

Ask The Professionals

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GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

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

Q: I have a job that involves excessive standing and walking. I am beginning to notice progressively worsening pain in the bottom of my right foot, predominately where the heel and arch meet. What could this be and what can I do to ease the pain?

A: It sounds like you might have plantar fasciitis. Basically, this is an inflammation of the plantar fascia. The plantar fascia is a thick band of tissue that runs along the arch of the foot, from the heel to the ball. It helps to maintain the curves of our feet, stretching and absorbing shock as we walk, run and jump. Often, stress or overuse may cause strain and inflammation. Since the fascia attaches to the heel bone, occasionally the fascia exerts so much stress, that the bone forms a calcification "bump" that protrudes outwards.

Plantar fasciitis can become a chronic condition, therefore it's imperative to seek treatment early. Physiotherapy is effective in treating plantar fasciitis, thru ultrasound, stretching and manual therapy. Orthotics are often indicated as well, which would be especially beneficial to wear in your work shoes.

Send your questions for any of these professionals:

"Ask the Professionals"

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Christoph Summer
Owner/Administrator

Because of the many benefits of gardening for seniors, we thought that instead of answering a question this month, we would offer the following gardening suggestions:

- Carry a whistle or cell phone.
- Check medications for reactions to the sun.
- Garden early or late in the day to avoid the heat.
- Use faucets that enable turning water on and off easily.
- Raised beds or beds that are no more than four feet wide are easier to tend.
- Try vertical planting using trellises or walls.
- Hanging baskets can be raised/lowered by using pulleys; containers are easier to move if on castors.
- Wide, level, garden paths allow for safer walking and permit use of labour saving carts.
- Buy equipment that make gardening easier such as light, large-gripped, ergonomically designed tools, kneeling benches with sides and garden wagons or carts.
- Paint the handles of your tools a bright, easy-to-see colour.
- Purchase materials in smaller packages to avoid the stress of lifting heavy bags.
- The water source should be near the garden and use a soaker hose, as water weighs eight pounds per gallon.
- In the heat, wear lightweight, loose fitting clothes of cotton, wide-brimmed hats of course, sunscreen.
- Take time to smell the flowers.



211 Guelph Street., Georgetown
905-877-3163



Shari White
Education Director

Q: Hey Shari! Someone just told me your Oxford Learning Centre is moving. Is this true? Where? When?

A: Good news travels fast! Yes, the Oxford Learning Centre is on the move! We found that we have outgrown our current location at 211 Guelph St. and have found a larger location to suit our needs.

At the end of July we will be moving to the Halton Gate Plaza at 324 Guelph St. This is the same plaza where the Powerzone is located, beside Tim Horton's.

In addition to having more room for our Core and Advantage afterschool programs, the larger centre will allow our Little Readers to have their very own space, but we will still maintain the small class sizes so each child will receive the individual attention they need. The small, half-day classes at Oxford Learning's Little Readers Academy® are a fun-filled way for your 3 to 6 year-old to spend the summer and get a head-start for school. Our enriched, individualized program also features writing, math, art, music and reading by phonics.

Summer is also the ideal time to catch-up or get ahead for the next grade at Oxford Learning. First, we pinpoint how your child learns. Then, we create an individualized program that goes beyond tutoring to teach your child to learn and study more effectively. For better grades, motivation and confidence this fall, keep your child's mind sharp with just a few hours each week at Oxford Learning. Contact us today for complete details!

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MANON DULUDE

Q: What is an effective way to promote open communication? I have learned to listen actively and somehow it does not seem to be enough

A: Communication is one of the leading issue and source of conflict between individuals. As a coach and therapist, I have met many who already have received training in the area of "Active Listening" and yet they have little success in changing the quality of their interactions.

When I coach someone to improve their communication skills, I encourage them to consider whether their style promotes collaboration, safety and openness in their interpersonal exchange. Firstly, be sensitive to your tone of voice, gestures and posture. Over 50% of the cues a person receives from you come non-verbally. Secondly, explore your intent. Do you want to point out a fault and blame or do you intend to be collaborative and find a positive outcome for all involved. Thirdly, be aware of how you initiate a conversation. Do you realize that asking a "WHY" question kills a conversation? "Why" is certainly, the least effective question you could ever ask. It usually promotes defensiveness. The automatic response to a "why" question is "I don't know", which ends the conversation unless you persist in entering in an argument over the "I don't know" response. "Why" often implies that one as made a poor choice or that you disagree with them. Rarely do people volunteer their thoughts or take responsibility for their actions if they anticipate being criticized.

If you want to ask a question that will maintain openness in your conversation try the following questions - 1) Help me understand, what were you trying to? 2) What happened with ...? 3) What led you to decide to do "XYZ" when...? 4) What were you hoping to achieve when...? 5) Can you tell me more about?

Interpersonal communication is needless to say the key to successful relationships and to conflict resolution. Take the time to learn more about your own style and build new skills.



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Q: My husband and I want to sell our home this summer but we are very overwhelmed at the thought of preparing our house for sale. Please advise how professional home staging services would help us.

A: Savvy Staging Solutions has assisted numerous overwhelmed clients having to prepare their property for sale. Preparing your house for sale can be but does not have to be a daunting process. Home Staging Specialists arrive on-site as part of your team. Their goal is to alleviate your stress of selling, prioritize the work to be completed and to enhance and essentially transform your property. Upon listing your property for sale you must ensure that it appeals to a wide range of prospective buyers and allow them to make a connection, remember and want to buy your property!

