

Take one it's...FREE

ISSUE | 11

CK Senior

ADDRESSING THE NEEDS AND CONCERNS OF SENIORS LIVING IN CHATHAM-KENT



WELCOME

Welcome to CK Senior, Issue 11

It's hard to believe that we are at the end of yet another year! As we wind down in the final days, we begin to reflect back on all of the things that we accomplished as well as all the things we had hoped to. Looking ahead to 2013, there is nothing quite like the feeling a lot of us experience as we celebrate the coming of the New Year. It gives us a clean slate so to speak, a fresh beginning, filled with opportunities just waiting for us to embrace. So for all the things we hoped to achieve in 2012 and didn't get to, these things can be the start of our **"Wish List"** for 2013.

We hope you enjoy this issue of CK Senior and we sincerely thank all of our advertisers for their confidence in this publication through their continued support. Enjoy this next season and remember to take advantage of the wonderful businesses and services available to us. Always try to step outside the box and attempt something new, you might be surprised and wish you had tried it sooner.

Most importantly, keep moving - it is so vital for so many reasons. **It's alright to slow down, just don't stand still.**

We wish you all the best for a happy, healthy, and exciting 2013!



Sincerely,

Andrew Thiel, *President*
Mark Requena, *VP / Website Development*
Grant Smith, *IT Specialist*
Lisa Persyn, *Sr. Graphic Designer*
Scott Lauterbach, *Graphic Designer*
Nancy Schlereth, *Sales Manager*
Jill Gale, *Sales Rep, Dresden/Wallaceburg*



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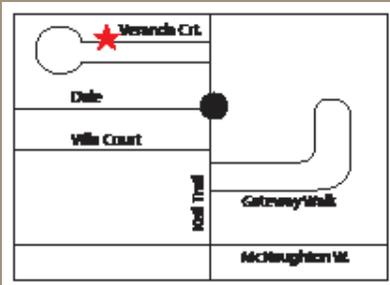


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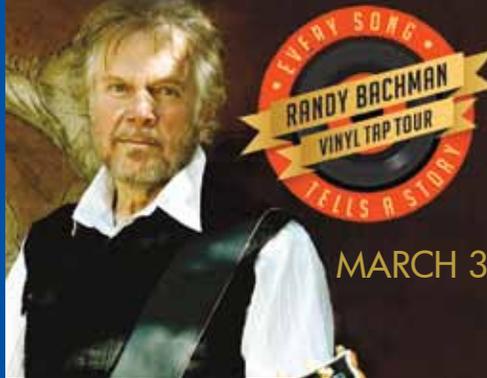
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With the holiday season quickly approaching, gift certificates are a thoughtful way to reach out to loved ones and show you care. Gift certificates can be ordered on-line and in any denomination at www.mealsonwheelsck.com



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ABOUT THE COVER

St. Clair College HealthPlex A state-of-the-art workout facility



The cover of this issue of CK Senior was taken at the St. Clair College **HEALTHPLEX** which is a 54,000 sq. ft. state-of-the-art facility including a double gym, two-lane elevated walking/running track, fitness centre, fitness studio, the nutritious "I Luv Juicy smoothie and juice bar," and more.

Our cover models are Beverly Perrin and Larry Stokes and are featured here on the elevated track participating in the Urban Poling program which is one of the latest additions to the **HEALTHPLEX** lineup (delivered in partnership with the VON). Both Beverly and Larry use the track on a regular basis and are happy to have this available allowing them to keep up their walking goals no matter what the weather is outside. The benefits of walking are endless and with consistency it has a lasting effect - be active for the health of it.



The senior track membership is available to those 55 and over and includes unlimited access to the **HEALTHPLEX** indoor track, the use of urban poles and access to one group fitness class a week.

More information on the Senior Track Memberships can be found on page 13 of this issue.

Planned Giving ~ *Is it right for you?*

For many people, the most significant way to show how much they care for the charitable cause they believe in is to leave a legacy or a planned gift. Simply put, a planned gift is a very special, carefully planned donation that strikes a delicate balance between your financial needs, your ongoing family commitments and your deepest charitable goals.

Why should I leave a planned gift to the Foundation of CKHA in my Will?

