

Saturday workshop to aid adults caring for aging parents

The successful seminar series titled "Caring for Your Aging Parents" is returning to Georgetown Alliance Church on Saturday, April 9 at 9 a.m.

This particular seminar will address the general topic of Aging at Home. Health care professionals will discuss some of the challenges that both adult children and their parents face can as a parent's mobility and independence decline.

Topics that will be presented will include:

- Evaluating the home environment to prevent falls.
- Improving home safety.
- How to gain access to in-home support and visiting health services.

health services.

- Self care for caregivers and making family adjustments.
- Dealing with memory loss and/or dementia.

Q&A opportunity follows. Participants will also have an opportunity to view displays presented by nonprofit service organizations that offer a variety of resources to seniors in Halton Hills.

This free seminar will be held at Georgetown Alliance Church, 290 Main St., South, Georgetown. All are welcome.

For more information contact Pastor Doug, 905-873-0250 ext. 102 or doug@togetheratgac.com.

Girls Night Out in Acton on Friday

Women are invited to a Girls Night Out at the Acton Town Hall Centre, 7:30-11 p.m. on Friday, April 8.

Check out favourite vendors, plus the penny table. Admission is \$15 and includes light snacks

and a glass of wine. Proceeds will go towards the construction of the Citizens Hall at the Acton town Hall Centre. Tickets are at the door, 19 Willow St., N. For more information: 519-853-5302 or info@actontownhall.com



AHS to perform classic, Macbeth

Students in Acton High School's "Shakespeare in the Pit" club have been rehearsing for the past few weeks on a production of *Macbeth*, with shows open to the public from Thursday to Saturday evening at 7 p.m. The group practised their lines in costume last week for the tri-annual performance held in the intimate setting of the school's central meeting area also known as The Pit. Pictured above are characters (from left): Kendzy Lakin (Witch), Dallas Shewfelt (Macbeth), Chelsea Benham (Lady Macbeth) and Brianna Parker (bloody apparition). Tickets are \$15 per person and will be available at the door or call 519-853-2920 to pre-order.

Photo by Eamonn Maher

Georgetown Lions to combine free breakfast with food drive

Georgetown Lions Club members will be going door to door this week, handing out flyers, food bags and encouraging residents to attend a special Full Breakfast Weekend, April 9-10.

"With the increase in demand at the Georgetown Bread Basket this year, the Georgetown Lions Club is 'springing' into action," said Lion Jack Ruck, a breakfast organizer.

The Lions will be offering a full breakfast and joint food drive, 7 a.m. to noon, on Saturday and Sunday at the Lions Hall, 42 Mill

St. (behind Memorial Arena).

"This function lets the Lions give a small token of appreciation to our great citizens," said Ruck.

The breakfast of bacon, ham, eggs, pancakes, toast, coffee, tea and juice is free with a donation to the Georgetown Bread Basket food bank. Donations can be in the form of food/toiletry items or monetary donations.

Georgetown Bread Basket is low in items containing protein.

To supplement the food bank users' needs in this area, here is a suggested list of items you could donate: any canned meat, chilli or pasta with meat, canned fish and large soups as well as powdered milk. Right now, there is no canned juice and the food bank is low in healthy snacks and cereals for children. Jams and jellies are also a nice addition and is appreciated.

Last year, at the Breakfast—the Lions' first—members served

more than 500 breakfasts, raised \$1,500 in donations and delivered more than 3,500 lbs. of food at the Bread Basket.

For more information call Jack or Linda, 905-702-1284.

The Georgetown Lions have been a part of this community since 1931, organizing the first Santa Claus Parade in 1933. Over the years the organization has supported such local projects as Georgetown Hospital, the Gellert Centre, Devereaux House, minor sports, and the annual Citizen of the Year.



Suffering from Depression, Grief, Anxiety?

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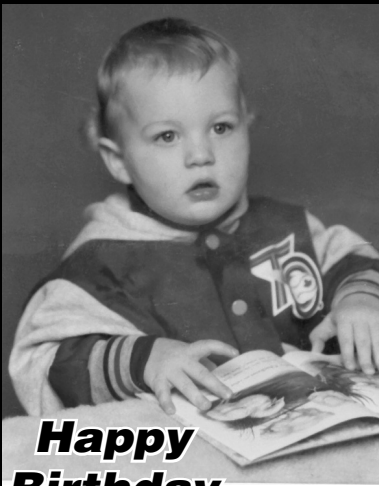
Come celebrate
SHIRLEY NORMORE'S
70TH BIRTHDAY

Sunday, April 10, 2011
1:30 - 4:30 pm

40 Duncan Drive,
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Best Wishes Only


Look who's 19!



Happy Birthday Devon

Love, Gramma & Pappa

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... Lend Me Your Ears




By Cory Soal
R.H.A.D.

COUNSELLING THE NEW HEARING AID USER

The following few tips, if followed correctly, will prolong the benefits and enjoyment of better hearing:


- Do not get the hearing aid wet
- Do not leave the instrument where it is too hot or cold
- Try not to drop the hearing aid
- Do not spray cleaning solution or hair spray on the instrument
- Keep the instrument and batteries out of the reach of small children and especially pets

If any of the above problems do occur, please don't hesitate to call...

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Tooth Chatter




WAY BACK WHEN...

There were some remedies for a toothache from ancient time and the middle Ages:

Spit into a frog's mouth. Pick your teeth with a nail of the middle toe of an owl. Make a mixture of roasted garlic and horseradish and human milk, roll into pills and insert into the nostril on the opposite side of your aching tooth.

If none of these magical remedies did the trick, you could have the cavity plugged with a ground bone, pepper, paprika, partridge brain, stone chips, turpentine resin, metals or ear wax - hopefully your own! The other option was to have the offending tooth pulled out. A crude way to accomplish this painful task was to place a chisel-shaped piece of wood against the tooth and pound it with a mallet. Unfortunately, often only the crown broke off, leaving the infected roots still inside the gum. In ancient China, professional toothpullers could do the job for you using only their fingers strengthened by hours of pulling nails out of planks! Thank heaven for today's dental professionals!! We sure have come a long way, baby!!!

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Alexander Trenton, DD, F.C.A.D. (A)
Denturist
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(Across from the Library and Cultural Centre)