

ASK THE PROFESSIONALS



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PERCEPTION AND VISION

Vision is a very powerful form of thought and communication. In order to see, the visual sense is integrated with the aspects of the mind for your awareness of the environment as a protective and interpretive seeking element of behaviour. The visual sense of perception, being affected by the emotions will make functional adjustments from and to other senses in a compensation to either diminish or enhance its own sense and other senses. It is shown in research that aspects of vision are a learned and conditioned response, based on the interpretation of 'values' and belief systems. This includes the development of nearsightedness (myopia), farsightedness (hyperopia), even the development of color vision traits. For instance: many children develop difficulties in seeing because of the mere uncertainty or fear of the environment. As an example: A change in family dynamics (emotional reactions to interference in the security of the family), a move in homes, schools or other 'fearful' events cause the human receptive system to resort to primitive mechanisms which produce a functional change which eventually becomes a physical structure in the body. So, yes the wrinkles on your skin are related to the color of your eyes, and your complete expressed nature. Looking at the body on a Holistic basis, the whole body can be viewed by responses and structures in the eyes. Many findings concerning the function of the eyes have been shown to be the interaction between the Heart (center of who you are) and the body brain, the vessel which you are in. One, centering within the other. It all depends on the awareness and sensitivity to change. It is also dependant on what you consume on a physical level and the 'filters' you see through on a psychological basis.



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Q: In my marriage we seem to always have problems with communication. I guess we don't need marriage counselling but we do need communication skills.

A: In fact, most marriage counselling is focused on communication skills. Often we find that communications in families are like a dance. Someone pursues while the other distances. Someone overfunctions allowing the other to underfunction. Someone is always thinking they are right and blaming the other. There are many other "dance combos" but these will give you an idea of where communication gets complicated.

1. Pursuers deal with stress by wanting more togetherness. They want to talk things out no matter how long it takes. They believe it is important to express feelings and feel personally rejected when someone wants "their space." Pursuers respond by pursuing harder and if unsuccessful, coldly withdrawing. They may be "dependent" or "demanding" in their relationships but believe that their partner can't handle feelings or closeness.
2. Distancers look for emotional or physical distance when stressed. They want to appear self-reliant and private and have difficulty showing their needy, vulnerable, dependent side. Sometimes seen as "emotionally unavailable" and "unable to deal with feelings" they manage anxiety by focusing on work. They sometimes end relationships because they are not confident that they can work it out.
3. Underfunctioners become less competent and organized under stress, forcing others to take over. They develop physical or emotional symptoms and have difficulty showing their strong, competent side. They often become the "child" in the relationship.
4. Overfunctioners always know what's best, not only for themselves but for others too. Under stress they move in quickly to advise, rescue, and take over. They have difficulty staying out of other people's problems. They avoid worrying about their own issues by focusing on others and are seen as "reliable" or "together". Overfunctioners allow underfunctioners to remain inadequate. They become the "parent" in the relationship.
5. Blamers respond to anxiety with emotional intensity and fighting. They have a short fuse and spend much energy trying to change someone who does not want to change. Their fights are always the same and they blame the other for why they feel as they do, or for why they cannot change.

Recognizing the styles of communication that are going on in your family will be the first step in making lasting changes.

"HELPING YOU HELP YOURSELF"

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THE IMPORTANCE OF YOUR CATS ANNUAL CHECKUP

Studies have shown that a large percentage of cat owners do not take their cats to the doctor for regular checkups. The reasons cat owners had given, when surveyed, varied from "My cat is indoors and it's not necessary" or "she seems perfectly healthy and I would know if she were ill, would I not?" or "she doesn't need to have vaccines" But the most common answer was that "she hates travelling and it is stressful for all of us to get her there".

The first three reasons are completely invalid, as they simply are not true. The last has a lot of validity and there are products available to help remedy that (Feliway cage sprays).

As a veterinarian, and the proud owner of 3 cats, I would like to focus on the first and second. Cats are by nature, predators and for that reason they have evolved as masters at disguising illness, because in the wild that would make them vulnerable. Studies have shown that 1 out of 4 outwardly healthy cats (according to their owners) had abnormalities on physical exam and /or lab (blood and urine) tests.

