

Town councillors say comparisons are waste of time

By RICHARD VIVIAN
The Champion

With the results of the first Municipal Performance Measures Reporting (MPMR) in, councillors are concerned unfair comparisons will be drawn to other municipalities.

This is the first year the MPMR was mandated by the Province, established by the Ministry of Municipal Affairs and Housing. The MPMR is designed to keep municipalities accountable for service levels and identify best practices that may reduce expenses.

Municipalities are measured on seven aspects, including winter control maintenance/event response, transit, fire, land-use planning and local government.

It's too early to tell how Milton measures up to other municipalities or provincially, CAO Mario Belvedere told The Champion. No Provincial benchmarks have been set and some municipalities have yet to submit their reports, he said.

A wide variation in priorities and reporting mechanisms between municipalities make it difficult to draw direct comparisons, Mr. Belvedere said.

"It's hard to compare the cost of road maintenance in one area to another unless you understand some area roads will have more of an incline and therefore it may take more salt to keep the road safe," he said as an example of the context that needs to accompany municipal comparisons.

As mandated, detailed information about the report can be found on the Town web site at www.town.milton.on.ca.

In explaining his concern about the MPMR, Councillor John Challinor said comparisons between municipalities should be made with caution.

"Our priorities are different than other municipalities and that needs to be considered," he stressed. "Some potentially serious errors in judgment could come out of this (if comparisons are drawn on the numbers alone)."

Mayor Gord Krantz echoed those concerns, saying he believes comparing municipalities based on the information in the MPMR is wrong.

"When you start drawing comparisons between municipalities like this, it goes nowhere," he stated.



OPEN HOUSES THIS WEEKEND

Churchill Estates
Model home open
22 homes sold • 9 remaining
Gary Thomas in attendance
5 km N. of 401 on Guelph Line

Sunday, Sept. 23
2 - 4 p.m.
247 Woodward Ave.
Diane Maynard in attendance
Royal Lepage Real Estate Services

Saturday, September 22
2 - 4 p.m.
776 Clements Dr.
Yvonne Christie in attendance
Christie & Woods Real Estate Ltd.
878-2095

Sunday, Sept. 23
1 - 4 p.m.
4393 Britannia Rd.
\$399,900
Carole D. Budworth in attendance
Royal Lepage Real Estate Services

HALTON REGION

FREE COMPOST GIVE-AWAY

Residents Only - While Quantities Last

WHEN: Saturday, September 22, 2001 to Saturday, September 29, 2001 (excluding Sunday)

Hours of Operation: Monday through Saturday 8:00 a.m. - 4:30 p.m.

WHERE: Halton Waste Management Site
5400 Regional Road 25 (Bronte Rd.), Milton





Halton residents are entitled to a maximum of 7 bags of compost per household.

PLEASE BRING YOUR OWN BAGS/CONTAINERS AND SHOVEL - RESIDENTS ARE RESPONSIBLE FOR BAGGING THEIR OWN COMPOST.

Donations of **NON PERISHABLE** food items will be accepted during the Compost give-away.





www.region.halton.on.ca

Program at MDH brings Cardiac Rehab Services closer to home



If you or someone you know has ever experienced angina, have had a heart attack, angioplasty or heart surgery, Halton Healthcare Services' (HHS) Cardiac Rehabilitation Program can help.

The program, which operates from both Oakville-Trafalgar Memorial Hospital (OTMH) and Milton District Hospital (MDH), is designed to improve participants' heart health through education and exercise. "For each individual, we identify their specific cardiac risk factors and help them modify these factors in an effort to prevent disease progression," explains Anne Tompkins, Cardiac Rehabilitation Coordinator at HHS. "For example, for many of our patients smoking cessation is crucial. We also help them reach target blood pressure and cholesterol levels."

The Cardiac Rehab team includes a medical director, registered nurses, a dietitian, psychologist, physiotherapists, a kinesiologist and a social worker. Working together, they provide program participants with medical evaluation, education and supervised exercise classes designed for patients with heart disease.

For Margaret Runnalls, who started the program at MDH in late July, it has provided a much-needed support and resource. Two years ago she had a heart attack and was overwhelmed by all the resulting changes in her life.

"You're told to exercise but the motivation is not always there; I needed to change my diet and lose weight; and was on several different medications" explains Margaret. "It was a lot to sort out."

