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Spring 2024 | ISSUE 41

# CKSenior

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**Brighten up your Day with Cora Chatham's Breakfast Experience!**

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**Health Matters, Spring into Action!**

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ISSUE 41  
CKSenior  
**Features**



5



18-19

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# Welcome to Our 41<sup>st</sup> Issue of the CK Senior Magazine!

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We've had some occasional glimpses of winter weather this season, but for the most part, Jack Frost has given us a pass. At times, I almost thought I should be out there cutting my lawn. I've certainly talked with people on both sides of this—those who are happy to be dressing with fewer layers and enjoying the mild temperatures, and those who would rather be ice fishing, snowmobiling, or skiing. In any case, I hope your winter is going well.

This issue of the CK Senior magazine, our 41<sup>st</sup>, will hopefully contain some content that you will find interesting and helpful. If you have a minute, we would enjoy hearing about your opinions, observations, suggestions, or even kudos (yes, we like to hear about those too).

## To contact us you can ...

- Call (519-397-4444)
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## to get in touch with us.

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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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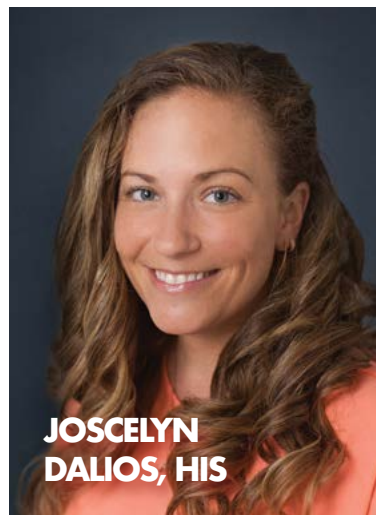
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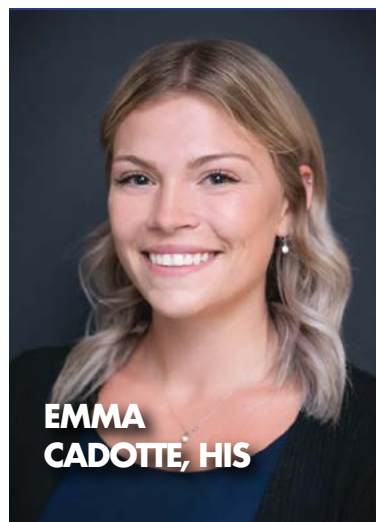
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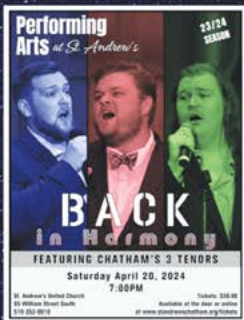
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23/24 SEASON



Back by popular demand, Chatham's 3 Tenors are returning to St. Andrew's on April 20th after last year's almost sold out show. Andrew Derynck, Colin Bell, and Xander Bechard will be performing an evening of music accompanied by Music Director Devon Hansen. This will not be a show to miss!

Tickets: \$30.00 and can be purchased at the church office or online at [www.standrewschatham.org/tickets](http://www.standrewschatham.org/tickets)

The community of Chatham-Kent is a special kind of small-town community with an abundance of talent. We hope to showcase a small piece of that talent on June 1st by highlighting many different performance groups throughout the city from singing, to dancing, to acting, and more!

No Tickets required - Free will offering (\$20.00 suggested)  
[www.standrewschatham.org/events](http://www.standrewschatham.org/events)

St. Andrew's has been presenting concerts for the community of CK for over a decade.

Download the full season brochure at [www.standrewschatham.org/concerts](http://www.standrewschatham.org/concerts)



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# Health Matters

## Spring into Action!

Are you ready to take action? Maybe, if you're like most of us, you've been thinking about starting or getting back into a fitness routine. The winter is coming to an end as the weather starts to break. No matter your age or fitness level, it's never too late to get moving and make good choices.

Start small and don't overwhelm yourself. Fitness can be FUN! You can get healthier and build connections with others in group fitness classes. At Performance 360 Fitness, they have several low impact classes that are great for all fitness levels. We put a huge focus on active aging and mindful movement! Our senior fitness classes are designed to keep you pain free, balanced, active, and healthy.

Senior exercise is a fundamental way to remain active for amazing quality of life! It's about adding excellence to your years.

Exercise has been shown to increase mental alertness and happiness as well as several physical benefits. The value of exercise for seniors goes well beyond merely a focus on physical health, but improves your mind and mood.

