

Take one it's...FREE

ISSUE | 12

CKSenior

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



WELCOME

Welcome to CK Senior, Issue 12

"April showers bring forth May flowers!" It's not hard to take the rain when you know what lies ahead. It's that time of year again when our memories are jogged of how quickly nature comes alive, once more as we witness our plants bursting through the soil to greet us and our trees begin to bud right before our eyes. We all look forward to getting back outside to enjoy the warmer weather and maybe take a walk, get back into the garden, ride our bike or take up a new hobby. Spring is the time for new beginnings!

As always, it was a pleasure putting together this publication and many thanks go out to all of our advertisers for making this 12th issue possible. We hope that as you go through these pages you are reminded once again about all of the wonderful businesses and services that we have available right here in our own community that address the needs of seniors living in Chatham-Kent.

Alfred Lord Tennyson wrote, "In the spring, a young man's fancy lightly turns to thoughts of love." George Burns wrote "Young. Old. Just Words".

Enjoy each day to the fullest, and remember...*It's alright to slow down, just don't stand still.*

Stay safe and stay well!

Sincerely,



Andrew Thiel, President

Mark Requena, VP / Website Development

Grant Smith, IT Specialist

Lisa Persyn, Graphic Designer

Candice Cottingham, Graphic Designer

Nancy Schlereth, Sales Manager

Jill Gale, Sales Rep, Dresden/Wallaceburg



website | design | marketing

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- Albert Einstein



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NATURALLY**

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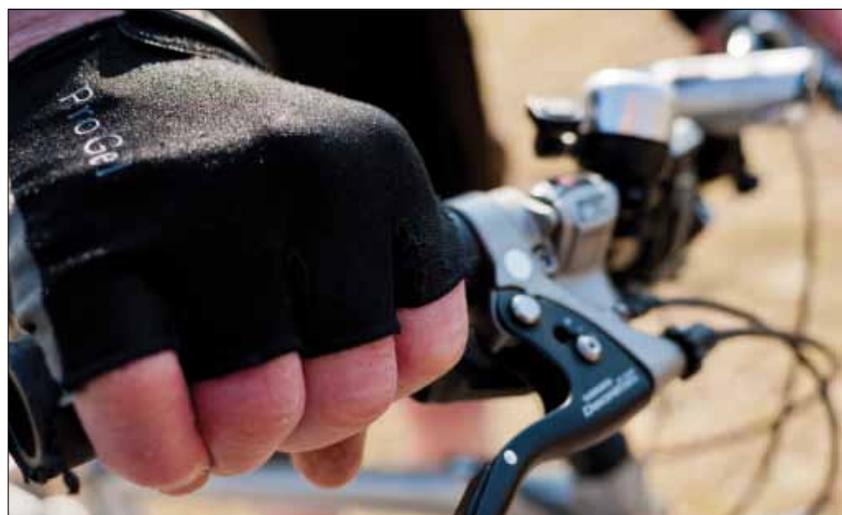
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**Pg. 16
for details**

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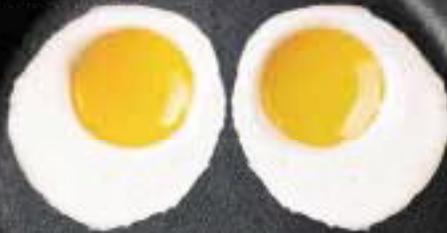
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If you have received quality and compassionate care at CKHA, please consider a gift to the Foundation of CKHA's Grateful Patient Program in honour of the dedicated, caring and professional staff, physicians and volunteers at CKHA who provide exceptional care every day.

All contributions to the Foundation of CKHA remain in Chatham-Kent and are instrumental in supporting CKHA in their efforts to provide patients, and their loved ones, with continued quality local level home at both the Chatham and Sydenham Campuses. Over the years, contributions have helped to maintain and improve hospital equipment and facilities, support specific projects, programs and services and meet CKHA's Most Urgent Capital Equipment Needs.

