



MONITOR

THE HEARTBEAT OF OUR COMMUNITY



NEWS AND INFORMATION FROM MILTON DISTRICT HOSPITAL

We would like to thank our sponsors, Bestbuy Distributors, Bill Currie, Bob (Pie) Lee, McCuaig Insurance Ltd. and McKersie-Kocher Funeral Home Ltd. for their wonderful support and generosity.

HOSPITAL

It's Coming
10th Annual MDH Wellness Fair
Saturday, April 10, 1999
9:30 am to 4:00 pm at Milton Mall

Bring the family to the 10th Annual MDH Wellness Fair at Milton Mall featuring more than 40 great displays from the hospital and community healthcare agencies.

This year there's something new for the kids! Children are invited to bring their favorite "friend" for a visit to the Teddy Bear Hospital which will be located right outside the Zellers mall entrance.

The Teddy Bear Hospital is a fun, non-threatening way for children to become familiar with some of the procedures that take place in the hospital. Their visit will include a trip to the Teddy Bear emergency, laboratory, x-ray and inpatient departments!!

Women and Heart Disease - "Risky Business"

Tuesday, April 13, 1999
 Displays: 7:00 pm Speakers begin at 7:30 pm
 Milton District Hospital

If you are a woman between the ages of 35 and 65, you'll want to attend this free seminar to find out if you are a "risk-taker" when it comes to your heart. The seminar features Dr. Sonia S. Anand, an internist from Hamilton Health Sciences Corp., and Nicola Simmons, RN, an Emergency Education Specialist. Seating is limited so book your seat now by calling 338-4379

Home Emergency Lifeline Program

The Home Emergency Lifeline Program (HELP) is a not-for-profit program of Halton Healthcare Services, operated and monitored from the OTMH site. This invaluable service provides safety, security and quick emergency response "at the touch of a button" to over 800 subscribers throughout Halton, and has served over 2,500 people since the program began in 1990.

"Our around-the-clock home emergency response service provides peace of mind to many people living on their own, including the disabled, medically at risk, and senior citizens who prefer to maintain their independence with safety and security," says Program Coordinator Margaret Robichaud.

HELP is available for as little as \$35 a month. The HELP service is a thoughtful gift idea for someone you think may need more safety and security at home. If you or someone you love would like more information about Lifeline please call 338-HELP (4357).

For Goodness Sake!

Look for our new **for goodness sake health tips** in every issue of the Canadian Champion beginning next Friday, April 2, 1999! Sponsored by The Canadian Champion and Halton Healthcare Services.

FOUNDATION

THE SHAMROCK FUNDRAISER TWAS A WONDERFUL SUCCESS!

Thanks to the following establishments who sold shamrocks for a toonie each and raised \$2605.00 for the Foundation:

Dicken's Restaurant.....	\$705.
Milton Legion	\$124.
Millside Restaurant.....	\$200.
Optimist Centre	\$ 50.
Don Cherry's Grapevine.....	\$ 44.
Canadian Meter Co. Inc.	\$280.
The Waltzing Weasel	\$280.
Charley Fitzwhiskey's	\$230.
Belamy's	\$106.
Hops & Malt.....	\$100.
Nascar Pit	\$140.
Mohawk Inn	\$ 86.
Trattoria.....	\$ 60.
Burlington Centaurs	
Rugby Club	\$200.

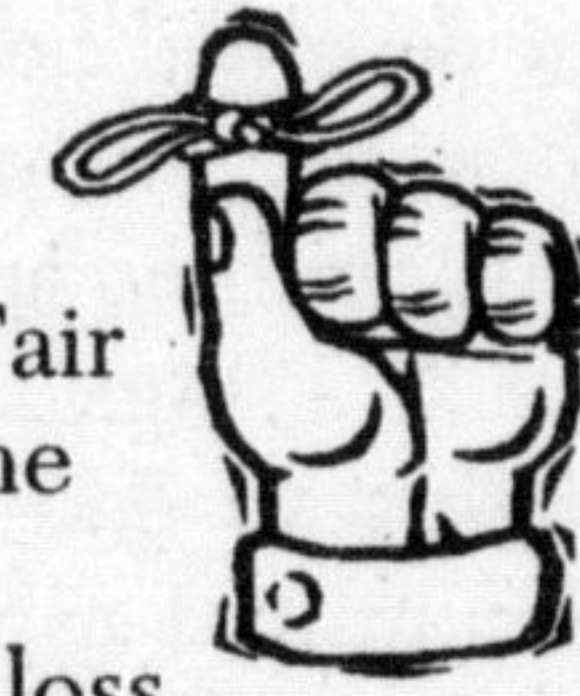
HIKE FOR HEALTH



brochures will soon be arriving at your door via the Champion. This year's event will be held on Sunday, May 30th. Start collecting your pledges cause we have brand new prizes in every level!

DON'T FORGET TO VISIT THE WELLNESS FAIR

Want to live longer and better? Well drop on over to the Milton Mall on Saturday, April 10th. The Wellness Fair will have over 40 booths. Visitors to the booths may have their blood pressure checked or learn more about hearing loss. It's for everyone, young and young at heart.



Don't sit at home on April 10th, join us at the Milton Mall and start your journey to a longer, healthier life.

