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## Age Concern's Handyman Programme



Our Handyman Programme has been in existence since 2005. Recently, the Founding Committee members Mr. Ottiwell Simmons, JP, Reginald Burrows JP, Erwin Adderley JP, Carlton Smith, Llewelyn Simmons, Richard Knight and Stephen Francis as well as Russell Leverock (posthumously) were honoured for their role in the programme. The programme's aim is to provide seniors with credible contractors to carry out small jobs around the home, at a nominal cost.

The Handyman Programme provides a sense of security to seniors by protecting them from being taken advantage of either financially or through poor workmanship.

Age Concern brings together a team of local contractors who provide quality workmanship. All contractors of the Handyman Program are vetted and undergo an orientation, process. The work is carried out by several contractors including Stephen Francis (Coordinator) (pictured here). General repairs such as basic plumbing, painting, carpentry, trucking are undertaken.



### Access to the Service

It starts with your call to our office...

- You tell us what you need. Our team of knowledgeable professionals works on your behalf. Based on the Handyman's assessment, he will inform you whether it is feasible to proceed with the request and provide an estimate of the costs.
- The Handyman Program is undertaken on a cash basis. We invoice you and then pay the Handyman.
- Upon completion of the job we ask for your feedback on the quality of the work done.
- When critical requests are received (i.e. seniors facing health or safety issues) the Handyman Coordinator is contacted to make an immediate assessment to determine what assistance is required.



## GENERAL EYE CARE



Periodic eye examinations are an extremely vital aspect of routine preventative health care. Irrespective of age, every individual needs to have baseline eye disease screening at a certain stage in their lives. Preschool children are usually assessed by their respective pediatricians or eye care professional. Eye evaluations performed in schools allow all the children to be tested. Teenagers and young adults need to be assessed at least once during this stage of their life. As one grows older, there is an increased risk of developing eye diseases such as glaucoma, cataracts, age-related macular degeneration, and diabetic eye disease. The American Academy of Ophthalmology recommends that all adults have a baseline eye disease assessment at age 40 including those without a history or symptoms of eye disease. Individuals with a family history of eye disease or who have symptoms may need to be seen earlier and more frequently. The eye like other parts of the body functions better on a good diet. These essential ingredients are found in fruits and vegetables. Protecting ones' eyes from the sun is crucial in the prevention of diseases such as cataracts, macular degeneration, skin cancer around the eyes, and growths on the eyes. It is important to wear sunglasses that provide more than 99% protection from harmful UV rays. Wraparound spectacles and brimmed hats are also very useful in this regard.

### *"Learn About Eye Health and Healthy Living"*

Age Concern's Next Seminar featuring  
 The Bermuda International Eye Institute &  
 Live Healthy Bermuda

Where: Charities House, 25 Point Finger Rd. Paget  
 Time: 2:30 - 5:00pm Please let us know if you are planning to attend Call 238-7525 to Register - Refreshments will be served  
***Take Yourself Seriously on July 21st You are Worth It!***



**Free weight & body mass analysis!**

### **It really is all about you!**

When it comes to diet and exercise no one can make you do it. Have you ever wondered why some people are more fit than others? Have you thought "I work so hard at losing weight but it never comes off? Live Healthy Bermuda is a registered charity dedicated to helping you educate yourself so that you can make healthy lifestyle choices. But this has to start with you. Are you ready to invest in yourself. Find out more and start on your journey at the seminar.

**Save the Date Saturday Nov. 13th**

**Age Concern 50+ Lifestyle EXPO**

**A day you do not want to miss, Health & Well Being, Food & Drink, You and Your Home, Travel & Leisure, Entertainment & More...**

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### **Where's James?**

The intrepid treasurer of Age Concern is almost at the end of his journey.

Cycling from Land's End to John O'Groats. To monitor his progress or to pledge visit [www.ageconcern.bm](http://www.ageconcern.bm)