Your gift can be designated to one of the Foundation of CKHA's current campaigns, to CKHA's Most Urgent Capital Equipment Needs and/or to the CKHA department, program or campus of your choice.

About the Foundation of CKHA

The Foundation of CKHA works to enhance the quality of health-care available to the citizens of Chatham-Kent by raising funds and providing other resources to support CKHA. It accomplishes this through annual campaigns, capital and endowment campaigns, memorial giving, special events and planned giving.

To date, the Foundation of CKHA has raised more than \$36 million.

Thank you for your support!

The Art of the Outdoors. Naturally.

Wayne Michaud and Nature's Pride Landscape Group

Wayne Michaud, a landscape designer with 20 years of experience, has managed a wide range of projects for residential and commercial clients. Wayne's passion for landscape design and his attention to detail have earned him a reputation for creating beautiful outdoor spaces. Wayne's work has been featured in numerous publications, including *Landscaping*, *Home*, and *Real Estate*. Wayne is also a member of the National Association of Landscape Professionals and the International Association of Professional Landscapers.

Wayne's design philosophy is centered on creating a harmonious blend of nature and architecture. He believes that a well-designed landscape should enhance the overall aesthetic of a property and provide a functional outdoor living space. Wayne's expertise in landscape design and his commitment to quality have earned him a reputation as a leading landscape designer in the industry.

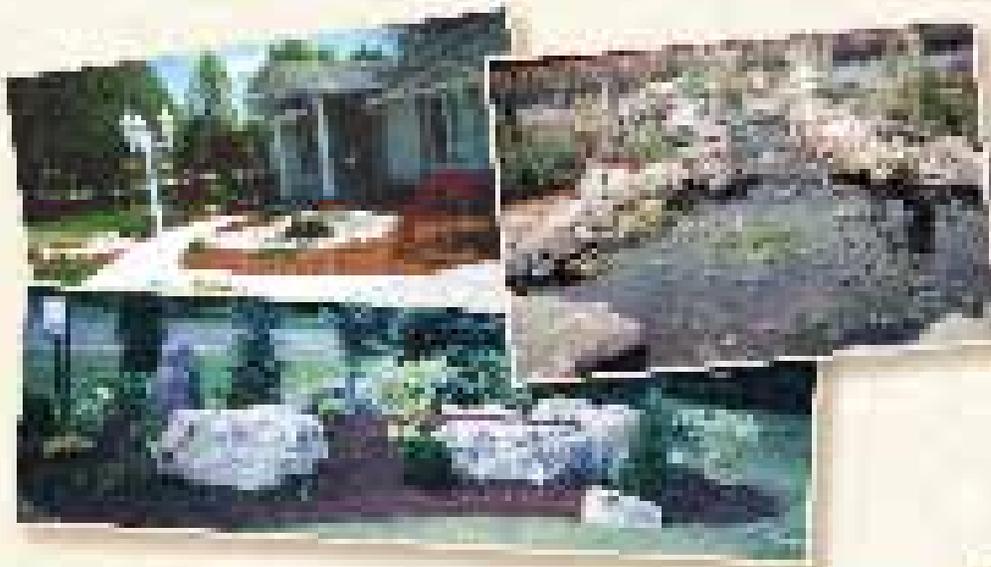
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ABOUT THE COVER

Cycling for a cause

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

We all remember our first set of wheels, our bicycles! There was nothing quite like jumping onto your bicycle, meeting up with your friends, and completely losing yourself and all track of time riding around from here to there. It was a staple for most of us during our youth and is a lost activity to many of us as we age, but for some it continues to be a vital part of our daily exercise routine.

Our cover photo features Susan Nuttall and Roger Carron, both members of the Chatham-Kent Community Cycling Group. Susan and Roger cycle for **"Fun, Food, Fitness and Friends!"** Both are also avid cyclers for numerous local fundraising events. One of the longest fundraising rides is the MS Bike Tour which runs from Grand Bend to London and back again. This will mark the 8th year for Susan and the 15th year for Roger participating in this event, while raising funds for this cause. Initially the team Roger rode with, consisted of himself and a half dozen or so female riders,



dubbing the group name **"Roger's Angels."** Roger and Susan are looking forward to participating again this year, in the MS Bike Tour with a team of all ages from Chatham-Kent, still riding for **"Fun, Food, Fitness, Friends and a cause!"**

~Good Luck Angels!



