

Healthy Living

Halton Seniors Directory now available

The Halton Seniors Directory, a guide for seniors, caregivers and service providers, is now available through Halton Region.

The newly formatted directory is more comprehensive and easy to read. The directory has over 300 listings and includes contact numbers of organizations serving seniors' needs in areas such as: health, community programs, accommodation, transportation, legal, emergency, advocacy, and many more services including government(s).

It is designed for quick reference, so that seniors have easy access to information when they need to obtain services. Access to information is an important component for seniors' independence and the directory is an essential tool to assist Halton seniors, caregivers and services providers.

The publication will be distributed through seniors' centres, seniors' apartment buildings, long-term care homes, libraries, hospitals, community information agencies, police departments, and municipal,

provincial and federal offices in Halton.

"ESAC has many reports and publications that are available to the community, but the Seniors' Directory is the most frequently requested resource guide," said Carole Ward, chair of ESAC (Elderly Services Advisory Committee) for Halton Region.

To request a copy of the Seniors' Directory, please contact Sue Haggith, ESAC Community Development Co-ordinator at 1-866-442-5866, ext. 7767.

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Choose age-appropriate toys. Many toys have labels with age recommendations on them.

Avoid toys with sharp edges and points or small parts. Also avoid toys that fly, shoot projectiles or produce loud noises.

Look for toys that are durable, well-constructed and easy to clean.

When choosing a fabric toy, make sure it is labeled flame-retardant or nonflammable.

Check stuffed toys for secure stitching of eyes and other small parts.

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The Early Shopper Sweepstakes commences on November 5, 2004 and closes at 5:00 p.m. EST December 5, 2004. A total of five (5) prizes are available to be won from the Contest Prize Pool which is comprised of the following potential prizes: one (1) prize of \$10,000, twenty (20) Shoppers World Brampton Gift Certificates valued at \$50 and seventy-nine (79) Shoppers World Brampton Gift Certificates valued at \$10 each. The odds of being selected to be among the 5 entrants eligible to win a prize is dependent on the total number of eligible entries received. The odds of any selected entrant winning any particular prize depends on the order in which the entrant has been randomly selected and the number and type of prizes remaining in the Prize Pool at the time the entrant makes their prize selection. The quantity and types of prizes available to be won diminish as they are selected. In order to win, selected entrants must first correctly answer, unaided, a time limited mathematical skill-testing question and sign a declaration and release form at a mutually convenient time before midnight, December 11/04. No purchase necessary. Other terms and conditions apply. Full Contest Rules and Regulations are available at the Shoppers World Brampton Customer Service Desk and at www.shoppersworldbrampton.com.