

# Ask The Professionals

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Joy Thornton  
RPh

**Q:** Why do I have 2 different puffers for my asthma?

**A:** Most people with asthma will have a "reliever" puffer and a "controller" puffer.

Many people learn empathy at an early age. The "reliever" medication provides quick relief when asthma symptoms occur and will also prevent asthma symptoms when used in advance of exposure to a trigger (such as exercise or cold air). Reliever medications should be used only as needed. If your asthma is under control you should not need to use your reliever medication very often.

The "controller" medication is used regularly. It reduces asthma inflammation, thus improving symptoms and reducing the frequency with which you need your reliever medication.

Proper use of asthma medication and avoidance of environmental triggers should enable you to achieve good asthma control. When asthma is controlled you should have few or no symptoms, be able to lead a normal life and participate in any activities of your choice.

**Healthspan** WELLNESS CLINIC + STUDIO

71 Mountainview Rd. S.  
Georgetown, ON L7G 4J6  
905-873-8729  
www.healthspan.ca jfountain@healthspan.ca



Julia Fountain,  
BSc, ND

**Q:** What does a naturopathic assessment include?

**A:** The most important part of the assessment is hearing your health story from start to finish. I want to understand the nature of your current health concerns, the timeline and instigating factors. More importantly, I want to understand the bigger picture. In the words of Sir William Osler: "It is more important to know what patient has the disease than to know what disease the patient has." This means we'll also discuss your lifestyle, habits, stress levels, hormone status, immunity, sleep patterns, your challenges and goals. Symptoms are a form of communication and only by understanding the whole can we heal the parts. Along with a brief screening physical and body composition measures, an initial assessment may also include recommendations for specialized lab work including testing for food allergies or intolerances, hormone imbalances, digestive dysfunction or nutrient deficiencies. The initial assessment is our launch-pad for evaluating where your health is at, where you want it to go and to strategize on how to get there...and stay there!

**ROSS** Bounce Back

Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,  
Georgetown



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

**Q:** I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down I toss and turn all night what is wrong?

**A:** Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/ or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.

**Synergy Benefits** CONSULTING INC.

wfreed@synergybenefits.ca

905-703-8857

1-877-826-2468  
www.synergybenefits.ca



Wendy Farrow-Reed  
CHRP (Certified Human  
Resource Professional)

**Q:** Why set-up a group RRSP?

**A:** Group plans offer an effective way to save. A group RRSP creates an easy way to save, as it is often easier to have a small amount of money deducted from each pay cheques than it is to make a large payment once a year.

- Group plans help you select the best investment options. Group Plans include individual consulting to determine the best investment options for each employee
- Group plans have immediate tax benefits. With a group RRSP, you get an immediate tax benefit with the group RRSP. That's because there is no need to withhold tax at source, which results in an immediate tax benefit for participating employees. Rather than waiting for a refund tax return at the end of the year your employees will immediately stop paying tax on the amount of their pay that is invested in the RRSP.

Wendy Farrow-Reed and Synergy Benefits are uniquely qualified to arrange and communicate your Group RRSP

**Friday, June 24**

**Family Caregiver education:** Acclaim Health, Alzheimer Services is presenting a free workshop for family caregivers of persons with dementia 10 a.m. to 2:30 p.m. at the Georgetown District Seniors Centre and includes lunch. The workshop covers education about dementia, as well as problem solving strategies and resource information for those living with relatives with dementia. Info/to register: Sandi, 1-800-387-7127 ext. 2413.

**Harmony Preschool Open House:** every Friday in June from 10 a.m. to 12 p.m. Come and visit us! Harmony Preschool is for 2 1/2 to 4 years olds. Info: 905-877-4221 or www.harmonypreschool.ca

**Nordic Pole Walking:** Mondays and Fridays 10-11 a.m. in Prospect Park, Acton. Bring toonie for Acton Foodshare food bank. Led by certified Nordixx Pole Walking instructor Ginger Quinn, 905-691-9122. Sponsored by GEM Health Care Services www.gemhealthcare.com

**Rotary Club of Georgetown** holds its annual Handover Dinner, 6:30 p.m. at the Ares Restaurant. Everyone welcome. Call Doreen Govas at the Ares, 905-877-8242 for reservations.

**Golf United:** the annual St. John's charity golf tournament at Piper's Heath Golf Club on Trafalgar Rd., with proceeds going to the United Way of Halton Hills. 18 holes of golf, including a cart, a fabulous dinner, prizes and contests. Cost/player is \$175. Registration and information: www.golfunited.ca. For sponsorship info, or to donate prizes, call the United Way of Halton Hills office, 905-877-3066.



