

# OP ED

"Op Ed" — old time newspaper term meaning the page opposite the editorial page. This page has traditionally been held open for opinion pieces, letters, and comment from various sources.

## Family violence Elder abuse must be recognized

By J.C. Palmer

Elder abuse is often a crime which is caused by family member, friend, staff in a residential home or anyone else on whom an older person may rely. The person committing the abuse usually has control or influence over that person.

Elder abuse may consist of spousal abuse — either physical, emotional or sexual assault. It may also include financial abuse by a child or friend, or neglect through abandonment.

We all know some elderly person who is being abused. Signs of abuse in the elderly include: depression, fear, anxiety, unexplained physical injuries, poor hygiene, bed sores or over-sedation. If you have a friend who has money or personal items such as jewelry go missing, they are likely being abused.

There are many reasons for the occurrence of elder abuse. The abuser may have an alcohol or drug problem, a history of anti-social behavior or be mentally unstable. Sometimes the abuser is simply a child who wants his inheritance



while he is young enough to enjoy it.

Often the victim is dependent upon the abuser for the necessities of life and companionship. The victim may be already isolated from the community at large because of poor health, poor sight or poor hearing. Sometimes the elder abuse is just a continuance of the cycle of violence which began in early adulthood. Often a child may be

"getting even" with an abusive parent.

Elder abuse is seldom reported because the victim is afraid of the consequences. For example, if the abuser is a son or grandchild, the victim may fear the loss of love an support the perpetrator gives. The victim may be dependent upon the abuse for food, shelter, clothing and health care. Most victims fear being institutionalized.

Like many other victims, mostly they are ashamed to admit they've allowed themselves to be victimized.

Victims of elder abuse need shelter and access to financial resources. Often home support services are necessary so they do not have to be so dependent on others.

Emotional support, counselling and better linkages with the community can help ensure the elderly victim can make the necessary changes to stop the violence against him or her.

In an upcoming column I will discuss services which are available to help older adults.

## Activity Line Walk this way

By Laurie Burns

"Fitness walking" is walking that maintains a fast enough pace for a sufficient duration to produce beneficial cardiovascular and respiratory changes in the body. In other words, you have to walk fast enough and long enough to make it work.

Posture is important. Your head should be held in a neutral position (chin neither too high nor too low); look straight ahead; keep your shoulders back and relaxed; lift your chest and swing your arms comfortably in rhythm with your legs.

The actual action of the foot during walking is a heel strike followed by rolling onto the ball of the foot and finishing with a strong push off the toes. Point your feet and knees straight ahead. If you include hills on your walks (after all, this is Halton Hills), you'll increase the workload and the calories you burn. When going up and down hills, bend your knees slightly to reduce stress to the knee joint.

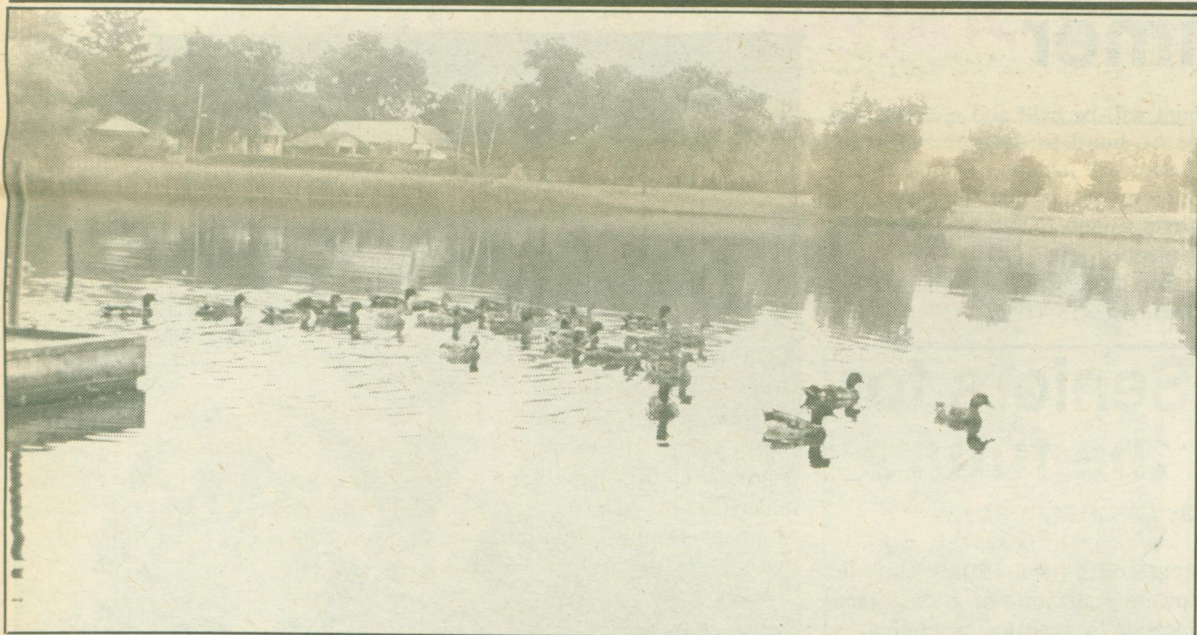
Pace yourself when you walk. Your goal is to walk at a brisk pace (15 minutes per mile or



