

# HEALTHY LIVING

## Summer first aid and babysitting courses offered to children

A Canadian Red Cross Babysitting Course will be offered in Georgetown to children, 11 years or older.

Interested in becoming a responsible and skilled babysitter? This fun-filled workshop includes everything from diapering, first aid, safety tips, rights and responsibilities of everyone involved, physical capabilities of all ages of children, tips for safely finding babysitting jobs and much more!

This course also has valuable information for children that stay at home alone.

The course will be held on Wednesday, July 9 or on Wednesday, August 13, 9 a.m. to 4 p.m. at The Great Canadian Superstore.

Participants are asked to bring a lunch, pen, paper, doll or stuffed animal.

The cost is \$40 (includes Red Cross babysitting manual and wallet card).

To register, call Catherine, 905-877-4490.

A Canadian Red Cross First Aid for Kids course will also be offered to children this summer.

For all 6, 7, and 8-year-olds that have never participated in a first aid course or if those who need a first aid refresher, the course will be held on

Thursday, July 17, 9-11 a.m. at The Great Canadian Superstore in Georgetown.

Called 'PeopleSaver' level 2, it is a fun-filled workshop that will cover topics such as: what's in a first aid kit, calling EMS, emergency action steps, identifying emergencies, poisons and dangers, cuts, scrapes, burns and more!

The cost is \$15 and includes Red Cross booklet, wallet card and mini first aid pouch.

To register, call Catherine, 905-877-4490.

For anyone that is 9 years old and up that

has never participated in a first aid course or if you need a first aid refresher, the Canadian Red Cross First Aid Basics Course will be held on Thursday, July 17, noon to 4 p.m. at The Great Canadian Superstore in Georgetown.

It is fun-filled workshop that will cover topics such as: what's in a first aid kit, calling EMS, emergency action steps, identifying emergencies, poisons and dangers, cuts, scrapes, wounds, impaled objects, nose bleeds, heat, electrical and chemical burns, seizures, allergies-epipens, choking and more!

The cost is \$25 (includes Red Cross booklet, wallet card and mini first aid pouch). Again, to register, call Catherine, 905-877-4490.



## Need for blood donations continues throughout the summer

Canadian Blood Services is asking you to demonstrate your Canada Day spirit by donating blood in anticipation of the long weekend.

Hospital requests for blood continues to rise at two per cent every year which means Canadian Blood Services will have to recruit an additional 90,000 new blood donors to meet this demand. For this reason, Canadian Blood Services has decided to add two new blood donor clinic locations in Halton Hills.

The first will be on Thursday, June 26, 4-8 p.m. at the Gellert Community Centre, 10241 Eighth Line in Georgetown (also August 28) and the second will be on Monday, July 7, 4-8 p.m. at the Acton Arena and Community Centre, 415 Queen St. (Hwy 7) in Acton.

The addition of these two new clinic locations has been made possible by the donation of their facilities by the Town of Halton Hills. It is hoped the extra clinics will make it easier and more convenient for donors to donate as they will be held bi-monthly at each location in addition to the current clinics being held monthly at Maple Avenue Baptist Church (July 14, Aug. 11) and bi-monthly at the Acton Legion (Aug. 21). The addition of two new clinics can't come at a better time considering that summertime can add a strain to blood inventories.

"Last summer was particularly difficult with lower than normal blood supply levels and so this year we are asking people to make blood donation a personal priority," says Caryna

Wilding, Community Development co-ordinator, Canadian Blood Services. "It is very easy to do, it only takes one hour and you can make a lifesaving difference to three patients anywhere in Canada."

Holidays and long weekends, such as Canada Day are traditionally a challenging time for the blood system. While blood donations traditionally decrease because people are away on holidays, the demand for blood may increase due in part to an increase in trauma cases such as car accidents. Most blood is used within a week of being collected.

The lower number of donors each summer are also a strain because some blood components such as platelets only have a five-day shelf

life. A single treatment for a cancer patient, or child with leukemia, may require six to eight platelet transfusions. It takes five blood donors to make one unit of platelets.

Pina Pecile, the mother of a leukemia survivor who was diagnosed at age six and whose family depended on the generosity of donors, pleads, "How do you explain to a six-year-old that she has an illness that could be terminal? We think of blood donors as our daughter's 'heroes' because they supported her every step of the way and our family will always be grateful they took the time to donate."

Call 1 888 2 DONATE (1 888 236-6283) for blood donor clinic information or to book an appointment. Info: visit [www.blood.ca](http://www.blood.ca)

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