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

Seniors need to develop an exercise routine. The weather will be lightening up. This may mean a daily walk to a restaurant or coffee shop that is far enough away from home or joining

the gym to walk or bike indoors, safely away from the elements.

### ***Benefits of Exercise for Seniors***

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

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

### ***TRY THIS: A simple exercise to improve balance in combination with multiple other senses***

1. Walk down a long straight hallway with one hand touching the wall, but walk as if you were walking on a tight rope. Feel the way your ligaments and abdomen tighten slightly as you make shorter steps.
2. Turn and walk down the hallway again, this time keeping your feet closer together, with toes

consistently touching heel of the foot in front.

3. You can make this even more difficult by walking down the hallway in the same way while turning your head from side to side. This can be tricky at any age as your senses rely on the visual signal.

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

Something else to look into could be Yoga or Tai Chi to help with balance and movement. These are low impact exercise regimens with a huge focus on breath work and balance, and can be done indoors or outdoors.

As always, in any weather, working out is a great way of exercising and most elders find this is a great time to socialize. Stay active to focus on independent living in retirement!

*Yours Truly,  
Jenn Daoust PTS, NWS, FSTS  
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5				6		4	7	8
					2	1		5
7	4		5		1	6		3
	5		1					7
4	9				8		3	
			7		5	8		2
		8	2				5	4
2	3			5		7		
	7	5	3				8	9

Difficulty Level: ●●●○○

## Calling All Volunteers!

Crowfest 2024 is just around the corner, and we're reaching out to invite volunteers to be a part of this exciting event. Without your invaluable contributions, this event simply wouldn't be possible. Whether you're a seasoned volunteer or new to the community, join us in making Crowfest a success!

**Sign up today!**

[www.crowfestck.com/volunteer](http://www.crowfestck.com/volunteer)



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[villageontheridgeretirement.com](http://villageontheridgeretirement.com)  
[blenheimcommunityretirement.com](http://blenheimcommunityretirement.com)

# Senior Activities to Welcome the Season



Ah, spring! A time to be full of joy, a season full of hope. There's just something about it that makes you want to celebrate. And who is more deserving of some joy and celebration than you?

The changing seasons are enjoyable but after a long and tedious winter, you deserve some relief. Even if you live in a milder climate, cold temperatures can affect an older adult's circulation, making it difficult to get outside. A negative consequence of this is that being cooped up indoors can lead to feelings of depression and isolation.

The solution to shaking off the winter blues may lie in some of the fun senior activity ideas listed below:

## Spring Activity Suggestions for Seniors

- **Feeding birds, ducks, or geese by a pond.** Alternately, filling bird feeders and watching the wildlife they attract.
- **Planting a garden (if you have access to land) or even just some border flowers or potted herbs and plants.**
- **Doing spring cleaning.** Why not make a game of this and include sorting through items to donate or discard?
- **Walking outside, preferably around the neighbourhood or an attractive park.**



- **Trying new spring recipes made with fresh fruits, vegetables, and herbs – maybe even some from your (or a family member's / friend's) garden!**
- **Relaxing outside on a porch, deck, or patio.**
- **Exercising outdoors.** For seniors, this may consist of simple stretches or other exercises that are easy on the joints correspond to your fitness level.
- **People-watching.** Don't underestimate this time-honoured activity! Simply observing people at a park, outdoor café, or another public place is engaging.
- **Visiting a farmer's market.** This is a wonderful opportunity for combining several of the aforementioned suggestions.
- **Picking flowers.** There is nothing more quintessential to springtime than flowers. Whether they're picked from a loved one's garden or bought at a farmer's market, displaying various blossoms around your home is sure to bring smiles.



Content from *The Institute on Aging*  
3575 Geary Boulevard,  
San Francisco, CA, U.S.A 94118

## So... How did you do? SUDOKU ANSWERS

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



*Local Owners Raj & Snigdha Reddy*

# Brighten up your Day with Cora Chatham's Breakfast Experience!

Stepping into Cora Breakfast and Lunch, you're immediately struck by the distinct charm that sets this breakfast joint apart from any other in town.

Tucked in the new plaza on the corner of St. Clair Street and Gregory Drive, we had the pleasure of chatting with franchise owner Raj Reddy, who shared his journey of bringing amazing breakfasts to the community.

Originally from Toronto, Raj and his wife have found solace in the peaceful rhythms of Chatham. "We've lived in a few different cities - but Chatham just feels like home," he reminisced. "Here, you really have the chance to talk to people and really get to take the time to connect." With a warm smile, he expressed his gratitude for being a part of this welcoming community.

