

## NEWS AND INFORMATION FROM MILTON DISTRICT HOSPITAL

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

### HOSPITAL

#### Beat the Bug!!!

The staff at both the Milton District Hospital and the Oakville-Trafalgar Memorial Hospital have been busy rolling up their sleeves, not because of the warmer than usual temperatures outside, but because they are all pitching in to beat the bug" this winter.



With the flu season fast approaching, the hospitals have set a target of achieving 90% immunization rates within the ranks of the staff, physicians and volunteers.

To-date more than 50% of the healthcare providers at both sites have received flu shots. Travelling flu carts and a daily flu shot clinic are just two of the activities taking place to promote immunization.

For more information about the flu shot and how you can "weather" the flu season this year call the Halton Regional Health Department's Flu Info Line at (905) 825-6158 or speak to your family physician.

#### Asthma Education Centre Expands

If you or someone in your family has Asthma, you may be able to benefit from the new Asthma Education Centre which has recently opened at Milton District Hospital. Through education and hands on practice, you can learn to take control of your Asthma and optimize the quality of your life.

"Knowledge dispels the mystery and fear generally associated with asthma and empowers the patient with effective self-management strategies," says Eileen Gagne, Co-ordinator of the Asthma Education Centre who is also a Respiratory Care Practitioner and a Certified Asthma Educator. "We work together with the patient and their doctor to plan ways to control symptoms, prevent attacks and successfully stop an asthma attack in progress."

Following your doctor's referral to the Centre Eileen will work with you and your family to determine, among other things, what triggers your asthma and how to recognize when your asthma is getting out of control.

"It isn't easy to identify what is making someone's asthma worse. We usually ask patients to keep a diary to track their symptoms to see if there is a pattern that links a particular place or activity with the symptom," adds Ms. Gagne. "We also have a variety of easy to understand resource materials and lots of practical tips on how to avoid asthma triggers."

The Asthma Education Centre at MDH is open every Thursday from 3:00 pm to 8:00 pm. Appointments are available with a doctor's referral. Please call 338-4691 for additional information.



### FOUNDATION

20 YEARS  
MILTON DISTRICT HOSPITAL FOUNDATION  
CELEBRATING A COMMUNITY THAT CARES  
(905) 876-7014

#### PURCHASE A CHRISTMAS TREE\* AND SUPPORT THE FOUNDATION

Easy as 1, 2, 3

1. Drop on over to the Foundation office and purchase your tree coupon for \$20.
2. Visit Frank Ruhl's farm at 6607 First Line (1/2 mile south of the hospital) and pick up your tree
3. Accept our thanks for supporting MDHF

\* 6' to 7' Spruce Trees

Trees will be available after December 2nd

The Foundation requires a Christmas tree stand. If you have one that you would like to donate, please contact the office at 876-7014

#### OUR APPRECIATION TO:

**Dufferin Aggregates** for its \$9,031 donation and the wonderful tour.

Dufferin Aggregates' Operating Manager, Trevor McAdam; MDH Administrative Assistant, Ali Thompson and Foundation Coordinator, Donna McLaughlin

**Milton Cruise** for donating \$4,425



MDHF Chair, Mary Devlin and Milton Cruise organizing committee member, Joanne Schilling

**Axis Logistics Inc.** for raising \$2,312.50 from their **Healthy & Safety Week 2000** events and donating it to the Foundation

MDHF Board Member, Heather Penman and Axis Logistics Inc. General Manager, Syd Mason



**Meritor Suspension Systems Company Health & Safety Committee** for generously donating \$5,000.

Meritor Suspension Systems Company employees, Harold Robertson, Joe Fabiano, Harold MacKinnon, Cam Bolard, Chuck Baynton, Donna Tomson-Castle, Sue Campbell and MDHF Board Member, Brian Johnston



### AUXILIARY

#### ONLY 10 MORE WEEKS UNTIL CHRISTMAS .....

Mark your calendar and visit the **Auxiliary's Annual Christmas Craft Fair and Luncheon**. It will be held at the Hospital on **Friday, November 17th** between the hours of 10 a.m and 6 p.m. Luncheon will be served between 11:30 a.m. and 2 p.m.. Vendors will be showcasing their beautiful Christmas items and non-seasonal items. There will be a take-a-chance raffle, bake sale and MUCH MORE! **Mark Curtis** will be available to personally sign each and every copy of his brand new CD, "The Bridge to Us All."



One of our hardworking auxiliary members, Audrey Murray

#### LOOKING FOR A SPECIAL CHRISTMAS GIFT FOR A SPECIAL PERSON?

The Auxiliary has commissioned a number of Milton Heritage Tapestry afghans. The afghan features historical buildings and favourite Milton landmarks. A unique tribute to Milton and Escarpment Country that is sure to become a treasured heirloom. The afghans are 100% cotton and machine washable. Price is only \$99.00 including taxes. For information, please contact: Margaret Eckert, 878-4326; Katherine Fabi, 332-9119 or Joan Griffiths, 878-1656.

Auxiliary member, Joan Griffiths displaying the beautiful afghan

#### SATISFY YOUR SWEET TOOTH

....and visit into the **Milton Mall's Community Bazaar** on **November 25th**. The Junior Volunteers will be holding their 2nd annual Bake Sale.