Through a planned gift to the Foundation of Chatham-Kent Health Alliance's (CKHA) *Exemplar Society*, you can help ensure that your loved ones will have continued access to the best healthcare available, close to home. And because everyone comes through CKHA's doors at some point in their lives, your gift will have a broad and lasting impact. Everyone in our community, for generations to come, will benefit from your thoughtful planning.

How can I make a difference?

Planned gifts are an important source of long-term funding. They provide the Foundation of CKHA with a stable and reliable stream of ongoing support that helps to keep CKHA's future strong and secure.

- A **Bequest** is the simplest way to leave a legacy and may be done by designating specific funds or property through your Will
- Transfer **Appreciated Securities** such as stocks, bonds or mutual funds that, over time, have increased in value
- Give a new or existing **Life Insurance Policy** to allow you to make a sizeable future contribution by paying modest premiums now
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For more information on the Foundation of CKHA's *Exemplar Society*, or to request a brochure, please contact:

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Executive Director, Foundation of CKHA
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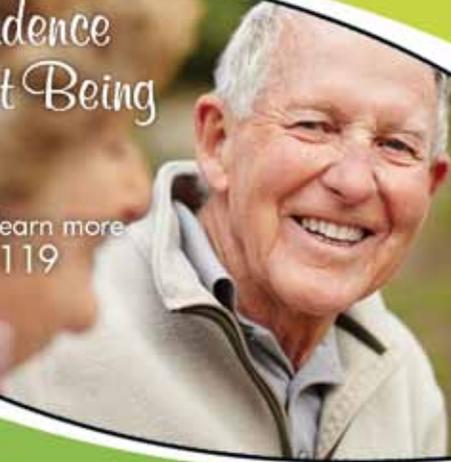
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Powers of Attorney will also give you peace of mind. These legal documents allow you to make your own choice about who will make decisions for you if you can't make them for yourself. You can appoint the people you love and trust.

Every family is unique. Some folks feel they can protect their assets by holding them jointly with a spouse or family member; unfortunately, this can cause unintended future problems within the family and also with the tax man. The best way to avoid problems is to seek the assistance of a seasoned lawyer who can prepare an estate plan that is as individual as your needs.

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Workshop Locations:

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 - Blenheim & Community Senior Citizens Group
519-676-3894
 - Ridgetown Adult Activity Centre
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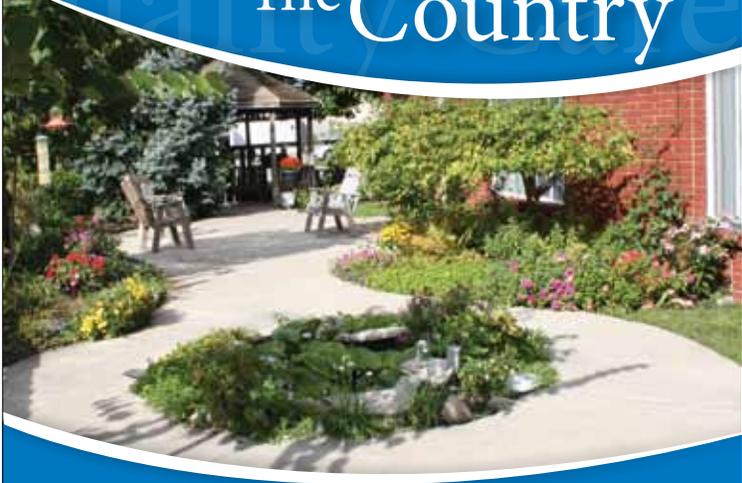


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WE SALUTE...

Joanne Garant on her recent Ontario Senior Achievement Award!

Joanne assists with and runs a variety of resident programs at Tilbury Manor Long-Term Care Home. She volunteers at Bingo Games which is a favoured activity of the residents, paying special attention to those who want to play but require considerable help. You will also find Joanne spending time at Chapels, resident memorials, entertainment, hand waxing programs, special events, and so much more! Joanne is an active member of the home's Palliative Care Team, volunteering her time in comforting and sitting with the sick and dying.

Joanne is a long-time Past President of the I.O.D.E., a well-known figure in our local community, and an astute business woman of 14 years. Tilbury Manor Long-Term Care Home is thankful to Joanne for now sharing these skills and talents with their staff and residents.

