35 years. C.H.A.P. is a program of Family Service Kent. C.H.A.P. offers assistance through the following programs:

**Transportation:**

Competitively priced door-to-door service. Wheelchair accommodations available.

**Frozen Meals:** Affordable menu of entrees, soups, breakfasts, and desserts. Free delivery in Chatham-Kent.

**Home Helper:** Assistance with housekeeping, maintenance, and personal support, as well as many other family and individual supports.

**Client Intervention and Assistance:**

A registered social worker provides assistance and support to address immediate problems or situations.

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

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



## Sleep Well Centres

Snoring & Apnea Treatment

Snoring & OSA  
Treatment.

SNORE  
NO MORE.  
No Masks. No Hoses.

519.352.1600 | [snoringandapneaclinic.com](http://snoringandapneaclinic.com)



A Program of Family Service Kent

*Helping Seniors Live Independently at Home  
For Over 35 years in Chatham-Kent*  
Transportation. Frozen Meals. Home Helper. Support Services



Support ... Empower ... Advocate

**519.354.6221**

50 Adelaide St. S. Chatham, ON N7M 6K7  
[www.familyservicekent.com](http://www.familyservicekent.com)

*Comfort of Living*  
*Keep living your life, your way*  
*Comfortable Retirement Living*



**LIFE STARTS HERE AT  
COMFORT OF LIVING**



36 Lawson St., Tilbury, On N0P 2L0 | 519.682.3366  
General Manager: Jan Miller



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





# What You Need to Know about Long-Term Care

Erie St.Clair

There are many stages in life, and they all come with a different set of circumstances and changes. As we get older, one of the considerations we may face is the decision to enter into a long-term care home.

Perhaps you only require temporary support for specific medical or therapy services before returning home from hospital, or your family requires temporary relief when they need a rest from caregiving. These are also situations where you can be supported in a long-term care home.

So if you're getting to a point where you are considering a stay in a long-term care home, either for yourself or a loved one, there are a few things to think about.

## When is it time to apply for long-term care?

It's time to explore long-term care when you:

- Feel your care needs exceed what other services in the community can support
- Need help with day-to-day tasks such as eating, bathing, and dressing
- Need on-site monitoring for your safety and well-being
- Need nursing care to be available on-site 24 hours a day

## How do you find out whether long-term care is the appropriate solution?

When you feel the time is right, you can call 1-888-447-4468, and a care coordinator will support you throughout the decision-making process. A care coordinator will work with you to:

- Explore other housing options, such as supportive housing and assisted living, or retirement homes, which are suitable for people who require minimal assistance

- Asses your needs and determine if a long-term care home is the right fit to support you
- Help you make an informed decision and work with you to complete your application
- Assess your eligibility for long-term care, as well as for home care services that can help support you while you wait for a long-term care bed to become available

Note: You can select up to five long-term care homes. You will be responsible for paying an accommodation rate once accepted into a home. You can find these rates at [www.healthcareathome.ca/eriestclair](http://www.healthcareathome.ca/eriestclair).

## What happens after you apply?

Each long-term care home carries its own wait list and wait times for beds can range from days to several months.

A care coordinator will contact you when a bed becomes available in one of your chosen homes. You will then have 24 hours to accept or decline the offer. If you accept, you must be ready to move into the home within five days.

If the home you're moving into is not your first choice, you can remain on the wait list for another home.

If you refuse the bed offer, your name will be removed from the wait lists for all of your chosen homes and your file will be closed. You will not be able to reapply for 12 weeks unless your condition changes. There are limited exceptions to this rule.

## Crisis Designation

There are situations where a care coordinator might determine you need immediate admission to long-term care and are eligible for a crisis designation. This could be due to your health condition, closures of beds in the hospital or facility you're currently staying in, severe capacity pressures in the hospital you're in, or another reason.

With a crisis designation, you can apply to as many long-term care homes as you'd like. There are still varying wait times attached to each home. If you have a crisis designation and are offered a bed in a lower-ranked choice, you can keep your name on the wait lists for your preferred homes.

## Things to keep in mind:

- You cannot apply for long-term care to hold your spot in line. If you or your family member is applying to a long-term care home, you must be prepared to accept the bed when it is offered and move in within five days.
- In order to move in to a long-term care home, you must first be assessed as eligible for long-term care by a care coordinator.
- If you decline a bed offer, you will be removed from all wait lists for homes you've selected. You cannot apply again for 12 weeks. There are limited exceptions to this rule.

- Your place on a waitlist cannot be adjusted. Your position is determined by the rules set out in regulations that govern long-term care home admissions.
- Keep an open mind when looking at long-term care homes. Be sure to tour (or virtual tour) several homes, talk to staff, meet other families, and ask questions. While everyone may be drawn to a newer home, limiting your options could lead to a longer wait.

