

Ask The Professionals

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Elayne Tanner & Associates Inc.

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Counselling & Psychotherapy



Elayne M. Tanner

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www.etasolutions.com

Q: I'm a worrywart. I worry all the time. Is there anything I can do to stop this behaviour?

A: When we get stuck in our thoughts, our thinking can become obsessive and non-productive and increase our stress levels. Worrying wisely is also known as planning. How can you worry wisely?

• **Address the Worry:** First, you can address the worry and think of strategies to solve the problem. Problem solving strategies turn worry into useful planning.

• **Picture the Best and Address the Worst Possible Outcomes:** Imagine the best case scenario that can result from the thing you are worrying about. Find the positives. What can you do to guide your outcomes in that direction? Next, question the worst thing that could happen. Often we find that the worst outcome is not so bad. Stay positive and steer in constructive directions.

• **What Can you Do Right Now to Help the Situation:** If there is something you can do to avoid the bad situation or stop it from getting worse, do it now and don't procrastinate. Often we can see ourselves falling into the hole but don't do anything to avoid it. It is better to manage a small problem than to be overwhelmed by a big one.

• **Stay Real:** Studies show that most of the things we worry about never happen, so why worry? Keep things in perspective and don't spend time worrying about things you can do nothing about. Take care of yourself and deal with small problems immediately. With this attitude you will be prepared to deal with real problems that need your attention as they arise.

For those problems that arise that do need help, call Elayne Tanner and Associates and see if we can help you deal productively.

ROSS...Bounce Back Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,
Georgetown



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

Q: I love being active in the summer - but I always end up hurting myself and feeling sore. Can physiotherapy help?

A: It's great that you are planning now for an active summer. RPS is running sport specific seminars that answer questions like, hot vs. cold, when to stretch, how to stretch, when injured adults or children can safely return to sports, and how to set up my bike for performance and comfort. See www.rossphysio.com for details or sign up for our newsletter.

Generally speaking I recommend that you start your activity at lower speeds and times that are shorter than you think you are capable of doing, then increase these qualities in small amounts over time. This allows you to safely discover your bodies limits and re-activate the reflexes that have not been used in the same way over the winter. If you were plagued by a recurring injury last year have it evaluated and get started on a specific rehab plan now so you enjoy an active summer.

GLT to present 'enchanted' play



Rose (Linda Spence) and Loty (Margaret Brady) rehearse a scene in Georgetown Little Theatre's production of *Enchanted April*, to open at Christ the King School on Friday night. *Enchanted April* opens Friday, April 15, (8 p.m.), continues Saturday, April 16 at 8 p.m., with a matinee performance on April 17, at 2 p.m. Closing weekend shows are April 20-23, (8 p.m. showtime.) For tickets/info: Box Office, 905-877-3700 or visit www.georgetownlittletheatre.ca.

Photo by Mike Emson

Acton churches partner to present drama

Why does God allow suffering? Is Jesus the only way? What about other religions?

These, and other common questions about Christianity will be answered in a drama production called *Dinner with A Perfect Stranger* presented in partnership by Acton Baptist men's group (Madmehn) and Bethel Church.

The drama, based on the book written by David Gregory, is one of a troubled woman who receives a mysterious dinner invitation. Although she considers it a prank, she goes to the restaurant and finds herself in a fascinating conversation with Jesus that includes many challenging questions that covers family relationships, world reli-

gions, and the afterlife, among other topics.

If you have questions about Christianity, need to feed your mind and soul or want a night out, attend and enjoy this entertaining and thought-provoking production which will take place April 15 and 17, 7 p.m. at Bethel Church (365 Queen St. E., Acton).

Advance tickets are \$5/person or \$15/family. Tickets are available through Acton Baptist Church (519-856-1057), Bethel Church (519-853-2121), as well as Willow Lane Natural Foods and Roxy Café.

Proceeds will go to purchasing a new stove for Acton's M-SB school breakfast club.

Halton Hills Speech Centre

211 Guelph St., Ste #5,
Georgetown L7G 5B5
905-873-8400
www.haltonspeech.com



Karen
MacKenzie-Stepner

Q: My husband and I are parents of 18-month-old twin boys. We notice that they are not speaking like my sister's son who is the same age. People have told us that "twins talk late - all twins are like that" or "all twins have a special language". Can you provide us with some information about this?

A: Twin research is a very active field, with many scientists examining genetic, social and environmental factors associated with variations in personality features, as well as cognitive and psychological functioning. These research findings indicate that while the majority of twins develop language skills appropriately, there are some twins that do show language delays and related disorders.

There seems to be a number of possible biological and social factors to explain these results. For example, twins are frequently premature or low birth weight babies. Once home, their parents may have less time to attend to them individually and to help them develop verbal skills. Parents are often more exhausted and strained by the challenges of caring for two or more babies, and may be less verbally involved with their children. Consequently, with some twins, and particularly with boys, there is a delay of several months in their ability to express themselves verbally. Young twins are together nearly all the time, and like any two people who spend most of their time together, they learn to rely on nonverbal or shorthand forms of communication. They're able to act intuitively, understanding each other's gestures, grunts or vocalizations. They also mimic each other's attempts at expressive language, often reinforcing incorrect pronunciation. Twins tend to talk faster and may abbreviate their words or leave out consonants as they pronounce words, perhaps in a competitive attempt to talk over their co-twin and grab their parent's attention first. Finally, some delays may result from cognitive or physical consequences of a premature birth. However, many of these factors can, and usually do, also affect single children. It just seems that twins are more susceptible.

In most cases, twins will catch up to their single birth peers by the time they start school. But for some, speech problems can create difficulties in later years, particularly in reading or spelling. In some cases, early intervention or speech therapy is recommended to help address special needs.

- Some suggestions that you can do are:
- Talk, talk and talk! Communicate with your babies, giving each child plenty of one-on-one time.
 - Don't let one twin speak for both.
 - Encourage each child to wait for the other to finish speaking.
 - Motivate your twins to express themselves with language. Don't give in to requests expressed by grunts or whimpers if they have the ability to make requests using words.
 - Ask questions to engage your twins in conversation.
 - Don't interrupt them to make corrections while they're speaking. Rather, let them finish, then say the words correctly by repeating the words back to them.
 - Offer plenty of exposure to other children, particularly older children, instead of having young twins play together exclusively.
 - Read to them. The benefits of reading to children are numerous.
- If concerned, you can take your children to see a speech pathologist for an assessment. Speech pathologists can provide ideas and suggestions, monitor development or provide therapy if needed.

RBC Dominion Securities

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Barbara Byckowski
Investment Advisor, BBA, PFP, CFP

Q: I am a business owner and want to really focus on tax savings and my retirement. Do you have any strategies you could recommend?

A: Most people first think of the Registered Retirement Savings Plan for tax savings and retirement, however, the better strategy might be an IPP - Individual Pension Plan.

An RRSP is an excellent vehicle, however, an IPP is a way to potentially contribute more money on a tax-sheltered basis - and sometimes substantially more - than the maximum allowed for RRSPs. It is an ideal vehicle for the self-employed, or for incorporated professionals, including doctors and dentists. IPPs, sanctioned by the Canada Revenue Agency, define the pension benefit in advance based on income and years of service. An actuarial formula is used to calculate annual contributions funding the pension benefit. These plans are most advantageous for people aged 40 and older, who are earning over \$100,00 a year on their T4, and who've been maxing out their RRSP contributions.

For a personal consultation to see if this strategy is right for you, please give me a call at 905-450-1850.

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