Joanne has been the recipient of the Ontario Volunteer Service Award, Diversicare Volunteer of the Year nomination, multiple volunteer recognition pins, and now the Ontario

Senior Achievement Award.

Joanne is a cancer survivor, having undergone 5 radical surgeries and treatments during the years 2000 through 2006. Joanne is indeed a survivor, not letting her health issues stop her, valuing life more now, looking out for others, being there for them, and acting as a true advocate for our seniors. Her motto is "everyone to live each day as though it were their last." This is how Joanne lives and how she inspires others to live

Thank-you Joanne for making a difference!



Photo and editorial submitted by: Tilbury Manor Long-Term Care Home

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*support...empower...advocate... support...empower...
advocate... support...empower...advocate...*

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What's on your Life List?

In our 10th issue of CK Senior we challenged you to not only put together a life list, bucket list, wish list, list of goals, or awesome things to do list, but to also share some of those dreams with us so we in turn could share with our readers.

We were especially touched by the wish of Yolanda, a resident from the Tilbury Manor Long-Term Care Home. Yolanda just loves animals, and is particularly fond of a little dog named Jacey. The unconditional love an animal can provide for any of us is a wonderful thing. Yolanda's wish is to be able to hold and pet Jacey every chance she gets. Jacey is a volunteer dog and together with his master (also a volunteer) Gertie McLean, Yolanda has the opportunity to do just that on a regular basis. Congratulations Yolanda for making a wish!

And congratulations to Jacey, Gertie, and the staff at Tilbury Manor Long-Term Care Home for making Yolanda's wish come true.



The challenge continues...

No matter what your age, no matter what your goals, we can't wait to hear what's on your life list and/or what's already been crossed off!

Contact us with your story:

A.Thiel Marketing
info@athielmarketing.com

Life List:

- Stay active & healthy with a membership to a health centre
- Spend time with Jacey
- Volunteer

THE PINES CHAPEL

A unique architectural landmark in Chatham-Kent

*Editorial provided by: Joshua Ministries
The Pine Chapel / The Hub
64 Ursuline Ave. Chatham, ON N7L 0A8*

*Photography provided by: Mark Requena Photography
www.markrequenaphotography.ca*



The Pines Chapel, a unique architectural and historical landmark in Chatham-Kent, is currently owned by Joshua Ministries and is physically attached to Caleb Village Retirement residence. The Chapel, formerly owned by the Ursuline Sisters, served as the official chapel for the motherhouse and students of Ursuline College Chatham Catholic Secondary School for a number of years.

In 2004, the facility was sold to Caleb Investors Group who transformed the motherhouse into a beautiful retirement community, but was looking to sell the chapel. In 2010, Caleb investors approached Joshua Ministries' Senior Pastor, Larry Forsyth, who was new to Chatham, with a desire to see the Pines Chapel restored to its original function as a valuable resource for this diverse community. Shortly after the sale was finalized a group of dedicated volunteers began restorations and huge obstacles were miraculously overcome. Everything from financial blessings and trades people who treated the restoration effort with integrity, pride, and sensitivity, helped to achieve the monumental task of currently completing 75% of their goal. The lower level slowly turned into a place called the HUB where young and old meet to nurture friendships over a cup of coffee in the newly renovated café.

The proximity of the senior residents and high school students struck a note in Pastor Larry's heart



Pastor Larry Forsyth, Joshua Ministries

as a potential for intergenerational mentoring. In an effort to facilitate this, Joshua Ministries is hosting a traditional high tea and bridal fashion show on January 16th for the female residents of Caleb Village and students from the UCC fashion department.



completing coop placements and others volunteering. Students have shown personal interest and have even helped raise funds to assist with the restoration work. You can see a centre for hope developing that instills knowledge and wisdom which can only be manifested in the presence

Students will be modeling the residents' wedding dresses and then joining together over tea.

of old and young as they share life together. Pastor Larry expresses gratitude for all the support and encouragement Joshua Ministries has received over the past year and is excited for the years to come. FYI, the HUB café is the place for great coffee; the real deal espresso and lattes, stop by and they will be glad to make you one.

There is a sense of family developing where warm hearts and open doors intersect in this high tech and low touch world where few people even know their neighbors. The seamless relationship that exists with Caleb Village and their excellent administration is helping promote this sense of community.

