

Annual influenza epidemic attacks high-risk victims

In anticipation of the annual influenza epidemic, a coalition of national and provincial groups have united to wage war against the influenza virus and its effects. It is hoped that the combined efforts of the many official ministries, civic governments, health care providers, and concerned citizens will result in increased awareness and immunization against influenza.

In Ontario, influenza vaccine is provided free of charge to those individuals who are at high risk of severe illness or death associated with influenza. Those considered to be in the high risk categories include everyone over 65 years of age, and anyone under 65 who has chronic heart, lung, or kidney disease or diabetes. About 5,000,000 Canadians fall into the high risk categories but only about 30 per cent get the recommended annual flu vaccination. As a result, influenza and pneumonia, a major complication of influenza, account for about 5,000 deaths, 70,000 hospitalizations, 1,000,000 bed days and an estimated \$500,000,000 in hospital and

medical costs in Canada each year. Much of this could be prevented with an annual flu shot.

This year national groups such as the Canadian Medical Association, The Canadian Public Health Association, the Canadian Lung Association, and the Canadian Diabetes Association are banding together to educate the public and prevent influenza.

The cornerstone of the national campaign is a promotional poster of three former hockey "greats" bearing the caption "Shut Out Flu" and logos from each of the national groups. The colorful poster is being distributed to all Canadian doctors and public health departments and should readily convey an influenza prevention message to the public who view it. Medical recommendations to high risk individuals to receive the flu vaccine are also printed on the poster.

Continuing with other national activities, it is expected that all government pension cheques will again carry a reminder to seniors of the importance of the immunization by identifying September as Influenza

Awareness Month. Similarly, the Canadian Lung Association will continue on with their public awareness efforts through the "Flu Alert" program across Canada this year.

On a provincial level, many groups of health care providers and concerned citizens are also working together in the fight against influenza. The United Senior Citizens of Ontario, the Ontario Medical Association, the Association of Local Official Health Agencies, the Ontario Public Health Association, the Ontario Pharmacists' Association, and the Ontario Lung Association are lending their support to influenza awareness ef-

forts across Ontario. Posters bearing the logos of these associations and an influenza prevention message will be distributed across Ontario to health care facilities, seniors groups, and local pharmacies.

This year for the first time in Ontario a joint effort on behalf of the Ontario Pharmacists' Association, the Association of Local Health Agencies, and the Ontario Medical Association is resulting in the distribution of Flu Alert Health Messages to all pharmacists in Ontario. The pharmacists are encouraged to place the one page bulletin in prescription bags of all patients who are at high risk of serious il-

ness or death associated with influenza.

Pharmacists are in an ideal position to educate the public about influenza as they are frequently in contact with high risk community members and are viewed as one of the most approachable members of the health care team.

As in the past few years, flu education and prevention efforts are part of the core mandate of Public Health Officials in Ontario. Local Public Health Departments will be busy providing education, resource material and vaccine to local health care providers and community members.

Adult Literacy

Learning to read and write

By Heather Angus
Herald Special

This is the third of a four-part series on tutor-student success stories at the North Halton Literacy Guild. One-on-one tutoring for any adult in Halton Hills is free, confidential, and individualized. (Study where and when it suits you.) You can get your own tutor by calling Ave Edington at North Halton Literacy Guild, 873-2200 or 876-4756.

Diane (not her real name) and her tutor, Mary Ketter were matched by the North Halton Literacy Guild in February 1991. Diane's caseworker at Halton Support Services saw a presentation by the Guild, and suggested to Diane that she get a tutor.

Diane is glad that she did. "I like learning to read and write," she says. "It keeps me busy...it's better than sitting at home doing nothing."

Diane walks to Mary's nearby home every Wednesday morning for her lesson. Neither is working so the daytime meetings suit their schedules.

"I hope reading and writing helps me get a job," Diane says. She would also like to use a computer someday. Mary recently bought one for her home, and is learning how to use it.