Despite a career in tech, Raj's heart was always set on the culinary world. "I grew up surrounded by the aroma of my parents' restaurant," he revealed. "Owning a restaurant in this country has been my dream." Inspired by the 35-year legacy that founder Cora Tsoufidou built to establish Cora Restaurants across Canada and his cousin's journey as a Cora franchise owner, Raj was determined to bring vibrant dishes to Chatham.

What sets Cora apart? Raj's answer was simple: "We're in the business of brightening people's days." When seated in the restaurant you are bathed with sunlight streaming through large windows which echo the warmth of the

food, and the smiles of the staff. Generous portions arrive bursting with freshness, adorned with brightly coloured fresh fruit. Each order that arrives reflects the Cora commitment to quality ingredients and attention to detail. "No matter how you walk through those doors; you are going to leave happy and full."

Cora strives to accommodate diverse dietary needs without compromising on taste or quality. For the staff, ensuring a safe dining experience for guests with allergies is paramount; taking care in preparing the food. The menu also offers a welcoming variety of vegetarian, halal, and kosher options.

Regulars Fran and Harold Baughman stumbled upon Cora during a routine trip to the nearby stores and instantly fell in love. "The staff are wonderful," Fran gushed, "always polite and cheerful." As for the food? Harold recommends the Cora's Special or the waffles – "You won't be disappointed!"

***So, whether you're a local looking for a delightful breakfast spot or a visitor passing through, Cora Breakfast and Lunch Chatham promises an experience like no other. Open daily from 7:00 am to 3:00 pm, it's a warm invitation to start your day right!***



## Featuring Cora's Special!

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**cora**  
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# Legal Matters

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

**Spring has come early this year, and that means getting outside for some fresh air, to enjoy the warmer weather, and to do some spring cleaning.**

But what to do if a rainy day interrupts your outside plans? I suggest this might be a good opportunity for you to dust off a copy of your Last Will and Testament, and remind yourself of what it says.

**Chances are that your Will is also due for some “spring cleaning!”**

**When reviewing your Will, ask yourself the following questions as a starting point:**

Who did you appoint as Executor and Estate Trustee in your existing Will? Since you last did your Will, has your relationship with the Executor changed? Does the Executor live close by in a convenient location to administer your Estate? Or have they moved away to a place that might make it more difficult for them to deal with your assets and other Estate administration matters? Does your Executor have any current health or other age related considerations, and are they still the appropriate person for the task?

How is the inheritance from your Estate to be distributed, and to whom? Has your relationship with any of the named beneficiaries changed since you last did your Will? Have any of the beneficiaries named in your Will pre-deceased you, or are there any health or other special considerations affecting the beneficiaries that need to be addressed in an updated Will?

If you named grandchildren or minor beneficiaries in your Will, did you stipulate that their inheritance be held in trust for them, and if so until what age or upon what terms? Perhaps it’s a good time to re-consider if the terms of their inheritance need to be updated now if some time has passed since you last did your Will.

If you have Charitable gifts included in your Will, have you reviewed your Will recently to ensure that the legal name of the Charity is up-to-date, the named Charity still exists, and your Will reference the accurate Charitable Registration Number for this organization?

If you have infant children, have you included a Guardianship provision in your Will for minor beneficiaries under the age of 18? If you do have a Guardianship provision in your Will, is it still relevant if your children are now over age 18, or should such provision be deleted from your Will at this point in time

now that your children are older? If a Guardianship provision is still relevant in your Will, whom have you appointed as Guardian of your minor children, and do you feel this person is still appropriate based on your relationship with them now and their current life circumstances?

Of course, these are just some of the questions you should be asking yourself when reviewing your Will, and there are likely many more important considerations based on your specific circumstances. The important thing to remember is that your Will should not be a “set it and forget it” sort of thing... your Will like your house and yard requires a little spring cleaning from time to time.

---

*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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It's been 14 years since The Mary Webb Centre opened its doors in 2010, doors that first opened in 1918 - 106 years ago! The stately old building has seen a lot of care and attention from the team at The Mary Webb Centre in the past 14 years, but one project was too daunting - until now. The extraordinary 106 year old stained glass dome that brilliantly hovers overhead in the concert hall is in need of an expert restoration.

