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Jenni Veneruz
Owner/ Registered
Physiotherapist

A : My son just fell and hit his head in hockey, does he need to sit in a dark room until the concussion symptoms are gone?

Q : Following a concussion, the "sitting in a dark room" approach is only effective for so long. Concussions, like other sports injuries, should be properly managed and rehabilitated. While complete physical and cognitive rest is the mainstay of concussion care, having a health professional trained in concussion treatment and management guide you through this step-by-step may prove to be invaluable. Recovering from a concussion can be a difficult and frustrating time. Each athlete is affected differently and as such, requires individualized care. Management strategies are used to limit the amount of impairment as well as expedite recovery as much as possible. These strategies may include resting strategies and home instruction, school and/or accommodations, or a return to play protocol. It is important to see a health professional trained in concussion management to guide your child through the recovery process.

COMMUNITY

Georgetown's HALC adds braille to its signs

By Florence Riehl

Hillsview Active Living Centre-Georgetown

Have you been in to check out the new library space? Marilyn tells me it has been a little slow since its opening at the beginning of the month. She is still taking in your used books. The shelves are stacked with a great selection of reading material and DVDs just waiting for your picking.

Thanks to Michelle for taking on the convenor's position for Wednesday afternoon euchre. I'm sure she will appreciate all the help you can give her as she settles into this new position

Possibly you have noticed all the new signs in the Centre. They contain the new name for each of the areas in our Centre and if you look closely at the bottom right corner of each you will see that the designation is also in braille. Our Centre can certainly boast that is all inclusive.

Tuesday, Feb. 2 is the date for our lunch sponsored by Links2Care. The cost is \$10, which you pay when you sign up at Reception. We need a minimum of 15 signatures for the lunch to go on.

HILLSVIEW Active Living Centre

Let's remember all our sweethearts and drop into the Centre on Friday, Feb. 12 for a Valentine's cupcake with a coffee or tea. Just a \$1 donation. The movie for that day is *Valentine's Day*. How appropriate!

That will be the beginning of a long weekend as we celebrate Family Day on the Monday, Feb. 15. The Centre will be closed on that day but I hope you and your family are planning to take part in some of the activities around town. Check with your Town Guide for programming.

Travel: The trip to the Old Mill for a beautiful buffet lunch and an exciting murder mystery performance by the renowned Mysteriously Yours Group is on Wednesday, March 9. If you plan to join us you need to be signed up by Feb. 4, only one week away. Don't let this fun experience slip away on you!

Carolyn Dew

Acupuncture & Traditional
Chinese Medicine
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71 Mountainview Rd N
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www.healthspan.ca



BPHE, RAC,
RTCMP

Q : I am struggling to get pregnant and heard that Acupuncture can help

A : Acupuncture has gained much positive attention for its ability to enhance fertility. Whether you are trying to conceive naturally or are using assisted fertility techniques, Acupuncture and Traditional Chinese Medicine (TCM) can help you prepare for conception as well as a healthy pregnancy.

The ways in which Acupuncture can enhance fertility include: reducing stress, improving circulation to the ovaries and uterus, and balancing hormones. This is evidenced in medical research that supports the incorporation of Acupuncture into IVF protocols and other assisted reproductive technology techniques.

The Ontario government has recently agreed to fund in-vitro fertilization for 5,000 families trying to conceive a child. This is good news for IVF candidates, as one round of IVF costs approximately \$10,000. An estimated 1 in 5 Canadian couples will experience infertility at some point in their lives.

For further information on whether Chinese Medicine can address your reproductive health needs, please go to www.carolyn dew.ca