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Spring 2012

# CK Senior

ADDRESSING THE NEEDS & OPINIONS OF SENIORS LIVING IN CHATHAM-KENT



# Welcome

## Welcome to CK Senior, Spring 2012 Edition

It's a real pleasure to be bringing you our 9th issue of CK Senior. As always, many thanks go out to all of our advertisers for making this publication possible. We hope that as you go through this publication you are reminded once again of all the wonderful businesses and services that we have available in our community to help address the needs and opinions of seniors living in Chatham-Kent!

It's hard to believe that spring is just around the corner - in fact, on March 11 daylight saving time begins and we move our clocks forward. Time does keep marching on which is just another reason for all of us to live every day in search of new experiences, regardless of our age. It's a great time of year to read a good book, play a new game, explore the housing and retirement homes that are available right here in our community, and plan for the future. It's an ideal time to do your spring cleaning, treat yourself to a makeover, and take advantage of the services available on the pages within this publication to help make your life easier.

**Most importantly, keep moving and cross something off your life list - it's alright to slow down, just don't stand still. Stay safe and stay well!**

Sincerely,

Andrew Thiel, *President*

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Nancy Schlereth, *VP Sales*

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Gilles & Diana Michaud

# The Verandas

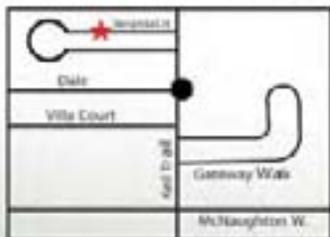
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# Things to Know Before Making a Big Purchase



60 years of experience

## NEED A NEW MATTRESS?

**WARRANTY.** Most mattresses come with a 10 year warranty. Ask about the terms and conditions surrounding these warranties. Investing in a quality mattress cover is suggested to protect your investment and enhance your warranty. Your Leon's sales associate can help with all questions you may have.

**TAKE YOUR TIME.** Don't rush through the purchasing process. There are many different types of mattresses (innerspring, memory foam, air, water, futon) and even more manufacturers, (Sealy, Serta, Simmons, Tempur-Pedic, Kingsdown, etc.). If you sleep with a partner be sure you bring that person with you to make sure that both of you are satisfied.

**FIRMNESS.** Don't confuse firmness with support – they're two different things. Talk to your Leon's sales associate as they may have recommendations.



**DESIGN.** Different people have different needs and there are mattresses available that can meet those needs. There are beds that, with a touch of a button, adjust for reading or watching TV.

**SIZE.** Pick the right size for your height and for the room. For example if you're a tall person (over 6 feet) you will probably want to go with a king size bed and if you're extremely tall consider the California king size. Don't be afraid to ask a Leon's sales associate to measure the bed size to ensure that it will fit in your space.

**BUDGET.** Leon's offers a wide variety of mattresses to suit all budgets. We strive to accommodate the needs of each of our customers. Leon's offers great financing plans. Your sales associate can explain these many options.

**DON'T BE AFRAID TO TALK TO A LEON'S SALES ASSOCIATE.** Negotiating is uncomfortable and difficult for many people but it helps to come prepared with questions in hand. Don't hold back when asking your Leon's sales associate hard questions about warranties, delivery fees, construction, and hidden charges. You'll be much happier you asked the questions up front.

## NEED A NEW TV?

### HELPING YOU NAVIGATE TECHNOLOGY BUZZ WORDS

What should I buy? Plasma, LCD, or LED? Do I need 1080p or is 720p just as good? What is 120 Hz? Is 3D for me? What is the best size for my room? What is a smart TV? Purchasing a new TV can be a lot more complicated these days. Trying to understand what all these terms mean can make it quite confusing.

At Leon's, our sales associates are up to date on all the latest technology. We are here to explain things and help you decide which TV is best suited for you and the room you wish to put it in. Stop in anytime to ask questions. We are here to help. **Your Leon's Sales Associates are here to answer all your questions.**



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# Getting the Right Amount of ZZZ's

Just scan with your  
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(use the "Quickmark App" for iPhone users)

## How much is the right amount?

Although the average is eight hours per night, when asked how much is the right amount of sleep, everyone's reply can be different depending on age, lifestyle, and what kind of sleep pattern we are accustomed to. But when asked what happens to us when we don't get the amount of sleep that we are used to, the answer is pretty consistent. It affects our personalities; we may become irritable or less tolerant, and have less of a sense of humor about things that normally wouldn't bother us.

