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# CKSenior

Summer 2023 | ISSUE 39

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# Welcome to Our 39<sup>th</sup> Issue of the CK Senior Magazine!

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Hello! By now, you're into short sleeve shirts, bermuda shorts or cut-offs, and a generous lathering of sunscreen when you go out on those hot days. It is summer in the "banana belt," the Municipality of Chatham-Kent, and the team is happy to bring you the summer 2023 edition of our CK Senior Magazine.

In our issues we bring you reminders from existing organizations about their events, services etc. as well as announcements from new organizations (business, service, charity, etc.) to our municipality: you will find several examples in this summer issue, starting with the Maples MyLife Retirement Living on our cover.

As in the past, we hope you will take a moment to send us your opinions, observations, suggestions, or even kudos (it is always nice to "catch" someone doing something right). You can call (519-397-4444), click (email us at [info@abstractmarketing.ca](mailto:info@abstractmarketing.ca)) or drop by our office in downtown Chatham (216 King Street West - Upper Level.) to forward same.

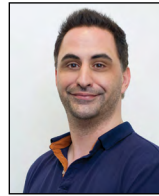
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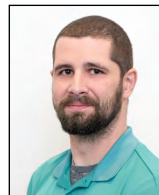
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If you have any comments, an interesting local story, or a family recipe that you would like to share... Please send it along to us for consideration for one of our future issues to:

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**PROUD TO  
BE VOTED  
CK'S BEST  
9 YEARS IN  
A ROW!**



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# Re-imagine Your Retirement!

Welcome to The Maples - MyLife Retirement Living, a vibrant community where you live your retirement, your way! Located in the charming town of Chatham, Ontario, this newly renovated residence delivers superior hospitality, all while prioritising the unique needs of residents. Want to experience it first hand? Contact us now to book a tour and see all that The Maples can offer. You've taken care of others your whole life, now let us take care of you.

## Active Retirement on the Shores of the Thames River

At The Maples, there's so much to do! Curl up with a cup of tea and a book in the library. Challenge friends to an afternoon of cards or chess in the games room. Invite your family for dinner in the dining room. Enjoy regular

planned events and outings with a group of like-minded peers. Whether you are seeking excitement, wellness, or community, it can be found here.

With its Chatham location, The Maples is close to all the town's amenities, including nearby shopping, restaurants, a golf course, and beautiful parks and walking trails. This idyllic location combines the natural features of the Thames River with the conveniences and opportunities of town life, made accessible by nearby transit.

## Where Comfort and Care Meet

When it comes to living your best life, our professional staff will go above and beyond to accommodate your wishes. We believe in giving each resident the choices they need to thrive, from selecting the suite that is most comfortable for your personal lifestyle, or having our chefs offer entrée options that meet your specific dietary needs. Whether you're looking for more intensive care support or some personalized support to make your daily life easier, our team of caregivers are here to serve you, 24/7. Recovering from a surgery or hospital stay? With The Maples' Recovery Respite Care Program, our warm and friendly staff is here to offer personalized services at every stage of your healing.

Curious whether The Maples is the right fit for you? We invite you to tour our beautiful facility, get acquainted with staff, and have your questions answered in person.

**Call 519-436-1200 to book your private tour.**  
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walk-ins are welcomed too!



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[TheMaplesRetirement.com](http://TheMaplesRetirement.com)

\*Specifications are subject to change without notice. Illustrations are artist's concept only. E&O.E.







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# Health Matters

## Introducing CK Public Health's New Dental Clinic!



In Spring of this year, CK Public Health gave Chatham-Kent residents something to smile about while opening a new dental clinic in Chatham. Uniquely, this clinic serves Chatham-Kent residents that qualify for either the Ontario Seniors Dental Care Program or the Healthy Smiles Ontario program.

Located at 519 King Street West, with the entrance off Robertson Avenue, the new clinic works with clients using provincially funded programs and does not take payment for services.

***"We were very grateful to be serving Chatham-Kent residents out of our former King Street East location for so many years," stated Carina Caryn, CK Public Health Program Manager, "but with the expansion of the programs and more folks accessing the funding available, it was necessary for us to move to a larger location to better meet the needs of our clients."***



The clinic, which is staffed with 2 program assistants, 3 certified dental assistants, 2 registered dental hygienists, and a dentist, provides a variety of services. Though the specific needs of each client vary, services covered by the "Healthy Smiles Ontario program" may include exams, routine checkups, and preventative services.

