

Family affair

Stouffville's Murray Redshaw (right) receives a helping hand from sister Aldine Sinclair, one of many volunteers at a Red Cross blood donor clinic held Friday



Diabetes awareness

The Markham Stouffville Diabetes Association has officially joined forces with the national association.

October is diabetes awareness month. More than 400 volunteer members of the Canadian Diabetes Association (CDA) representing over 600 communities including Markham and Stouffville will be reaching out to the people of Canada with life saving information.

Nellie Hacker, of the Markham Stouffville Diabetes Association, said a number of displays will be set up in the area in hopes of reaching undiagnosed diabetics. It's estimated there are 5,000 diabetics in the Markham Stouffville area.

Symptoms of diabetes include excessive thirst, weight loss, constant hunger, frequent urination, loss of energy, as well as blurry vision, dry skin and slow healing of wounds.

The Markham Stouffville Diabetes Association just recently became an official branch of the Canadian Diabetes Association.

"It's exciting being a unit of the CDA. It's really going to open a lot of doors for us," said Mrs. Hacker. "We'll have access to all their information and guest speakers."

She added the Markham Stouffville branch of the CDA has approximately 50 members. They meet every second Monday of the month at Markham District High School.

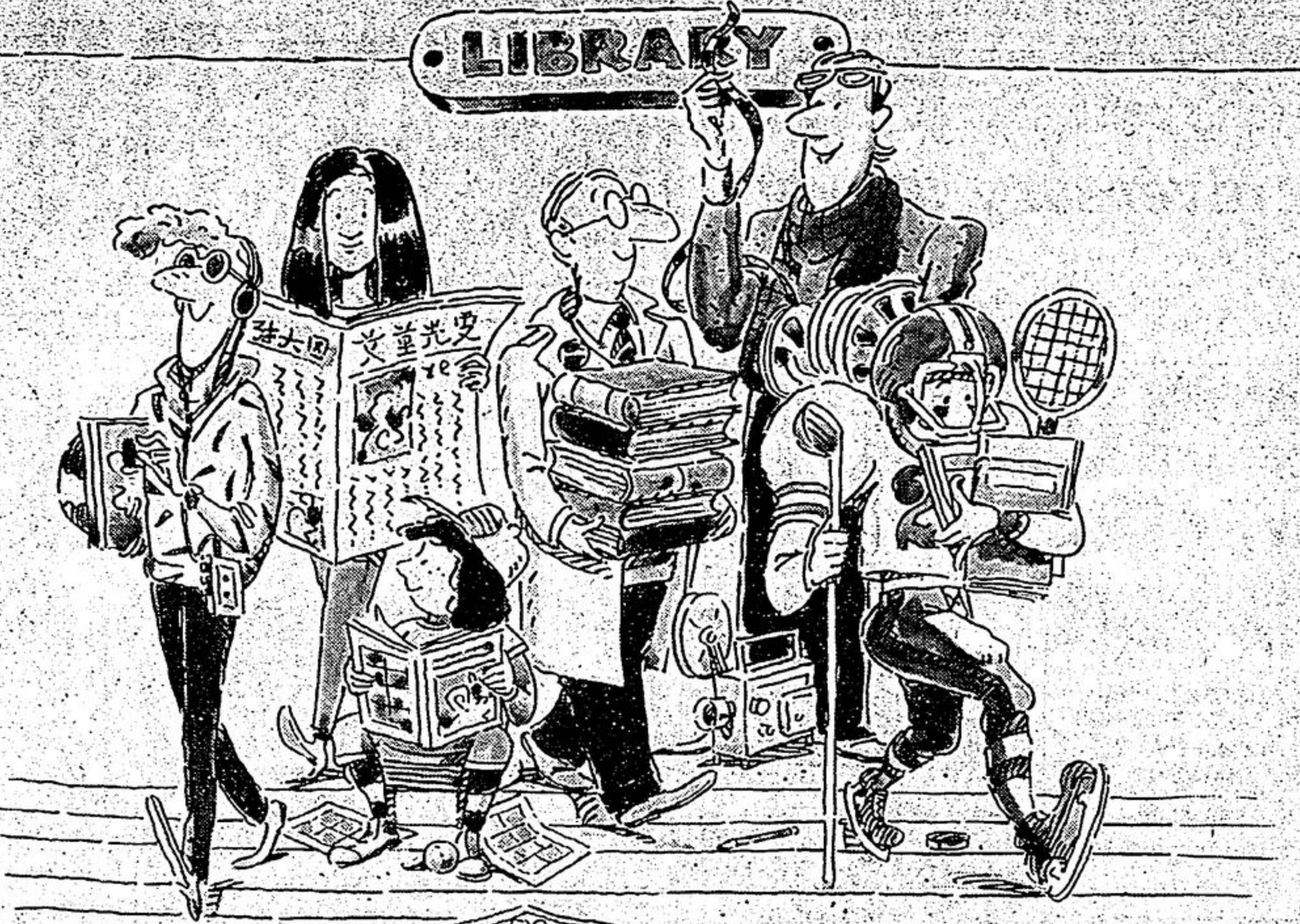
"We are a self-help group and encourage diabetics to come out and join us," said Mrs. Hacker. She said the organization's main drive is working towards getting a diabetic centre established in the new Markham Stouffville Hospital.

Executive officers for 1986-87 for the Markham Stouffville Diabetes Association are: Ken Smith, president; Murray Edmunds, past-president; Lou Groff, vice-president; Rose Tomassini, vice-president; Judy Gerber, program co-ordinator; Bridget Smith, treasurer; Betty Ross, secretary; Nellie Hacker, publicity; Margaret Couch, social convener; and Ron Moran, newsletter editor.

The next meeting of the Markham Stouffville Diabetes Association is scheduled for Nov. 10 at 7:30 p.m. at MDHS.

More than 450,000 Ontario residents have diabetes. And of these, almost half — a quarter of a million people — are unaware that they have a condition that increases their chances of developing heart disease, blindness, kidney failure and stroke.

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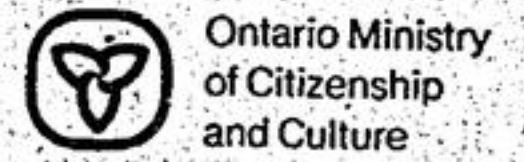


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