Lack of sleep clearly affects our thinking and our perspective. A sleep-deprived brain is similar to a vehicle running on low fuel. We can function, just not at the same speed. Lack of sleep also affects us physically; our coordination is off, which effects our responsiveness as well. We're much more likely to make errors or have accidents. The bottom line is that we need to fill up on ZZZ's to feel replenished and ready for each day ahead.

### So the question then becomes what can we do to ensure a good night's sleep?

One thing for sure is that you cannot bank sleep hours. There is no getting five hours tonight with plans to catch up by getting eleven hours tomorrow night - that just doesn't work. We need to try to keep sleep and wake times consistent every day of the week. If possible, establish a bedtime routine and, although we would love to see that late night show, try not to fall asleep watching TV, opt to PVR it instead, read a book or take a hot bath. Try to relax prior to heading to bed and keep your bedroom cool and dark with lots of comfortable pillows and blankets. Don't exercise right before bed; try to get into a routine of exercising earlier in the day. Avoid eating after 7:00 PM and drinking caffeine or alcohol at least an hour before bedtime.

**Invest in a good mattress** because, on average, we spend approximately eight hours/day, 56 hours/week, 240 hours/month and 2,920 hours/year, that's roughly 30% of our lives.....SLEEPING!!



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## Riverview Bingo Palace

This issue of CK Senior's cover features **Rose Foster** enjoying the game of bingo at our local **Riverview Bingo Palace**. It is believed that by playing the game of bingo, you not only participate in a game of chance, but you have fun, meet new people and stimulate your mind, which in turn helps you to stay mentally alert. Bingo is actually an effective way of helping you to stay young and, at the same time, have some fun!

**Riverview Bingo Palace** offers you a spacious hall, air conditioning, wheelchair accessibility, newly renovated areas within the facility, and several sessions a day. It really is a great spot to rejuvenate your mind, exercise your hand-eye coordination, have fun, and, who knows, today could be your lucky day!

**Riverview Bingo Palace**, 497 Riverview Drive Chatham, ON. 519-351-3232 [www.riverviewbingo.com](http://www.riverviewbingo.com)



  
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# Celebrating 30 Years

## CHAP Program

As an important part of Family Service Kent, **CHAP** (Community Home-support Assisting People) has been operating in C-K for more than 25 years. We take pride in helping older adults maintain their independence and a positive quality of life with:

**Transportation:** We offer a low cost door-to-door transportation service to locations throughout Chatham-Kent and the surrounding area. CHAP has wheelchair accessible vehicles to accommodate all people.

**Frozen Meals:** With an affordable menu of over 65 entrees, soups, and desserts, the CHAP Frozen Meals Program makes it easy to enjoy nutritious, home-style meals at your convenience. Free delivery is offered throughout Chatham-Kent, and many specialized diets can be accommodated.

**Caregiver Counselling:** Our Caregiver Program is dedicated to providing emotional support and counselling to those who are caring for others. This is a confidential, professional service that is available free of charge.

**Crisis Intervention & Assistance:** This program assists seniors and persons with disabilities resolve problems or address issues in pursuit of their needs, rights, and interests. A wide variety of services are offered free of charge.

**Home Helper:** This program is dedicated to allowing older adults to stay at home for as long as possible. We hope to improve their quality of life by assisting with household chores, yard maintenance, and much more.

If any of these services interest you, please contact the CHAP office at 519-354-6221. If you are looking for a **great way to give back to your community, volunteers are always welcome!**



**CHAP** Celebrating 30 Years  
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- ▶ Transportation
- ▶ Caregiver Counselling
- ▶ Client Intervention & Assistance
- ▶ Home Helper
- ▶ Volunteer Opportunities

