

### *For Families*

**Did you know 80% of learning is done through vision?** Excellence in school starts with healthy vision. Eye exams are now covered by OHIP for all children under 19. Special programs exist to cover cost of glasses in a child's junior kindergarten year (2014 birth year). Act now and find an optometrist near you: [optom.on.ca](http://optom.on.ca)

**The deadline for speech and language referrals for JK students is November 30<sup>th</sup>.** The Language Express Preschool Speech and Language Program provides FREE assessment and therapy services for children from birth to the end of Junior Kindergarten in Lanark, Leeds, and Grenville. Check the speech and language milestones for your child's age on our website at [www.language-express.ca](http://www.language-express.ca) and contact us or talk to your child's teacher if you have any concerns. We can help you to be sure your child is on track and ready for school. JK children born in 2014 must be referred **before November 30<sup>th</sup>, 2018**. Call 1-888-503-8885 for information or to refer your child.

**Let's talk about income!** Income is a social determinant of health. People at lower income levels report higher chronic diseases & self-reported poor physical and mental health. **A living wage** is the hourly wage a worker needs to earn to cover their family's basic expenses within their community. A living wage is a practical tool for reducing poverty through paid work. The living wage in Leeds, Grenville and Lanark is \$17.07. **How can you help reduce poverty?** Learn about the root cause of poverty, have a conversation with your elected officials about your support for a local living wage and health in all government policies, be compassionate towards other people experiencing life challenges, and share what you have, helping out a family member, neighbour, or friend. For more information on income-based solutions for poverty reduction visit [www.healthunit.org](http://www.healthunit.org) or call 1-800-660-5853.