



Seeking feedback

Wellington-Halton Hills MPP Ted Arnott was busy on Main Street in Georgetown recently as he distributed a small business survey to enable him to better understand the needs of small business people in his riding. Jane Carney of Dini and Co., discussed the issues with Arnott who also visited stores in downtown Acton. A copy of the small business survey is available on Arnott's website at www.tedarnottmpp.com.

Photo by Ted Brown

Ask the Professionals

SEND IN YOUR QUESTIONS TO:
Ask the Professionals
280 GUELPH ST., #29
GEORGETOWN, ON L7G 4B1
ASYKES@THE IFP.CA

InFocus Rehabilitation Centre Inc.

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



JENNI VENERUZ



Mountainview Residence & Terrace

owned and operated by the Summer family
222 Mountainview Rd. N.
Georgetown, ON L7G 3R2
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Christoph Summer
Owner/Administrator

Q: What is lymphedema and who is at risk?

A: Lymphedema is a disorder of the lymphatic system which results in the accumulation of protein rich fluid in the tissues of the body. This occurs most commonly in the arms and legs but the trunk, neck and face can also be affected. There are two types of lymphedema, primary and secondary. Primary lymphedema is a congenital condition resulting from a malfunctioning lymphatic system. Secondary lymphedema develops as the result of damage to the lymphatic pathways and/or lymph nodes. In Canada, the most common cause of secondary lymphedema is treatment and staging for cancer.

You are at risk of developing lymphedema if you have had:

- Mastectomy or lumpectomy
- Surgery involving lymph node dissection (common with breast, gynecologic, head and neck, melanoma and prostate cancers)
- Radiation of lymph nodes or the surrounding tissues

For those at risk of developing lymphedema a physiotherapist can help by providing education regarding prevention, signs and symptoms and exercises to help facilitate lymphatic flow. Early detection is the key for successful management. If you are at risk, call to inquire about our early intervention program.

Q: What is the difference between a nursing home and a retirement home?

A: Long Term Care (LTC) or Nursing homes are mostly for seniors who have significant health care issues and generally require higher care levels than retirement homes. They are partially funded by the government and offer a range of accommodations from ward to private rooms. Applications for LTC need to be submitted through Community Care Access Centres (CCAC).

Retirement homes, on the other hand are almost always chosen depending on a senior's needs and personal preferences. With flexible lifestyle options, retirement residences let you choose which services you need, which services you want, how to spend your time, and with whom to spend it. They take the work and worry out of day-to-day living.

Each retirement home reflects the personality and style of those who own and operate it. Look for the best -- look for the warmth, personality and accommodation style that best meets your needs and preferences.

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.

PROFESSIONALS WANTED

to inform our readers & answer their questions

THE INDEPENDENT & FREE PRESS

Contact Amy Sykes in Special Features to find out about our booking specials

905-873-0301, ext. 237
asykes@theifp.ca

SIGN UP NOW!



Denis Karda

Nia
Brown Belt Teacher
Terra Karda Studio
36 Armstrong Ave
Georgetown, ON

905-703-0454
deniskarda@me.com

www.NiaNow.com/deniskarda

Schedule	
Mon.	8:15pm
Tues.	9:00am
Tues.	5:00pm
Wed.	8:15pm
Thurs.	9:00am
Sat.	9:00am
Sun.	9:00am

Join Us & Enjoy

• Jazz, Hip hop, Stretch and Strength, Musical Theatre, Yoga and Ballet.

• Workshops in "Healthy Eating" and "Being a Friend".

• Daily THEMED days, along with crafts, educational movies, and games. Along with our special "Spa Pampering Day" and "Tea Party".

Monday	Tuesday	Wednesday	Thursday	Friday
PJ Day	FOOD Day	DISNEY Day	SPA Day	TEA PARTY Day

March 11-15, 2013 Ages: 4 to 12 years
Full Week: \$240.00*
Single Days: \$50.00* Half-Days: \$28.00*
Time: 9:00 am to 4:00 pm
Early drop-off available from 7:00-8:45 am \$5.00 per half hour.
Late pick-up available from 4:00-6:00 pm \$5.00 per half hour.
*All prices are subject to HST.

Sign up today at Strictly Dance to guarantee your child's spot in this exciting program. Fully supervised, by our certified staff at our new location 211 Armstrong Ave. Georgetown

strictlydance.ca Call today 905-702-9728 or email info@strictlydance.ca

Winter Registration

"Someone was hurt before you, wronged before you, hungry before you, frightened before you, beaten before you, humiliated before you,...yet, someone survived...You can do anything you choose to do."

~ Maya Angelou