

Ask The Professionals

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Georgetown

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

Q: My doctor has recommended that I wear compression stockings for my tired, aching legs. How exactly do they help, and were can I get some?

A: Medical gradient compression stockings improve venous and lymphatic blood flow, which is very important in preventing swelling a varicose veins.

Compression hosiery delivers a controlled amount of pressure that is greatest at the ankle and gradually decreases towards the top of the stocking. If you are experiencing any of the following, you would greatly benefit from wearing gradient compression hosiery.

- chronic venous insufficiency
- moderate to severe varicose veins
- tired, aching, fatigued legs
- swollen feet, ankles, legs
- expectant mothers
- prolonged standing or sitting
- sclerotherapy
- lymphedema
- overweight
- family history of venous leg disorders

If you are requiring a pair of compression stockings, it is important that they fit properly. You will need to be measured correctly. A physiotherapist that has been trained in compression hosiery fitting will be able to assist you.

Elayne Tanner & Associates Inc.

Elayne M. Tanner

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Elayne M. Tanner

Q: I am working to lose weight. Is it true that hypnosis can strengthen my conviction?

A: Research studies have found hypnosis to be an effective weight loss tool. It can help you remain inspired and confident so that your diet will be more effective. Hypnosis is really quite simple. It uses relaxation techniques to focus your mind and create new mental pictures. Hypnosis is not only not difficult or frightening, most people love the relaxed feeling that they get from it.

In order to be hypnotized, all that you have to do is close your eyes and by listening to my voice, use mind-body techniques to get into a relaxed state. This helps you become emotionally open to receive the positive images you, with my suggestions, create in your mind. You do not lose control and anyone can be hypnotized if they are willing. While not a magic cure, you can learn techniques that you will use yourself to maintain your focus on your goals. Hypnosis is not usually a onetime thing. It is a skill that improves each time you do it. You will find that the guidance of a professional hypnotherapist, that understands the dynamics and psychological aspects of compulsive overeating and behavioral change is required a few times to teach you how to use the techniques and also, to help you determine your reasons for overeating and your triggers that sabotage your diet.

Hypnosis is one tool in the tool kit of success that can help you reach your goals in any behaviour change, including diet. Elayne Tanner is a trained hypnotherapist and has been using hypnosis as an adjunct to other therapeutic techniques for many years. If you would like more information, call the number or contact me through the web site address noted. Give yourself the gift of self-love this Valentine's Day.



For the birds

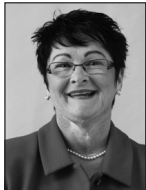
Julie Rossall of Georgetown makes her own bird feeder at Terra Cotta Conservation Area. With family day approaching a visit to any of the nearby conservation areas could be an enjoyable way to spend the day.

Photo by Jon Borgstrom



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Diana Coryn

Q: We will be moving from Georgetown to Ottawa in the Spring and want to know what we need to consider regarding moving our pets Roxy our Yorkie-poo and Harry The Cat?

A: Moving can be traumatic for humans, but it is even far worse for our pets since most of their lives are limited to the inside of our homes. Fortunately, there are steps you can take to make your pet's move a whole lot easier at both ends:

- Make certain your pet is wearing proper identification and any required license tags.
- Ask your vet for a copy of your pet's medical history to take with you.
- Shortly before the move, your pets may become nervous because of all the activity. Keep a close eye on them;
- After the move, give your pets time to adjust to the new neighbourhood. Don't let your pets roam freely until they learn where new "home" is now!
- If your pet has an ID implant, remember to have it updated.
- If your move involves air travel, contact airline carriers one month in advance. Ask about their pet regulations, and make reservations.
- Ask your vet for a recommendation for a vet in your new location.

I hope this helps and look forward to assisting you, Roxy and Harry with your upcoming relocation.

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Christoph Summer
Owner/Administrator

Q: Are there any tax deductions available when I move into a retirement home?

A: You may qualify for a tax credit, (up to \$10,000), for attendant care expenses. Attendant care covers the wages paid to employees of a retirement home providing the following:

- Health care
- Meal preparation
- Laundry services for the resident's personal items
- Housekeeping for the resident's personal living space
- Transportation services

To make a claim, you must provide proof of payment showing the actual amount paid for attendant care. You must also be eligible to claim the disability amount by having form T2201, (Disability Tax Credit Certificate), certified by a qualified person.

You may be eligible if one of the following conditions applies:

- You are blind, even with the use of corrective lenses or medication
- You are noticeably restricted in any of the following basic activities of daily living—walking, speaking, hearing, dressing, feeding, elimination or perceiving, thinking and remembering
- You need and must dedicate a certain amount of time specifically for life sustaining therapy (such as kidney dialysis).

So, in short, yes, there may be some tax relief. Talk to your doctor.

15 Minutes can Save you \$50 a Week!



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