



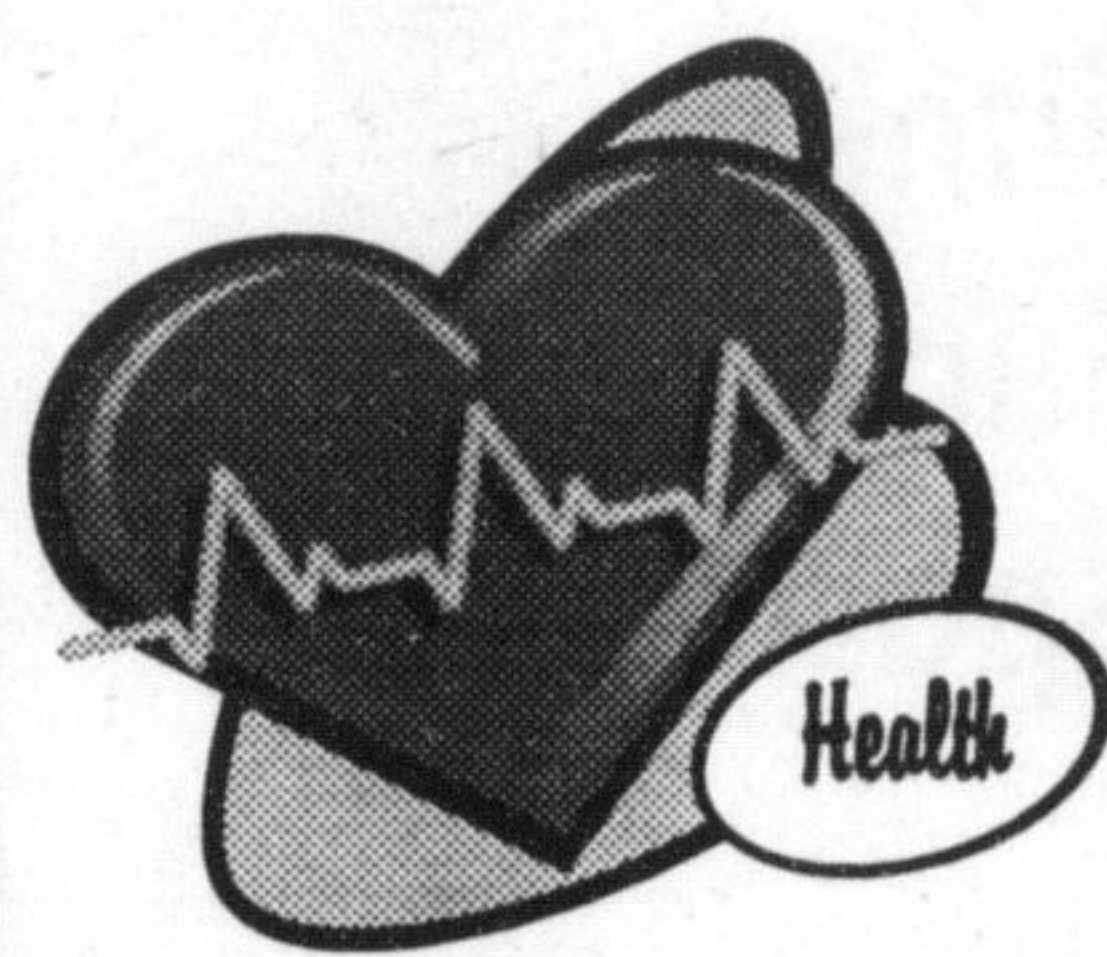
MONITOR

THE HEARTBEAT OF OUR COMMUNITY

NEWS AND INFORMATION FROM MILTON DISTRICT HOSPITAL

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

HOSPITAL



Cardiac Rehabilitation Program at MDH

GREAT NEWS for residents of Milton and the surrounding areas!!! Halton Healthcare Services is pleased to be introducing a Cardiac Rehabilitation program at the Milton District Hospital. If you have ever experienced angina, have had a heart attack, angioplasty, or heart surgery, this program is for you.

What is Cardiac Rehabilitation?

