

Your Health



NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL

APRIL 2013

A Look Inside the Hospital Expansion

Construction of the new Emergency Department at Georgetown Hospital is progressing well. The interior of the building is a beehive of activity as the trades continue their work installing rough-ins for electrical, plumbing and HVAC duct work as well as interior metal studs and door frames.

Halton Healthcare Services extends thanks to our staff, patients, visitors and neighbours for your patience and understanding as we work to expand Georgetown Hospital.



Thank You to our Volunteers

This year, National Volunteer Appreciation Week was celebrated from April 21-27. Halton Healthcare Services would like to extend a BIG thank you to the Georgetown Hospital volunteers for all their hard work and dedication in both service and fundraising for the Hospital. Our volunteers are definitely making a difference for our patients, our visitors, our staff and physicians, and each other, every day. They are an integral part of our healthcare team – thank you so much for all you do!



Are You Diabetic? Do You Know Someone Who Is?

Pathways to Change is a lifestyle transformation program designed to help you experience the benefits of a healthier approach to living. This year-long 'pilot' program will integrate nutrition, physical fitness, and stress management. As happiness plays a vital role in health and longevity, a unique feature of this program will be positive psychology providing you with cutting-edge happiness training.

This program is not a diet. It's a multi-faceted and comprehensive lifestyle program. To be eligible for this 'pilot' program you must be diabetic. Medical screening will be required to qualify for this program. We are looking for highly motivated individuals who are able to devote the time and energy towards this year-long program.

Participants must be excited and ready to create a healthy and balanced lifestyle. Thanks to the generous support from *Sun Life Financial* there is no cost to participate in the initial 'pilot' program. As space is limited, all potential candidates will be required to go through a pre-screening process.

If you are ready to make a change please contact Laura Millar for more information at lmillar@haltonhealthcare.on.ca or by phone at 905-338-4690, ext. 6347.



Hospital Hoedown

Please join the Georgetown Hospital Foundation for a Hospital Hoedown! Entertainment includes live music by 'Rolly Rocker and the Hemi Heads' and 'The Larry Melton Band,' line dancing, dinner and drinks, and there are raffles and prizes to be won.

When: Friday, June 7, 2013 at 7:00 p.m.
Where: Nashville North, 530 Guelph Street in Norval.
Ticket Price: \$50 (or \$25 if under age of 25)

For tickets please contact Jackie Fox at 905-873-0111, ext. 8220 or by email at jafox@haltonhealthcare.on.ca. Must be 19 years or older to attend. Fun begins at dusk! See you there.

GVHA Raffle

The Georgetown Hospital Volunteer Association (GHVA) is holding a Raffle! Tickets are \$2 each or three for \$5 and are available for purchase in the GHVA's Trinkets and Treats Gift Shop or by calling 905-873-0111, ext. 8250. Get your raffle tickets today! Lottery License #M329882.

First Prize: Queen Size Pillow Quilt (pictured)
Donated by H. Battison, Georgetown

Second Prize: Baby China Doll
Donated by E. Taylor, Georgetown



Do You Have a Teenager?

In celebration of Children's Mental Health Week from May 6-12, Halton Healthcare Services is participating in the organization of a free Teen Mental Health Q & A Evening.

Teen Mental Health Question and Answer Evening

An open forum for Halton parents and caregivers of teens Grade 7 – 12

When: Tuesday, May 7, 2013 – 7:00 p.m. to 9:00 p.m.
Resource Fair begins at 6:30 p.m.

Where: O.E. Conference Centre, 2245 Speers Road in Oakville

Featuring: Dr. Stanley Kutcher, MD, FRCPC, *Sun Life Financial* Chair in Adolescent Mental Health and Director, *World Health Organization* Collaborating Centre at Dalhousie University and Sarah Cannon, Executive Director of *Parents for Mental Health*.

For more information please contact Sue Brooks sueb@rockonline.ca or log on to www.teenmentalhealth.org.

When was Your Last Mammogram?

Breast cancer screening can save lives. Finding the cancer early, when it is small means there is a better chance of treating the cancer successfully, it is less likely to spread and there may be more treatment options. At Halton Healthcare Services (HHS), we are proud to offer cutting edge technology for Mammography, Breast Ultrasound and Breast MRI. HHS Diagnostic Imaging is a 'one stop' department offering all breast imaging and intervention from Screening Mammography, detailed assessment of inconclusive findings, to definitive assessment with image guided breast biopsy. If a biopsy is required, we have processes in place to fast-track patients.

Talk to your doctor about what Breast Screening program is right for you. There are new programs in Ontario, including Breast MRI Screening for women at high risk for cancer.



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.

Mississauga - MIAG	May 3 - June 7, 2013	10:00 a.m. to 12:30 p.m.
Oakville YMCA	May 10 - June 14, 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.