A Home Staging Specialist will provide you with attainable, realistic recommendations, within your budget and to be completed by the target market date. Don't shy away from preparing your home for sale but rather meet with a Home Staging Specialist. Again, we are on your side, we respect your position and / or experiences and offer an objective eye, expertise and support in a non-judgemental manner. The mere act of consulting with a staging expert will enable you to devise a plan, save time and money, remain calm / focused, adhere to a budget and commit to having your property staged properly.

When you are planning to sell your home there are so many variables to consider and so, it is always best to consult with a professional and receive expert advice. Be mindful of the fact that your house is probably your largest investment. Be sure to maximize the appeal of your property and do not ignore the need to have your property staged.

All the best with your upcoming move!

Our customized services permit our clients to choose the level of investment (time and money) to best meet their needs. Savvy Staging Solutions at 905-877-3880 or TF 1-877-80-STAGE visit [HYPERLINK "http://www.savvystagingsolutions.com"](http://www.savvystagingsolutions.com) www.savvystagingsolutions.com.

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

280 Guelph Street, Unit #29
Georgetown, Ont. L7G 4B1

Fax # 905-873-0398

Attention: Ask A Pro

If you are a Professional who would like to be part of this page ~ call Michelle 905-873-0301

Community Calendar

Thursday, June 8

Installation service: You are invited to the Installation Service for new minister Rev. Gary van Leeuwen, 7:30 p.m. at Georgetown Christian Reformed Church, 11611 Trafalgar Rd.

Limehouse euchre: Limehouse Women's Institute hosts euchre, 7:30 p.m. at the Limehouse Memorial Hall. Admission \$3, lunch provided.

Emotions Anonymous: Is your life becoming unmanageable? Emotions Anonymous can help! No cost, no commitment and no appointment necessary. The group meets every Thursday, 7:30 p.m. sharp at Norval Presbyterian Church, rear entrance. Info: Angela or David, 905-873-2852.

Phoenix Warriors: A peer support group for persons who are living with depression, bipolar disorder or other mood disorders will be held on the second Thursday of each month, 7 p.m. in the Canadian Mental Health Association offices, 42 Mill St. E., Acton. This group, with the aid of others struggling with similar issues, will assist in empowering you to take an active role in your recovery. There is no fee for this group and no need to register. Info: Betty Ann McPherson, 519-853-9793.

Healthiest Babies Possible: Is there a baby in your future? Halton Region Health Department Healthiest Babies Possible prenatal program is accepting registration for its six-week program, 7-9 p.m. at Ontario Early Years Centre- Georgetown, 96 Guelph St. To register call 1-866-442-5866.

Friday, June 9

Youth dance: The Kinette Club of Acton is hosting a youth dance at the Acton Community Centre from 7:30-11 p.m. Admission is \$5 each. Ages 9 thru 14. There will be pop, chips and chocolate bars for sale. Also there will be many great door prizes.

Saturday, June 10

Sargent Rd. Boulevard Garden planting: 9 a.m. to 12 p.m. Planting volunteers needed to help HOPE (Healthy Options for People and the Environment) bring a native garden to life at Mountainview Rd. and Sargent Rd., Georgetown (across from Wal-Mart). Bring your gardening gloves, small shovel, sunscreen and hat. Refreshments available. (Rain date: Sunday, June 11 - same time). Info: Christine Upton, 905-877-4414 or healthyoptions@sympatico.ca. Visit our blog: <http://sargentrboulevardgarden.blogspot.com>

Bottle drive: for Georgetown Eagles Girls U15 soccer team, 9 a.m. to noon. If you would like bottles picked up, please call Suzanne, 905-702-9303.

Free car wash and barbecue: Salvation Army Acton Corps in conjunction with Celebration 2006, sponsored by the Evangelical Fellowship of Canada will be hosting a free car wash and barbecue, 11 a.m. to 3 p.m. (Rain date on June 17). Members of the community are invited to the Salvation Army, 114 Mill St. E., Acton to enjoy a hot dog lunch and a car wash.

Beef on a Bun: Come join Limehouse Presbyterian Church for its annual Beef on a Bun dinner, 5-7 p.m. Tickets, \$9, Call Judy, 905-877-2032 or Pam, 519-853-0347.

Future Forests Day: A free family community day, 9:30 a.m. to 3 p.m. will be a Hungry Hollow recognition, restoration and appreciation hosted by Protect Our Water and Environmental Resources (P.O.W.E.R.)... rain or shine. Events for the day include: restoration (planting of native trees), establishing areas for terrestrial climate monitoring, discussions with experts on proper composting, nature hike and interpretation of flora and fauna, outdoor education experiments. Meet on Eighth Line at 15 Sideroad (walk down the dirt track by the abandoned building and join us for a fun day). Info: communityforests@powerhalton.ca, 905-873-6382.

Kilometer of Koins: Georgetown Lioness Club members will be about town seeking support for their annual Kilometer of Koin campaign. All monies raised will go to the Georgetown Hospital. Last year, the hospital purchased two wheelchairs with the money raised. Let's do it again!

Beef barbecue: Home United Church hosts its annual Beef Barbecue at Alloo Public School, 1248 Mayfield Rd., 5-8 p.m. Tickets are \$14 for adults, \$5 ages 5-10. Tickets, 905-843-2315. Takeout available.

Golf tournament: Georgetown Alliance Church is hosting the 4th annual Georgetown Classic Charity Golf Tournament at Eagle Ridge Golf Club in support of the Georgetown Bread Basket. The tournament begins with a shotgun start at 1:30 p.m. and concludes with supper at 7 p.m. The cost including supper is \$99. Participants can register on line at www.georgetownclassic.com or by phoning 905-873-0249. All participants are asked to bring 5lbs of non-perishable food items for the Georgetown Bread Basket.

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