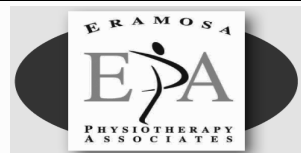


Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted for the Professionals by Nov. 11th, 2011. features@independentfreepress.com or call 905-877-0301 ext. 237



Meryl DaCosta
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Q: My doctor just diagnosed me with Plantar Fasciitis, What can I do for it?

A: Plantar Fasciitis is a common foot problem seen in the clinic. The Plantar Fascia is a thick broad band of fibrous tissue that courses along the bottom of the foot. The Plantar Fascia surrounds the muscles in the bottom of the foot and it supports the arch by acting as a bowstring that connects the ball of the foot with the heel. Typically Plantar Fasciitis results from repeated trauma to the tissue where it attaches to the heel. This repeated trauma often results in microscopic tearing of the plantar fascia and causes inflammation and pain. Often, it is worse in the morning or after prolonged sitting. It typically starts as dull intermittent pain and progresses to sharp constant pain. When plantar fasciitis becomes chronic, a bone spur will often develop. Bone spurs develop because the plantar fascia has pulled for a long period of time on its attachment to the heel. The bone of the heel then reacts to the stress by depositing calcium at the attachment. An initial assessment of the lower extremity is performed to determine any muscle imbalances and joint restrictions while treatment will focus on reducing the imbalances and joint restrictions through joint mobilization, stretching and strengthening exercises, modalities such as ultrasound, taping and acupuncture and the use of night splints can also be quite effective. There are a variety of factors which can cause plantar fascia, to receive the treatment that is appropriate for you contact us as Eramosa Physiotherapy Associates!

Mountainview Residence & Terrace

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Christoph Summer
Owner/Administrator

Q: As a senior in my 80's how do I decide if I should still be driving?

A: This is a very important decision, and one that should be part of all retirement planning. According to the Canada Safety Council, road accidents have dropped significantly in all age groups except 65 and over. Medical conditions are a major reason driving abilities decline.

Deterioration of eyesight; hearing loss; movement-limiting disabilities such as arthritis and rheumatism; medications; slower reflexes and of course, dementia are some factors contributing to this statistic.

Include your family or doctor when you consider the following questions:

- Have you, or others, noticed a change in your driving skills?
- Do others honk or show signs of irritation?
- Are you driving less often because you have lost confidence?
- Have you ever become lost or forgotten where you are going when driving?
- Have you had any car accidents or minor fender benders?
- Have others criticized your driving or refused to drive with you?

If independence is a concern, consider all the costs involved with running your car. You can take a lot of taxis for this amount of money and to simplify matters, many taxi companies will bill you monthly.

There are also other alternatives. Some grocery stores, pharmacies and libraries may offer home delivery. For a nominal cost, **Activan** is a public transportation service for both persons with disabilities and seniors. You can also use some of the local taxi companies and pay with Activan taxi tickets. For information, call, 905-873-2601 Extension: 2617.

Wednesday, Oct. 12

Remarkable Resumes: 2 p.m. at Links2Care Employment Resource Centre, 45 Mill St. E., Acton. A free session on writing resumes. For a resume that stands out, we can help you look great on paper! Info: 519-853-5014.

Interviews That Impress: a free workshop, 9 a.m. to 12 p.m., at Georgetown Employment Services, 184 Guelph St., Georgetown. Register: 905-702-7311 ext 109.

Acton Orators Toastmasters: host a humorous speech contest, 7 p.m. at Knox Church, Acton. Info: Judi, 905-699-9777.

Bats, Balls & Sticks: Sports in Halton Hills— local author and historian Mark Rowe will present a history of local sports and athletes from before the era where hockey became king, at the Esquesing Historical Society meeting, 7:30 p.m. at Knox Church, Main St., Georgetown. All welcome.