Diane hardly read at all, and could only print a few words, when she first met her tutor. Now, she is practising her script writing, and reading simple short stories.

"I like to read...I used to try to read newspapers, but I couldn't. My roommate had to help me with the letters," Diane says. "Now I bring large-print books home from the library...usually books about flowers." She also reads grocery store flyers more easily now.

Diane is reading stories out loud to Mary, and writing in her exercise books. As well, she is practising basic arithmetic, using toothpicks for counting, and learning to write out her name, address and phone number.

Before she was matched with Diane, Mary (as well as her late husband) tutored with the North Halton Literacy Guild for two years. She enjoys teaching, par-



Tutor Mary Ketter

New P.C. Director

Ian Fraser, Past President of the Halton-Peel Federal P.C. Riding Association has been appointed Ontario Director on the National Executive of the Party.

When this riding was formed in March 1988 he was elected the first President. Previously he was UP of the York Peel Riding Association.

Mr. Fraser is the owner of Pro-Pharma, a company contracting "sales reps" and services to the Pharmaceutical Manufacturing industry.

Obituary

Jennie David

It's raining again today. Or is it just the tears that are falling everytime I look out my window towards your window. You are missed. You have touched so many hearts in your life, mine was but one.

A friend, a confidant, a buddy. No matter how you were feeling yourself, you always had a smile to cheer someone up. Your laughter echos in the hollow of my heart.

It's early morning. Who is going to telephone when we sleep in? How can I not reach for the phone to call you when your window shows no light?

The door just opened and in you

come. "Can I borrow some sugar (coffee, tea, milk; whatever)? Dave, where's your lighter? I need a cigarette. Julian must think I forget to buy a lot of things when I'm shopping!" ha ha.

It's volleyball night. We'll walk to the highschool. Dave will have popcorn and a beer waiting when we get home.

It's time to go to the ballpark. "Come on Dirtbag. Hustle your buns!"

Jen, I'll remember you in my heart. My thoughts and memories of the good times we had, the times we cried, the times we laughed. For if I always think of you, you will never be gone!

Campbell-Hamilton nuptials

Barbara Campbell and Michael Hamilton were united in marriage on July 6, 1991.

The bride is the daughter of Winston and Alice Campbell of Georgetown. The groom is the son of Gordon and Susan Hamilton of R.R. 5 Georgetown.

Reverend H. D. Bridle of Oakville officiated the afternoon candlelight ceremony.

The maid of honor was Tracey Hamilton, sister of the groom. Carol Frost, friend of the bride was the bridesmaid and the bride's cousin Melissa Lane was the flower girl. The attendants wore peach satin dresses. The flower girl wore a white lace dress with pink satin trim. Bouquets for the attendants were made up of peach carnations, white mini-carnations, peach roses and baby's breath. The flower girl carried a basket of pink and white roses and pearls.

Given in marriage by her parents, the bride wore a traditional floor length gown of white satin and lace with pearls and sequins accenting the bodice and full train. A matching headpiece with pearl accents was also worn. The bride's bouquet consisted of

pink and white roses with baby's breath and pearls.

Best man was Chris Cashmore, friend of the groom. Bob Campbell, brother of the bride, was the usher. Donnie Lane, cousin of the bride was the ringbearer.

A reception and dance was held at the Elk's Lodge in Norval.

Cousin of the bride, Ed Ricci of Kingston, New York acted as M.C. for the evening and proposed the first toast to the bride. Earl Burt, cousin of the groom, played the wedding march.

Out of town guests travelled from as far away as St. John's Newfoundland; Plaster Rock, New Brunswick; Garrison, New York; Spanish, Ontario; Cambridge and Mississauga to attend.

Two showers were held in honor of the bride. Melissa Lane and Carol Frost held a miscellaneous shower in Georgetown. Susan Hamilton, Tracey Hamilton and Barbara Tarzwell, grandmother of the groom held a miscellaneous shower in Terra Cotta.

The couple honeymooned in Niagara Falls and are now making their home in Erin.



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