

# The ROCKWOOD Miller

## Energy retrofit grant for Eden Mills

A \$15,000 grant from Farm Credit Canada means the Eden Mills and District Community Club can buy an air-to-air heat pump for its Community Hall Energy Retrofit project.

As Canada's leading agriculture lender, Farm Credit Canada's AgriSpirit Fund supports rural communities, contributing to capital projects ranging from playgrounds to fire and rescue equipment.

Eden Mills' pro-active approach to energy issues was initiated by the Eden Mills Going Carbon Neu-

tral project – since the launch in 2007, the Village's carbon emissions footprint (households and public buildings) has been reduced by 22 per cent, to eight-tonnes of per capita emissions, compared with the Canadian average of 14.2 tonnes.

The Hall energy retrofit project began with a new metal roof installed in 2008. This winter, with the assistance of Ontario's Trillium Foundation, new energy-efficient windows are being installed and the interior of the roof insulated. These steps will reduce heat loss signifi-

cantly. In the future, the walls will also be fully insulated, further reducing energy requirements.

The air-to-air heat pump will use considerably less energy than the current propane furnace to heat the building, as well as providing a more efficient cooling system during the summer months. Several households in the village have installed heat pumps over the past two years and report very good results. The technology of heat pumps is advancing quickly to accommodate Canada's low winter temperatures.



**SENIORS' WHEELS:** Frail and elderly East Wellington seniors will ride in style to the Seniors' Day Program, thanks to generous donations which helped pay for a new bus, which Diane Ostofe (centre) delivered to East Wellington Community Services Executive Director Kari Simpson (left) and EWCS Board President Allan Ails last Wednesday. –Submitted photo

### EWCS NEWS

Thank you for your Community Spirit and Support of our Food Bank! 2012 has indeed been a very busy year for East Wellington Community Services Food Bank and our annual Christmas Hamper "Adopt a Family" program. With your generous community spirit, we have helped over 80 families this year to have a brighter holiday. Thank you to all individuals, businesses, community groups, schools, churches and local organizations for your generous food, toy, mitten / hat / scarf drives and the monetary donations we have received all in support of our Food Bank program. We could not have helped the many families who rely on the food bank without you – thank you very, very much.

#### Give the Gift of Community Support Campaign

We are pleased to share that we are just over half way in reaching our fundraising target of \$25,000. We have raised over \$13,000 for EWCS so far in our annual Give the Gift of Community Support Campaign. The funds

raised will be used for our many programs and services, including the food bank, seniors adult day programs, active seniors, our new telassurance and friendly visiting program through partnership with the VON, information and referral services and more. For as little as \$10 per month, you can make the difference by helping our agency distribute food to those in need, provide transportation to seniors who would otherwise remain isolated at home, develop children's programs and more.

If you would like to make a donation to our agency for this campaign, you may do so by downloading a donation card on our website and mailing card along with your gift of support to our office or stop by our office and you can make a donation in person.

Thank you to the many businesses, individuals and community organizations for your generous support of our campaign so far – the campaign continues until the end of January. Help us continue to help those who

need it most by giving the gift of community support through donating to EWCS. Donations over \$10 will be issued a charitable tax receipt from EWCS.

#### Thanks for the bus Santa

Last Wednesday was a day filled with excitement and anticipation as the Senior's program waited for delivery of their bus that has taken several years to purchase. Thank you to everyone in our communities who have helped us to raise the required funds– this was a long awaited addition to our Seniors Day program.

EWCS has been providing the Day Program for frail seniors and other services for seniors since 1987. Day Program participants are referred through the Community Care Access Centre in Guelph, and must meet certain 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 with the 18-passenger wheelchair-accessible bus picking up the seniors at their homes and bringing them to the program with healthy snack and a hot nutritional lunch. The participants are bussed home late afternoon. In the summer, there are regular outing and picnics.

For more information on the Seniors Day program, contact Sherri Plourde at 519-833-0087 or email sherri.p@ew-cs.com



### 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](http://www.ewfht.ca) and click on workshops or call Leah at 519-833-9396 Ext 362



### Rehabilitation Centre

- Chiropractic
- Rehabilitation
- Strength & Conditioning
- Acupuncture
- Custom Orthotics
- Orthopaedic Bracing

19 Mill St. E. Acton, ON L7J 1G8

**519-853-2244**

[www.activechoice.ca](http://www.activechoice.ca)

[dr.dselby@gmail.com](mailto:dr.dselby@gmail.com)