Bruce Trail hike: Level 1, 5-6 km loop hike on local trails. Depart at 9:30 a.m. from the Georgetown Market Place parking lot between Zellers and the grey medical building. Bring water and snacks. Lunch at a local eatery after the hike. Leader: Maureen, 905-873-9757 halton-hillshikers@yahoo.ca

Family Storytime: a free 30-minute program for grownups and young children to enjoy together. You don't need to register for this program: just drop in! At the Georgetown Branch: Wednesdays at 9:45 a.m., Oct. 12 to Nov. 30. At the Acton HUB: Wednesdays at 2 p.m., Oct.12 to Nov. 30.

Community Calendar

Sleepytime Stories: Children are invited to wear their pajamas and bring their bedtime friends to Sleepytime Stories, a free 30-minute program for grownups and young children to enjoy together at the Georgetown library, 7 p.m., Oct. 12 to Nov. 30.



Starting a Small Business Seminar: will be held 6-8 p.m.

at the Acton Library. This seminar will provide a general overview of the things you will need to consider when starting your own business. Cost: \$25. Please call Halton Region Business Development Centre at 1-866-4HALTON to register for this program.

Bridge for beginners: Georgetown Bridge Club holds a Bridge for Beginners course beginning Oct. 12. If interested call Tom, 905-877-7486.

Thursday, Oct. 13

Seniors Social Dinner: "Party Time with Jukebox", \$12 for members, \$15 for guests in the Acton Arena & Community Centre. Info: 519-853-5951.

Exercise for Strength and Flexibility, 1:30-3:30 p.m. at the Acton library. Older adults will learn exercises to prevent falls. The workshop is free, but registration is required. To reserve your spot, call 519-853-0301 ext. 2550.

More CALENDAR, pg. 13



Diana Coryn
Sales Representative
905-609-4613



Diana Coryn
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www.amjcampbell.com

Q: We are moving ourselves in the next month, where is the best place to get boxes?

A: It is very important when either moving yourself or with a professional moving company to ensure you are using good quality new boxes. This will secure your goods and you know that there has been nothing spilled in the boxes previously that may attract pests. AMJ Campbell has an online store www.amjboxes.com where you can order all of your packing supplies from your home and they will be delivered to your door within 3 - 5 business days. So whether you are moving with AMJ or not, check out our new on line store for all your packing material requirements and enter Promo Code HO15 for a 15% discount!

Elayne Tanner & Associates Inc.

Elayne M. Tanner

PhD (C), RSW, BA, BSW, MSW, Dip Soc Adm
Counselling & Psychotherapy

Milton 905-854-0801
www.etasolutions.com



Elayne M. Tanner

It is Thanksgiving time—a time to take stock. We have had a number of significant deaths in the last months that have impacted our country, our community and our continent. It was the 10 year anniversary of 9/11. It is mental health awareness week and the statistic that suicide the 2nd leading cause of death for people aged 10 to 25 years of age and now it is a growing concern for seniors. Things can seem pretty grim.

I have spoken in the past about the processes of grieving and of anxiety and depression. All of these topics are related. We ask, "What is the meaning of life?" and in times of despair there appears to be no answer. But there is an answer. The meaning of life is being connected to others and to your environment. We have to be able to project ourselves into the future so that we have something to look forward to, something to care about, a person, a passion or pet that we care for and that needs us in their life. We need to recognize the gifts that we have around us at all times. If you can see to read this, then you have the gift of sight. If you can understand it, you have the gift of a good mind. If you can hear sounds around you, you are blessed with the ability to hear laughter and sounds of joy.

Take a moment to recognize your gifts. The children are back to school because we live in a country that values education for both girls and boys. We recently went to the polls because we live in a free and democratic country where both, men and women have the privilege of being able to take the right to vote for granted. As the weather cools and the leaves change colours see the beauty and give thanks that we do not live in fear of drought nor famine nor torrential storms. In your times of sadness, anxiety and grief stop for a moment and recognize and acknowledge the gifts you have been given and take a moment to give thanks. I wish you all a Thanksgiving time of peace and happiness.

Thank You
for bringing smiles
to our community.

Smile Cookies are gone, but the smiles they've left in our community will last forever. Thanks to your support, Tim Hortons will be donating the entire proceeds to local charities in the communities of Acton and Georgetown.

To find out more visit timhortons.com