

# HHCSI now accepting applications for Christmas Needs Program

The holiday season is quickly approaching, and applications are now being accepted at Halton Hills Community Support and Information (HHCSI) for the Christmas Needs Program.

Each year many generous and caring community members donate items and money to HHCSI during the holiday season. Financial donations enable us to purchase items of clothing for children of financially limited families. Halton Hills Community Support and Information will also accept donations of new clothing, toys and knitted items.

If Christmas might be difficult this year for you and your family, please feel free to drop into our offices to fill out an application

form for the Christmas Needs Program. All applications are kept strictly confidential. Our offices are located at 36a Armstrong Avenue, Georgetown and 47 Mill Street East, Acton. For more information please call Cathy at 519-853-3310.

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### Off The Wall Youth Centre

All junior and senior youth are invited to decorate a Christmas Tree for display in the Youth Centre's front window. The junior youth (ages 9 to 11) will decorate their tree today (Nov. 24), with the senior youth (ages 12 to 19) decorating theirs tomorrow (Thursday). Bring a friend along as we start to celebrate the season!

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### Winter programs registration



Ontario Early Years and Georgetown Parent-Child Centre Programs registration for Mother Goose, Networking Together, Toddler Shimmy & Shake as well as Preschool Shimmy & Shake will held Nov. 29 until Dec. 4 during all Adult and Child Together drop-in times at the Acton, Georgetown or Glen Williams Ontario Early Years Satellite Centres. For more information please call 905-873-2960.

### Family Together

Families with children from birth to kindergarten age can join

us for Family Together (drop-in) on the following Saturdays from 9-11 a.m.: November 27, December 4 and 18. Interact with your children in creative, free play and circle activities. Talk with other parents or make use of our Resource Library. Ontario Early Years Centre, Georgetown Satellite, 96 Guelph Street. For more information please call 905-873-2960.

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### Seniors programs

Friendly Visitors are needed in both Georgetown and Acton. Do you have one or two hours a week to provide companionship and conversation? If you are interested call Marlene at 905-873-6502.

We need Meals on Wheels Volunteers in Acton! This is a

weekday morning activity and we need someone once a week or once every two weeks. If you have time to pick up meals from Milton (between 10 a.m. and 11 a.m.) or if you have time to deliver Meals on Wheels (between 11 a.m. and 12 p.m.) either as a driver or a runner— or both, please call Marlene for more information. All mileage expenses will be reimbursed.

Gift certificates are now available for Private Recipe frozen meals. A great idea for Christmas! To purchase your gift certificate please call Mary in Acton at 519-853-3310 or Liz in Georgetown at 905-873-6502.

HHCSI is a member agency of United Way of Halton Hills.

# November is DIABETES Month!

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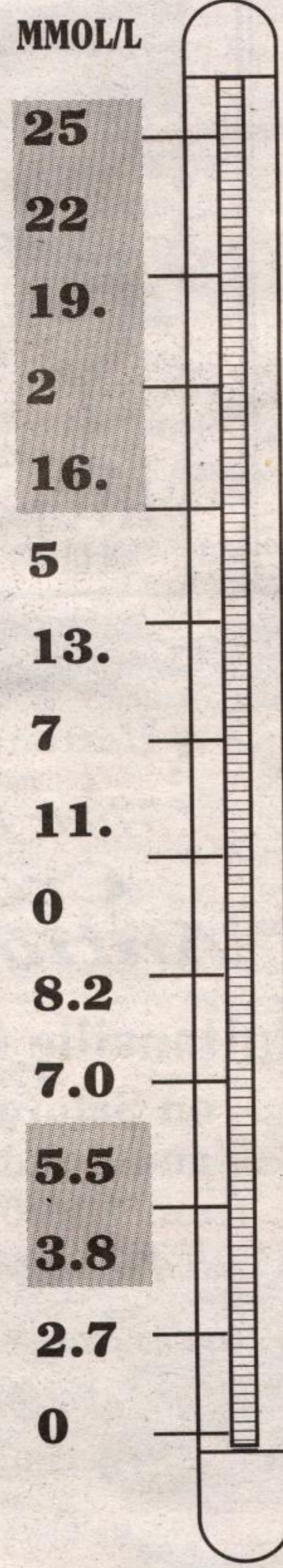
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## HIGH RANGE

### Signs and Symptoms of Hyperglycemia (High Blood Sugar)

- Thirst and excessive urination
- Weakness, fatigue and visual disturbances
- Consistently positive urine tests for glucose
- Elevated blood glucose readings

**Warning:** It is important to remember that the signs and symptoms of hypoglycemia may not be present in some diabetics whose blood sugar levels are high. Blood glucose monitoring is the best way to determine the correct blood sugar level.

## NORMAL RANGE

### Signs and Symptoms of Hypoglycemia (Low Blood Sugar)

- Hunger, nausea, weakness, headaches
- Sweating, shaking, irritability, dullness
- Numbness of lips or tongue
- Change in mood or behaviour

**WHAT IS DIABETES?**

Diabetes is a complex condition in which the body is unable to use food, especially sugars and starches in the usual way. In all people, sugars and starches are converted into glucose (a form of sugar) as they pass through the digestive tract. Diabetics either lack insulin or their insulin does not work as it should. Without insulin, glucose cannot enter the cells. Starving for food, the cells must turn to the body's fat stores for food. When fat is used by the cells for energy, ketones are produced, which over a period of time can throw the body's delicately balanced chemical system out of control. If a lack of insulin continues, the diabetic may pass into diabetic coma.

Long-term studies indicate poorly controlled diabetics are more likely to develop blindness, kidney failure and heart disease. On the other hand, diabetics who follow their meal plan, exercise, take their medication and try to minimize stress to keep their blood glucose levels within the acceptable range may delay and prevent the onset of these complications.

### THE DIABETES BALANCE

Everything you do, everything you feel affects your blood sugar. Following your treatment plan, though, gives you a solid point from which to begin to manage your diabetes. Diet...Exercise...Medication. These basics make up the treatment plan for all insulin-dependent diabetics and for some non-insulin-dependent diabetics.

You, however are responsible for carrying out the plan. The more you know about diabetes, the easier it becomes to manage your condition.

### FOOTCARE

Diabetics must keep aware of the condition of their feet. Circulatory and nerve disorders are common in diabetics. These problems often lead to increased risk of infection and decreased sensation. Early detection and treatment is essential.

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