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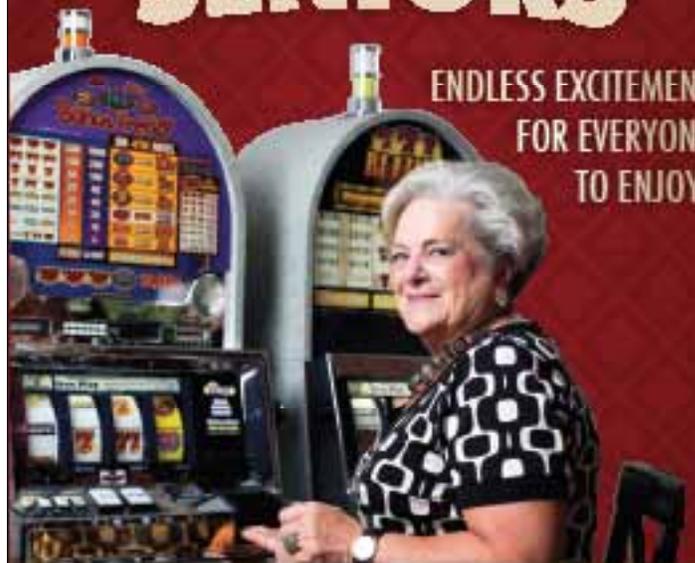
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Infinity Medical would like to introduce you to Sandra Morley.

Sandra is an RN with many years of training and experience in Sclerotherapy and is now available every Wednesday from 2:00 pm to 7:00 pm at Infinity to do Sclerotherapy.

Sclerotherapy is typically used in treatment for spider veins and varicose veins. For anyone who has tried compression stockings and leg elevation without success, this procedure is for you. If you do not like the appearance of the veins on your legs and thighs, this is for you. Get rid of them with a 45 minute treatment with Sandra.

Hypertonic saline is injected directly into the vein with a very fine needle to repair the vein. Your RX is compression stockings and to walk to keep the blood flow moving into all your veins.

The good news is that you do not have to travel to London or Windsor for this procedure. It is done right here in Chatham at Infinity Medical. Many local physicians are referring their patients to us for Sclerotherapy and Skin Tags.

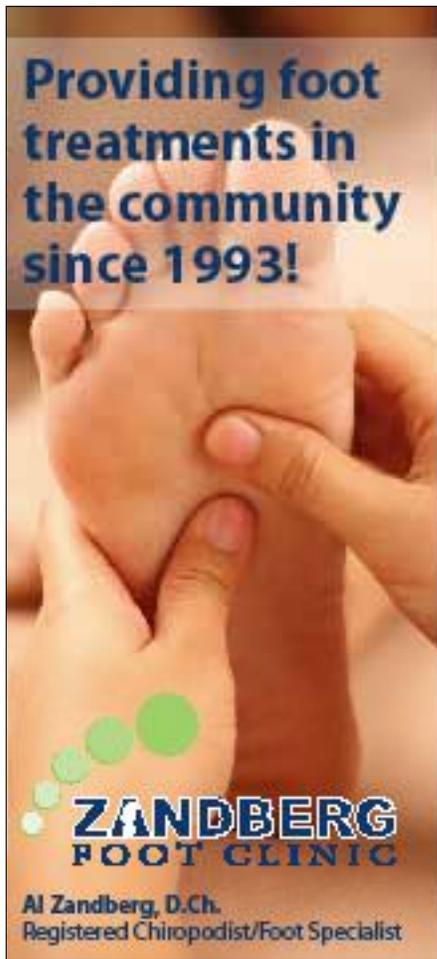
Naturopathic medicine is a healthcare field which focuses on treating the underlying cause of disease through natural means. The information regarding natural health in the media can be overwhelming! There are countless publications, TV shows, and radio personalities promoting natural health products to the public. Often this is well intentioned, but still leads to confusion.



