

Ask The Professionals

Ask The Professionals
New DIRECTORY
Every Thursday.
Ask Amy 905-873-0301 about our introductory special!

Mountainview Residence & Terrace

owned and operated by the Summer family
222 Mountainview Rd. N.
Georgetown, ON L7G 3R2
Bus: 905-877-1800
Fax: 905-873-9083
www.mountainviewresidence.com



Christoph Summer
Owner/Administrator

Q: If you are a Canadian Veteran receiving assistance through the Veterans' Independence Program (VIP), did you know that you can apply some of these funds to services offered at a retirement residence?

A: The monthly fees charged at residences can be divided into two components: rent and services. These services include many of the same services given to help vets in their homes—services such as providing meals, housekeeping, laundry services and bathing assistance.

Because living in a retirement home, is considered the same as living in your own home, you are entitled to apply the VIP assistance money towards some of these same services offered in the residence.

Elayne Tanner & Associates Inc.

Elayne M. Tanner
PhD (C), RSW, BA, BSW, MSW, Dip Soc Adm
Counselling & Psychotherapy



Elayne M. Tanner

Milton 905-854-0801
www.etasolutions.com

My husband and I seem to have the same fights over and over. The topic may vary but the pattern always seems the same.

When people spend time together the way they communicate becomes a predictable pattern or what is often referred to as "the dance." One closes in as the other backs away. While some feel that the only way to deal with a difference of opinion is to talk it out, others will feel that they need space and time to first think things through. Some communications styles include:

- The Pursuer: These people often feel like they are great communicators because when there is a problem, they want to talk it out immediately and until there is some sort of resolution. Repeating your point of view over and over until you wear the other person down is not the same as being a great communicator.

- The Distancer: While the pursuer is insisting that the issues must be talked through right now and for as long as necessary to get "closure," the distancer just wants time to get his or her thoughts together. They do not think well under pressure and often will use anger to push the other person away. They are accused of sweeping the problem under the rug. While it is important to give them space, the distancer often avoids returning to the problem at hand.

- The Fixer: These individuals want to quickly fix the problem. They have a hard time listening to what the real issue is but prefer instead, to advise, rescue and take control. These people often find themselves in a relationship with someone who always needs rescuing and who never takes responsibility for their own life. If you do not always want to carry the relationship, don't be a fixer.

- The Blamer: This is the person who approaches a disagreement as if it were a tennis match. Rather than trying to hear the other person, any complaint is deferred back to their partner by blaming. If the problem is never their fault, they never have to change their behaviour.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall



DR. ANOOP
SAYAL

(905) 877-CARE (2273)

Q: Is there anything I can do to prevent canker sores? They seem to happen to me often and it is very uncomfortable.

A: If this is a recurring problem you are not alone. This condition is actually a small ulcer which forms in the lining of the mouth or the tongue. It happens to people of all ages, though more commonly in children. Most authorities believe the ulcer is the result of a virus attacking the membranes inside the mouth.

One of the better ways to prevent canker sores is to avoid breaking surface tissue inside the mouth. A break often occurs with an accidental biting of the mouth lining, sometimes resulting in a canker sore. Typically this sore lasts from eight to ten days. Dentists sometimes treat canker sores to quicken their disappearance.

To most of us, canker sores will develop and remain an annoyance no matter what we do. Rest assured, though, your dentist can provide invaluable assistance to you with this and all your dental needs.

IN FOCUS physiotherapy

& WellnesCenter Inc.
324 Guelph St., Georgetown
Halton Gate Plaza
905-702-7891



JENNI VENERUZ

Q: I woke up feeling like the room was spinning around me. When I saw the doctor he diagnosed me with BPPV. What is this and how can I fix it?

A: BPPV stands for Benign Paroxysmal Positional Vertigo. It is a very common problem of the inner ear and can easily be treated by a trained professional. Crystals that are normally contained in a sac in the inner ear can become dislodged and float into the semi circular canals. Here, they stimulate sensors inappropriately and give the sensation of "spinning", or VERTIGO. There are several reasons why this may occur, including head injury, ear infections, stress and age.

The treatment consists of gentle positional changes of the head which will guide the crystals back into their proper location. If done properly, relief should be immediate and only 1-2 treatments should be required.

Memory was kept alive during group's September trip to Italy

By DOUG PENRICE
Guest column

As I get older Remembrance Day takes on greater meaning for me, maybe it is because there are so few veterans left or maybe we start thinking of what type of legacy or mark our generation will make in our community.

In 2010 my wife and I joined Martin and Helen Boomsma on our own journey of discovery when we joined them on a *Keeping the Memory Alive Tour* to France and Holland.

I experienced first-hand what the war and the liberation meant to the people of Holland as they marked the 65th anniversary of the Liberation. We met with local residents who were sincere in their thanks to Canadians and we stood in graveyards which were the final resting place of many Canadians. We made our own connection with a fallen soldier in Holten War Cemetery—Clarence Beaumont was raised in Glen Williams and his parents worked with my dad.

A number of people asked Martin to undertake a tour to Italy as many local residents had family members who fought and were killed there.

In September a group of 35 diverse Canadians set off on another journey of discovery, including a veteran who

had fought in Italy.

The war in France and Holland seems to be better known but the Italian campaign was just as brutal and Canadians were in the thick of things as they liberated that country from Fascism and Nazism.

Italy is a mountainous country with deep valleys and, in the fall, raging rivers. The Germans had set up extensive defensive positions on the sides of the mountains allowing them to track the advancing allies and rain down artillery and machine gun fire.

On our travels we met with ordinary Italians who, as children, were forced to flee their homes and all their possessions and survived in the caves and hills. They were glad to see the Canadians in 1944. We also met with younger Italians who had an intense interest in the war and especially in the Canadian Forces. We were treated like extended family.

Two of our tour members had uncles who had been killed in Italy and we visited their final resting places. They were the first of their family to do so, and it was very emotional for us all. I was able to find the grave of one of my colleagues' uncle and placed a Canadian flag on the grave for him.

See DECADES, pg. 11



United Way
of Halton Hills

Give Where You Live!

2011 Campaign Goal \$340,000

We are celebrating 25 years of serving the community of Halton Hills.

United Way of Halton Hills funds 19 local social service agencies, providing programs in Acton and Georgetown

You can make a difference in your community!

For more information, call 905 877-3066

United Way of Halton Hills

Annual Holiday House Tour

Saturday, November 19, 2011 10 a.m. - 4 p.m.

6 homes will be decorated for the Christmas season and open for the public to view on this self guided house tour.

5 unique homes in the beautiful Village of Glen Williams and one fabulous home in Downtown Georgetown - Fairgrounds area.

Tickets are \$30 per person and your ticket includes lunch at Knox Presbyterian Church, where we will have decorating demos and Vendors selling gift items!

Tickets on Sale NOW!

Bergsma's Paint & Wallpaper store; Blooms Away in Acton; Curves - Georgetown; Emerald Isle; Schillaci Cafe & Espresso Bar; Silvercreek Espresso Bar; United Way office and Vanderburgh Flowers & Gifts.

For more information, call 905-877-3066.

Many thanks to our
promotion sponsors:

Sparkle
your
Space
905-877-5225

DEKER
eLeCTRIC
905-702-0515

CARPET BARN CARPET ONE
905-877-9896