

## DIABETES FOOT screening clinic

- Have you been diagnosed with diabetes?
- Do you experience numbness or any unusual feeling in your feet?
- Do you value your independence and mobility?
- Do you want to prevent ulceration and amputation?

If you answered "YES" to any of the above questions, take the first and most important step to reduce foot complications from diabetes.

### CLINIC INFO:

June 22nd, 2010  
10:00am - 3:00 pm  
1050 Hoover Park Dr., Stouffville  
905-640-9533

MAKE AN APPOINTMENT FOR YOUR EXAM BY VISITING OR PHONING OUR PHARMACY.

The Pharmacist  
at Walmart  
Just ask



### Region prepares poverty action plan

York Region is preparing its playbook for battling poverty and improving social services over the next five years.

The community and health services committee had its first look at the draft plan, which sets out high-level strategies for navigating the rocky road ahead as the region

faces explosive growth.

The plan outlines changes in six broad areas: Helping low-income residents access basic needs and jobs; provide diverse housing choices; promote health prevention, protection and promotion; support children, families and youth; foster social inclusion for immigrants; support community planning.

Go to [yorkregion.com](http://yorkregion.com) for the whole story

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Stouffville Sun-Tribune  
YORK REGION MEDIA GROUP

## DENTIST Works-Lives-Plays-Shops IN STOUFFVILLE



Dr. VICKI KUO

PARK DRIVE DENTAL

12 Park Drive South

905-640-6688

[www.parkdrivedental.com](http://www.parkdrivedental.com)

Dr. Vicki Speaks English, Mandarin, Cantonese

New Patients Welcome

# West Nile virus

Spoil a mosquito's dinner plans



Some mosquitoes carry West Nile virus and their bites may lead to West Nile virus infection. Clean up! The best way to keep mosquitoes away is to clean up areas of standing water around your home where they like to breed.

### What you can do

- Clean up and empty containers where water collects (old tires, tin cans, flower pots, etc.)
- Change water in bird baths weekly
- Remove water that collects on pool covers
- Turn over items such as wading pools, wheelbarrows and small boats
- Clear leaves and twigs from eavestroughs, storm and roof gutters
- Unclog drainage ditches so that water flows freely
- Make sure swimming pool pump is circulating
- Clear out dense shrubbery where mosquitoes like to rest
- Turn over compost frequently
- Check that door and window screens are tight fitting and in good repair
- Drill holes in the bottoms of containers so water can't collect

For more information on West Nile virus, contact York Region Health Connection

1-800-361-5653 (TTY: 1-866-252-9933) [www.york.ca/westnile](http://www.york.ca/westnile)

York Region