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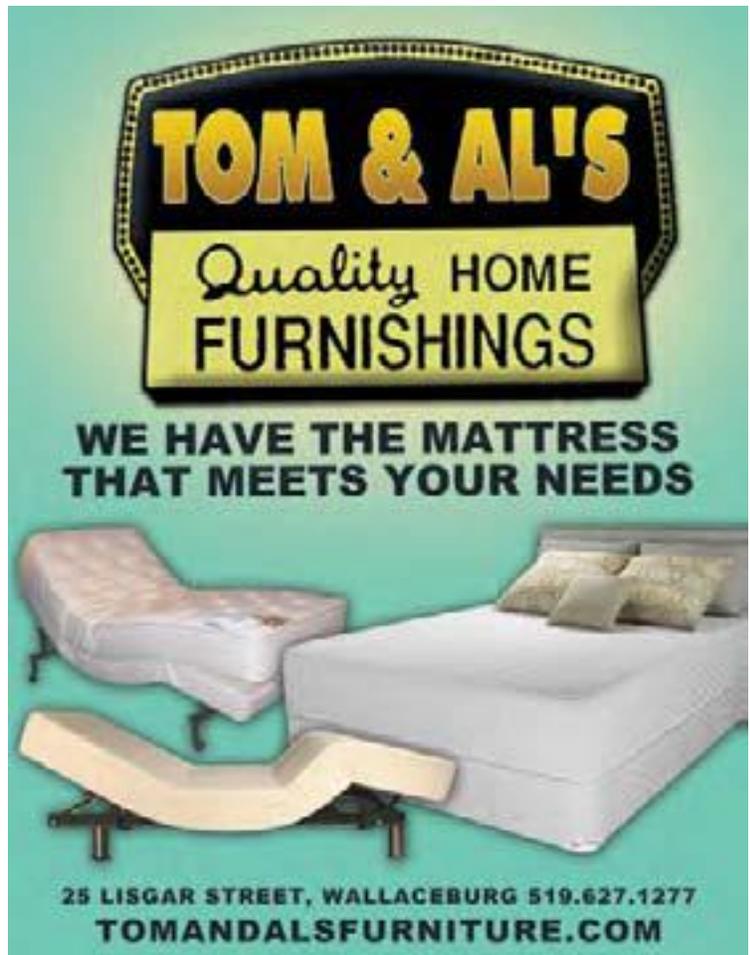
# New Line of Mattresses Arriving Soon!

## Tom and Al's

Sleep restfully and wake up rejuvenated when you purchase this quality Canadian-made mattress with a 20-year warranty and soothing 3-dimensional, pressure relief, 4" Infused NANO GEL™ that draws surface heat and regulates body temperature through air channels and allows a sleeper to change positions without disturbing your sleep partner. The 13" thick smooth seam mattress also has Antimicrobial Silver Ion protection, making it bug resistant.

The POWER-MATIC ADJUSTABLE BED is gaining popularity and has a durable carbon steel frame with powder coated metal. A smooth & quiet backlit Wired Remote controls four sleep positions and the roller bearing hinges are high quality and maintenance free, with a modern and clean appearance.

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Keith and Kam Graham may lead busy lives in the hustle and bustle of Toronto, but their commitment to their hometown roots in Chatham-Kent remains strong. As long-time supporters of the Foundation of Chatham-Kent Health Alliance (CKHA), Keith and Kam are helping to ensure that the place that they will always call 'home' has strong local healthcare, today and tomorrow.

Since relocating to Toronto in 1993, the Graham Family has maintained close ties to Chatham-Kent with family and friends living in the area, a summer home in Rondeau and their continued involvement in the Rondeau Cottage Association and the Rondeau Yacht Club. Keith recently started his own investment firm called *Rondeau Capital Inc.*, located in the heart of Toronto and named in tribute to his hometown.

With a personal connection to local healthcare, giving to the Foundation of CKHA in support of local healthcare was a natural fit for both Keith and Kam. Through *Rondeau Capital Inc.*, they have been supporters of the Foundation of CKHA through general donations and event sponsorship. And a couple of years ago, when Keith and Kam started their estate planning, they made the decision to leave a gift to the Foundation of CKHA in their Wills in support of CKHA's Highest Priority Needs.

"The decision to leave a planned gift for the Foundation of CKHA was based on our desire to ensure quality healthcare in Chatham-Kent for our family, friends and colleagues in the area," says Keith. "Kam and I also plan on spending our retirement years in Chatham-Kent, and knowing the caliber of services, programs and healthcare professionals available at CKHA today; we want to do what we can to ensure the same exceptional care is available for years to come."

For more information on the *Exemplar Society* and how you can support local healthcare through a planned gift, please call the Foundation of CKHA at 519.436.2538 or visit [www.foundationckha.com](http://www.foundationckha.com).

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# Long Term Care With a Water View

## Riverview Gardens

When individuals contact Riverview Gardens to enquire how their loved one can become a Resident of Riverview Gardens, the first question to them will be: "Have they started the application process with the Community Care Access Centre (CCAC)?" If the applicant is eligible, which means they actually require 24 hour supervision or nursing care, CCAC will ask the applicant or family member if they wish to tour the homes in the area. Once this has been done, the applicant 'may' choose up to three homes. An applicant is 'not required' to choose three homes, nor can they be forced to choose more than one or two choices, or apply for an accommodation they cannot afford. In some cases, it is not practical to assume that an elderly spouse has the means or ability to travel daily out of Chatham to visit their loved one. In other cases, it may be personal preference to only want to apply to one long term care home; and this is their right under the Long Term Care Act. To reach CCAC - please call 519-436-2222 and ask for the intake department.

