

CUTS FOR CANCER: As Acton Councillor Jon Hurst (back right) shaved off the pink-dyed hair of Regional/Acton Councillor Clark Somerville, Milton's Julie Iantourno held up her ponytail, which was cut off by Monica Galway of Profile Beauty Salon. The hair will be donated for wigs for cancer patients. Somerville and Iantourno raised \$4,455 in pledges and donations for the Terry Fox Foundation. — Frances Niblock photo

Halton helps low income residents with transportation

Starting last week Halton residents with incomes below the Low Income Cut Off (LICO) will be able to apply to Halton Region for help with the cost of public transit (buses). Regional Council endorsed a 12-month pilot project to provide subsidized passes for low income transit (SPLIT). The SPLIT pilot project is available on a first come, first serve basis and is open to anyone whose income is below the LICO. Individuals currently receiving assistance through the Ontario Works or Ontario Disability Support Programs are not eligible for the SPLIT as transportation subsidies are available through those programs. The SPLIT pass

will cover 50 per cent or more of the cost of a monthly public transit pass. This pilot project is being offered in partnership with the transit services of Burlington, Milton and Oakville.

"One of the key priorities in The Citizens' Priorities-Halton Region's 2011 - 2014 Action Plan is to assist Halton residents who have low incomes to live and work in Halton," said Regional Chair Gary Carr. "The SPLIT project will help by covering 50 per cent or more of the cost of public transit to help low income residents with transportation to job interviews, work, school, or to visit families and friends."

The SPLIT project will provide subsidies for 437 Halton residents on a monthly basis for the 12 month period of the pilot project. Applicants must have a 2010 tax return in order to apply for the SPLIT pass. Seniors applying for the pass must prove eligibility for the senior fare and students applying must have a valid student identification card. Qualifying applicants will receive approval for passes up to six months after which time they must reapply for the subsidy. SPLIT users in Burlington and Oakville will benefit from a transfer agreement which will allow them to travel into Hamilton or Peel Region using

"transfers" so long as the trip is completed within a two hour period.

To learn more about the SPLIT or to apply for the pass please contact Halton Region by dialing 311 or 905-825-6000. Applicants must book an appointment prior to meeting with staff for assessment. Information about the Subsidized Passes for Low Income Transit (SPLIT) is online at www.halton.ca/split. The Citizens' Priorities-Halton Region's 2011 - 2014 Action Plan identified a number of actions to assist low income residents in Halton. To learn more visit www.halton.ca/actionplan

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Advertorial

Are you fatigued?



NATURALLY SPEAKING
with
Louisa McCarley
RHN, ROHP/RNCP

This week I am introducing you to Naturopathic Doctor Marita Schauch. She writes about adrenal fatigue and how to support your adrenal glands.

Adrenal Fatigue: Why am I always tired?

Marita Schauch, BSc, ND

Every day in practice I see patients who complain of unrelenting fatigue. They wake up unrefreshed and drag themselves through each day. These patients feel unmotivated and irritable. Activities that once gave them pleasure do not anymore and most feel inundated with the slightest amount of stress. It is as if their body's coping mechanisms are completely exhausted. These patients also have an incredibly hard time losing weight. Even though they may exercise vigorously and eat healthy, they just can't seem to shed a pound!

Do these symptoms sound familiar? If so, you might have what's called Adrenal Fatigue.

The adrenal glands are two small glands that sit on top of each kidney and are the body's main stress responders. The body typically responds to physical and emotional stress by producing adrenal hormones such as epinephrine, norepinephrine and cortisol as a coping mechanism.

When we trigger the stress response too often, problems arise as the stress hormones are continuously pumped out and the body becomes depleted and exhausted.

The good news is that there are steps that you can take to optimize your adrenal function to prevent the deteriorating affects of adrenal fatigue including exercise, relaxation techniques, restoring sleep and reducing refined sugars, caffeine, alcohol and processed foods. Also look for AdrenaSense®, an adrenal gland supporting formula with Rhodiola, Suma, Siberian ginseng, Schisandra and Ashwagandha to help reduce stress, improve energy and promote restful sleep. I recommend AdrenaSense to patients in my practice suffering from Adrenal Fatigue.

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