

# Ask The Professionals

## Elayne Tanner & Associates Inc.

**Elayne M. Tanner**  
PhD (C), RSW, BA, BSW, MSW, Dip Soc Adm  
Counselling & Psychotherapy



Elayne M. Tanner

Milton 905-854-0801  
www.etasolutions.com

**Q:** My husband and I both have to work full time. Will my children suffer because we don't get to spend a lot of time with them?

**A:** What counts most is what you say and do when you do spend time with your children. When they feel valued at home, they develop a greater sense of security and self-worth. This will help them do better not only in school, but also when they grow up.

While children learn a great deal from school, they get their foundation, morals and security from home. One of the most important things your children should learn from you, are the skills for communicating. It is free to ask questions and listen for answers. A conversation should be like a tennis game where talk goes back and forth. Communication can happen any time but sometimes the best times are in the car, at mealtime, or at bedtime so allow time to talk in your schedule.

Children need an education to have a future. You must teach them that you value the importance of education and that homework has to be done. Sometimes we think that all our children need to know to be ready to start school is the alphabet, colours and how to count. The reality is that most children can learn these things pretty fast. What they do need from you is the message that education is valuable. You can talk about learning and share the fun and excitement of new skills. Children tend to follow the examples set for them. If we say one thing and do another, children watch and learn. Practice what you preach and that is what your children will learn. Show them that you are always learning. Read aloud, play games, and talk about news events around the neighbourhood and around the world. Make the time you spend worth every minute. You are building their future. If you are uncertain how to succeed let Elayne Tanner help you so that not a minute is wasted.

**905-873-3103**  
333 Mountainview Road South  
Georgetown, Ontario L7G 6E8  
www.erasosaphysio.com



**Meryl DaCosta**  
B.Sc. (P.T.), B.Sc. (KIN)  
Registered  
Physiotherapist,  
Clinic Manager

**Q:** My Doctor diagnosed me with Facet Joint Pain in my low back. What is a Facet joint?

**A:** The Facet Joints are the joints that are found on the back of the vertebrae. They have articular cartilage, which line the bones. The role of the facet joints is to limit excessive movement and to provide the spine with stability. Facet pain usually occurs due to sudden excessive movement and or as a result of chronic degeneration of the facets articular cartilage. Injuries in the facet often result in one-sided back pain that is accompanied by muscle spasm and stiffness. Facet pain usually occurs with prolonged sitting and standing and is aggravated by backwards bending.

Treatment for the facet joint injuries initially is oriented towards settling down pain and muscle spasm. The Physiotherapists at Eramosa Physiotherapy Associates will direct you into the position and postures that will help you reduce your discomfort. Manual therapy techniques and modalities such as heat, ice, acupuncture and TENS can also be utilized to decrease your pain while specific exercises will be incorporated to strengthen YOU and return you to your activity PAIN FREE!

## Submit a Question for a Mystery Prize!

Drop off or mail to: The Independent & Free Press, Georgetown Market Place, 280 Guelph St., Unit 29, Georgetown, ON L7G 4B1  
or e-mail your questions to: features@independentfreepress.com  
Deadline for questions - Sept. 31, 2010

## Mountainview Residence

owned and operated by the Summer family  
222 Mountainview Rd. N.  
Georgetown, ON L7G 3R2  
Bus: (905) 877-1800  
Fax: (905) 873-9083  
www.mountainviewresidence.com  
uschi@golden.net



**Christoph Summer**  
Owner/Administrator

**Q:** My mother is moving to a retirement residence. One day she is enthusiastic about the idea, the next, she is not. How do I handle the situation?

**A:** First of all, be supportive. Listen and then try to accentuate the positive aspects of the move. This is a big decision for your mother because any move, at any age, is stressful.

If your mother is like many seniors she may be lonely. You might discuss the enriched lifestyle she can enjoy as most retirement homes provide a variety of recreational programs. You can also highlight the fact that most retirement homes have 24 hour staffing if she is nervous about being alone in the house.

If independence is the issue, point out that a residence is a hotel-like setting. Your mother (and any visitors) can come and go or phone at any time. She can entertain friends and family without the worry of cooking meals or cleaning house.

Remember too, that if she changes her mind, retirement homes cannot ask your mother to sign a lease. She will only need to give 30 days notice.

The important thing to remember is to be patient! Take the time to listen to her concerns and help her see the many advantages of moving to a retirement home.