On a monthly basis, Riverview Gardens receives approximately 30 new applications or medical updates on individuals who are already on our wait list to become a Resident at our home. Assuming the applicant's medical needs can be met at Riverview Gardens, the social worker then advises CCAC that the applicant is accepted, and this is when they are placed on the Riverview Gardens' wait list.

There are three types of accommodations at Riverview Gardens, and the longest wait is for a basic/ward accommodation. Our basic room is a large room with a half wall and curtain to separate the shared room (two people) and a bathroom that they share between them. There are only 60 basic rooms at our home and, as such, the wait list is at least four years long.

Applicants able to pay for a private or semi-private accommodation, benefit from more availability and less applicants. Private wait list is 3-6 months and semi-private wait is 6 months to 2 years. We have 80 semi-private rooms, which resemble a private room with a shared washroom, and 180 private rooms with private washrooms.

Fortunately for this community, Riverview Gardens has 64 beds on a secured unit for Residents with various forms of dementia. Individuals who are a risk to wander or exit-seek are placed on this unit to ensure their safety. For this population, the wait list is typically 1-2 months as they are on a separate wait list.

When CCAC makes a bed offer to an applicant, the individual or family member has a right to view the specific room offered, and they have 24 hours to accept. If they decline the offer, the applicant is taken off all wait lists, and they may start the application process again in 2 months.

If you wish to schedule a tour, please call 519-352-4823 ext: 6146 and ask for Jennifer Craig, Social Worker, to make arrangements.



Riverview Gardens

*Together, we provide exceptional, resident focused care while respecting and protecting those who call Riverview Gardens their home.*

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## BRAINGYM<sup>®</sup> AND MORE

A Multi-Sensory Brain Stimulation Program

Brain Gym<sup>®</sup> And More is an innovative program that supports the current brain research about the brain's plasticity. Residents that participate in this program may find that it reduces or slows down neuro-degenerative disease. This program has been designed for Diversicare and had included other modalities such as Trager<sup>®</sup>, Stress Management, Bal-A-Vis-X<sup>®</sup>, Play Therapy, Recreational Therapy, and more.

Brain Gym<sup>®</sup> And More allows older adults to have an increasing sense of control and independence over their lives. Research studies have found that using Brain Gym<sup>®</sup> and other sensory modalities slows down or reverses some of the symptoms of aging such as lack of concentration, poor recall, limited thinking patterns, and seeming inability to learn new material.

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- \* Learning new skills –i.e. Leisure and Recreation activities
- \* Increasing Motivation and overcoming resistance to starting art, dance, craft, yoga classes
- \* Independence
- \* Stress management and personal coping styles
- \* Moods and reduces depression
- \* Overall well-being



Mayor Hope joins in a brain gym exercise to help seniors and the volunteer of the year, June Simmonds, at Maple City Retirement Resident.

For more information on Brain Gym<sup>®</sup> And More visit [diversicare.ca](http://diversicare.ca) or contact any of the outstanding retirement residences listed below.



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519.354.7111



Park Street Place  
60 Park Street  
Dresden, Ontario  
N0P 1M0  
519.683.4474

# Groceries at Your Doorstep

## An essential service

While the grocery delivery business is not a new service, it certainly offers an essential service to seniors and older adults who may no longer be able to achieve getting their groceries on their own. Maybe one is no longer permitted to drive or the store is just too far to walk to. Even if the store is within walking distance, perhaps one needs assistance with their walking, have just undergone surgery or the act of grocery shopping has just become too much for them to undergo anymore. A great solution then becomes grocery delivery.

Here are a few reasons to look into this service:

- Time Saving
- Gas or transportation Saving
- Avoidance of strain on your body
- Can lengthen your time living in your own home
- Avoid having to drive in bad weather conditions
- Fresh groceries can be delivered right to your doorstep

So why not eliminate what can be a difficult job for some of us and take a step in the right direction with a service that can help to make your life easier!



## GETTING GROCERIES JUST GOT EASIER!



As the new business owner Tracy Rhan of The Grocery Getters has expanded the service and now is delivering to all of Chatham-Kent!

