

# Your Health



Halton Healthcare

## NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL

### Maximize Your Health - Chronic Disease Self Management Program

Do you have one or more chronic conditions such as diabetes, kidney, heart or lung disease, arthritis or any other conditions? Join us for a free, 6-week group based program to learn more about goal setting, overcoming barriers, positive thinking, general nutrition, communicating with healthcare professionals and more! Caregivers and spouses are also welcome to come.

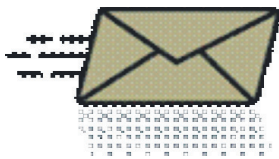


The next program will run at the Halton Region Health Department located at 93 Main St. in Georgetown. The program will run every Monday from March 8 – April 12 from 1:30 - 4:00 pm.

Please contact Betty Clara at (905) 845-2571 ext 5900 or e-mail [maximizeyourhealth@haltonhealthcare.on.ca](mailto:maximizeyourhealth@haltonhealthcare.on.ca) for more information or to register.

### Introducing...Email a patient

Halton Healthcare Services and the Georgetown Hospital Volunteer Association are happy to offer a complimentary patient email service for those that cannot come in for a personal visit. Log onto [www.haltonhealthcare.com](http://www.haltonhealthcare.com). 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.



### Hand Hygiene

Practicing good hand hygiene is one of the best ways to stop the spread of infection. Good hand hygiene means washing your hands with soap and water or cleaning them using a waterless, alcohol-based hand gel or foam product frequently throughout the day. Please clean your hands thoroughly at our convenient hand washing stations as you enter and exit our hospitals.



### The 2010 Gala Dinner Evening

The 2010 Georgetown Hospital Foundation Gala Dinner Evening will take place at Scaramouche on Sunday March 28th. The evening will begin in Georgetown with a champagne and hors d'oeuvre reception aboard a Denny's deluxe motor coach as guests are transported to the award-winning Scaramouche Restaurant in Toronto. You will then be treated to an extraordinary gourmet dining experience created by Georgetown's own internationally renowned executive chef and Scaramouche co-owner Keith Froggett. For more information please call the Foundation at 905-873-4599.

### ConnectCARE Personal Response Service

Help is available at the touch of a button when you subscribe to ConnectCARE Personal Response Service – a hospital owned and operated service since 1990.



ConnectCare can benefit:

- People living with medical or physical challenges
- Seniors who live alone but want to remain active or independent
- Anyone at risk of falling
- Individuals who have recently been discharge from the hospital
- The recently bereaved
- Individuals concerned with domestic violence
- Anyone who may require assistance in the event of an emergency

Call 1-800-665-7853 or log on to [www.connectcarehalton.ca](http://www.connectcarehalton.ca) to learn about this valuable resource that will give you and your loved ones peace of mind.

### Living Healthy Free Seminars

Please join us at one of the very popular FREE Health Education seminars provided by Halton Healthcare Services. Displays and refreshments start at 6:30 p.m. Seminars start at 7:00 p.m. Please call 905-878-2383, ext. 4379 to register your seat today!

**Wednesday, March 10, 2010**

#### Celebrating Food for Healthy & Active Children

Sandra Saville, Registered Dietician  
Milton District Hospital  
7030 Derry Road, Milton

**Tuesday, March 23, 2010**

#### Kidney Disease: How to preserve your kidneys

Dr. Daniel Sapir, HHS Nephrologist  
Oakville-Trafalgar Memorial Hospital  
327 Reynolds Street, Oakville

**Monday, March 29, 2010**

#### Your Leg Health: Varicose veins and venous disease treatment and prevention

Dr. Hossam Makar, MSc, MD  
Milton District Hospital  
7030 Derry Road, Milton

**Thursday, April 8, 2010**

#### Arthritis in the Workplace

Megan H Burkett, LL.B, Labour & Employment Law, Kaiser Mason Ball, LLP  
Mercedes Reeb, B.Sc., MCISc., OT Reg. On.  
Pamela Jarvis, Living with Arthritis  
Oakville-Trafalgar Memorial Hospital  
327 Reynolds St., Oakville

For reservations contact [healthpromotion@haltonhealthcare.on.ca](mailto:healthpromotion@haltonhealthcare.on.ca) or call 905-878-2383 ext. 4379.

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1 Princess Anne Drive  
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Milton District Hospital  
7030 Derry Road  
Milton, Ontario  
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Oakville-Trafalgar Memorial Hospital  
327 Reynolds Street  
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[www.haltonhealthcare.com](http://www.haltonhealthcare.com)