This is not a simple undertaking and we're asking for your support to complete the restoration and have the dome re-installed in the summer of 2025. Every \$25 donation helps put each of the over 2000 unique panes of glass back in its place, reach our \$60,000 goal, and rebuild the kaleidoscopic spectacle! Join us in this pane-staking endeavour to bring the amazing display of colour and glass back to The Mary Webb Centre. Donate \$25 a pane today - 1, 5, 10 or more at a time!

**For more information visit : [www.marywebbcentre.ca](http://www.marywebbcentre.ca)**

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**Springing into Joy:  
Embracing the  
Seasonal Splendor!**

Thank goodness for warmer weather and the beauty of Spring. It never fails how everyone is in awe when the blossoms start budding on Village on the Thames' property nestled along the banks of the River Thames. With expansive patios, porches, and open spaces, Village on the Thames, is a perfect spot for picnics, bird watching, and catching up with friends.

According to research, older adults find that outdoor spaces help improve their mental

health and overall well being. Enjoying nature means less time spent in front of the TV or electronic devices, benefiting from natural Vitamin D, and reduced feelings of depression and anxiety.

"We are so thankful for our beautiful setting. When the weather is like this, all the natural light floods through our atrium-style windows - especially in our Studio and One Bedroom Suites," said Linda Lucas, Executive Director. "It makes being here cheerful, and an inviting place to live."

**To explore our villages contact us at:  
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# Johnston Family Was Able To Be A Family Again

## Life-Long Nurse Receives “The Best Of Care”



The Johnston family found peace, compassion, and laughter in their final days together at Chatham-Kent Hospice. Most importantly, they rediscovered the essence of being a family after more than a decade of illness. Rose Johnston, a beacon of kindness with a vibrant sense of humor and a lifelong nurse herself, encountered "the best of nursing" during her time at Hospice.

Throughout her nursing career and personal life, Rose used her humor as a healing balm, uplifting spirits and touching lives with grace. Despite battling various health challenges, including a heart attack, breast cancer, and COPD, Rose faced each hurdle with resilience, embodying the values she imparted to others.

Coming from a large family of nine children, Rose cherished the importance of family. When illness struck, Hospice provided the haven of care she and her family needed. "Hugs, jokes, singing, dancing, and meals," reminisced her son Brandon, echoing the sentiment that Hospice allowed them to be a family again, unburdened by the roles of caretakers.

The transformation was evident as they entered Hospice, transitioning from apprehension to relief and from fear to peace. Brandon recalled, "It was just peace the minute you hit that door." Thanks to the warmth and compassion of the staff and volunteers, a weight

was lifted, allowing them to focus on being present with Rose, cherishing each moment.

*"After years of taking care of Mum, Hospice allowed my Dad to just be himself again. To be a husband and a father again. I got to be a son again. It allowed all of us to just be a family."*

The Johnstons insist the soul of Hospice lay in its ability to blend the best elements of nursing, home care, and hospital care while eliminating the negatives. For Rose, it was a reunion with the spirit of nursing she cherished, where human touch and compassion reigned supreme.

"Every little subtlety showed care and compassion," added Brandon. "It could be as simple as spending one-on-one time with Mum or asking her for advice from her years in the field. It was getting her morning coffee, bringing the therapy dogs to her bed, going through old pictures, or knowing she loved hard candies. That's who Mum was as a nurse, and that's what surrounded her every day at Hospice."

Rose's final days were filled with laughter, love, and continued peace. Her passing, though somber, was filled with tranquility, offering comfort to her loved ones. As they navigated the difficult terrain of end-of-life care, the Johnston family was deeply moved by

the unwavering dedication of the entire Hospice staff. The family was struck by the level of personalized care and attention to detail they all received.

"Every single nurse, personal support worker, direct support worker, social worker, volunteer, and staff member went on Mum's list of favorites," they shared, highlighting the connection that was forged between Rose and her new caregivers.

The Johnston family extends a heartfelt message to others considering Hospice care: "Don't hesitate." Their experience, characterized by love, respect, and inclusivity, transcends boundaries of background or belief. At Hospice, they found not just care but a sanctuary where families are embraced as cherished members, where burdens are lifted, and where love abounds.