The program's exercise component involves two classes per week. Specific exercise programs are created for each individual. "Everybody's exercise program is different," explains Margaret. "Because I have arthritis, I can't use the treadmill - my knees just won't let me. So I walk and use the stationary bicycle." Participants are given a booklet when they start the program to record the exercise they are doing on their own at home. "Now I have to go to exercise classes twice a week," says Margaret. "And when you know that someone is checking up on you, you're far more motivated to exercise on your own at home too."

Margaret has also found the educational sessions beneficial. "A few weeks ago, we brought in all of the medications we are on and a cardiac nurse educator talked about each one," she explains. "Now I know exactly what symptoms each of my medications treat and how things like diet can impact how effective they can be."

In another session, a dietitian spoke about their diet how it affects their heart health. She also offered to meet with individuals on a one

on one basis, an offer Margaret plans to take advantage of. "I'm meeting with her next week," she says. "I was told I needed to lose weight and I did lose some but not enough. I want to find out if there are other ways or tips that might help me."

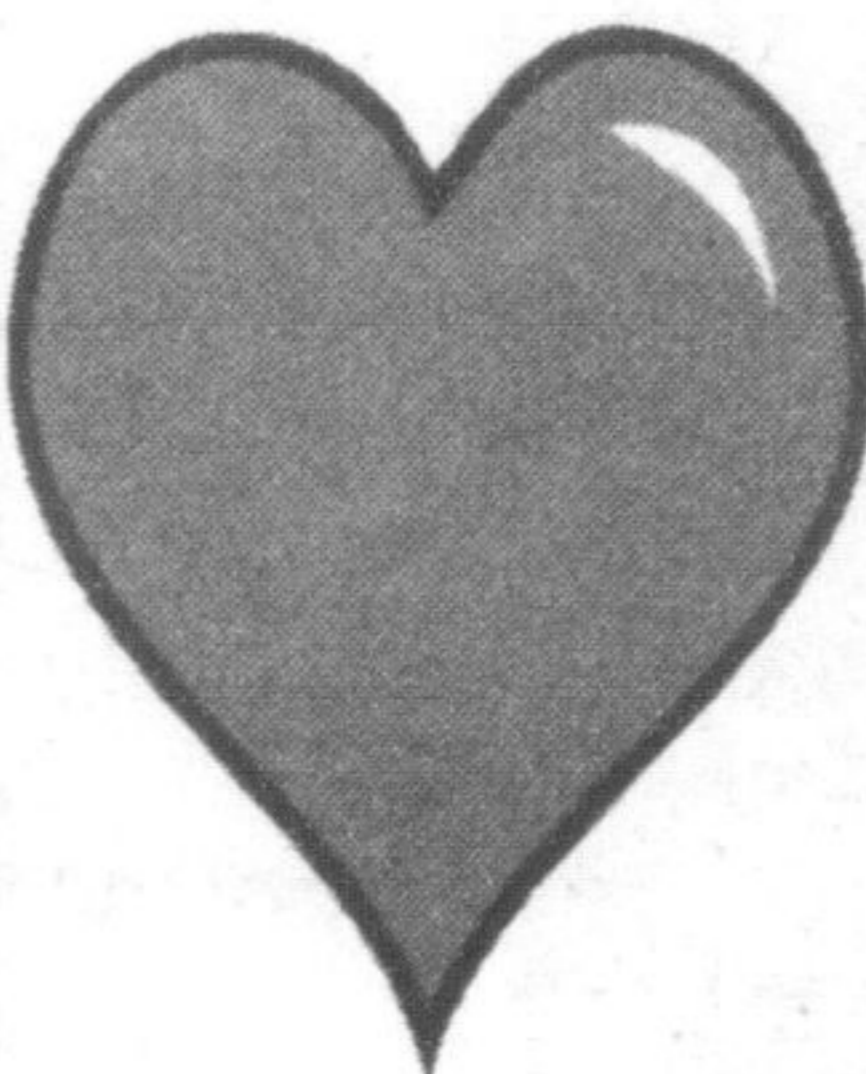
"It's a very good program," says Margaret. "And it's nice to have a support system so close to home."

Written by Rebecca Stoneman, Public Relations Associate at Halton Healthcare Services.

You are invited to a

Cardiac Rehabilitation Program

Open House



When?
Monday, October 1, 2001
4:00 p.m. until 6:00 p.m.

Where?
Rehabilitation Department
at Milton District Hospital

Questions?
Please call
905-876-7022