**Saturday, June 25**

**Motorcycle Ride for Dog Guides:** in support of Lions Foundation of Canada Dog Guides. Registration begins at 10 a.m. at Lions Foundation of Canada Dog Guides in Oakville and the Ride will start at 11 a.m. After departing from Oakville, riders will make stops in Burlington, Guelph, St. Jacobs, and Breslau where they will collect playing cards to compete for the best hand. The final stop of the poker run will feature dinner, live music, a silent auction. Riders are encouraged to raise funds or pay a registration fee of \$25. All of the proceeds from the Ride will go towards providing Dog Guides at no cost to Canadians with disabilities. Info: www.dogguides.com.

**Scout campfire:** The public is welcome to join the Credit Hills Scouting Group in celebrating the 100th anniversary of scouting at a special campfire with songs and skits, 8 p.m. at Cedarvale Park, Georgetown. Come and enjoy the free event.



**Free Try It Urban Poling class:** 9:30-10:30 a.m. at Tanner's Park, 45 Tanners Dr. in Acton. In celebration of June is Recreation Month. Poles will be provided. No registration required. Info: Margaret Taylor, Active Living Coordinator, 905-873-2601 ext. 2360.

## Community Calendar

**Halton Amateur Radio Club** holds its annual Field Day( 24-hour North American Radio Communications event) at Dominion Gardens Park starting at 2 p.m. Everyone welcome.

**Dance:** 8 p.m. to 2 am. at the Gellert Community Centre with 'Itchy and Scratchy'. All proceeds to the Georgetown Bread Basket. Cash bar. Door prizes. Ticket, \$20, includes pizza at 11 p.m. Organized by the neighbours on Chester Crescent. For tickets, call Terri, 416-819-9485 or email gbb\_55@hotmail.com.

**Nordic Pole Walking:** Saturdays, 9-10 a.m. at Creature Comfort Co., 92 Main St. Bring toonie for CASHh or UCHS.

**Acton Trunk Sale:** on Saturdays, 7:30 a.m. to 1 p.m. in the Hide House lot.

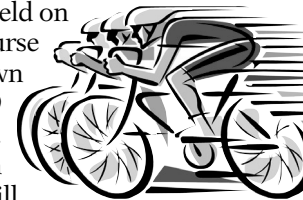
**Children's Concert:** hosted by East Wellington Community Services (EWCS). Families are invited to join Miss Jenni for a morning of fun and song at Erin Public School at 10 a.m. Family Package tickets (good for up to five people) are available in advance for \$25 and include a free CD of "Miss Jenni Goes to the Zoo". Tickets are available at EWCS offices. Tickets at the door will be \$10 per person. Info: www.ew-cs.com or 519-833-9696.

**Sunday, June 26**

**Bruce Trail hike:** Level 2, 8 km carpool hike. Depart 9:30 a.m. from the Sobey's Plaza parking lot on Queen St. in Acton (beside the Royal Bank). We will hike the Guelph Radial Trail— some steep climbs. Bring water, snacks and bug repellent. Leader: Janet, 519-853-1285.

**Farewell lunch for Major Renee Clarke:** 12:30-2:30 p.m. at Georgetown Community Church, 271 Mountainview Rd. S. Come for a light lunch as a farewell to the Salvation Army Major Renee Clarke who will be moving to a new appointment in Hamilton. Info: 905-877-1374.

**Cycling Races and Festival:** Canadian Road Cycling Championships Criterium Races will be held on a 1.1 km course in Downtown Georgetown, 9 a.m. to 5 p.m.



In conjunction the Town will host its first Cycling Festival, 11 a.m. to 3 p.m. on the Back St. Parking Lot. Events: BMX demos, safety clinic, youth cycling skills challenge, Stop and Lock bike drop areas, vendors. Kids race down Main St. at 3 p.m. Info: www.haltonhills.ca/cyclingchampionship.

**Volunteer Day:** 12-3 p.m. at Willow Park Ecology Centre. If you can help maintain this volunteer-run park, please contact tundeotto@hotmail.com

**GHS Garden Tour:** Georgetown Horticultural Society hosts its annual Garden Tour, 10 a.m. to 4 p.m. Tickets are \$10 and may be purchased in advance at Foodstuffs, 89 Main St. or Hallmark Greetings in the Georgetown Market Place or on the day of sale at 1 Newman Place, Georgetown. Info: www.geohort.com.

**More CALENDAR on pg. 33**