Some of the services that may be covered under the Ontario Seniors Dental Care Program include examinations/ assessments and x-rays, preventative services such as cleanings, restorative services to repair broken teeth and cavities, crowns, oral surgery services to remove teeth or abnormal tissue, anesthesia, root canal services to treat infection and pain, periodontal services to treat gum conditions and diseases.

Those looking for more information about the clinic, including eligibility requirements for or what is covered by the Ontario Seniors Dental Care Program are asked to visit [www.CKPublicHealth.com/Smile](http://www.CKPublicHealth.com/Smile) or call at 519-355-1071 X 5700.

---

*This article was written & submitted by:*  
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Community Outreach & Public Relations Officer  
[www.ckphu.com](http://www.ckphu.com)



# Riverview Gardens - Long Term Care Home

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# Hospice Gave Me Healing



According to the HeartMath Institute, resilience is the capacity to prepare for, recover from, and adapt in the face of stress, challenge, or adversity. Resilience has been a constant in Dennis' life over the past few years and he gives some of that credit to the support he received from Melissa and the Supportive Care Team at Chatham-Kent Hospice.

He first reached out to Chatham-Kent Hospice when his wife, Tori, was diagnosed with terminal cancer.

His family had already been dealing with a lot of stress because his daughter Rachel was battling a brain tumor that required several surgeries and eventually left her blind. This diagnosis added another layer of stress and worry.

"When we learned about Tori's diagnosis, I knew I would need some help managing this and I also wanted to make sure there was support for my wife, daughter, and 2 sons," shared Dennis.

"Chatham-Kent Hospice had cared for my grandmother back in 2018 so I was familiar with the services they offered,"

Dennis' sons were not ready to talk to anyone at the time, but he and his

wife and daughter met regularly with Melissa, one of the Social Workers at Chatham-Kent Hospice, as a family and individually.

Then the COVID 19 pandemic hit.

"Tori lost several months of treatment due to the pandemic and when she had hospital stays, I was not allowed to visit. I took care of her at home the best I could. Because I work in pharmaceuticals and the demand was so high due to the pandemic, I also had to continue to work. It was a lot to handle at once," shared Dennis.

Dennis and Tori were high school sweethearts who settled in Ridgetown to raise their 3 children. They were very involved in their community including 4H, Kiwanis, and the Fair Board. When Tori died in 2020, there were strict restrictions on indoor gatherings so the family held a celebration of life outside to allow family and friends to show their support to the family.

A few weeks after Tori died, Rachel was scheduled to have a procedure to replace a heart valve. Dennis, having just lost his wife, was quite nervous but was assured the procedure was done all the time and Rachel wanted to go ahead

with it. What was supposed to be a routine procedure ended in tragedy. After spending a week in ICU where Dennis was only allowed to visit 1 hour a day and his sons were not able to visit at all, Rachel died.

Dennis and his family lost their wife/mother within a two-month time frame. By continuing to receive support from the Supportive Care Team at Hospice, Dennis has been able to process what has happened and better manage the various stages of grief.

"Melissa has helped me understand how I was feeling as well as understand how others affected by this are feeling without taking ownership of their feelings and behaviour," shared Dennis.

***"This support has given me permission to get back to living. It still hurts, especially those special days like birthdays and holidays but I am able to deal with them much better. I believe this is possible because of the grief support I have received through the Chatham-Kent Hospice."***



## Learn more!

Are you or someone you love struggling with a life-limiting illness? Visit our website at [chathamkenthospice.com](http://chathamkenthospice.com) or give us a call at **519-354-3113** to learn more about how we can help.



# Hospice Now Offering Care Coordination



At Hospice, we understand that living with a life-threatening illness, or providing care for a loved one as they near end of life, is very difficult. We are here to help you navigate the healthcare system and help you get the care you need from the time of diagnosis and through your illness. Amber Jarrold recently joined our Hospice team in the new role of Hospice Navigator. Amber has been a nurse (RN) for the past 10 years and spent the last 2 years as a palliative nurse.

## If you have questions about:

- What your needs are now and what they might be in the future;
- What care supports are available in the community;
- How to connect with anticipatory grief support;
- Hospice care such as what is provided, how to access it, when to access it.



***Give Amber a call at 519-354-3113 x2101 and let her walk alongside you through your journey.***

## HOSPICE BENEFIT *Gala*

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# Planning for the Future

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



Finally, after a long and grey winter, the wonderful sights and sounds of summer are upon us!

