



MONITOR

THE HEARTBEAT OF OUR COMMUNITY

NEWS AND INFORMATION FROM MILTON DISTRICT HOSPITAL

The monitor is sponsored by these community minded businesses and individuals:

Halton Automotive Industrial Supply Ltd., Bill Currie, Bob (Pie) Lee, McCuaig Insurance Ltd., McKersie-Kocher Funeral Home Ltd.

HOSPITAL

RESTRUCTURING - UPDATE

Our MDH - OTMH Transition Team is busy at work. Several meetings have been held to date and we have appointed a facilitator and legal counsel to help us work through our amalgamation.

We will be sure to keep you informed as we move forward with our plans.

If at any time you have questions or concerns around our amalgamation or the Report of the Restructuring Commission, please do not hesitate to contact **Allan Halls**, our Executive Director at 878-2383.

EXCITING NEW AND IMPROVED SERVICES AT MDH!

If you currently have diabetes or a cardiac condition - we have some exciting new programs you should be aware of:

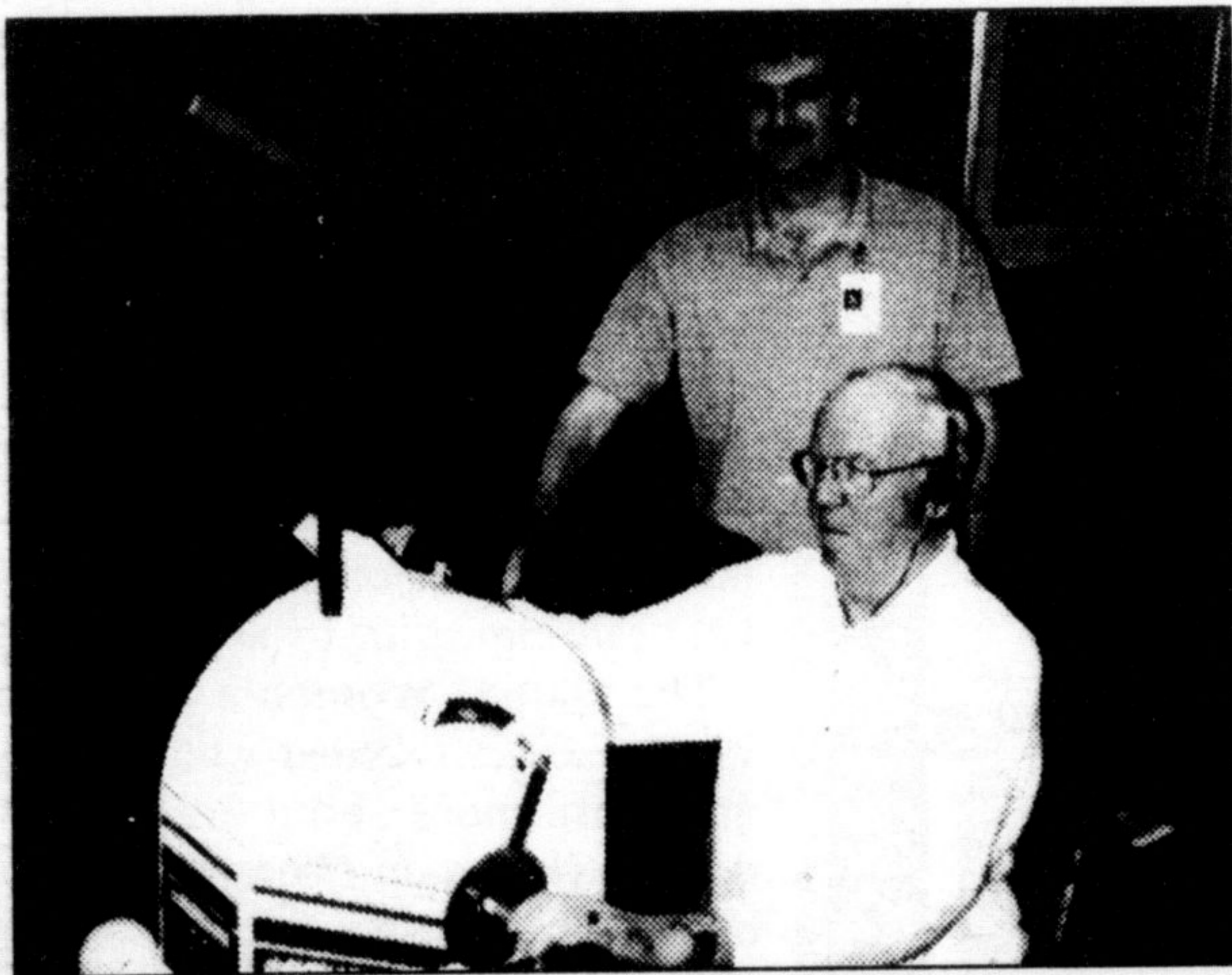
• OUT PATIENT CARDIAC REHABILITATION PROGRAM

Our ten week Cardiac Rehab Program is already up and running, supervised by **Jeremy Buchan**, a Registered Physiotherapist here at MDH.

