

Ask The Professionals

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"Ask the Professionals"

Independent & Free Press, 280 Guelph St., Unit 29, Georgetown L7G 4B1



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211 Guelph Street., Georgetown



Shari White
Education Director

Q: Shari, I need help! I just had my interview with my son's teacher and he said that Dave is "not writing enough". How can I help him?

A: This problem has become more and more common lately. Chances are your son only does his writing at school and doesn't always have the opportunity outside of assignments and reports to practice his writing and to see just how useful it is. Here are just some suggestions to get him into the "writing habit".

• **WRITE TO YOU CHILD.** These notes can take the form of reminders, thank-you notes, invitations to do something together and so on. Place these notes in fun places.

• **SHOW YOUR OWN ENJOYMENT OF WRITING.** Let your children see you writing letters and cards. Show them how helpful it is to make lists for groceries and other things that need to be done. Reveal your own excitement when you receive notes or letters.

• **WRITE WITH YOUR CHILDREN.** Let them see that you make mistakes and revisions. Children will learn that writing takes time and that reviewing and rewriting is part of the process.

• **ENCOURAGE RISK TAKING.** Don't concentrate on spelling and sentence structure on the first draft. This will come after all the ideas are down. Encourage experimentation with new words and stronger vocabulary. On the semi-final draft, begin the editing process.

If you need more suggestions, or would like to register for our summer programs, please call me at 905-877-3163.

GREG J. LAWRENCE, B. Sc., D. Ch.
FOOT SPECIALIST/CHIROPODIST

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Member of the Ontario Society of Chiropractors
and the Ontario College of Chiropractors



Greg J. Lawrence
B.Sc. D.Ch.

Q: What is the most common mistake patients make while obtaining shoes?

A: People believe a lightweight shoe equals a comfortable shoe, when what they really need is more support.

• Fashion is the primary consideration in most shoe purchases.

• Many people make the mistake of buying shoes that are too stiff across the forefoot. The foot is flexible at the toe joints for a reason. When shoes use stiff insole boards, out-soles or platform type they do not have sufficient rocker to them and symptoms often result.

• The most common mistake everyone makes in purchasing shoes is compromising length for width. The blunder occurs when we ask for a half-size larger shoe just to get a little extra width. This moves the flex line of the shoe away from the flex line of the foot.

• To keep the cost of inventory in check, retailers have responded by providing a greater selection of styles but a restricted size inventory. As a result, most retailers stock a "B" width for women's shoes and a "D" width for men's.

• Proper shoe fit is a 'feel', not a size. Size varies among lasts, models, styles and manufacturers. Even with the increasing rate assistance of knowledgeable fitters, consumers will continue to assess proper fit based upon they're used to 'fit' feeling.

• A tip for proper shoe fit is to remove insoles from shoes and simply stand on them. This simple maneuver can save consumers both time and money in the selection and purchase process. It is advised the consumers fit the bigger foot.

DR. ANOOP SAYAL

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DR. ANOOP SAYAL

Q: How do I get rid of bad breath?

A: That depends on what is causing it. Often, bad breath results from less-than-optimal oral health and sometimes people are not aware that they are not performing oral hygiene as effectively as they could be. A dental hygienist or dentist will be able to evaluate your oral health procedures and make recommendations for improvement, also these professionals will be able to recognize any associated problems that might be contributing to an unpleasant mouth odour. In addition to evaluating and suggesting alterations to your brushing, flossing, and tongue deplaqueing regimen, your dental hygienist may recommend products such as a mouth rinse that contains zinc. If it turns out that the problem isn't in the mouth, a physician appointment is advisable. Sinus problems, stomach problems and certain foods and medications, and other factors can contribute to bad breath.

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MANON DULUDE

Q: How do I know if my teenager is depressed? Some of his behaviors are similar to a depressed adult while other behaviors are quite different.

A: Depression in teens is a fairly common phenomena and is often mistaken for "normal adolescence rebellion." It is very important to note that rebellion in teens is not a normal thing. The belief that most adolescents will go through a "crisis" or "phase" is a myth we must dispel. Although we are well aware that adolescence is a challenging time with many psychological and physiological changes, this period of a child's life does not have to look like an ongoing "crisis". Depression in teens can go unrecognized by many since it presents itself somewhat differently than depression in adults. While apathy is a predominant symptom in depressed adults, agitation and irritability are more often noticeable in teens. Consequently, it is not unusual to have explosive teens identified as difficult and rebellious rather than as depressed. Another symptom which is typical in teens is social dependency. In order to avoid their inner turmoil, teens will often spend as much time as possible socializing with friends. Sleep disturbances, increased need and desire to sleep or a decreased ability to sleep are common to depressed adults and teens. For teens, this causes difficulty in attending class and learning. It is not unusual for depressed teens to have failing grades and to cut class. Depression in teens can often be mistaken for laziness. Seventy percent of the teens who are depressed do not know that they are depressed. Of those who may know, they suffer in silence by fear of being judged and ridiculed. If you believe that your teen is depressed, it is important that you break their isolation, and have them consult with a family physician or a therapist.

