

Blood pressure clinics

Preventive medicine practised here

By KATE GILDERDALE
Health care these days put the emphasis on prevention rather than cure, and York Region's blood pressure clinics for senior citizens emphasize this philosophy.

On the second and fourth Thursday of each month from 8:30 a.m. until noon, community health nurse Ethel Jeffrey visits the Silver Jubilee Club and checks the blood pressure of all seniors who drop in.

Not only is it a sensible precaution, it also allows people to relax and chat in informal and familiar surroundings.

The service has been offered since 1984 at the Silver Jubilee Club explained Mrs. Jeffrey. Before that she visited seniors' apartments at Elm Road and Testa Villa, but the location was changed to the Club so it would be accessible to a greater number of people.

Mrs. Jeffrey estimates she sees about 25 people on a regular basis and from the banter exchanged it's clear those using the service feel very comfortable with it.

Mrs. Jeffrey has been with community health care for more than 20 years, starting out in an office in town now occupied by Stouffville Travel Centre.

With people leaving hospital much sooner after surgery and childbirth, community health nurses find themselves in great demand.

"It can be a stressful job," noted Mrs. Jeffrey, "but I really enjoy it."

In addition to the blood pressure clinics, community health nurses are involved in diabetic clinics, follow-up calls on patients referred from local hospitals, school health care and many other services. The clinics provide a back-up service and take some of the load off doctors.



Pressure checker

Ethel Jeffrey checks the blood pressure of another visitor to the Silver Jubilee Club. Mrs. Jeffrey has been a community health nurse for more than 20 years. She also administers diabetic clinics, follow-ups on hospital patients and school health awareness programs.

The cost of the clinic is covered by taxes and Mrs. Jeffrey welcomes anyone who would like to utilize the service. As she pointed out to one visitor, it can be very helpful for a doctor to have such information available when a patient comes for a regular check-up.

Claremont news

Celebration dance

By LAURIE TOWATA-ROY (649-2296)
By SANDY HILL (649-2653)

The Claremont Cubs, Scouts and Beavers are holding a Spring Celebration Dance at the Claremont Legion Saturday, April 16. Al Graham and the Rhythm Rockets will be rocking up a storm as they are the featured performers.

There will be spot dances and a buffet. Doors open at 8 p.m. until 1 a.m. Tickets are \$20-a-couple. For more information or tickets call Nancy Lehman at 649-2067, Sue Smith at 649-3620, or Deane Watson at 649-3525.

The Claremont Dist. Lions and Lioness Clubs are celebrating

anniversaries. The Lions are celebrating their 20th Charter Anniversary while the Lioness Club is recognizing its 10th Certification Anniversary. To commemorate this event both organizations have combined a dinner and dance Saturday, April 9 from 6 p.m. at the Claremont Legion. If you are interested contact Al or Carole Redshaw at 649-2342.

The Claremont Men's Fastball Dance will be held April 23 at 8 p.m. until 1 a.m. at the Legion. Disc Jockey Joey Boreland will supply the music. Tickets are \$6 per person and can be purchased from the ballplayers.

Congratulations to Rosemary and Peter Gillispie on their new addition. Peter Jr. was born Fri-

day, March 4, weighing 8 lbs. 11 oz. The Claremont Baptist and United Churches will get together for a Pot-Luck supper and Communion service Maunday Thursday, March 31 at 6:30 p.m. The supper and service is at the Claremont Baptist Church.

For Good Friday, April 1, the churches are meeting for 7:30 p.m. at the United Church to attend a performance of the play, "Who Killed Jesus of Nazareth?"

On Easter Sunday there will be a "Sunrise Service" for the Claremont and Brougham communities at the Almack Farm. The farm is situated on the east side of Brock Road, just before the Old Brock Road turnoff to Claremont. Service starts at 7 a.m.

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