

Books listing seniors' benefits are available

The Provincial Secretariat for Social Development has released two new publications which offer a complete listing of government programs to assist disabled persons and senior citizens.

"The 'Guide to Programs and Services for Disabled Persons' and 'Guide for Senior Citizens' describe the many programs and services which exist to help Ontario's disabled persons and seniors," said Gordon Dean, Provincial Secretary.

The Secretariat is distributing the guides to individuals, community agencies, consumer groups, libraries, information centres and Ministry field offices throughout the province. In addition the "Guide for Senior Citizens" will be automatically sent

to every Ontario resident when they turn 65 years of age.

"The number and diversity of programs and services available to assist disabled persons and senior citizens has grown considerably over the years," said Mr. Dean. "Our guides are excellent reference books for any senior or disabled individual who wants to make the most of the many opportunities which are offered in the province of Ontario."

Anyone wishing to obtain a copy of either the "Guide to Programs and Services for Disabled Persons" or the "Guide for Senior Citizens" should write the Secretariat for Social Development, 700 Bay Street, 2nd Floor, Toronto, Ontario, M5G 1Z6.



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Cramps can be caused by cold water, excessive loss of salt and body fluids and by poor coordination in exercises. St. John Ambulance advises that the first aid treatment is to stretch the contracted muscle gently. For instance, if the cramp is in the calf, straighten the knee, holding it down with one hand while you lift the foot towards the shin with the other hand.

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Heat exhaustion usually comes on slowly, and St. John Ambulance says it can be avoided by resting in a cool spot periodically, sipping a cool, non-alcoholic drink. First Aid treatment is to get casualty into a cool place, give him cool water to sip. If he is sweating heavily, has cramps or is vomiting, add half a teaspoon of salt to a pint of water. If he loses consciousness or recovers slowly, he should be seen by a doctor.

NEW ONTARIO GOVERNMENT GUIDE BOOKS FOR SENIOR CITIZENS AND DISABLED PERSONS.

Senior citizens, disabled persons and concerned agencies will be interested in two new publications published by the Provincial Secretariat for Social Development. The "Guide for Senior Citizens" and the "Guide to Programs and Services for Disabled Persons" each offer a complete listing of government programs and services available to assist disabled persons and seniors.

These guides are excellent reference publications for any senior or disabled person who wants to make the most of the many opportunities which are offered in the Province

of Ontario. The Secretariat will automatically send the "Guide for Senior Citizens" to every person in the province when they reach 65 years of age.

To obtain a copy of either the "Guide for Senior Citizens" or the "Guide to Programs and Services for Disabled Persons," write the Secretariat for Social Development, c/o Government Services, P.O. Box 102, Toronto, Ontario M7A 1N3.

Secretariat for Social Development

Ontario

Gordon Dean, Provincial Secretary
William Davis, Premier