

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
191 Main Street E.
Milton, Ontario L9T 4N9
or Fax to: 878-4943



Elayne M. Tanner

B.A., B.S.W., M.S.W., C.S.W., DIP. SOC. ADM.
Counselling & Psychotherapy
Individuals, Couples, Children & Families
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Elayne M. Tanner

Q: Although my 10 year old daughter has many friends, does extremely well in school, and appears well adjusted, she prefers to spend time by herself doing solitary activities. What should I do?

A: First, I would have to know the answer to a number of questions such as: has she always been this way, or has there been a sudden change in behaviour, has something happened that you are aware of, such as a death in the family, that she might be grieving. Is it possible that something has happened that you are not aware of, is there something going on in the family that she feels sets her apart from others or that she is ashamed of, such as divorce, alcoholism or family violence? If your child has always been this way and you can answer "no" to the rest of the questions, we are probably safe in moving along to the next line of thinking. You say she is well adjusted, so I am assuming that she is not painfully shy or insecure. Possibly she finds the pursuits of her peers to lack in creativity and stimulation - in other words, she quickly gets bored with them. If so, this sounds like a young girl who is a free thinker and does not feel a need to follow the pack. This is a positive, as it is this pack mentality that leads adolescents into experimental drug, alcohol and sexual behaviour. I am guessing that she is confident, independent and not afraid of "missing out". She likely accepts herself and does not need others to make her feel acceptable.

I would continue to encourage her to join in some group activities, both structured and non-structured. Where possible, enroll her in groups that are a little older rather than younger than herself. Find activities that are more specific to her talents and interests and more likely to have other serious minded participants.

What you do not want to do is give her the message that she is not O.K. as she is, or that you are disappointed in her. Lastly, you may like to bring her in to see me 2 or 3 times for an objective, quick assessment and any impressions that I may form.

Elayne Tanner is a Certified Social Worker in private practice in north Milton. If you have further questions or if you would like to arrange an appointment, please call (905) 854-0801. Confidentiality guaranteed.



GREG J. LAWRENCE B. Sc., D. Ch.
FOOT SPECIALIST / CHIROPODIST

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Greg J. Lawrence
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Member of the Ontario Society of
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A Foot Specialist is an individual who treats any foot related condition. People with Diabetes are more likely to develop problems with their feet. Not only does a Foot Specialist take care of these problems, we also perform screening to help prevent any complications. Individuals who are diabetic should get their feet screened on a yearly basis, if no problems currently exist. Screening of the foot consists of assessment of the circulation, nerve testing, orthopedic assessment and footwear assessemnt. Even if no problems exist, a Foot Specialist can be a good source of information regarding prevention. Below, there are a few questions regarding Diabetes. Let's test your knowledge.

- Poor blood supply is common in people with Diabetes who:
 - are older
 - smoke
 - have high cholesterol
 - have high blood pressure
 - have had Diabetes for more than 10 years
- If you find an area of your foot that is hot, this might mean that:
 - there is normal blood supply
 - there is poor blood supply
 - infection, stress or fracture

Answers 1. All of the above. 2. C.

If there are any groups, companies, schools or clubs interested in a presentation on any foot related topics, please call our office.

The clinic offers extended hours. No referral is necessary. House calls are also available.

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Lou Mulligan, CFP, RHU

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420 Main Street East, Milton, Ontario L9T 1P9

Q: What's the best way to prepare for the future?

A: People often get serious about their future after a major event has happened: the mortgage is paid off, kids have left home, a loved one's death, forced early retirement. These are the kinds of events which cause us to re-evaluate just exactly where we are and where we want to be going. A financial plan can really help. It serves a combination "road map" to your destination and "blue print" for building your assets.

Before you rush out to get a financial plan, it is important to decide just what you are looking for. Attend financial seminars. Meet with financial planners. Ask them how they are different from others. Ask questions: What does their finished plan look like? What do they sell? How do they get paid?

Once you have found a financial planning organization with the planning tools and business methods that you like and a financial planner whom you trust, you are ready to start. Get to know them and get to know how they will help you.

GET PROFESSIONAL ADVICE:
Call **Money Concepts**
FOR MORE INFORMATION: 876-0940.



**Dr. Tony Wan's
Tooth Talk**

Towne Dental Group
Milton, Mall - 55 Ontario St.
(905) 876-1188

Tony H. Wan
B.Sc., D.D.S.

Diet Soft Drinks

Beware what it can do to your teeth!

People think that since diet sodas contain no sugar that it will not contribute to the development of tooth decay. What you may not realize is that diet soft drinks can still cause as much damage to teeth as a regular soda. To enhance flavour lost by not using sugar, diet pop uses larger amounts of phosphoric and citric acid. It is the acids that can damage enamel that protects your teeth. When the enamel is weakend, you are more likely to get cavities, cracks and develop sensitivity to cold. This is especially the case for people wearing orthodontic braces, making their teeth even more prone to decay.

Any highly acidic drink can cause trouble including pineapple, orange and other fruit juices and sodas. A tall glass of water following the consumption of these drinks will help, but the best way to reduce your risk is to brush your teeth.

If you think you may be experiencing this oral problem, see your oral health professional.

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**HALTON HILLS
SPEECH CENTRE**

The **Health & Wellness** Centre of Georgetown

106 Guelph Street, Georgetown, Ontario, L7G 3Z5
Tel: (905) 873-8400 Fax: (905) 873-8158

Q: I have noticed that I often misplace my car keys and forget people's names. Am I losing my memory?

A: As we age, decline in our memory skills in both universal are inevitable. Daily throughout our lives we forget things. When we are younger we do not associate forgetting where we left our car keys or someone's name with serious declines in our memory abilities. However, older adults are much more likely to think that similar lapses in memory are an indication of memory decline or something more serious such as Alzheimer's Disease. However, forgetting is a normal part of aging and there are many things we can do to improve our memory. Writing down important messages, a direction to someone's home, phone numbers or appointments on a calendar is a powerful memory tool. Put frequently used objects, such as keys or glasses, in the same place each time so that you can always go to that one place and find the missing object. "Remember to remember - paying specific attention to a person's name or details of a big event will help you to remember the name or details at a later date. Attention is an important part of remembering because you focus on specific information that will help you to remember. Aside from aging, there are also many factors in our lives that impact on memory. Some of these factors include adequate nutrition, side effects of medication, hearing or seeing difficulties (it is hard to remember information when our brain does not receive a clear message) fatigue and neurological/diseases. It is important to be aware of factors in your life that can affect your memory and know that there is often something you can do to improve your memory. "Remember it takes more than a good memory to make good memories!"