

## Elder abuse often goes unnoticed

Elder abuse is a topic that was not discussed very much in the past, but is coming to the forefront now that the population is aging.

It often goes unnoticed because it can be difficult to recognize. Elder abuse can be defined as any action or failure to act by a person in a position of trust. Abuse can be physical, involving slapping, pinching, punching or other rough handling. Physical abuse can also include sexual assault or forced confinement.

Abuse can be financial, involving the dishonest use of a person's money or assets and can include overcharging for services or misusing a power of attorney.

Abuse can also be psychological—seniors can be verbally abused, humiliated, intimidated, threatened, not allowed to make decisions or deliberately socially isolated. Ignoring or treating a senior like a child is also a form of psychological abuse.

Abuse can take the form of neglect—when the necessities of life are withheld. This can include inadequate hygiene, giving too much or too little medication, or failure to ensure appropriate medical care.

Victims often do not report abuse because they don't believe that anyone can help, or they fear that they may be placed in an institution. They may not know their rights, or are ashamed because their caregivers or family members mistreat them.

How can someone spot abuse? A vic-

911/  
411



Const. Laurel Barnett

tim may have cuts, bruises, burns, unexplained injuries, poor skin condition, depression or avoidance of social contact. Financial abuse is harder to pin down. A victim may not have the funds for the necessities of life, or is missing jewelry or household items. They may be hesitant to discuss financial matters.

A victim may be showing signs of neglect if they are inadequately clothed, are malnourished or dehydrated, have an untreated medical condition, or a history of accidents or injuries.

The Halton Regional Police have a very comprehensive booklet available for seniors or their caregivers. It can be picked up at any police station in the region.

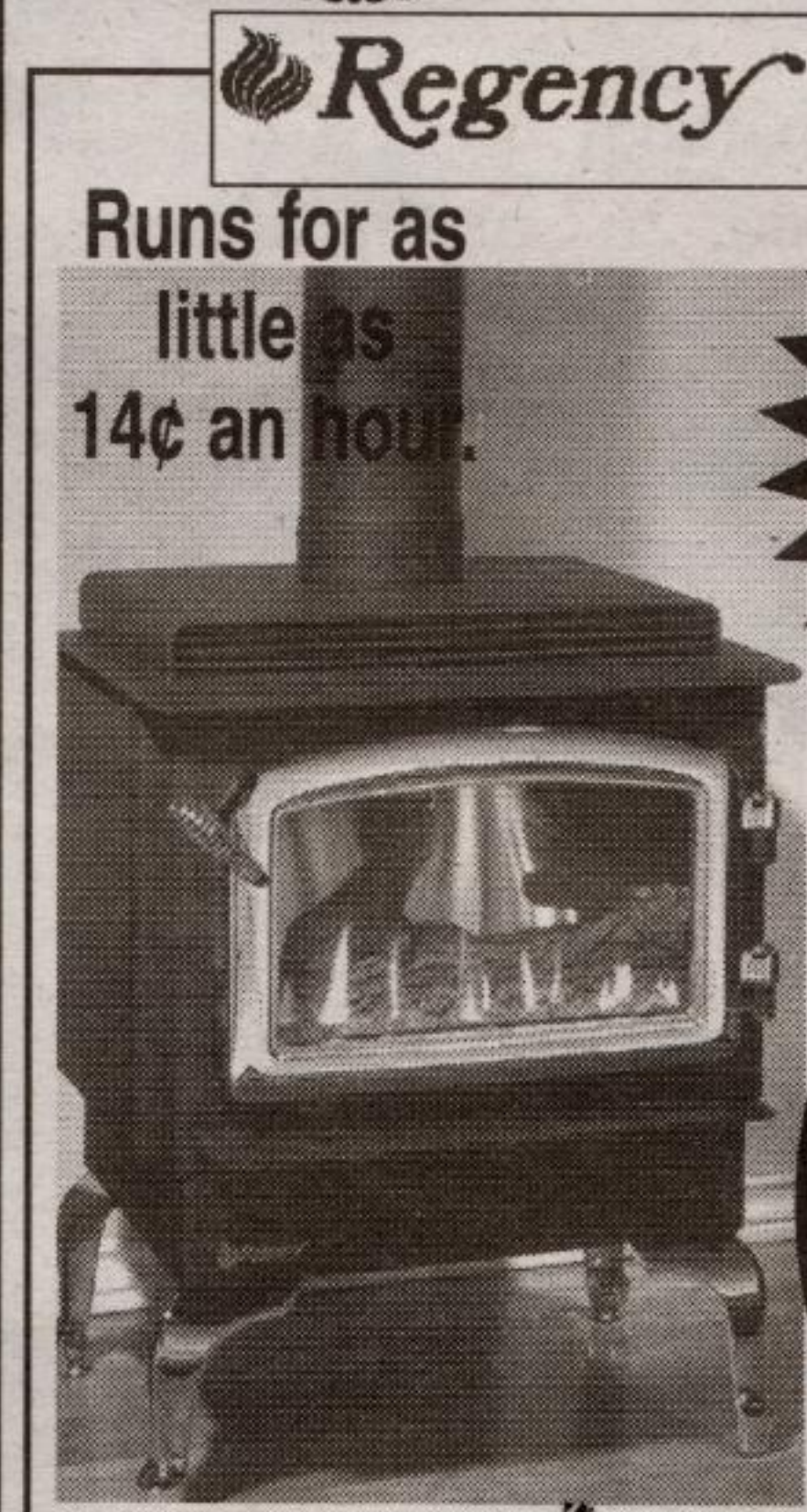
If you have any questions about this or any other police issues, contact me at laurel.barnett@hrps.on.ca or 905-878-5511 ext 2120.

