

Milton District Hospital Auxiliary members donate years of time

By ANN KORNUA

Taking the time to help others is a noble cause. The Milton District Auxiliary members have for years been donating time and energy in the service of others. The money that they raise in their charity events and social gatherings is donated towards new and better equipment for use at Milton District Hospital. This benefits those who require assistance and care.

The Auxiliary Members volunteer program has over 200 acting members in the Milton Hospital alone. Volunteers do jobs from manning the gift shop to assisting nurses in direct and indirect patient care. Besides working around the hospital volunteers help out with direct funding involved in events and fund drives.

These people expect nothing more than the satisfaction of helping the community. President Rita Ward proudly states that last year alone they raised \$105,000. This helped Milton District Hospital in purchasing a Hysteroscope set, a Neo Natal monitor and put \$95,000 towards a cart washer for the operating room. Over 13,000 hours of volunteer work helped make this possible.

On September 18th a Garage Sale will be held at Milton General Hospital from 8am to noon. There will be free parking for all who turn out for this Saturday. Donations of toys, books and odds and ends have been gathered through out the summer.

A Tea Room with delectable treats from muffins, cookies, pie and coffee will be set up at this year's Milton Fall Fair on September 24th, 25th and 26th. All profits will go to help out the Milton District Hospital.

The Milton District Hospital Auxiliary Members always need volunteers. If anyone wishes to volunteer they can call MD Hospital (905) 878-2383 Extension 7710 and leave their name and number.



PHOTO BY DONNA COULTER
Auxiliary President Rita Ward with volunteer Rose Barrow at one of this year's Fund Drives.

a healthier you



FEELING BETTER ALL AROUND

Managing your health... Preventative or Disaster clean up

By LINDA HENDERSON, DNM, D.AC., C.B.T., THE CLINIC OF INTEGRATED HOLISTIC SERVICES

We have all heard the term "an ounce of prevention is worth a pound of cure". This age old term can be applied to our own personal health issues.

Imagine having the opportunity to check "in" with our bodies while there is still time and have an opportunity to be preventative with probable health concerns.

There are many, very effective processes that one can undertake to get a heads up on what is going on "inside".

Bioterrain Analysis (BTA for short) is a technique in which body fluids (saliva & urine) are analyzed, zeroing in on what we are lacking or conversely, what is overloading our system. This test also provides indication of whether supplements are being absorbed or excreted.

Darkfield Microscopy can provide valuable information about the blood to understand why there are imbalances and offers an opportunity to work toward solutions to your health. A qualified Microscopist can assess conditions such as antioxidant deficiency, heavy

metal contamination, protein assimilation or oxygen reduction.

Some people say "seeing is believing". You decide....

QXCI/Biofeedback Therapy is a process in which a biofeedback conscious interface system allows the practitioner to record a clients' reactivity to over 9000 different frequencies in a very short period of time. The system interfaces with the body at biological speeds(quantum effect), addressing allergens, bacteria and viruses, parasites, as well as a long list of concerns affecting the spiritual, emotional, mental and physical issues.

These are just a few of the modalities in which a person who has made the decision to manage their health, can assist themselves in a preventative and non-invasive manner.

The philosophy for the importance of these tests, is best described by asking yourself....If there is an opportunity to find out about what's going on "inside"....Why wouldn't I want to know?



Carriage Square

CHIROPRACTIC HEALTH CENTRE



15 Martin St. Unit #2
Carriage Square Plaza
Milton
905-876-9987



Sport injury & Registered Massage Therapist

Chiropractor
Dr. Heather Eveleigh

Naturopathic Doctor
Orest Szczurko

Chiropractor
Dr. Shaun Demeris

We Welcome Sydney Evershed to our practice

Early morning, evening and Saturday appointments available.

Offering safe and effective treatment for conditions including:

- Back pain
- Headaches
- Sports Injuries

- Neck pain
- Whiplash
- And more!

New Patients Welcome




- Eye Exams Arranged (next door)
- Lab on Premises
- Certified Contact Lens Fitter

(Carriage Square)

Martin & Main Streets

905-876-0556

Empower your Vision

Rosann Mc Carville, RPT, MCPA

PHYSIOTHERAPY
CRANIO-SACRAL THERAPY

Chronic Pain, Spinal Injuries,
Jaw Pain, Fibromyalgia, Head Injuries,
Vertigo, Neck & Back Pain, Headaches

- Light hands-on approach
- Non-Invasive
- One-on-one treatment sessions
- Enhance body's natural healing abilities



905-878-4861