



CLEANEST STORE FOR 1995!

Acton Subway owners Gus and Maria Galimanas show off their 1995 plaque for having the cleanest store in the southwestern Ontario bracket. This is the third straight year the Galimanas' have been presented this award. (Doug Harrison photo)

VON helps people reach independence

Special to The Acton Tanner
 Pat Taillefer spent this past Christmas with her family, enjoying all the festivities, but Christmas 1994 was a very different story. Pat had been told that her cancer had spread to the bone and she was experiencing a great deal of pain. She could not find any comfort except when sitting in her lounge chair. She had lost her appetite and could no longer manage her household chores. Her husband was very concerned and asked their doctor for help so she could stay at home. The Victoria Order of Nurses (VON) was asked to visit Pat to help her with her personal care, to better manage her pain, and to support Pat and her husband as they tried to understand and cope with her disease. Pat was seen at the cancer clinic in Hamilton and received some radiation treatment. The doctors also changed and increased her medication for pain control. The VON began to help in organizing her medication by using a dispenser called a Dosette, to help Pat keep track of her pills. She had developed a small sore as a result of sitting for so long in her lounge chair. It was treated by the nurse and healed within a month. The nurse also helped Pat with her personal care, and provided relief and advice for her and her husband. Her family was able to visit often and spent time talking and reminiscing, in addition to helping around the house. Pat also received help from Red Cross homemakers, especially in preparing meals and household chores. Pat was able to maintain

her family at home with their invaluable help. That first Christmas Pat was unable to join her extended family for dinner, but by spring things were improving. Pat needed less help and the visits from the nurse and homemaker were reduced. Then, at the beginning of August, another flare-up. The nurse contacted the clinic and Pat was seen again. Her treatment changed. The nurses and homemakers increased the frequency of their visits to help Pat and her husband. This time the radiation was really effective, and when the pain decreased, Pat became more active and independent. Nursing and homemaking help was reduced. Pat has had a wonderful time since then, and Christmas 1995 was memorable. Pat is able to get out to family gatherings and is now pain-free. The VON is now discharging Pat as she is completely independent. Helping people regain their independence is the main goal of VON services. And success stories like Pat's are what keeps the workers going. The VON in Acton hold a foot care clinic every two months in the Elizabeth Street seniors' building. Individuals and families are visited by Friendly Visitors and Hospice volunteers. The Alzheimers Services program provides information, counselling and caregiver relief. Volunteers are always needed and appreciated. January 22 to 28 is VON week and next year will mark the centennial year for the organization. The VON may be reached by calling 1-800-387-7127.

Free seminar on coping with stress

BY LUCINDA LANDAU
Special to The Acton Tanner
 In a unique fusion of health care disciplines, five local health professionals are teaming up to offer a free, natural healing presentation of coping with stress, next Tuesday at 7:30 pm in the Gallery, Georgetown Public Library. Recognizing that both the mind

and the body are central to maintaining health, this seminar draws on a variety of disciplines to address ways of coping with stress. All the team members share a drug-free, natural healing philosophy. "We see the devastating impact that stress has on our patients," explains Dr. Robert Cranfield. Seminar members include: Dr.

Cranfield, his associate Dr. Gary Butwell, Pedro Silva, an exercise physiologist, massage therapist Sara Cockton and dietitian Gabrielle Allison. The seminar is free, but advance registration is required. Tickets may be obtained by calling 877-4288 or by stopping in at Cranfield Chiropractic in Norval.

Shoppers
 World
 Brampton's
 "Save
 a Buck,
 or Two,"
 sidewalk
 SALE!
 Tuesday,
 January 23rd
 thru Sunday,
 January 28th
 SHOPPERS
 WORLD
 BRAMPTON
 ON THE CORNER OF HIGHWAY 10 AND STEELES AVENUE

HEARING AID CENTRE
 M. LANNUZZI, H.L.S.
 MasterCard
 878-1100 OR 877-8974
 VISA
 MILTON GEORGETOWN
 MEMBER
 A.H.I.P.