—Const. Laurel Barnett is the  
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for 1 Division



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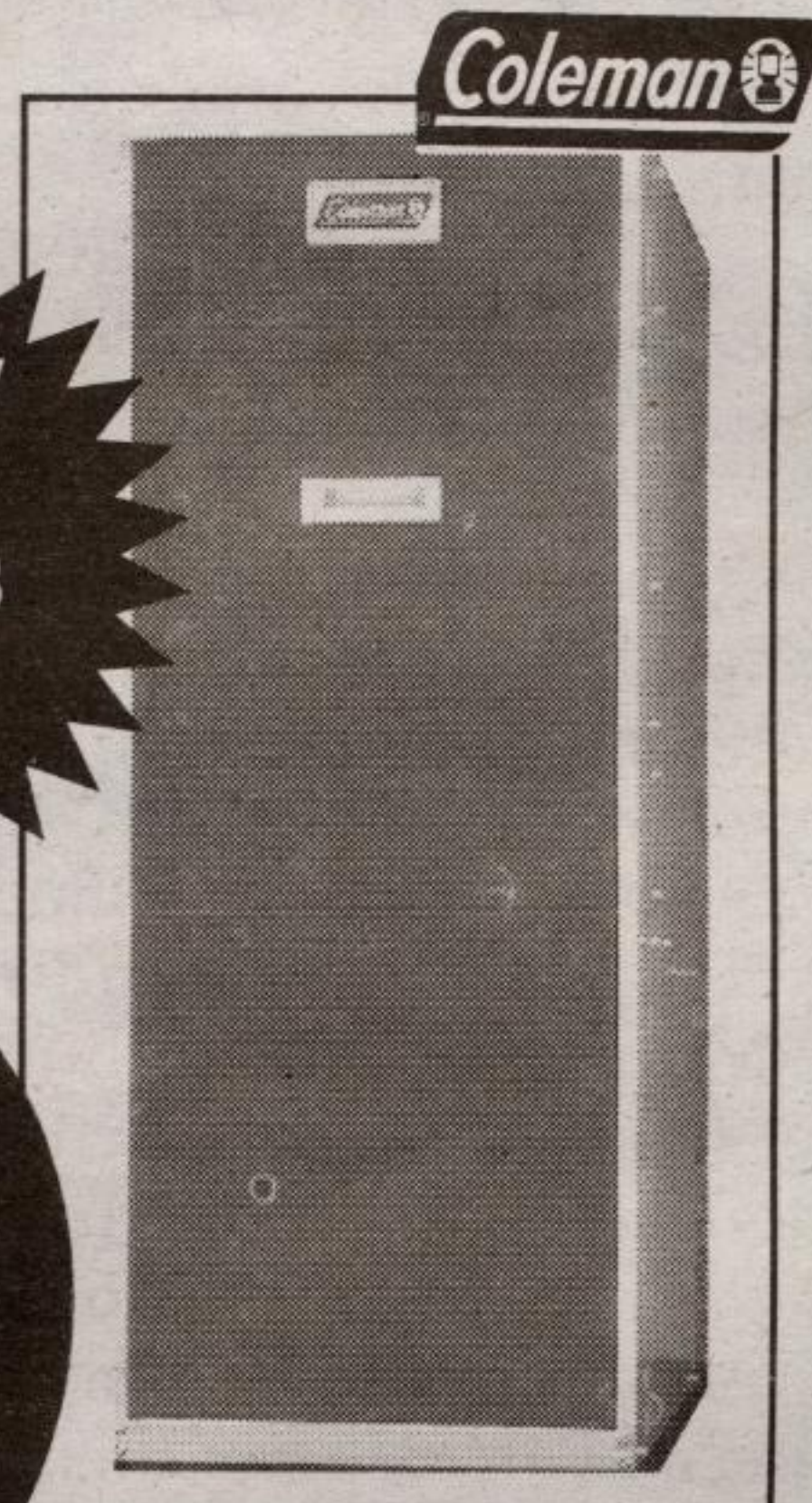
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## Mother of two sheds 20 pounds with hypnosis and says: "Now I can look in the Mirror and Smile!"

