

# Big bash planned for July 1 celebrations

*Local Canada Day festivities will centre around Rotary Park*

Milton will celebrate Canada Day with a weekend full of family-oriented festivities at Rotary Park.

Children will be able to enjoy a refreshing swim at the park June 30 from 1:30 to 4:30 p.m. or visit the carnival rides and games. The entire family can drop by and experience 'Vegas Comes to Milton' featuring a casino night (with licensed area) and a live show by Milton's own 'Elvis', Steve Kabakos, from 4 to 10 p.m.

Then on July 1, the festivities will get off to an early start with a pancake breakfast by the Optimist Club at 10 a.m.

The 'Thanks to Canadian Veterans/Citizens Walk' in the park will start at 11:30 a.m.

Residents can also enjoy a free swim at the park from 11:30 a.m. to 4:30 p.m. Games, dunk tanks, carnival rides and pony rides will take place all afternoon.

The community is invited to attend the official opening of the Mill Pond and Mill Pond Millennium Gazebo at Centennial Park at 3:30 p.m.

To top off the Canada Day celebrations, evening entertainment in the park will include local band 3 MDM, carnival rides and games. A fireworks display will begin at dusk.

For more information regarding the

Canada Day celebrations, call Laura McKee at 878-6347. Local bands interested in performing on the Canada Day stage can call Jamie Krane at 876-2955.

*There will be lots to see and do in Milton on Canada Day.*



## Hitherfield is GROWING

From Junior Kindergarten through Grade 8 your child will enjoy an educational experience that will last a lifetime.

*At Hitherfield School, students learn in an intimate, happy, yet challenging environment.*

Our school is situated just outside of Campbellville, perched on a hill overlooking 82 acres of beautiful rolling countryside.

*...And there's still room for you because...*

**WE ARE PROUD TO ANNOUNCE THAT WE'RE BUILDING-AGAIN!**

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At **Hitherfield**, every child is unique. Our strong academic program, small class sizes, and dedicated teachers help every child to *want* to achieve his or her personal best.

*So...come and grow with us!*

For more information about Hitherfield, and how you can become part of our wonderful student body, please call **905-854-0890**.

*Everyone Welcome*  
**Closing Party**  
**Milton**  
**Optimist Centre**  
**June 29th**

*Avoid disappointment - Pick up tickets early!*

**Featuring**  
**3MDM**  
**Midnight Buffet**  
**& lots of Prizes!**

**\$12. Tickets** Available at  
**The Optimist Centre, and M&M Meats**

**FINAL MONTH**  
**FREE POOL**  
**& Close Out Sale!**

**311 Commercial St. 905-878-2333**

**Fixtures, Art, Furniture, Pool Tables, TV, Bar Equip.**

*Everything Must Go!*

Please drop by, place your Private Bid. Further information call Ann @ 905-878-2333

# Halton Diabetes Program at MDH



Halton Healthcare

The Halton Diabetes Program at Milton District Hospital provides information, counselling and support for adults with diabetes and their families.

Through education, the program helps people with diabetes make healthy lifestyle choices to decrease the risk of complications and delay the progression of diabetes. "Diabetes is something you have to live with on a day-to-day basis. It influences every food choice you make," says MDH dietitian Kerstin Fredriksson. Keeping the blood sugar, blood pressure and blood fats at a healthy level is the key to living well with diabetes. "The responsibility for looking after diabetes belongs to the individual," says Kerstin. "We give them the knowledge and tools they need to take control of their own health."

"Learn now, we tell people. Prevent complications later because they can be prevented," explains Mary Merry, Nurse Educator at MDH. The program is run on an individual and group basis. Participants take part in three classes, spread over three weeks, which cover basic knowledge about diabetes management. The group format of the program creates a support system for those participating and their families. Individuals are encouraged to take part in modules that follow the three weeks of classes, however they are not mandatory.

"We recognize that if someone is not interested in learning about a specific topic, they do not want to sit and listen to me talk about just that for an hour. The modules allow people to learn more about the topics that they are interested in," says Mary. "The classes give them general information which allows them to make informed choices as far as the modules are concerned." Topics covered in the modules include label reading, exercise, dining out, over-the-counter medications, foot-care, and heart health.

Kerstin and Mary work with each individual to create a plan that will work for them. "We try to

make the diabetes management fit into their routine. Most people have very little time," says Kerstin. "We don't want to turn their life upside down." Sometimes it's difficult to convince people they need to work now to prevent problems in the future. "Many people come to us feeling well, and ask 'Why should I worry now?'" says Kerstin. "Diabetes is a progressive disease therefore it needs ongoing education and treatment."

Another challenge is the variety of different situations each individual brings. "Some people come to us in anger or disappointment. They do not want to have diabetes," explains Mary. "Some are overwhelmed and full of fear. There are a lot of emotions."

"Our first job is to convince them that diabetes is not their fault but it is their responsibility," says Kerstin.

"Diabetes can be managed. What we basically want people to walk away from us with is hope."

*For more information, please call the Halton Diabetes Program at MDH at (905) 878-2383 ext. 7410.*

*Written by Rebecca Stoneman, Public Relations Associate at Halton Healthcare Services.*

