



# MONITOR

THE HEARTBEAT OF OUR COMMUNITY

## NEWS AND INFORMATION FROM MILTON DISTRICT HOSPITAL

We would like to thank our sponsors, **Robert (Pie) Lee Insurance, McCuaig Insurance Ltd., McKersie-Kocher Funeral Home Ltd. and Solex Ltd., Division of Deumer Machinery Inc.** for their wonderful support and generosity.

### HOSPITAL

#### Get Better – Stay Better

The Work Fitness Total Therapy (WFTT) Centre is a private rehabilitation clinic now offering multidisciplinary assessment and treatment programs at the Milton District Hospital (MDH). This Work-Fit Total Therapy Centre has successfully serviced the Oakville community for more than 15 years and now has expanded to service the growing needs of the Milton Community.



**Work Fitness Total Therapy Team**  
 Top: **Honora Kuffert – Receptionist, Helen McKay – Acute Care Manager, Ingrid Vajda – Physiotherapy Assistant**  
 Bottom: **Jody Strik – Manager, WFTT Centre, Amy Dinault – Physiotherapist, Agnes Sastaric – Physiotherapist**

Our clinics are owned and operated by Halton Healthcare Services. All revenue generated from the clinic is used to support other programs within our hospitals. Our treatment team of Registered Physiotherapists and Occupational Therapists has experience and success assessing and treating complicated injuries and conditions. The Clinic offers state-of-the-art exercise equipment, a spacious gym, treatment area and hydrotherapy.

#### We provide comprehensive assessment and treatment programs for:

- Motor vehicle injuries
- Sports Injuries
- Personal accidents or falls
- Acute work injuries



#### In addition we offer...

- Functional Abilities Evaluations
- Work Conditioning
- Back stabilization exercises
- Musculoskeletal / Orthopedic Assessments
- Work-Site Analysis

#### Two new programs have been introduced this past year:

**The Hip & Knee Saver Program** – for those suffering from osteoarthritis of the hip and knee.

**Women's Health Programs** – pre and post-natal treatment for blocked ducts, and pelvic floor stabilization.



**Work Fitness Total Therapy Centre ~ Tel: 905-876-7022**  
**Centre Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.**

[www.haltonhealthcare.com](http://www.haltonhealthcare.com)

### FOUNDATION

#### CALLING ALL GOLFERS AND WANNABE GOLFERS!

The MDHF's Classic Golf Tournament sponsored by Dufferin Aggregates will be held at Granite Ridge on Wednesday, September 15th. Fees are \$150 per golfer or \$600 per foursome. Sponsorships are available.

#### The Event of the Year

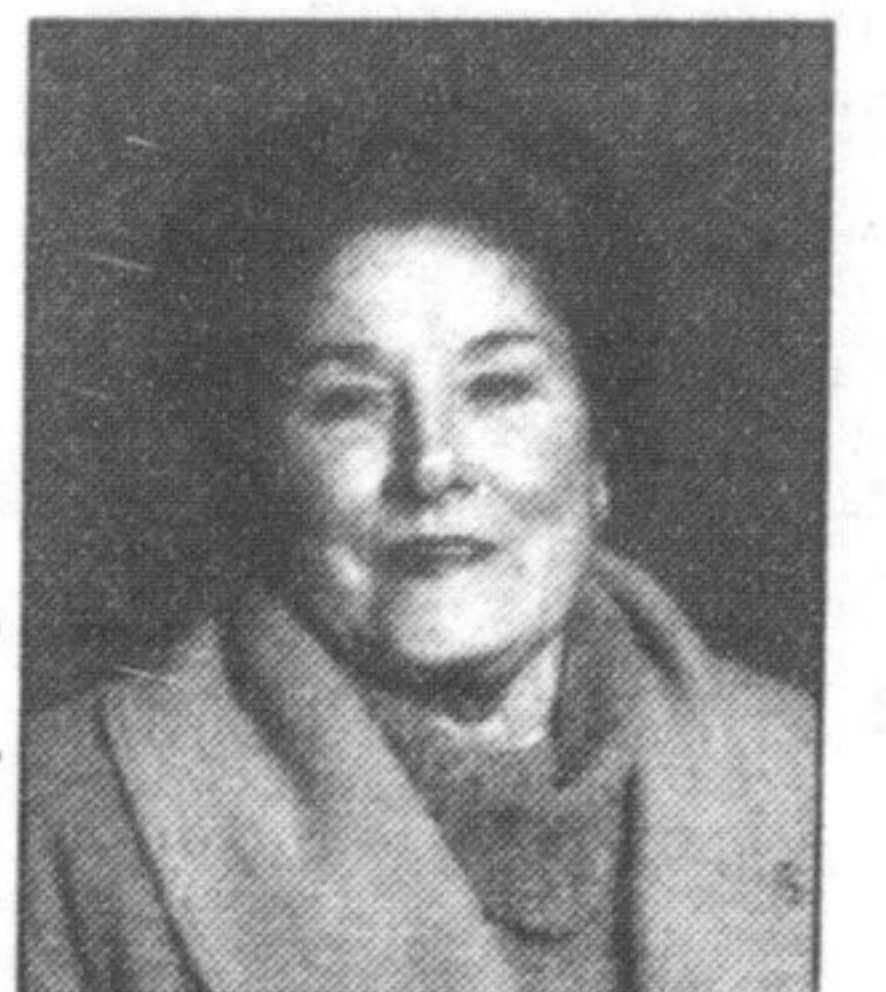
Nearly 300 people attended the Foundation's signature event, The Crystal Ball on Saturday, May 8th. Thanks to the sponsors' generosity as well as those attending the gala, the event netted an outstanding \$103,000! Special appreciation to Crystal sponsor Sargent Farms for donating \$25,000 and to Board Member Heather Penman and her hard working group of volunteers.



