

Upper Credit Humane Society Thrift Shop

Stop by often to see what treasures we have in the store.

Donations of household items in good condition are appreciated. Drop them off any time the shop is open.

Funds raised at the Thrift Shop help the animals at the shelter.

Open Tuesday through Saturday
from 10 a.m. - 5 p.m.



**UPPER CREDIT
HUMANE SOCIETY**

Thrift Shop
(Moore Park Plaza)
905-702-8661
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GEORGETOWN LITTLE
THEATRE
PRODUCTIONS
www.georgetownlittletheatre.ca



COMMUNITY

Hillview Active Living Centre-Acton to host Reach Out for Harvest Breakfast

By Julie Conroy

Hillview Active Living Centre- Acton

The Open House last week was very well attended. Stacey Aarssen is an executive consultant with Better Travel Insurance/Sentry group in Guelph who spoke to us about travel insurance and how important it is to make sure you fill out the questionnaires completely.

One client wrote down they were on four medications and it was actually five and that was enough to have their medical expenses rejected. She also mentioned visiting your doctor six months prior to your trip and have any prescriptions filled and any required changes done at this time to ensure eligibility. Make sure you understand the stability period. The average stability period is six months. That might cause your expenses to be declined. We have more information at the Centre you can pick up.

In the afternoon a group enjoyed watching Michelle, our administrative assistant with her "assistant" Wendy (co-ordinator of the Centre) make goat cheese bruschetta appetizers followed by cherry custard tarts. Everyone enjoyed eating them afterwards!

The first evening movie night was well attended and members are looking forward to the next one on Tuesday, Oct. 6.

On Thursday, Sept. 10, Nancy MacLeod presented The Victorian Medical Show. It was a great success showcasing some of the various tools and equipment used in Victorian times. Nancy has a wicked sense of humor and had us laughing while learning something about living and being sick in Victorian times.

Open House week was a great success with many new faces and people enjoying participating in the various activities. We welcome everyone who became a member of the Centre during this time and hope to see them enjoying the many various programs we offer. Our membership now stands at 331.

On Tuesday, Sept. 22 at 10 a.m. we are hosting a Reach Out for Harvest Breakfast. We are inviting members and the community to join us and see what the Centre has to offer. There is a signup sheet and a very small charge for the breakfast. Come out and meet some new friends.

Friday lunch on Sept. 25 will be soup and sandwiches plus dessert.

Ask the Professionals



Find local professionals here
every Thursday!
For advertising information
please call 905-234-1018 or
email kkosonic@theifp.ca

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DR. ANOOP
SAYAL

Q: What do I do for a Dental Emergency?

A: **Toothache**

First call your dentist. Explain your symptoms and ask to be seen as soon as possible. Then ease the pain. Take an over-the-counter pain medicine that works for you, but do not put the pills on your sore tooth. Hold an ice pack against your face at the spot of the sore tooth.

Do not put a heating pad, a hot water bottle, or any other source of heat on your jaw. Heat will make things worse instead of better.

Chipped or broken tooth

Broken teeth can almost always be saved. Call your dentist and explain what happened. He or she will see you right away. If it's a small break, your dentist may use a white filling to fix the tooth. If the break is serious, a root canal may be needed. Your tooth may also need a crown (also called a cap).

Knocked out tooth

If the knocked-out tooth is an adult (or permanent) tooth, your dentist may be able to put it back. You must act quickly. If the tooth is put back in place within 10 minutes, it has a fair chance of taking root again. After 2 hours, the chances are poor.

If the tooth looks clean, put it back in its place (its socket). If this is not possible, or if there's a chance that the tooth might be swallowed, put it in a container of cold milk. Go to your dentist, or to the nearest dentist, right away. If you get help within ten minutes, there is a fair chance that the tooth will take root again.



Mountainview
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owned and operated by the Summer family

222 Mountainview Rd. N.
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Christoph Summer
Owner/Administrator

**Who can help me clean out my
medicine cabinet of all these old pills?**

This can be a very big chore for some of us! But there is help available.

First, check with your doctor. Make a list of the medications he wants you to be on and the times you are to take them. Then seek the assistance of your local pharmacist. He will help identify outdated medications and can destroy all your old pills safely and properly.

If you are having trouble taking them at the right time, show him your list. He may suggest a dosette system to help with this - he also can assist you in filling it properly.

Taking the right pill at the right time is essential in order for you to get the proper effects necessary for your good health. This important service is provided in most retirement homes and is invaluable to our senior clients.

Put your medicine cabinet in order - it will serve you well!