

# Adults need vaccinations, too

Many adults mistakenly assume vaccines are just for kids, and that the vaccines received as a child are enough to protect them for the rest of their lives.

There are many reasons adults need to be vaccinated, even if they were as a child. One reason is aging - as the human body ages; it becomes more susceptible to serious disease caused by common infections (including the flu). Another reason is that the immunity a vaccination provides can fade over time. In addition, newer vaccinations were not available when some of today's adults were kids.

Some of the more common vaccinations include:

**\* Seasonal influenza:** Experts say adults need a dose of the flu vaccine every year, preferably in October or November, before the onset of flu season. The flu vaccine is especially necessary for men and women, who work in a health care setting, are suffering from a chronic illness or are liv-

ing in a long-term care facility. However, those who are allergic to eggs or have had a previous allergic reaction to the flu vaccine should not be vaccinated.

**\* Pneumonia:** The pneumonia vaccine is necessary for men and women who are 65 or older, have a chronic illness or weak immune system, smoke, or have had their spleen removed, live in a long-term care facility.

**\* Meningitis:** Adults who did not get the meningitis vaccine as a child or adolescent should consult their physician about getting the vaccination as an adult.

**\* Chickenpox:** Some people make it to adulthood without ever getting chickenpox. If they also made it to adulthood without getting the chickenpox vaccine, then they should get it as an adult, as long as they're not pregnant, currently ill, have a weak immune system.

As with all medical information, check with your doctors about adult vaccinations.



**FOODSHARE DONATION:** Money donated by Acton Baptist Church to Acton FoodShare will help stock the rapidly depleting shelves. The money was raised at a strawberry social at Acton Baptist last month, and Church spokesperson Kelly Scott (centre) presented a \$114 cheque to FoodShare chair Arlene Humphreys (right) and Treasurer Carol Clark on Tuesday. - Frances Niblock photo

### News & Events

The New to You thrift store in Erin is having a summer clearance sale. All summer tee's and shorts are \$1. Don't miss out... come in now for the best selection.

We are now accepting donations for our upcoming Eco Fashion Show. If you have any fabulous items sitting in your closet waiting to dazzle again, please drop it off in any of our three locations in Erin, Rockwood and Hillsburgh. Tickets will be on sale soon for the Fashion Show on Thursday, October 20.

Mark your calendars for Bookends' first annual book sale. During the Erin



Fair weekend, Bookends will be setting-up to sell thousands of books for amazing prices. Collection boxes are now out in your community to accept book donations or visit any of the banks in Erin, Rockwood and Hillsburgh or you can drop off your used books directly to Bookends at 45 Main Street in Erin. Clear out your shelves now so you have room for all the new books you'll buy in October.

EWCS's Annual General Meeting will take place on Thursday, September 15 at 6 p.m. in the

Shamrock Room at Center 2000 in Erin. Everyone and anyone are welcome to attend and hear the agency's annual report. However, only those who have become members 30 days before the AGM are eligible to vote at the meeting. Membership is only \$10 and helps support the programs and services of EWCS. Contact the office to become a member.

The Food Banks in Erin and Rockwood are in desperate need of instant coffee, canned vegetables and pasta sauce. Your donations of non-perishable goods are always greatly appreciated and can be dropped off to 45 Main Street in Erin, or 106 Church Street in Rockwood.

EWCS's new Rural Bus program is up and running. There are many pickup locations in Erin, Rockwood, Hillsburgh, Orton and we will even pick up at the end of your

driveway if you are on the route. It's just \$10 round-trip to various shopping centres in Guelph. Full details about routes and schedules are available online [www.ew-cs.com](http://www.ew-cs.com) or pick up a brochure in one of our offices.

We have two upcoming Seniors Day Trips. On August 24 we'll be going to the beautiful town of Uxbridge to visit Richter's Herbs and then to the picturesque town of Port Perry for lunch and some shopping. The cost is estimated to be around \$35-\$40. On September 28 we'll be taking seniors to the ever-popular Grand River Dinner Cruise trip. We can take up to 50 participants on the Great Canadian Coach line to this fantastic three hour boat and lunch cruise on the Grand River. To book your space on either trip, or for more information contact Sherri at 519-833-0087. (Please note that these trips are provided for seniors 55+ however if seats are available close to the trip we do accommodate other age groups.)

**Century Church Theatre**  
Hillsburgh. [www.centurychurchtheatre.com](http://www.centurychurchtheatre.com)

**ASTRO Summer Festival 2011**

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**Coming Apart**  
A witty, startling and hilarious romantic comedy by  
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Matinees:	Wednesdays, Thursdays, Saturdays, Sundays at 2:30pm	\$23
Evenings:	Fridays, Saturdays, & second Thursday at 8:00pm.	\$27

Prices include all taxes and charges

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