Currently, six participants are attending the twice per week exercise and education sessions. Our program aims to decrease the symptoms and reduce the risk of future cardiac problems, improve your knowledge and enhance your overall well being.

The reviews in to date are certainly positive. Here is what **Don Mahony** of Milton had to say: "The program is very good and it's nice to have it offered locally. It's a good place to 'push the envelope' and learn one's limits under excellent supervision".

Interested in registering, Call the MDH Rehab Department at 878-2383 Ext. 2260.



Arthur Lund exercises on the arm ergometer under the watchful eye of MDH's Jeremy Buchan.

• DIABETIC EDUCATION PROGRAM

As part of a new Halton wide program, MDH will be offering much enhanced support and education to individuals with diabetes. **Kerstin Fredriksson**, our Registered Dietitian and **Mary Merry** our Nurse Educator will have more time available

WE'RE BACK - OUR 9TH ANNUAL WELLNESS FAIR!

Plan on attending this year's MDH Wellness Fair - scheduled for Saturday, April 4th at the Milton Mall. Look for a combination of new and interactive displays as well as those that have proven their popularity at past Fairs.

FOUNDATION

YOU ARE TRULY OUTSTANDING!

Many thanks to our generous donors who contributed over \$64,000. to this year's **Buy a Bulb** campaign. Your kindness has helped MDH get closer to raising the \$300,000. necessary to finance a new cardiac monitoring system for the ICU.

BUY YOUR NEVADA TICKETS AT FARRAH'S FOOD MART

Lottery lovers may support the Foundation by buying their Nevada tickets at **Farrah's Food Mart** located in the Laurier Plaza.

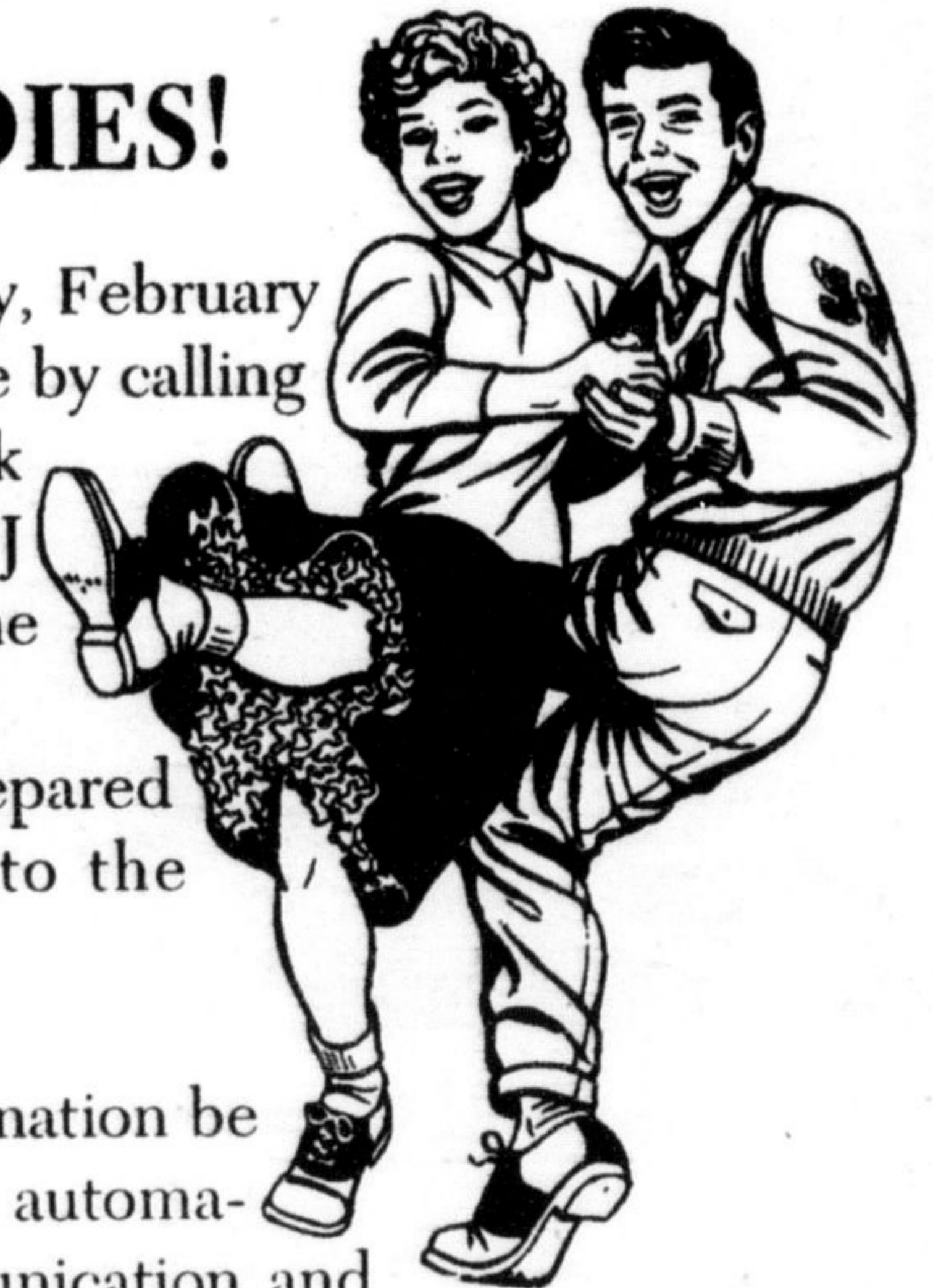
All money generated through Nevada tickets is used for specific Hospital projects.

