



... Lend Me Your Ears

By Cory Soal
R.H.A.D.

FOOD ALLERGIES MAY CAUSE EAR INFECTIONS

If your child suffers from frequent ear infections, and you can't pin point the cause, it may be something he/her ate. It's recently been found that food allergies may trigger ear infections, which left untreated can cause hearing loss.

The allergies create mucous congestion in the nose, which then flows into the tube connecting the nose to the ears. Eventually the tube gets blocked and infection causing bacteria grow.

To determine if food allergies are causing your child's ear infection have him/her tested. Once the troublesome food is discovered your physician can suggest alternatives. And take heart, kids often outgrow food allergies – and their tendency towards ear infections.

For more information feel free to call...

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OPINION

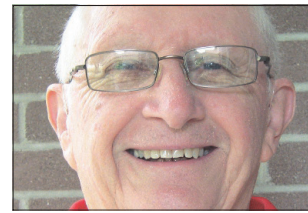
PROGRAM RESTARTS GOING SMOOTHLY

THANKS FOR FOLLOWING NEW PROTOCOLS AT HILLSVIEW ACTON, WRITES DAVID MCLEAN

Another fall season is well underway, and we continue to open more and more programs at Hillview Acton — with limited numbers.

We are excited that some of our card programs have returned. With our drop-in programs, we still need to preregister, follow COVID-19 protocols, conduct a screening and have our vaccine passports ready.

The processes have been



DAVID MCLEAN
Column

running quite smoothly. Thank you to our members who are comfortable with joining in on the programs.

Remember, your membership allows you to attend programs at both centres.

A big thanks goes out to the staff at both centres for keeping us informed and up to date with the changes.

Every month over the past year, we have been having a monthly drive-thru dinner fundraiser, and we will continue to do so with great meals being supplied by our local restaurants. Our hope for 2022 is that we can enjoy a group meal with entertainment.

Our reception volunteers have been trained on what is required on the new COVID-19 protocols and are waiting for the go-ahead to greet you when you come into the centre.

The volunteer groups are being updated as well by our new volunteer co-ordinator, Kathleen Dennis.

We have a number of

committees and their teams are working hard to be ready for the Acton Fire Fighters Association's annual Santa Claus parade, as well as our annual Christmas Bazaar. More information will be coming in the near future.

There are new things being worked on at the centre to help us enjoy life during these difficult times.

Keep smiling and please check up on your friends and loved one.

David McLean is the president of the Hillview Active Living Centre in Acton. He can be reached at david@mcleanweb.ca.

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