

Multi-lingual pamphlet for seniors now available

Brochure printed in nine languages as well as English and French

By **TIM WHITNELL**

Special to *The Champion*

A new, combined multi-lingual pamphlet may make it easier for seniors and those whose mother tongue is neither English or French to receive the help they need in their home or in the community.

Staff and volunteers with the social service agencies Tele-Touch, Halton Helping Hands and the Halton Multicultural Council officially unveiled their new multi-purpose information booklet during a recent luncheon at the Bay Area Learning Centre in Burlington.

What was once a matter of each organization supplying their own bilingual pamphlets to prospective clients is now a case of being able to provide a singular brochure available in a dozen languages.

The pamphlet project, funded by the Halton Region Healthy Community Fund, is intended to make it easier to assist seniors to live independently.

Pamphlets with information about home support services for seniors and individuals with disabilities have been printed in English, French, Spanish, Italian, Punjabi, Serbian-Croatian, Arabic, Russian, Korean, Portuguese and

Polish.

The pamphlets will be distributed to the Community Care Access Centre of Halton (440 Elizabeth St., fourth floor, in Burlington), community information centres, cultural groups and places of worship in Burlington, Oakville, Milton and Halton Hills.

Tele-Touch, which offers free telephone companionship to seniors and the disabled as well as referrals to other social agencies, quoted statistics from recent census data that indicates one in six Halton residents have a mother tongue other than English.

Project leader Sue Murray, executive director of Tele-Touch, hopes the pamphlets will assist seniors from the diverse communities to be more aware of community support services.

She said the integrated pamphlet is a natural fit for the troika of service groups because they all support seniors and are all United Way member agencies.

"Telephone reassurance calls and homemaking assistance helps older adults stay in their own homes as long as possible, with reduced risk," Ms Murray said of her group, formed in 1971.

Two paid staffers and a slew of

volunteers serve about 500 Tele-Touch clients annually.

The Halton Multicultural Council (HMC) helps refugees and immigrants access help and offers professional translation services to groups and individuals.

The executive director of the HMC said the agencies' expanded partnership will be extra beneficial.

"It creates an outreach tool for seniors and their caregivers, who will now be able to inform in a linguistically inclusive manner," said Joanna Matthews.

The HMC, formed in 1979, boasts about 150 interpreters who speak approximately 60 languages. It provides transitional housing, settlement services, language instruction and referrals.

The HMC has 50 to 60 staff in offices in Burlington, Oakville and Milton.

Since 1972, Halton Helping Hands has provided seniors and individuals with disabilities subsidized home support and volunteer help with home services like repairs, cleaning, laundry, grocery shopping, and snow and leaf removal.

Halton Helping Hands has about 50 home support workers who serve about 1,000 regional residents per year.

Thinking of advertising in

North Halton

life



Call Colleen Gorman
Sales Representative

905-878-2341 ext 231

odds are, you'll win big.

There's a one in 500,000 chance of winning the lottery. At Herbal Magic, winners are guaranteed.

Established since 1999



Platoria

- get back on track after the holidays
- lose up to 15lbs quickly
- kick start healthy weight loss

15% OFF*

WM-4000 Ultra™

- controls appetite
- increases energy
- reduces water retention

20% OFF*

Magic Money

- top quality herbs, minerals, and vitamins
- guaranteed potency, superior absorption
- excludes mandatory

\$5

QUIT™ Kit

- reduces nicotine cravings
- eases withdrawal symptoms
- be a non-smoker in as little as 3 weeks

20% OFF*

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES



15 Martin St. 905-693-9594
CARRIAGE SQUARE

ask for the impossible.
it's our specialty.

www.herbalmagicsystems.com

Monday to Friday 9-7
Saturday 9-1

Beneficial Living & Wellness
COUNSELLING FOR GRIEF & LIFE TRANSITIONS™



Feel Better!

Whether your loss is from...
Death, Divorce, Loss of Relationship,
Moving, Health Deterioration...
or any significant emotional loss.

We can help!

Unresolved grief can have a
life long negative impact.

Grief doesn't 'just go away'
Learn the step-by-step process to
working through your grief and loss
and finally feel better.

Begin your
journey to
recovery today!

Support Groups*

Individual
Counselling
Educational
Programs

Debriefing in
the workplace

Tel: 905.467.0418 Fax: 905.465.0672

Email: melissa@beneficialliving.com

www.beneficialliving.com



*This program is affiliated with and endorsed by
THE GRIEF RECOVERY INSTITUTE