## Other Programs:

### Short-stay respite

Short-stay respite facilities are designed to provide temporary relief to caregivers when they need a rest from caregiving. The maximum length of stay is 60 days at a time with a maximum of 90 days per year (January-December).

### Convalescent Care

This program provides 24 hour per-day short-stay care to people from hospital or the community who need specific medical and therapy services to help them recover their strength, endurance, and mobility before returning home. The average length of stay is 30 to 45 days with a maximum of 90 days per year (January-December).

## For more information about:

- Crisis Designation
- Short-Stay Respite
- Convalescent Care

Please call **1.888.447.4468**

*This article was written and submitted by: Erie St. Clair Local Health Integration Network, Chatham, ON.*

[www.healthcareathome.ca/eriestclair](http://www.healthcareathome.ca/eriestclair)

*“And it is still true, no matter how old you are, when you go out into the world it is best to hold hands and stick together.”*

*- Robert Fulghum*







2 DETACHED AND  
16 SEMI DETACHED  
HOMES STARTING AT  
**\$349,900**  
LISTED ON REALTOR.CA



**HORIZON LANE**  
Construction Underway!

# *Your Future Lives Here!*

## *Maple City Homes*

Tarion Certified Builders



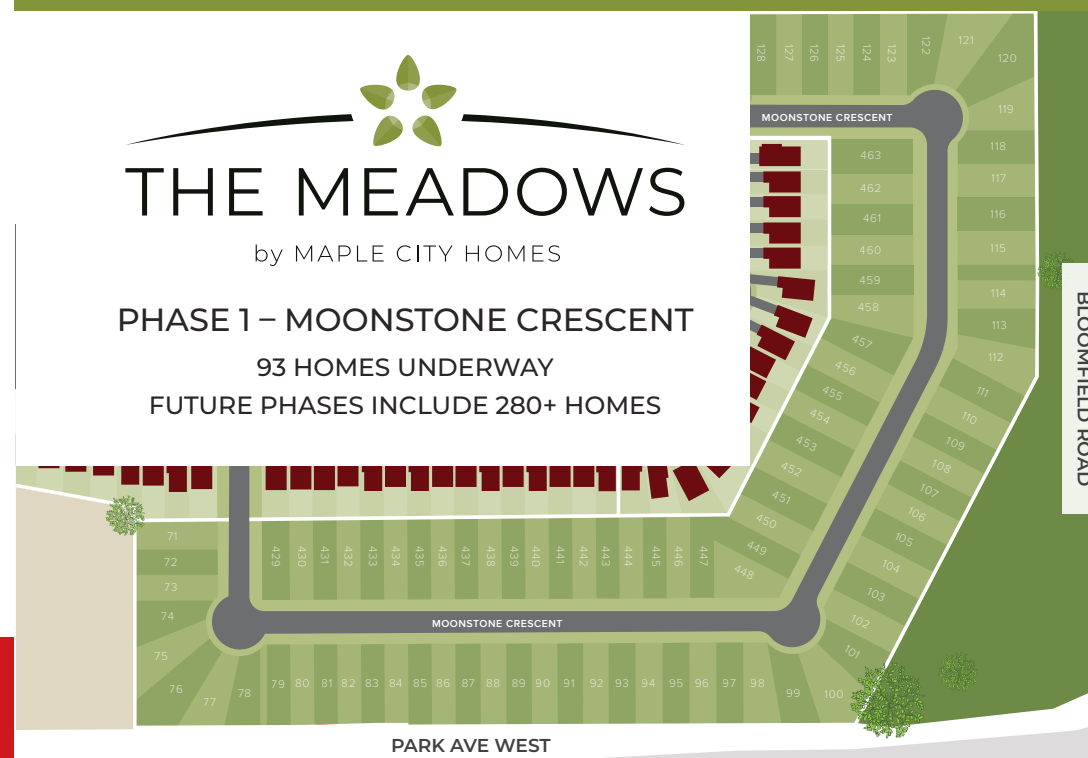
Proud members of the  
Builders Association and  
Chamber of Commerce



Maple City Homes is a locally owned and operated building company, providing Chatham-Kent with quality built homes that will stand the test of time. We're building communities where families thrive, in homes that reflect and enhance their lifestyle.

**Other Developments Starting Soon!**  
*Contact us for more info*

**maplecityhomes.ca**



**COMING  
SUMMER 2019**

*Detached  
Single-Family Homes*

**New Homes  
Starting in the  
\$300's**



# Strawberry Shortcake Trifles

## INGREDIENTS

- Fresh Strawberries
- Chopped Pound Cake or Angel Food Cake
- Whipped Cream

## INSTRUCTIONS

Among glass jars, layer pound cake or angel food cake, whipped cream, and strawberries



*“Strawberries are what make life taste wonderful.”*

- Anthony T. Hincks

**RCI** Real Estate?  
Realty Connects Inc. Brokerage *Get connected!*

*2 locations to serve you better!*

Professional. Friendly. Driven.

