



SANTA SWEETIES: The small crowd meant that Rockwood's Remi LeBlanc (front), Aven Le Blanc, and Regan and Alicia Katterloher had lots of time to give Santa their wish lists on Sunday at the Lions Club breakfast with Santa at Rockmosa. - Ted Tyler photo

The ROCKWOOD Miller

EWCS NEWS

Santa came early to EWCS. On Wednesday, a new bus for the Seniors Day Program was delivered to the EWCS office in Erin. This bus has been a long time in coming and will allow us to better serve the needs of our seniors in our day programs in both Erin and Rockwood.

Senior Day Program

EWCS has been providing the Day Program for frail seniors and other services for seniors since 1987. Participants are referred through the Community Care Access Centre in Guelph, and must meet eligibility requirements (i.e. a form of physical disability, dementia, or socially isolated) in regard to their level of functioning, to obtain admittance to the Day Program. Caregivers of the frail elderly welcome

the break which the Day Program provides to them, and the seniors benefit greatly from the day out with other seniors.

A typical day in this program begins when the 21-passenger wheelchair-accessible bus picks up the seniors at their homes and brings them to the program. Their day includes various activities that are developed with the objectives listed below in mind both within the program area and out in the community; two healthy snacks and a hot nutritional lunch. The participants are returned home on the bus in the late afternoon. In the summer there are regular outings and picnics. Programming is as varied as possible to pro-

vide an enjoyable day and to promote mental and physical stimulation.

Program Objectives

Socialization with peers, memory stimulation, respite for caregiver, build self-esteem and sense of identity by productive and meaningful activity, maximize a sense of independence and competence, provide meaningful sensory stimulation, explore interests and competences, provide a link to past activities whenever this is appropriate, experience the pleasure of doing, and providing a hot nutritional meal. The program has a full complement of participants registered, with more families expressing interest in this service.

Food bank funds debate

Guelph/Eramosa Township Council will do what it can to help feed the hungry, but how it financially supports the Rockwood food bank through an East Wellington Community Services (EWCS) grant was debated at yesterday's (Wednesdays) Township budget meeting.

On Monday, officials with EWCS, citing increased food bank usage and the need for new equipment, asked Council for a \$16,027, a 62.3 per cent increase from the annual donation of \$10,000. "Its unfortunate that the use of food banks is going up and the money coming in doesn't quite offset it so there's a bit of a deficit," explained EWCS executive director Kari Simpson, adding that the requested increase would help cover utilities and pay for a new freezer, refrigerator, weigh scale, sign and paint and supplies.

EWCS member Rick Eller said the demand for the food bank in Eramosais keeping pace with last year when they helped feed 191 families. The formal request application said the food bank also fed 242 individuals, and Eller said the Christmas Hamper program is "critical to meeting the needs, on a short-term basis, of individuals who need that support."

Mayor Chris White predicted there will be "more asks beyond food" by groups like EWCS because there is a "vacuum in the social safety net."

Councillor Doug Breen said they weren't taking about paying for a

new park or playground equipment, but food, and noted Council's \$16,000 would buy 3,000 bags or groceries. "This is clearly something we need to support... we have a moral, social and Christian responsibility to do this," Breen said, adding they can argue later about which level of government should be responsible.

Councillor Corey

Woods asked that the issue be sent to yesterday's budget committee meeting because he had a personal problem with granting EWCS \$10,000 last year and then taking back \$8,300 in rent for use of the former Hydro building. "That means at the end of the day they're getting \$1,700," Woods said, adding they need to find a better way to help.



East Wellington Family Health Team

Check out our **FREE** workshops this fall to help improve the health and quality of life of those living in East Wellington

NUTRITION AND HIGH BLOOD PRESSURE

Rockwood: Tuesday Jan. 8 ~ 3:00 pm - 5:00 pm

Erin: Thursday Jan. 10 ~ 9:30 am - 11:30 am

HEART HEALTH NUTRITION

Erin: Thursday Jan. 31 ~ 3:00 pm - 5:00 pm

LIVING WELL WITH DIABETES

Session 2: Meal Planning for Diabetes Health

Erin: Tuesday Jan. 8 ~ 6:30 pm - 8:30 pm

Session 1: Understanding Pre-Diabetes

Rockwood: Thursday Jan. 24 ~ 10:00 am - 12:00 Noon

PRE-DIABETES: YOUR CHANCE TO CHANGE THE FUTURE

Session 1: Understanding Pre-Diabetes

Rockwood: Thursday Jan. 10 ~ 3:30 pm - 5:30 pm

Erin: Wednesday Jan. 16 ~ 10:00 am - 12:00 Noon

Erin Location: ERIN WELLNESS CENTRE - 6 THOMPSON CRESCENT

Rockwood Location: ROCKWOOD CLINIC - 175 ALMA

To register please go to www.ewfht.ca and click on workshops or call Leah at 519-833-9396 Ext 362



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Merry Christmas & Happy New Year

May all your wishes come true this festive season.



Bruce, Jeannette, Betty-Ann, Kevin, John, & Mary Ann

Dec 24: 8-1pm • Dec 25-26: Closed • Dec 27: 8-4pm

Dec 28: 8-5pm • Dec 29: 8-noon • Dec 30: Closed

Dec 31: 8-noon • Jan 1: Closed • Jan 2: Reg Hours Resume