Naturopathic Doctors are trained medical professionals specializing in natural approaches to health. Through clinical examination, laboratory diagnostics, and clinical consultation, Naturopathic doctors can evaluate your health and establish a plan to improve your well-being naturally.

Whether you are suffering from chronic pain, digestive issues, memory loss, sleep issues, cardiovascular disease, or just want to age in a healthy way, a Naturopathic Doctor can help!

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- Custom Orthotics
- Toe Appliances
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What do they do?

Orthotics are custom-made devices that are placed in footwear and are designed to alter foot function. This brings the bones, muscles, and ligaments of the feet and legs into a more stable and functional position. This reduces overpull and strain that occurs all of the way up the kinetic chain.

Orthotics are used for treatment of:

- Plantar fasciitis
- Metatarsalgia
- Capsulitis
- Neuroma
- Shin Splints
- Runner's Knee
- Bunions

Many people who think they have received custom-made orthotics have not. A true custom-made orthosis is made from a 3-dimensional casting of the foot.

Custom-made foot orthosis include a biomechanical exam by a Certified Foot Specialist with the clinical and professional training to offer sound clinical advice.

Health care professionals have extensive knowledge in areas specific to their specialty. Chiropradists and Podiatrists have expertise relating specifically to the feet.

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Delivered to your door

Meals on Wheels programs in Chatham-Kent deliver hot and ready to eat meals right to your door. Meals on Wheels promotes health and independence by providing balanced, home-style meals to clients throughout Chatham-Kent. Meals on Wheels clients include seniors, people recovering from illness or surgery, and people with disabilities, and there is no referral necessary.

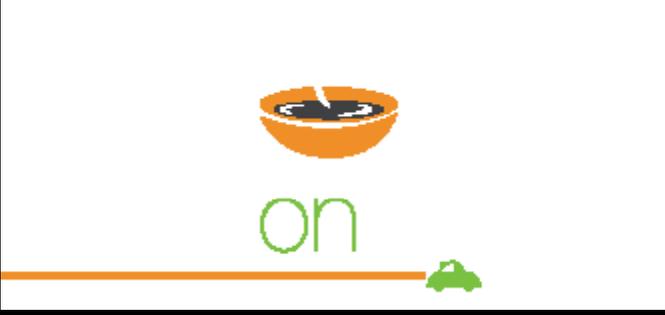
Meals on Wheels Chatham-Kent provides nutritious meals for those who want to maintain or regain their strength and continue a healthy lifestyle in their own home. Alongside the provision of good meals, the Meals on Wheels program values social interaction with each client. Clients and volunteers can enjoy a short visit while engaging in conversation and ensuring the safety of our clients. If you or someone you know could benefit from receiving Meals on Wheels, call us today!

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www.mealsonwheelsck.com

Signing up is easy and meal delivery can start as quickly as the next day.

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health, well-being and
independence.**

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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 Closet" upstairs where you can find unique treasures in our consignment boutique.

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Copper Terrace is a 138 - 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!



22 events
74 days

FUN, FITNESS & FRIENDS

The Chatham-Kent Senior Games are here!

APRIL 2 TO JUNE 14, 2013

Sign up for over 22 indoor and outdoor events being offered throughout the Municipality of Chatham-Kent

Enjoy friendly competition for all Chatham-Kent 55+ residents. Be part of the 55+ generation of 33,000 plus Chatham-Kent citizens. Finalists will have the opportunity to advance to the Regional Games being held this year in the Mt. Brydges area on August 14, 2013.



For further information contact:
Don Hector, District Coordinator
226.881.2453 (local Chatham number)
email: ckseniorgames@hotmail.ca
www.ckseniorgames.com



CALLING ALL 55+ MEN AND WOMEN!

Get out and stay active!

The Ontario 55+ Games are in Chatham-Kent this spring and summer...a growing number of the 55+ crowd in Chatham-Kent already know this!