## Alzheimer Society Coffee Break

to support local programs

### Sept 16 to 25

Join us anytime in-store or visit [Foodstuffs.ca](http://Foodstuffs.ca)



## FOODSTUFFS

89 Main S • Downtown Georgetown  
Foodstuffs.ca • 905.877.6569

## Community Calendar

Continued from pg. 11

### Saturday, Sept. 25

**School reunion:** Former students of SS#8 Esquesing Dublin School are welcome to a reunion, 1-5 p.m. at the Dufferin Rural Heritage Community



Centre, Prospect Park, Acton. Bring any photos and memorabilia. Potluck snacks or finger foods welcome. Info: 905-876-3322, 519-853-1639. Email memories or questions to [dublinschoolreunion@gmail.com](mailto:dublinschoolreunion@gmail.com) or go to Facebook and search Dublin School Reunion.

**Upper Credit Humane Society Bark Around the Park Walkathon:** presented by St. Mary's CBM at the CBM Sales Facility, 12522 Fifth Line, Limehouse. Rain or shine. Registration at 10 a.m. with the 4.5 km walk at 11 a.m. Leashed, socialized dogs welcome. Cash barbecue, fun dog games, nail trims, agility trials, bouncy castle, face painting and more. For pledge forms/info: 519-215-1773, [uppercreditevents@gmail.com](mailto:uppercreditevents@gmail.com), [www.uppercredit.com](http://www.uppercredit.com)

**Newcomers Breakfast:** 9:30-10:30 a.m. at the Ontario Early Years Centre, Georgetown, 96 Guelph St. for newcomers to their programs. Families with young children aged 0-6 years are welcome to learn more about the resources and supports offered by the OEYC in Georgetown and Acton. Free. Info/ to register: Jennifer, 905-873-2960.

**Run for the Wells:** at Gellert Community Park. Registration, 8-9 a.m. with Kids 1 km Fun Run where kids can carry water to experience on a small scale what their peers in Africa do daily, 9 a.m. 5Km Run, 9:20 a.m. and 5Km Power Walk, 9:30 a.m. Proceeds to World Vision for deep bore water wells for African villages. Info: [info@runforwells.com](mailto:info@runforwells.com) or Renate, 905-702-9987 or [www.runforwells.com](http://www.runforwells.com)

**Sunday, Sept. 26**  
**Third Annual Walk for Georgetown Hospital:** in the Georgetown Hospital Courtyard and includes the 5 Walk (11 a.m.), lunch, awards and entertainment. To sign up go to [www.Georgetownhospitalfoundation.ca](http://www.Georgetownhospitalfoundation.ca) or call 905-873-0111 ext 8221.

For more see Halton Hills Community Calendar at [www.independentfreepress.com](http://www.independentfreepress.com)

## Best Buy CORRECTION NOTICE

To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: Sept. 10 - Sept. 16

**Product:** Nikon CoolPix S3000 12MP Digital Camera. Please note that this camera advertised on page 15 of the September 13 flyer DOES NOT have a 2.7" touchscreen, as previously advertised. SKU:10140130/29/31/23

## 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.

## AMERISPEC HOME INSPECTION SERVICE

360 Guelph St.,  
Georgetown, ON  
1-800-794-5880



Jeff Brookfield

www.HomeInspectorsHelp.com  
www.GetEnergyGrants.ca

**Q:** I have heard a lot about vermiculite insulation in the news recently. How do I know if I have it in my home and should I be concerned?

**A:** Vermiculite was sold as insulation in bags and typically installed by the homeowner. It was an acceptable material under the Canadian Home Insulation Program (CHIP) (in the '70s and '80s). Thousands of homeowners installed it in their walls and attics.

Some vermiculite came from a mine that contained asbestos. Asbestos can be a concern when particles become airborne and are inhaled over a long period of time. Asbestos is known to cause lung disease, cancer, asbestosis and other serious respiratory illnesses.

It is impossible to determine if the vermiculite in your home contains asbestos without first having it tested.

An AmeriSpec home inspection will identify the possible existence of vermiculite in visible areas of the home. The presence of vermiculite does not necessarily mean that asbestos is present. Laboratory testing is required. You can download a Fact Sheet at [www.HomeInspectorsHelp.com](http://www.HomeInspectorsHelp.com)

## DR. ANOOP SAYAL

Family and Cosmetic Dentistry  
located in  
Georgetown  
Marketplace Mall



DR. ANOOP SAYAL

(905) 877-CARE (2273)

**Q:** Is thumb sucking bad?

**A:** Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur.

By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs.

So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.

## GEORGETOWN LADIES RECREATIONAL VOLLEYBALL REGISTRATION

Monday, Sept. 27/10

7:00 p.m.

at the

Georgetown Market Place Mall  
(outside Independent Office)

\$80.

For more information please call

Christina Jones

905-877-4591

Must be 19 years or older

