

**MAKE A DIFFERENCE IN YOUR NEIGHBOUR'S LIFE**

United Way is a volunteer fundraising organization. Its annual campaign raises funds needed by member agencies to provide health and social services through-out Leeds-Grenville. Campaign costs are carefully controlled, this means more of your dollars go directly to services and fewer to administration. All dollars remain in your own community. This year and the previous years' theme is "Make a difference in your neighbour's life". Many of your neighbours, acquaintances or even relatives may be benefitting from services of member agencies without

you even realizing it! Who knows--perhaps you yourself may be doing so. A fundraising campaign will be initiated in the North Leeds area approximately the week of October 22 to 27. Please give generously knowing that your donations do make a difference in your neighbour's life. For further information please call Marion McLeod at 359-1068. Member agencies in the Leeds-Grenville area include: Victorian Order of Nurses-footcare clinics health counselling, visiting nurses- VON Seniors Support-North Leeds (Seniors Community Support), Canadian Red Cross; Family Focus;

Family and Children's Services; Canadian National Institute for the Blind; Leeds and Grenville Interval House; Ontario March of Dimes; Brockville and District Association for Community Living; Boy Scouts; Mental Health Association; Cardinal Resource Centre, Volunteer Bureau of Leeds-Grenville; Kemptville and District Home Support Inc. Big Brothers Association; Big Sisters Association; Multiple Sclerosis Society; North Grenville Association for Community Living; Family Counselling Program, Ontario Humane Society; YMYWCA; Brockville Friendship Centre; St. John Ambulance Brockville-Prescott.

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When insurance needs arise remember to give us a call at  
**359-5952**

**"OLDER RURAL WOMEN SPEAK OUT!" CONFERENCE**

As women age, their responsibilities and concerns assume a new dimension while their individual abilities to cope may be lessened due to health problems. Often supportive family members are no longer available.

Rural women face an even greater challenge as, due to geographic location, they are often cut off from the support that is available to their urban counterparts. Their role as caregivers; the institutionalization of a spouse or family member; their isolation in the rural home; community disintegration; and limited resources and options open to them are all major concerns.

The older women of the Counties of Lanark, Leeds and Grenville are being given an unique opportunity to voice their opinions on all these topics. On October 31st, the Mariners' Inn, Smiths Falls will be the setting for the conference: "Older Rural Women Speak Out!", the first of its kind in this area.

The day long seminar is being organized by a committee of older rural women from the three counties under the chairmanship of Dorene McManus. Support and assistance for the conference is through the Lanark, Leeds & Grenville VON Health Promotion Project, its Director Sandy Gray, and Conference Co-ordinator Marlan McLeod. The event is made possible through the cooperation of the Office for Senior Citizens' Affairs; the Ontario Womens' Directorate; the Seniors Secretariat; and Health and Welfare Canada.

Women will have an opportunity to share their concerns and let their voices be heard by key decisions makers. Organizers feel that it is important to provide rural women with accurate information that is relevant to them and for them to learn that their problems are shared by other women. Together, perhaps steps toward resolving difficulties and solving problems may be made.

There will be no charge for this worthwhile conference that convenes at 10am October 31st, at the Mariners' Inn Smiths Falls. Registration commences at 9 am. Lunch will be provided and the Conference will wrap up around 3:30pm. As numbers are restricted to 150, anyone wishing to pre-register may call the toll free number: 1-800-267-9272. For further information you may call the Conference Coordinator at 359-1068 or 387-3685.

This promises to be an exciting conference, a time of sharing and learning, and, we are sure, a time to formulate solutions. Its aim is to assist this important segment of our society -- our older rural women. \* Assistance with transportation available.

*Older Rural Women  
Speak Out !!*

A concern for all women.  
 And now the topic of a workshop.  
 It's a chance for all women to get together, to share their concerns about issues that affect them as they age and to let their voices be heard.  
 It's for women who live in this area.  
 It's for you. For us. For our futures.  
 Join us.  
 On OCTOBER 31<sup>ST</sup> 9-3:30  
 At MARINERS INN, SMITHS FALLS  
 For further information call 1-800-267-9272 <sup>9<sup>am</sup> to noon</sup>  
 TO REGISTER <sub>daily</sub>  
 Organized by a COMMITTEE of Older rural women  
from Lanark - LEEDS GRENVILLE  
 \* Assistance with transportation available.

In co-operation with the  
 Office for Senior Citizens' Affairs,  
 Ontario's Women's Directorate  
 and the  
 Seniors Secretariat,  
 Health & Welfare Canada