

HEALTH: Clinic teaches safety, independence

Seniors learn to prevent falls

BY JOAN RANSBERRY
STAFF WRITER

Falls are the leading cause of injury and the sixth leading cause of death in the elderly population, a health official warns.

Cindy O'Keefe of the York Region Health Services has a mission: to teach seniors to avoid falls.

O'Keefe will help coordinate an upcoming Falls Prevention Clinic at Stouffville's Parkview Village on Sept. 14 from 9 a.m. to 1 p.m.

May Hanson, a Stouffville senior and resident of Parkview, has already signed up.

"I want to remain as independent as possible. This clinic will help me with my goal," said Hanson.

People need to know that 80 per cent of falls happen in the home

At the clinic, seniors will learn why heights of furniture, especially beds and chairs are critical. "Most furniture is too low," said O'Keefe. For this problem, seniors can add firm foam pads to the seat or use sturdy bed blocks under the legs of the sofa or the bed.

Of course, the nurses will talk about the dangers of scatter rugs, why you should never stand on a chair and how to know if your step ladder is safe.

"Falls are not part of the normal aging process," said Joanne Maika White, clinic director. "Actually 75 per cent of falls are due to untreated physical problems, while 25 per cent are due to environmental hazards."

During the clinic, a public health nurse will check blood pressure, balance, medications, walking and mobility aids.

"People need to know that 80 per cent of falls happen in the home," said Maika White. "Over one third are due to slipping or tripping on the level surface." Parkview Village is located at 12184 Ninth Line. The clinic is free. All seniors are welcome. For information about registration, call 640-1940.

THE ANGLICAN PARISH of CHRIST CHURCH
254 Sunset Blvd., Stouffville
The Rev. Robert A. Shields 640-1461
Wednesday, September 2nd
10:00am Seniors Service and Tea
September 6th, 1998
14th Sunday after Pentecost
8:00 a.m. Holy Communion
10:00 a.m. Choral Eucharist
With Nursery Provided
Wednesday, September 2nd
10:00 a.m. Senior's Service and Tea
Everyone Welcome!

STOUFFVILLE UNITED CHURCH
34 Church St. N. 640-1163
Rev. Robert Nightingale
Sunday, Sept 6th, 1998
10:00 a.m. Service at St. James
Presbyterian Church
Everyone Welcome

BLOOMINGTON GOSPEL CHURCH
South of 47 Highway formerly Bloomington Rd.
Pastor: Dr. John Howarth
Sunday, Sept. 6th, 1998
9:45 a.m. Sunday School
11:00 a.m. Communion Service
"The Best Life Insurance Policy" Colossians 1:13-23
Everyone Welcome

VIVIAN BAPTIST CHURCH
473-3543
On Hwy. 48 at Vivian Rd.
Pastor Robert Okum
Holding forth the doctrines of grace
9:45 a.m. Sunday School
11:00 a.m. Morning Worship
7:00 p.m. Evening Service
Everyone is Welcome

STOUFFVILLE BAPTIST CHURCH
A Fellowship Church
6273 Main Street
Pastor: Rev. Gordon Bickle
Asst. Pastor: Gordon MacCormack
Sunday, September 6th, 1998
10:00 a.m. Bible Class
11:00 a.m. Morning Worship
Message: "What God says about the Work Ethic"
Communion
Wednesday 2 pm - Bible Study & Prayer
"To Guide Your Children on the Right Way You Must go That way Yourself"
We Care

Springvale Baptist Church
Stouffville Rd. at Kennedy Rd.
887-5651
Senior Pastor: Bob Flemming
Associate Pastor: Bill Thornton
Associate Pastor/Student Ministries: Brian G. Simcoe
Worship & Music Co-ordinator: Heather Thornton
Visitation Children's Ministries Co-ordinator: Sharon Russell

CELEBRATING 150 YEARS OF MINISTRY
Sunday, September 6th, 1998
10:00 a.m. Worship Service
Pastor Bill Thornton
6:00 p.m. No Evening Service
SUNDAY SCHOOL RESUMES
SEPTEMBER 13th at 9:45

Come To Church On Sunday

WIDEMAN MENNONITE CHURCH
10530 Hwy. 48 North of Major Mackenzie Phone: 640-6219
Interim Pastor Henry Regehr
Sunday, September 6, 1998
10:30 am - The Missions Committee
No Evening Service
Everyone Welcome

You Are Invited
Non-Denominational Gospel Services
Bringing the teaching of the New Testament and believing that Jesus Christ is the Way, the Truth, and the Life
Services are quiet and reverent
All Welcome
Lemonville Community Centre
East Side of McCowan Road
3 kms. north of Stouffville Road
Sundays 7:00 p.m. Wednesdays 8:00 p.m.
Information: Call 905-881-9921

LIQUIDATORS FOR BANKS, INSURANCE COMPANIES AND OTHERS

Visit our Web Site at: www.liquidationworld.com

100% LEATHER LOVE SEAT / SOFA SETS
VARIETY OF COLOURS
ONLY \$2499.00

BRASS AND GLASS OVAL COFFEE TABLE
\$139.00
ROUND END TABLE
\$129.00

\$525,000.00 INSURANCE CLAIM
A MAJOR CANADIAN DISCOUNT RETAILER HAD A FIRE
WE BOUGHT IT ALL!
SAVE 40% OFF THE REGULAR RETAIL PRICES ON CLOTHES AND LINEN

