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## Atlantis Fitness donates to Hospital



Georgetown Hospital Foundation recently received a \$1,670 boost from Atlantis Athletics, following their 10 For 10 promotion in December. During that time, Atlantis offered 10 visits for \$10, with all proceeds from the promotion being donated directly to Georgetown Hospital Foundation. On hand for the presentation were (from left) Atlantis staffers Jeff Nguyen and Sheri-Lyn Pare, owners Elaina and Brian Bahm, Georgetown Hospital Foundation executive director K.C. Caruthers and Foundation chair Laurent Thibault.

Photo by Ted Brown

## 1 in 3 expect to retire comfortably

Let's figure it out



### Together we'll discover the right direction to get you there.

When you visit us to talk about your financial future, we'll first ask a few questions to get to know you better and, more importantly, to understand your goals. Once we've accomplished that, we'll help you on your retirement journey every step of the way.

And now you can find out where your retirement stands by visiting [www.tdcanadatrust.com/retire](http://www.tdcanadatrust.com/retire). Simply answer a few straightforward questions and we'll help you determine where you and your investments are at.

So get in touch with us before February 29th, the deadline for your 2011 contribution.

Find out where your retirement stands by visiting [www.tdcanadatrust.com/retire](http://www.tdcanadatrust.com/retire) and come in for a chat.



Banking can be this comfortable



## HDSB surveys parents on special needs programs

Halton District School Board's Special Education Advisory Committee (SEAC) is conducting a first-time survey to allow parents/guardians of students with special needs an opportunity to provide input about special education programs and services.

The feedback received from this survey will be documented in the Special Education Plan, usually revised in late spring, which outlines the special education programs and services provided by the Halton District School Board.

Halton District School Board staff

and SEAC will carefully consider the information from this survey as it relates to potential changes to the way special education programming is delivered. SEAC is a committee of the Board that provides recommendations on matters related to special education programs and services.

The Board will notify parents/guardians of students with special needs about the survey. The survey is to be completed for each student with special needs in a parent/guardian's care.

Deadline to complete the survey is Friday, February 17.



By Cory Soal  
R.H.A.D.

### ... Lend Me Your Ears

#### LIVING WITH A LOSS OF HEARING

Some voices are easier to understand than others. The clearly speaking person produces words that are more precisely formed, or articulated. The rate of speed of words spoken also affects our ability to understand.

If one can hear the speaker as he/she is talking, this makes it easier to understand. The environment also has an affect on speech understanding — bare walls and floors in a room causes sound to "bounce" around. Keep in mind that it is much easier to converse in a quiet, carpeted room.

Make sure that there is good lighting and try to maintain a speaking distance of less than nine feet. You'll be pleasantly surprised at how much easier conversation is.

Hearing loss can dampen enjoyment of movies, music, church services, watching TV, eating out and talking on the telephone. Even a mild hearing loss can reduce your quality of life.

The Georgetown  
**HEARING CLINIC**  
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## Tooth Chatter



### YOUR NEW DENTURES

#### Your initial adjustment period:

- Leave dentures in for the first 24 hours
- Feelings of fullness and increased salivation will decrease with time
- Sucking on a piece of hard candy may help gagging sensation
- Expect sore spots to develop during this initial adjustment period

#### Eating with your new dentures:

- Cut up food into small bite-sized pieces
- Eating with food on both sides of your mouth may be helpful
- Biting foods with your front teeth will tend to dislodge dentures and the underlying tissues
- Avoid sticky foods
- Learning to eat with dentures takes time. Eating with dentures will never be as easy or efficient as eating with natural teeth. Be Patient.

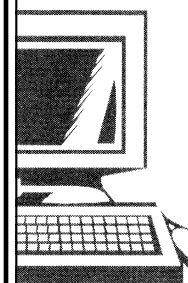
#### Talking with your new dentures:

- Adjusting takes time...read out loud to speed up the process
- Muscles will need to be re-educated so they will retain the denture
- The feeling of crowding of the tongue will decrease with time

Creating confident smiles since 1982.

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