



# 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

#### Diabetes Education Classes

The Halton Diabetes Program at Milton District Hospital is part of a regional education program that provides information and support to adults with diabetes and their families. The Diabetes Centre at MDH is offering a series of free evening educational classes, all of which focus on learning how to control your Diabetes. Some of the topics covered are meal planning, dining out, exercise, foot care, medication, monitoring blood sugar and more.

September 15, 22, 29, October 6  
7:00 to 9:00 pm  
Milton District Hospital

Space is limited and the classes are filling up fast! Call the Diabetes Centre at 878-2383, ext. 7410 to book your space today.

#### Health Education Programs resume in September

Once again, Halton Healthcare Services is pleased to offer a series of community health education sessions. For further information on upcoming sessions or to reserve your seat for the following dates please call 338-4379.

#### Osteoarthritis & Rheumatoid Arthritis

Wednesday, September 15, 1999  
Displays: 6:30 pm Seminar: 7:00 pm  
Graham Hall, St. Paul's United Church  
123 Main Street, Milton

#### Featuring

Dr. Arthur Bookman, Rheumatologist  
"Advances in the Treatment of Arthritis"  
Dr. Mitchell Winemaker, Orthopaedic Surgeon  
"You Need a New Joint?"  
Arthritis Society Therapist  
"Living Well with Arthritis"

#### Mammacheck

Thursday, September 16, 1999  
2:00 - 4:00 pm

Milton District Hospital - Classroom

This free breast self-examination workshop incorporates a video presentation, practice with silicone breast modes, discussion and an instruction pamphlet.

Please call 338-4379 to register for either of these health education sessions.

#### Congratulations

Congratulations to the Milton District Hospital Foundation for organizing another successful "Blazing Saddles" event and thanks to the 600+ people who came out to support the Hospital.

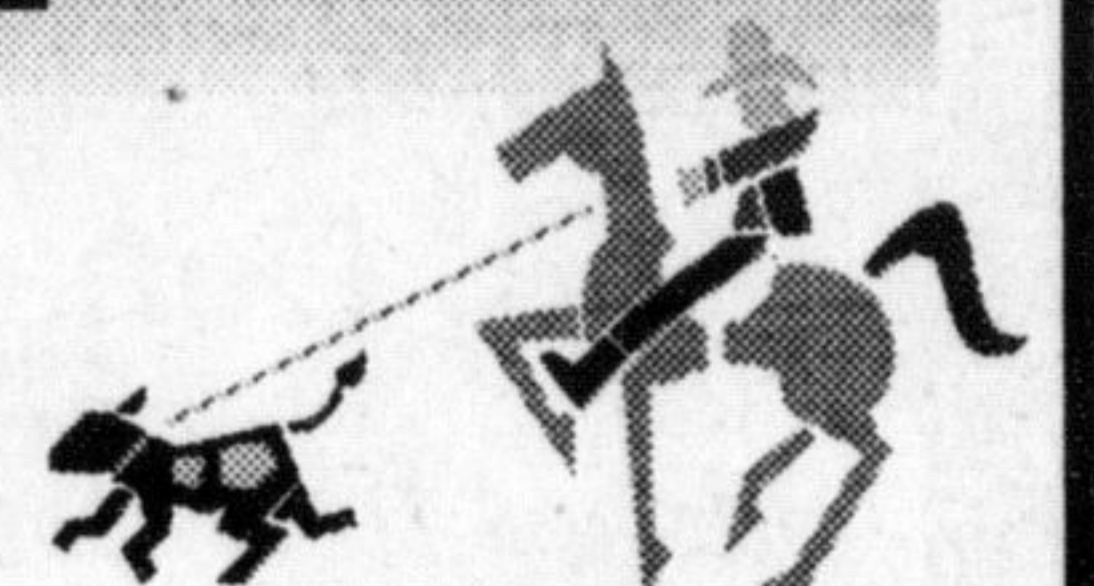
#### Coming Soon!

The MDH Obstetrics Unit will reopen on Monday, October 4, 1999 with the arrival of obstetrician and gynaecologist, Dr. Sandy Sharma. Watch for more information on Dr. Sharma in the September issue of The Monitor.

### FOUNDATION



Thanks to you...  
Blazing Saddles blazed itself to  
ANOTHER GREAT SUCCESS!



...and netted approximately \$72,000! These funds will be used to purchase a film digitizer for Milton District Hospital's very own Diagnostic Imaging Department.  
**THANK YOU, THANK YOU, THANK YOU, THANK YOU,**



Halton Healthcare Services Public Relations Coordinator, Trish Carlton and MDHF donor, Don Joyce



Blazing Saddles volunteers Marlene Pearson and Margo Johnson.

P.S. Did you lose a pair of prescription glasses or sunglasses at Blazing Saddles? If you did, please contact Donna or Jen at 876-7014.

### AUXILIARY

SEPTEMBER IS JUST AROUND THE CORNER.....

which means the Auxiliary is planning lots of exciting things! This will require many volunteers in all aspects of fundraising. If you are interested in joining the MDH Auxiliary contact Rita Ward at 878-2383.

You can volunteer anywhere from 3 hours to 30 hours per month. Each and every hour of your valuable time is appreciated.

REMEMBER....

when you are thinking about purchasing a special gift for a special occasion. The Gift Shop is always GST free!



Two of our special volunteers... Left to right, Carolyn McDougall and Jan Carson.



MILTON DISTRICT HOSPITAL  
Quality Care for a Healthier Community.