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Christoph Summer
 Owner/Administrator

Q: As I age I am looking for new ways to stay in shape. Do you have any suggestions?

A: You are obviously aware of the many benefits of exercising to both longevity and quality of life as we age. A recent study conducted by Todd Manini, a scientist at the National Institute on Aging, reinforces this - but with some surprising suggestions.

The study backs up the fact that exercise has a positive effect on life expectancy. However, it also shows that many seniors are getting great benefit from *non-exercise activities* like washing dishes, vacuuming, gardening & climbing stairs. In other words, being active in their daily routine had a positive effect on life expectancy, *especially* for those most active. "Most active" is described as performing approximately 3 1/2 hours of daily activity. Remember, too, the greater your effort, the greater the benefit.

Polishing, dusting, mopping and sweeping are great for keeping arms shapely. Bending and stretching, when you make the bed, wash windows or do laundry are good for toning thighs and improving flexibility, and climbing stairs as you tidy is a good aerobic workout.

This doesn't mean that you should stop traditional exercises, but don't overlook the obvious benefits of doing yard work and household chores..

DR. ANOOP SAYAL

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DR. ANOOP SAYAL

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.

Carolyn Dew

BFHE, DTCM, RAC, RTCMP

Acupuncture & Traditional
 Chinese Medicine
 @ HealthSpan Wellness

71 Mountainview Rd N
 Georgetown
 905-873-8729
 www.healthspan.ca



Q: How can Acupuncture help me prepare for birth?

A: Chinese Medicine has been used for over 2000 years through all stages of a woman's pregnancy. If you are looking for ways to promote an efficient labour and recovery, consider Pre-birth Acupuncture and Acupressure techniques, within the last 4-5 weeks of your pregnancy.

Acupuncture for Labour preparation: Pre-birth acupuncture involves a series of four weekly treatments to help soften the cervix, influence the baby's position, and promote stamina for women before entering into labour. Research demonstrates pre-birth acupuncture can help shorten labour time, decrease the need for pain medication during labour, reduce medical interventions, and reduce labour & delivery complications.

Acupressure For Labour: If you are looking for ways to promote natural pain relief and partner involvement during labour, consider learning Acupressure for Labour techniques. This private 60 minute session is easy to learn, hands-on, and requires partner involvement. Monthly group sessions are also available.

To learn further about TCM pre-natal programs, check out www.healthspan.ca.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW
 350 RUTHERFORD RD. S.
 (Plaza 2, Suite 320)

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905-455-6677



SUSAN S. POWELL

Q: I have been living with my boyfriend for 2 years. I am thinking about separating from him. Am I entitled to spousal support and do I have an interest in his property since we have lived common-law for 2 years.

A: You can not claim spousal support when you are in a common-law relationship until you have lived together for 3 years or longer unless you have had a child together during the relationship.

You do not have the same rights to share property when you are in a common-law relationship as you do when you are married. In most cases, your car, contents at the home and savings belong to the person who purchased them. If you contributed to an increase in the value of the property that your common-law spouse owns you may be able to claim a share in it.

You should consider negotiating a cohabitation agreement with your spouse to agree to terms with respect to spousal support and your property to protect your rights preferably before you live together although it can also be done during the time you live together.

To understand your rights and obligations when you live common-law you should have a consultation with a lawyer.