



MONITOR

The Heartbeat of Our Community

Halton Healthcare

News and Information from Milton District Hospital

Hospital

A Moment of Reflection

It's nice to know that our healthcare staff, no matter how busy they are, take the time to reflect on their areas of strength. On Wednesday, October 4th, college representatives from several health disciplines presented panel discussions about reflective practices to clinical staff members at the Milton District Hospital. The sessions were sponsored by Halton Healthcare's Interdisciplinary Practice Advisory Committee (IPAC). Reflective practice involves individual practitioners evaluating their knowledge and skill. This provides healthcare professionals with the ability to highlight areas of strength and opportunity and to develop 'action plans' for addressing areas of opportunity. These areas can be identified through self-reflection as well as through peer and manager evaluations. We would like to extend our thanks to the representatives for presenting these panel discussions and to all the staff members who took the time to attend the sessions.



Pictured are (left to right): Karen Ellis-Scarfenberg, College of Nurses of Ontario; Nora McLeod-Glover, Ontario College of Pharmacists; Brigeen Tracy, College of Occupational Therapists of Ontario; and Sue Behari, College of Dietitians of Ontario.

Be Prepared...for the flu

Flu season has arrived. We encourage you to check with your doctor's office about receiving a flu shot or attend one of the free vaccination clinics offered by the Halton Region Health Department. Find the clinic that's most convenient for you by logging onto their web site at www.region.halton.on.ca/health.

During the flu season please be aware of the risk to patients in the hospital and do not visit if you are ill or feeling unwell. When you do visit, please remember to wash your hands thoroughly at the convenient hand washing stations as you enter and exit the hospitals. Washing your hands is one of the best ways to avoid getting the flu!