Presently, functions in the HUB include a weekly seniors' exercise program led by the VON, family comedy nights, open mic talent events, senior music gatherings, and Sunday morning services. The chapel

has facilitated school choir presentations, the C-K Singers, Easter and Christmas concerts, community wedding ceremonies, and recently school mass for UCC. Joshua Ministries has a valuable relationship with the students and staff of Ursuline College and currently has a number





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INGREDIENTS:

1 ¼ cups graham cracker crumbs
¼ cup sugar
1/3 cup margarine or butter, melted
4 (8 oz.) pkgs. of cream cheese, softened
1 (14 oz.) can Eagle Brand Sweetened Condensed Milk (NOT evaporated)
4 eggs
2 tbsp. flour
¼ cup ReaLemon Lemon Juice from concentrate

DOUBLE LEMON *Cheesecake*

DIRECTIONS:

Preheat oven to 350 degrees. Combine crumbs, sugar, and margarine; press firmly on bottom of 9 in. springform pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and flour; mix well. Stir in ReaLemon brand. Pour into prepared pan. Bake 1 hour or until lightly browned. Cool. Top with lemon Glaze. Chill. Serve with fresh strawberries if desired. Refrigerate leftovers.

LEMON GLAZE:

In small saucepan, combine 1/3 cup of sugar, 1 tbsp. cornstarch, and dash of salt. Add 1/3 cup water, 1/4 cup ReaLemon brand, and 1 egg yolk; mix well. Over medium heat, cook and stir until thickened and bubbly. Remove from heat; add 1 tbsp. margarine or butter. Stir until well blended. Cool slightly. (Makes about 3/4 cup)

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HOMEMADE MEALS

Just add heat!

What's 4 Dinner and Bakeshop is located at 6 Lowe Street (just off of St. Clair) and is owned and operated by Kathy Moore along with her ten employees. The majority of Kathy's employees are retired, live in Chatham-Kent, and just love to bake and cook.

What's 4 Dinner provides homemade meals both in individual and family size servings. They offer daily specials, and homemade baked goods, and pride themselves for their large selection of hearty homemade soups. The freezers are stocked with a variety of homemade meals and baked goods providing a convenient way to shop for yourself, your parents, and your children-those at home and those that may be away at school. When you purchase your meals at What's 4 Dinner, you have no chopping, no shopping, no clean up, and no waste. What you do have are homemade meals and all you need to do is "Just Add Heat!"

Special orders can be placed in advance, drop by and ask for details.

Also while you're waiting for your order to be filled, visit "Kathy's Kloset" upstairs where you can find unique treasures in our consignment boutique.

519.351.7905 | whats4dinnerchatham.ca

**JUST
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HEAT!**

**What's
4
Dinner
& Bakeshop**



6 Lowe Street (just off St. Clair St.) Chatham, ON

Hours: Mon to Fri: 9:30am - 5:30pm | Sat: 9:30am - 3:30pm



Active Lifestyle Centre "CONNECT"

SENIOR RESOURCE FAIR

Friday, February 15, 2013

When: 10:00 am - 2:00 pm

Where: Active Lifestyle Centre
20 Merritt Avenue, Chatham, Ontario

What: Speakers, information sharing,
entertainment, give-aways and
FREE LUNCH for all seniors.

All Chatham-Kent Seniors welcome
to view and access resources to assist
with all living needs and stages of care.

20 Merritt Avenue, Chatham
519.352.5633
www.activelifestylecentre.org



AN ACTIVE LIFESTYLE

The Active Lifestyle Centre

2013 will mark the 23rd year that the Active Lifestyle Senior Centre (ALC) has been operating out of the 20 Merritt Ave. facility. This Senior Community Centre has come a long way in catering to the senior population of Chatham-Kent. Our numerous programs cater to both the active and less active senior in order for them to maintain a healthy, productive, and meaningful life after retirement. Not only do we offer over 70 programs to our 1100 members, we also have a wonderful volunteer environment which gives a recent retiree a purpose to utilize the expertise gained in their working years. (Yearly membership - \$35.00)

On February 15th, the ALC will open its doors to every senior in Chatham-Kent to exhibit resources in our community for our seniors. "CONNECT" is our Senior Resource Fair that brings the senior of today in touch with their present and future needs when entering years that often create obstacles both physically and mentally. As well, the resources displayed that day offer seniors many opportunities to be associated with a community partner that offers programming and activities. February 15th, will be a free day including a **FREE LUNCH** for all who attend. Come and tour our facility!