Cardiac Rehabilitation is an exercise and education program designed to improve your heart health. The Cardiac Rehabilitation team includes a medical director, registered nurses, dietician, psychologist, physiotherapists, kinesiologist, and a social worker. Together, this multidisciplinary team provides medical evaluation, education, counselling and supervised exercise classes.

This program offered at the Oakville-Trafalgar Memorial Hospital and now at the Milton District Hospital is a 6 month program in which patients attend exercise classes twice weekly. Individuals will benefit from programs specifically designed to meet their needs.

The Ministry of Health and Long Term Care has taken important steps in providing a comprehensive and coordinated system of Cardiac Rehabilitation for heart patients in Ontario. HHS has received operating funds to test the Ministry model for the provision of cardiac rehabilitation services. HHS has also been designated a regional coordinating site for the Halton-Peel area. Through this initiative the Ministry will evaluate and assess cardiac rehabilitation services in Ontario and provide strategies for improving patient access across the province.

How do you Sign Up?

To learn more about your heart and how to exercise safely and effectively, call your family doctor or specialist today and ask to be referred to the Cardiac Rehabilitation Services provided through the Rehabilitation Department at the Milton District Hospital.

For more information please contact the cardiac rehabilitation program at the Oakville-Trafalgar Memorial Hospital Monday, Wednesday and Friday between 8:30am and 5:00pm and Tuesday and Thursday between 8:30am and 8:00pm at 905-845-2571

Recruiting Activity Continues ...

HHS is accepting applications for the following positions:

- Pharmacists
- Respiratory Therapists
- Physiotherapists
- Occupational Therapists
- RN's
- X-ray technologists

Fax or email your resume to (905) 338-4137 or hr@haltonhealthcare.on.ca

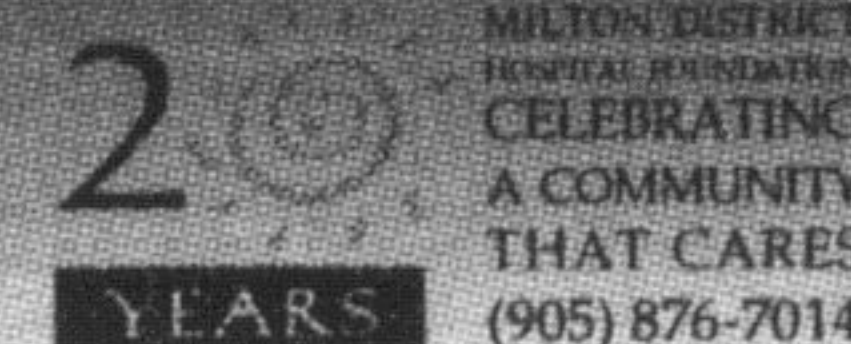
Check out our web site www.haltonhealthcare.com for additional information and other career opportunities, which are available at your community hospital.

www.haltonhealthcare.com



MILTON DISTRICT HOSPITAL
Quality Care for a Healthier Community.