**Buying?** Never miss another deal again, visit us online and view listings in real time. Give us a call, it's our objective to provide you with every resource required to finalize your purchase efficiently.

**Selling?** Let our team go to work for you, we utilize all the latest marketing methods to ensure maximum exposure of your property!

[f @realtyconnects](#)

**Chatham**  
419 St. Clair St., Unit #3  
Chatham, Ontario  
N7L 3K4

**Blenheim**  
44 Marlborough St.  
Blenheim, Ontario  
N0P 1A0

Office: 519-351-1381  
Toll Free: 877-857-3878  
[info@realtyconnects.ca](mailto:info@realtyconnects.ca)



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



## Connecting You to Your Next Property!

**Realty Connects Inc. Brokerage**

At Realty Connects Inc., our clients come before anything else. As an independent Real Estate Brokerage, we have the luxury of following our own vision; that is, to ensure that every person who walks through our door feels cared for, listened to, and satisfied with the ultimate result of our work.

We understand that no two clients are alike. We're happy

to meet and discuss your needs all at your pace, and completely around your schedule. We take the time to listen and act swiftly when the timing is right.

On another note, we would like to take this opportunity to say welcome to the team Rick Strain!

Rick has been in real estate for over 25 years. He brings a wealth of knowledge in commercial, residential, and farm real estate.

Rick is focused on providing the highest standard of service to his clients, so they are able to make informed decisions that best suit their buying and selling needs.



[www.realtyconnects.ca](http://www.realtyconnects.ca)  
519-351-1381 | 877-857-3878

*Tilbury Manor*  
Long-Term Care Home

Quality In Care  
The Country



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

16 Fort St. Tilbury, ON N0P 2L0 | 519.682.0243

**Smyth**  
Memorials



7 Maple Leaf Dr. Chatham, ON N7M 6H2

519.354.3930  
[SMYTHMEMORIALS.COM](http://SMYTHMEMORIALS.COM)

**Retirement living just got more exciting!**

Try the fastest growing retirement residence activity in Ontario.

**SLOTS FOR SENIORS**

[www.slotsforseniors.com](http://www.slotsforseniors.com)



NO MONEY INVOLVED...  
JUST PLENTY OF FUN!



# Health Matters

Article submitted by: The Healthy Habit

## Benign Prostatic Hyperplasia

*Benign prostatic hyperplasia (BPH), commonly known as “enlarged prostate,” is a non-cancerous growth of the prostate gland that affects a large proportion of men over the age of 50.*

By the age of 80, the vast majority of men are affected by this condition, which includes symptoms of urinary urgency, frequency, and reduced urine flow (1,2). This article reviews some of the data on natural agents as well as dietary factors in managing BPH.

The development of BPH is thought to be driven by a lifetime of exposure to the testosterone metabolite, dihydrotestosterone (DHT), and possibly estrogen (1). In men, estrogen is produced by the enzyme aromatase, which is present in fat cells (1). As a result, obesity is associated with higher risk of BPH. On the other hand, prostatic cells convert testosterone to the more potent metabolite, DHT. The most common medication used to treat BPH is finasteride, which inhibits the conversion of testosterone to DHT; however unpleasant side effects such as erectile dysfunction affect up to 9% of men who take this drug (3). Newer research suggests that more serious side effects may also be associated with finasteride,

including higher risk of more aggressive types of prostate cancer as well as depression (4). Researchers emphasize the importance of patients being adequately informed as to these risks when prescribed their medication (4).

*Get your Prostate-specific antigen (PSA) tested from a young age*

The mainstream medical community suggests initiating screening for PSA levels at the age of 50. Yet there is a problem with this... The cut-off for further evaluation of possible prostate cancer is a PSA of greater than 4.0. However, if your PSA was 0.2 when you were 30 years old, a PSA of 3.0 at age 50 might be a cause for concern, yet will not be evaluated because it is below the cut off of 4.0. Likewise, if your PSA was 3.5 when you were 30 years old, a PSA of 4.5 at age 50 is likely not a cause for concern. Keeping an eye on prostate health from a young age can avoid needless invasive tests later in life, or prove life saving by finding cause for further evaluation years before it may otherwise be picked up.

*Several natural agents have been shown to be highly effective in reducing symptoms of BPH.*

Saw palmetto (*Serenoa repens*) has been very well studied for its effects on BPH (5). A systematic review including 18 randomized trials concluded that “Saw palmetto improves urologic symptoms and flow measures. Compared with finasteride, Saw palmetto produces similar improvement in urinary tract symptoms and urinary flow and was associated with fewer adverse treatment events” (5), a strong statement indeed from the Journal of the American Medical Association. Beta-sitosterols are another plant derived agent that has been shown to improve BPH, likely through effects on modulating hormones and inflammation (6). In another study, stinging nettle (*Urtica dioica*) was shown to improve lower urinary tract symptoms in 81% of patients, compared to only 16% in the placebo group (7). This was accompanied by a modest decrease in prostate size.

