

Police offer special technology seminar for seniors

On Wednesday, April 13, members of Halton Regional Police Service working with dedicated volunteers will be providing tutoring sessions for seniors on using their communication devices.

This is the third Technology and Communications for Seniors workshop organized by Halton Hills SALT (Seniors and Law Enforcement Together) and the first one this year.

Experienced officers or volunteers should be able to help them with any diffi-

culties they are experiencing operating and navigating the applications of their communication and electronic devices.

Seniors can bring in their laptops, tablets, and smartphones and attend one of two one-hour sessions at 10 a.m. or 11 a.m. in the Community Room of Halton Regional Police Station, 217 Guelph St.

To sign up for a session. Please call the Georgetown Police Station at 905 878-5511 ext 2105.

Grate Groan-Up Spelling Bee seeks spellers

How do you spell L-I-T-E-R-A-C-Y? Attend the 13th Annual Grate Groan-Up Spelling Bee at 6:30 p.m. on May 5 at Granite Ridge Golf Course in Milton, in support of Literacy North Halton.

Enter a Corporate or Non-Profit team of three spectacular spellers, dress to impress and compete for the title of Best Spellers at this lively event. Team registration of \$300 (sponsors may be available) includes hors d'oeuvres.

Proceeds from the Bee will support litera-

cy in Georgetown, Acton and Milton.

Audience tickets (\$25 per person) are available for friends and co-workers and include hors d'oeuvres. Come out to root for your team and indulge your love of language. The evening includes a Silent Auction, 50/50 Draw, an Audience Play-Along, Cash Bar and an evening of spell binding entertainment.

To purchase tickets, register a team or for more information visit Inhadultlearning.ca or call 905-873-2200.

Ask the Professionals



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For advertising information please call 905-234-1018 or email kkosonic@theifp.ca

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Q: I am such a chicken about the dentist I should have a Maple Lodge Farms sponsorship. And I know it works well for other people but nitrous oxide gas is not enough to chill me out. What else do you have?

A: On the great 'bell curve' of dental phobias there will be those out towards the end of the bell. It is here we find those people who, through no fault of their own, have an aversion to the dentist like I have an aversion to the music of the band Nickleback.

These individuals can often have a positive experience with the method of 'conscious sedation'. Essentially a short-acting sleeping pill is taken prior to the appointment, which will cause drowsiness and a reduction in damns given. That can be enough sometimes, but if any anxiety remains we have the option to combine the pill with the aforementioned nitrous oxide gas to achieve the ideal state of comfort.

It is important to note that with this method, the goal is not to be unconscious, but instead very very relaxed. Communication between doctor and patient is possible and actually important, but the perception will be of a shorter, more pleasant appointment. Even better, with the appropriate dosage, the patient can have very little memory of the procedure afterwards. So, you know, kind of like being asleep but with less drool on the pillow.

If this sounds good to you, you are not alone, and we should talk. Now, if only there was a method to help me forget hearing "How You Remind Me" at the grocery store.



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Intimacy Starts Outside the Bedroom

Intimacy is created through various kinds of connections which are not all sexual in nature. Intimacy can be defined as a moment where two people are focused on each other and nothing else. Intimacy can begin with a simple look or a loving sensual stroke on the shoulder.

Non-sexual intimacy can be achieved in a number of ways such as sitting across from each other while enjoying a pleasant dinner, sharing hopes and dreams, expressing mutual appreciation, and partaking in joint activities. Intimacy can also be developed by engaging in low demand touch. This means touch that is not expected to lead to sex such as holding hands, cuddling, or kissing. For many, the activities listed above may seem superfluous. Yet we know that they are great contributors to an increased level of intimacy and erotic energy in a couple.

Intimacy also depends on the spouses' ongoing ability to conduct themselves in a loving and respectful manner toward each other. Empathy and compassion are also crucial components to intimacy.

Intimacy takes time. How much time? Well it is different for everyone.

While we usually attribute the desire for non-sexual intimacy to women and the desire for sexual intimacy to men, we know that both men and women yearn for a meaningful connection with their spouse. After all, intimacy is what makes a relationship so vibrant in the beginning.

Consider that intimacy is to a couple what water is to a plant.

If you and your partner would like to explore how to increase intimacy in your relationship, contact Manon Dulude at 905-873-9393.