

# Take the love test

## A mini-marriage checkup

The Ontario Association for Marriage & Family Therapy (OAMFT) asks "How is your love relationship doing?" Take the OAMFT mini marriage checkup, below, with your mate and check the health of your relationship. Review the following statements (adapted from the Gleam Powell Checklist) to see if you and your partner agree with them.

1. We are often playful together. We have fun, just the two of us. (Agree or Disagree)
2. I feel comfortable telling most of my feelings to my husband/wife/partner. (Agree or Disagree)
3. I feel understood when my husband/wife/partner listens to me. (Agree or Disagree)
4. How we manage money as couple is a strength in our relationship. (Agree or Disagree)
5. Sex is a strength in our relationship. (Agree or Disagree)
6. We understand and respect each other's basic values (Agree or Disagree)

If you and your partner agreed with all these statements then celebrate your accomplishments! If you found yourself disagreeing with one or more of these statements then maybe it is time for a "marriage checkup".

As part of their mandate to advance the welfare of couples and families, OAMFT and its members are offering this free Marriage Check Up service across Ontario the week of February 14.

Through a one-hour interview with a highly trained marriage and family therapist, couples can learn about the strengths in their marriages, potential trouble spots, and resources to help strengthen their relationships.

For more information about the Marriage Check Up or to register for the checkup in your area, contact OAMFT at 1-800-267-2638 or 416-364-2627. You can also visit the OAMFT website at [www.oamft.on.ca](http://www.oamft.on.ca). Registrations will be accepted starting the week of February 14th and OAMFT suggests that couples register early as spaces are limited!

www.independentfreepress.com



By Cory Soal  
R.H.A.D.

**... Lend Me Your Ears**

### CHANGES AND ADJUSTMENTS

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# Ask The Professionals

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83 Mill St., Suite B  
Georgetown, Ont.  
L7G 5E9



Marta Masley  
B.Sc.(PT), M.C.P.A.

**Q:** This winter I have vowed not to aggravate my low back condition while snow shoveling. Any advice?

**A:** The key is "preparation". You have to remember that the technique of shoveling puts your back in a most compromising position. It involves flexing forwards and rotating, which is the most inviting position for a back injury. Not to mention that adding a load of heavy snow to that puts further stress. A simple yet effective stretch do before, during and after your shoveling is: in standing, put your hands on your lower back just below your waist with fingers pointing downward. Bend backward from the waist and then come back to an upright position. Repeat 10-15 times. You can also "prepare" by strengthening your core muscles. These are the muscles that keep us stabilized as we stand, walk, run, etc. Make sure you receive proper instruction on how to do so from a health or fitness professional. Choose a shovel that has a smaller, plastic blade. This will be lighter than a metal one, and will ensure that you don't try to pick up large loads of snow. Ergonomic (bent) shafts will allow you to keep the load closer to your body and not have to bend forwards as far. Grip the handle with your hands at least 30 inches apart. The further hand should be close to the shovel. As you lift the snow, squat with your feet apart and back straight. Lift with your legs. Do not take too large of a load. Walk to where you want to place it and step into the direction that you are throwing it. Do not twist. Finally, take frequent breaks. It will take you longer, but at least you will be able to tackle the next snow fall. In the case that you do hurt your back, seek help sooner rather than later. This will speed up recovery.

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

**Q:** I have ongoing back trouble. I know how the proper way to lift and sit but my job just doesn't allow me to those ways all of the time. What do I do?

**A:** Your challenge is very common. Today's work demands are the product of the industrial revolution which occurred about 90 years ago, but our bodies are the product of evolution, the first human species dating back is 1000000000 years ago. Our environment is changing much faster than our bodies are adapting and injuries like yours are paten the result. The answer to your problem lies in therapeutic exercise. NOW DON'T STOP READING YET! Many people find that they get tremendous benefit from doing a high specific, highly efficient exercise program. After about 3 to 4 weeks of 40 to 60 minutes per day of practicing a tailor made exercise program the notable benefits can be preserved using a maintenance program that often take sjust 10 to 20 minutes 4 to 5 days per week. Other less independent treatments are sometimes useful and quite necessary but an exercise program that can be done by you is a critical party in managing recurring low back pain.