Dietary factors have also been associated with BPH. Consumption of flaxseed extract has been shown to reduce symptoms associated with BPH (8). Flaxseeds contain a type of ingredient called lignans, which are known to modulate the effect of hormones such as estrogen, and possibly testosterone. An easy way to incorporate this into your diet is simply consuming 2 heaping

tablespoons of ground flax daily. Lycopene, an antioxidant found in rich concentrations in tomato skins, has also been shown to decrease the progression of BPH, meaning that it halted the increase in prostate size over time as measured on ultrasound (9). Lycopene also decreased PSA levels, a blood marker associated with BPH as well as prostate cancer (9). Dietary lycopene is best absorbed from cooked tomatoes; one study found that consumption of 50mL tomato paste (not sauce) daily resulted in lower PSA levels after ten weeks (10). In addition, vegetable consumption, moderate alcohol intake, regular exercise, and maintaining a healthy weight have been shown to reduce risk of BPH, while obesity and high meat consumption have been associated with increased risk (11).

*Philip and his wife, Dr Heidi Fritz, MA, ND, practice at the Bolton Naturopathic Clinic in Bolton, Ontario. Philip's areas of clinical focus include mental health, autoimmune disease, and metabolic syndrome. He also serves as an Associate Professor at the Canadian College of Naturopathic Medicine (CCNM), responsible for delivery of the second year curriculum in Clinical Nutrition. Philip graduated from CCNM in 2004, preceded by an honours undergraduate degree and Masters of Science degree, both in Nutritional Sciences from the University of Guelph.*



*This article was written by:  
**Philip Rouchotas,**  
MSc, ND*

### References

1. Patel ND, Parsons JK. Epidemiology and etiology of benign prostatic hyperplasia and bladder outlet obstruction. *Indian J Urol.* 2014 Apr;30(2):170-6.
2. Chang RT, Kirby R, Challacombe BJ. Is there a link between BPH and prostate cancer? *Practitioner.* 2012 Apr;256(1750):13-6, 2.
3. Gur S, Kadowitz PJ, Hellstrom WJ. Effects of 5-alpha reductase inhibitors on erectile function, sexual desire and ejaculation. *Expert Opin Drug Saf.* 2013 Jan;12(1):81-90.
4. Traish AM, Mulgaonkar A, Giordano N. The dark side of 5a-reductase inhibitors' therapy: sexual dysfunction, high Gleason grade prostate cancer and depression. *Korean J Urol.* 2014 Jun;55(6):367-79.
5. Wilt TJ, Ishani A, Stark G, MacDonald R, Lau J, Mulrow C. Saw palmetto extracts for treatment of benign prostatic hyperplasia: a systematic review. *JAMA.* 1998 Nov 11;280(18):1604-9.
6. Wilt T, Ishani A, MacDonald R, Stark G, Mulrow C, Lau J. Beta-sitosterols for benign prostatic hyperplasia. *Cochrane Database Syst Rev.* 2000;(2):CD001043.
7. Safarinejad MR. *Urtica dioica* for treatment of benign prostatic hyperplasia: a prospective, randomized, double-blind, placebo-controlled, crossover study. *J Herb Pharmacother.* 2005;5(4):1-11.
8. Zhang W, Wang X, Liu Y, Tian H, Flickinger B, Empie MW, Sun SZ. Effects of dietary flaxseed lignan extract on symptoms of benign prostatic hyperplasia. *J Med Food.* 2008 Jun;11(2):207-14.
9. Schwarz S, Obermüller-Jevic UC, Hellmis E, Koch W, Jacobi G, Biesalski HK. Lycopene inhibits disease progression in patients with benign prostate hyperplasia. *J Nutr.* 2008 Jan;138(1):49-53.
10. Edinger MS, Koff WJ. Effect of the consumption of tomato paste on plasma prostate-specific antigen levels in patients with benign prostate hyperplasia. *Braz J Med Biol Res.* 2006 Aug;39(8):1115-9.
11. Raheem OA, Parsons JK. Associations of obesity, physical activity and diet with benign prostatic hyperplasia and lower urinary tract symptoms. *Curr Opin Urol.* 2014 Jan;24(1):10-4.

**HELPING YOU... HELP YOURSELF...  
WITH YOUR HEALTH!**

*the*  
**HealthyHabit**



451 St. Clair St., Chatham, ON | [www.thehealthyhabit.ca](http://www.thehealthyhabit.ca) | 519.436.6260





*"The loss is  
immeasurable,  
but so is the love  
left behind"*

*Author Unknown*

Melissa Cadarette, Supportive Care Social Worker  
and Sally Reaume, Supportive Care Program  
Coordinator at the Chatham-Kent Hospice.

