

# Outlook on Lifestyle

## Council decides to downsize seniors' home

Halton Centennial Manor in Milton is going to be downsized and almost half of the beds will be relocated to two facilities in other parts of Halton Region.

The 370-bed facility needs at least \$2 million to bring it into compliance with the fire safety code but Halton councillors have decided instead to adhere to a new provincial directive to build smaller facilities.

The Manor will be reduced to hold just 200 beds with the remaining 170

beds to be divided evenly between two other facilities if Halton can acquire land.

Downsizing the existing facility will cost \$12 million and construction of the two new facilities will cost about \$11.5 million, said Bonnie Ewart, Halton's commissioner of health and social services.

The cost of the new facilities and downsizing the Manor will be shared equally between the province and Halton Region.

The decision on whether to build two new facilities or just one will depend on a land acquisition search by Regional staff, said Ms. Ewart.

Halton Centennial Manor is the major facility in Halton Region providing care for high level extended care residents.

Extended care facilities would have to be expanded in the future regardless of new provincial directive because of Halton's growing seniors population, said Ms. Ewart.

In 1986 there were almost 23,000 people over the age of 65 in Halton and that is expected to increase by 65 per cent to 48,000 by 1991.

Halton Hills' population over 65 years old is expected to grow from 2,600 in 1986 to more than 3,600 in 1991. If the Region's projections hold true, it will mean more than 11 per cent of Halton Hills' population will be over the age of 65 by the year 2001.

Halton Region expects to go from a surplus of 19 beds now to a deficit of 145 beds within four years, said Ms. Ewart.

Although the Manor is now certified to have 370 beds, it actually utilizes only 342 beds following renovations of unused space to a children's day-care centre.

The future role for homes for the aged "is one that provides for care of heavy extended and special care residents, with an increased focus on palliative care and transitional rehabilitative care for seniors," said Ms. Ewart.

And homes for the aged will soon increase their involvement in outreach and community-based support services to promote independent living for seniors in the community, she said.

The new policy initiatives mean seniors will continue to be older at the time of admission to extended care facilities, they will require more and increased care and reduced lengths of stay in the facilities, said Ms. Ewart.

And demand for at-home services to seniors will continue to increase, she said.

Halton has now begun a search for two parcels of land between 6.4 and 7.4 acres in size but no final moves to acquire the land will be taken until the province enacts the New Extended Care Act, which proposes to consolidate all forms of extended care service under one piece of legislation.

Funding, and the new roles of municipalities in providing care to seniors, will be defined in the new

act, said Ms. Ewart.

The new proposal means Halton will spend more than \$3 million more than it had anticipated to provide homes for the aged, said Ms. Ewart.

And the cost for the new facilities does not include the price of buying the land, she added.

Milton Mayor Gordon Krantz complained about the high cost of providing the facilities.

"I have nothing against decentralization of (the Manor) as long as we all know it's going to cost us another \$4 million to \$6 million to do it," he said.

### Youth concert

Youth For Christ/Hamilton Area and Redeemer College/Student Life will be presenting Kenny Marks and the Remarkables in concert 8 p.m. on Friday, Nov. 25, 1988 and special speaker Myles Gentzkow from San Diego at Redeemer College located on Highway 53 East of Ancaster Fairgrounds. Tickets are available for \$8 in advance at your local Christian Bookstore or by calling 416 385-5222 or \$10 at the door. Call now to order your tickets for this dynamic concert!



Julie Hunzinger, 15 months, is one of the 50 participants in the Georgetown Parent-Child Drop-in Centre. The Centre located at St. An-

drew's Church on Mountainview Road South, held its grand opening last week with Mayor Russ Miller on hand to cut the ribbon.

### ASK KATHY

Dear KATHY

I have a friend who can eat anything she wants and still not gain weight. How come everything I eat immediately turns to fat?