My name is Nancy Greenberg. I have been married to my husband, Arnie, for seventeen years. I have two children, Hailey and Harrison. My story is so remarkable. I would like to share it with you.

BYNANCY GREENBERG



"I avoided going out and dressed in tent dresses" Nancy Greenberg before shedding 20 lbs.

For an entire year, I avoided going out. I dreaded parties and wore tent dresses. I was suffering mentally. I couldn't get over having failed to control my eating.

### Dieting Failures

I had tried all the fad diets. I ate only protein and counted points. I was simply too stressed out. My weight always came back. I was tired of counting calories and knowing how many ounces I was eating. I own a restaurant and it was painful to sit and watch everyone else eat all that mouth-watering food.

### From Skepticism to Hope

I had read about Positive Changes Hypnosis. I stopped smoking with hypnosis so I knew that it worked. Still, I was still skeptical. After reading all of the Positive Changes' success stories, I finally called for my free screening appointment.

As soon as I walked into the office, I could tell that Positive Changes was a friendly and professional place. My evaluator was warm, informative and easygoing. He explained how hypnosis worked and there was no pressure whatsoever. I signed up and lost 20 lbs. in 6 short weeks. I lost four inches off my waist. My dress size plunged from a tight 14 to sleek size 9.

### Immediate Results!

Immediately after my first session my food preferences changed. I was amazed when I realized that my cravings were now for healthy foods. I didn't even know that I was changing my food intake. It happened naturally! By the next day, I walked with a new spring in my step and a smile on my face. I

lost 4 pounds my first week and 10 pounds my first month! I melted off over 20 pounds in total. I am happier and feel stronger thanks to Positive Changes Hypnosis.



"Customers say I have a new air about me" Nancy Greenberg After Hypnosis

### Hypnosis Delivers Benefits!

It's a delight just to walk into my Positive Changes center. It's a totally non-stress environment. The staff at Positive Changes gave me incredible strength and support. I look forward to my visits not only for my wonderful hypnosis sessions, but also for the calming, positive atmosphere that always greets me when I walk in.

### Recommends

Everyone's noticed the change in me. At my restaurant, our customers are like family. They all say that I have a new air about me. I had to

buy new clothing because my staff and customers were making fun of me every time my pants slid down! I am constantly hearing how much younger I look. My husband is thrilled. My children see me enjoying fruits and vegetables. They are all amazed at the change in me!

I also met other folks at Positive Changes who were losing weight and they were great role models. Hypnosis has given me a calm determination for success. I can say no without feeling stress or guilt. I never feel deprived. I eat when I am hungry-not just when food is around. I find that I am more productive and I cherish my leisure time more.

### Call Today!

I urge you to take the first step to a new you. Stop counting calories and fat grams and start counting on you! Hypnosis is stress free and the easiest way to an amazing new life. Don't carry around that unwanted weight or stress any longer. Get started on a whole new you right now. Call Positive Changes Hypnosis and ask for your free hypnosis screening. If you're like me, you'll be glad you did!

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