*"After several weeks at Hospice, mom was able to leave this earth  
with peace and dignity. Hospice made a sad and difficult time a little  
bit easier through the kindness, genuine concern, compassion, and  
guidance provided by the staff and volunteers."*



# You are Not Alone

*The Well Within  
Supportive Care Program  
staff at the Chatham-Kent  
Hospice want you to know  
that you are not alone in  
your grief.*

Grief is a natural condition – the human reaction to loss – and it occurs to all of us at some time in our life. Grief is often experienced as intense sadness, weepiness, confusion, exhaustion, and distress. The emotional pain caused by grief can be overwhelming and often

people feel that they have to deal with it on their own because as a society we don't like to talk about death, loss, and grieving.

In 2018, the Chatham-Kent Hospice was successful in receiving an Ontario Trillium Foundation Grant in order to provide grief and bereavement services within the Hospice and to the community including individual counselling, group counselling, or wellness programs and resources free of charge.

100% of respondents from one of our early bereavement program surveys reported that after their loss they experienced feelings of isolation. All participants also acknowledged that taking part in the therapy program allowed them to feel less alone.

The Supportive Care team works with individuals and families to educate them about grief and to help accelerate the natural healing process by providing an empathetic, caring, and therapeutic relationship.

While individual counselling can be of great benefit, many other groups and

wellness programs are offered by the Supportive Care team including:

- Healing Yoga groups
- Grief and Bereavement Walks
- Healing Art groups
- Bereavement "Coffee Talk" Drop-in groups
- Caregiver Night Out

Participants in the Supportive Care grief and bereavement services will be impacted lifelong as they will receive coping mechanisms, self-care strategies, and healing practices that they will be able to use throughout their life.

*If you have experienced the loss of a loved one and would like to participate in Supportive Care programming please call Sally at:*

**519-354-3113 ext 2406**

*or email:*

**[sreaume@chathamkenthospice.com](mailto:sreaume@chathamkenthospice.com)**

*to discuss how we may help*

*or visit:*

**[www.chathamkenthospice.com](http://www.chathamkenthospice.com)**

*for more information.*

## Accessing Hospice Care

Are you or is someone you love struggling with a life-limiting illness? Residential hospice care may be something to consider. Call 519-436-2222 for more info.

## Your donations help families say good-bye...

**Please donate today.**

**519-354-3113**

**[www.chathamkenthospice.com](http://www.chathamkenthospice.com)**







# It's NEVER Too Late To Start!

## Getting "Fit" at Any Age

As you age, getting "fit" is tough. Starting a fitness regimen at any age can be a challenge. Making a change in your routine doesn't have to be scary. Set a goal and start small. Remember, if you overdo it, you're not likely to stick to it. Don't get discouraged if you are starting fresh and feel like a newbie. Everyone has to start somewhere.

*Prior to starting an exercise routine, please talk with your health practitioner.*

I suggest doing something physical every day. Do something you enjoy. If you are stuck doing activities that are uninteresting, you aren't likely to adhere to it long term. Now that the weather is nice, take advantage! You can go for a walk around your

neighbourhood, or a bike ride. Play golf, tennis, or pickle ball.

*Join the local gym and get moving! Encourage your friends or family to attend with you. Having a partner creates accountability and motivation that otherwise would lack.*

Maybe you would be a candidate for a personal trainer. Be sure to find one who aligns with your goals and will not push you past your limits. Work with a certified trainer who is familiar with the aging public. Exercise shouldn't hurt you. However, you will likely feel new sensations and they aren't all comfortable, but proper programming and taking it slow will ensure you are not going to be extremely sore.

If you are unable to move well, due to consistent inactivity, there are programs that take place in the water to ease movement. Join your local pool facility and attend the water aerobics or the water physiotherapy sessions. Another option is Fascia Stretch Therapy (FST), which is a pain free, low impact table based therapy and can help lubricate the joint capsules.

# The Benefits of Regular Exercise

- Improves quality of life, quality of sleep, and can boost mental and emotional health.
- Distributes fresh oxygen to your muscles, organs, and throughout your body.
- Replenishes the synovial fluid in your joints to keep them moving well.
- Promotes strong posture and stability.
- Being physically fit allows you to remain independent. Living at home for as long as possible doing everyday things around the house.
- Helps with balance and mobility.
- Burns calories and may facilitate weight loss or healthy weight maintenance.
- Minimizes the symptoms of some chronic conditions, such as diabetes, arthritis, and high cholesterol.
- Increases energy and strength.
- Counteracts the muscle loss that may occur with aging.

This service is perfect for those who are unable to perform intense physical exercise but would still like to gain some mobility and flexibility.

