

Ask The Professionals

Ask Questions. Get Answers.
"Ask the Professionals"
 E-mail your questions to:
features@independentfreepress.com

Halton Hills Speech Centre

Division of M. Karen MacKenzie-Stepner Speech-Language Pathology Professional Corporation
 211 Guelph St., Suite #5
 Georgetown L7G 5B5
 905-873-8400 www.haltontspeech.com



Karen MacKenzie-Stepner

Q: I've been told my child has a lisp. Is this easy to correct with speech therapy?

A: Speech-Language Pathologists see many children who have difficulty with speech sound production, such as a lisp. It is important to note there are two kinds of lisps – frontal and lateral. A frontal lisp is when the tongue sticks out, primarily on the /s/ and /z/ sounds, and it tends to sound like "th" (eg "sun" sounds like "thun"). A lateralized lisp is when the sound is very slushy because the air is going sideways instead of coming out in the centre of the mouth. It often affects numerous sounds such as s, z, sh, ch, j. We often see/hear frontal lisps in preschool children when they are learning to make the /s/ sound since they do not have total control over their tongue placement. This may disappear without any help as the child learns to control their tongue movements better. Lateralized lisps typically need help to correct. It can be difficult to understand the child as the child "lateralizes" the air stream on many sounds. 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.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry
 located in
 Georgetown
 Marketplace Mall
 (905) 877-CARE (2273)



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.

SPRIGGS INSURANCE BROKERS LIMITED
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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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 324 Guelph Street., Georgetown
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Cyndi Olsen
 Education Co-ordinator

Q: How do I support my daughter so that she is not struggling come exam time?

A: In a recent article in the Georgetown InFocus paper we discussed this very topic. With a new semester under way it is never too early to start thinking about supplemental support for the students in our lives. We all know how fast time goes by and how quickly exams can come upon them. Despite their great effort, students all too often require extra time to fully understand the materials they are working on and be ready for that final exam. With the hectic schedules that our young people have today, it is often the academics that get put on the backburner. It is at this time, by seeking extra help, that students can really begin to fully develop and integrate skills that they are learning in school and make them a part of a knowledge base that they will use for a lifetime, not just for exam time. In preparing for the new semester think ahead to which courses will be their most challenging and remember THERE ARE NO QUICK FIXES. When a student realizes that they are not doing as well as they'd hoped, the semester may be too far along for extra support to make a significant improvement. We need to encourage our young people to think ahead to the challenges they may face and to work out a plan of action that is suited to their needs, wants and lifestyle. Supplemental support may be a part of that plan to help them achieve success. Any questions please call Cyndi at 905-877-3163.

Mountainview Residence
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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.

Manon Dulude Psychotherapist
 Individual, Couple & Family Counselling
 DAY & EVENING APPOINTMENTS
 905-873-9393
 MANON DULUDE



Q: What is an effective way to promote open communication?

A: Communication is one of the leading issues and sources 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? Starting with a "Why" is certainly the least effective manner to ask a question. 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. Asking a "Why" question can imply that one has 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 achieve when you did? 2) What happened with ...? 3) What led you to decide to do "XYZ" when...? 4) Can you tell me more about? Interpersonal communication is the key to successful relationships and to conflict resolution. Take the time to learn more about your own style and build new skills. Manon Dulude facilitates conflict resolution workshops with groups and corporations. She can be reached at 905 873 9393.

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.



Clare Hanman

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 Dial a Bottle
 905-873-4565
www.ipikup4u.com

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.