

Your Health



NEWS AND INFORMATION FROM OAKVILLE-TRAFALGAR MEMORIAL HOSPITAL

MARCH 2013

Make a Difference in Your Community

Halton Healthcare Services (HHS) is inviting applications for an accomplished member of the Milton community to serve on the Board of Directors. Through an effective governance body HHS' first priority is to understand the unique needs of our diverse communities. This well-connected individual must currently reside in the Milton community and demonstrate an awareness of the specific issues and concerns facing this rapidly expanding community. This person will be both an active voice of the Board of Directors and a knowledgeable resource on the needs for Milton. Demonstrated not-for-profit or corporate board experience and knowledge of the current healthcare environment are assets.

If you are a recognized leader with a significant record of achievement in your area of expertise, we'd like to hear from you.

If you have the passion and availability to reflect the face and character of our fast-growing and diverse communities, please send a letter of interest and enquiry to Judy Mandelman, Promeus Inc. at judy.mandelman@promeus.ca, quoting Project: HHSBD-210203.

ConnectCARE Personal Emergency Response Service *Help at the touch of a button*



ConnectCARE is a hospital owned and operated service that helps seniors live actively and independently in the comfort of their own homes. ConnectCARE offers:

- State-of-the-art technology
- 24 hour monitoring service
- Peace of mind for you or your loved one
- Professional and courteous staff

For more information, call 905-338-4357 or 1-800-665-7853, or log on to www.connectcarehalton.ca.



BINGO Volunteer Ambassadors

The Oakville Hospital Volunteer Association is seeking volunteer Ambassadors to assist at their bi-weekly Bingo sessions (alternate Wednesday afternoons). The Mayfair Bingo Hall on Speers Road is converting to electronic Bingo soon and an information session is scheduled for April. If you are interested in helping us raise funds for our hospital, one or two afternoons a month, please contact us:

Call: 905-338-4643

Email: lparente@haltonhealthcare.on.ca

Log on to: www.haltonhealthcare.com



Oakville Hospital Volunteer Association

"Why are the lights on all the time at the NOH construction site?"

New
**Oakville
Hospital**

Safety and security on the New Oakville Hospital construction site is one of our main priorities. The lights used at the construction site are a requirement of the Ontario Health and Safety Act. In partnership with EllisDon, we are ensuring the lighting is of industry standard and provides the required levels of illumination to maintain a safe work environment and a secure construction site, in accordance with the Act.

We share our community's concern for the environment. The light bulbs being used are significantly more energy efficient than standard bulbs.

Working together, we can ensure site safety and security is paramount while taking every measure to ensure the environment is a key focus in all aspects of construction and design.

For more information about the New Oakville Hospital please call 905-845-2571, ext. 6788 or log-on to www.newoakvillehospital.com.

New and Improved HHS Website... *Coming Soon!*

Halton Healthcare Services (HHS) is almost ready to unveil its redesigned website, enhancing a more user-friendly environment and providing a more accessible and useful online experience for patients, visitors and staff.



The revamped website is mobile friendly and is easy to read and navigate through when accessed through any technology. The new website features a clean, uncluttered and inviting design that empowers patients and their families to find the information and contacts they need with ease. Stay tuned, you won't want to miss the launch of the new HHS website!

Email a Patient

Halton Healthcare Service is pleased to offer a complimentary patient email service for those that cannot come in for a personal visit. Log onto www.haltonhealthcare.com and under **Quick Links** you will find the link to **Email a Patient**. A volunteer will print your message on special paper, seal it and arrange for delivery.

Chronic Disease Self Management Program

Do you have one or more chronic condition such as diabetes, kidney, heart or lung disease, arthritis or any other conditions? Join us for a FREE, six week group based program to learn more about goal setting, overcoming barriers, positive thinking, general nutrition, communication with healthcare professionals and more! Caregivers and spouses are also welcome to attend.

Oakville YMCA

May 3 - June 7, 2013

9:30 a.m. to Noon

Registration Required:

Call: 905-338-4432, ext. 4871 or 1-888-670-6636, ext.4871

E-mail: maximizeyourhealth@haltonhealthcare.on.ca

Fax: 905-338-6241 with your choice of program