



Membership Renewals

January - March
2010

A.H. Office Services
ACCOUNTANTS on MAIN Chartered Accountants
Acton B.I.A.
AGL Marketing Limited
All Call Communications
Andrews Scenic Acres/Scotch Block Winery
A-Plus Self Storage
Ares Family Restaurant
Arnott, Ted, MPP Wellington - Halton Hills
Avila Investments Ltd.
B & M Garage Door Inc
Bank of Nova Scotia
Bath and Kitchen Studio
Blue Springs Golf Club/A Property of ClubLink
Boston Pizza Georgetown
Budget Blinds of Halton
Built Rite Solutions
Buttle and Tavano Professional Corporation
Camax Construction Limited
Cancer Assistance Services of Halton Hills
Center Stage School of the Arts
Cogeco Cable
Colonial Tree Service
Cooper-Standard Automotive Canada Limited
Counteract Balancing Beads Inc.
Craig Teeter & Associates
Creative Embroidery Works &
Promotional Products
Crownseal Basement Waterproofing Inc.

Culligan
Cynmar Cleaning
Deborah Gilmore, Broker, Johnson Associates
Real Estate Ltd.
Dek Electrical Inc.
DGH Doors
Dianne Penrice, Broker, Johnson Associates
Halton Ltd. Brokerage
Domino's Pizza
Doom Gardencentre
Downtown Georgetown BIA
Dr. Caroline Teske - Optometrist
Edward Jones - Georgetown
Elayne Tanner & Associates Inc
Epoxy Solutions Inc.
Escarpment Views
Expedia CruiseShipCenters - Milton / Georgetown
Fargo Transportation Services Ltd.
Feet In Motion
Fibrenew Industries Halton/Peel Inc.
Flotech Canada Complete Plumbing
Galvcast Manufacturing Inc.
Georgetown Thai Cuisine
Get the Scoop Creamery & Confectionery
Greaveston Genetics Inc
Halton Commercial Printers Ltd.
Halton Place Horse & Country
Harbison-Walker Refractories
Holly Industries

Horizon Packaging, Community Living
North Halton
HPP Services Limited
Identities
Investors Group - Erin Magee
J.V. Clothing
Kingsclere Consultants Corporation
Lasting Impressions Balloon Company
Leathertown Lumber Inc.
Living Lighting
MacMillan's Gourmet Frozen Foods
Marz Motors Ltd
McClure Carpentry, G.
National Instore Services Corporation
Norbram Group Insurance Benefits Inc.
Norval Plumbing Centre Inc.
P&H Milling Group - Halton
Perma-Shine Inc.
Pictures & Presents
Potion Creative Inc.
Raves Hair Fashions/Spa
Ray Johnson & Associates Inc.
(The Co-operators Insurance)
RBC Dominion Securities
Samuels, Marilyn J. LL.B Barrister: Solicitor
Saputo Dairy Products Canada G.P. (Neilson Dairy)
Secure Solutions
Sheridan, Employment Ontario,
Employment Services

Shoeless Joe's Restaurant
Silvana Bezina, Royal LePage Meadowtowne Realty,
Brokerage
Simply Yoga Simply Health
SouthWestern Energy Inc.
Sparkle Your Space
State Farm Insurance, Phil Karda
Stride
Superior Glove Works Ltd.
Tee Mac Electric
The Carpet Palace Ltd.
The Garden Lady
The Georgetown Hearing Clinic
The Pita Pit
The Royal Academy of Arts & Education
The Sign Shoppe
The Spa on Main
TransCanada Energy Ltd.
Tutt Electric
United Way of Halton Hills
Upper Credit Humane Society Thrift Shop
Varanelli Daniel, CGA, CFP
Wal-Mart Canada
Wenham, Bruce CGA
West Seven Inc.
William McKeown Broker & Janet McKeown Sales
Woodchuck Farms Inc.
Yorkshire Enterprises Inc.
Your Hot Tub Paradise Inc.

Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted For the Professionals by May 27th, 2010. features@independentfreepress.com or call 905-873-0301 ext. 237

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Office in Georgetown



Q: How do I cope with grief?

A: Coping with death is a painful experience which everyone goes through at some point in their life. Your grieving process is unique and grief looks different from person to person. Although society prefers we put the death behind us and "get back to normal", grief is a process we must pass through. Some emotions you may feel while grieving include shock, pain, anger, guilt, and loneliness. These feelings are normal and it is important to talk about these feelings with someone you trust. There are four tasks of the bereaved: recognize that the deceased will not return, allow yourself to experience and acknowledge your emotions and reintegrate into a life without this person. Many people find this last task very difficult. Seeking support from a mental health professional at this time is not a sign of weakness but a sign of strength and self-knowledge.

INVESTIBULAR
FOCUS
REHABILITATION

905-702-7891

www.dizzyhelper.com Jenni Veneruz PT



Q: I recently went on a 7-day cruise. Since coming home, I continue to have the sensation of being on a "rocky boat" and I keep losing my balance. Is there anything I can do?

A: Mal de Debarquement Syndrome literally means disembarkment sickness. It is diagnosed when a person continues to have prolonged (at least one month after) and inappropriate sensations of movement after exposure to motion, most commonly after 7 day sea voyages. It can also follow extended air or train travel. Some medications have been proven effective in decreasing symptoms and your family doctor can prescribe these. A physiotherapist trained in vestibular rehab can also help eliminate symptoms with simple exercises that can be done at home.

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Christoph Summer
Owner/Administrator

Walking is one of the most popular forms of exercise and it is also one of the best. It contributes to circulation and helps with both weight control and overall good health. The following walking tips are relevant to people of all ages, but especially so for seniors:

- Warm up and cool down. Stretching alleviates muscle aches after any exercise
- Choose proper footwear. Don't be shy to ask the sales person for advice on the best shoes and don't cut corners on cost.
- Pay attention to your feet. Be sure to take note of any changes and/or pain in the feet or ankles. This could indicate a foot ailment or circulatory problem, so speak to your doctor about it.
- If you are diabetic, use extra care. Be sure to pay attention to any numbness, blisters, or inflamed areas of your feet.
- Try to walk on soft ground. A paved pathway in a local park is good option, as long as it is level and well used by others.
- Exercise with a friend if possible and be sure to keep talking. If you are too out of breath to talk, then it's time to rest. Know your limits and exercise with caution.

Elayne Tanner & Associates Inc.

Elayne M. Tanner

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Elayne M. Tanner

Q: Am I codependent?

A: The term codependency was originally associated with alcoholism but now is often used more freely. Someone is considered codependent when they get their sense of self and meaning through caring for someone else. If you do not have a sense of who you are when you are not caring for another person, you are likely codependent. You put the needs of your codependent partner before your own. Your needs do not matter. These behaviours are learned in families of origin. The more dysfunctional the family of origin the more we take on roles to try to limit the chaos in the family. The codependent member develops behaviours that are "other" oriented and are geared to rescue, mediate and cover up for the other person's shortcomings while ignoring their own needs. People who are codependent often:

- Stay in a relationship that is consistently unfulfilling
- Allow unacceptable behaviour to continue without asserting themselves
- Are indirect and unable to express their feelings
- Allow others to overstep their personal boundaries
- Give too much of themselves
- Are unable to say no
- Take responsibility for the actions of others and make excuses for the bad behaviour

Codependents have good intentions. They are trying to take care of a person who is experiencing difficulty, but while they may initially feel a sense of reward, they eventually become martyrs whose repeated rescue attempts allow the needy individual to continue on a destructive course. The person who is being cared for becomes even more dependent on the unhealthy care taking and makes few attempts to care for them self. Codependent individuals can learn to change these behaviours and lead a healthier, fulfilling life.