JUST IMAGINE...

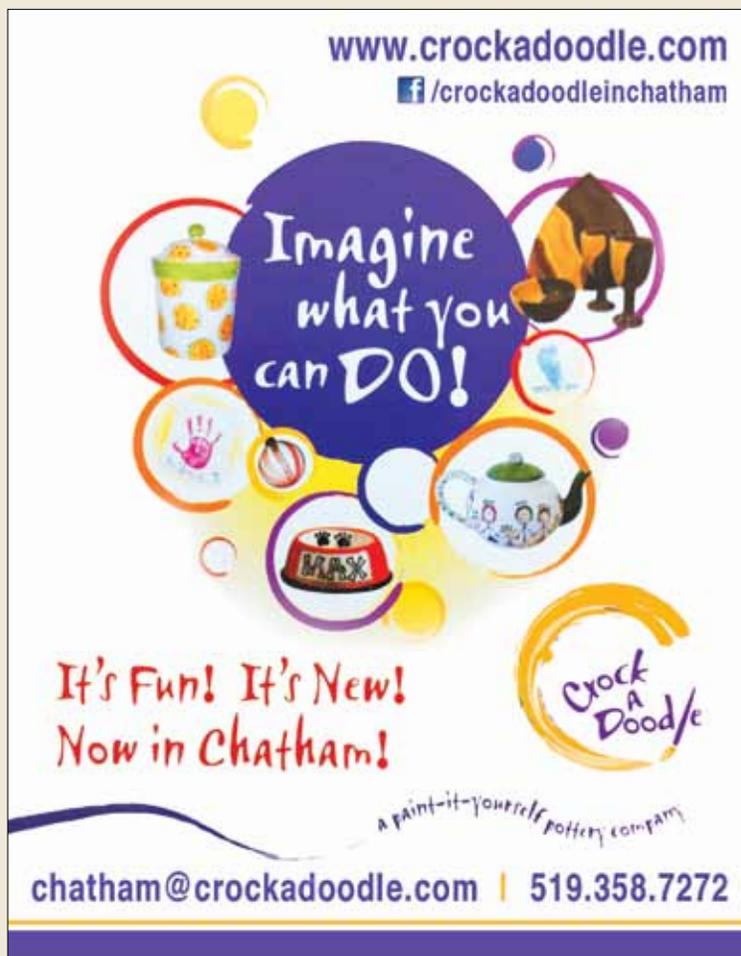
What you can do

You will find hands-on fun for everyone at the new **"Crock A Doodle"** colourful pottery studio located at 170 McNaughton Ave. West in Chatham.

This studio provides a wonderful place for family and friends to gather and enjoy some creative together-time transforming ready to paint pottery pieces into amazing works of art! Each piece, after being painted by the artist, is then glazed and kiln-fired to a brilliant and durable finish. You can just drop in on your own or arrange a fun morning or afternoon art party. This is a great way to spend time together and create a special gift for yourself or for a loved one.

Also available are "Doodle-to-go-Kits" which are great for those of us who would rather paint at home. You just pick up the pottery you wish to paint and we will send you home with everything you need. Once you have finished your piece then just bring it back to us for the final process of glazing and kiln-firing.

Come on in today to paint, play, and add some colour to your day!



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A FRESH START WITH COPD

This is a program designed for people with Chronic Obstructive Pulmonary Disease (COPD) to help them gain knowledge about their condition and to find ways to live a healthier, happier life with COPD. This 8-week education series includes information on self-managing COPD and includes education, exercise, and snacks! Class are 1.5 hours, 2 days per week.

MASTER YOUR HEALTH

The goal of this group is to teach participants how to take charge of their health through self management. A six-week group series is offered at all three of the Chatham-Kent Community Health Centres sites. This group is designed for people with a long-term health issue and those who care for someone with a long-term health issue (Arthritis, MS, Parkinsons, Depression, Cancer, Heart Disease, etc...).