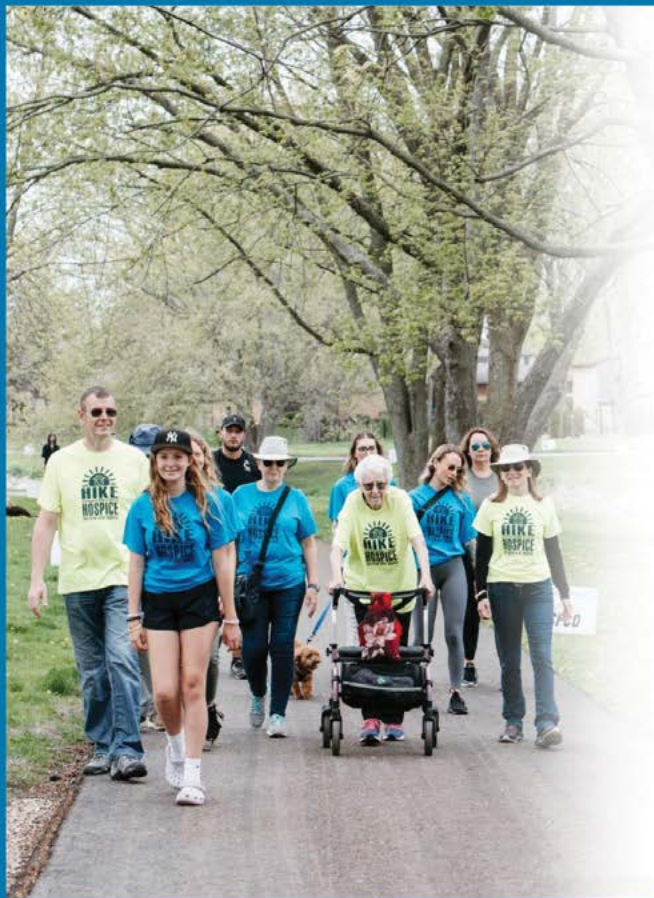
Their story weaves a poignant narrative of love, laughter, and the enduring spirit of compassion, handed down by Rose. They testify to the transformative power of hospice care, affirming that even in life's most challenging moments, there exists a place where families can find solace, support, and the freedom to simply be together.

"It's the biggest weight off your shoulders instantly. It's the most loving, kind, caring, respectful, peaceful environment you could ever ask for. You walk through those doors and you're family. Hospice is the best thing that has ever happened to Chatham-Kent."



Living with a life-threatening illness, or providing care for a loved one as they near end of life? Chatham-Kent Hospice is here to help! We not only provide residential hospice end-of-life care at no cost, but we can also support you to navigate the healthcare system and help you get the care you need.

**Call Amber at 519-354-3113 ext 2101 to learn more.**




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FOR  
HOSPICE**  
CHATHAM-KENT HOSPICE  
**2024**

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At The Maples, we understand that transitioning to a new home can be both exciting and daunting. That's why our dedicated team of professionals is here to guide you every step of the way. For a limited time, you can experience life at The Maples with one month free!\* Not only that, but we'll help pay for your moving costs\*\*, so you can enjoy a stress-free move to your beautiful new home.



The benefits of living at The Maples extend far beyond just comfortable accommodations. Our vibrant community offers a wide range of amenities and activities designed to promote wellness, engagement, and social connection.

Just minutes away, you'll find an array of beautiful parks, scenic golf courses, and winding walking paths, perfect for enjoying the great outdoors and staying active. Additionally, shops, restaurants, and even the excitement of the nearby casino are conveniently located just down the road, offering endless opportunities for entertainment and exploration.

As moving season approaches, there's no better time to discover all that The Maples - MyLife Retirement Living has to offer.

***Want to experience The Maples - MyLife Retirement Living first hand? Contact them now to book a tour and see all that The Maples can offer. Spring is the time for new beginnings— start yours here, at The Maples.***

***Call 226.494.0251 to book your private tour today! Walk-ins are also welcome!***

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# Welcome to Maple City Retirement Residence!

Maple City Retirement Residence is a fully licensed retirement home situated in a quiet residential area close to shopping. We've been providing accommodations, care, and services to seniors for over 40 years. Residents, family, and friends always feel welcome when they enter our home.

Enjoy piece of mind for you and your loved ones. Let our dedicated trained staff take care of you. Enjoy nutritious meals prepared by our cooks. Participate in daily activities and events with our recreation coordinator. Experience new friendships. The housekeeping staff will ensure that your suite is always clean. We also have on site Hair Salon and Foot Care.

Maple City Retirement is excited to offer newly renovated rooms with affordable pricing.

We would love to hear from you. If you would like to schedule a tour please call;

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**[www.maplecityretirement.ca](http://www.maplecityretirement.ca)**

**97 McFarlane Ave., Chatham, ON**

# BLOSSOM INTO SPRING CKL



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# So Much More than Just a Retirement Residence!



## **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 Wheelhouse. 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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# CHATHAM'S GAMING DESTINATION



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