

SENIORS LIVING

Reflexology benefits seniors

For some, the process of aging is graceful, with few attacks on the physical body or mental acuteness. Others are afflicted with a multitude of conditions associated with aging such as: arthritis, diabetes, cancer, constipation, digestive disorders, declining hearing or sight, high cholesterol, poor circulation, poor balance, insomnia, joint and muscle pain or stiffness, and sore, achy feet in general.

Reflexology is a natural, drugless, healing art. It is based on the principle that there are reflexes in the hands and feet which correspond to every part, organ and gland of the body via the nervous system. Through application of pressure and massage on the reflexes in the hands and feet, the goal of reflexology is to prompt change in the related part of the body.

Reflexology has numerous benefits. The treatment promotes the body's natural healing functions, helping it to detoxify, improve circulation, relieve stress, and build a stronger immune system. Reflexology is beneficial in promoting a better quality of life.

That could mean less pain and stiffness for some, regular bowel movements for another, improved mood, or more confidence in moving about unassisted for others.

Reflexology is an excellent preventative treatment to maintain good health. Reflexology relaxes, detoxifies, and revitalizes the body. Treatments are safe, calming, unobtrusive and an excellent step toward achieving better health.

Submitted by Judy Longstreet CR., CH. specializing in Reflexology since 1995, (905) 702-7846



Town's Senior Centres receive CARF accreditation

Members from both the Acton and Georgetown Seniors Centres were present at the Halton Hills Civic Centre to see Graeme Goebelle, Chair of the Mississauga Halton LHIN present the three-year CARF (Commission on Accreditation of Rehabilitation Facilities) certificate to Town staff members (from left) Terri Forbes, Co-ordinator Georgetown Seniors Centre; Wendy Krever, Co-ordinator of the Acton Seniors Centre; Mayor Rick Bonnette; Goebelle; Samantha Kleinschmidt, Manager of Recreation Services; Michelle Durham, Administrative As-

stant, Acton Seniors Centre, and Sherry Mitchell, Administrative Assistant Georgetown Seniors Centre. "This achievement is a reflection of the organization's dedication and commitment to improving the quality of the lives of the participants within your senior citizens, and is an important element in the overall quality of (the centres)," said Goebelle. "The efforts of your senior staff team and the board of directors in preparing for an assessment of this magnitude cannot be understated."

Photo by Cynthia Gamble

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