

Allen Frankel wins Best Foot Specialist Award

Most people take between eight to 10,000 steps a day. In a lifetime, that is the equivalent of walking four times the earth's circumference.

Your feet have the right to complain. "Baby boomers are reaching the age of health challenges of the foot," said Allen Frankel, winner of the best podiatrist (or foot doctor) award in the Readers Choice Awards. "The mileage is catching up to people."

But often, it is not only your feet that hurt. "If your feet hurt, you hurt all over. Sometimes correcting the foot alignment can indirectly help your ankles, legs, knees and lower back."

Dr. Frankel, a Doctor of Podiatric Medicine (which should not be confused with a medical doctor), is one of 25 podiatrists in Ontario who offer minimal incision surgery for corns, callouses, bunions and

some bone spurs. This procedure is painless and requires only local anesthetic.

Dr. Frankel also performs laser surgery for ingrown, deformed and fungus toenails, plantar warts and plugged-up sweat glands.

The procedure is simple and many of the side effects associated with traditional surgery don't exist.

With laser surgery, there is less tissue injury and swelling after surgery, reduced pain and discomfort, faster recovery with better healing, less chance of infection and less scarring. All the procedures are performed in a room is painted in soothing colours and has relaxing music. Paintings hang on the walls which enables people to focus on something other than the upcoming surgery.

Dr. Frankel's office is located at 4997 Hwy. 7. For details call (905) 470-2440.

The Moghul Indian Curry House wins Best Indian Restaurant

CHRIS TRABER
SPECIAL TO ECONOMIST & SUN

Looking for a new and enticing dining experience where the food's delicious and exotic, the atmosphere warm and the service beyond compare?

The Moghul Indian Curry House is just the place.

Since 1990 The Moghul has been a welcoming culinary oasis where tastebuds are delighted with fine Tandoori and Moghali style cuisine.

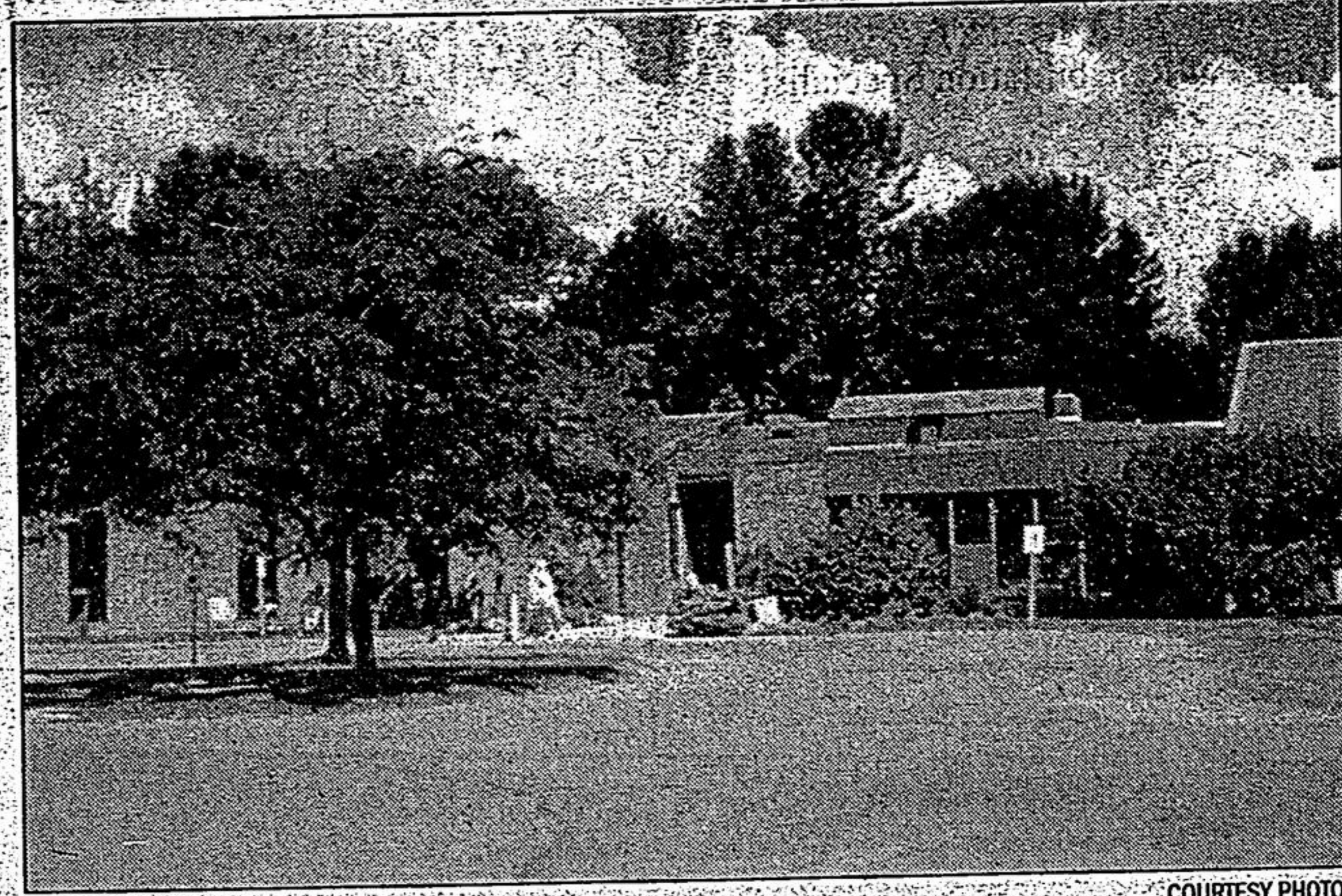
"Our meals are based on home cooking traditions where sauces and seasonings are prepared long before the customer arrives," said Rensyl Rego, of The Moghul. "Our recipes are authentic, prepared by our chefs from Bombay and New Delhi. Most of them are secret, passed on from generations before."