Perhaps you enjoy the sounds of your grandchildren laughing and playing, watching birds at your feeder, or maybe you have a green thumb and take pride gardening in your own yard.

Whatever is your special idea of what summer has to offer, there's a good chance that some of your most meaningful memories take place at your own home, cottage, or farm property.

If this is true for you, consider this in the context of your later years, when you may require specialized care. For example, if you do require

specialized care at some point in your life, do you have a preference to remain at your own property for as long as possible?

Maybe you have a child who has offered a space in their family's home for you to live in the event that you require day-to-day care. If so, do you consent to living with such a child if the circumstances arise?

Do you have a preferred care facility in mind? Perhaps so that you can remain close to your spouse or a loved one who is already living at that particular facility. Consider if a certain care facility has outdoor facilities, gardens, or activity programs that you find appealing for your lifestyle.

If any of these scenarios resonate with you, consider providing specific instructions regarding your wishes in your Power of Attorney for Personal Care document. If you provide clarification in your Power of Attorney for Personal Care regarding these wishes, this will make these decisions easier and more clear for your substitute decision makers in the event that you are unable to make these decisions for yourself.

***So, get outside and enjoy the sights and sounds of summer, but keep in mind that a bit of planning for the future, including having an up-to-date Power of Attorney for Personal Care with your specific wishes, can give you some peace of mind so that you can focus on enjoying the good things that this warmer weather has to offer.***

---

*This article was written 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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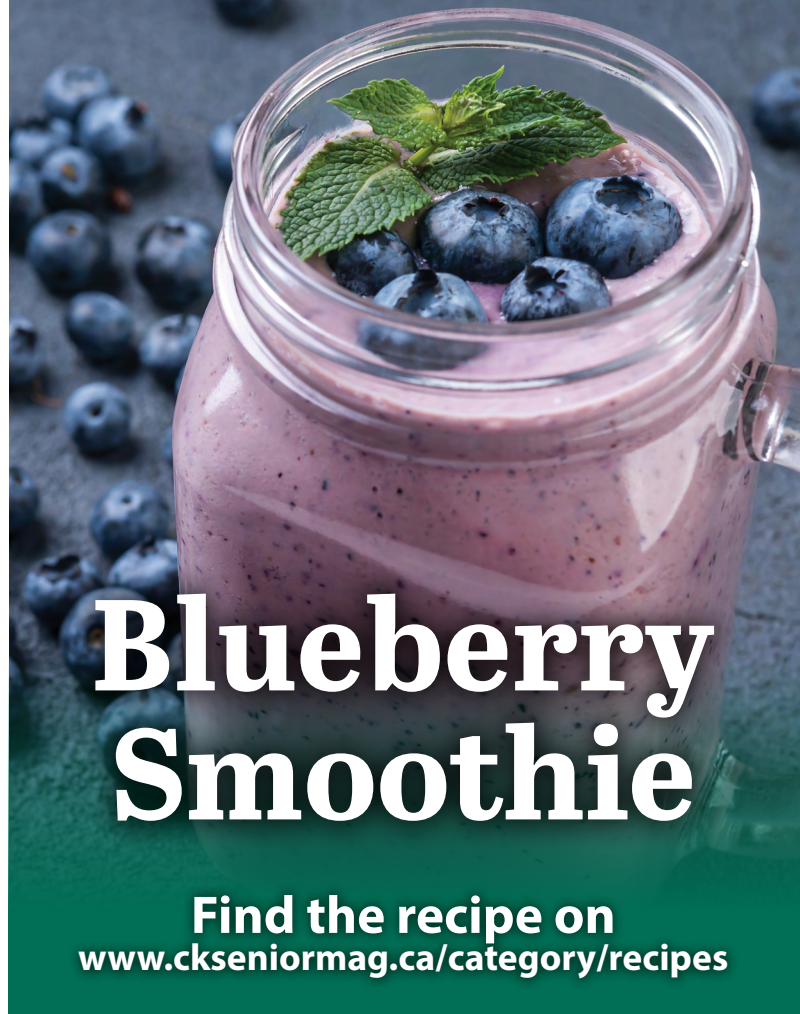
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# Blueberry Smoothie

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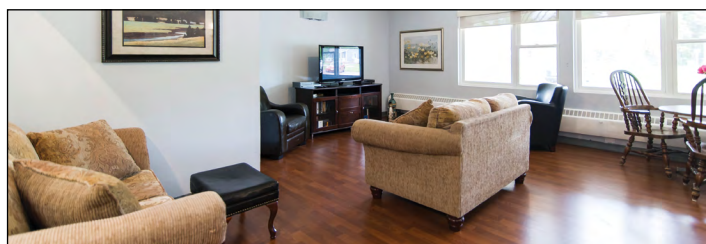
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# Summer Fitness!

