

Welcome

New Members!

By Wendy Hue,
Partners in Progress

Built Rite Solutions,
PO Box 74047, Georgetown, ON
L7G 5L1,
Tel: 289.891.7700, Email:
service@built-rite-solutions.com.
Owners Pierre & Karey Viens, began in 1993 by providing services to unload, uncrate and set in place commercial kitchen equipment. They offer a variety of services like installation of walk-ins and refrigeration service. Visit www.built-rite-solutions.com for a complete list of their services.

Regal Lighting Designs,
20 Forsyth Cres.,
Georgetown, On., L7G 6G3,
Tel: 905.700.9000
www.regalightingdesigns.com.
Tom Herstao and Julie Strati have been selling exclusively LED lighting products for 7 years. We do LED lighting designs for interior, exterior, landscape and can convert a light to a quality LED. "Never Change a light bulb again!"

Technical Fastener Product Supply,
Georgetown, Ontario,
Phone/Fax: 905.877.8698,
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A Manufacturer's Sales Agency, managed by Paul Madonia, specializing in providing profitable partnerships between suppliers and their potential target customers within the transportation and small to midsize manufacturing market segments. Paul represents years of technical sales experience from both the manufacturing and distribution business areas of the Canadian automotive & industrial marketplace.

Mindwalk Branding & Marketing,
8 Guelph Street,
Georgetown, ON, L7G 2C9
Since 1997 Mindwalk has been helping business owners generate more leads, get more clients and increase sales. Owned by Michael and Anita Huggines, Mindwalk creates powerful brands and profitable marketing for business.

Mindwalk specializes in brand strategy development, marketing planning and implementation and website planning, design and implementation.

Caldwell Securities Ltd.,
67 Main St. S.,
Georgetown, Ont., L7G 3G2,
905.877.8092
tflanagan@caldwellsecurities.com.
Caldwell Securities Ltd. is an independent full service investment firm. Ted Flanagan and David Robart-Morgan invite you to pay us a visit in Old Georgetown to discover our proven investment strategy. We provide solutions to build your investment assets in a tax effective way and protect them through insurance programmes.

Gary Crosbie, 905.873.8165,
mortgageinfo@garycrosbie.com
brokerage
(www.mortgageedge.ca).

A long time resident of Halton Hills, Gary is a certified Mortgage Agent, and a member of IMBA. "As a Mortgage Agent, I am bound to consider your interests and needs. I do not work for a financial institution; instead I deal with many lenders competing for your mortgage."

Additional New Members:
A.S.A.P Secured Inc
Big Brothers Big Sisters of Halton
H3R Human Resources Services
Halton Hills Community Energy Corporation
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Hope Place Centres
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The Hide House
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Zajac Technical Solutions

Ask The Professionals

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Georgetown

Physical and Sports Therapy Clinic

83 Mill Street, Suite B,
Georgetown, Ontario
Tel: (905) 877-8668
Fax: (905) 877-4165



Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I've just started my spring jogging regime, which involves running about 10 km, 3-4 times weekly. I'm beginning to experience pain to both my shins. I assume this is "shin splints". What exactly is this, and what should I do?

A: "Shin splints" is a general term used to describe pain and inflammation as a result of repetitive microtrauma to the top two-thirds of the tibia (the main shin bone). There are actually a number of different causes for this syndrome, namely: irritation of the membrane between the tibia and fibula (other shin bone), stress fracture of the tibia, tendinitis of the posterior tibialis muscle, and increased pressure (and ischemia) in the anterior tibialis muscle.

More importantly, it should be remembered that shin splints is an overuse syndrome. Contributing casual factors are uneven running surface, ineffective running shoes, a sudden increase in mileage, the beginning of a brand new running regime and overpronation.

Standard treatment includes rest and possibly oral anti-inflammatories. If the problem has resulted from a tendinitis, then your physiotherapist will utilize modalities such as ultrasound and will work to increase your lower leg flexibility/strength. He or she will also address the possibility of poor lower extremity biomechanics, such as overpronation.

Ultimately, prevention is the key. Anytime you start (or re-start) a running program, make sure that your shoes are not worn-out and you progress gradually to increase distance and change terrain. Prepare your lower leg muscles with a stretching/strengthening program at least 4-6 weeks before you start your running program, maintaining it through your running season.