In fact, the events of the Ontario 55+ games have been in the Chatham-Kent area for a number of years. Chatham-Kent is actually only one of 41 Districts across the province that forms the Ontario Senior Games Association. Each Spring and Fall a variety of outdoor and indoor events are hosted at a variety of locations and venues throughout each District across the province.

In the Chatham-Kent area, up to 26 events are offered through a series of spring /summer and fall events. Winners from these events are eligible to participate in Regional and Provincial events which are hosted throughout the province on a rotational basis. Already in progress is a series of 22 events being hosted throughout Chatham-Kent from early April to mid-June, 2013. The events offered this spring include crokinole, 4 handed bid euchre, contract bridge, euchre, cribbage, 6 handed pepper, floor shuffleboard, duplicate bridge, scrabble, 5 pin and 10 pin bowling (teams and singles), carpet bowling, darts, prediction walking, prediction urban poling, pickleball, lawn bowling (doubles and trebles),

golf, and tennis. In addition, other events like slo-pitch, badminton, horseshoes, swimming, pool (9 ball), cycling, table tennis, triathlon, and bocce will be offered depending on interest expressed. Winners from these events will qualify to enter a one day event being offered by District 29(Huron-Perth-Middlesex) in the Mt. Brydges area on August 14, 2013.

Of particular interest is a relatively new series of events called the Prediction Sports. Walking, running, urban poling, and swimming events allow competitors to compete at their own pace. Competitors predict the time it will take them to complete their activity and the competitor who is the closest to their predicted time is the winner.

If you have missed out on the Spring / Summer games watch out for our fall event schedule which should be posted by August 15, 2013. Schedules and registration forms are available at all Chatham-Kent Senior Centres or by contacting Don Hector, CK Senior Games Coordinator.

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Email: ckseniorgames@hotmail.ca
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*deadline to submit photos: July 1, 2013
(winner will be chosen by random draw and will be published in our next issue)



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South Ridge Veterinary Clinic
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Wallaceburg Animal Hospital
30 McNaughton Avenue, Wallaceburg, ON N8A 1R9

YOUR PET'S HEALTH

Is Our Priority

Having trouble getting your pet in for their check-up? We now have a veterinarian available to make house calls! We do house calls for most routine procedures, like vaccines, heartworm testing, and general physical exams. Many pets find the car ride or hospital visit stressful; a house call will allow your dog or cat to get examined in the comfort of your own home! Please ask us about booking a house call; they can generally be scheduled at a time that works well for you! However, if your pet isn't feeling well, it's best to schedule an appointment at the hospital today. Please ask us about our pet taxi service if you have difficulty transporting your pet. Your pet's health is our priority and we will do whatever we can to help ensure your pet is able to receive the care they need.

With the warm weather coming, don't forget to pick up your flea and heartworm medication. These are parasites that affect all dogs and cats, including exclusively indoor pets. Call today for information on the different types of preventative medications available for your furry friend!

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JUST IMAGINE...

