

COMMUNITY: Preventative medicine urged for everyone

Don't get stuck without your flu shot

BY FRED SIMPSON
Staff Writer

The biggest mistake people at high risk of catching the flu can make is to delay getting a flu shot, advises a York Region health official.

"It's important to note that influenza is much more serious than the common cold," said the region's infectious disease manager Faron Kolbe.

"True influenza is a high fever, which is accompanied by aches and pains and a cough. It will lay you flat on your back for up to a week and it may take another three weeks before your body recuperates."

That applies to even young and normally healthy people, he added.

"We especially recommend that all high-risk individuals receive their flu vaccine," Kolbe said. "We are not in the business of recommending it to low-risk people, but in general, everybody should receive the flu vaccine if they can't afford to be off work."

The province's health ministry has advised the flu season has arrived early in some areas.

An influenza A outbreak has already been reported in a nursing home elsewhere in the province.

"From what I've heard, the illness in this nursing home is quite mild, but we felt it was a good idea to warn our nursing homes that they should start

inoculations now," said Kolbe.

Health Canada reports that, for healthy adults, a flu vaccination is successful 70 per cent of the time or more in either preventing the flu or lessening its symptoms to some degree.

High-risk patients normally get flu shots at their doctor's office or in a long-term care facility.

Some pharmacies are also offering the shots. Shoppers Drug Mart Healthwatch clinics are available in stores across York Region until the end of October. Recipients will be screened, inoculated and monitored by a registered nurse.

For senior citizens and people in high-risk categories, such as those with asthma, OHIP covers the cost for the inoculation.

Healthy adults under the age of 65 can get a shot for \$12, of which \$1 will be donated to the Ontario Lung Association.

Persons considered to be in the high-risk category are those 65 and older, all residents and staff in homes for the aged, nursing homes, chronic care facilities/units and retirement homes.

Also at risk are adults and children with chronic cardiac or pulmonary disorders, diabetes and other metabolic diseases, cancer and immune deficiencies.

Also affected are children and adolescents who have been treated for long periods with acetylsalicylic acid (ASA).

COMMUNITY CALENDAR

A PUBLIC SERVICE FOR NON-PROFIT ORGANIZATIONS

CONTRIBUTIONS: THE STOUFFVILLE TRIBUNE, 37 SANDIFORD DR., SUITE 306
STOUFFVILLE, ONT. L4A 7X5 • FAX: (905) 640-5477

EVENTS

TUESDAY, OCT. 19

Whitchurch-Stouffville Public Library, library week celebrations. Drop in for a variety of puzzles and displays.

WEDNESDAY, OCT. 20

Ontario Ministry of Health will be at Markham Stouffville Hospital Café room to replace/renew health cards. By appointment only, call collect (905) 434-3700.

WEDNESDAY, OCT. 20

Ladies Auxiliary Branch 459 fall roast beef luncheon at Stouffville Legion, 11:30 a.m. to 1:30 p.m. \$8 at the door.

WEDNESDAY, OCT. 20

Markham Stouffville Hospital Fashions for Life show. Proceeds benefit the maternal/child system, 6:30 p.m. at Le Parc. Tickets \$50. Call Jennifer Chong Yen at 477-7734.

THURSDAY, OCT. 21

Beyond your Blood Type program at Whitchurch-Stouffville library for anyone wishing to improve their diet, 7:30 to 8:30 p.m. \$5 plus GST. Pre-register.

SATURDAY, OCT. 23

Eastern Gate Retirement Community residents arts, craft and bake sale at Stouffville Pentecostal Church, 10 a.m. to 2 p.m. 6853 Main St.

SATURDAY, OCT. 23

Lucy Maud Montgomery Day at St. Paul's Church, Leaskdale. Choice of four workshops at 10 a.m., each \$5. Film, lunch and speakers at 11:30 a.m., \$10. 852-7493.

SATURDAY, OCT. 23

One Parent Families Association of Canada invites separated, divorced or widowed single parents to a Halloween dance. Admission \$10, 8:30 p.m., cash bar at Crosby

Community Centre. Call L. Jones at (416) 438-5435.

SATURDAY, OCT. 23

Markham Museum: haunted museum, Oct. 23, 25 to 30. Tickets \$5 for adults, \$3.50 for seniors and youth. Suitable for children 7 and older. Call Tracy at (905) 294-4576 to reserve tickets.

SATURDAY, OCT. 23

St. James Presbyterian Church bazaar, 6432 Main St. Stouffville, 10 a.m. to 1 p.m.

SUNDAY, OCT. 24

Afternoon movie at the Whitchurch-Stouffville Public Library, 1 p.m. Party Girl, \$2 at the door, restricted.

MONDAY, OCT. 25

York-Durham Heritage Railway departs Uxbridge 9:30 a.m., departs Stouffville 11 a.m.

