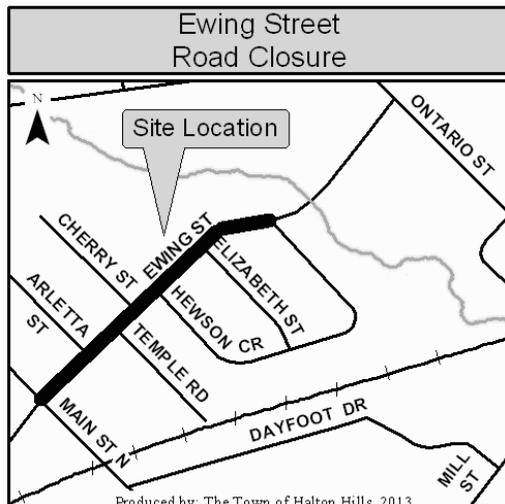


**NOTICE OF ROAD CLOSURE**

The Town of Halton Hills Infrastructure Services Department is advising of the temporary closure of Ewing Street between Main Street North and Ontario Street. The closure to through traffic will take place from July 22, 2013 until mid-November, 2013.



The closure is required to expedite the installation of wastewater and watermain, and road resurfacing.

Contact information:  
Mr. Kevin Chalmers, C.E.T.  
Supervisor of Construction  
Tel.: 905-873-2601 ext. 2303  
Fax: 905-873-3036  
Email: kevinc@haltonhills.ca

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**The Bennett plans second phase**

By **CYNTHIA GAMBLE**  
Staff Writer

The Bennett Health Care Centre has launched its second phase of providing a continuum of care within the community with the announcement of the development of a 100-unit supportive living building.

Scottsdale Place, which will be built on the Bennett Village campus across the road from The Bennett Gallery, will cost approximately \$30 million to build with a target completion date of 2016.

Mark Ewer, Administrator of the BHCC, a non-profit organization, recently outlined the new phase to Halton Hills Council at a recent meeting. While originally it was anticipated that a second building like the Gallery would be built next, Ewer said it was determined through a study of community need that supportive living housing was required more.

Councillor Jane Fogal agreed there is a need for this type of facility in the community.

The eight-storey building will provide rental housing for seniors and persons with special needs (disabilities). Of the 100, 80 will be self-contained supportive living apartments (1-2 bedrooms with kitchens and bathrooms).

The remaining 20 will be split into two 10 assisted living units with private bedrooms and bathrooms but with a common family-style dining room, living room, library/den and home-type kitchen. These will serve the very elderly or those living with Alzheimer's or dementia.

The dollars for its construction came from the sale of the Bennett Gallery lifelease units.

"While we have some equity, we are worried that we are going to be challenged and not have enough," Ewer said. "We have the place, the vision and the commitment to see this through. Whether we get there or not, may be up to you (council) and a few others."

Consequently BHCC is seeking assistance from the Town through relief from paying Development Charges (DC) and permit fees as well as Town assistance in applying for grants, borrowing and community fundraising.

BHCC will also be seeking a similar DC relief from Halton Region.

Ewer said discussion has taken place with Halton Region regarding the relocation of Silver Creek Adult Day program to the site as well receiving rent subsidies for 10 units. BHCC has also applied for of \$2.3 million from Halton

**See BENNETT, pg. 11**

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**Q.** I have always felt fat. I don't want my daughter to have the same body image issues yet I hear her saying she is fat. What should I do?

**A.** Young girls do not worry about their body shape until they get the message that their body, their beauty and their worth are all interrelated. Mothers, who focus on dieting and self-deprecating talk, teach their daughters to be the same. If a mother describes herself as disgusting, shameful, fat and ugly or any of the other words that are so commonly used by women to describe themselves, how will her daughter view herself? She will learn that a woman's body risks becoming her greatest enemy.

When the role model to becoming a woman, is self-loathing, constantly dieting, beating herself up for not exercising, setting impossible goals and then disparaging her failing to meet those goals and generally setting the course of her entire life on a path doomed to failure, how will her female children view women? And how will her male children view women? The worth of a woman is not in her body shape, size, or facial features. While body shape and facial qualities fade with time, the intelligence, compassion, integrity, caring and nurturing of a woman will remain. Fat is not a feeling. Happy, content, calm are. Anger, at injustice and evil, is a feeling. Sadness, because of loss or trauma, is a feeling. Grief is a feeling. When you become self-accepting, the role model you want to be will emerge. Treat yourself and your body with respect and do not allow anyone else to define who you should be or what you need to do to become acceptable.

As we age we become more vulnerable to experiencing loss, sometimes tragic and sometimes expected, but rarely welcomed. If you had the opportunity to have your loved ones back happy and alive, would the size of their thighs or the number on a scale matter? They would be perfect just as they were. Teach your children that you are perfect as you are and that you love them just as they are. This means that you will model self-respect and loving behaviour so that they will develop confidence. If you do not know how to do this, self-esteem counselling may be warranted. Act like you are worth it because you are!

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Gerry Ross  
H.B.Sc. PT, MCPA,  
res.CAMT

**Q.** My pain comes and goes for no apparent reason, what can be done to figure it out?

**A.** Physiotherapists are expert detectives when it comes to figuring out pain patterns. It is common for pain from postures or activities to go unnoticed when the individual is concentrating on something else (like data on a computer, conversation or sports). In other cases the painful tissue may lie deep within the body and therefore may not have the pain receptor density that is required to give instant feedback, but is sufficiently sensitive to react to inflammatory chemicals once they have had time to accumulate, often long after the aggravating activity has stopped. This produces a time lapse between the cause and effect making self assessment very difficult. Your physiotherapist is very skilled at identifying these subtle sources of aggravation.

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Let me know & you could win when you mail Amy with your answer & a question to:

Ask the Professionals

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"You were given this life, because you are strong enough to live it." - Robin Sharma