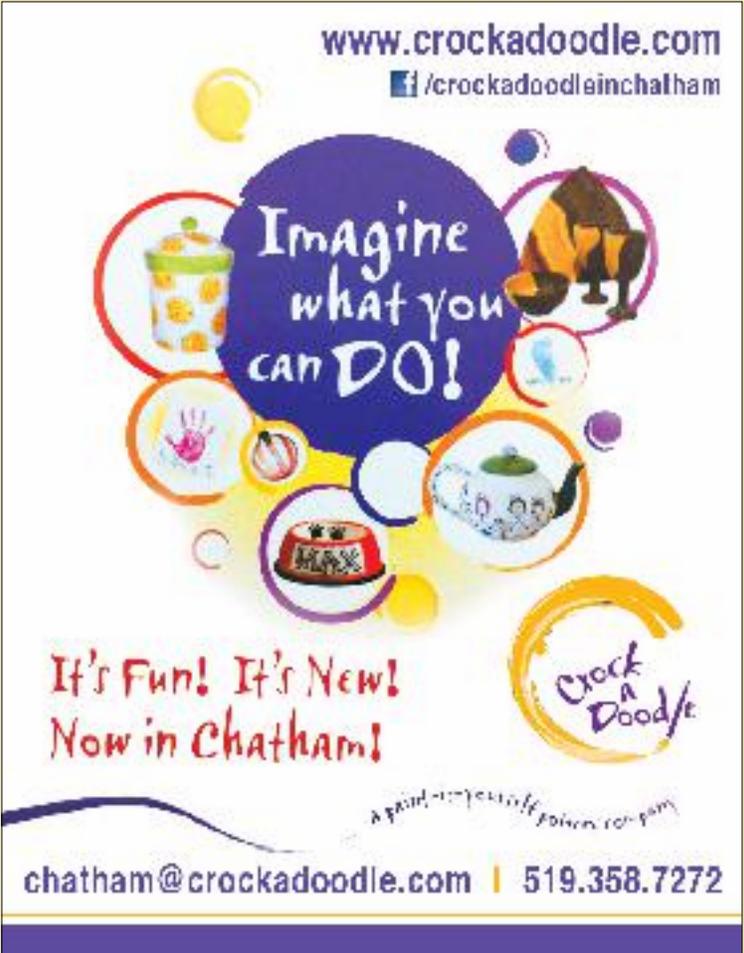
What you can do

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.

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- Have fun and meet new people

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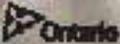
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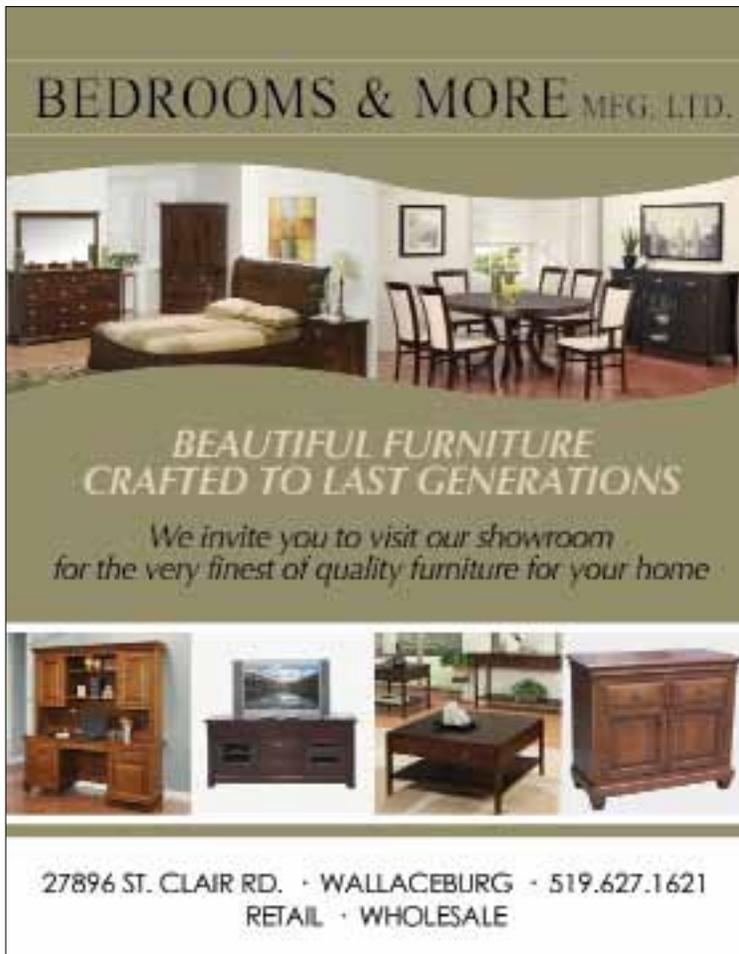
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80 McNaughton Avenue, Wallaceburg, ON N8A 1R9

OAKS RETIREMENT VILLAGE

“A community within a community”

The Oaks Retirement Village, formerly the Oaks Inn Hotel, Banquet and Convention Centre, with its renovations underway, is anticipating that by early/late Fall 2013 the first residents of the Oaks Retirement Village will be able to move into their new home. Leasing will start in late Spring.