Remember.....the Wellness Fair is sponsored by the Milton District Hospital Foundation

BLAZING SADDLES AUG. 13



That good ole rootin, tootin, foot-stomping fundraiser is heading your way again this summer. Blazing Saddles! You'll be able to feed your faces with great grub and then bid on silent and live auction items. All for the rock bottom price of \$50. per person! Or grab your friends and mosey on over to a table for \$500. Call Donna at 878-2383 Ext. 2170 for your ticket(s).

AUXILIARY

SPRING FEVER IS IN THE AIR....

Spring has officially arrived. The MDH Auxilians are busily preparing for the upcoming events:

FASHION SHOW

April 11, 1999, Granite Ridge Golf Club at 1 pm. A delicious luncheon will be served followed by the beautiful fashions supplied by Peggy's of Milton Mall.



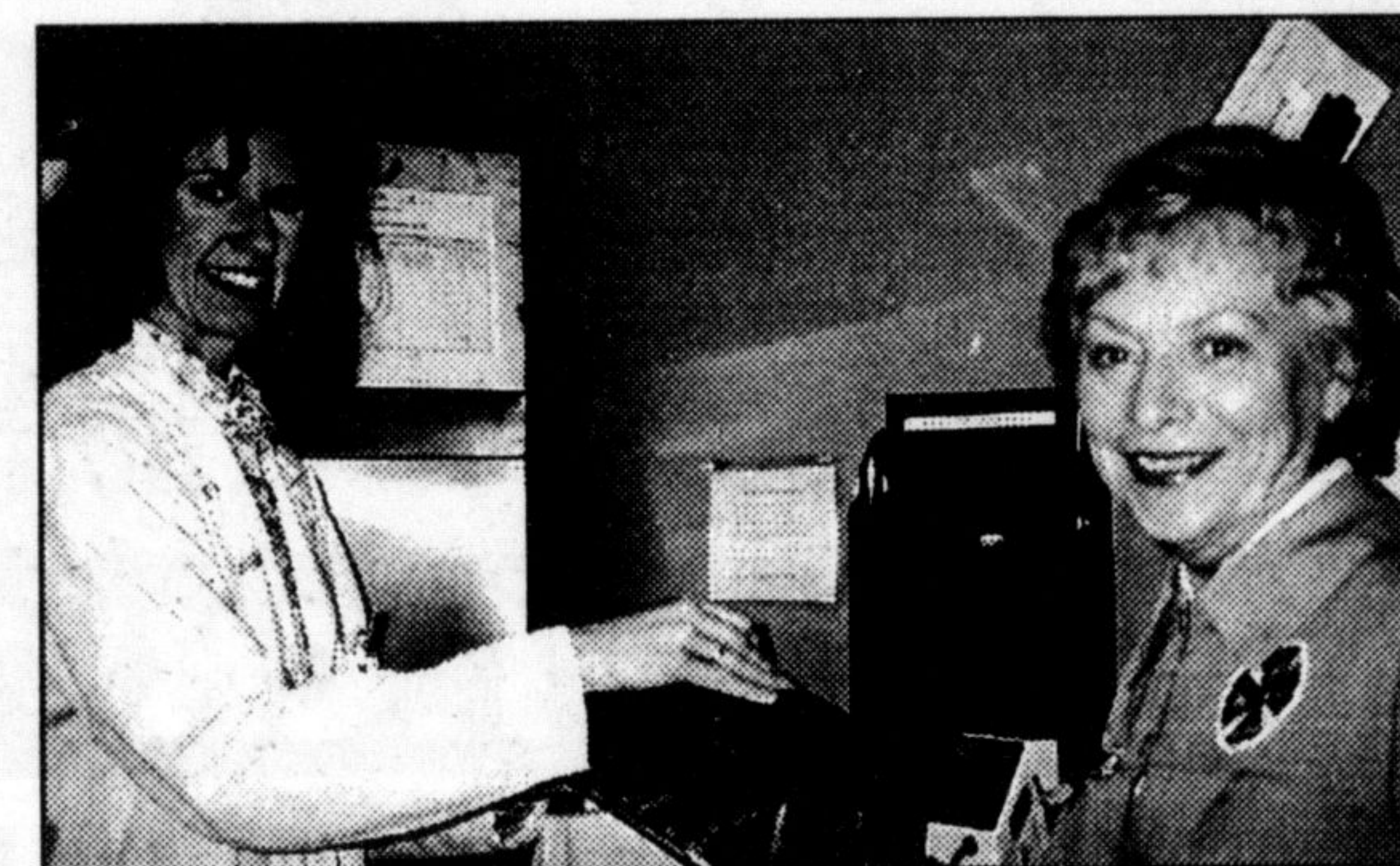
GARAGE SALE

May 8, 1999, grounds of MDH at 8:30 am to 12:30 p.m. lots of treasures including a great plant sale. Remembers donations are being accepted at the Hospital commencing May 6th.



THANK YOU MILTON!

Due to the generosity of Milton's citizens the Auxiliary financed a plasma thawer for the Laboratory department. This worthwhile piece of equipment was funded through events such as the Garage Sale and Strawberry Fair.



MDH Lab employee, Dawn Duncan, A.R.T. and Past Auxiliary President Joan Griffiths Displaying the plasma thawer.

DON'T FORGET TO VISIT THE GIFT SHOP FOR THAT EXTRA SPECIAL GIFT

If you have not visited the Hospital Gift Shop, add it to your list of "must do's" New items are arriving weekly. Drop in and see the beautiful lingerie, scarves and accessories. Remember the Gift Shop is G.S.T. Free!



MILTON DISTRICT HOSPITAL
 Quality Care for a Healthier Community.