*What's getting in the way of reaching your goals?*



Have you been sedentary over the past several months? You may be starting to notice some differences happening (at a rapid rate) both physically and mentally. Physical exercise and proper nutrition are two areas that we have not typically been advised about and many of us are lacking in. It's time for a change! Take action against the effects of the past year. Make yourself a priority.

Starting an exercise routine can be a challenge at any age, and it doesn't get any easier as you get older. Being consistent with a program is also difficult, no matter what level of fitness you're currently at.

Are you feeling discouraged by health problems, body aches, and pains, or do you have concerns about injuries? If you've never exercised before, you may not know where to begin, or you may think you're too far gone and can never live up to the standards you set when you were younger. Although these may seem like reasons to slow down as you age, I have some even better reasons to get active:

- **Improve overall quality of life**
- **Lose unwanted weight or maintain current shape**
- **Reduce impact of illness and disease**
- **Build lean muscle and burn fat**
- **Enhance energy and stamina**
- **Improve strength, bone health, flexibility, mobility, and balance**

- **Improve quality of sleep**
- **Increase cardiovascular endurance**
- **Boost your mood and confidence, along with relieve stress**
- **Improve brain function and prevent memory loss**
- **Plus MORE!**

Proper nutrition is another undervalued tool to use for the success you're after. Exercise is important for an abundance of reasons, but eating well and fueling your body is so important. A common issue that I see with my clients is they aren't eating enough! Now wait! You might think, "I definitely eat enough and maybe too much," but surprisingly, you might also fall under this same umbrella of undereating. This could simply be that you're not consuming the proper nutrients required for your goals. Ideally, you work with a coach to outline a plan of action.

To determine how many calories your body needs, it depends vastly on your BMR (basal metabolic rate: how many calories your body needs to consume at rest), TDEE (total daily energy expenditure: how many calories your body burns when we factor in routine and activity), age, weight, height, gender, along with a few other things. Once we get a general calorie requirement, then we can adjust that caloric intake based on your goals of maintenance or weight loss, etc. Then we break it down even further into the amount of each macronutrient needed, such as carbohydrates, protein, and fats.

All of this can be very overwhelming, but this can be applied to your current lifestyle and you won't have to go on a "diet." In moderation, you can eat everything and anything you want, within reason.

Having a fitness coach to design a plan that is efficient and effective, while being safe and working within your limitations and toward your goals, is key! A good coach will make sure you're accountable and motivated while having fun. They will take out the complicated language and educate you along the way, so you are set up for long term success.

You don't have to go hard. You can make a big impact by making small incremental changes to your daily routine. No matter your age or physical condition, almost always, exercise and proper nutrition will benefit you! Oh and, drink your water... take your vitamins! Please consult your physician before starting a new workout regimen.

It's never too late to get moving and boost your health and immune system. Let's improve the way you age to ensure you can live independently for as long as possible.

---

*This article was written & submitted by:*  
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[www.performance360fit.com](http://www.performance360fit.com)

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# A Behind-the-Scenes Busy Summer Leads to an Event-Filled Fall!

In Highgate, the south-eastern end of Chatham-Kent, The Mary Webb Centre continues to be a venue that hosts fantastic Canadian music performers, presents a superb gallery of local and regional art, and remains a great local community events location.

But not actually during the summer. In the months of July and August when activities quiet down enough, we give the large group of volunteers some time to recuperate. It also is the time for repairs and improvements. Also this summer sees a very big project underway.

Those who have come to the Centre and have enjoyed a music performance in the upper level concert hall often are looking toward the stage. They have also surely craned their necks skyward to see a magnificent work of art in its own right, a stained glass dome, back lit to present the amazing skill

that designed it, created it and installed it. The volunteers have had their eyes on it too and after 105 years, it was deemed time for a renovation.