Conveniently, the weather in Wallaceburg is very senior friendly, having one of the highest number of sunshine days in the province. The area offers great weather for year round, outdoor recreational activities like golf and fishing. Very mild winters make it an ideal place for seniors to relocate, or to remain in the community they currently call home.

The Oaks Retirement Village will offer a modern, full-service retirement residence consisting of 102 units and will include an Assisted Living component. Twenty-four hour emergency response will be delivered by professionally trained staff and a range of care and service packages will be available to meet residents' individual healthcare needs. Other services include three meals a day prepared by the residence's culinary team, weekly laundry and housekeeping, unlimited access to life enrichment programs and amenities such as a pool, health club, and licensed dining room. Phase two of this project will include the development of 25 garden townhouses.

With the changing times and the vision it will be transformed into a wonderful retirement village for those who might otherwise have had to leave the community. To pre-register and receive further information please call 519-627-1433 ext. 753 or email us at oakstv@outlook.com

NEW BEGINNINGS

Serving brain injury and stroke survivors

New Beginnings, with sites in Chatham-Kent and Sarnia-Lambton, is an excellent place for survivors of brain injuries, brain tumors, and strokes to attend. The Clubhouses in Chatham and Sarnia provide free day programs and support groups for survivors, as well as providing support groups for their family members/caregivers.

The atmosphere at New Beginnings is upbeat and fun. "The aim of New Beginnings is to provide a welcoming, safe, and supportive place for survivors to discover their post-injury/illness selves," says Lori Gall, Executive Director of New Beginnings.

Daily programs at the Clubhouses are focused on social and recreational activities, with crafts and exercises being at the core of almost everything that takes place. "While our members are enjoying themselves and taking part in our activities, our staff and volunteers are supporting them in their physical, cognitive, and emotional recovery," says Gall.

The ability to interact and socialize with others who can relate to what the member/caregiver is going through can't be overstated. "Other survivors or caregivers have experienced what you're experiencing and can give you the support you need to move forward," notes Gall. "Knowing you're not alone is huge."

A lot of things about New Beginnings are (wonderfully) unexpected, but being able to offer all of the programs and services free of charge is perhaps the most amazing thing of all.



**For more information about either facility,
contact New Beginnings at
519.351.0297
or via their website's "Contact" page at
www.newbeginnings-cksl.com**

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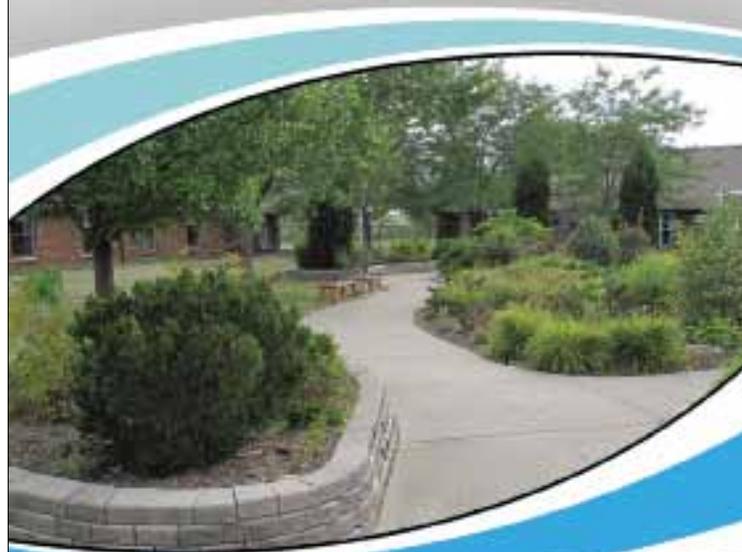


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BREATHE WELL

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! Classes are 2 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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New permanent teeth-in-a-day solutions for denture-wearers. An advanced approach to restore function and quality of life...