This unique service offers groceries to your door at a click of a mouse. Its online store front can be accessed at [www.thegrocerygetters.ca](http://www.thegrocerygetters.ca) 24 hours a day with a list of scheduled delivery times.

The Grocery Getters offer customers over 4,600 grocery and health-related items to choose from, ranging from: Baby Care, Beverages, Deli, Baking, Dairy, Frozen, Health & Beauty, Pet Care, Home Care & Snacks.

This service is offered to anyone from seniors, physically challenged, bachelors, people without vehicles, mothers at home with children, busy professionals, or really anyone needing groceries.

Some companies have offered personal shopping (florist, prepared food), but no grocery deliverers have offered the professional online ordering system that Tracy has developed. It's a fun & easy way to buy your groceries, just **PICK** and **CLICK!**

 **The  
Grocery Getters**

or call: **519-365-6071** 8am-6pm  
[www.TheGroceryGetters.ca](http://www.TheGroceryGetters.ca)

# What is a Chiroprapist?

## Zandberg Foot & Ankle Clinic

The practice of Chiroprapist originated in the UK, where the term referred to a medical professional who specialized in the treatment of foot ailments. Following this model, the United States developed the Doctor of Podiatric Medicine (DPM) program. Today, there are two titles commonly used in Canada: Chiroprapist and Podiatrist. Both terms refer to specialists who provide treatment for foot ailments. Generally, both perform the same procedures. Depending on their level of training, Podiatrists maybe be able to perform bone surgery and order x-rays, while most Chiroprapists do not. Chiroprapist is the most broadly used and accepted term for a foot specialist in Ontario. Chiroprapists are highly trained and skilled professionals, specializing in the treatment of foot ailments. They are experts in the biomechanics of feet and are licensed to administer local anesthetics and perform soft tissue surgery.

At the Zandberg Foot and Ankle Clinic, we are in the business of making feet comfortable and pain-free. We provide a variety of options to treat all kinds of foot ailments. To learn more about our services, please visit our website at [www.zandbergfoot.ca](http://www.zandbergfoot.ca)

Our clinic is run with honesty and integrity and we are committed to providing cost effective care in a timely manner. Call and make an appointment today!

**Providing foot treatments in the community since 1993!**



### Services:

- Nail Disorders/Fungus
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  - Warts
  - Painful Heels
- Digital Disorders
- Plantar & Digital Corn Treatments
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- Intermetatarsal Neuromas
- Children's Foot Assessments

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# Feeling Beautiful Should Last Forever

## Infinity Medical Skin Care Specialist

At Infinity, there is no pressure, and consultations are always free and informative. The friendly and knowledgeable staff at Infinity are ready to answer any questions you may have about your personal skin care needs. If you want someone to take control of your "out of control" skin, we will do it.

With our warm and friendly atmosphere, Infinity is the place for you. As you walk through the door, you are instantly greeted by smiling faces. Once inside, you will soon feel as though you have made new friends.

If you are new to skin care, and have been in the sun all your life, Infinity will help you take baby steps back to healthier, more beautiful skin. Just remember IT IS NEVER TOO LATE; it's your skin, and taking care of it is your decision! Want to look 15 years younger? Ask Kathryn (Owner/Operator) how she does it. Kathryn is almost sixty, and is very proud of her youthful appearance.

Looking to just relax and rejuvenate? Let us pamper you for 30 or 60 minutes with an anti-aging facial. This facial consists of a form of vitamin C, specifically L-ascorbic acid which aids in the production of collagen, decreasing the appearance of fine lines and wrinkles. It also protects the skin from damaging UV rays, reduces the appearance of photo-aging and pigmentation, as well as improves skin texture and tone.

Concerned with crow's feet, fine lines, wrinkles, and age spots? You're not alone. Aging is one of the top concerns of clients seeking the advice of medical skin care specialists. It is so important to use the right products. The number of skin care products available on the market today can make your choice confusing. At Infinity we provide informed advice coupled with top quality products such as VivierSkin® Line. The newest addition to the VivierSkin® family of products is VivierSkin® Platiné, the ultimate anti-aging collection. These premium products help to rejuvenate the appearance of the eyes, face, neck, and décolleté, resulting in a complexion that is both youthful looking, and radiant.

"Call us today and let us help you stay forever young!  
Parking tokens are provided."

CHATHAM'S SKIN CARE SPECIALISTS



Plastic Surgery is invasive and costly compared to medical grade skin care!

Infinity now offers skin tightening treatments and so much more. And, to make our services even more affordable, many treatments are now offered with a Pay as you Go option.