A MAJOR CATALOGUE COMPANY HAS DISCONTINUED 100'S OF STYLES OF LADIES CLOTHES. THEY HAVE GIVEN US OVER 40,000 PIECES OF MERCHANDISE TO LIQUIDATE FOR THEM AT LEAST **40% TO 80% OFF THEIR PRICES**

UNIQUE VICTORIAN BOTTLE LIQUID CANDLE
\$6.99

BEAUTIFUL WOODEN TABLE WITH SCALLOPED EDGES PLUS TWO PADDED ARMCHAIRS PLUS FOUR PADDED SIDECHAIRS
\$799.99

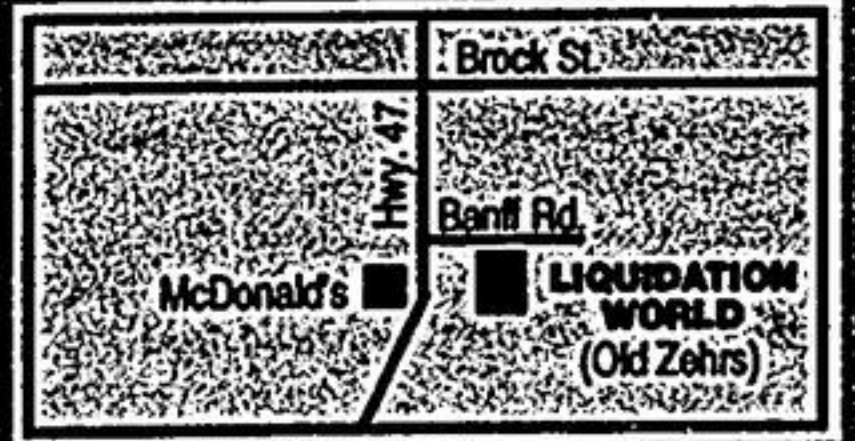
NAME BRAND AIR CHISEL SET, FOUR CHISELS
\$2.99
TIRE INFLATOR KIT
\$9.99

LIQUIDATION WORLD

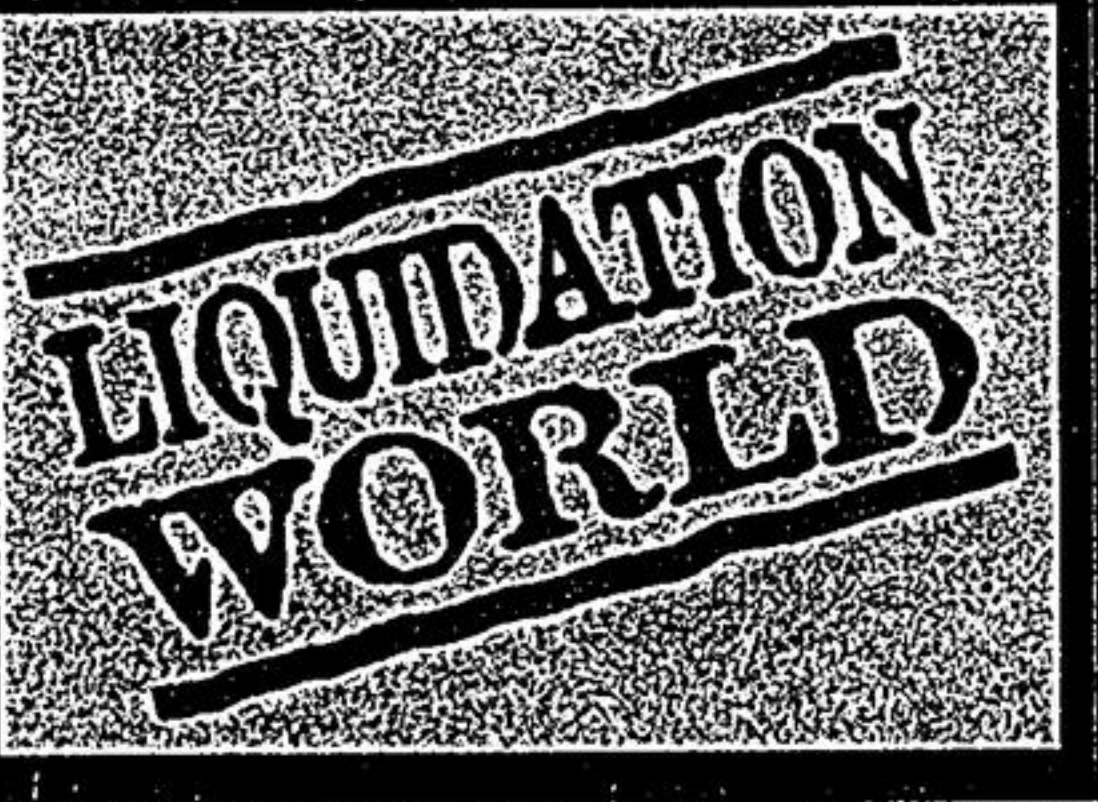
(Old Zehrs) 4 Banff Rd. (& Hwy. 47)

852-0677

OPEN TO THE PUBLIC
MON. - FRI. 10 a.m. - 9 p.m.
SAT. 9 a.m. - 5:30 p.m.
SUN. 11 a.m. - 5 p.m.



Now 57 locations across North America



DUE TO THE NATURE OF OUR BUSINESS, WE ARE UNABLE TO ADVERTISE NAME BRANDS.

WE PAY CASH FOR DISTRESS INVENTORY
1-888-LIQUID8
(1-888-254-0843)