

Ask the Professionals

ANY QUESTIONS ABOUT THIS NEW SPECIAL FEATURE CAN BE DIRECTED TO:
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Elayne Tanner & Associates Inc.

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Elayne M. Tanner

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Q: I feel exhausted, angry and hopeless. I cannot see a reason to continue living even though I have a loving family. I feel unjustifiably anxious, depressed and stuck in a rut much of the time. Can you help?

A: It sounds like what is commonly referred to as burnout, a term for feelings of long-term exhaustion and diminished interest. Leading up to burnout a person experiences feelings such as a compulsion to prove oneself; working harder; neglecting one's own needs; conflict with others who are not the real cause of the problem; denial of problems; inner emptiness and depression. Although burnout is directly related to stress, stress-management techniques can increase the symptoms. The most important benefit for reducing burnout and stress is social support such as friends and counselling.

If you do succumb to burnout it can provide a great opportunity for personal growth. An important first step in managing burnout is to deal with the sense of failure that you may experience. Take the time to dispassionately consider the details of the situation that led to your burnout: your workload, your actions and the actions of others as the situation evolved. If you have such a strong moral and work ethic that you experienced burn out, it is more than likely that you also tried to resolve the stressful situation. Thinking back, you will probably find that you made some mistakes, but if you are honest with yourself you will see that these are excusable under the circumstances and will likely realize that much of the blame should be attributed to the situation and circumstances rather than to yourself. Acknowledge this and be kind to yourself.

Lessons that people learn through this process are that they are not superhuman, that hard work does not cure all ills, and that most actions are not life and death situations with serious results. Give yourself time to heal and honestly reevaluate so that you will again be on the path of fulfillment for the New Year!

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: I feel that I am ready for a retirement home, but I'm worried about losing my independence. What do you suggest?

A: This is a very common concern for many people considering this kind of move. In fact the opposite is true; moving to a retirement home can give you more independence.

Retirement homes typically provide accommodation, meals, 24 hour staffing, laundry and housekeeping services. This kind of care will free up time and allow you to participate in activities you missed for lack of "fun" time. In addition to those activities you are currently enjoying in the community, you can enjoy social activities right on your doorstep since most retirement homes also provide a variety of recreational programs.

Some retirement homes lock their doors in the evening for security purposes only. Using an intercom system, residents and visitors still come and go at their leisure.

So, rather than losing independence, you can enjoy a more enriched lifestyle.

DR. ANOOP SAYAL



Family and Cosmetic Dentistry
located in
Georgetown
Marketplace Mall



DR. ANOOP SAYAL

(905) 877-CARE (2273)

Q: Are my children at risk for Gum Disease?

A: It's a sad fact. Children are affected by gum disease just as adults are. For some, it's a matter of neglecting proper care of the teeth. For others, it's a matter of the parents not understanding the importance of oral hygiene in their children.

Gum, or periodontal, disease is a serious business. It's made even more dangerous by the fact that it is often painless. It is caused by plaque. This sticky film produces toxins which can damage the gums. As a parent, you should make it a point to check your children's teeth periodically for the signs of gum disease. Look for redness, tenderness and swelling at the gumline. Diseased gums bleed easily and may lead to persistent bad breath and loose teeth.

Encourage your child to brush at least twice daily. Flavoured children's toothpaste can help encourage this habit. Teach your children to floss regularly, it's possible even at young ages. Model a good diet by balancing it with a broad variety of foods and placing limits on sweets and between meal snacks.

IN FOCUS physiotherapy

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



JENNI VENERUZ

Q: How can a physiotherapist help someone with Parkinson's?

A: A Physiotherapist will perform a thorough assessment to see how Parkinson's has affected the individual. This can be done with the newly diagnosed, as well as those who have been diagnosed for some time.

The following are some areas the physiotherapist may focus on:

- Making movements easier. For example, the activities of walking, sitting down and standing up are some of the tasks that may become difficult as Parkinson's progresses, but can be improved by learning new ways of doing things.
 - Helping to maintain independence by giving advice on aids and adaptations that might be of use.
 - Working on stiff muscles and joints to maintain proper posture, keep joints flexible and help to relieve the effects of rigidity.
 - Improving muscle strength and fitness by the use of specific exercises, or by providing an exercise programme for you to follow at home.
 - Help prevent or manage falls.
- The physiotherapist may work on specific balance training and improving your confidence to decrease any fear of falling, or teach techniques to help you get off the floor or call for help.

