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

Q: I am having a hard time opening my mouth to yawn, eat and some days it even hurts to talk. My spouse thinks that it's great but I'm sick of it. Can you help?

A: Pain and stiffness related to jaw movement is often due to unequal movement between the left and right jaw joints known as the temporo (head bone) mandibular (jaw bone) joints or TMJs for short. The health of these joints can be affected by many factors (diet, sleeping position, teeth clenching, posture just to name a few). Your physiotherapist will sort out which causes are involved and advise you on how to avoid them in the future. We can detect the presence of unequal joint movement using a variety of non-painful tests and treat the movement problem with gentle joint stretches and movement retraining exercises. We also work with your dentist and/or orthodontist to ensure that all aspects of the problem are fully addressed.

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Christoph Summer
Owner/Administrator

Q: My mother has Alzheimer's disease and needs to move to a residence. What features should I be looking for?

A: Because Alzheimer's disease seriously affects a person's ability to carry out daily activities, the help available in a retirement home will allow your mother to remain independent longer - as long as your mother is not aggressive and does not wander.

Someone who is forgetful may be taking too little or too much of an important medication so be sure that the residence will administer medications. Ask too, if there is an extra cost for this.

It is also helpful if the seating arrangements in the dining room allow residents to sit in the same place for each meal. This makes it easier for your mom to find her place and facilitates staff to recognize if a resident has forgotten to come to a meal. If she does forget occasionally ensure that the staff will follow up with a reminder.

Assisted living is designed for those who need extra help in their day-to-day lives but who do not require the 24-hour skilled nursing care found in nursing homes.

RBC Dominion Securities

905-450-1850

Email: barbara.byckowski@rbc.com



Barbara Byckowski
Investment Advisor, BBA, PFP, CFP

Q: The 2007 Federal Budget has increased the age limit for maturing RRSP's. I was born in 1936 - what are my options?

A: Beginning in 2007, RRSPs do not have to mature or transfer to a RRIF until the end of the year that the owner/annuitant reaches age 71 instead of 69. Since you were born in 1936, you would have already closed your RRSP no later than 2005 and would have received payments from your RRIF in 2006. You DO NOT need to withdraw any minimum amount in 2007. You can elect to defer your RRIF payment to 2008 if you notify your advisor in writing. If you do receive payments in 2007 from your RRIF, you may contribute all or any portion of that payment back to your RRIF no later than February 29, 2008 or to an RRSP no later than December 31st, 2007.

If you would like to discuss your personal situation in more detail, please feel free to give me a call at 905-450-1850.

Please feel free to give me a call for a complimentary one-hour consultation.

This article is supplied by Barbara Byckowski, an Investment Advisor with RBC Dominion Securities Inc. RBC Dominion Securities is a member company under RBC Investments. The member company and Royal Bank of Canada are separate corporate entities that are affiliated. Member CIPF.



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Art 4 You continues exhibit at the Gallery

CAROLYN MARTIN
Special to The IFP

It created a whirlwind of activity when Barbara Ariss-Stroh-Wasser found out that the Gallery (in the Halton Hills Cultural Centre) was available for three weeks following the Credit Valley Artisans' July show and sale. She called up her two friends, Monica Burnside and Carolyn Martin, and proposed they share the Gallery with her and exhibit a combination of their works together in an impromptu show.

With only a few days to get works together and hung in the Gallery, the results are impressive and the Gallery walls are filled with a wide variety of styles and methods— from watercolours to landscape photography and everything in between.

If you are a fan of non-representational mixed media, landscapes, or whimsy— you will find something to enjoy in this smorgasbord of creativity.

All three of the friends have come to painting later in life— after years of raising children and devoting time to various other activities. All of them had art training in high school but it wasn't until a few years ago that they started taking classes in various art forms once again.

Ariss concentrates her efforts on non-representational mixed media paintings. Her imagination soars as she creates inspirational works— all with deep feelings and ideas. There is a story behind every painting! She has recently attended many courses in various art forms including non-representational painting. She also writes poetry and children's books when she takes a few minutes from creating her powerful paintings. Her works are shown at various locations in Halton and in Australia, where she spends part of the year.

Burnside took painting classes at Sheridan College and is currently concentrating in oil painting. Her works range from fanciful masks and flowers to brilliant seascapes— all with a touch of reality. She has entered many juried art shows in the past two years and has been encouraged by her successes. Burnside lives in Milton and sees her art progressing into a self-sustaining business endeavour.

Martin started back into painting during her stay in Ottawa a few years ago where she attended classes at Ottawa School of Art. Her interests run from pottery, to stone and wood sculpting, to painting, and to photography. Examples of her painting and landscape photography can be viewed at the exhibition.

A fourth friend, Gisele Bey, will join the exhibition on her return from touring Brazil. She has her university degree in Visual Arts from Brazil. A recent immigrant to Canada, Bey exhibited and sold her work in her home country before taking time out to raise her children.

Ariss, Burnside, and Martin all belong to the Halton Hills Credit Valley Artisans' Palette and Pencil Guild where they met and decided to exhibit together. As well, Ariss, Burnside, and Bey are members of the Fine Arts Society of Milton (FASM) and Ariss and Burnside are members of Beaux Arts of Brampton.

Art 4 You can be viewed until Aug. 25.