

Your Health



NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL OCTOBER 2010

Thank You!



Pictured here is the top team for the Open Division from the Third Annual Walk for Georgetown Hospital. Team Glen Williams, led by Dale and Dave Cox (far right), raised an incredible \$3,205 and the Georgetown Hospital Foundation wishes to thank and congratulate them for their terrific effort. We would also like to apologize for publishing an incorrect total for their team in our original story featured on September 30, 2010 in the Georgetown Independent & Free Press. (l-r): Ron McGowan, Tony Taylor, Mark Murdock, Ellen McGowan, Laura Murdock, Eva Murdock, Lorraine Doherty, Dale Cox and Dave Cox.

Children's eBook to Benefit Georgetown Hospital

Please join Halton Hills Mayor Rick Bonnette as he proudly launches his children's Action/Adventure eBook, *The Incredible Adventures of Goon Sharoon*. This Fundraiser Open House will take place on Tuesday, November 9, 2010 at The Club at North Halton from 6:30 p.m. – 8:30 p.m., the presentation begins at 7:30 p.m. The evening will include guest speakers, readings from the eBook and refreshments. The eBook will be available for sale during the Open House and at eBookGuides4Life.com with proceeds going towards the Georgetown Hospital. Buy a copy for your child and give back to your community all at the same time.

GHF Fashion Show

There are a few tickets still available for the Third Annual Georgetown Hospital Foundation (GHF) Fashion Show. Don't miss out on an incredible evening that will feature a martini bar, dinner, door prizes, fashion show and a raffle! Please join us for this ladies only event on Thursday, November 4, 2010 at The Club at North Halton. Dress code is cocktail attire. Tickets are \$125 per person, tables of eight are available and smaller groups are also welcome. For tickets, please call Shelley Phipps at 905-873-2252 or email sphipp@cogeco.ca.



Patient Safety Expo – Next Week

Please join us for Halton Healthcare Services' (HHS) 4th annual Patient Safety Expo which will be held this fall to coincide with National Patient Safety Week (November 1-5). These one day Expos will showcase up to 60 quality-safety displays and allow us to share and communicate patient safety initiatives with colleagues across our hospitals, raise awareness of patient safety concerns and solutions amongst our physicians, staff, volunteers and the community, and celebrate our achievements. Join us for a chance to win door prizes and to vote on your favourite display!

Milton District Hospital
Tuesday, November 2, 2010
10:00 a.m. – 4:00 p.m.
Classroom

Georgetown Hospital
Thursday, November 4, 2010
10:00 a.m. – 4:00 p.m.
Activity Room



Be Prepared...for the Flu

Flu season has arrived. We encourage you to check with your doctor's office about receiving a flu shot or attend one of the free vaccination clinics offered by the Halton Region Health Department. To find the clinic that's most convenient for you, please call 905-825-6000 or log on to their website at www.halton.ca/flu.

During the flu season, please be aware of the risk to patients in the hospital and do not visit if you are ill or feeling unwell. When you do visit, please remember to wash your hands thoroughly at the hospital. Washing your hands is one of the best ways to avoid getting the flu!

GHVA Afghan Winner

Marie Carney, President of Georgetown Hospital Volunteer Association (GHVA) presents draw winner, Father Bob Bulbrook from Acton with a handmade afghan. The raffle draw took place on September 29, 2010 at The Club at North Halton for the GHVA Fall Fashion Show. All funds raised from the draw went to purchasing essential hospital equipment for Georgetown Hospital.



Have you had a baby at HHS in the past three years?

If you've had a baby at Georgetown Hospital, Milton District Hospital or Oakville-Trafalgar Memorial Hospital in the past three years then we'd like to hear from you!

The Halton Healthcare Services (HHS) Family Continuity of Care Committee is looking for feedback from families who delivered a baby at any of the three HHS hospitals during the last three years. The committee, which is made up of representatives from HHS, Halton Regional Public Health Department, and Community Agencies (e.g. Doulas, La Leche League), strives to ensure that families receive quality care and consistent education/information during their birthing experience – from the prenatal period through their hospital stay (or home birth) then into the first six weeks after the birth. A link to the survey can be found at www.haltonhealthcare.com and will remain open until November 15, 2010. Thank you for your assistance!

Poinsettia Sale

The Georgetown Hospital Volunteer Association (GHVA) is taking pre-orders for their Annual Poinsettia Sale. Plants are \$11.00 and will be available for pick up or local drop off on December 2, 2010. To order plants, please call 905-873-0111, ext. 8250 and leave a message with your name, phone number and preferred colour (pink, red or white) by November 12, 2010. Payment on delivery by cash or cheque to **Georgetown Hospital Volunteer Association**. Proceeds are donated to Georgetown Hospital. Your support for our Georgetown Hospital Association is greatly appreciated!



Living Healthy Seminars

Please join us at the following FREE Health Education seminars provided by Halton Healthcare Services. Displays and refreshments start at 6:30 p.m. Seminar starts at 7:00 p.m.

Wednesday, November 3, 2010
High Blood Pressure and Your Kidneys: Should you be worried?
Dr. Daniel Sapir, HHS Nephrologist
Milton District Hospital, 7030 Derry Road, Milton

Wednesday, November 10, 2010
Attention, Focus, and the Quality of Your Life
Dr. David Posen, Stress Specialist
Le Dome Banquet Hall, 1173 North Service Road East, Oakville

Reserve a seat by email at healthpromotion@haltonhealthcare.on.ca or by phone at 905-878-2383, ext. 4379.