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# Falls Prevention Week stresses safety

*Falls are the leading cause of injury for older adults in Ontario*

BY NOREEN O'LEARY  
CORRESPONDENT

The leading cause of injury among older adults will be recognized in York Region's first Falls Prevention Week, running Sept. 14-18.

According to York Region's Health Services Department, falls are the primary cause of injury and the sixth leading cause of death for older adults in Ontario. It is estimated that 33 percent of seniors in York Region fall every year.

For individuals over 65, the average length of hospital stay as a result of a fall is 17.6 days. Even after hospitalization, extensive nursing and therapy can be required.

Research also shows that ice, snow and uneven sidewalks pose a high risk of causing falls resulting in injury.

As part of the week, the York Region Community Coalition on Falls, in partnership with the Town of Markham roads department is launching a public awareness campaign on sidewalk safety.

Here are some tips to help prevent falls from the regional health department:

- Keep active to maintain muscle and bone strength, and reduce the risk of injury.

- Wear supportive shoes.
- Have adequate lighting throughout your home, especially in halls and stairwells.

- Ensure handrails on stairwells are secure.

- Keep stairs and main traffic areas free from clutter.

- Be aware that some medications can cause sleepiness, dizziness or light-headedness.

- Have your vision and hearing checked regularly.

- Remove rugs or mats that could slide or bunch up and cause someone to trip.

- Use correctly fitted walking aids such as canes or walkers, if you are unsteady on your feet.

- Do a regular safety check of your home. Non-skid bathmats, grab bars, bath chairs and hand held showerheads help prevent falls.

For more information, call the York Region Health Services Health Connection Line at 1-800-361-5653.



STAFF PHOTO/STEVE SOMERVILLE

Smooth sidewalks is one of the goals of Falls Prevention Week in York Region. Here, Don Cousens, Mayor of Markham, Dorothy Gilbert, volunteer with Coalition on Falls, and Cindy O'Keefe, York Region Health Services Department, improve a sidewalk.



**Pat Robinson**  
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**JOIN IN THE FUN AT**  
**MARKHAM FAIR** **OCTOBER 1, 2, 3, 4**  
 Enter your hand-crafted items, favourite homemade jam or the best from your garden. Prize books and entry forms are available at the FAIR OFFICE, 10801 McCowan Rd. or at the Markham Library, and the Markham Centennial Centre.  
 Closing date for entry forms, September 17th.  
 For More Information Call 642-3247

**Ristorante il Giardino**  
 If you like Italian, you'll love us!  
 And you'll love this offer more.  
 For **25** Days Only, Enjoy **25%** Off  
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 Simply bring this ad on your next visit and present it with your payment. It's that easy!  
 15 WERTHEIM COURT  
 (Hwy. 7 and West Beaver Creek)  
 For Reservations - (905) 764-0559  
 Offer applies for dinner only. Does not apply to alcoholic beverages, taxes and gratuity. Offer begins Sept. 15 and expires Oct. 10, 1998.

**DURHAM COLLEGE**  
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 Still time to REGISTER!  
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**MARKHAM FAIR**  
**October 1st, 2nd, 3rd, 4th**  
**BABY CONTEST**  
**October 3rd, 1998**  
**9 a.m. Entertainment Tent**  
**RULES**  
 1. Must be pre-registered.  
 2. Babies must be born between July 1st/97 and June 30/98.  
 3. Babies must be a resident of Markham or Whitchurch-Stouffville.  
 4. Limited number of entries accepted.  
 5. Deadline September 25/98.  
 For information only call Karen Lorenzen, (905) 640-5965  
**BABY CONTEST APPLICATION FORM - 1998**  
 BABY'S NAME \_\_\_\_\_  
 PARENTS NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 PHONE # \_\_\_\_\_  
 BABY'S DATE OF BIRTH \_\_\_\_\_ SEX \_\_\_\_\_  
 Please submit your application no later than Sept. 25th/98.  
 To: Markham Fair Baby Contest  
 50 Connor Dr., Stouffville, Ont. L4A 7X3  
**ALL SHOWS FREE WITH ADMISSION \* FREE PARKING**

**History in Action**  
**September 12<sup>th</sup> & 13<sup>th</sup>**  
**11 AM TO 5 PM**  
 Steam train open Saturday  
**Sunday Activities**  
 petting zoo  
 music on the bandstand  
 costumed interpreters  
 pioneer baking samples  
 threshing display  
 musical haywagon ride  
 heritage crafts  
 BBO by Pickering Scouts  
 original play performed by  
 Larry O'Leary's School of Drama  
 rounders and children's games  
 woodworking demonstrations  
 fresh honey  
 corn on the cob  
 blacksmith displays  
 quilt raffle tickets available  
 Chapters/Ajax Read-A-Thon info  
 and prizes  
 Fall Family Auction preview  
 Also open on Sunday  
**PICKERING Museum Village**  
 PICKERING MUSEUM VILLAGE is on Hwy. 7, between Brock Road & Westney Road, please call (905) 683-8401 for more information.  
 Admission: Adults \$5, Seniors \$4, Students \$1, Children 5-12 \$3 & Families \$15

**ALL MEMBERS OF HOLY TRINITY SCHOOL**  
 TAKE NOTICE THAT the Annual General Meeting of the Corporation, Holy Trinity School (Co-Educational) Richmond Hill will be held on the 22nd day of September, 1998, at the hour of 8:00 p.m. at Holy Trinity School, 11300 Bayview Avenue, Richmond Hill, Ontario, in the Dining Hall. The purpose of this meeting is to:  
 1. Receive Auditors' Report and approve the Financial Statements of the Corporation.  
 2. Elect Governors of the Corporation.  
 3. Appoint Auditors.  
 4. Ratify all acts, by-laws and proceedings of the Governors and Officers since the last Annual Meeting of the Members.  
 5. Transact such further and other business as may properly be brought before the meeting.  
**Jud Whiteside**  
 Secretary  
 Dated at Richmond Hill this 12th day of September, 1998