*This article has been written and submitted by:  
Jenn Daoust PTS, FSTS, NWS Chatham, ON  
519. 903.2058  
jenndaoust3@gmail.com*

*Are you unsure of where to start? Do you have questions regarding what you've read in this article? Please feel free to contact me!*

# Eden Villa Celebrating 10 years!

## A Growing Family

Eden Villa Retirement & Assisted Living is a family-oriented residence that offers you or your loved ones specialized care.

### EDEN VILLA OFFERS:

- 24/7 Nursing Staff
- Personal Support Care and Services
- Private Rooms
- Nutritious Meals and Snacks
- Group Exercise
- Daily Activities
- ...and More!

We don't just consider you or your family member a resident, but part of our growing family, and we look forward to watching our family continue to grow in the years to come.

*Tours are always welcome... Watch for our new website coming soon!*  
[www.edenvilla.ca](http://www.edenvilla.ca)



*Offers affordable Care Plan packages designed to fit your individual needs.*

190 STANLEY AVE. CHATHAM  
[WWW.EDENVILLA.CA](http://WWW.EDENVILLA.CA)  
519.354.CARE (2273)

# SUDOKU ANSWERS

*So... How did you do?*

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

*Play the game on page 8*

*Check out our Summer Menu! We have lots of salads to go with your BBQs (Potato/Coleslaw/Macaroni)*



6 Lowe Street (just off St. Clair St.) Chatham, ON  
Hours: Mon to Fri: 9:30am - 5:30pm | Sat: 9:30am - 3:30pm  
519.351.7905 | [whats4dinnerck.com](http://whats4dinnerck.com)

*We have a hidden secret... "Kathy's Kloset," Our Consignment Boutique!*  
• Now Accepting Summer Clothing •



### Broadening our focus from illness to wellness!

#### What is the change?

Wellwise will provide products and services to help Canadians take charge of the way they age.

The new stores will have a modern look and feel, an enhanced assortment, and an environment and service that allow customers to experience the products in a hands-on way. Store fixtures will be technology-enabled and will provide an engaging customer experience.

#### Why are we changing the name? Why wellwise? What does that mean?

As we broaden our focus from illness to wellness, we wanted a powerful name that inspires and empowers our customers to take charge of how they age.

We chose wellwise because it places a focus on well-being and speaks to our customers' wisdom, empowering them to make smart choices that enable them to age powerfully.

We wanted a more powerful name that focused on wellness and helped people make wise decisions. Wellwise evokes that.

#### What is wellwise's vision?

To be the leading provider of everyday living solutions that help Canadians enjoy

independent, active, and healthy lifestyles.

#### What's the difference between Shoppers Home Health Care and wellwise?

For the past 30 years, Shoppers Home Health Care has been helping Canadians age comfortably. Now, wellwise will also help Canadians age powerfully. We will continue to offer the products and services our customers have come to depend on, but wellwise will also provide an expanded product mix with a focus on wellness for Canada's changing demographic.

*This article has been written and supplied by: wellwise by SHOPPERS DRUG MART*

#### We offer products and services that help you stay active and well....ranging from:

- Lift Chairs
- CPAP Supplies
- Urban Poles
- Bathroom Safety Equipment
- Wrist, Knee & Sports Bracing
- Obus Forme Head & Neck Pillows
- Blood Pressure Monitors
- Walkers
- Scooters
- Hurry Cane (As seen on TV)
- Compression Stockings
- Ostomy / Incontinence Supplies
- Weighted Blankets
- And so much more...



**20% OFF Every Thursday – See store for details!**



EARN and REDEEM your Optimum Points at Wellwise!

# wellwise

by SHOPPERS DRUG MART

#### Stay Active With the Help of Our Mobility Products!



406 St.Clair St. Chatham, ON. 519.351.7272  
www.wellwise.ca

## 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







## ABOUT THE COVER

Featured on the cover is Allen (Al) Holland, classic car lover and collector. Al is also the owner/operator of Holland Optical, located on King Street in downtown Chatham. Holland Optical is a family owned and operated full ophthalmic laboratory and dispensary specializing in digitally-surfaced high definition lenses. Al got his start in the optical industry in 1969 under the tutelage of Sam Bingham, a trusted name in the industry and owner of Bingham Optical which operated for over 50 years. Holland Optical opened in August 2006 and has been serving the community ever since.



## We asked Al 10 questions about his love of cars!

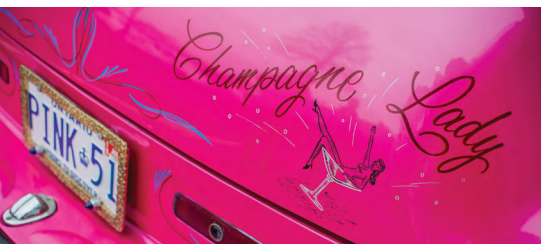
### 1. What is the make & year of the car featured on the cover, and a little bit of its history?