MEETINGS

TUESDAY, OCT. 19

Connecting Rainbows meeting at the Canadian Cancer Society, 227 Main St., Markham at 7:15 p.m. 294-5925.

TUESDAY, OCT. 19

The wildlife committee of the Friends of Musselman's Lake first public meeting on wildlife habitat and issues, 7 p.m. at Cedarvale Community Centre. Call Ralph at 642-1368.

TUESDAY, OCT. 19

The Arthritis Bluebird Club, York Region South, meeting, 7 to 8:30 p.m. at Unionville Library. 471-2443.

MONDAY, OCT. 25

Stouffville Lions meeting at Latham Hall in The Park. Social at 6:30 p.m., dinner at 7 p.m. Reserve guests with Cliff Dunkeld at 640-1204.

Come To Church
on Sunday

Parkview Village
12184 Ninth Line South
Stouffville
Sunday, Oct. 24th, 1999
Parkview Village Choir
7 p.m. Auditorium

STOUFFVILLE UNITED CHURCH
34 Church St. N. 640-1163
Worship Minister: Rev. Robert Nightingale
Education Minister: Nancy Monteith
Sunday, Oct. 24, 1999
10:30 a.m. - Worship Service
Sunday School from Baby fold to the Grade 8 Level
Everyone Welcome

DURHAM COMMUNITY CHURCH
invites you to come out and
worship with us
SUNDAY 10:30 a.m.
Enjoy a warm welcome, fun & fellowship
At Altona - 5460 Sideline 30
640-4356

STOUFFVILLE BAPTIST CHURCH
A Fellowship Church
6273 Main Street
Pastor - Gordon M. MacCormack
SUNDAY, October 24th
10:00 a.m. - Sunday School
11:00 a.m. - Morning Worship
Message: "The Church at Thyatira"
Continuing in Revelation 2
Music: Golden Melodies Band
ADVANCED NOTICE
Music Night - Sat., Nov. 13, 7:00pm
"Men of Victory" and "His Own"
Mark Your Calendar
God Bless
Train Up A Child In The Way He Should Go, But
Make Sure You Go That Way Yourself
WE CARE

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

THE ANGLICAN PARISH of CHRIST CHURCH
254 Sunset Blvd., Stouffville
640-1461
The Rev. Robert A. Shields
The Rev. Phil Cooper
Celebrating 120 years of ministry
1879-1999
Saturday October 23rd, 1999
Parish Bowling and Spaghetti Night
Call office for details
Sunday October 24th, 1999
Twenty-second Sunday after Pentecost
8:00 a.m. - Holy Communion
10:00 a.m. - Choral Eucharist with
Church School and Nursery provided
Everyone Welcome

BLOOMINGTON GOSPEL CHURCH
13660 Ninth Line
(South of 47 Highway formerly Bloomington Rd.)
Pastor - Dr. John Howarth
Sunday, October 24th, 1999
9:45 a.m. - Sunday School
11:00 a.m. - Anger's Price Tag
Matthew 5:21-26
6:30 p.m. - 166th Anniversary Sunday, October 31
Everyone Welcome

WIDEMAN MENNONITE CHURCH
10530 Hwy. 48 - North of Major Mackenzie
Phone: 640-6219
Pastor Kenneth Wellington
Sunday, October 24th, 1999
9:45 a.m. - Christian Education
10:45 a.m. - Worship
Everyone Welcome

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
Children's Ministries Co-ordinator: Sharon Russell

STOUFFVILLE MISSIONARY CHURCH
6500 Main St., Stouffville
Phone: 640-3911 • E-mail: smc.ca@home.com
SUNDAY SERVICES
Discovery Service: 9:30 am
Christian Education for all ages
Celebration Service: 11:00 am
Watch our sign
for special events and opportunities.
"Bringing the Hope of Jesus Christ
in a Changing World."

Sunday, October 24th, 1999
9:45 a.m. & 11:00 a.m.
Celebration Service
Series: "Taking Giant Steps
With God"
Pastor Bob Flemming
6:00 p.m.
Membership Meeting
SUNDAY SCHOOL
9:45 a.m. - Seniors Class
11:00 a.m. - Other ages (2 yrs - adults)
Wednesdays 7:00 p.m.
Kid's Clubs and Junior High Programs
(age 2 - grade 8)
For more info call Church Office

STOUFFVILLE PENTECOSTAL CHURCH
6853 Main St., Stouffville • 640-5696
Senior Pastor - Gene Clarke
Assistant Pastor - Jeff Wilson
SUNDAY OCTOBER 24, 1999
9:30 a.m. & 11:00 a.m.
Friendship Service
6:00 p.m.
A Pot Blessing Dinner & Fellowship
Please Join Us
Everyone Welcome

SUNOCO
20% OFF SUPER WASHES
Only With The Club
ECONOMIST & SUN
294-2200
FOR MORE INFORMATION

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