



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contracts when it becomes difficult understanding what is being said. The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else; have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.

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Tooth Chatter



by
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3. You are staying in the hospital for an extended length of time.
4. You are prone to mislaying or losing your dentures in public places.
5. In the case of emergency, you want to be more easily identified if you don't regularly carry identification.

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You do not need a referral; simply call our office direct.

Creating confident smiles since 1982.
Alexander Trenton, DD, F.C.A.D. (A)
Denturist
Georgetown Denture Clinic,
18 Church Street,
Georgetown, Ontario
(905) 877-2359
(Across from the Library and Cultural Centre)
www.georgetowndentureclinic.com

Residents urged to get flu shot

Halton Region's Health Department is now offering free influenza (flu) immunization to all Halton residents six months of age and older. Upcoming clinics are being held in Milton and Halton Hills at the following locations:

- Milton— Wednesday, November 28 at Bishop Reding Secondary School, 3:30 p.m. to 8 p.m.
- Milton— Tuesday, December 11 at Milton District High School, 4-8 p.m.
- Halton Hills— Wednesday, December 12 at Christ the King Secondary School, 4-8 p.m.

Influenza (flu) is caused by a virus which affects the lungs. It can spread easily from infected people by coughing and sneezing, or by touching contaminated surfaces such as toys, door-knobs, eating utensils and unwashed hands. The flu affects people of all ages including the young and healthy and usually lasts from five to 10 days. The flu can cause fever, headache, general aches and pains and fatigue and cough which can linger for several weeks.

Annual influenza immunization is recommended for everyone six months of age and older. Individuals of any age with certain medical problems or a chronic illness, young children, all pregnant women and seniors are considered high priority for influenza immunization as they are considered at high risk of flu-related complications. Flu immunization is also important for those who may spread the flu to this high-risk group and for those who provide essential com-

Gary Carr



munity services.

Other steps can also be taken to help reduce the spread of the influenza virus to others including:

- Wash your hands often and well with soap and water. Use alcohol-based sanitizers if soap and water are not available.
- Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, cough into your sleeve.
- Avoid people who are sick and stay home if you are feeling unwell.
- Avoid touching your eyes, nose or mouth. Germs are often carried on your hands.
- Clean hard surfaces that are touched or handled regularly such as doorknobs, toys and telephones.

Please visit www.halton.ca, for more information and a complete listing of clinics throughout Halton.

—Gary Carr is the chair of Halton Region

Clean highways— task force

Halton Hills council will send a resolution to the provincial government asking for action to clean up the provincial highways. The Litter Free Halton Hills Task Force requested the resolution.

"Municipalities throughout Ontario recognize that litter is a problem and it impacts us from the point of view of economics and the appearance of our communities, but nobody is looking after the provincial highways," said Wards 3&4 Regional Councillor Jane Fogal, a task force member. "It seems to us that they (should) start looking after their bit of real estate out there."

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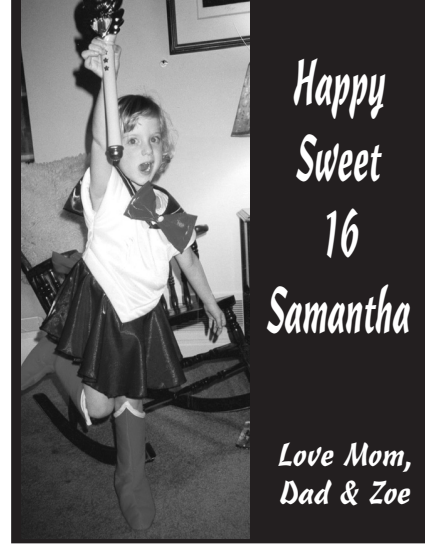
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Wed. Nov. 21st - Sat. Dec. 1st

211 Guelph Street, Georgetown Northview Centre (Beside Police Station)
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HOURS: Monday-Wednesday 9:30 a.m.-7:00 p.m., Thursday-Friday 9:30 a.m.-8:00 p.m., Saturday 9:30 a.m.-5:00 p.m., Sunday 11 am - 4 pm



Ray & Mary Shier of Limehouse are very happy to announce the engagement of their daughter Kathy Shier to Dave Dolliver, son of Dan & Chris Dolliver of Acton. Wedding to take place September 13, 2008. Best wishes from Tim, Angie, Mattie and Leanne



Happy Sweet 16 Samantha
Love Mom, Dad & Zoe



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