

# Ask the Professionals

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Christoph Summer  
 Owner/Administrator

## Will retirement home staff notice subtle changes in my mother's health or offer reminders if she forgets to go for meals or to the programs?

Many retirement homes are adept at noticing the general wellbeing of its residents in a discreet manner. Here are a few things to look for.

Is the nursing station in an accessible area where the residents can interact with the staff in an ongoing, recurring basis? This enables the staff to be aware of any problems as soon as they occur. Some residences even check blood pressure and weight gain/loss on a regular basis. Make sure there is no cost for this.

It's natural that residents sometimes forget mealtime, as they are often engrossed in other activities. To ensure that residents eat regularly, see if the dining room has a set-seating plan. This enables the staff to see immediately, when residents have missed a meal.

Take home an activity sheet to ensure that there are activities that appeal to your mother and that they are in easy-to-find locations. Check too, that the office of the activities coordinator is accessible. This is the person who can introduce your mom to the various programs and give her reminders if she forgets.

In short, assess not only the interaction of staff with the residents but also the layout of the building with regard to accessibility to activity centers.

 **ROSS** *Bounce Back*  
 Ross Physiotherapy Solutions  
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Gerry Ross  
 H.B.Sc. PT, MCPA,  
 FCAMT

**Q:** How can I tell the difference between a pain that needs therapy from one that will go away on its own?

**A:** This is a great time of year to ask that particular question. I usually tell my patients that noticeable aches that last more than 3 to 5 days will benefit from a consultation and perhaps further treatment.

The reason for this is that an ache that lasts longer than one or two days may go away because your body has adjusted its movement patterns so as to reduce the stress on the injured area, not because the injured area has truly recovered.

These altered patterns of movement can become habitual and place stress on other areas of the body that will cause that area to become fragile. This physical stress due to compensatory movements will be more likely to become a source of disability in the event of a lifestyle change - such as that which occurs during the changing of seasons.

Some cases may require hands on treatment while others may only require the application of a handful of simple exercises done over a few weeks. It pays to take care of the little problems before they become big ones.

People are often surprised at how much they get out of a Physiotherapy consultation. In some cases a relatively small number of movement types account for a great deal of the pain that reduces one's ability to work and play.

A Physiotherapist can give you insights into the activities and movements that slow or in some cases stop the healing process. Having an awareness of these movements allows you to have much more control over your level of comfort and recovery.

The assessment and treatment skills of a Physiotherapist ensures that a wide variety of treatments like massage, joint mobilization, joint manipulation, therapeutic ultrasound and therapeutic exercise are applied to the areas of the body that need it most and in ways that are the most beneficial.

Reducing pain enhances mental productivity. Increasing one's physical abilities enhances physical productivity.

## HOWITT LAW



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**Q:** I am thinking of starting a new business, but I'm not sure how to set it up. Should I incorporate?

**A:** There are a few different ways you can set up your business, each with its own advantages and disadvantages. The most common form of business is what's called a sole proprietorship. Any individual who starts a business has, simply by doing so, created a sole proprietorship. No formalities are necessary for setting it up, but you may have to obtain licenses to carry on the business. The disadvantage of a sole proprietorship is that your business liabilities are not separate from your personal assets - so if something goes wrong on the job, your personal assets (such as your house) can be at risk.

Another way that you can carry on the business is through a partnership. Much like a sole proprietorship, a partnership may come into existence when two or more persons carry on business together for a profit. The problem with partnerships is that each partner is jointly liable for the full amount of the partnership's debts. If the liabilities of a partnership exceed its assets, a creditor can again look to each partner's personal assets to settle the debt.

A corporation is a separate legal person that has its own rights and obligations. Setting up a business corporation is more complicated than running a partnership or sole proprietorship, but it has the added benefit of protecting its owners (the shareholders) from personal liability and may offer you tax advantages. Where your business is risky, dangerous, or prone to lawsuits, you should certainly consider setting up a corporation in order to limit your personal liability.



 **DR. ELAYNE TANNER**  
 Registered Social Worker

Counselling & Psychotherapy

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**Q:** My best friend of many years did something that has deeply upset me. We have not spoken since although she has tried to make amends. Why should I forgive her? Won't that mean that what she did was okay?

**A:** Forgiveness does not mean acceptance. Forgiveness means letting go of the hurt and disappointment and regaining control of your life. Forgiveness is more for your benefit than for the benefit of anyone else. When you forgive, you release yourself from the bad feelings of the past and free yourself to move on to enjoy your future. Although the people who have hurt you may not have accepted responsibility and have not apologized, your anger is not hurting them—it is only hurting you. The person who hurt you might have already died but until you let go, you keep suffering.

As long as you hold on to your past hurts, waiting for an apology, an admission of guilt, or some other type of compensation, your behaviour, feelings about yourself and your relationships are all being affected by the people who you are most disappointed in. This does not mean that their behaviour was acceptable. It does not mean that they did not hurt you. It just means that you do not let them hurt you further and accept that this may be the best you can expect from them. You may never have the opportunity for further closure, yet you can stop the destruction. With forgiveness you can move on to shape your future as you choose without spending your energy looking backwards. You do not have to accept more bad behaviour. Learn to be assertive and stand up for yourself. You cannot change anyone else. You can only change yourself.

Forgiveness may mean that you accept the one who hurt you is self-centred and selfish; ignorant and careless or even criminal and deviant but whatever they have done, it only reflects their own inadequate humanity. It has no bearing on who you are. Letting go means recognizing and accepting that all the negative messages that they transmitted to you are only reflections of their self and not you. Regain control of your life by working towards forgiveness, not for his or her sake, but for yours. Counselling can help you achieve the freedom of forgiveness.

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