

## SONGS FOR SUPPER

Acton FoodShare chair Arlene Humphreys and Limehouse music producer Tim Alberts, a FoodShare board member, were pleased with the turnout at Roxy Coffee on Saturday for the launch of Songs for Supper, a CD featuring songs of local artists. Proceeds from CD sales will benefit FoodShare.

— Frances Niblock photo



## Town Digest

### Hero worship

The organizer of Acton's successful Terry Fox Run reminded his fellow politicians about an important date at the April 12 Council meeting.

Acton Councillor Jon Hurst noted that it was the 30th anniversary of the start of Fox's run across Canada – the Marathon of Hope – to raise money for cancer research.

Noting that he ran for 143 days until cancer caught up with him, Hurst said Fox, who died at 22 years of age on June 28, 1991, is Canada's "greatest hero."

### SAVIS Contact

SAVIS – the Sexual Assault and Violence Intervention Services of Halton – must make sure that people who need its help can easily find out how to get it.

Following a recent presentation by SAVIS to Town Council to mark "Support Your Local Rape Crisis Centre Campaign" Regional/Ward Two Councillor Jane Fogal noted that SAVIS is not listed in the phone book and there's a "disconnect" for people who want to contact the group.

SAVIS volunteer and

Board member Ruth Perkins said they provide free, confidential and non-judgmental 24-hour support to all survivors of sexual violence.

She also delivered some staggering statistics including:

- 51 per cent of all Canadian women will experience at least one incident of sexual or physical violence in their life

- 54 per cent of girls under 16 have experienced some form of unwanted sexual attention.

Perkins urged Council to help raise money and awareness of SAVIS. SAVIS' 24-hour hotline is 905-875-1555.

# Region offers Rain Barrels with new look

This May, Halton Region will again host four rain barrel sale events to help promote wise outdoor water use during the summer months. This year's rain barrels have a new look and price of only \$36 each.

Locally, the rain barrel sales event runs from 8 a.m. to 12 p.m. on Saturday May 15, at the Robert C. Austin Operations Centre, 11620 Trafalgar Road, Georgetown. One rain barrel per purchase, Halton residents only.

Diverting water from a downspout into a rain barrel allows residents to capture rain water and store it for future use to water garden flowers, shrubs and plant pots. Last year, Halton residents purchased nearly 6,200 rain barrels, which at full use has the potential to reduce water consumption by more than 1.2 million litres.

The rain barrels fit into the backseat of an average sized vehicle and require

minimal assembly. Residents are responsible for adapting their downspout to flow into the rain barrel, and assembly instructions are included. The rain barrels are also equipped with a secure mosquito screen and a dispensing hose for easy use.

There are many other options, including the 4Rs of wise water use that residents can undertake in order to be more water efficient. These include:

**Reduce:** Choose drought tolerant plants and ground covers for your lawn and garden. They require less water, and therefore less work, and can better withstand periods of drought.

**Retrofit:** Replace old appliances and fixtures with new water efficient models, or consider retrofitting existing models with water saving devices. For example, low flow shower heads and toilets, front loading washing machines and water efficient humidifiers which use

half the water compared to non-water efficient models.

**Repair:** Repair leaks! In one year, a leak of one drip per second can waste 10,000 litres of water. By doing something as simple as replacing a faulty washer in your faucet, or a toilet flapper more than two years old, you can improve your water efficiency.

**Reuse:** Find uses for water waste in the inside and outside of your home. For example, utilize the Suds Saver option on your washing machine by using the previous wash cycles rinse water for the wash cycle of your next load of laundry.

For more information about the rain barrel sales events or the water efficiency program please contact Halton Region by dialing 311 or 905-825-6000, toll free 1-866-442-5866, TTY 905-827-9833 or visit us online at [www.halton.ca/waterconservation](http://www.halton.ca/waterconservation).

# PHYSIOTHERAPY

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### What we're all about.

Eramosa Physiotherapy Associates (EPA) has a strong reputation in evidence-based physiotherapy especially in the areas of shoulder and low back pain for people of all ages. Through continuing research and program development EPA is trained in other areas such as women's health, osteoarthritic and post surgical rehabilitation as well as other muscular pain and sports injuries.

**Call us for an appointment**  
**Acton 519.853.9292**  
**Georgetown 905.873.3103**

Our locations: Elora, Guelph (Health and Performance Centre),  
Guelph (Bullfrog Mall), Cambridge, Orangeville

## Your Path to Improved Health this Spring with ERAMOSA PHYSIOTHERAPY

Spring is in the air and that should put a skip in your step. It is timely, then, that April and May traditionally recognize physiotherapy as the profession to keep you healthy and active. Physiotherapists represent a wide range of practices that include orthopaedics, such as those private practices you see in our community; home care services, which assist those individuals unable to access community services; in-hospital physiotherapists, who may see individuals after surgery or after a stroke; and those physiotherapists practicing in formalized rehabilitation programs for individuals following a spinal cord or head injuries, amputations, or children suffering from pediatric complaints.

At Eramosa Physiotherapy Associates, our orthopaedic practice uses our unique process – **The Path to Improved Health** – to put that skip into your step. Our process includes:

- 1. Clarifying Your Injury/Complaint:** Our assessment includes a detailed review of what brings you to the clinic, including a physical examination completed by our skilled physiotherapists. At the end of the assessment, your treatment plan and timelines are explained to you, and you will receive your first treatment and home exercise program.
- 2. Collaborative Healthcare Approach:** Today's clients are advocating for their health care needs. With permission, we offer timely communication to ensure that our clients' needs are met.
- 3. Treatment to Improve your Health:** Our physiotherapists are actively involved with ongoing research, advanced credentialing courses and teaching in order to provide you with the best evidence-based treatments. This allows us to offer timely treatment plans with expertise in both hands-on and exercise-based therapy. We understand your busy schedules demand convenient and timely scheduled treatment times.
- 4. Discharge Review:** Our philosophy of care promotes independence; at the time of your discharge you will receive a detailed, home-based exercise plan to use as a tool to prevent your injury from reoccurring.
- 5. Discharge Peak Review:** We want you to remain at your peak of your Path to Improved Health and so we will continue to follow up with you to ensure success and to offer you future resources.

Eramosa Physiotherapy Associates treats a wide range of mobility, tendonitis and pain complaints. Our clinics have researched and provide unique programs for rehabilitation following surgery, shoulder pain, back pain and knee pain. Other unique programs include our Fit to Move Program, geared towards preventing heart disease and diabetes, in addition to our Women's Health program targeting osteoporosis and breast cancer.

So make today the day that you end that aching shoulder, locking knee or backache. Take advantage of physiotherapy for all of your mobility needs.