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## Mountainview Residence by the Glen

*The only family owned & operated retirement home in Halton Hills.*



*You've worked hard to enjoy retirement, now it's our pleasure to make this the best time of your life in a family, friendly atmosphere. Our residents enjoy social meals (variety of food choices), along with discrete personal care services to support daily well being.*

On-site activities to foster social, emotional, physical and mental wellbeing.

Mountainview Residents receive the vaccine booster dose and are enjoying ongoing activities

See our new suite plans online as we grow to meet the needs of our residents and community!



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[www.mountainviewresidence.com](http://www.mountainviewresidence.com)



# Holiday Healthcare Checklist

EMERGENCY

As you plan for the holidays, remember that stores, pharmacies and doctor's offices will have special holiday hours and extended closures.

Taking care of your healthcare needs ahead of time can give you peace of mind during the hustle and bustle of the season. It may also help you avoid an emergency visit to the hospital.

Here is a holiday healthcare checklist to help you prepare:

- Know when your doctor's office will be open and closed, and schedule any important medical appointments before the holidays.
- Locate your closest walk-in clinic and check their holiday hours.
- Know your pharmacy's holiday hours and renew your prescriptions before the holidays.
- Update your medication list. You can find an example at [www.haltonhealthcare.com](http://www.haltonhealthcare.com) by searching 'Medication List'.
- Stock up your home emergency kit and first aid kit.
- Stock up on your medical supplies (including batteries) and make sure all medical equipment, such as inhalers, respirators, glucometers are in good working order.
- Get the flu shot and your COVID-19 vaccinations, and follow all the COVID-19 precautions.
- Update your emergency telephone lists and include Telehealth Ontario: 1-866-797-0000.

Know your healthcare options. For more information, visit our website: [www.haltonhealthcare.com](http://www.haltonhealthcare.com). Remember our hospital is always here for you, if you need emergency medical care.

We hope you have a healthy and safe holiday season.

Follow us on social media:



[www.haltonhealthcare.com](http://www.haltonhealthcare.com)