Anne Wilcox

MSc, OT Reg. (Ont)

Occupational Therapist

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905-702-3646 (cell) 905-702-9320 (fax)
Serving the Halton Hills community for over 15 years
"Occupational Therapy: Skills for the job of living"

Q: I've been deathly afraid of flying for years. I know I've given up a lot - missing family celebrations and holidays I can't drive or train to, refusing work that demands air travel - by not getting help to overcome my fear of flying, but I keep putting it off. Why?

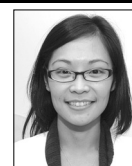
A: Madness has been stigmatized for centuries as hopeless, helpless and less than human; we all continue to hold stigmatizing attitudes towards people with mental health issues - even toward ourselves when we experience episodic or chronic mental illness. Negative, stereotypic depictions of treatment in popular culture - recall Cuckoo's Nest's Nurse Ratched and shock therapy? - haven't helped. Our exposure to more truthful images of mental illness and the benefits of psychotherapy on such TV shows as The Sopranos, Grey's Anatomy, In Treatment and United States of Tara is helping to change our perceptions. Consider how we respond to people with chronic or episodic illnesses like diabetes or asthma. Do we think differently about their strength, resourcefulness, competence to work or parent, their humanity? We need to think about people with mental health issues - including ourselves - in the same way; we need to believe that expert assistance and accommodation are both necessary and deserved, just as they are for people with other chronic or episodic illnesses. Whether we have a fear of flying or any other mental health issue, each of us deserves to seek out and use stigma-free professional help, recover our hope and improve our quality of life. Fear of flying is a specific phobia that is usually eliminated during six to ten individual treatment sessions, using a specific evidence-based cognitive behavioural therapy (CBT) protocol. Please give me a call: you may soon be packing your bags to enjoy a summer flight!

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Cheryl Tanego
RPh

Q: My doctor diagnosed me with allergic rhinitis. What is it? What can I do to stop my symptoms of sneezing, runny nose, itchy eyes and nasal congestion?

A: Allergic rhinitis is a form of allergy. It is the body's exaggerated response to a usually harmless substance. These substances are called allergens and they enter the body of person predisposed to allergies where the body "remembers" the reaction. The next time the person is exposed to the allergen, the body's immune system defends itself by releasing various chemicals including histamine. This then triggers a wide range of symptoms including running nose with a clear discharge, sneezing, nasal congestion, headache, postnasal drip, cough and red, itchy and watery eyes.

There are two types of allergic rhinitis: seasonal and perennial. Seasonal allergies occur only at particular times of the year and are a reaction to wind-borne allergens such as ragweed, tree and grass pollen. Perennial allergies occur year-round and are a reaction to indoor allergens that are always present in the air such as dust mites, pet dander and mould.

The best prevention is to avoid or minimize contact with the allergens. Some tips to reduce your allergy symptoms are:

- For allergies caused by dust mites:**
- Aerate the house.
 - Avoid having rugs/carpets and dust-collecting objects.
 - Use allergy-proof mattress and pillow cases.
 - Wash bedding in hot water, once a week.
 - Avoid having pets in the house, especially in the bedroom.
- For allergies caused by wind-borne allergens:**
- Keep windows closed and use air conditioning.
 - Plan outdoor activities when pollen count is lowest (ie. afternoon).
 - Avoid outdoor activities on very windy or sunny days when pollen circulation is highest.
 - Do not line-dry clothes and bedding outside.
- Generally speaking, starting treatment before exposure to allergen is more effective than starting when symptoms are already present. There is a vast array of treatments available - some taken alone or in combination and often targeting specific symptoms. Many allergy remedies are sold over the counter but it is recommended that you speak to your pharmacist in order to choose the product that best suits your needs.

Synergy Benefits

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Wendy Farrow-Reed
CHRP (Certified Human Resource Professional)

Q: What is Bill 168 (Violence & Harassment in the Workplace)?

A: A new and significant risk management issue for Ontario employers that will come into force June 15, 2010.

Bill 168 has introduced numerous new health and safety obligations with respect to violence and harassment prevention in the workplace. Employers are now required to develop, implement and maintain an effective workplace violence and harassment prevention program which will include additional employer and supervisory obligations under the Occupational Health & Safety Act. In particular, the effective response to violence, harassment and threats in the workplace will be closely monitored by employees, unions and the Ministry of Labour.

Briefly, employers will be required to have a separate policy for harassment and violence; conduct risk assessments and implement precautionary measures including taking steps to protect workers from domestic violence, if domestic violence would likely expose a worker to physical injury at the workplace, train employees at least annually and properly investigate complaints.

Synergy Benefits can assist with developing policies and procedures to address your obligations under Bill 168.