

# Foot care is inexpensive, satisfying for seniors



Sue Grant pampers Louis Zaba with a nail-trim at the Step Ahead Foot Care Clinic Wednesday. (Doug Harrison photo)

BY DOUG HARRISON

The Acton Tanner

After 23 years of exhausting shift work tending to the needs of seniors at a nursing home, Sue Grant and Linda George now specialize in caring for their feet — on their own time.

Step Ahead Foot Care is a private practice the two RNAs started in 1989 to help people who can't see or reach their feet due to arthritis, Parkinson's Disease, or other ailments.

"We could see a need for it (foot care) in the nursing home. Many patients needed their feet looked after and were tired of waiting for

specialists to visit them," said George after a morning clinic held at Acton Social Services and Information Centre (ASSIC) last Wednesday. The clinic returns to Acton on Dec. 1.

The pair are frequently on the road to nursing homes, retirement homes, residential homes, seniors' apartments and community centres and hospitals.

"We're mobile," explained George, "and because of that we can keep costs low (\$10 per clinic) because of a low overhead. We don't get into anything fancy."

The service includes assessment, nail care (clipping, ingrown

prevention and thick nails reduced, treatment of calluses and health teaching), preventative care and shoe advice.

Step Ahead also offers foot massages.

"Some of the seniors just come to talk to us," George revealed. "We're touching their feet with a massage and it's a wonderful feeling. They are the most interesting people and it's nice to talk to them because they have lived far beyond our years."

George stressed that she will never again work in a home.

"Foot care is still nursing, but it's specialized," she insisted.

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## Acton voters explain their choices

### ELECTION NEWS

BY RICK SOUTAR  
The Acton Tanner

The election may have resulted in a landslide Liberal victory according to seats but the popular vote was much closer. *The Tanner* conducted exit polls outside St. Joseph's School to try and get a sense of the electoral mood. We asked voters how they cast their ballots and why.

Although several declined comment, preferring to keep their choice a personal matter, many were kind enough to share their decision and the reasoning behind it. Here are just a few of the responses:

"I voted Reform because I'm sick of the other two parties; it's a *sickness vote*." — **Ted Edmundson**, Elmore Drive

"I voted Liberal because it's time for a change." — **Richard Hall**, Church Street

"I voted Liberal because I figure we had a stronger government when they were in power before." — **Daniela Lajeunesse**, Storey Drive

"I voted Conservative because I do agree with what they are trying to do by cutting spending." — **Barry Andela**, Kingham Road