A significant part of The Moghul's popularity is Rensyl's insistence that customer service, selection and satisfaction be priority number one. The restaurant's staff is courteous, prompt and professional. The meals, prepared by brothers and chefs Keder and Jagan Nath, are presented as marvelously as they taste.

From the lawazmaat (appetizers), to entrees, The Moghul offers something for every palate. Even vegetarians will appreciate the wide assortment of delicacies.

In addition to wonderful service, cuisine and ambiance, the prices are exceedingly fair for such fare and the spicier dishes can be mollified with your favorite libation.

The Moghul Indian Curry House is located at 415 Hood Rd., Unit 22. For details: (905) 475-5870.



COURTESY PHOTO

Union Villa is just one of the facilities on the 18-acre property.

Union Villa wins best Retirement Home Award

Come and discover what's behind Union Villa.

The long-term care facility located on Hwy. 7, is known throughout Markham and the surrounding areas for providing the best care to seniors who are unable to look after themselves.

But what many people don't know is there is much more — 18 acres, more than 400 residents, 200 staff and a wide range of programs for seniors.

Union Villa is just one of the many facilities located on property that is owned and managed by the Unionville Home Society.

The other facilities include Heritage Village, Wyndham Gardens and Heritage Centre.

"We provide a continuum of a care," said John Wilson, president and CEO of the Unionville Home Society.

"As people age, their needs change. We try to provide a wide range of services ... so we can continue to meet those needs."

Heritage Village consists of 92 one-bedroom garden cottages that can be rented by seniors. Wyndham Gardens is an elegant two-storey apartment building with 123 units. It was one of the first lease-for-life buildings in Markham.

Then there is Union Villa, the flagship facility that was built 30-years-ago.

It's a two-level building that contains 162 beds for seniors who need constant care.

Heritage Centre offers social activities, sports, theatre and information sessions such as taxes and health-related issues.

NEW PROGRAMS

"As people get older, it gets tougher and tougher to look after themselves, but they usually don't want to leave their home," said Wilson.

That is why the Unionville Home Society, with the support of the Ministry of Health, is providing a new Home and Community Services program.

This program brings professionals in to provide whatever help a senior remain independent at home. This can be meal preparation, health care, shopping, cleaning and even someone who stops by just for a visit.

"The (professionals) could be available on a planned basis or on an emergency basis."

Another program that Union Villa offers is the Day Guest Program.

This is available to residents of the Unionville Home Society as well as community members.

"They may need an opportunity to get out and spend a stimulating day with people their own age."

For a small fee, (some of the cost is funded by Ontario Government) seniors can participate in activities, special events and outings.

Originally the program was only available three days a week for 12 people. The Unionville Home Society recently expanded the program to five days a week for 20 people.

Another new program at Union Villa is the Spa program.

Similar to a hospital's bathing program, Unionville Home Society's Spa operates in a less obtrusive and more relaxing environment.

"People can come in and pamper themselves."

The Spa itself is in a beautifully-decorated room with relaxing music.

After a bath, seniors can dry themselves with a warmed, fluffy towel. At that time they can have their nails trimmed and have their hair done.

The lunch program, that runs daily at Wyndham Gardens, is a perfect place to wind up the day.

Again, this is a fee-based program and the cost depends on what services are used.

Union Villa's medical department is also changing. The new medical director is a specialist in geriatric and internal medicine. The medical department is also in partnership with Baycrest Centre.

There are two house physicians with plans for a third one. There are always registered-nurses on duty and medical doctors are available several days a week. Residents' family doctors are also welcome.

THE FUTURE DREAM

Because Union Villa is over 30-years-old, the Unionville Home Society hopes to have a new building soon, as part of the Unionville Home Society's Millennium Project.

The new building will be designed to meet the needs of a changing senior.

"Thirty-years-ago, most seniors at Union Villa were fairly independent and needed only a certain amount of assistance. (Today's seniors are different and) their requirements are much heavier."

"We are taking care of more people with Alzheimers disease and other degenerative mental functioning."

The new building will boast sound-proof walls, more spaces (230 beds), larger rooms, more storage space for walkers and wheelchairs and more washrooms that are wheelchair accessible among other things.

For details or a tour, visit Unionville Home Society at 4300 Hwy. 7. For details call (905) 477-2822.

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Markham Podiatry

Allen Frankel, Foot Specialist

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ECONOMIST & SUN
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Markham Podiatry
Foot Specialist

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4997 Hwy. 7 East
Unionville
(Opposite Markville Mall)

(905) 470-2440
Free Exam
and Consultation (OHIP Only)

Valid With Coupon
Does NOT Include X-Ray
and Treatment

What is a Podiatrist...?

A Doctor of Podiatric Medicine (D.P.M.) is a highly trained specialist in care of the feet. Podiatrists are one of six primary care professions, authorized by Ontario Law to communicate their diagnosis to patients. Podiatrists are concerned with the examination, diagnosis and prevention of foot disorders by mechanical, surgical and other means of treatment.

Podiatrists are often called upon by physicians and other health care professionals for consultation and treatment of foot problems which can be experienced by everyone from children to seniors. A referral from your family physician, however, is not required to see a Podiatrist.

Examination of children's feet is an integral part of podiatry. Frequently, children have structural imbalances of the feet that may go unrecognized and can lead to other deformities and imbalances within the skeletal system. When detected early, these imbalances of the feet, some of which are related to the bone structure, are treated so that a sturdier foundation can be provided for the later years.