

## Seniors get a free grip on winter walking with new GET A GRIP program

The new Get A Grip program, led by Mills Community Support and Community and Primary Health Care (CPHC), will help Lanark County seniors get a grip on slippery winter walking conditions, for free. This program will give a pair of anti-slip and easy to use ice grippers into the hands – and onto the boots – of any resident of Lanark County over the age of 65.



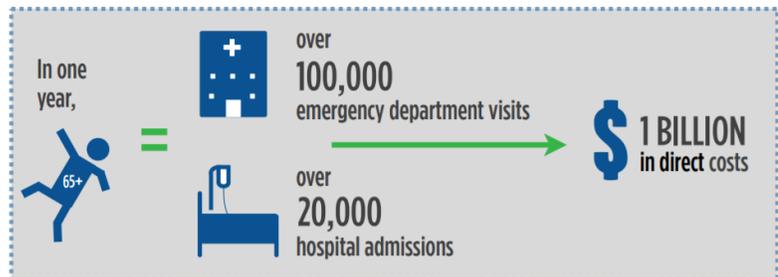
Anyone under the age of 65 can get a grip while helping a senior in their community, by buying a pair of ice grippers at \$25, which is well under retail cost. A portion of this purchase helps fund the free-to-seniors distribution program in an ingenious “pay it forward” model. Anyone who can afford to participate by paying it forward is encouraged to help with the program.

Community members can also support the program by making donations to the Get A Grip for Christmas campaign, either online via the Mills Community Support website, or by cash or cheque at any distribution point.

### Where can you Get A Grip?

Grippers are available to buy - or for seniors, for free pickup - at any library in Lanark County, through Mills Community Support at 67 Industrial Drive in Almonte, or through Community and Primary Health Care at 15 Bates Drive in Carleton Place, or any Home Support provider in Lanark County.

With climate change leading to more days of icy conditions per year than ever before, there is an increasing urgency to help seniors stay safe as well as active and connected in winter. Unintentional falls are the leading cause of injury for Ontarians 65 and over, and directly result in costs of \$1 billion across the province.



The Get a Grip premium ice grippers are manufactured by an Ontario company specializing in safety equipment. Designed to be easy to wear and use even in extreme environments like construction sites, the grippers are slipped over a boot and held in place by a wide and secure stretch band. When indoors, the band easily allows the grippers to slide around to the top of the boot for safe walking on interior surfaces.

For further information, contact Jeff Mills at [jmills@themills.on.ca](mailto:jmills@themills.on.ca) (613) 256 1031 ext 263, or Patti Lennox at [plennox@cphcare.ca](mailto:plennox@cphcare.ca) (613) 257-3296 ext 2303.