Recently, as a cat owner, I have encountered just that. As stressful as it is and after 5 attempts at getting my 3 year old Arthur into his carrier, I brought him to the hospital for Dr. Hornemann (I am his mom but not his vet!!!) to give him his check up and have wellness tests. He passed his exam with flying colours, however, unbeknownst to me he had a very severe bladder infection as noted the vast amount of blood in his urine and he had some abnormalities on his blood work. I was absolutely shocked, as he had not been showing any symptoms at home. In my mind, he was the "picture of health".

I share this story with all cat owners in order to encourage all to maintain a regular schedule of visits. For indoor cats we do not vaccinate every year, rather focus on wellness check up. Also, we can offer advice and help with the stressful journey to the hospital.

HAPPY VALENTINES DAY FROM RUPERT, PADDY AND ARTHUR



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WHAT HAPPENS TO MY PENSION WHEN I DIVORCE?

The "pension issue" at divorce is not any less emotional than the one of a matrimonial home. The monetary value of a pre-retired teacher's pension may easily exceed the value of a decent mortgage-free home of this very same teacher. However, unlike real estate, the pension is a less tangible asset (when not in pay) and more complex. Here are 3 major steps to take when dealing with pension division during the divorce:

1) Legal and Financial Entitlement

In Ontario, legally married and common-law couples are not treated the same when it comes to pension division. Legal advice is absolutely necessary when dealing with pension division, especially in a common-law relationship.

From the Ministry of the Attorney General's:

"These automatic property sharing provisions only apply to married spouses. If you are in a common law relationship, you are not entitled to an equalization payment, but may be entitled to a payment from your spouse to pay you back for a direct or indirect contribution to property that he or she owns".

With legally married couples, not all the pension value is automatically split. Only the "married years" are subject to division.

2) Pension Valuation for Family Law Purpose

Your regular annual pension statement does not have the valuation of your pension as an asset. As of January 2012 the pension plan's division became more streamlined and simplified. Spouses request pension evaluation directly with the pension administrator for a fee of \$600. For more details - refer to www.fsco.com

The pension fund itself can provide the funds to be rolled over to the member's ex-spouse's locked-in retirement account. You no longer have to wait until the member's retirement commences or settling with your other assets first.

3) Financial Aspect

Your pension income will be taxed at the time of its withdrawal. It's important to project your future retirement income to somewhat estimate the notional tax. You will then have to apply it to achieve a fair split if equating the pension's asset value with the other assets.

Once your pension amount is rolled over to your locked-in investment account - you should have a solid financial plan on how to manage it. There is nothing more frustrating when, years after the division is done, seeing these assets managed poorly or not managed at all.

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ASK THE PROFESSIONALS HOW TO GET THE ULTIMATE SKIN TIGHTENING

The Thermage Procedure

Aging is inevitable. Despite our best efforts including healthy diets, strict exercise routines and beauty regimens, the signs of aging remain. That's because as we age, the collagen (which provides the skin with its structure) begins to breakdown.

But did you know that Thermage can be used effectively to prevent some of the signs of aging? It does this by heating the deeper layers of the skin. This heat causes new collagen to form, effectively tightening the skin and thickening the dermal layer. The results are tighter firmer skin giving you a brighter, fresher appearance.

That means that using Thermage as soon as those signs of aging begin (usually in your late 30's) will give you better results in this war against aging. Your skin will stay firm and tight rather than trying to repair skin that has already lost elasticity and firmness.

Thermage is especially successful when combined with lip and eye tight. Results vary from subtle to dramatic. Generally improvements are immediately visible and continue for up to six months. Results are long lasting depending on your skin condition and the aging process. Thermage can be performed on coloured skin and will not interrupt your summer or winter get-away tan!

To see if you are a good candidate for Thermage for age prevention call the clinic at 905-864-0000 or email us at laser@enhance.ca today!

Visit us at our new location in the Quality Greens Building (238 Main St. E. Milton) for your complimentary assessment for the 'NEW YOU IN THE NEW YEAR' or call us at 905-864-0000.



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