

HEALTHY LIVING

Hospital staff and doctors have contributed \$335,000 to the Campaign for Georgetown Hospital. The fundraising has now surpassed the halfway point.

Photo by
Eamonn Maher



Hospital staff, doctors donate \$335,000 to expansion/reno campaign

By **EAMONN MAHER**
Staff Writer

Doctors and staff members at the Georgetown Hospital have put their money where their jobs are with respect to further expansion at the Princess Anne Dr. facility.

The healthcare team last week made a donation of \$335,000 to the Campaign for the Georgetown Hospital in a strong demonstration of support for the fundraising campaign, which has surpassed

the halfway mark of its \$5-million goal.

"They certainly see the need firsthand," said Shirley Andrechek, manager of the emergency department.

"We outgrew our space probably about 10 years ago, so it can't come too soon."

The funds will go towards the \$12.2-million Georgetown Hospital expansion and renovation. Planned is a new 14,000-sq.-ft. expansion of the hospital that will serve as the new home for the Emergency

Department— doubling the size of the existing one. As well, a portion of the existing hospital will be renovated to allow the consolidation of the Diagnostics Imaging Department into one large area.

Bridging the two areas will be the Marg and Fred Helson CT Scanner Suite, housing Halton Hills' first-ever CT scanner. Last year, the Helsons donated \$1 million to this project.

"Right now we're working with about 10 stretcher spaces

and this will more than double our capacity," added Andrechek.

"It will certainly help the flow of patients and the number of people waiting to be seen. It's also going to be a much nicer space and will really help with some of our key rooms like trauma recess, because right now we're looking at a space that is very tiny and cramped."

Last week's donation was the third-largest one-time contribution made to the Hospital

Foundation.

"It was really a collective effort. There was no one really big personal pledge," said Georgetown Hospital Foundation executive director K.C. Carruthers.

"Other hospitals we've spoken to are quite jealous of the high percentage of support we're getting from within the building."

For more information about the fundraising campaign, visit the website www.georgetownhospitalfoundation.ca

Healthy Living

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Alternative medicine helps us to get in touch with our own bodies.

The benefits of alternative medicine

Alternative medicine offers an interesting option for taking care of our health, and it can be very complimentary to conventional medicine. Considered mainly as a preventive health care strategy, alternative medicine includes many different approaches that are based on historical and cultural traditions from around the world.

You've surely heard of massage therapy, reiki, acupuncture, homeopathy, or Chinese medicine. All these treatment methods, among many others, fall into the realm of alternative or complementary medicine.

Many people believe that these methods of caring for our bodies allow us to avoid health problems largely because of the client-practitioner relationship. In general, alternative medicine practitioners spend much longer in consultation with a patient and do a lot of counseling on lifestyle changes that will reduce stress and anxiety, which are known to contribute to chronic illness.

Indeed, almost all approaches to alternative medicine work to get us more in touch with our own bodies. We can learn how to eat better, eliminate toxins, relax, and take care of ourselves. Instead of resorting

to sleeping pills in order to get a good night's sleep, why not try massage therapy or natural plant teas to combat the anxiety at the root of the problem? Usually simple and effective treatments, such alternatives have the advantage of not causing dangerous side effects or drug dependence.

There are a multitude of alternative medicines, all with their own way of responding to an essential need within the body. A quick phone call to a practitioner will help you find out the benefits of that approach. As we all know, an ounce of prevention is worth a pound of cure!

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