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Dr. Fiore Lalla to highlight upcoming seniors' health fair

Photo courtesy Lakeshore General Hospital Foundation

Former Lakeshore General head of psychiatry to help seniors deal with stress at Oct. 18 event

Longtime former Lakeshore General Hospital head of psychiatry Dr. Fiore Lalla will give West Island seniors a free seminar on managing their ever-growing levels of stress at the upcoming West Island Seniors Health Fair, slated for Le Cambridge Seniors' Residence in Pointe Claire next Saturday.

Dr. Lalla, who was head of psychiatry at the hospital for 10 years before scaling back his workload, said today's seniors have more on their mind than ever before and will get some great, easily digestible techniques they can apply immediately in their daily lives at his presentation.

"Today's 55-plus generation has more on their plates than at any time in recent history and they do need to be able to handle it all. Sometimes living on a fixed income is a stresser for them and they need a way to emotionally handle everything that comes their way," he said.

The Seniors Health Fair is scheduled from 10 a.m. to 4:30 p.m. at the residence, located at 340 Hymus Blvd. in Pointe Claire near the Kirkland border. Dr. Lalla's presentation will take place at 12:15 p.m. Lalla is an ex-officio member of the Lakeshore General Hospital Foundation Board of Directors. The Foundation will also have a display at the health fair and will solicit donations and volunteers.

Dr. Lalla said his presentation can be equated with his work on the foundation's board and in its fundraising efforts.

"Just as we do our best to maintain a high level of quality health care at the hospital, the Lakeshore General Hospital Foundation does its best to raise badly-needed funds to advance the state of care at the hospital and purchasing equipment that the government doesn't necessarily want to pay for or can afford," he said. Lalla, a Kirkland resident, added that foundation fundraising efforts always aid those West Islanders who are most vulnerable.

"When you are sick or you are hurt, where do you go in the West Island? You go to the Lakeshore General Hospital, and helping raise funds to advance care there is something that helps every West Islander," he added.

Other presenters at the seniors' health fair include Voluntas Commemoration, Comfort Keepers and AGI (Alzheimers).

HomeCare Agency Montreal

In-Home Care for Seniors. Trained Caregivers. References.

