



# Membership Renewals

April - June  
2010

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## Ask The Professionals

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H.B.Sc. PT, MCPA,  
res. CAMT

**Q:** I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down I toss and turn all night what is wrong?

**A:** Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/ or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.

### Elayne Tanner & Associates Inc.

#### Elayne M. Tanner

PhD (C), RSW, BA, BSW, MSW, Dip Soc Adm  
Counselling & Psychotherapy  
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www.etasolutions.com



Elayne M. Tanner

**Q:** My marriage is over! I am angry and hurt and determined to get what is owing to me. I am willing to give up the kids every second weekend and one night during the week if I have to. But they should not be further disrupted so I plan to keep the house. After what I have been through I don't see why I should have to negotiate any further.

**A:** It is clear that you are still very angry. You are probably also feeling betrayed and disappointed and maybe even embarrassed. It is hard to negotiate when you are feeling this way but for a variety of reasons, you will have to do just that. The law will not let you dictate what you want to happen to your children, house or other assets just because you want it to be that way. You and your soon to be ex-spouse will not suddenly be able to communicate clearly and dispassionately just because the marriage is ending. If you have not been able to do that before, it is far less likely you will succeed now. Letting your anger and hurt get in the way of the children's positive relationship with both parents is not only a waste of your time and money, it is also patently unfair to the children. Children need two parents whenever possible and they need to be able to see both parents in a positive light. Children see themselves in each of their parents so demeaning or putting down your ex-spouse whether directly with words and actions or passively by attempting to limit access or other negative behaviours just hurts the self-esteem of your children. Unless one of the parents is actually a danger to the children, pulling children into the fray by asking them to take sides or speak against their parent is, in my mind, cruel and potentially abusive. Counselling to help you get through these very normal feelings so that you can negotiate a just and reasonable separation agreement, will save you time, money and emotional turmoil. It will also free you up to have a positive future.



### Mountainview Residence

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Christoph Summer  
Owner/Administrator

**Q:** When comparing retirement homes, what extra costs should I expect in the line of care?

**A:** Retirement home information packages should clearly indicate what care services are included in the basic cost of a room.

Generally included are such things as assistance with a weekly shower, administration of medications and emergency response. Many other services may also be included and this information should be "spelled out". A list of any extra costs should also be readily available whether you require these services now or "down the road". Some services that may incur added costs include: checking blood sugar levels, giving insulin injections, taking blood pressure, blood tests, assistance dressing/undressing, grooming help and extra showers. Check to see if there is a choice of cost per service or an hourly fee.

Some residences will also charge per "treatment," a term which should be defined along with the costs.

Remember too, that the Community Care Access Centre (CCAC) can be consulted and some assistance may be provided through this avenue.

In short, ask many questions that pertain to your particular situation now, but also ask for a list of **included** care costs and **added** costs so that there are no unpleasant surprises in the future.

### INVESTIBULAR FOCUS REHABILITATION

905-702-7891

www.dizzyhelper.com



Jenni Veneruz PT

**Q:** I was admitted to the hospital with severe dizziness, vomiting and dehydration. My doctor diagnosed me with labyrinthitis. I am back at home now but still feel off balance and have blurry vision. What can I do?

**A:** Labyrinthitis is usually a viral infection in the semi circular canals of the inner ear. It comes on suddenly, without warning and can induce severe, constant vertigo, acute hearing loss, nausea and vomiting. Admission to the hospital is common secondary to dehydration. Once the constant vertigo and vomiting has stopped people are usually left with symptoms of imbalance, blurry vision and a sense that they are on a "rocky boat". A physiotherapist with training in vestibular rehab can give simple exercises to eliminate these problems. The exercises will help other systems compensate and help to retrain the inner ear.