**What would you like to repair?**

Sunspots - **GONE!**

Skin Tags - **GONE!**

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

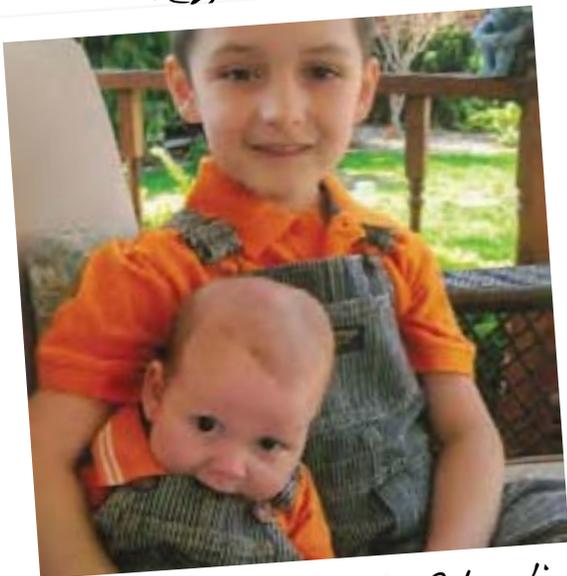
# The Grandest Grando Photo



Lola



Sadie & Kellen



Owen & Charlie

Winner receives a  
**\$50.00 Gift Certificate**  
for  
**Ella Minnow Pea**  
Kid's boutique & toy cupboard

all other entries receive a  
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Kate & Jack Edu  
Submitted by: Ken Edu

# Child Contest winner



Sara Chan



Charlotte & Grayson



Diana & Rylynn



wards  
wards (proud Grandpa)



Ella



Claire

# Breaking Down the Wall of Isolation

## Net Buddies

Isolation is a plague that affects many Seniors living in Chatham-Kent. Whether they are living in a residential facility or alone in a house somewhere in this vast municipality, many are still isolated from friends and, most importantly family. Isolation brings sadness, despair, and depression.

Our world has changed. Our children and grandchildren have been forced to move away from the area to find jobs. Our families no longer communicate by phone or written letter. The "younger" generation communicates through technology, by cell phones, texting, email, and online social networks. Family photos are rarely mailed. Instead they are shared on Facebook or other internet photo sharing sites where they are shared with the world. Sadly, they aren't seen by senior family members because they aren't online.

The main barriers that keep the Senior from using the internet are cost, fear, and knowledge. Fortunately NET BUDDIES removes all these barriers! We bring a computer, a mobile internet connection, and most importantly an experienced operator (your personal Net Buddy) to the Senior's home!!! We can set up personal e-mail or Facebook account so the Senior can connect with friends and family. We can take them online shopping or into chat rooms, or just surf for fun and research. Best of all, we can provide a video phone call to any relative anywhere so they can connect face to face! It is a joy to see the wall of isolation start to crumble with just a simple email, picture, or video call.

All this and more is available at a reasonable cost, and with no term commitments! **All it takes is a call to NET BUDDIES (519-351-8314)** to start breaking down the Wall of Isolation and enhancing the life of a Senior!!

Bonnie Sunnen, *Net Buddies Owner/Operator*



TV COGECO AND THE VICTORIAN ORDER OF NURSES PRESENT

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*a black & white gala*

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ENTERTAINMENT BY MASTER ILLUSIONIST CHRISTYRIOUS AND ALL THAT JAZZ DANCE COMPANY



**03.24.2012**  
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**\$75 PER TICKET**  
ALL PROCEEDS TO BENEFIT THE COMMUNITY SUPPORT PROGRAMS OF VON CHATHAM-KENT

**VON CHATHAM-KENT'S COMMUNITY SUPPORT PROGRAMS**

- Kids' Circle
- Supportive Care Volunteer Program
- S.M.A.R.T. – Seniors Exercise Program
- Visiting Volunteer Program
- Telephone Assurance & Security Checks
- "My life through the years" – A story telling project

FOR TICKETS & INFORMATION CONTACT:

VON CHATHAM-KENT 519-352-4462 ext 5229 EMAIL: MELISSA.SHEEHAN@VON.CA

THE ARMOURY, 44 WILLIAM STREET, CHATHAM



For more information about VON programs & services please call **519-352-4462** or visit **www.VON.ca**

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*see something beautiful* hao

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The goal of home oxygen treatment is to improve your quality of life by reducing shortness of breath and enabling you to have a more active lifestyle, and assisting you to better manage your activities and independence.