SAFE STEPS

The main goal of the Safe Steps program is to facilitate safe and independent living for seniors at home. An Occupational Therapist and Physiotherapist will work with you at your home to address:

• **PHYSICAL CONCERNS:**

Fall prevention, home safety, device use, and education to maintain independence.

• **EMOTIONAL CONCERNS:**

Provide information and form connections to social activities/groups in the community.

• **COGNITIVE CONCERNS:**

Help to understand and live with memory changes/confusion.

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ASK THE EXPERT

A revolution in hearing enhancement care

Small developments in hearing aid technology are a yearly occurrence, and are often evolutionary. From time to time in the world of technology a revolutionary idea is introduced into the market that offers a completely new level of convenience and fulfills the needs of consumers who have a desire for something outside of what can normally be offered.

Welcome to the world of LYRIC, the contact lens for the ear. Lyric makes the dream of an invisible, 24/7 hearing aid come true. Lyric is the world's only 100% invisible extended wear hearing aid on the market; it is worn 24 hours a day, seven days a week, for up to 4 months., and is water resistant. Lyric is an innovative solution that overcomes prejudices linked to traditional hearing aids and removes barriers of reluctance.

Lyric is unique because it is invisible, more hygienic than daily wear aids and can be worn 24/7 for nearly 4 months. So far, it is the only hearing device that can be worn while showering and sleeping. Lyric users are therefore able to completely forget about their hearing loss. The natural placement of Lyric provides natural sound and has been preferred by 86% of people who wore traditional hearing aids.

A Lyric trained hearing health professional will assess a customer's hearing loss, ear size and shape, medical conditions, and lifestyle to determine if Lyric is right for them. Over half of the people with hearing loss may be Lyric candidates. The hearing loss may be sensorineural, conductive or mixed as long as there are no other contraindications.



Lyric is inserted deep inside the ear canal close enough to the eardrum to truly recreate natural sound quality.

- No background noise, acoustic feedback or effects of occlusion
- Very good directionality and localization
- Sound experience is natural – one doesn't realize that sounds are heard through a device

Lyric can only be provided by a certified and trained hearing health professional. The Canadian Hearing Institute, a local leader in hearing healthcare with locations throughout Chatham-Kent is the exclusive professional provider of the Lyric hearing aid. For a personal consultation of this revolutionary technology please phone 519.352.1601.



www.canadianhearinginstitute.ca | 519.352.1601



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Copper Terrace is a 151 - bed long term care home situated in a lovely residential area of Chatham. You get a warm feeling when you enter through the doors and are soon greeted by residents and staff. The home features four units, all of which have their own dining areas. In the common area of the home our residents can mingle with each other, participate in activities, visit the onsite chapel, just relax and watch TV with others, and, on a nice day, enjoy the beautiful garden area which includes a gazebo, garden benches, and a large picnic area. We take pride in maintaining and keeping our home cheery and bright and plans are in the works for future makeovers for our home. Copper Terrace's main goal is to provide the care needed and the surroundings required to feel like home!

For more information or to arrange a tour, drop by or give us a call. We look forward to having you as part of our family!



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WHAT TO LOOK FOR WHEN CHOOSING A RETIREMENT RESIDENCE IN ONTARIO.

The following is a list of things to look for when touring a Retirement Residence

AT FIRST GLANCE

- Is the home an accredited member of the Ontario Residential Care Association and or do they have licences with the Retirement Home Regulatory Authority? (as per the Retirement Home Act 2010)
- Resident's Bill of Right's
- Cleanliness and odour free
- Smiling Staff and Residents

HEALTH CARE SERVICES

- Health care monitoring available 24 hours
- Visiting and on-call Physician
- Personal nursing care provided or arranged if necessary
- Assistance with the activities of daily living if necessary

SUPPORTIVE SERVICES

- Housekeeping Services
- Laundry service for personal clothing
- Social, physical, spiritual, and recreational activities
- Residents' council

DIETARY SERVICES

- Meal plans developed by a Registered Dietician
- Private dining room
- Comfortable central dining room
- Choice of menu
- Special diets accommodation

COMMON AMENITIES

- Lounges to socialize
- Are there outdoor patios, walkways or gardens available?
- Parking for residents, staff, and guests?
- Multi-denominational chapel?

