

Taking Care of Your Nutrition

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Nutrition Month, celebrated every March, encourages people to make healthy food choices and develop good eating habits.

The new Canada Food Guide notes that healthy eating is more than just the types of foods you eat.

- Pay attention to where, why and how you eat
- Be mindful of your eating habits and note when you are hungry or full
- Cook more often and involve others in planning and preparing meals
- Enjoy your food. Culture and food traditions can be part of healthy eating
- Eat meals with others

For more healthy eating tips and great recipes:
Canada.ca/FoodGuide.

You can also check out our Nutritional Health Hits on our Halton Healthcare YouTube channel.

Georgetown Lions Club's Random Act of Kindness



On Tuesday, March 5, 2019, the Georgetown Lions Club surprised patients and families at Georgetown Hospital with free parking passes. This amazing gesture was part of the Lions Club's annual *Random Acts of Kindness* initiative. Thanks to the Lions Club for their kindness and consideration!

Keeping Your Kidneys Healthy

Kidney disease can affect people of all ages and races. In its early stages it has no symptoms so you can lose up to 90% of kidney function before experiencing any signs. High blood pressure and diabetes are the most common causes of kidney disease in adults. Prevention strategies and healthy lifestyle tips to keep your kidneys healthy include:

- If you are diabetic, regularly monitor your blood sugar levels and take your medication as prescribed
- Make healthy lifestyle changes such as reducing your salt intake and eating a heart healthy diet. This includes choosing fresh foods over processed ones and avoiding foods high in saturated fats
- The support of a registered dietitian can help you adopt a healthy lifestyle combining a balanced diet with regular physical activity
- If you smoke, get the support you need to quit
- Limit your consumption of alcohol. Check with your doctor about over-the-counter medications, health supplements and vitamins
- Monitor your cholesterol levels and blood pressure and consult with your family doctor with any concerns

1 in 10 Canadians are living with kidney disease. If you or someone you love is living with the risk of kidney disease, talk to your doctor about a simple blood and urine test that will show the health of your kidneys.

Recruiting Emergency Department Registered Nurses



Want to work in a fast-paced environment, close to home? If you are an experienced Emergency Registered Nurse, we want to hear from you! Our three busy Emergency Departments saw 155,148 patient visits last year.

Join our team and excel in an environment that embraces high performance with exemplary care at the core of all we do.

Visit our website www.haltonhealthcare.com and click 'Careers'.

If you are an experienced Registered Nurse, please contact us directly by email:

Lucy at lmartins@haltonhealthcare.com

Let's Celebrate Our Volunteers!



Halton Healthcare is fortunate to have a wonderful team of dedicated volunteers who make a difference every day.

We look forward to **National Volunteer Week April 7-13**, when we extend a huge thank you and recognize the impact of our volunteers. Our volunteer teams support our hospitals in providing exemplary care to our patients and visitors.