

# Your Health



## NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL

### Light up the Hills

Ignition – Monday, December 1st, Dominion Gardens, Georgetown

*Light up the Hills* is a Winter Festival featuring carols, hot chocolate and an LED light display that showcases our community during the holiday season. It embraces the essence of joy, the spirit of giving and the season of hope by contributing to Halton Hills' reputation as a friendly, family-oriented community.



With this exciting new initiative in place, the Christmas Tree Lighting event usually held in the Georgetown Hospital courtyard will not take place this year.

**Event Info:**

Gerry Kentner, Chair, Light Up the Hills  
(905) 877-6710  
www.lightupthehills.com

### Annual Hospital Christmas Ball

*Still the best Christmas Party in Halton Hills!*

What better way to kick-off the holiday season than a festive dinner and dance party at North Halton Golf & Country Club.



Over the years, this Halton Hills tradition has raised tens of thousands of dollars for medical equipment such as fetal monitors, surgical equipment and more.

Join us on Saturday, December 6th for this black-tie-optional dinner and dance in support of your hometown healthcare.

**Event Info:**

Graeme Goebelle  
(905) 877-5155 ext. 125

### Studio 49 Fall & Winter Fashion Show

Don't miss the inaugural Studio 49 Fashion Show in support of The Georgetown Hospital Foundation.



This *ladies only* evening will feature cocktails, a martini bar, dinner and a lively fashion show featuring professional models on the arms of some of our very own Georgetown Hospital physicians!

The event will be staged on Thursday, November 6th at North Halton Golf & Country Club beginning at 6:00 p.m. Cost is \$125/person. Dress for the event is cocktail attire.

**Event Info:**

Georgetown Hospital Foundation  
(905) 873-0111 ext. 8221

### And the winner is . . . .

Congratulations to Pat Sloan, winner of the Georgetown Hospital Volunteer Association quilt raffle. The raffle raised \$1139.00. The winning ticket was drawn at the Fall Fashion Show featuring Elizabeth's Fashions and Fifth Avenue Jewellery which raised an additional \$1500.00 for the Georgetown Hospital Volunteer Association. Funds raised by the GHVA are used to purchase equipment for the Georgetown Hospital.

### Clean hands protect lives



*Hand cleaning is one of the best ways you and your health care team can prevent infections from spreading.*

HHS is actively participating in the *Clean Hands Protect Lives* Campaign, recently launched by the Ontario Hospital Association (OHA) and the Ministry of Health and Long-Term Care (MOHLTC). The campaign outlines the key times when healthcare providers should clean their hands and wear gloves and how patients and visitors can do their part to stop the spread of infections.

#### Healthcare Providers

Your healthcare team is committed to giving you clean, safe care. There are important moments when your healthcare team should clean their hands, such as:

- After touching objects in a patient's room and going to another room
- Before and after treating patients
- Before and after special procedures
- After contact with body fluids, such as blood and urine.

#### Patients and Visitors

When you come to the hospital, hand cleaning is your job too. Whether you are a patient or a visitor, do your part to prevent germs from spreading. Make sure you clean your hands often and especially:

- Before and after eating
- After using the washroom
- After sneezing or coughing

Visitors who do not feel well should not come to the hospital to visit. When you are a patient in the hospital, don't be shy about telling visitors to stay home if they are not feeling well. That's another big way we can keep infections from spreading in our hospitals.

### Free Living Healthy Seminars

#### Destination Diabetes: Let's Change Tracks (A Diabetes Screening/Prevention Event)

With Dr. P. Eddenden, Medical Advisor, Halton Diabetes Program & A. Gleeson, Dietitian, Certified Diabetes Educator, Halton Diabetes Program  
**Monday, November 17, 2008 – 7:30 pm**  
*\*Diabetes Screening from 6:30 to 7:30 pm.*  
Oakville-Trafalgar Memorial Hospital, 327 Reynolds Street, Oakville

#### Hypertension & Kidney Disease

With Dr. Danny Sapir, Nephrologist  
**Wednesday, November 19, 2008**  
Displays - 6:30 p.m. Seminar - 7:00 p.m.  
Milton District Hospital  
30 Derry Road East, Milton, Ontario

#### Introverts & Extroverts: Different Types, Different Stresses

With Dr. D. Posen, Stress Specialist  
**Thursday, November 20, 2008**  
Displays - 6:30 p.m. Seminar - 7:00 p.m.  
LeDome Banquet Hall, 1173 N. Service Road East, Oakville

To reserve a seat for one of these health seminars, please call 905-873-0111, ext. 4379 or email: [elittle@haltonhealthcare.on.ca](mailto:elittle@haltonhealthcare.on.ca)

Georgetown Hospital  
1 Princess Anne Drive  
Georgetown, Ontario  
L7G 2B8

Milton District Hospital  
30 Derry Road East  
Milton, Ontario  
L9T 2X5

Oakville-Trafalgar Memorial Hospital  
327 Reynolds Street  
Oakville, Ontario  
L6J 3L7