

Ask The Professionals

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

Elayne Tanner & Associates Inc.



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Counselling & Psychotherapy

Milton **905-854-0801**
www.etasolutions.com

Elayne M. Tanner

Q: Summer is supposed to be a time of relaxation. How do I make the most of it?

A: I have spoken before about dealing with anxiety, depression and stress management but did you know that some of the activities that we associate with summer time have also proven to be helpful in dealing with stress and anxiety and depression? Spending quality time with your family doing fun things really does help. Make sure you set time aside for the family vacation, even if you can't go away. Prioritize the things that you have to spend time on and the things you want to do for fun. Limit the number of activities that your kids get involved in to what they can reasonably handle so that there is still time to spend as a family. While it is important to spend quality family time, and quality time with your partner, did you know it is also beneficial to spend time with your friends? Studies suggest that friendships between women are special. They shape who we are. They soothe our tumultuous inner world, and fill the emotional gaps in our marriage. But they may do even more. It seems that when the hormone oxytocin is released as part of the stress responses in a woman, it buffers the 'fight or flight' response and encourages her to tend children and gather with other women instead which further counters stress and produces a calming effect. That is why you often hear of women cleaning when they get upset! Unfortunately, this does not work the same way in men. Lastly, meditation or relaxation hypnosis is another lasting way to deal with stress and help you manage the anxiety of the rest of the year. By using and benefiting from these techniques now when life is already a bit more relaxed, you will be able to draw on them as new skills later in the year when the stress is greater. So taking care of yourself now will help you take care of yourself and everyone else, later. Enjoy your summer!

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318 Guelph St., Georgetown
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GERALD ROSS
 H.B.Sc. PT, MCPA, res.CAMT

Q: My back pain keeps coming back, especially when I work around the house. What can I do?

A: Understanding how to keep your back healthy is a very important part of any rehab program. Our low back pain program uses gentle hands on treatment techniques, easy to understand exercises and education regarding what is likely to cause your back pain to return. We also provide a regimen to assist your recovery from mild flare ups so they do not turn into big ones.

Every year we help patients recover from back pain that is triggered by the lifestyle changes that accompany the change of seasons. On Tuesday September 9th our clinic is hosting an information night to provide back care tips that will reduce the likelihood of having back pain flare ups this fall. We encourage you to mark your calendars to take advantage of this "ounce of prevention".

The date is 7:30 pm Tuesday September 9th 2008 at 318 Guelph St Unit 4. Please RSVP at postmaster@rossphysio.com or call 905 873 7677.

Mountainview Residence

owned and operated by the Summer family

222 Mountainview Rd. N. Bus: (905) 877-1800
 Georgetown, ON L7G 3R2 Fax: (905) 873-9083

www.mountainviewresidence.com
uschi@golden.net



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: Assisted living is an option for individuals who typically can no longer live independently. It provides services to meet residents' individualized needs in ways that promote their independence and reflect their personal choices. Residences will typically provide meals, laundry services, housekeeping and social activities along with some personal help if needed.

Because Alzheimer's disease seriously affects the 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. As your mother's dementia progresses, she may be less capable of coping with any move, so you both may want to make this decision sooner rather than later.

DR. ANOOP SAYAL

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(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: How does tobacco affect my dental health?

A: You've heard it all before. Tobacco use in any form is unhealthy. It weakens your lungs, your circulation and other systems in your body. It is estimated that every cigarette shortens the smoker's life by fourteen minutes.

Nicotine is also harmful to your teeth and gums. Nicotine stains on the teeth are a minor problem. The irritation from cigarettes, chewing tobacco or "snuff" can be a major problem. Your gums' resistance to infections and bacteria is lowered because of a diminished blood supply. Nicotine, from any source, causes a narrowing of the blood vessels within the tissues of the mouth. To make a bad situation worse, smokers are not only statistically more likely to develop gum disease, but they usually have it worse than non-smokers.

Even more serious, though, is the fact that oral cancer is quite common among smokers. A tumor may form inside the mouth, usually the tongue, and potentially spread to other parts of the body. Whether you smoke or not, regular dental visits are a must for long-term dental health.

ADAPT

HALTON ALCOHOL, DRUG and GAMBLING
 ASSESSMENT PREVENTION & TREATMENT SERVICES



Carrie Woodcock
 Problem Gambling Counsellor

Problem Gambling Services

36A Armstrong Avenue
 Georgetown, ON L7G 4R9
 (905) 873-6502

42 Mill Street
 Acton, ON L7J 1H2
 (519) 853-8222

- Q:** Have you felt a need to gamble more often with more money?
- Q:** Do you ever return to try and win back money you have lost?
- Q:** Do you ever lie about your losses or hide your gambling from others?
- Q:** Do you ever gamble to escape your problems or to relieve unpleasant feelings?
- Q:** Have you or someone close to you ever been worried or concerned about your gambling?

If you answered yes to any of the above questions we recommend that you talk to a gambling counsellor or to someone you trust. Gambling patterns can become heavier over time and may lead to serious problems. Problem Gamblers report higher rates of stress, depression, financial problems, relationship problems and even suicide. Help is available. If a friend or family member is gambling too much and you are concerned we also encourage you to talk to someone.

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to inform our readers &
 answer their questions

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Public hearing dates set by CRB for designation of Barber Mill land

The Ontario Conservation Review Board (CRB) has issued the dates for a full public hearing regarding the historical designation of the Barber Mill property in Georgetown.

The CRB set Monday, Oct. 27 and Tuesday, Oct. 28 as the dates of the hearings. Location and times will be published at a later date, according to a CRB spokesperson.

The property's owner, Everlast Restoration Inc., had appealed to the CRB, a decision by the Town of Halton Hills to designate Barber Mill as a historical site.

Barber Mill is considered by the Town's Heritage Halton Hills to be "an excellent example of a late 19th Century industrial complex and is a prominent local landmark."

Traffic safety measures may be permanent

The Town may make the temporary traffic safety measures at the intersection of Argyll Rd. and Oak St. permanent.

Council referred to budget committee a staff request for \$50,000 to permanently narrow Argyll Rd. at Oak St. Line markings currently narrow the road to improve safety for residents exiting Oak St., which enters Argyll on a curve.

The Town will also contact Halton Regional Police to request increased enforcement. There's currently 30 per cent compliance to the 50 km/h speed limit. However the average speed is 53.4 km/h.



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 &

TWILIGHT ON SITE AUCTION SALE

for June Evans Durrant

Tuesday, August 26th at 5:00 pm sharp

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 (Trafalgar Rd & 15 Sideroad area - Stewartown)

Previewing & Registration will begin 1 hr prior to Sale time.

Please show I.D. when registering. Terms: Cash/Cheque with
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