

# C3's Taylor Reid ends junior career with national silver

"I remember Taylor Reid coming out to his first run workouts when he was just in Grade 7," recalled C3's head coach Barrie Shepley.

Reid has worked with C3 three to four days a week for the last six years and has continued to improve yearly, due to his great determination and talent. Last weekend the 19-year-old Caledon native finished a very close second at the Canadian National Junior Championships in Kelowna, B.C.

"Taylor is an incredible young man and to see him on the podium with a silver medal was a great pride for myself and the entire C3 coaching staff," Shepley declared.

The former Mayfield Secondary School Athlete of the Year is now entering his second year at McMaster, where he runs and swims for the university.

"I had a huge goal of trying to get on the podium in my last National Junior Championships," Reid said. "I knew that my older C3 teammates Sean Bechtel, Andrew Yorke and Andrew Woegerer all were medalists when they were juniors and I wanted to join that very exclusive club."

Reid attributed his success to all the great help he has had from C3 coaches and teammates, and the incredible support he has had from his parents over the years.

"Before I got my license, my mom and dad lived in the car, driving me to swim-bike and run practices, and without their incredible selfless support, I could have never made the improvements I have made," he commented.

Reid also attributed his great National Championship success to the fact that he was living and training with Caledon's Sean Bechtel all week in Kelowna.

"Having Sean as a teammate was so important to my final preparation," Reid said.

Reid has been selected for the World Duathlon Championships in Scotland in early September, then it will be back to McMaster for his second year.

"I am really looking forward to a great race at world du's and then I am excited to get back to McMaster for a great fall cross-country running season," he said.

Reid's other big fall project is to be one of the role models for the Oct. 2 C3



C3's Taylor Reid recently finished off his junior career with a silver medal at the Canadian National Junior Championships in Kelowna, B.C. Photo Submitted

Kinetico Running Festival.

"Phillip Adsetts and Kinetico have been so instrumental to the development of healthy living in the Caledon region, and the goal of getting 1,100 kids out to set a new national record is awesome," Reid observed.

He hopes that parents will give their kids a chance to participate in the free

Kinetico one-mile run.

"Its totally awesome that Kinetico is going to give every kid a free t-shirt, medal, meal, poster and a chance to be a part of a new national record," he said.

In addition to the kids one-mile run, will be the K-Swiss 5k and 10k runs. Everyone must pre-register at [www.c3online.ca](http://www.c3online.ca)

# Bolton men's doubles tennis tourney



In the Bolton Tennis Club men's doubles tournament, (left to right) Ion Manea and Jeff Morris won their third straight championship after beating Rod Hunter and Jake Nease in the final 6-4, 6-2. Photo by Alan Liczyk



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## "Seniors' Services: Gaps in care should not be tolerated" Kari Simpson



Caledon offers a broad range of supportive programs and resources for our seniors.

They include Meals on Wheels, Seniors' Community Centre, Vera Davis Centre, Seniors Helping Seniors, Community Respite, Transitional Care Centre, Supportive Housing and Transportation.

All of these programs pursue the same goals: they enable our seniors to remain independent in their own homes; they promote health and wellness; and ultimately, they decrease the pressures and costs within healthcare.

Unfortunately, the sustainability of many of Caledon's programs are at risk. With an increase in our community's aging population, but no increase in the resources to maintain services, the health service providers of this community have significant challenges to address.

The census report for Caledon saw a 29 per cent increase in the seniors population from 2001-2006. The 65+ age group is the fastest growing age group in Peel. The implications for the human service sector are an increased demand on health care resources, social supports, housing, transportation and activation programs.

As the Manager of Supportive Living Services at Caledon Community Services, I see the implications of demographic changes that are not met with adequate resourcing.

The need for Caledon Community Services' (CCS) Transportation Program is growing, but this program is dealing with problems due to an aging fleet of buses. The Region of Peel has recently provided a tremendous investment in our fleet with two certified pre-owned vehicles and a commitment of a new bus every other year for 10 years. We are grateful! We are also working with our Local Health Integration

Network (LHIN) to address their investment in this vital health care service. Without these investments, clients will be without transportation to their much needed medical appointments.

The Transitional Care Centre is a two-bed facility that offers care for seniors who are discharged from the hospital after completing their acute care phase but are still in need of additional support before returning to their home. The LHIN helped us launch this CCS innovation. We've had to turn away those in need due to a lack of bed space. The need for this service will increase as demands on health care increases. CCS hopes to expand this program into other seniors' buildings in Caledon; the Region of Peel (Peel Living) has committed to providing CCS with two 2-bedroom apartments so now we must secure operational funding from the LHIN. We're working on this too.

In our Supportive Housing program, there is a waitlist of more than 30 people who require housing and services from Personal Support Workers. In our Caledon East seniors building, CCS is able to provide eight hours of daily care, not the 24/7 support that exist in our other locations. It is always disheartening for us to see a long-time Caledon resident moved from her apartment to a Long Term Care facility because she could not remember to take her evening medications. We're working on this one as well.

It's unfortunate but there are many examples of service gaps for seniors who often don't have strong voices of advocacy. I feel privileged to be such an advocate; together with my colleagues and our Board of Directors, we're committed to improving the care that Caledon's seniors receive. Are you?

## How Do You See It?

Tell us how you see it.

You can reach Kari Simpson, Manager of Supportive Living Services at 905.584.2300 ext 266 or [ksimpson@ccs4u.org](mailto:ksimpson@ccs4u.org)

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