

# Ask The Professionals

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MANON Dulude

PROFESSIONAL COUNSELING SERVICES

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DR. DENIS BEAUCHESNE

**Q:** How can a coach help me learn to resolve conflict and improve my relationships?

**A:** There are 5 ways to be involved in the dance of conflict. You can choose to; avoid, accommodate, compromise, compete, or collaborate. We all have a preferred style and tend to repeat the same patterns time after time.

Most of us enter difficult conversations with the fear of losing the argument. This mindset makes us both defensive and aggressive. It also prevents us from being able to create collaborative solutions which would address the problem at hand and meet everyone's needs.

The art of resolving conflict well, lays in being able to learn collaborative skills. It is easy to be collaborative when the stakes are low however the challenge comes when we have to work with others whose needs seem to be opposed to our own.

A coach with expertise in collaborative conflict resolution can assist you in developing new skills to manage conflict effectively. By challenging your belief system and expand your perspectives and mindset which influence your reactions during conflict, the coaching process can help you learn to tend to your relationship in a kind and respectful manner while creating a whole new scope of solutions never considered before. Remember that the best way to resolve a conflict is to be tough with the problem but kind to the relationship.

To learn more about conflict resolution coaching, Please contact Manon Dulude, Psychotherapist and Certified Professional Coach, 905 873-9393.

**Q:** As a senior in my 80's how do I decide if I should still be driving?

**A:** This is a very important decision, and one that should be part of all retirement planning. According to the Canada Safety Council, road accidents have dropped significantly in all age groups except 65 and over. Medical conditions are a major reason driving abilities decline.

Deterioration of eyesight; hearing loss; movement-limiting disabilities such as arthritis and rheumatism; medications; slower reflexes and of course, dementia are some factors contributing to this statistic.

**Include your family or doctor when you consider the following questions:**

- Have you, or others, noticed a change in your driving skills?
- Do others honk or show signs of irritation?
- Are you driving less often because you have lost confidence?
- Have you ever become lost or forgotten where you are going when driving?
- Have you had any car accidents or minor fender benders?
- Have others criticized your driving or refused to drive with you?

If independence is a concern, consider all the costs involved with running your car. You can take a lot of taxis for this amount of money and to simplify matters, many taxi companies will bill you monthly.

There are also alternatives. Many grocery store, pharmacies and libraries offer home delivery. For a nominal cost, **Activan** is a public transportation service for both persons with disabilities and seniors. For information, call 905-873-2601 extension 2617.

For information on a variety of community services, call your local **Links2Care** Information Centre:

- Acton: 519-853-3310
- Georgetown: 905-873-6502

**Q:** What are dental sealants and are they effective?

**A:** Dental sealants are applied to the chewing surfaces of premolar and molar (back) teeth. A sealant is made of plastic resin material which is a thinner version of a white filling. Sealants are bonded to the grooves and pits of the teeth.

Sealants act as a barrier to keep food and bacteria from penetrating grooves and causing decay. Sealants provide an effective protective layer on non-smooth surfaces. Other procedures can protect smooth flat surfaces of the teeth but cannot reach the grooves.

Sealants are applied to cleaned and dried teeth and then hardened with a bonding light. Sealants are safe and effective and primarily are recommended for children whose molars have erupted (primary around age six and permanent around age 12).

Sealants effectively prevent decay and protect the teeth while intact and correctly applied. Sealants can last many years. Your dentist will check any sealants at your regular checkup and determine whether they are intact or need repair and/or reapplication.



## Welcome to Canada!

Becca Donohoe (centre) was congratulated by Judge Aris Babikian (right) and Halton Const. Paul Kent, as she received her citizenship papers at a recent Citizenship Court held at Stewarttown Middle School. A total of 34 new Canadians were sworn in by Judge Babikian, originating from 24 different countries.

Photo by Ted Brown

## Town wants \$ for parking lots

Halton Hills has applied for the next wave of stimulus funding, with the focus on improving the town's parking lots.

Town staff submitted an application for the Community Adjustment Fund for construction of the Edith St. parking lot, upgrading the Draper St. parking area, and selective resurfacing of the Back St. parking area, all in Georgetown, and resurfacing of 70 Mill St. parking area in Acton.

The project cost is estimated

at \$975,00 with the Town's share at \$150,000. The Town will use reserves to fund its portion.

The rationale includes an increase in customers to the downtown areas with over 200 businesses, but limited, and poor parking areas are resulting in lost business opportunities.

If the Town is successful in its bid, the projects will be completed by March 2011.

The Town worked with MP Michael Chong's office before submitting the application.

## Environmental grant deadline nears

Time is running out for Ontario community groups and schools to apply for the next round of funding from the Earth Day Canada Community Environment Fund.

Made possible through the support of Sobeys Ontario, this fund provides grants of up to \$20,000 to support local grassroots environmental initiatives.

Last November, the Community Environment Fund awarded \$378,000 to 22 organizations across Ontario. Now in its second granting period, the Community Environment Fund is accepting applications until Sunday, Feb. 28, with funds to be granted in May.

The Community Environment Fund is open to Ontario, community-based, not-for-profit organizations and schools to support environmental projects which are open to the public. In addition, eligible projects must

- have a strong volunteer-involvement component and engage the local community;
- have a plan to be sustainable beyond the life of the grant; and
- demonstrate quantifiable benefits and achievements to the environment.

For full details and to apply online, visit [www.earthday.ca](http://www.earthday.ca) or, visit any Ontario Sobeys, Foodland, IGA or Price Chopper store.

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## WANTED

to inform our readers & answer their questions

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**Q:** How early should I see a Physiotherapist after my surgery?

**A:** The time to begin your rehabilitation after your surgery will depend on both the type of surgery and your surgeon's specific preferences. EPA has committed a large pool of resources to offer patients the best and research based care for surgeries like: ACL rehabilitation, Knee scopes, Meniscal tears, rotator cuff repairs, shoulder stabilizations and lumbar disectomies. Typically shoulder patients are seen within 3 days post surgery and will likely be wearing a sling for up to 6 weeks. During their physiotherapy, the physiotherapist will mobilize their shoulder and the patient will be instructed on safe and specific exercises for them to initially begin at home.

Following a knee scope where arthritic changes may have been shaved or tears in the meniscal removed, a patient is also seen 3 days post surgery. While most people are without crutches, physiotherapy will assist in the early management of pain and swelling. More elaborate rehabilitation would follow an ACL repair, but still begins as early as three days post op.

Typical back surgeries like disectomies, where the piece of the disc is removed from a nerve root, also being as early as 3-4 days, to as late as 6 weeks post surgery. Rehabilitation post back surgery is primarily exercise based focusing on core muscles to prevent and protect the back from future pain recurrences.