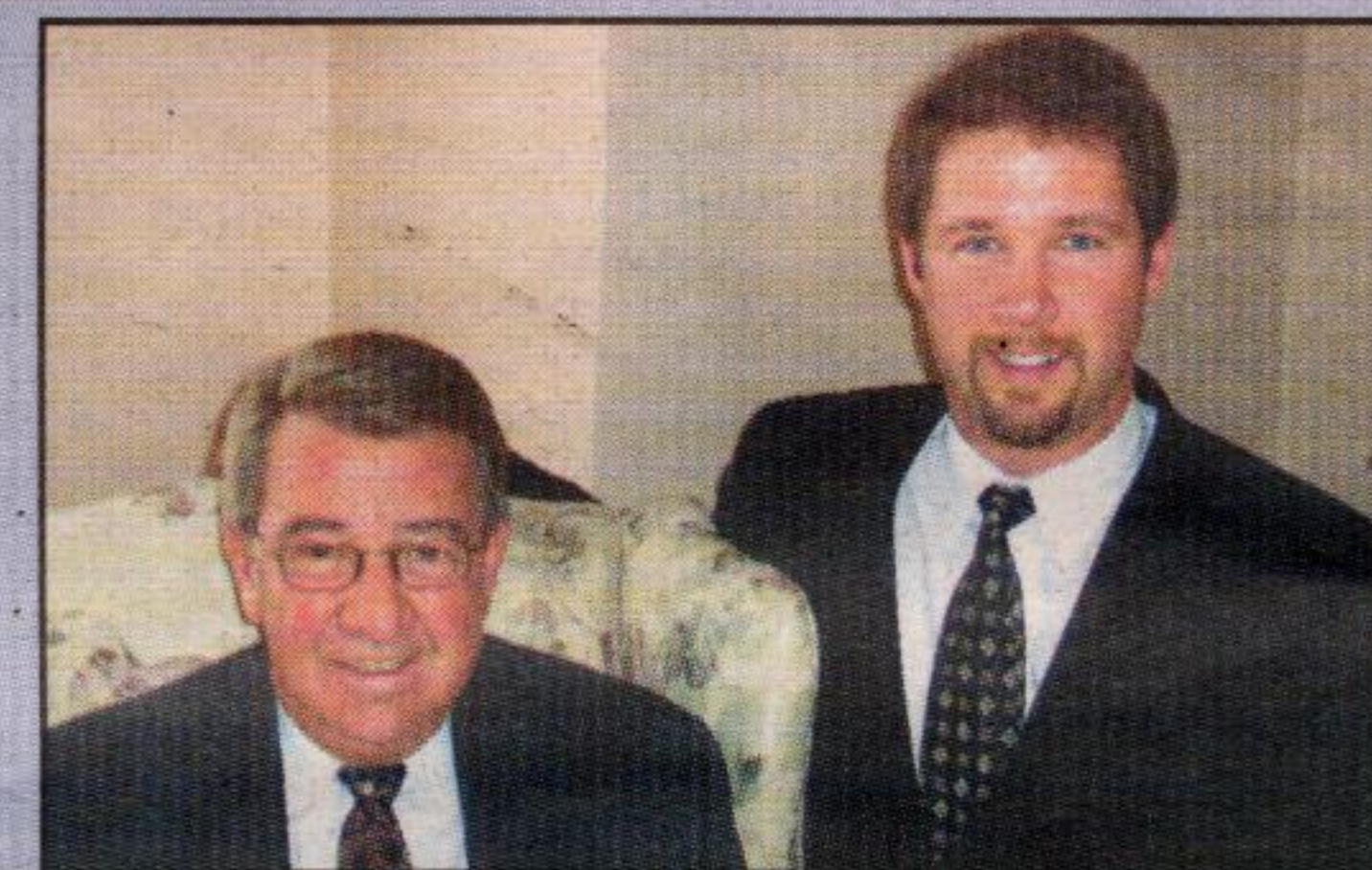


Foundation

Sharing a Dream, Inspiring a Community, Creating a Reality

Meet our Sponsors...

Doug Kocher received his funeral license in 1971 and spent over 6 years at the Ratz-Bechtel Funeral Home in Kitchener. In 1977 Doug & Judy Kocher purchased McKersie Kocher Funeral Home, and since then have been proudly supporting the community of Milton. In 1991, Doug & Judy's son Andrew along with his wife Caroline joined the family business. McKersie Kocher Funeral Home is committed to you and your personal funeral preferences as we work together to design funeral or cremation services just the way you want it. The Milton District Hospital Foundation is very proud of the partnership with McKersie Kocher Funeral Home and look forward to many more years together. We would like to thank them for their continued support as a sponsor of our monthly monitor page.



L-R: Doug Kocher of McKersie Kocher Funeral Home and his son Andrew Kocher.

Christmas is full of traditions - the smell of freshly baked gingerbread, carol singing and the Foundation's **Buy a Bulb** fundraising campaign. Because of your generosity the Christmas campaign has raised \$820,000 since its conception in 1991. Our goal is to continue to support the hospital through various Christmas campaigns and in the near future reach the \$1 million milestone. In 2003 we introduced the **We Believe in Angels** series of

ornaments. This year we will be introducing the third and final ornament in the campaign, Angel of Celebration. As part of your Buy a Bulb donation, lights will be lit on the Trees of Caring. The trees will be "officially" lit at the tree lighting ceremony to take place on **Tuesday, December 13th**. Watch for details of this wondrous event in next month's Monitor.

Celebrating Our 25th Anniversary

Auxiliary



Christmas will be here before we know it - and it's never too early to start Christmas shopping. There is **NO** better place than at the MDH Auxiliary Gift Fair and Luncheon. The special day will be held at the hospital on Saturday, November 12th between 9 a.m. to 3 p.m. Luncheon will be available from 11:00 a.m. to 1:30 p.m. Many vendors will be showcasing their wares. Watch for specials in the gift shop, door prizes, plant and bake sales, and assorted raffles. A delicious luncheon will be available. Remember parking is **FREE!**

Looking for a special look for the festive season - visit the Salon in the Hospital. Our hairstylist, Marion, offers a wide range of hair and aesthetic services including pedicures, manicures, waxing, eyelash and eyebrow tints. Gift certificates are available and delivery is offered within the Town of Milton. The Salon in the Hospital is open to the public and home visits may be arranged.

The Auxiliary is actively looking for volunteers. If you have a few hours a week or month to spare please contact the hospital switchboard at 905-878-2383 and ask for extension 7710. Leave a message, and we'll call you right back.

We would like to thank our sponsors for their wonderful support and generosity.



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