

# Halton docs to hit the ice

Since 2003, Halton Region's Physician Recruitment program has helped bring more than 30 new family doctors to Halton, including 44 to Halton Hills and Milton.

The program addresses the issue of family medicine physician recruitment, ensuring the delivery of effective health services to Halton residents today and in the future.

Participation in trade shows and recruiting events, an advertising campaign, community tours, physician meetings for prospective family physicians and a website are all part of the program's award winning marketing and promotion strategy. This year's campaign also includes sponsorship of Docs on Ice, an annual fundraising doctors' hockey tournament. The Doctors' Hockey Club, host for the 2011 tournament, is made up of Halton, Hamilton and Mississauga hockey-playing doctors.

As a former hockey player, I'm really looking forward to this event, and to be able to showcase Halton as a tourism destination of choice.

This year is the first time Georgetown has entered a team into the tournament, which is a fund raiser for the Alzheimer Society of Hamilton Halton. Georgetown physician Dr. Yasar Razvi is captain of the Georgetown team.

A number of NHL alumni will be hon-

**Gary Carr**



oured guests at Docs on Ice, which takes place April 7-9 in Oakville, including former captain of the Toronto Maple Leafs Wendel Clark and two-time Vezina Trophy winner Johnny Bower.

You can learn more about the tournament by visiting [www.docsonice.ca](http://www.docsonice.ca). To see a list of newly-recruited doctors accepting patients across Halton, visit [www.halton.ca/newphysicians](http://www.halton.ca/newphysicians).

For more information on Halton Region's physician recruitment program, visit [www.haltondoctors.ca](http://www.haltondoctors.ca), dial 311, 905-825-6000, ext. 7929, toll free 1-866-442-5866, or TTY 905-827-9833.

As always, feel free to email me on Regional programs and services at [gary.carr@halton.ca](mailto:gary.carr@halton.ca) and visit our website at [www.halton.ca](http://www.halton.ca).

—Gary Carr is the chair of Halton Region

## Water main concern of quarry's neighbours

Continued from pg. 1

He was told it would be 2012 before it's in use, and also it would only pump a few weeks a year.

Another woman asked about contamination of their water.

"As far as contaminants getting in it is very low and unlikely. It's certainly not going to come from the quarry. Nine-tenths of you have first dibs on the water, then it flows to the quarry. You're uphill of it, so contaminants are not going to go uphill."

A question was raised about water quantity.

"Your water supply is still in a column above the bottom of the quarry," said Clarke. He explained the driller will stop at a point where he's determined there will be enough water for use by neighbouring wells.

A man asked about the worst-case scenario for nearby residents— if the quarry-

ing impacts their wells.

Clarke explained within 24 hours of the complaint there is an alternative water supply brought to the home. He said the investigation starts immediately, and there can be a third party investigation if the homeowner wants.

He said there have been many occasions over the years where the water shortage is not due to a lack of water, but a problem with the pump or the foot valve.

But, he said, if its determined the quarry is responsible it would be a formal well interference complaint and action could include deepening of the well or a new well.

Those who want to comment on the Limehouse Clay application have until March 10 to submit comments to the MNR. They can be sent to Ministry of Natural Resources, Aurora District, 50 Bloomington Rd. West., Aurora, ON, L4G 3G8. Attention: Alex Smith, Aggregate Inspector.

## Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted For the Professionals by April 1st, 2011. [features@independentfreepress.com](mailto:features@independentfreepress.com) or call 905-877-0301 ext. 237

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**Q:** My marriage is in trouble and we do not seem to connect any more. Can Relationship Coaching help us?

**A:** With life moving at the speed of light, it seems inevitable for couples to stop prioritizing themselves and their relationship. Many believe that it is normal to neglect their relationship and that in time things will get better. However, the more time passes the greater the gap becomes.

These days, much time is spent commuting, working and driving kids to various activities. As a result, the relationship is left unattended and suffering. In my opinion, the relationship between spouses is the corner stone of the family, and can be compared to the foundation of a house. If left unattended for too long, cracks attack the foundation and eventually you find yourself with a seriously compromised and leaky foundation. Coaching for couples offers an opportunity to reevaluate how a couple prioritizes and attends to each other. It is a time to measure the impact of current behaviors on the relationship. Spouses explore how their values and needs may have changed over the years. Coaching assists them in developing a new vision and plan to move forward in a manner that will nurture both individuals and the relationship. As couples commit to a new direction, they become accountable together to revive their love and passion and strengthen their bond. Coaching is a positive and forward thinking approach to strengthen your relationship whether you have been together a few months or several years.

Manon Dulude is a certified member of the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapist and a Certified Professional Coach with the International Coach Federation. You can reach her at 905 873 9393.

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JENNI VENERUZ

**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.

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Julia Fountain,  
BSc, ND

**Q:** I usually manage my spring allergies with anti-histamines but are there other options?

**A:** To explain our naturopathic treatment strategy for allergies I'd like to use an analogy. A healthy immune system is like a pot on a stove – simmering – until there is injury, attack or infection to fight. The immune system then boils over – activates, inflames, fights off the infection, then resumes simmering in stand-by mode. When you're experiencing allergy symptoms your immune system is boiling over. The anti-histamine approach is to put a lid on it. Suppress the symptoms, you may stay comfortable temporarily but stop the anti-histamines and the symptoms come back. The naturopathic approach is to take things out of this boiling cauldron that may be contributing to immune activation. In naturopathic terms this is called 'lowering the total toxic load'. Food intolerances, constipation, imbalances in digestive flora, nutrient depletion, essential fatty acid deficiency and body burden stores of toxins through past occupational or other exposures can all contribute to a high toxic load. This pending toxicity may not be symptomatic on a daily basis until the pollens you encounter during allergy season tip the scales and symptoms appear. As allergy sufferers lower their toxic load, improve detoxification, clean up their diet, replete with nutrients and use homeopathic desensitizing formulas leading up to allergy season they become less dependent on medication and feel more in control...and that's nothing to sneeze at!

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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.

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