

Ask the Professionals

SEND IN YOUR QUESTIONS TO:
Ask the Professionals
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COACHING AND COUNSELING SERVICES
905-873-9393



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Q. Did you know that dealing with conflict is just like dealing with laundry?

A. Just like laundry, conflict involves a multi-step process; **handling, sorting, ironing things out, folding, and putting them away.** Here are a few tips on how to resolve conflict more effectively.
1. **Sort out the issue:** When you address a conflict, it is important to clearly state the problem, and your concerns. Stay focused on one issue. Don't try to resolve all your issues at once. 2. **Handle with care.** Take time to listen to each other's perspective and feelings about the issue. Be kind on your relationship, it is key to creating an effective solution. 3. **Once you have washed things up.... Put them away,** don't throw them back in the hamper. Address the issue and let it go. If you keep resurrecting all your old issues, it is either that they were not fully addressed or you are holding a grudge. 4. **From time to time there is a stubborn stain and you need to rewash.** From time to time, we need to revisit an issue. New information may have surfaced, or it may require several conversations to fully hear everyone's point of view and come to an agreeable conclusion. 5. **Do a little at a time, don't let it pile up.** Addressing each issue as it comes up allows you to stay focused on that particular problem. It makes it easier to come up with constructive conversation and solutions. 6. **It is inevitable.** There will be more! Conflict is part of life. It is very important that you look at your role in each conflict. 7. **There are dozens of detergents...** Explore new choices. Conflicts often arise from people thinking and feeling they have no choices. Try brainstorming new possibilities. It is amazing to see how, a collaborative solution process can create new options for all involved. 8. **From time to time, you need a professional dry clean.** A little professional help can go a long way in understanding how to tackle conflict differently.
Join us for a full day **Workshop on Conflict Management March 30, 2013.** To learn more contact Manon at 905 873 9393.

Georgetown
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Marta Masley
B.Sc.(PT), M.C.P.A.

Q. After the snow storm that we had, I ended up with quite a lot of back pain due to all the shoveling I had to do. I want to be well prepared for the next storm. What can I do to avoid the same problem?

A. The physical demands of removing heavy snow are something that most of us cannot avoid during the winter. While some people can get away with only minor aches and pains others can end up with more serious back problems and even a heart attack.

Shoveling is a strenuous activity. It places a great deal of stress on our muscles, joints and heart. Those of us who are in fairly well condition and exercise on a regular basis usually suffer the least. Most importantly, if you have a strong abdomen and back, you will likely avoid any back problems.

Some hints that might make your next shoveling endeavor easier:

- Use an ergonomically designed shovel to lessen the mechanical effort
 - Pace yourself using smaller shovel-loads and frequent postural breaks
 - Bend your knees to lessen the load on your back
- Ultimately, conditioning and preparing your trunk muscles through specific stabilizing and strengthening exercises will help make snow shoveling a less strenuous event.



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

COMMON QUESTIONS ABOUT TINNITUS - PART 2

DO WE KNOW WHAT TINNITUS IS?

The actual cause or event or mechanism of Tinnitus is not known. We know it is real; it is a symptom that something is wrong in the auditory system, but we do not know what that something is. We do know that it is not the patient's imagination; it is a physiological or neurological event. There is reason to be hopeful because current research using a Tinnitus model may provide the necessary information for identifying it's cause.

IS IT ASSOCIATED WITH HEARING LOSS?

In most cases, Tinnitus is associated with some hearing loss. For example, those who have been exposed to excessively loud sounds may have a hearing loss for the high pitched tones. Usually their Tinnitus will be located as a high pitched tone in the region of the hearing loss. In some cases Tinnitus is present where there is no hearing loss and for no discernable reason.

For more information feel free to call:

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Sheridan Nurseries Job Fair on Saturday

vpi Georgetown Employment Service Centre and Maple Ave. Baptist Church is hosting a Job Fair at the church, 177 Maple Ave., on Saturday, Feb. 23, 9:30 a.m. to 1 p.m.

Pre-registration is required; call 905-873-9816.

Sheridan Nurseries is seeking individuals to fill numerous roles including office/accounting, cashier, customer service/sales, general labour/shipping and receiving.

For more information go www.vpi-inc.com. The Centre is located at 235 Guelph St., Unit 4.



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Christoph Summer
Owner/Administrator

Q. With so many price variables when choosing a retirement home how do I make a comparison?

A. This seemingly daunting task can be made easier if you plan ahead, give yourself time and ask *lots* of questions.

Find out exactly what is included in the quoted rate. Is the cost all-inclusive or is it for the room only?

What nursing services are included and are extra costs clearly itemized? Ask about costs you may incur now and "down the road". You don't want any surprises.

Are all meals provided in the cost? Are snacks included? If there is a meal plan, what are the costs and what is included? What is the cost if you have guests stay for a meal? If you are ill, will you get a tray to your room at no added cost?

If housekeeping is included, how often is the room cleaned and is the bathroom cleaned daily? Is personal laundry included and if not, what charges can you expect?

Ask to see the rooms and establish how the room size is determined. What is the area of *living* space? Some rooms include the bathroom area in the equation, some don't. Also, ask to see rooms with furniture in them. Are there private bathrooms or are the bathrooms shared? Do the bathrooms include a shower in addition to a sink and toilet? Sometimes the shower is down the hall.

In short, ask many questions so that you are comparing the cost of similar services and living space.

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
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Georgetown Denture Clinic

Alexander Trenton, DD, F.C.A.D. (A) Denturist

TOOTH CHATTER - georgetowndentureclinic.ca

"HIS TURN"

A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal, and an extra drink cup.

As he watched, the gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had half of them. Then he poured half of the soft drink into the extra cup and set that in front of his wife.

The old man then began to eat, and his wife sat watching, with her hands folded in her lap.

The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to share theirs.

The old gentleman said "Oh no. We've been married for 50 years, and everything has always been shared 50/50."

The young man then asked the wife if she was going to eat, and she replied...

"Not yet sonny, it's his turn with the teeth!"

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"True strength is keeping everything together when everyone expects you to fall apart."

~ Unknown