At the Chatham Denture Specialists in Chatham, Ontario, we experience the challenges and frustrations denture-wearers face on a daily basis. Whether they are new to wearing dentures or have been wearing dentures for most of their lives, all patients agree that even the best dentures do not come close to replacing the function of healthy, natural teeth.

Some of the challenges denture-wearers experience regularly are: sore spots in the mouth from dentures rubbing on the gums (especially the lower denture), a decrease in bite force, loose dentures that move around and cause embarrassing moments in public, difficulty speaking (whistling and clicking of denture teeth), and an inability to eat a variety of foods. Many people who wear false teeth also complain that their food tastes bland. This is because the roof of the mouth (or palate) is covered by the upper denture, interfering with taste buds and the ability to taste food while eating. As a result, many denture-wearers over-salt their food. In combination with a limited food selection and not enough fresh vegetables or fruits, too much salt intake can pose serious health issues such as high blood pressure (hypertension), high cholesterol, heart complications, nutritional deficiencies, and chronic digestive problems to name just a few potential health risks.

Many denture wearers suffer silently from emotional distress. Loose, ill-fitting dentures can cause people to become very self-conscious, introverted, and insecure.

If asked, most denture-wearers would admit to wishing they could have healthy natural teeth again, which is impossible. However, the next closest thing to natural teeth used to be conventional dental implants and crowns, which can be financially prohibitive as costs may reach up to \$50,000 per jaw. This traditional method of dental implants is not only very expensive, but also requires placement of many implants, bone grafting, sinus lifts, and long healing and recovery periods. The whole procedure from start to finish could take up to two years to complete.

Now there exists a much more affordable technique for fixed, non-removable teeth that are fully functional and minimally invasive (meaning very little pain or discomfort) with only

one treatment session. This technique is changing the lives of denture-wearers all over the world. Coined "teeth-in-a-day," this procedure has seen very high success rates on thousands of patients in Canada and in Europe, where the procedure was developed, as well as in the United States with a success rate in the high 90 percent range. This "All-On-Four" technique converts the patient's denture into non-removable, fully functional, fixed teeth in one day. There is no painful and lengthy healing period, no large bulky denture rubbing on the gums or covering the roof of the mouth, and, best of all, you never have to take your teeth out of your mouth! This treatment allows patients to regain their quality of life by enabling the denture-wearer to feel confident eating in public, dating, smiling, and laughing without fear of their denture falling out, or having to take them out to clean them. The freedom to brush your teeth in a natural way is something that no longer needs to be taken for granted.

If you feel self-conscious about the way you look without your teeth, or you crave to eat what you want, when and where you want to, and be able to taste and enjoy your food again, this may be the solution for you.

This process takes place with your dentist and a specialized dental implant surgeon, who work together onsite to take you from dentures into fixed teeth in the same day!

If you would like to know more about how you can go from removable dentures into fixed, naturally functioning teeth, please call the Chatham Denture Specialists to book your complimentary, no obligation consultation and determine if you are a candidate for this advanced procedure:

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INGREDIENTS

8 large eggs
 1 quart whipping cream
 1 cup sugar
 1 cup maple syrup, plus more for drizzling
 1 tablespoon vanilla extract
 1 1-pound loaf brioche or egg bread, torn into bite-size pieces

Vanilla ice cream

PREPARATION

Whisk eggs, cream, sugar, 1 cup maple syrup and vanilla in large bowl to blend. Add brioche; stir to coat. Let stand at room temperature 1 hour, stirring occasionally.

Preheat oven to 375°F. Butter 13x9x2 inch baking dish. Transfer bread mixture to prepared dish. Bake until puffed and golden and toothpick inserted into centre comes out clean, about 40 minutes. Cool slightly. Cut into 6 to 8 pieces. Place 1 piece pudding on each plate. Place scoop of ice cream atop pudding, drizzle with maple syrup and serve.



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**THANK-YOU TO ALL OF OUR VOLUNTEERS,
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 THE WONDERFUL PLACE IT IS...OUR HOME!**

SPECIAL THANKS TO GALAXY CINEMAS CHATHAM FOR DONATING THESE TICKETS FOR THIS CONTEST

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SESSION TIMES

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