Police blotter

Homeowner awakened by break-in suspect

Halton Police are investigating a break and enter into a Stewart MacLaren Rd. home that occurred early Wednesday.

The resident of the home was sleeping on the second floor when he was awakened by a noise on the first floor. As he came down the stairs to investigate, he heard someone run out the front door and saw a male running westbound on Stewart MacLaren Rd.

The suspect was wearing a black, puffy jacket with fur on the hood, a toque, and work-boot style boots. The door was damaged to gain entry but nothing was taken.

Anyone with information is asked to call police at 905-878-5511 ext. 2410 or Crime Stoppers at 1-800-222-TIPS (8477).

Approximately \$4,600 in copper wire was stolen from two locations in town sometime between Dec. 23 and Wednesday.

Police report approximately 30 ft. of wire was stolen from a Rogers box, and 30 ft. from a Bell box located in a fenced area on Eighth Line.

About 40 ft. of wire was taken from a Rogers box in a fenced area in the 20

Sideroad and 10th Line area.

Police are looking for the driver of a white Ford pickup truck that was involved in a collision on Steeles Ave. in the Eighth Line area about 7:15 a.m. Thursday.

Police say a woman was driving her vehicle eastbound on Steeles when she was hit from behind by an eastbound pickup truck driven by a male. She pulled over and was on the phone with the 911 operator when the man got out of the truck and told her that he lived nearby and to come to his home.

The driver of the truck then got into his vehicle and fled the scene. Damage to the woman's car is about \$5,000. The man is described as white. The woman was able to get a partial plate marker—7Z.

Someone set firecrackers off against the door of a Rexway Dr. home about 1 a.m. Thursday.

The resident of the home ran to the door when she heard the noise and saw a large black SUV driving eastbound on Rexway. The firecrackers caused a small dent in the door and slight scorching.



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

There's hardly any aspect of our lives that doesn't have sound associations. Hearing keeps us in contact with life, with people, with the sounds of the world around us. It is a priceless gift.

Sometimes our hearing fails us. Hearing loss can happen to anyone, regardless of age. Occasionally children are born with hearing defects. Hearing loss may be caused by infections, head injuries, prolonged exposure to loud noise, certain medications and of course the acting process.

The latest development in hearing instruments is known as digital technology, the driving force behind computers, fax machines and satellite communications. This has transformed our lives in ways no one could have imagined. Just as the compact disc (CD) forever changed how we listen to music, new digital hearing aids are revolutionizing the way hearing health care professionals help people hear better. If you or one of your family members suspects a hearing loss, call...

The Georgetown
HEARING CLINIC
We care about your hearing!
Professional Arts Building
99 Sinclair Ave., Suite 210
Georgetown
(905) 873-6642

Tooth Chatter



SMILE ADVICE!!!

Too often we underestimate the power of a touch, a SMILE, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have potential to turn a life around.

A SMILE creates happiness in the home, fosters goodwill in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad and is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are simply too tired to give you a smile. Give them one of yours, as no one needs a smile, as much as he who has none to give.

A SMILE is a frown turned upside down!
Wanna smile better? Give our office a call!!

Creating confident smiles since 1982.
Alexander Trenton, DD, F.C.A.D. (A)
Denturist
Georgetown Denture Clinic,
18 Church Street,
Georgetown, Ontario
905-877-2359
(Across from the Library and Cultural Centre)

CARRIERS NEEDED

GEORGETOWN

- River Dr
- Guelph st
- Queen st
- Elizabeth
- Ewing Cr
- Norton Cr
- Rexway Drive
- Mackenzie Drive
- Daniela Court
- Rosset Valley Court
- Duncan Drive
- Baylor Cres
- Joycelyn Cres

GEORGETOWN

- SOUTH
- Barber dr
- Miller Drive
- GLEN
- WILLIAMS
- Tweedle st
- Mountain St

ALSO NEEDED: ADULT CARRIERS

If interested, please call CIRCULATION
905-873-0301

"You have to be willing to ask questions that almost no one else would ask."
~ Samantha Bee