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The Comfort Inn Hotel is currently seeking part time Front Desk and week end Night Audit Clerk.

Candidates should possess excellent communication skills, have an aptitude for figures, enjoy dealing with the public and be able to work independently. Responsibilities will include handling guest relations and administration. Candidates should also have a good understanding of computers. Previous experience is an asset, however we do provide full training. Must be available weekends & evenings.

The Comfort Inn offers a progressive work environment, comprehensive benefit package and competitive wages.

Interested applicants should apply in person or by Fax (905) 639-8968 at the Comfort Inn, Burlington located at 3230 South Service Rd. Burlington, Ontario

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ECE an asset. Monday to Friday. 7:00am - 9:00am and 3:00pm - 6:00pm Also Supply Teachers needed. Send resume to: Ann Fritzley 100 Mountainview Road, South

## Georgetown, ON L7G 4K6 Fax: 905-702-1010

## Spring 2006 Registration



# Alsk The rofessiomals

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

"Ask The Professionals"

c/o The Canadian Champion, 875 Main Street E., Milton, Ontario L9T 3Z3 or Fax to: 878-4943

**HEALTH MATTERS** 

747 Hutchinson Avenue Milton ON L9T 6A7 Phone: 905-876-0572

Fax: 905-876-4293 Email: halton@healthmattershc.com

What Is Home Care?

Home Care is the provision of any non-medical health service to an individual in their home. These services provide individuals with the opportunity to continue to live in their home by utilizing supports for tasks the individual might not otherwise be able to do.

Services such as personal care, homemaking and companionship assist an individual in managing their own needs. These services permit an individual to remain in their own homes and communities. Whether this be a new environment they have lived in for a few short weeks, or a family home they have lived in for 40 or more years, it is comfortable and familiar.

Health Matters Home Care Services is a full-service, Canadian owned and operated company of professionally trained care givers which was established to provide in-home support to individuals, including seniors, in their own environments. Whether this be a family home, hospital, retirement home, or long-term care setting - we go where we are needed most. We provide these services from as little as 2 hours per day to as many as 24 hours per day. Our services are available throughout Halton, Peel and Toronto regions.

At **Health Matters**, we coordinate staff to assist with household tasks, personal care needs, in-home maintenance, shopping or other errands, including cleaning, meal preparation, laundry, or even just to visit and share a cup of tea. Personal Care is available to assist with bathing, feeding, assistance to the washroom and mobility. We also offer professional Foot Care by a certified reflexologist.

Our staff also assist with Specialized services for those requiring extra in-home care, which can provide relief for those caring for an individual with Alzheimer's Disease or requiring Palliative Care, or in need of some respite away from home.

At Health Matters, we coordinate care for client's with this mission in mind. We encourage our client's to participate in the selection of staff who provide service in their home, utilizing our unique Compatibility Profiler.

Not sure if you or your loved ones need help? Ask yourself if taking care of personal care needs is consuming more and more time in your day. Is it difficult to cope with regular tasks of daily living? Is it becoming too difficult to get out of the house to get shopping or other errands done? Is it becoming difficult to manage housekeeping and home maintenance? Are you becoming over-burdened trying to care for someone else?

If the answer to any of these questions is YES, then you could use our help.

At Health Matters, we make sure our clients and caregivers feel in control in times of uncertainty. We take time to ensure the physical, social, mental, emotional and spiritual well-being of the client and caregiver are being addressed and met. Our services are client centered and delivered in a flexible manner, depending on the clients personal preferences

#### Because your health matters!

Please call us for a no-obligation home visit, or for more information, call us at 905-876-0572 or visit our website at www.healthmattershc.com.



**ESTABLISHED SINCE 1999** 15 Martin St. 905-693-9594 www.herbalmagicsystems.com



Stephanie

### Norrie

### DRINK UP!

## Water constitutes about 60 per cent of our body weight. Water dissolves and transports nutrients to the

body, eliminates waste, maintains circulation and electrical impulses of cells and nerves, and is necessary for proper digestion and joint lubrication, so it's crucial to stay hydrated.

Drinking clean, filtered water is ideal. Hot or cold herbal teas also work. Fruit and vegetable nutrients help combat dehydration and also provide essential vitamins and nutrients. Most fruits and vegetables like lettuce, celery, carrots, apples, and peppers, have high water contents and contribute to your daily fluid intake.

At Herbal Magic, water is a main component of our weight management programs. The best way to avoid dehydration is to carry a water bottle with you and drink often.

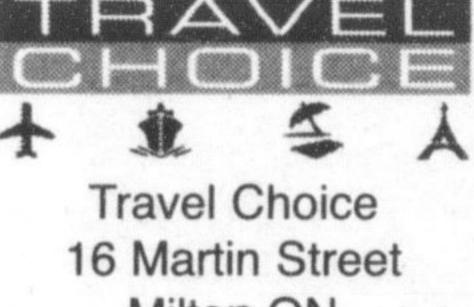
### SIGNS OF DEHYDRATION

Beginning signs

Advanced signs

- \* thirst
- fatigue and weakness
- dry mouth
- dizziness
- flushed skin
- \* dry, hot skin \* rapid breathing
- \* rapid, weak pulse
- \* confusion, lethargy
- reduced urination

Dine Albazi Travel Advisor



Milton ON L9T 2P9 905-878-2886

**Patrick Murphy** Travel Advisor

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## You haven't lived until you've CRUISED!

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Please join Travel Choice American Express for a taste of Alaska and learn about the unique vessels of the Windstar Cruise Lines.

Date: Tuesday February 28th, 2006

Time: 7:00pm to 9:00pm Location: Travel Choice Milton - 16 Martin Street

Please RSVP 905-878-2886 space is limited

Our guest speaker tonight will be Jo Lynch from Encore Cruises. She will be presenting the above and answering any general questions about cruising