RESIDENT SUITES

- Suites with private washrooms and grab bars
- Accessible and easy to maneuver in with a walker
- Personal climate control (heat and air-conditioning)

SAFETY FEATURES

- Emergency response system in suites
- Smoke alarms in hallways and resident suites
- Sprinkler systems in hallways and resident suites

FINANCIAL CONSIDERATIONS

- What extra costs, if any, will there be each month?

OTHER CONSIDERATIONS

- Who operates the residence? Are they well-established, reputable organization?
- Is the home centrally located - close to shopping, churches, medical services? and family members?



Hudson Manor Residence
36 Lawson Street
Tilbury, ON N0P 2L0
519.682.3366



Maple City Residence
97 McFarlane Avenue
Chatham, ON N7L 4V6
519.354.7111



Park Street Place
650 Park Street
Dresden, ON N0P 1M0
519.683.4474

WINTER WALKING

In boots from Bioped

The only thing prettier than watching the snow fall is getting out there for a walk and feeling the snowflakes falling on your skin.

With winter just around the corner and the snow starting to fly, making sure you are safe while out walking becomes not only important, but possibly lifesaving. When choosing footwear for the winter months there are a few things to consider:

1. Check the treads on your existing boots. You change your tires when they start to wear down and you should do the same with your winter boots. Worn out treads will lead to more slipping and sliding.
2. Make sure that the tread on the boots is varied to give you more grip in all types of conditions. Look for a different tread on the heel compared to the front of the shoe.
3. Look for boots that have slip resistant or slip proof treads- this will give you more traction on snow and ice.
4. Treacherous conditions require footwear that performs well, not boots that are high fashion. Wear practical boots during bad weather and bring your fashion shoes or boots with you to put on once you arrive at your destination.

Always remember to wear warm socks and clothing while staying active in the great outdoors!



Amy Aetrex
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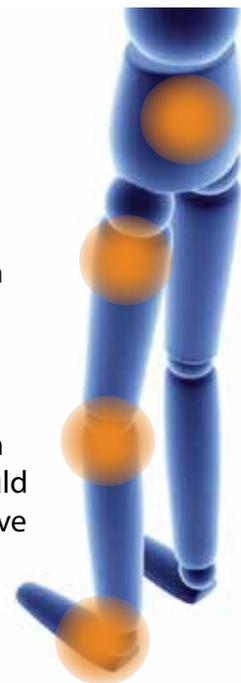
With more than 25 years of experience, BioPed has become the standard of excellence in alleviating foot related discomfort. BioPed Chatham is equipped with an on-site lab where a Canadian Certified Pedorthist manufactures a full range of orthotics, provides adjustments, and delivers specialized fitting services.

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The most common alignments we can help with:

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- Bunions/Hammertoes
- Knee pain
- Complications associated with Diabetes
- Arthritis

If you are having problems with your feet or lower legs and would like more information please give us a call at 519.355.1142 or visit our website www.bioped.com.



ORTHOTICS, FOOTWEAR & PEDORTHIC CARE

BioPed

feel the difference

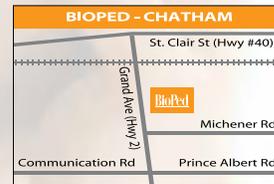
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IMPROVED LOCAL HEALTH CARE

Services for Seniors

In 2006, local health care was changed for the better when, rather than having health care decisions being made out of Toronto, authority was given to local organizations called Local Health Integrations Networks.

What is the Erie St. Clair Local Health Integrations Network (ESC LHIN)?

The Erie St. Clair LHIN is an agency that plans and pays for health care services in our area, including everything from hospitals to Meals on Wheels. Erie St. Clair LHIN services the regions of Chatham-Kent, Sarnia/Lambton, and Windsor/Essex which includes over 649,000 people and supports a one billion dollar annual budget.

The Erie St. Clair LHIN strives to make the health care system better by understanding and responding to local needs and by getting services to work together more efficiently.

How has the ESC LHIN improved local health care?