faster) for 30 to 45 minutes per workout. But start slowly. A gradual increase in intensity and duration helps to ensure long-term success and reduce the risk of injury.

If you walk at a slow to moderate pace, you can use a straight arm swing, with the arms swinging in opposition to the legs (your natural stride).

Walking can be done individual or with a friend or group walking programs are available. Walking provides a great low impact workout. It firms up the whole body, concentrating on the buttocks and backs of the legs, as well as the muscles on the front of the lower legs. When you pump your arms when you walk, you will condition them as well. Walking strengthens your bones, it can help to reduce stress, and energize your body.



The waters on Acton's Fairy Lake seemed just ducky to this group captured on film Friday. The ducks were swimming off of the polluted south shore of Fairy Lake. Photo by Jamie Harrison

## Town's tax dollar travesty

Dear Editor

In times of restraint it is hard to understand why the Town of Halton Hills would waste taxpayers money. I estimate \$50,000 to \$70,000 of our taxes are being spent on Toronto lawyers who are defending the planning department's decision to allow a 20-lot rural subdivision on the Eighth Line near Ballinafad.

Certainly the Town is allowed to render an opinion in favour of this development. Mr. McClure is also within his rights to propose development on his property. Hickory Falls Ratepayers Group (comprised of Eighth and Ninth Line residents) have an equal right to say they do not want it. What is *wrong* is to

have tax dollars spent in support of Mr. McClure's development!

It does not matter if you are in favor of this particular proposal or against it, you are bound to agree this is a *travesty*, a complete misuse of our public funds. We cannot allow this to happen, this time or *ever*. There are an estimated nine days of O.M.B. hearings left which are due to start on August 4. If you do not want *your* taxes spent this way, call the Town at 873-2600 to join me in voicing your dismay.

Sincerely  
Lois Fraser

## Santa Claus Parade plans under way

Dear Editor

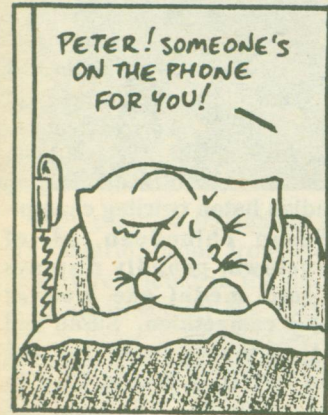
Acton Firefighters Association would like to remind everyone that plans are well underway for their annual Acton Santa Claus Parade.

This annual event, hosted by our association is being held on Saturday, November 21, 1992 and the theme this year is "All Wrapped Up for Christmas."

Your anticipated support and cooperation for this and other special events is very much appreciated and we thank you very much.

Sincerely  
Wm. R. Spielvogel  
Chairman  
Acton Santa Claus Parade  
Committee

## For Pete's Sake



## by Roe



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