An amazing concert series awaits an audience in September. Pre-order your tickets in August at: [www.marywebbcentre.ca](http://www.marywebbcentre.ca) is a click away to ensure patrons get their tickets for the superb line up of some of Canada's best up-and-coming:

- **Aaron Allen** (Local Awesome Country)
- **Sarah Harmer** (Canadian Icon - #1)
- **Listen to the Music** (Doobies Tribute)
- **The Fugitives** (West Coast Roots/Folk)
- **Brock Stonefish** (Local Blues Maestro)
- **Leahy** (Family Celtic Christmas)
- **Keith Brown** (Local Roots, Internationally Renowned Magician)



- **Take Three** (Remembering Burt Bacharach)
- **Valdy** (Canadian Icon - #2)
- **Amanda Martinez** (Smooth Latin Spiced Jazz)
- **Skydiggers** (Canadian Icon - #3)

***What a line up! As they say, "If its at the Mary Webb Centre, you know is going to be great!"***

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

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



***STOP IN FOR A TOUR!***

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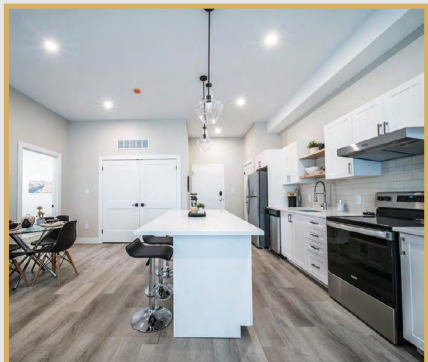
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**Unit Pricing:**

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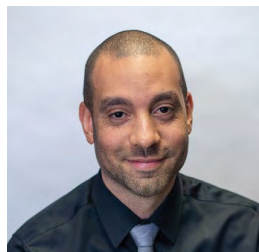
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# Cycling Near You!

*Skip Bloxham's experience & tips for traversing roads & trails.*



In 2006 while driving transport loads to and from Ohio each day, I complained to a shipping manager that long days were inhibiting my exercise regime. He immediately showed me his road bike. He strongly suggested that commuting by bike to and from work might add 10 minutes each way, but this time would be totally outweighed by exercise benefits. To me, truer words were never said!

As noted on a bikemunk.com blog:

***"It can get harder and harder to stay active as you age. Your bones and muscle structure decline the older you get, and you may have aches and pains that prevent you from having a strong desire to exercise."***

***Cycling is one of the best exercises for aging bodies, though. It helps you work***

***your cardiovascular system and keep your heart healthy. Because cycling is a low-impact sport, it reduces strain on the joints. Many studies show that biking can actually slow down the aging process in a variety of ways."***

Once into riding and being an annual snowbird, I quickly joined a small Florida bike club, and now 17 years later, I consider these American and Canadian members my best friends. Over the years, health challenges have caused some members to transition to e-bikes. But we all feel this is a great move that keeps us cranking. Aside from the camaraderie of clubs (of which there are several in CK), there are, without a doubt, huge mental health benefits to riding.

Your level of comfort with cycling on Chatham-Kent roads will be individual. As a retired OPP Sergeant having witnessed many tragedies, I rely on

three pillars to my (relative) safety:

- Rearview mirror. I use a helmet clip-on type, but the handlebar type also works well, allowing you to monitor overtaking traffic. Riding with the direction of traffic is the safest direction.
- Bright flashing red and white lights fore and aft to catch motorists' attention, both overtaking and at intersections.
- Brightly coloured clothing. Studies have shown that dark clothing is the worst for visibility and that neon green is the best. For that reason also, I won't ride after dark.

A 2015 amendment to Ontario's Highway Traffic Act mandates that overtaking motorists must allow a minimum of one meter of space for cyclists.

If you haven't cycled in many years, Smith Cycle in Chatham or Ken's Cycle in Wallaceburg might be a great start. If you are not sure about your balance, consider Rondeau Provincial Park as a venue. With public parking just east of the gate, cyclists may enter without charge.

The Facebook group "Cycling for those 70+," has 38k+ members with inspirational stories of challenges and feats achieved and faced by senior riders worldwide.