It's a 1951 Chev Coupe Deluxe. I purchased it in Chatham from a man who brought it back from the USA. We did an off-frame restoration, and made many modifications to make it unique and different:

- V8 350 Chev Engine, with automatic transmission
- Lincoln Versailles rear end
- Mustang II front end
- Roof Chopped 6"
- Engraved roses in the quarter panel glass windows
- Hot pink colour, stencil of Champagne Lady, back of the trunk
- Frenched in Headlights
- Custom grill
- All doors, hood, trunk modified
- Custom interior

### 2. Do you have a name for this car?

Champagne Lady, with Pink 51 on the licence plate.

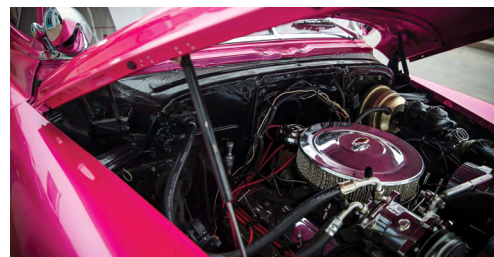


### 3. Have you always lived in Chatham and how many family members do you have?

I have lived in Chatham all my life. I have five children (with in-laws), five grandchildren, and three great grandchildren. A super cool dog named Chip (with a Mohawk) who comes to work every day at Holland Optical and a cat named Misty....she's cool too.

### 4. Does your family share your interest in classic cars?

Yes, the boys are interested in the classic cars also. One works in an auto-mechanic atmosphere, and another is an auto body painter. They can take a car apart and put it back together.



### 5. When did working on (and owning) classic cars become a hobby of yours?

All my life I have enjoyed cars.

### 6. What were the very first classic cars you owned?

1966, 1967, and 1968 Chevelle's were my first three cars.

### 7. If you could only drive in one car for the rest of your life, what would you pick?

I couldn't pick just one car, I love them all.



### 8. What is your favourite classic car of all time?

The 51 Chev is my favourite.

### 9. What do you think are the sexiest cars ever built?

It would be the Camaro, Mustang, and Charger.

### 10. What's your favourite car movie and/or car show?

Christine is my favourite movie, Count's Kustoms is my favourite TV show.

Cover photography by:  
Mark Requena Photography  
[www.markrequenaphotography.ca](http://www.markrequenaphotography.ca)

## MUNICIPALITY OF CHATHAM-KENT SENIOR CENTRES

**CHATHAM** Active Lifestyle Centre  
20 Merritt Ave. | 519.352.5633

**BLENHEIM** Blenheim & Community Senior Citizens Group  
55 Jane St. | 519.676.3894

**BOTHWELL** Bothwell Senior Citizens  
122 Elm St. | 519.350.1977

**PAIN COURT** Le Club de l'Amitie (Friendship Club)  
10 Notre Dame St. | 519.354.1249

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

**MORPETH** Morpeth Heritage Club  
12570 Talbot Trail | 519.674.1010

**RIDGETOWN** Ridgetown & Area Adult Activity Centre  
19 Main St. W. | 519.674.5126

**THAMESVILLE** Thamesville Happy Club  
96 London Rd. | 226.229.0303

**TILBURY** Tilbury Leisure Centre  
10 Canal St. W. | 519.682.1020

**WALLACEBURG** Wallaceburg Senior Citizens Club Inc.  
205 James St. | 519.627.6224

**WHEATLEY** Wheatley & District Friendship Club  
171 Erie St. N. | 519.825.4870

## Meadow Park Chatham

*Celebrates 40 Years serving our Chatham-Kent community!*

Meadow Park is a fully accredited long-term care home serving our community of Chatham, Ontario. We've been established since 1979 and can even say that some of our staff have been with us on that journey since the beginning.

At Meadow Park, we pride ourselves in changing the perceived culture of long term care by embracing and celebrating what we truly love.



Photo is from September of 1978 and shows the future site of Meadow Park Chatham - in attendance Don Stevens (Owner), Dennis Timbrell (Health Minister), Curtis Carer (Chatham Mayor), and other dignitaries.

*If members of the community have a fond memory or story of their time at our home and would like to share please contact Lydia Swant [lswant@jarlette.com](mailto:lswant@jarlette.com)*



Staff and residents celebrate the home's 10th anniversary in July of 1989.



## MEADOW PARK CHATHAM Long-Term Care

We are celebrating 40 years in the Chatham-Kent community with an Open House on Wednesday, July 24, 2019 from 2pm to 4pm here at our home.

We welcome Meadow Park staff/family and alumni to stop in and say hello and reminisce.

