

# Find a balance: speaker

• from LET on page 5  
willing to stick with these kids and keep encouraging them," Mr. Carmichael said. "We watch professional sports and hear things like 'Winning is everything, It's the only thing.' A United States survey shows that among the top 10 reasons why kids get involved in sports, to win is at the bottom of the

list." He said establishing a more nurturing environment, finding a balance between competition and player development and eliminating boy-girl segregation at the prepubescent level will go a long way towards keeping children active — and curbing drug and alcohol use among youngsters.

# Dateline

Tuesday Nov. 25

**Taking Charge of Your Rheumatoid Arthritis**, an education session for persons with rheumatoid arthritis, is presented at Milton District Hospital. An occupational therapist and physiotherapist are the guest speakers. For more information, contact the hospital at 878-2383, ext. 2260, or the Arthritis Society at 522-5235, ext. 101.

The **Twins Plus Association**, a self-help group for parents and expectant parents of twins and triplets, meets at Grace United Church, 156 Main St. N., in Brampton at 8 p.m. The guest speaker is Dr. Harry Earle. For more information, call Debbie at (905) 454-4504.

**Unemployed? Looking for Work?** The Women's Employment Network meets at the Halton Women's Centre from 9:30 to 11:30 a.m. The centre is located at Hopedale Mall, 1515 Rebecca St., Suite 210. Call 847-5520 for more information.

The **Halton Cesarean Awareness/Vaginal Birth After Cesarean Group (CA/VBAC)** meets to provide information, support and topical discussions. This month's topic is 'Vaginal/Cesarean Birth: Safety, Advantages and Risks'. For further information, call Susan at 829-3385 or Michele at 634-2191.

Wednesday Nov. 26

It's **Hot Meal Deal Day** at the Milton Seniors' Activity Centre, 500 Childs Dr., at 11:45 a.m. The event features a hot lunch and fellowship.

**Enterprising Women**, a program of the Halton Women's Centre, meets at the Quality Hotel, 754 Bronte Rd., in Oakville from 7 to 9 p.m. The guest speaker is Sue Warden, television host and director of television program Sue Warden Craftscapes on the Life Network. The cost is \$10 per person or \$50 for the series. To register, call 847-9104.

Thursday Nov. 27

The Victorian Order of Nurses holds a foot care

clinic at the Milton Seniors' Activity Centre, 500 Childs Dr., from 1 to 4 p.m. The cost is \$15. For further information or an appointment, call 875-1681. Foot care clinics are by appointment only.

The Halton Women's Centre presents **'Understanding Family Law'** in its Ask a Lawyer series from 7 to 9 p.m. The centre is located at Hopedale Mall, 1515 Rebecca St., Suite 210, in Oakville. The cost is \$5 for members and \$6 for non-members. To register, call 847-5520.

The Halton Women's Centre presents **'Homeopathic Remedies — Exploring Health Alternatives'** with Lori King from 7 to 9 p.m. The centre is located at Hopedale Mall, 1515 Rebecca St., Suite 210, in Oakville. The cost is \$5 for members and \$6 for non-members. To register, call 847-5520.

The senior citizens' **Diners Club** holds its monthly outing to a nearby restaurant. Participants meet for a car pool in the parking lot of the Milton Seniors' Activity Centre, 500 Childs Dr., at 5:30 p.m., or at the restaurant at 6 p.m. Call 875-1681 for the November location.

**Chronic fatigue syndrome sufferers** meet at 1 p.m. For further details, call 876-3713.

Friday Nov. 28

It's **Hot Meal Deal Day** at the Milton Seniors' Activity Centre, 500 Childs Dr., at 11:45 a.m. The event features a hot lunch and fellowship.

Saturday Nov. 29

Cedarbrook Home, a respite and hospice for terminally-ill children, holds a **dinner/dance**. The reception from 6 to 7 p.m. is followed by a buffet dinner and dancing to a disc jockey. Tickets cost \$75 per couple or \$40 for singles and are available by calling Maggie Walladora at 878-1732.

Sunday Nov. 30

The Milton Choristers presents **Silver Bells**, a family • see **DATELINE** on page 14



Tis the Season,  
**TUNE UP and WINTERIZE**


4 cyl	\$64 <sup>95</sup>
6 cyl	\$74 <sup>95</sup>
8 cyl	\$84 <sup>95</sup>

\*Applies to most cars & light trucks

**Bring along this ad and receive a complimentary Lube, Oil & Filter with your tune up.**

**Book your service appointment today!**  
Hours: Mon-Fri 8:00- 5:30 pm  
Sat 8:00-12:00 noon

**K&B AUTO SERVICE**   
715 Main Street E. Milton 876-3148 KEVIN BLACKLOCK



# MILTON DISTRICT HOSPITAL

## HOSPITAL RESTRUCTURING: Opportunities & Challenges

The Interim Report of the Health Services Restructuring Commission has been released.

**We're here to stay.**

However, there is a lot of work to be done to respond to this Interim Report, and to implement its directions. Here are the key opportunities and challenges that lie ahead:

**Opportunities**

- Maintaining Services:
  - 24 Hour Emergency Care
  - Outpatient/Ambulatory Care
  - Acute Inpatient care
  - Chronic Care
- Amalgamation with Oakville Trafalgar Hospital:
  - Improved access to specialty care
  - Sharing of expertise and resources
  - More effective use of health care dollars

**Challenges**

- Meeting community needs with fewer Acute Care beds by the year 2000.
- Reducing the length of stay for patients admitted to inpatient beds.
- Discharging patients who are waiting for placement in a Nursing Home or other Long Term Care Facility.

**We believe the Restructuring Commission targets for these areas are unrealistic and need to be reassessed.**

**We will be responding to the Commission by December 19, 1997 on these concerns.**

---

At MDH, we have always appreciated your support. As we work through these many opportunities and challenges, your continued support will help us meet the future needs of our community. We will continue to provide:

**“Quality Care for a Healthier Community”.**