**Halton Hills
Speech Centre**

211 Guelph St., Suite #5
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Karen MacKenzie-Stepner

Q: My husband suffered a stroke recently and now has aphasia. What can I do to help?

A: Following a stroke some people have difficulty understanding what others are saying or have difficulty speaking. This is called Aphasia (AA-FAY-ZIA). There are many things that you can do to assist your husband to communicate to the best of his ability. Depending upon his specific difficulties a Speech-Language Pathologist can help you develop a personalized program that will help both of you.

The following is another option that is available to you. The Halton Aphasia Centre has two programs operating. On Mondays the group meets at the Glen Williams Town Hall and Tuesday a Burlington group meet at The Wellness House in Burlington. People with aphasia, due to stroke or head injury, have limited means of communication and this program provides supportive opportunities for the exchange of information, opinions and feelings. It is offered once per week at the above mentioned locations from 9:30 a.m. to 1:30 p.m. and is open to anyone, subject to assessment. This program's goal, under the supervision of a Speech-Language Pathologist, is to help aphasic adults recover to some degree their former communication skills, thus reducing their social isolation and improving their quality of life. For more information contact the Halton Aphasia Centre at 905-702-5312 or toll free 1-866-204-4044. Are you interested in becoming a volunteer communication facilitator? Please call for more information.

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Barbara Byckowski
Investment Advisor, BBA,
FPF, CFP

Q: Who should have a will?

A: Great question! Studies show that most Canadians devote very little time or thought to the issues surrounding estate planning. This is typically a result of basic human nature -most of us would rather avoid unpleasant thoughts. While thoughts of death are unpleasant, ignoring the issues surrounding death and the estate can have significant repercussions to one's heirs. The preparation of a Will is typically considered by individuals in their late thirties or early forties. A will is the cornerstone of all estate planning. A common misconception of estate planning is that it is only for affluent persons and those in the later stages of their lives. What must be recognized is that all persons should develop an estate plan no matter what age or economic status. An estate plan can ensure that taxes are minimized at death, the estate's assets are properly distributed and beneficiaries receive the support necessary to prevent undue hardship. I encourage you to give me a call to see how an estate plan is part of a comprehensive financial plan for you.

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GERALD ROSS
H.B.Sc. PT, MCPA, res.CAMT

Q: How can I reduce the risk of injury when I do my spring yard work?

A: To prepare your legs and spine for kneeling and crouching try pulling your knees towards your chest while lying face up. Move slowly in and out of this posture about 5 to 10 times twice daily. Do not produce more than a moderate stretch sensation. When you get used to this try the same thing while sitting up on your bed. Planning your work so tasks are varied over the day is helpful as well. For example clean a section of the flower bed then rake a section of the yard then wash the front window and so on. Because these tasks require different movements and postures they permit some degree of recovery to occur as you move from one job to another. Gardening stools are useful as well. These stools are designed to be used as a kneeling pad when they are turned over. In this position, the stool's legs can be gripped to assist you in getting up from kneeling this avoiding the spinal strain associated with having to push yourself up from kneeling. Individualized physiotherapy treatments may be required in some cases to prevent flare ups of chronic problems.

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Christoph Summer
Owner/Administrator

Q: Will a retirement home staff notice any subtle changes in my mother's health or offer reminders if she forgets to go for meals or to the programs?

A: Many retirement homes are, in fact, adept at noticing the general well being of its residents in a discreet manner. Here are a few things to look for when touring.

Is the nursing station in an accessible area where the residents can interact with the staff in an ongoing, recurring basis? This will enable the staff to be aware of any problems as soon as they occur. Some residences even check blood pressure and weight gain/loss on a regular basis. Make sure there is no cost for this.

It's natural that residents sometimes forget mealtimes, as they are often engrossed in other activities. To ensure that residents eat regularly, see if the dining room has a set-seating plan. This ensures that the staff can tell immediately, whether or not residents have missed a meal. Ask also, if the staff follows up with a reminder to come to the dining room.

Take home a weekly activity sheet. Ensure that there are activities that will appeal to your mother and that they are in easy-to-find locations. Check too, that the office of the life enrichment coordinator is accessible. This is the person who can help introduce your mom to the various programs and give her reminders if she forgets.

In short, assess not only the interaction of staff with the residents but also the layout of the building with regard to accessibility to activity centers.