

# Education and support sessions for caregivers available from public health

Once a week for six weeks, a group of women meet to talk about the realities of caring for elderly family members. Their individual situations are different. Susan's mother lives in a long-term care facility in another city. Josie is caring for her father with Alzheimer's disease.

Marguerite's parents still live in their own home, but she visits them daily. Susan, Josie, Marguerite and the others come to the group for a variety of reasons - to get practical solutions to problems, to find out what help is available in the community, but mostly, to share their situation with others who understand.

These women are part of an ever-growing number of people with eldercare responsibilities. Some are members of the sandwich generation, caring for

both parents and children at the same time. Some may have volunteered to help, others may have been the only one available. Most have mixed feelings about their caregiving role.

During the six-week period, the group facilitator, a public health nurse, will encourage the group members to explore many aspects of being a caregiver - balancing career and family responsibilities, coping with feelings of anger and guilt, coming to terms with loss and aging, accessing community resources. By the last session they have learned helpful information and felt the support of other caregivers.

For further information about caregiver issues or to register for a Care to the Caregiver education and support group, call the Health Info Line, York

Region Public Health Department at 895-4511 or

**MARKHAM FAIR**

September 28th, 29th, 30th, October 1

## BABY CONTEST

Saturday, September 30th, 1995  
9 a.m. Entertainment Tent

**RULES**

1. Babies must be born between July 1st/94 and June 30/95.
2. Babies must be a resident of Markham or Whitchurch-Stouffville, (area bound by Yonge on the west, Steeles on the south & Markham/Pickering townline on the east).
3. Limited number of entries accepted.
4. Deadline September 22/95.

For info only call Cathy Lee 294-3179

**BABY CONTEST APPLICATION FORM - 1995**

BABY'S NAME \_\_\_\_\_

PARENT'S NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE # \_\_\_\_\_

BABY'S DATE OF BIRTH \_\_\_\_\_ SEX \_\_\_\_\_

Please submit your application no later than Sept. 22/95.

To: Markham Fair Baby Contest  
12 Elizabeth St., Markham, Ont., L3P 2B4

ALL SHOWS FREE WITH ADMISSION \* FREE PARKING

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**GOODWOOD LIONS CLUB**  
Annual  
**Beef Barbecue & Dance**  
featuring  
**"SMAK DABB"**  
Saturday, September 16<sup>th</sup>  
GOODWOOD COMMUNITY HALL  
Dinner 6 - 8 p.m.  
Dinner & Dance  
**\$12<sup>00</sup> per person**  
*Tickets at the door*

**Miss Markham Fair Competition**

**92.5 CISS FM**  
New Country Video Show

The music of the 90's

**Dance & Competition**  
Saturday, September 16th, 1995  
Time: 8:00 p.m.  
Advance Tickets: \$10 per person, \$12 at the door  
Markham Fair Grounds

**Miss Markham Fair Competition Entry Form**

Name \_\_\_\_\_ Age (18-24) \_\_\_\_\_  
Address \_\_\_\_\_ Phone No. \_\_\_\_\_  
Hobbies \_\_\_\_\_

Drop off at Fair Office (McCowan & Elgin Mills)  
For Information & Tickets call 642-FAIR

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