

Service helps seniors stay home

Laurie Mountford knows first-hand that one of the hardest things for seniors to contemplate is the prospect of moving out of their homes and into care.

Her father and his wife were able to stay in their

home with her help, "and at the time I was also volunteering for CHATS (Community Home Assistance To Seniors)." When she and her family moved to Stouffville, Ms. Mountford's empathy with

seniors and her experience as a recruiter in Toronto inspired her to start up a business offering non-medical, in-home care for seniors.

"I love it here and I didn't want to travel to Toronto to work. Over last winter, which was such a horrible winter for travelling, I thought if I was feeling shut in, how must elderly people feel?" When she did some market research, she found that the vast majority of seniors, even into their nineties, were still living in their own homes.

Through her company, Comfort & Care, she offers a

wide variety of services for people who can look after

their physical needs, but who need assistance with everyday tasks such as meal preparation, housekeeping, grocery shopping, laundry and personal care. "I am not operating this as just a business; I genuinely want to make a difference in people's lives," she stressed.

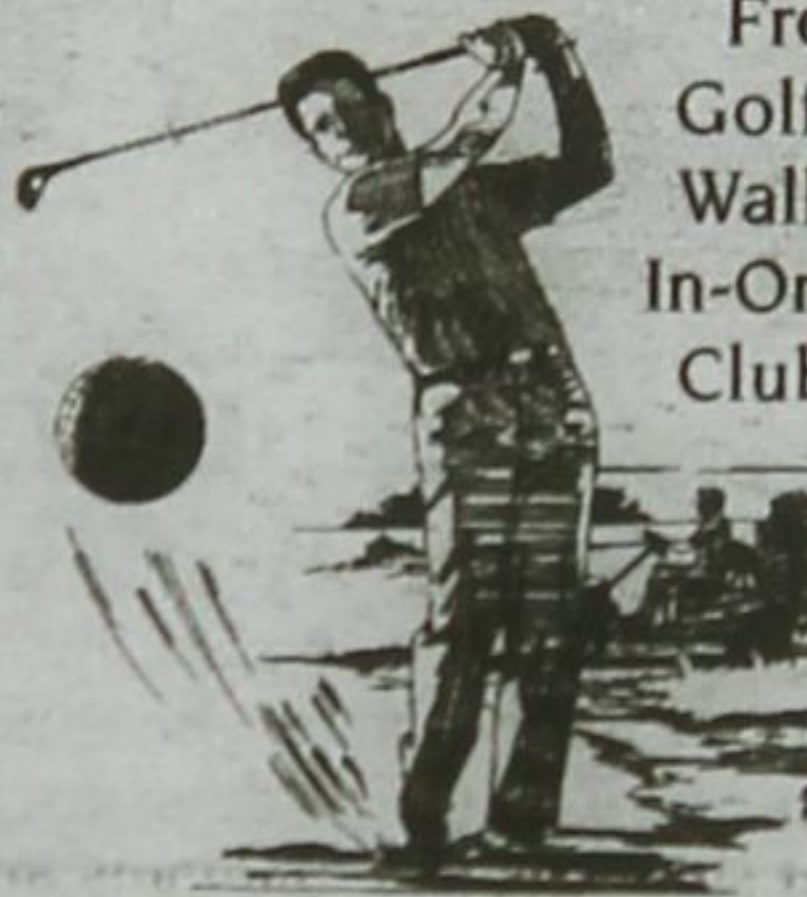
All her caregivers are insured, bonded, and thoroughly screened. Each client is matched with a caregiver who best suits his or her needs and personality, and a care program is developed to meet individual requirements and budgets.

For more information call 905-642-9494, or visit www.comfortandcare.ca.



Stouffville resident Laurie Mountford recently opened Comfort & Care, which supplies non-medical in-home care for area seniors. The company assists with tasks such as meal preparation, grocery shopping, laundry and housekeeping, allowing seniors to remain in their own homes for as long as possible.

Birthday surprise! A hole-in-one



Fresh from the Mayor's Golf Tournament, 'Tiger' Wallethead scored a Hole-In-One at Glen Cedars Golf Club just before he celebrated his 65th birthday on July 26.

Many happy returns 'Tiger' from family, friends and irritated golf partners.

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Alabaster Box owner, Tara Evans (left) with Elaine Flanagan. Elaine looks forward to visiting Alabaster Box as a guest teacher.

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