

# Make sure your hearing aid is programmed properly

If you already have hearing aids, it's important to ensure they are programmed appropriately. Recent studies show that only 30 per cent of hearing aid fittings are verified correctly. Verifying today's hearing aids require special equipment and training to set hearing aids to provide appropriate amplification.

If you or a loved one:

- Often ask people to repeat themselves
- Have trouble understanding what's being said

- Often complain about people mumbling
- Experience persistent ringing in your ears

Schedule an appointment to have your hearing tested, or if you already have hearing aids, visit your Hearing Instrument Specialist to have them verified correctly and make sure you are hearing all you can from them.

Sources: ASHA, Hearing Foundation of Canada, Better Hearing institute, audiologyonline

*Submitted by Constantine Karolidis*

# Rake this spring without the ache

Winter takes a toll on your garden, but spring takes a toll on the gardener. Gardening season and back pain often go hand in hand, but positioning your body correctly reduces the strain on muscles and joints. Use these tips to enjoy your garden to the fullest throughout the season:

Alternate your tasks. Switch between heavy chores such as digging and lighter, less physically demanding tasks such as planting.

Do the "scissors" when you rake. Stand with one leg forward and one leg back when you rake. Switch legs and hands every few minutes.

Kneel to plant and weed. Constant bending can put strain on your back, neck, leg muscles and joints, so kneeling is recommended. Use kneepads or a kneeling mat (with handles) to minimize the amount of bending required, and to make kneeling more comfortable. Keep your back straight.



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## Georgetown Skating Club

### NOTICE OF ANNUAL GENERAL MEETING

**Saturday May 3, 2014 - 3:00 - 8:00 pm**

**Gellert Centre - Kinsmen Hall**

All members of the Georgetown Skating Club are invited to join the Board of Directors for the Annual General Meeting.

For more information please visit our website at:  
[www.georgetownskatingclub.ca](http://www.georgetownskatingclub.ca)



Halton Healthcare

### Contribute your voice and leadership

## The Halton Healthcare Services Board of Directors

Halton Healthcare Services (HHS) is a leading multi-site healthcare organization with an outstanding record of performance, fiscal accountability and, most importantly, safe quality patient care.

The organization's three community hospitals are integral to the health and wellness of their communities and resolute about delivering responsive, safe and exceptional care to their patients.

To ensure a healthy future and meet the needs of the growing population, HHS is building a new, state-of-the-art hospital in Oakville which is scheduled for completion in late 2015; Georgetown Hospital has undergone a significant expansion to its Emergency and Diagnostic Imaging Departments and is proceeding with planning for future expansions; and, Milton District Hospital is in the midst of a major expansion that will significantly increase the size of the facility.

Through an effective governance body Halton Healthcare Services' first priority is to understand the unique needs of our diverse communities, ensure fiscal accountability and safe quality patient care.

To complement the skills mix on our Board, we are looking for an individual with experience in provincial government, marketing/public relations and expertise in the healthcare sector.

As a well-connected individual residing or employed in the Regional Municipality of Halton or Peel, you demonstrate an awareness of the specific issues and concerns facing these rapidly expanding communities. You will be both an active voice of the Board of Directors and a knowledgeable resource in governmental affairs. Demonstrated not-for-profit or corporate board experience with formal governance training are assets.

With three major capital projects running concurrently, there has never been a greater need for strong community representation on our Board.

HHS has retained Promeus Inc., to invite nominations and expressions of interest to fill the upcoming Board vacancy. This advertisement is also posted on the HHS website at [www.haltonhealthcare.com](http://www.haltonhealthcare.com).

If you have the passion and availability to reflect the face and character of our fast-growing and diverse communities, please send a letter of interest and enquiry to Judy Mandelman, or Heather Spiegel, Promeus Inc. at:

[resumes@promeus.ca](mailto:resumes@promeus.ca), quoting Project: HHSBD-2014-03



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