Many thanks to **Farrah's** for being a friend of the **Milton District Hospital Foundation**.

CALLING ALL YOU OLDIES BUT GOODIES!

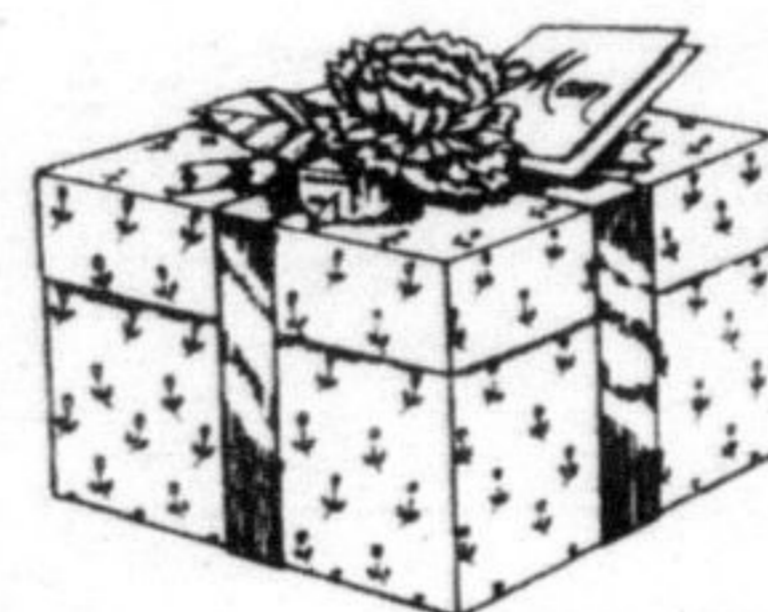
Kruz Radio is presenting a 50's and 60's Valentine's Dance on Saturday, February 14th at the Optimist Centre. Tickets may only be purchased in advance by calling 905-842-9781 and will not be available at the door. Cost is the rock bottom price of \$15. single or \$25. couple. **Kruz Radio** is the terrific DJ service which provides the music each and every Sunday, throughout the summer, at **Milton Cruise** nights.

So guys dig out the brylcreem and gals find your poodle skirt and be prepared to have a great time! Remember proceeds will be donated to the Foundation.



P.S. - Milton Cruise has requested \$4300. of their \$5800. summer donation be used toward the \$150,000. needed to finance a network upgrade office automation system, this will enable MDH to establish state of the art communication and technology.