Please RSVP by July 17th by e-mailing Anne-Marie Rumble  
[amrumble@jarlette.com](mailto:amrumble@jarlette.com)



110 Sandys St, Chatham, ON  
**519-351-1330 [www.jarlette.com](http://www.jarlette.com)**





# Get Your Game On!

## Riverview Gaming Centre

Riverview Gaming Centre, located at 497 Riverview Drive in Chatham, has plenty of fun, entertaining games available. We offer a variety of games to entertain you for great value.

We offer a variety of new and exciting cabinet machines with several different ways to play and win! The games offer bonus rounds and a chance at progressive jackpots. You can pop in anytime and stay for a quick visit or make it a longer outing.

We have Play On Demand games that give you a chance for bonus rounds and progressive jackpots. These can be played anytime, just drop in and stay as long as you like.

Bingo sessions are 5 times per day, 10am, 1pm, 3:30pm, 6:30pm and 9:30pm every day. You can spend as little as \$25 per session to play all of the Bingo rounds with several chances at regular game prizes and progressive pots.

We are open every day from 9am to 12 am, with cabinet machines staying open until 1am on Fridays and Saturdays.

Visit Bingo Bites snack bar for some awesome food at great values. We have all of your favourites like fries, nachos, hotdogs, hamburgers, clubhouses, wraps, and more. We also offer different specials throughout the week.

The community is a huge part of our operation. A large portion of every dollar that you spend on gaming goes directly to local charities. They in turn use the money for lots of great things that happen right here in your own community. We are very proud to have surpassed the 1 million dollar mark for funds that over 90 local charities such as schools, organizations, and clubs have shared.

Without our gaming facility and you, none of this would be possible.

*We have a friendly staff and a great atmosphere, and always welcome new and returning customers.*

You can keep up with all of our promotions and events by following us on Facebook or Instagram, or stopping in the hall to pick up a monthly calendar of events.

Every Monday is Monday Madness. We offer an "all in" 3-Strip Bingo Package that is great for a beginner and it comes at a \$23 value for just \$15.

Every Tuesday is Seniors Day. We have an extra \$300 worth of draws at the

10am, 1pm, and 3:30pm sessions just for seniors who are 55 years and older.

Every Wednesday we offer draws for extra points to be won for our Riverview Gaming Rewards program, which can be redeemed for special offers and chances to win weekly and monthly prizes.

Thursdays are our \$5 meal days. For just \$5 you can get our special of the day. We have offerings like shepherd's pie, hot beef, pulled pork, and pasta bakes. Each week offers one delicious meal for only \$5.



We have many extra events and promotions throughout each month that can be found on our monthly calendar.

We would love to have you join us in our facility for some great entertainment and to help us support over 90 local charity groups.

*This article was written and submitted by:  
Riverview Gaming Centre  
[www.riverviewgamingcentre.com](http://www.riverviewgamingcentre.com)*



## BINGO PROCEEDS CONTINUE TO HELP OUR COMMUNITY!

In 2018, **91 CHARITIES** volunteered their time to collectively receive over **\$1,000,000.00**

**Three Ways to Play Bingo! Electronic, paper or both!**  
SESSION TIMES: 10:00AM, 1:00PM, 3:30PM, 6:30PM & 9:30PM

**MONDAY MADNESS!!! - \$15 ALL IN PACKAGE**  
**REMEMBER... Seniors Day is every Tuesday!**



497 Riverview Drive, Chatham • 519.351.3232  
[www.riverviewgamingcentre.com](http://www.riverviewgamingcentre.com)  
(visit our website for monthly event calendars)





# WILLOW HEALTH CENTRE

We are one of Chatham's largest & most comprehensive Physiotherapy clinics with 3 Physiotherapists offering:

## MUSCLE & JOINT PHYSIOTHERAPY



INCLUDES THE TREATMENT OF SHOULDER PAIN, LOW BACK PAIN, HIP & KNEE OSTEOARTHRITIS, AND FOLLOWING JOINT REPLACEMENT SURGERY

## PELVIC FLOOR PHYSIOTHERAPY



INCLUDES THE TREATMENT OF INCONTINENCE, PROLAPSE, PELVIC PAIN, AS WELL AS PREGNANCY/POSTPARTUM STRENGTHENING, AND POST-PROSTATECTOMY STRENGTHENING

## ACUPUNCTURE



FOR THE RELIEF OF PAIN AND INFLAMMATION

We offer the longest treatment times in Chatham, where you'll be treated one-on-one in a private treatment room with your Physiotherapist the entire time. We do not double-book clients, nor do we provide your treatment through support personnel. We value your health care dollar, and provide the best evidence-based care to get you feeling better!

Also offering REGISTERED MASSAGE THERAPY for all your total wellness needs.

**To book an appointment, call or go online today!**



[www.willowhealthcentre.com](http://www.willowhealthcentre.com)



519-365-0122



423 Richmond Street, Chatham