FOUNDATION

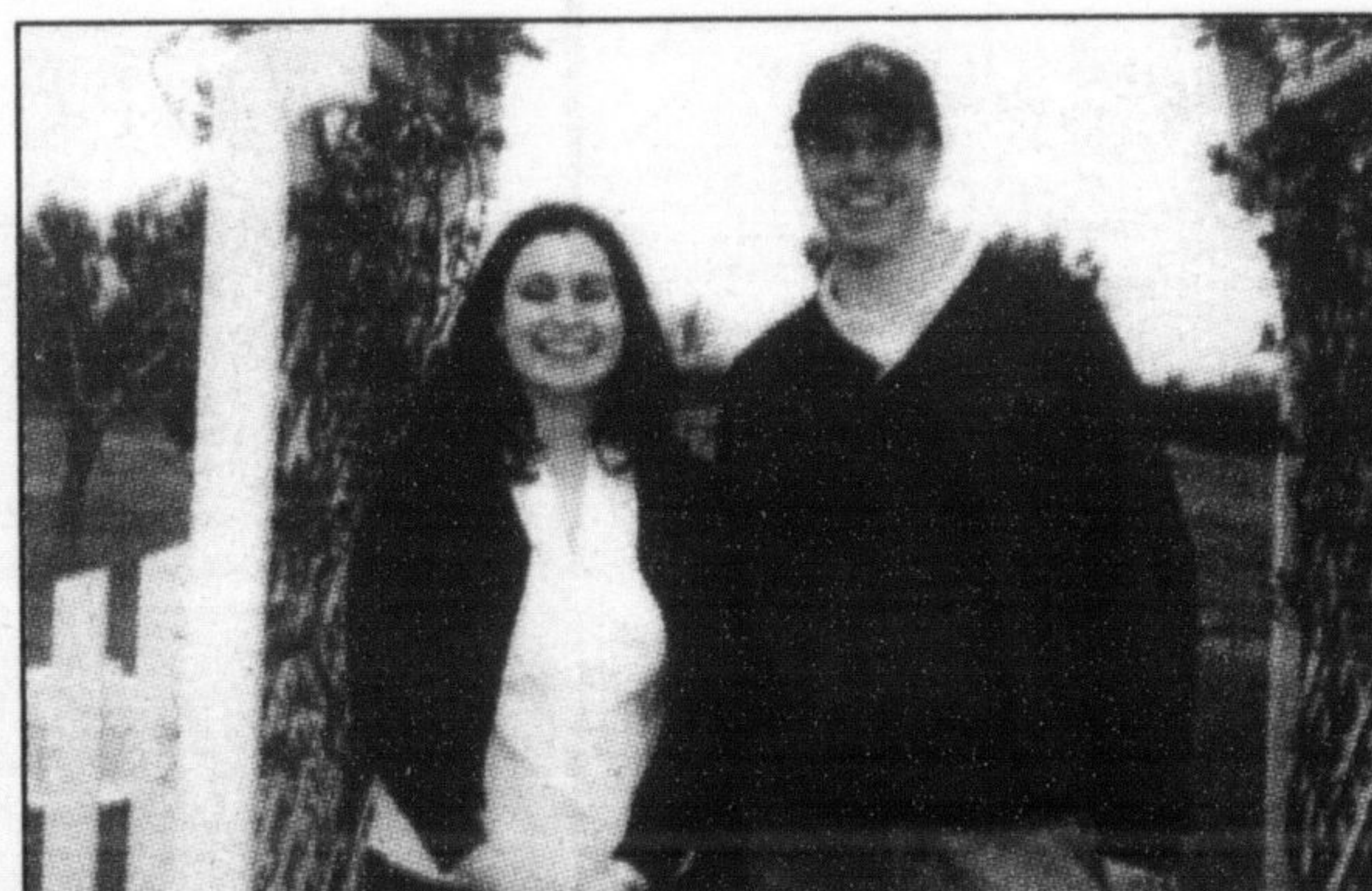


THUMBS UP!

