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For more information contact Bill Dhaliwal | 905-877-8468 ext 2223 | bdhaliwal@clublink.ca
 EAGLE RIDGE GOLF CLUB | RR #4, 11742 TENTH LINE, GEORGETOWN, ON
 eagleridge.clublink.ca

NEWS

SIGN UP FOR DEMENTIA INFO SERIES FOR FAMILY CAREGIVERS

Acclaim Health is set to kick off the spring installment of its Dementia Information Series next month.

The series, said Acclaim Health Alzheimer services caregiver education co-ordinator Vinitha Nair, "is an excellent tool for family members who have just received a diagnosis of dementia and Alzheimer's disease."

This free, eight-week educational program will assist participants better understand the disease and plan for the future. It will feature guest speakers and subject experts, who will

offer a wealth of information on community resources as well as tips on how to navigate the system to access these resources. Caregivers will also benefit from learning communication strategies and how to improve their coping skills.

Specific topics covered during the series include an introduction to dementia and Alzheimer's disease; understanding changes in behaviour; communicating with persons with dementia; community support services; information on tax pro-

grams; safety in the home and community; planning for the future: long-term care homes; and care for the caregiver: coping strategies.

The series kicks off April 3 and runs Wednesdays until May 22. The sessions take place at Acclaim Health's Burlington location, at 2180 Itabashi Way, from 7 to 9 p.m. The program is free and limited to family caregivers. Registration is mandatory. To register, visit www.acclaimhealth.ca or contact Nair at 905-847-9559, ext. 2411.

LETTER TO THE EDITOR

WITHOUT RISKING DELIGHT IN EACH OTHER, OUR LIVES CAN HOLD NO MEANING

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your humour.

I delight in the beauty of your humanity.

I think what Jack Gilbert was getting at is that without risking delight, our lives can hold no meaning. Without risking delight in each other, our lives can hold no meaning. People with Down syndrome are labelled as "risks," and aborted. Without risking delight in individuals with Down syndrome, our lives lack the entirety of the scope of

meaning. Without individuals, our lives hold no meaning. Without, lives no meaning.

The great irony, of course, is that it's the other way around. My children have arrived and taken a great risk on me as their parent. They wear their happiness like a sock in a shoe, typically held in place, but occasionally slipping down to reveal a knobby ankle, a bare sole. I chase after them, trying to capture what arrives within them innately: uncharted delight. Children bring

great joy and immense heartache, no matter the count of their chromosomes. Perhaps to some it isn't worth the risk.

But hear my cry, and let it be this: Let us delight in each other. Words I firmly believe, have come to embody. Who do you think you are? I am a mother, and a parent to a child with Down syndrome - though have no pity, rejoice! For I am a great sufferer of delight.

ADELLE PURDHAM, WRITER, TEACHER, SPEAKER AND ADVOCATE FOR THOSE OF DIFFERING ABILITIES GEORGETOWN

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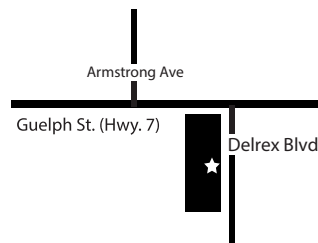
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Notice of Annual General Meeting – Hillsview Georgetown

haltonhills.ca

Georgetown Hillsview Active Living Centre Annual General Meeting

Tuesday, April 4, 2019 – 1 p.m.
 Hillsview Active Living Centre – Georgetown
 318 Guelph Street, Unit 9, rear entrance

Please plan to attend this important meeting and hear what Hillsview Georgetown accomplished in 2018 as well, vote on the following 2 proposals for amendments to be made to the Constitution:

2.1 Promote the social wellbeing...

5.16 Any exception to the 6-year term must be approved at the AGM by the membership for all positions to a maximum further 2 year term...

Elections will be held for vacant positions on the Board of Directors. Proxy votes are available at the Centre if you are unable to attend.