**L to R: Gala attendees Rita Docanto; Rosa Martins, Manager of Scotiabank (Main St., Milton branch), and her husband Leo Martins.**

#### Meet Your Volunteers

Betty Ingle joined the Foundation Board of Directors in 1998. She has chaired many special event committees, including Hike for Health and the Loblaws Gourmet evening. Betty is a well-known real estate agent, and has tirelessly volunteered for many charities.



**Betty Ingle**

#### Crosswinds Golf & Country Club's 100 Holes of Golf – BIG Golf Marathon was a BIG Success!

In spite of the unpredictable weather twenty golfers joined forces on Monday, May 31st and raised over \$32,000 for the Foundation. Special thanks to Crosswinds Golf & Country Club, Lions' Club, Roger Mason, Mark Curtis and THE Johnny Bower.



**Marathoner Jeff Bergsma, Johnny Bower and Sara Bergsma**

**REMEMBER, ALL DONATIONS TO THE MILTON DISTRICT HOSPITAL REMAIN AT THE MILTON DISTRICT HOSPITAL**  
 If you would like to become one of the sponsors of the Hospital Monitor please contact **Donna McLaughlin** at 905-876-7014.

### AUXILIARY

#### STRAWBERRYLICIOUS

Visit the Hospital tomorrow and join in the festivities at the annual Strawberry Fair. The day will start at 7 a.m. and run until dusk. Activities include children's games; craft and vendor tables; white elephant sale, 50/50 draw and raffles. This year's strawberries are sponsored by Andrews' Scenic Acres and Mattamy Homes.

Remember.....Parking is FREE all day!

#### We would like you to meet.....

#### Carol Habkirk

Carol and her family are long time residents of Milton. Carol has volunteered at the MDH for 25 years and has served in many areas of the Hospital. At



**Auxiliary Member, Carol Habkirk**

the present time Carol can be found helping out in the gift shop. She enjoys meeting people and supporting the community of Milton.

**5th Annual Youth Car Wash** raised \$206.00 A BIG thank you to everyone who volunteered for this event and to everyone that came out and supported us. Special thanks to **Canadian Tire** for donating the use of its parking lot.

#### DON'T FORGET THE GIFT SHOP

It's ready, set, and go for Canada Day in the MDH Gift Shop. See our wonderful Canada emblemed baby outfits such as sleepers and sun suits. There is a good selection of Sun Smart baby and toddler outfits to protect your little ones. Enjoy seeing unique giftware, hats and garden items. Visit the gift shop when you are attending the Strawberry Fair.



**MILTON DISTRICT HOSPITAL**  
**Caring Today Growing for Tomorrow**