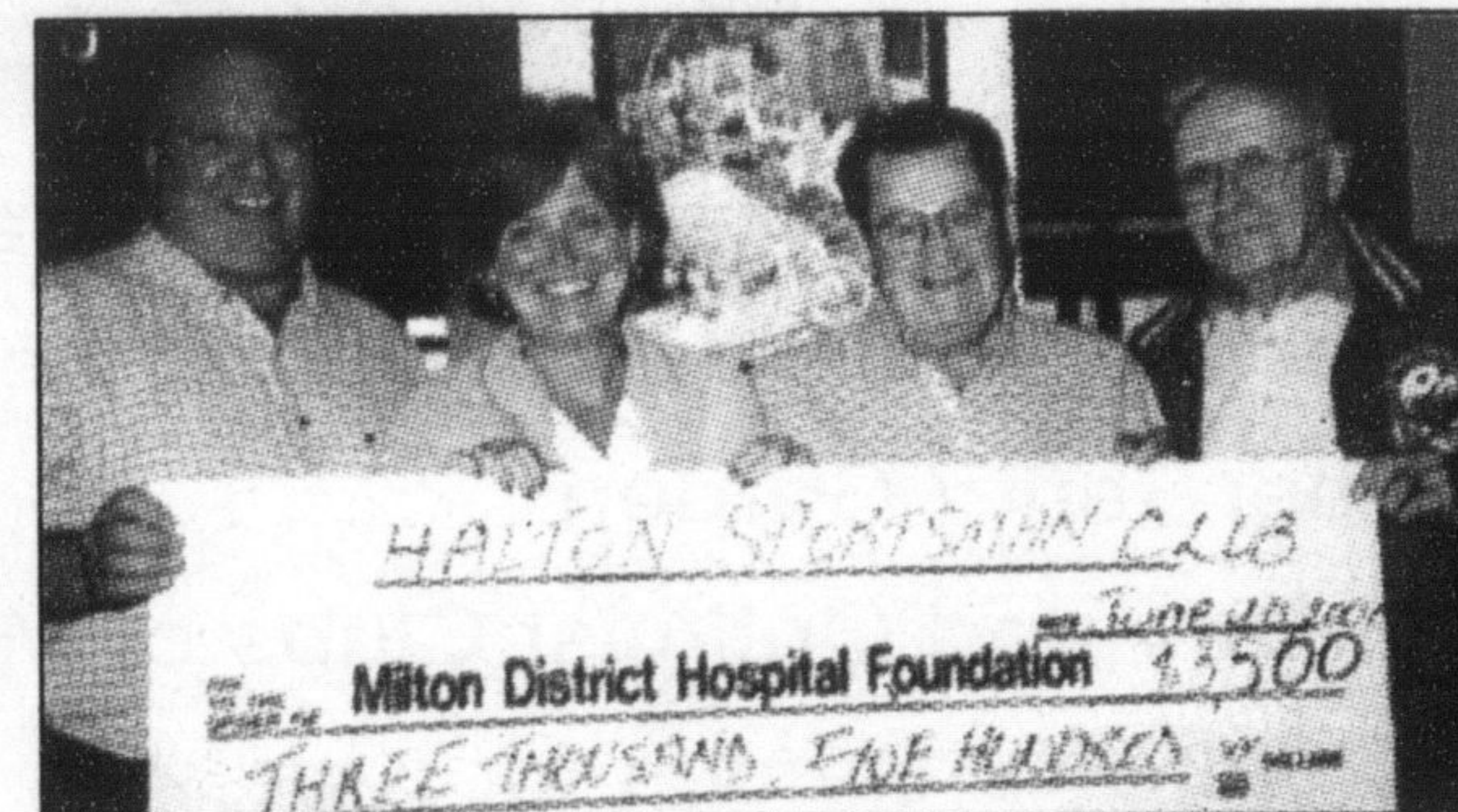
Thanks to the Halton Sportsman's Club for its great donation of \$3,500, the Kinsmen Club of Milton for its generous donation of \$3,500 and to Executive Fairways Golf Centre for their support to the tune of \$1,220.



Kinsmen Club of Milton member, Rick Malbouf and MDHF President, Tom Logie



Executive Fairways Golf Centre Managers, Brendan and Rosa O'Neil



Halton Sportsman's Club members, Doug Howden, Harold Dougherty, Roy Brownridge and MDHF Coordinator, Donna McLaughlin

REMEMBER THESE DATES!

June 28th & 29th - MILTON LAWN BOWLING CLUB & HJM INSURANCE & FINANCIAL SERVICES - visit the Milton Lawn Bowling Club on either June 28th or 29th and watch its members try and break the Guinness Book of World Records in lawn bowling

September 25th - FORE! - The MDHF 2nd Annual Golf Tournament will be held at Granite Ridge on Tuesday, September 25th. Special thanks to the major sponsor, **Dufferin Aggregates**. Fees are \$125 per golfer or \$500 per foursome. Hole sponsorship (tee and green signage) is \$200 and tee/green sponsorship is \$100. Contact the Foundation office for information.

FOUNDATION'S BBQ - Thursday, July 19th between the hours of 11:30 and 1:30. Only \$6.00 per person. The delicious menu will include old fashioned hamburgers, potato salad, cole slaw, raspberry cobbler and beverage of your choice.

AUXILIARY

The Strawberry Princesses, the Ambassador and the Marshall thank everyone who participated, supported and attended the Strawberry Fair



THANK YOU MILTON - THE STRAWBERRY FAIR WAS AN ENORMOUS SUCCESS!

A special thanks to our hardworking volunteers
THANK YOU!