## Attention Readers

Send any questions you may have for our professionals on this page clearly stating who your question is for and with the heading

"Ask The Professionals"

MAIL or FAX

**The Independent & Free Press**

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Fax # 905-873-0398

**Attention: Ask A Pro**

If you are a Professional who would like to be part of this page ~ call  
Michelle Wan 873-0301

Send your questions for any of these professionals:  
**"Ask the Professionals"**  
Independent & Free Press, 280 Guelph St., Unit 29, Georgetown L7G 4B1

## DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** When should I bring my children in for their first examination?

**A:** We believe a child's first dental visit is critical to developing the right dental attitude. That's why positive first experiences are so important. With a parent's help, a dentist can develop a pleasant experience children will remember. Children should first be examined at around age three, unless obvious visible signs of tooth decay or other dental problems are noticed earlier. A small child going to the dental office for the first time may be a handful of anxieties. However using the right techniques, the dentist or hygienist can transform the most anxious child into a cooperative little patient who is no longer afraid - a child who will leave the dental office with a smile on his or her face. Many dentists recommend that you talk with your children about their first dental visit. You could explain to them that "the dentist will give them a ride in the dental chair and count their teeth". The language parents use with children regarding their dental visits is critical in to developing the proper mental image. Speak positively of their upcoming visit, emphasizing all the benefits such as having clean and healthy teeth and a pretty smile. Always try to substitute fearful words, with words children understand that don't give a negative mental image. For example, we can refer to cavities as "sugar bugs" and we clean (drill) out the sugar bugs with "Mr. Whistle" (the dental drill). Children need to be spoken to with honesty, but proper wording alleviates fearful images, allowing the dentist to manage early dental visits positively. To educate and enlighten children, the dentist or hygienist can introduce them to the intraoral camera which goes into the mouth and then projects pictures of their teeth onto a TV screen. They can also learn about proper dental hygiene with big, oversized toothbrushes. During their first visit, children can also discover the many wonderful things that await them in the dental office including playhouses with toys and games, as well as colouring contests, dental health puzzles and other interactive and educational programs to help make dentistry for children fun!

## Elayne Tanner & Associates Inc.

*Elayne M. Tanner*

B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.

Counselling & Psychotherapy  
Individuals, Couples, Children & Families

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Elayne M. Tanner

**Q:** What does self-esteem have to do with relationships?

**A:** Imagine that as an adult you grew up to be a water jug. And every time you give of yourself, you pour out some water. Some of your water pours into your work, your spouse, your friends, your church, your social life. And if you have children - your water just pours out, because children are needy. Pretty soon, your water level is low, but your darling children give you a hug, and your jug fills some; you do well at work, play a great tennis game, have a nice dinner with your spouse and each time, your jug fills up some more. Things that nurture you, fill your jug but 'giving' takes more out. Because you reached adulthood with a fairly full jug, you can keep the level high. But what if your adult jug was very low? What if, when you were a little jug, no one took the time or effort to fill you up? It makes it much harder to keep your adult levels high enough if you were never really full. Now think of your jug as being filled with self-esteem. If you did not get it filled in childhood, it will be harder to keep a positive level of self-esteem in adulthood. If you are attracted to a partner who has low self-esteem and will be counting on you to keep his/her level full, this will drain you unless your self-esteem is so high that you are able to keep filling up your partner. If this works for both of you, great, but if neither of you wants to be responsible for the other's self-esteem, you should each take care of filling your own jug first and then enjoy sharing equally.



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Barbara Byckowski  
Investment Advisor, BBA,  
PFP, CFP

**Q:** I've already done my Will. Why should I consider attending your Estate Planning Seminar?

**A:** Your Will is an important first step in your estate plan. By attending the seminar, you will be able to:

- Examine alternatives for transferring assets to beneficiaries in a financially fair and efficient manner
- Consider strategies to minimize taxes payable on the estate
- Educate yourself on the benefits of establishing a living family trust
- Look at the pros and cons of gifting during your lifetime
- Delve into the considerations of joint ownership of your assets to avoid probate costs
- Understand the need for additional Wills if you own a business
- Gain an introduction to business succession planning strategies
- Have an opportunity to ask questions of a professional

The seminar is educational and seating is limited. Please call me at 905-450-1850 or my Associate Edison at 905-450-4147 to reserve your spot. The seminar is at Eagle Ridge Golf Club (11742 Tenth Line, Georgetown near Sheridan Nurseries) on Wednesday, March 15th 7-8:30 p.m.



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