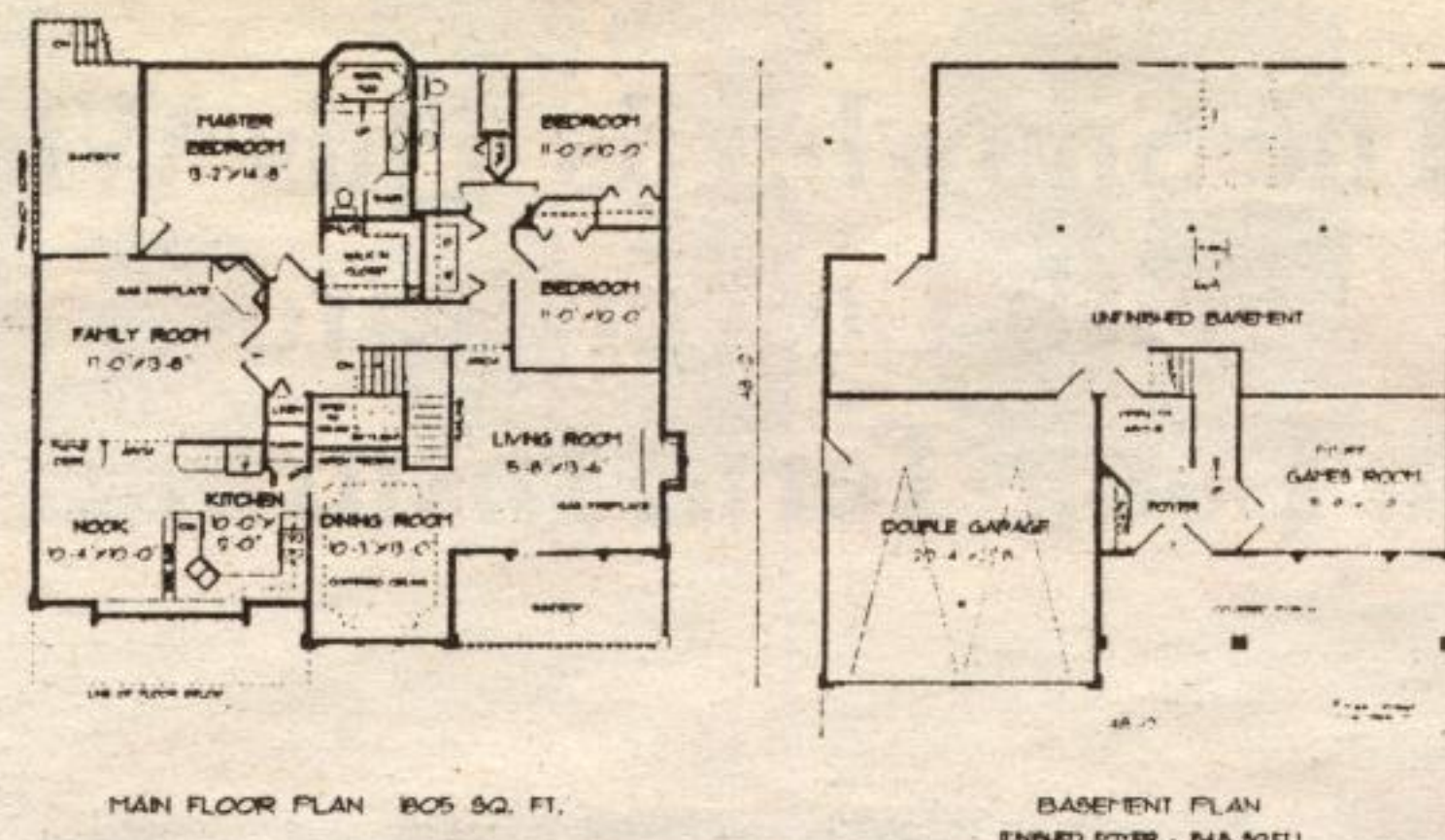
"I voted Conservative because I just didn't like what the Liberals had to say about creating jobs; I didn't think their plan would work." — **Susan Moore**, Lake Avenue

"I voted Liberal; I like the PC's but I think maybe they went just a little too far in cutting the deficit." — **Joe Poza**, Mill Street

"I voted Liberal because they just had the best platform." — **Lesla Rhynold**, Ransom Street

"I voted for Garth Turner because I like what he has done for us." — **Dean Dunn**, Main Street

## HOMEPLAN OF THE WEEK!



### Interesting floorplan creates attractive home

The left side of this home is featured in the perspective drawing to show its suitability for a corner lot. Interesting angles, feature windows, and a side entrance garage combine to create an attractive exterior look. The front view comprises the main entrance, part of the living room, the den, and the garage. A window seat in the garage is an attractive embellishment.

Enter into a foyer open to the second storey and brightened by an overhead skylight. French doors lead into the den which also features a corner bay. Just inside the front entrance, and apart from the main traffic areas, this den could be an ideal home office. French doors also lead into a spacious living room featuring corner windows and a cosy gas fireplace. Look over a half-wall into the dining room which provides a comfortable area for dining and features a boxed out hutch. The cook in the family will appreciate an efficient kitchen layout with plenty of cupboard and counter space and a pantry. An open counter acts as a handy pass-through to the breakfast nook. The family room is partially open to the nook creating a spacious feeling for casual gatherings.

Upstairs, a deluxe master bedroom features a boxed out window seat, a walk-in closet, and a four piece ensuite with a raised swirl tub.

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