Reply:

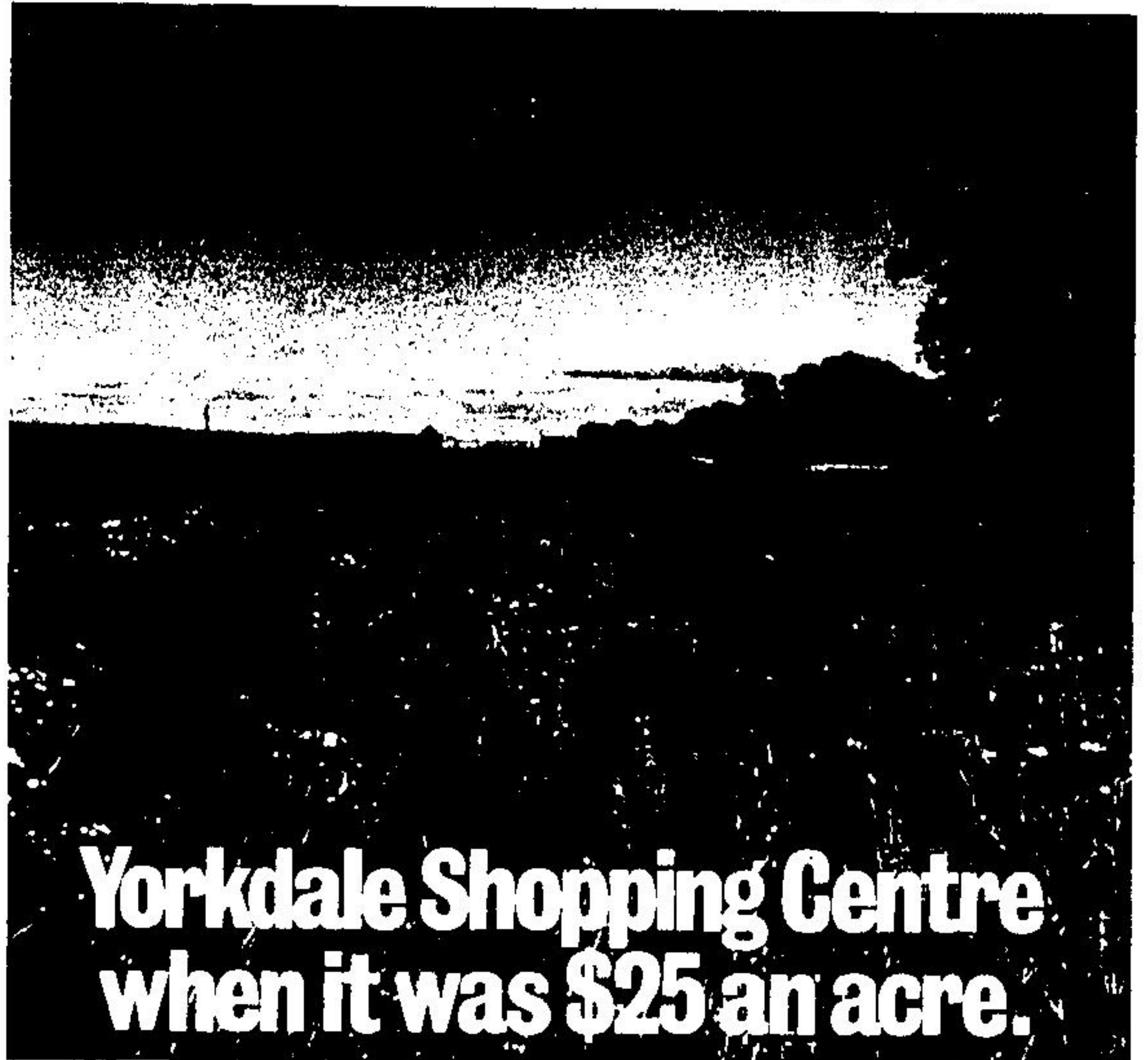
Each of our bodies are different in the way they are affected by various foods. Two factors that influence the final outcome of our food intake are metabolism and sensitivity to certain foods. We can even be affected by the time of day and our attitude at the time we eat the food. It's true that some people can eat with reckless abandon and gain very little, while others seem to gain weight at the thought of food.

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KATHY HAJAS  
Diet Center Counselor

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