

Ask The Professionals

Halton Hills Speech Centre

Division of M. Karen MacKenzie-Stepner Speech-Language Pathology Professional Corporation

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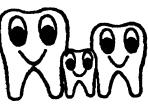
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DR. ANOOP SAYAL



Q: Any suggestions on conquering my dental anxiety?

A: It's a well-known fact in this country that large numbers of people are afraid of going to their dentists. Some people are so afraid that they neglect even the routine examinations and professional cleanings. It doesn't have to be that way. Here are some tips to help reduce your anxiety. First, see your dentist before treatment is needed. Get to know your dentist and get comfortable discussing your concerns with the dentist and staff. Set your appointments for a stress-free time of day, not on your lunch hour or immediately after work. Second, have the dentist explain the dental treatment to you. Knowledge of the procedure should let you be more relaxed. Third, let your dentist and hygienist know that you're scared. It's nothing to be ashamed of and you're most certainly not their first patient to feel that way. Fourth, understand that times have changed. There are new methods of controlling and eliminating discomfort that weren't available until recently. Don't let dental fears keep you from having a healthy mouth.

If you have any concerns about your child's lisp, please contact the Centre for further information or to book an appointment with a Speech-Language Pathologist.

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Q: I was parking my car in a shopping mall and was involved in a minor collision where no one was injured. The police said they would not charge any one as the collision occurred on 'private property'. The next year, my insurance policy indicated an 'At Fault' accident

A: Be very careful in parking lots. Both parties could end up with an 'At Fault' claim unless your vehicle is parked or at a full stop. Insurance companies will consider both parties at fault even if you are only partially at fault. Often both parties can resolve an issue between themselves if no one is injured. If, however, one of the parties reports the claim to their insurance company, both insurance companies will be notified.

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Christoph Summer
Owner/Administrator

Q: Are there any tax deductions available when I move into a retirement home?

A: You may qualify for a tax credit, (up to \$10,000). For attendant care expenses. Attendant care covers the wages paid to employees of a retirement home providing the following:

- Health Care
- Meal Preparation
- Laundry services for the resident's personal items
- Housekeeping for the resident's personal living space
- Transportation services

To make a claim, you must provide a proof of payment showing the actual amount paid for attendant care. You must also be eligible to claim the disability amount by having form T2201, (Disability Tax Credit Certificate), certified by a qualified person.

You may be eligible if one of the following conditions applies:

- You are blind, even with the use of corrective lenses or medication
- You are noticeably restricted in any of the following basic activities of daily living - walking, speaking, hearing, dressing, feeding, elimination or perceiving, thinking and remembering
- You need and must decide a certain amount of time specifically for life sustaining therapy (such as kidney dialysis).

So in short, yes, there may be some tax relief. Talk to your doctor.

Ask Questions. Get Answers.

"Ask the Professionals"

E-mail your questions to:

features@independentfreepress.com

Library has materials to help choose and care for a pet

There is little doubt about it. Canadians love their pets. So much so in fact that, according to Statistics Canada, the average Canadian pet-owning household spends \$750 per year on their furry, feathered or scaly friends.

That's more than twice the amount of money spent on reading materials!

If pets factor into your life, here are a few of the many books, DVDs and magazines available at the Halton Hills Public Library to help you:

If you are having trouble choosing a pet, there are resources to help. *Dogs in Canada Annual* not only describes the different breeds but lists contact information for hundreds of dog breeders. If you are thinking of owning a cat, *The Ideal Companion* is a DVD guide to 20 different kinds of cats and includes information on each breed's temperament and life-span.

Dog owners face the added challenge of not only caring for their pets, but also training them. We have all sorts of books and DVDs about dog training and obedience. Among them are titles by Cesar Millan of the PBS television series *The Dog Whisperer*.

Kids can also get into the pet-care action through the many books about pets in our children's section. There, kids can find information about cats, dogs, horses, hedgehogs, guinea pigs, fish, hamsters, rabbits, snakes, mice, rats, birds, lizards, tarantulas, and a very interesting DVD called *Paws, Claws, Feathers and Fins: a Kid's Guide to Happy, Healthy Pets*.

For the truly pampered pet, *Cooking for Cats* by Elisabeth Meyer zu Stieghorst-Kastrup is a collection of 63 recipes for your favourite feline, including "breast a la guinea fowl" and "chicken in a mackerel jacket".

Not to be outdone by those "cat people", dog-lovers can explore canine cuisine through books such as Jaroslav Weigel's *Little Recipe Book for Dogs*.

For more information on borrowing these or any other pet publications, please visit our website at www.library.hhpl.on.ca.

And just think, by borrowing the library's pet-related resources, you may not be able to reduce your household's pet-related costs, but you can certainly reduce your reading-material expenses.

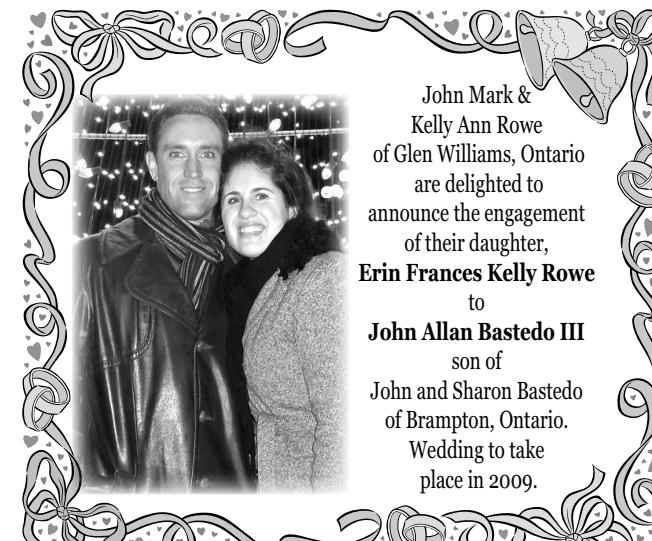
Clare Hanman is a circulation supervisor at the Halton Hills Public Library

Georgetown

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John Mark &
Kelly Ann Rowe
of Glen Williams, Ontario
are delighted to
announce the engagement
of their daughter,

Erin Frances Kelly Rowe
to
John Allan Bastedo III
son of
John and Sharon Bastedo
of Brampton, Ontario.

Wedding to take
place in 2009.

