


Healthy Living


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HAPPY 30TH BIRTHDAY
JASON
Nov. 13, 1972
Love Grace

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... Lend Me Your Ears



By Cory Soal
R.H.A.D.

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contacts when it becomes difficult understanding what is being said. The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else; have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.

Ontario launches health Web site

Accessing important health information has been made simple for millions of Ontarians with the launch of healthyontario.com, a consumer health Web site that provides easy one-step access to information on hundreds of health conditions, services and drugs.

Healthyontario.com was launched on Oct. 29. "Healthyontario.com will empower more people to stay healthy, learn about themselves and find answers to their health questions in an effortless way," said Health Minister Tony Clement. "It is unique for Ontarians because it's the only site that is specific to Ontario, bilingual and has access to health tools, experts and services— all in the same place."

Healthyontario.com features information on specific health conditions, drug information, listings of local and regional health services close to the user, and links to other useful healthcare resources such as access to a physician locator to help Ontarians find a family doctor in their community. It contains no paid advertising or endorsements from third parties.

"Ontarians have told us that they want their government to place more emphasis on helping them stay healthy," said Clement.

After their doctor, Ontarians turn to the Internet most as their source for health-related information. Three-quarters of Canadian Internet users use the web as a source for health-related information. More than seven in 10 Canadians have at least some confidence in the health information that is available on the Internet according to a National Pulse/Enviro-nics poll last June. Half of Canadians (52 per cent) have used the Internet to look up health-related information the survey said. Features on the Web site include a life expectancy calculator, cost of smoking calculator, body mass index calculator, meal planner, and health experts on a variety of topics.

TOWN OF



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NOTICE

NOTICE OF PUBLIC INFORMATION CENTRE

Main Street South, Fifteen Side Road to Maple Avenue
Municipal Class Environmental Assessment

In May of 2002, The Town of Halton Hills initiated a Schedule "B" Municipal Class Environmental Assessment (EA) Study to determine the upgrading requirements to Main Street between Fifteen Side Road and Maple Avenue within Georgetown.

At this time, the Study has identified recommended improvements including off road pedestrian and cyclist pathway facilities, new pavement and improved lane widths. A widening to accommodate additional through driving lanes was not considered as part of this Study.

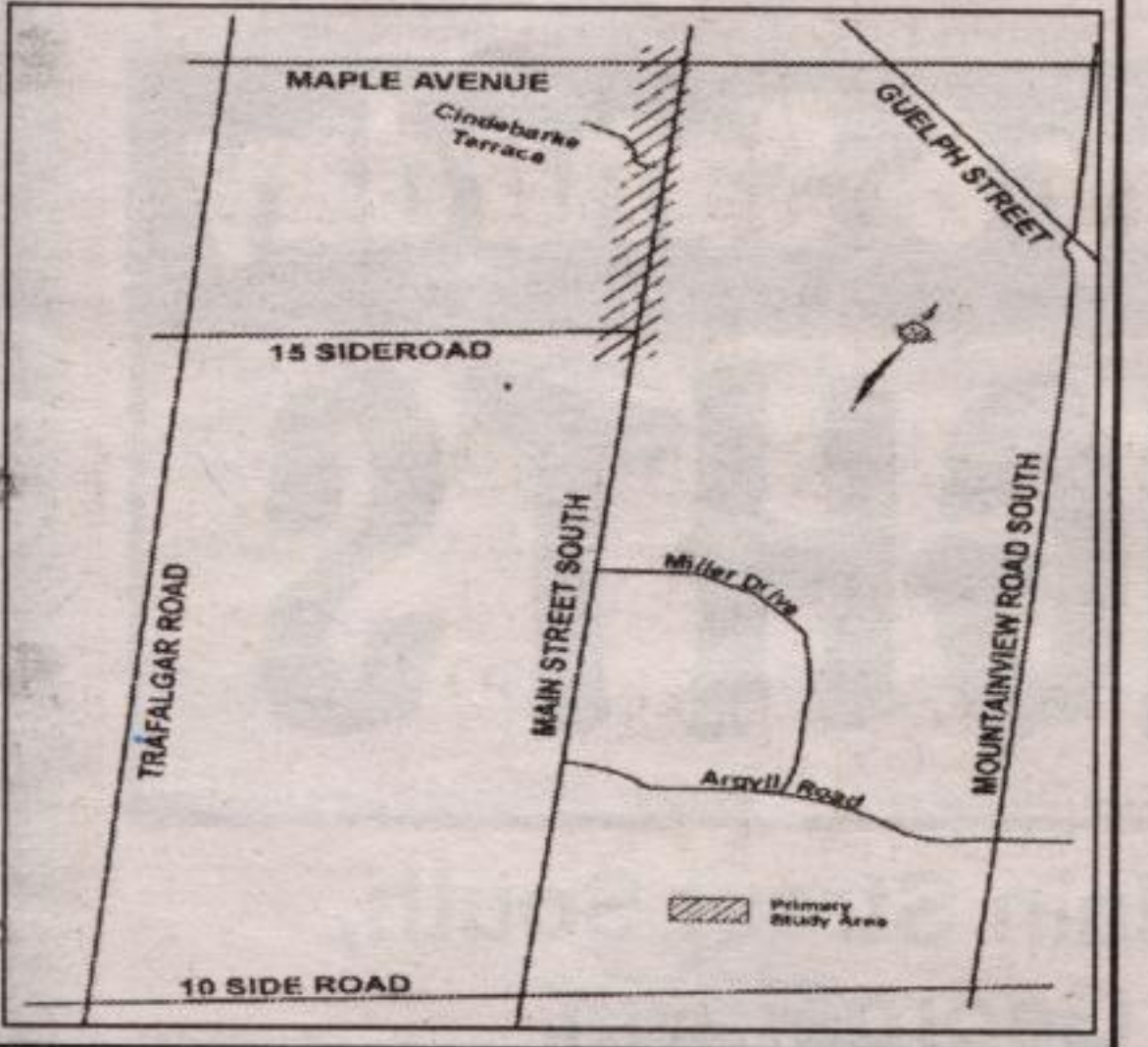
A Public Information Centre has been scheduled to allow adjacent land owners and members of the public an opportunity to review the preliminary drawings and other study material.

Date: Thursday, November 14, 2002
Time of Open House: 6:00 p.m.-8:30 p.m.
Location: Town of Halton Hills Council Chambers
1 Halton Hills Drive, Georgetown

Upon completion of the Study, an Environmental Screening Report will be prepared for the project and be made available for public review.

If you have any comments, questions or require further information regarding the Study or the Class EA process, please contact either one of the individuals below:

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The Georgetown




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Tooth Chatter



by
ALEX TRENTON DENTURIST

OLD AGE IS GOLDEN?

There is nothing the matter with me,
I'm healthy as can be,
I have arthritis in both of my knees,
And when I talk, I talk with a wheeze,
My pulse is weak and my blood is thin,
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,
Or I wouldn't be able to be on the street,
Sleep is denied me night after night,
But every morning I find I'm all right,
My mem'ry is failing, my heads in a spin,
But I'm awfully well for the shape I'm in.

How do I know that my youth is all spent?
Well, my "get up and go" has got up and went,
But I really don't mind when I think with a grin,
Of all the grand places my "get up" has been.

Old age is golden, I've heard it said,
But sometimes I wonder as I get into bed,
With my ears in the drawer, "my teeth in a cup",
My eyes on the table until I wake;
E're sleep comes o'er me, I say to myself:
"Is there anything else I should lay on the shelf?"
Author "unknown."
You do not need a referral; simply call our office direct.

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