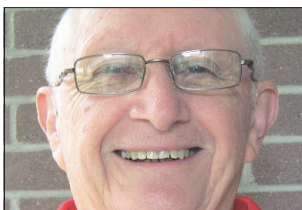


CHRISTMAS EVENTS PLAN WELL UNDERWAY

ANNUAL BAZAAR SET FOR MUCH-ANTICIPATED RETURN, WRITES DAVID MCLEAN



DAVID MCLEAN
Column

The year is slowly coming to an end, and hopefully with it we can see the light at the end of the tunnel.

Hillsview Acton's board, committees and staff have been working hard to continue to open up our programs.

We are pleased to have had Bev Jones lay the memorial wreath at the cenotaph on Nov. 6 in memory of our veterans.

The parade committee is working on our float for this

year's Acton Fire Fighters Association's Santa Claus Parade. We hope to see you there.

We are busy planning our Christmas bazaar after a year's hiatus due to the COVID-19 protocols. It will be held on Saturday, Nov. 27 from 10 a.m. to 4 p.m.

We will be having the usual tables, including our penny table, draws and 50/50,

Christmas cakes, shortbread and nut trays, as well as books and puzzles for sale.

We will also have several vendors.

Our famous tea will have a different look this year. It will be a takeout-only "High Tea," which will be pre-ordered prior to the day and picked up as a drive-thru item.

What will be in the box? Four delicious triangle sandwiches, a scone, jam, cream, goodies and, of course, tea.

People attending the bazaar will be screened, and proof of vaccination will be needed to keep everyone safe.

Books and puzzles can also be left at the reception

desk. There is also a list of items needed for the tea. Check the list and add your name to the items you would like to donate.

I am afraid that at this time, baking from your home kitchen cannot be accepted, but you are welcome to talk to Michelle or Wendy and book a time to use the kitchen at the centre. We have space in the freezer if you wish to bake something and store it.

I wish to thank all of you for the continued support of the seniors in the Town of Acton.

David McLean is the president of the Hillsview Active Living Centre in Acton. He can be reached at david@mcleanweb.ca.

YOUROPINIONS

SIGN UP FOR
OUR WEEKLY
NEWSLETTER AT
THEIFPCA



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

COUNSELLING THE NEW HEARING AID USER

The following few tips, if followed correctly, will prolong the benefits and enjoyment of better hearing:

- Do not get the hearing aid wet
- Do not leave the instrument where it is too hot or cold
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If any of the above problems do occur, please don't hesitate to call.

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Diabetes

Intervention is key

How to manage your blood sugar if you have Type 2 diabetes

November is Diabetes Awareness Month. To help shed some light on the practices required to help manage Type 2 diabetes, here are five ways people with this disease can keep their blood sugar level in check.

1. EXERCISE REGULARLY

Regular exercise can help increase insulin sensitivity, which may improve your body's ability to use the available sugar in your bloodstream.

November is DIABETES AWARENESS MONTH

Furthermore, when you exercise, your muscles use glucose for energy, thereby preventing it from accumulating in your body.

2. STAY HYDRATED

Drinking plenty of water and sugar-free fluids can help you lower your blood sugar level by diluting the amount of glucose in your bloodstream. Staying hydrated also helps your kidneys flush any excess sugar out of your body.

3. EAT A HEALTHY DIET

It's a good idea to limit your consumption of the kinds of food that can cause your blood sugar level to spike. Cutting back on carbohydrates, eating more lean protein and vegetables and adding more fibre to your diet can help stabilize your blood sugar level.

4. GET ENOUGH SLEEP

Poor or insufficient sleep can negatively affect your blood sugar level in the short and long term. In fact, a lack of sleep causes your body to produce more cortisol, which can lead to increased insulin resistance and a higher blood sugar level.

5. MONITOR YOUR BLOOD SUGAR

Regularly monitoring your blood sugar level is one of the best ways to take control of your Type 2 diabetes. It allows you to find out what impacts your blood sugar so you can effectively adjust your diet, exercise and medications.

If you have any questions or concerns about monitoring your glucose level, contact your doctor for advice.

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