The concept of having health care managed at a local level sounds positive, the proof as they say, is in the pudding. Over the past few years there have been significant improvements to our wait times:

CATARACT SURGERY:

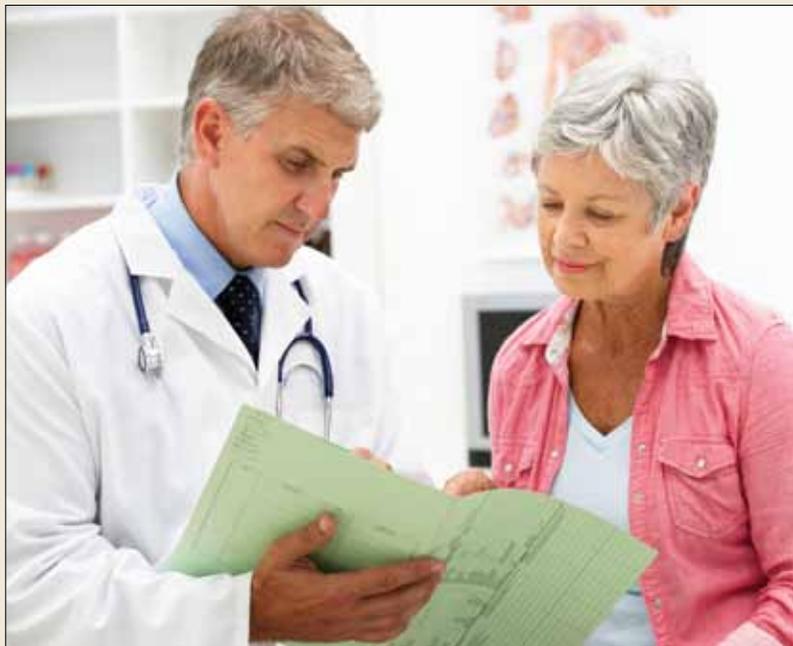
Wait Times Before ESC LHIN: **78 Days**
ESC LHIN Wait Times Now: **65 Days**

KNEE REPLACEMENT:

Wait Times Before ESC LHIN: **355 Days**
ESC LHIN Wait Times Now: **176 Days**

HIP REPLACEMENT:

Wait Times Before ESC LHIN: **211 Days**
ESC LHIN Wait Times Now: **172 Days**



Shorter wait times mean that more people are able to access services in a timely manner.

What has the ESC LHIN done for seniors?

Not only are wait times improving, but through a wide range of programs and initiatives, access to other health care services have been drastically improved. For example:

- The Meals on Wheels program is helping seniors thanks to changes that have not only ensured that the program is sustainable, but it has expanded to include more seniors in more communities. For more information, contact St. Andrew's Residence: 519-351-6325

- The Home First initiative is helping seniors return home safely after a hospital stay with the home care supports they need. For more information, contact the CCAC: 310-2222

- The Falls Prevention strategy is helping seniors avoid injury due to falls through education, and prevention resources. For more information, contact the CCAC: 310-2222

- The new Chronic Pain Management program is helping seniors appropriately treat and manage their chronic pain. For more information, contact the Erie St. Clair VON: 1-855-419-5200

Is there still room to improve? Yes, and we are working hard every day to make sure things are better for seniors and all residents in our communities.

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



Active Lifestyle Centre



Bedrooms & More Mfg. Ltd.



BioPed



Blenheim Community Village



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MUNICIPALITY OF CHATHAM-KENT SENIOR CENTRES

Active Lifestyle Centre	20 Merritt Ave. Chatham, ON.....519.352.5633
Blenheim & Community Senior Citizens Group	90 Catherine St. Blenheim, ON.....519.676.3894
Bothwell Senior Citizens	122 Elm St. Bothwell, ON519.350.1977
Le Club de l’Amitie (Friendship Club)	10 Notre Dame St. Pain Court, ON.....519.354.1249
Merlin Senior Citizens Friendship Club	11 Erie St. S. Merlin, ON.....519.689.4943
Morpeth Heritage Club	12570 Talbot Trail Morpeth, ON519.674.1010
Thamesville Happy Club	96 London Rd. Thamesville, ON226.229.0303
Tilbury Leisure Centre	10 Canal St. W. Tilbury, ON519.682.1020
Ridgetown & Area Adult Activity Centre	19 Main St. W. Ridgetown, ON.....519.674.5126
Wallaceburg Senior Citizens Club Inc.	205 James St. Wallaceburg, ON.....519.627.6224
Wheatley & District Friendship Club	171 Erie St. N. Wheatley, ON519.825.4870