Finally, the Municipality of Chatham-Kent offers valuable information about safety, trail maps, and bike repair stations on this website: <https://www.chatham-kent.ca/services/gettingaround/Pages/Cycling.aspx>







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

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providing support  
and educational  
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survivors and their  
families.**



*On peut offrir de l'information en français.*



# 10 Summer Activities for Seniors

*What's getting in the way of reaching your goals?*

Nurse Next Door picked ten (10) summer activities that are perfect for seniors. You should take advantage of the sun while it's out! Not only does it feel good to get outside, but social engagement has been shown to improve mental and physical well-being and even prolong life. Whether you're happily aging, or you're a friend or relative of a senior, here are ten summer activities to try, no matter the level of your or their mobility.

## 1. Go for a walk, jog, or roll

Whether those legs still love to run or a wheelchair is the safest bet, just getting outside and moving around is a great way to keep the body and mind in shape.

## 2. Soak up the sun at the beach or park

Enjoying the sun doesn't just make us feel better: Vitamin D is necessary for bone and muscle function. Without enough sun (and the vitamin D it supplies), seniors are at a greater risk of fracture and other side effects. Wear sunscreen of course and make sure you're able to easily access cool shade by wearing a hat, bringing an umbrella, or sitting beside a tree.

## 3. Go swimming or wading

If you have access to an outdoor (or even indoor) body of water, real or manmade, summer is a great time to "splash around!" Our buoyancy in water means swimming is easier on the joints than say jogging and many other forms of exercise, and can be relaxing as well.

## 4. Have a picnic

Bring snacks, drinks, a blanket, and maybe some music to the local park

(or backyard). Enjoy a sandwich, and even lie back and watch the clouds.

## 5. Create or tend to a garden

If you don't have a garden, or don't have room to create a new one, many neighborhoods have community gardens. Getting a plot to grow flowers and veggies could make for a nice, ongoing outdoor pastime.

## 6. Go to a farmer's market or fair

Summer is the season for farmers' markets, craft fairs, flea markets, and more. Walk around the booths, browse for deals, and go for lunch afterward.

## 7. Watch an outdoor movie

If you have a local park that hosts outdoor movies in the summer, take advantage! Don't forget to bring water and blankets to stay warm and hydrated.

## 8. Volunteer

Keep your mind sharp and give back to the community by volunteering. Talk to your local Rotary club, or non-profits and charitable organizations that resonate with you. Volunteering with friends and family can also bring you closer together.

## 9. Try Tai Chi or Yoga

Join a Tai chi group for a low-impact, outdoor activity. Tai chi can help prevent falls in seniors and is a great way to improve and maintain mental agility.

## 10. Pick berries

If you live in the city, you might need to drive (or get a ride) away, but

picking berries can be a fun outdoor activity (with plenty of water and sunscreen during your picking session of course). And you can bake pies later with access to the proper facilities.

## Conclusion

Regular activity and socialization can help seniors improve physical and mental well-being. While this list includes options for people of all abilities, be mindful of your own capabilities. If you aren't confident that you'll be able to handle an activity, check in with your family doctor. After all, you'll have more fun if you're feeling good!

Content from "Nurse Next Door".  
<https://www.nursenextdoor.com/blog/10-summer-activities-for-seniors/>

*So... How did you do?*

SUDOKU ANSWERS

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



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## ***St. Andrew's Residence Is Our Home***

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 in 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.

### ***Seniors Day Out***

With the support of the Dresden Rotary Club, we are excited to announce that we have launched a second location for our Seniors Day Out Program, conveniently located in the heart of downtown Dresden at the Rotary Wheels House. Our day programs provide access to a hot nutritious meal, a wide range of social, physical, and recreational activities, foot care, and transportation to the programs both in Chatham and Dresden.

### ***Meals on Wheels***

Staying true to our mission of enriching the lives of seniors across Chatham-Kent, the Meals on Wheels Program is dedicated to supporting health, well-being, and independence, incorporating older adults across Chatham-Kent from Wheatley to Dresden, Ridgetown to Tilbury, and all the beautiful places in between we call home.

With the support of the Government of Canada and the Local Food Infrastructure Fund, St. Andrew's Residence has completed a complete overhaul of our kitchen, providing us with more space and updated equipment, allowing Meals on Wheels to keep up with the growing

demand for food security with over 37,000 meal deliveries throughout Chatham-Kent over the last year.

## ***Together We Are Stronger***

With strong roots in the community for over 50 years, we continue to grow and 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, participating on our Board of Directors, or supporting the St. Andrew's Residence Foundation. We welcome new volunteers to join our team!

It is our honour to provide a home where seniors enjoy an exceptional quality of life and well-being.

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](mailto:mjenner@standrewsresidence.com).

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



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