

JANUARY IS ALZHEIMER AWARENESS MONTH

Alzheimer Disease is a degenerative brain disorder that destroys vital brain cells. It affects over 1/4 million Canadians, and that's not including the people who love them.

Slowly the disease steals away your ability to think, understand, remember, communicate or to perform the simplest tasks.

VON ALZHEIMER SERVICES - SHERIDAN ELDER RESEARCH CENTRE (SERC)

@ 1430 TRAFALGAR ROAD, OAKVILLE - PHONE 905-847-9559 TOLL FREE 1-800-387-7127

BURLINGTON SATELLITE PROGRAM, 760 BRANT ST., BURLINGTON 905-632-8168

•Seniors Day Program •Support groups for caregivers

•Information series for families

•A resource and education centre for families and professionals

•The "Safely Home" Alzheimer Wandering Registry

(Developed by the Alzheimer Society of Canada, in partnership with the RCMP)

LOCAL ALZHEIMER SUPPORT GROUP

The Alzheimer Support Group (Halton Hills) meets the first Thursday of each month, 7:00 p.m.,

Mountainview Residence, 222 Mountainview Rd. N.

This is an informal group formed so that members can lend each other emotional support. It is for caregivers of loved ones with Alzheimer disease. It also provides a forum where new information and coping strategies are passed on to the members.

For more information please call 1-800-387-7127.

VOLUNTEERS NEEDED!

The VON Halton has a Visiting Program called Special Steps. If you can find a few hours a week to be a volunteer visitor please call 905-827-8800

Volunteer! It's good for you!

Visit our Web site: www.alzheimer.ca



www.vonhalton.ca



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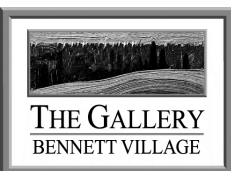
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Mountainview Residence

222 Mountainview Rd. N; Georgetown
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www.mountainviewresidence.com



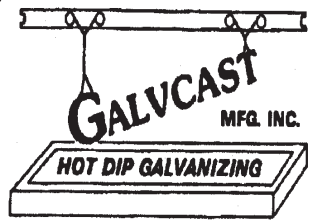
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Making scents of aromatherapy

Although the use of plants and oils dates can be traced back 5,000 years the actual term "aromatherapy" is really one from the 20th Century.

In early civilizations the whole plant was used and it was an evolution through various cultures until we reached aromatherapy as we know it today. Aromatherapy can be seen everywhere in the marketing world from scented candles to even dish-washing detergent, but the true product is the essential oil.

Not all essential oils are the same and it is important to purchase your oils from a professional who uses reputable suppliers. The quality may be affected by many variables such as soil type, climate, harvesting methods and the use of fertilizers. This means that an oil, just as a fine wine, can change from one season to another.

Essential oils are volatile and therefore may react to light, temperature, air and time. This makes it necessary to store your oils in a cool, dark place. Citrus oils have a short shelf life while Patchouli is one that seems to get better with age. Individual oils have different therapeutic properties but most oils are antiseptic to some degree.

Essential oils are highly concentrated and should rarely be used "neat" or undiluted. The two exceptions are Lavender and Tea Tree. Oils are organic compounds and upon application will penetrate the skin and go into the bloodstream. Absorption time varies on the average from 20-70 minutes.

When purchasing an essential oil the following information should be on the label: botanical name, part of the plant used such as roots, flowers etc, country of origin, extraction process and expiry date. Price is another indicator of an oils quality. If the price is too good to be true, it probably is.

Rose and Neroli are never found at cheap prices!

One of the great advantages of essential oils is that they can be administered to the body in several ways, such as skin application during massage, inhalation through diffusers, baths and compresses to name a few. The amount of oil used is very small and should always be mixed with a carrier oil such as sweet almond, grapeseed, fractionated coconut. Carrier oils also have a shelf life plus therapeutic properties. This makes the selection of oils and carrier very important.

One the more common methods of using essential oils is through massage. A true aromatherapy massage is gentle and rhythmical and uses essential oils selected for the condition a client is experiencing at the time. There has been success treating arthritis, stress, insomnia, fibromyalgia, muscle aches and pain and headaches. A typical session includes a confidential health intake and then a full body massage. The body is completely covered except for the section being massaged. The usual reaction after is that one experiences relief from the ailment and usually sleeps more soundly. Other modalities such as reflexology, cranial sacral or lymphatic drainage may also be used during a session depending on the qualifications of the therapist.

Practitioners may be located through the web site of the CFA, local health practitioners, word of mouth or the phone book. When selecting one always remember to ask questions on training and qualifications to ensure that you are receiving the highest quality service.

—Ida Mae Woodburn is a certified aromatherapist/instructor with the Canadian Federation of Aromatherapists

More design improvements for active and creative living at The Gallery

Georgetown - In response to requests from purchasers, the French balconies at The Gallery are now bigger and better, and have been extended to 3.5 feet! You can now sit on your balcony and enjoy the natural 18 acre parkland setting. Other design improvements include space saving bi-fold doors for closets, heated parking garage ramps, plumbing rough-ins for laundry sinks plus separate hard water drinking taps in kitchens.

The Gallery will now feature an art studio/classroom in the northeast corner with maximum glazing to enjoy ravine views. Dr. Anand, purchaser and soon to be Artist in Residence is ready to teach Art Classes to anyone interested. He wants people to feel young by keeping their mind and body active and creative. "Many people have talents and purposes which are unexpressed, and undiscovered! Light from the North is always the best for painting, designating this studio space is great news!" said Dr. Anand.

Servicing and construction of Halton Hills Drive is well underway. A good selection of suites remain up to 1,354 sq. ft. Don't miss out – now is the time for smart retirement planning today for tomorrow!

THE GALLERY BENNETT VILLAGE

905-702-1247
bennettvillage.ca



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