If your doctor is considering oxygen therapy for you, have one of our Healthcare Professionals visit you to discuss your oxygen needs and the use of oxygen in your home. We will explain the expected benefits and ensure that you and your family will be comfortable using your oxygen therapy.

Whether you are receiving oxygen or CPAP therapy, our healthcare professionals will:

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Smyth Memorials has served thousands of families over the past 65 years and has been run by Dennis Brewer with his assistant Dawne Zimmer for the past 12 years.

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Every penny counts these days so why not plan now and save for tomorrow.

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# Smyth

## Memorials

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The decision to sell a home is often dependent on many factors. Whatever your reasons are for selling, Patrick's proven effective marketing strategies will ensure that you get the highest possible price for your home.

## WHAT IS MY HOME WORTH ?

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Wallaceburg Denture Clinic



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The Alexander & Houle Funeral Home has been designed to provide access to everyone in a quiet residential neighbourhood. It is the largest and most modern funeral home in Chatham.

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info@alexanderfuneralhome.ca

[WWW.ALEXANDERFUNERALHOME.CA](http://WWW.ALEXANDERFUNERALHOME.CA)

# 10 Warning Signs to Look For

## Alzheimer's Society of C-K

- #1 Memory loss that affects day-to-day abilities
- #2 Difficulty performing familiar tasks
- #3 Problems with language
- #4 Disorientation in time and place
- #5 Impaired judgement
- #6 Problems with abstract thinking
- #7 Misplacing things
- #8 Changes in mood and behaviour
- #9 Changes in personality
- #10 Loss of initiative

Alzheimer's disease is a progressive, degenerative disease of the brain. Symptoms include loss of memory, difficulty with day-to-day tasks, and changes in mood and behaviour. People may think these symptoms are part of normal aging but they aren't. If you notice any of these symptoms or changes in abilities or behaviour, it is important to see your doctor. The changes may be due to other conditions such as depression,

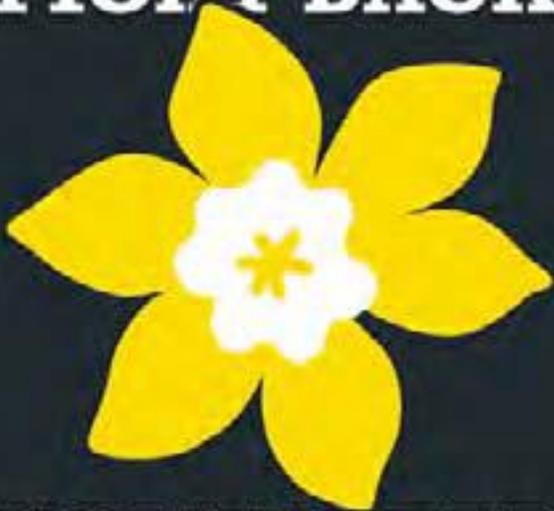
drug interactions, or an infection. If the diagnosis is Alzheimer's disease, it is best to get an early diagnosis in order to receive the proper treatment, information, and support. Contact your local Alzheimer Society as they are here to "help for today and provide hope for tomorrow."



To learn more, join us and take "The Dementia Journey;" An Educational Forum for Professionals & Families on Friday, April 27th, 2012 from 8:00 a.m. to 4:00 p.m. Event will be held at Club Lentinas, 250 National Road, Chatham, Ontario. The key note speaker will be Jayne Harvey of FCS International and cover such topics as "Strawberries for Breakfast," "Quality of Life," and "Anchoring Yourself to Positive Attitudes." To register: call 519.352.1043. Cost for the event is \$40 per person.

# APRIL

IS THE MONTH TO  
FIGHT BACK



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BY DONATING  
AS FEW AS  
THREE HOURS,  
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FIGHT AGAINST  
CANCER.



