

# HEALTH CARE

## LCBO supports CF



During September, Ontarians can make donations to the Canadian Cystic Fibrosis Foundation (CCFF) at all LCBO stores. Donation boxes for the CCFF will be displayed at LCBO checkout counters until Sept. 30. Cystic fibrosis (CF), which affects the lungs and the digestive system, is the most common, fatal, genetic disease affecting Canadian children and young adults. When the CCFF was established in 1960, most children with cystic fibrosis were not expected to live long enough to attend kindergarten; today, half of all Canadians with CF are expected to live into their late-thirties and beyond.

## Family dinner to aid C&CFC



On Thursday, September 20, M&M Meat Shops is inviting Canadians from coast-to-coast to turn-off the TV, log off from their PCs, silence their cell phones and PDAs and take part in an 'unplugged family dinner' in support of the third annual National Family Dinner Night. An Angus Reid Strategies study reveals more than 62% of Canadians admit to having the TV turned on during family meals, while 29% are using a PC or laptop. Only 25% of Canadians don't have any communication devices turned on at the table. At the same time more than 71% of Canadians say that they would enjoy dinner more without these distractions. For everyone who registers their participation in National Family Dinner Night on the website: [www.mmmeatshops.com](http://www.mmmeatshops.com) (or [www.nationalfamilydinnernight.com](http://www.nationalfamilydinnernight.com)), M&M Meat Shops will make a \$1 donation to the Crohn's and Colitis Foundation of Canada, up to a maximum of \$100,000.

## Golf tourney to aid Lung Association

Asthma is a very serious condition that can be fatal if it is not properly managed. It kills approximately 450 Canadians each year and more than 2.5 million Canadians suffer from the disease. It is the number one reason for missed school days and hospitalization among Ontario's children. Despite these statistics, with proper education asthma sufferers can lead an active life.

Mark Ampleford was a fun-loving, athletic young man who grew up in Bolton. On September 9, 2003 he suffered a fatal asthma episode. Maureen and Rick Ampleford (Mark's parents) came to The Lung Association after the death of their son because they wanted to create awareness about the health risks associated with asthma to prevent a similar tragedy from happening to another family. Since Mark "The Apple" loved to play golf, an annual tournament is a great way to celebrate his life, while raising money for asthma education and awareness.



The Lung Association's 4th Annual Apple Classic Golf Tournament will take place on Oct. 3 at the Copper Creek Golf Club in Kleinburg. Golfers can register online at [www.on.lung.ca](http://www.on.lung.ca). The tournament also offers sponsorship opportunities, and accepting silent auction donations. For details: The Lung Association at 905-696-0077 or [lcarde@on.lung.ca](mailto:lcarde@on.lung.ca).



## Kirkland's fund grows

For the third year, Wal-Mart Georgetown and the corporate offices of Wal-Mart donated to the annual Mito March: Kure for Kirkland, in aid of mitochondrial disease research at The Hospital for Sick Children. Organized by Kelly Kilbride, whose son Kirkland suffers from the disease, the walk has raised nearly \$100,000 since it began. Wal-Mart employees raised \$2,462, and Wal-Mart donated \$2,000 to bring the total to \$4,462. On hand for the presentation were (from left) Wal-Mart employee, and member of fundraising committee Scott Lord, Wal-Mart Georgetown store manager John Divirgilio, Kelly Kilbride, her sister Robin Ginocchi, and Wal-Mart Georgetown pharmacist assistant May Haynes.

Photo by Ted Brown

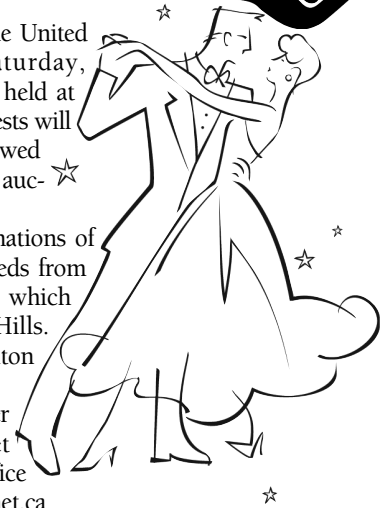
## Dance the night away at The President's Ball



The 9th annual President's Ball hosted by the United Way of Halton Hills will take place on Saturday, September 22. This semi-formal event will be held at North Halton Golf and Country Club, where guests will enjoy a cocktail hour featuring a martini bar followed by fine dining, music and dancing, and a silent auction throughout the evening.

Sponsorship packages are available, and donations of silent auction items are still needed. All proceeds from the event support the local non-profit agencies which receive funding from United Way of Halton Hills. Any money raised in Halton Hills, stays in Halton Hills!

Tickets to attend the event, at a cost of \$90 per person, can be purchased by contacting Janet Foster or Sarah Moorcroft at the United Way office 905 877-3066 or by e-mail at [unitedwayhh@bellnet.ca](mailto:unitedwayhh@bellnet.ca)



## Halton Healthcare Services re-starts free seminar series

Halton Healthcare Services "Living Healthy" health education events has a great line-up of free public health seminars for this upcoming season.

Working in partnership with other community healthcare agencies and health service providers, Halton Healthcare Services proactively organizes this health education series to help people in Halton communities access reliable and current health information.

"Today's healthcare consumers, are looking for a reliable source of health information—a source they can trust," explained Cindy Popp, Health Promotion Co-ordinator at Halton Healthcare. "Our seminars are generally presented by local physicians from our community hospitals. These seminars promote healthy lifestyle choices, and connect people with key community resources, but most importantly, they provide individuals with the opportunity to have their health related questions answered by qualified healthcare professionals."

The seminars, held in Georgetown, Milton and Oakville, commence at 7 p.m. and the question period usually ends around 9 p.m. Individuals arriving between 6:30-7 p.m. may visit displays manned by related community health and social service agencies. This fall's health series includes seminars relating to the following topics prostate cancer, arthritis, women's health screening, breast health, osteoporosis, stress, diabetes, irritable bowel syndrome and chronic obstructive lung disease.

"With such a wide range of health topics, there's bound to be something of interest for everyone. These seminars are a great way to meet some of the healthcare professionals who practise in our communities and there's always an abundance of additional information on community resources and services," said Popp.

Contact Evelyn Little at 905-845-2571 ext. 6147 or [elittle@haltonhealthcare.on.ca](mailto:elittle@haltonhealthcare.on.ca) to obtain a copy of the calendar of health education events. For additional information visit [www.haltonhealthcare.com](http://www.haltonhealthcare.com).

## Living Healthy

A series of FREE public education seminars presented by



### Optimizing Prostate Health: Awareness and Prevention

Tuesday, September 18, 2007

6:30 pm Displays and Refreshments  
7:00 pm Presentation by: Dr. P.C. Punnen, Urologist

Southside Community Church, Milton  
2850 Derry Road East, (beside Milton District Hospital) L9T 4Y9

FOR MORE INFORMATION AND TO RESERVE YOUR SEAT TODAY CALL 905-338-4379

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Call Amy at 905-873-0301 ext. 237 for more info on our



HEALTH & WELL-BEING GUIDE  
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## Calling Single Parents and Their Kids!

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