AUXILIARY

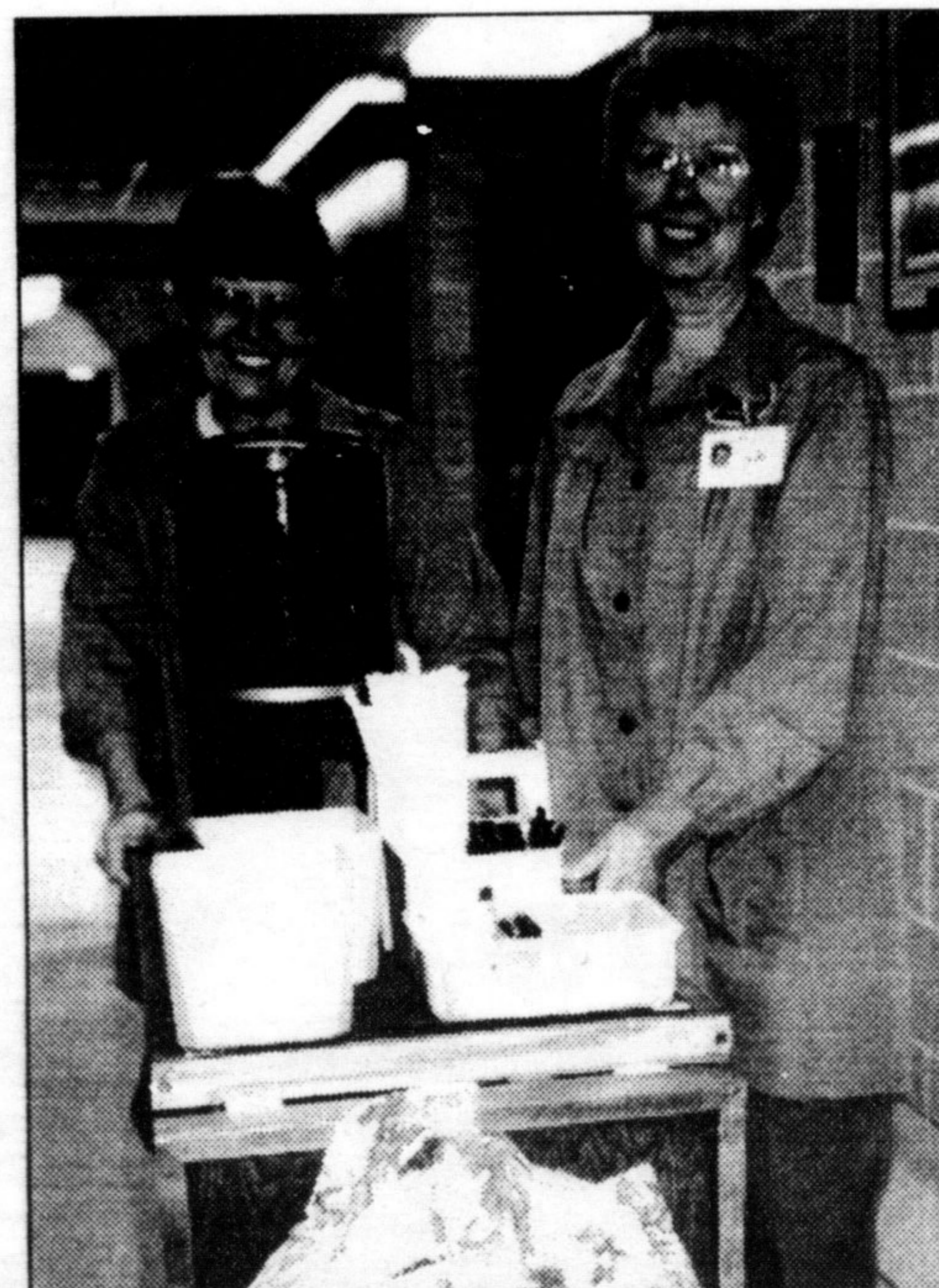


THE GIFT WRAPPING SERVICE

offered by the Auxiliary this past Christmas raised over \$4,000. Thank you to the citizens of Milton and the Milton Mall for your outstanding support! Remember this service will be offered again next year for a small donation to the Auxiliary.

COFFEE, TEA, OR

smiles! The Auxiliary offers a refreshment service each and every weekday to the many patients and their visitors within the Hospital.



Auxiliary Members, Jan Carson and Caroline McDougall

CALLING ALL VOLUNTEERS....

The Auxiliary welcomes anyone interested in becoming a new member. If you have a few hours a week or a month to spare please contact the Hospital switchboard at 878-2383.

VALENTINE'S DAY...

will be here on February 14th. Don't forget to drop into the Gift Shop and buy to your heart's content or visit the Beauty Salon and purchase a gift certificate for a special pampering.



MILTON DISTRICT HOSPITAL AUXILIARY MISSION STATEMENT

Volunteer Partners



MILTON DISTRICT HOSPITAL
Quality Care for a Healthier Community.