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[fightback.ca](http://fightback.ca)



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# A Little Help Can Make Living at Home a Whole Lot Easier

## Erie St. Clair Local Health

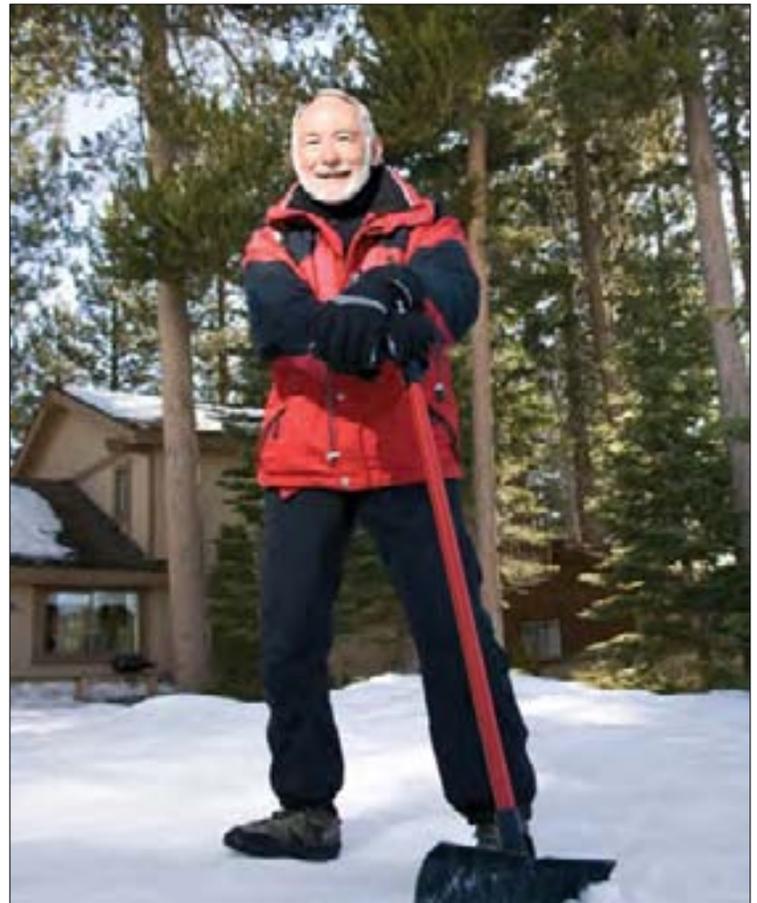
A little help can make living at home a whole lot easier. Growing older means different things to different people. For some it's a chance to share the pearls of wisdom that have been collected over the years by volunteering in the community, for others it's a chance to travel and explore new places around the world, and there are those who prefer to relax and enjoy retirement in their own unique ways.

For all of the wonderful opportunities growing older may bring, there are also new physical, emotional, and mental challenges that must be faced. While there are many services available to help with day-to-day living, there are also concerns with how to find and access these services. A little help from the community now and then is appreciated, especially when that help may make the difference between staying or leaving your home. Fortunately organizations such as the Community Care Access Centre (CCAC) make it their goal to provide better and easier access to helpful services. From delivering a warm meal to your door, to snow shoveling, to making your home a safer place to live, the CCAC is able to help connect you with services:

- Meal delivery and dining programs
- Homemaking and home help
- Caregiver relief
- Transportation services
- Community dining
- Friendly visiting
- Supportive housing
- Adult Day Programs
- Home maintenance and repair



For all of the wonderful opportunities growing older may bring, there are also new physical, emotional, & mental challenges



You can contact the CCAC by calling 519-310-CCAC (2222) or online at: [www.ccac-ont.ca](http://www.ccac-ont.ca)

Age should never be a barrier to healthy, safe, and independent living at home. As health service providers continue to shift their thinking and processes towards community care, they are finding better ways to help seniors safely stay in, or return to, their home, rather than waiting in hospitals or moving to long-term care.

Another important aspect to proactively managing your health is having a family doctor or primary health care provider. If you're looking for a doctor or nurse practitioner (NP), then the Health Care Connect program can provide you with a little help as well. One call to Health Care Connect and you will have a team of dedicated staff working to link you with local doctors and NP's who are accepting patients. You can contact Health Care Connect by calling 1-800-445-1822 or online at [www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect)

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



*"We provide quality compassionate care with peace of mind for our residents and families."*

# Copper Terrace

Peace of mind with compassionate quality care.

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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!*



*A new way to  
Keep track of  
loved ones with  
Alzheimer's disease  
and dementia*



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**The 117 Chatham-Kent charities  
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Bingo proceeds enable many groups to help  
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## SESSION TIMES

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6:00 pm, 7:00 pm, 9:30 pm

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497 Riverview Drive, Chatham **519.351.3232**

# Chatham-Kent Senior Centres Listing

## 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, ON | 519.695.3547

## 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, ON | 519.674.3249

## Thamesville Happy Club

96 London Rd. Thamesville, ON | 519.692.4546

## Tilbury Leisure Centre

10 Canal St. W. Tilbury, ON | 519.682.1020

## 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, ON | 519.825.4870

