



Halton Healthcare

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., Furlong Collins Fitzpatrick** for their wonderful support and generosity.

HOSPITAL

HHS Accolades

Kathryn Snell, Technical Director of HHS Laboratory Services, is a busy woman. In addition to her extensive schedule at Halton Healthcare, Kathryn is also the President Elect of the Trillium Chapter of the Clinical Laboratory Management Association (CLMA).



Kathryn Snell

The CLMA is a learning tool for members new to laboratory management, experienced laboratory managers and future leaders in Laboratory Medicine. The association is a great resource of ideas, sharing, support, and encouragement for anyone working in Laboratory management. CLMA Trillium Chapter and CLMA International are valuable resources that help to bridge the gap from technologist to management. If you're interested in more information, please log onto www.clma.org. Please join us in commending Kathryn on her commitment to furthering her career, and the careers of others!

March is National Nutrition Month

Weight is a top nutrition concern of Canadians. While dieting is a popular remedy for weight loss, decades of research have shown that diets are not effective for long term health and weight control. Dietitians of Canada (DC) is taking a more positive approach to healthy weight for the March 2005 National Nutrition Month® Campaign. Go the Healthy Way! Dietitians of Canada is the nation-wide voice of Registered Dietitians. All of the Dietitians working throughout Halton Healthcare are registered health professionals in Ontario, and are members of Dietitians of Canada.

The 2005 National Nutrition Month Campaign is launching the Healthy Way Challenge - a positive, solution-based approach to healthy weight. If you're looking for more information on how to live a healthier lifestyle, log onto www.dietitians.ca You can browse through an extensive library of fact sheets, interactive learning tools, practical tips, and answers to frequently asked questions. Log on and check it out today!

Mark Your Calendars

Mark your calendars for Milton District Hospital's Annual Passport to Wellness Fair

Saturday, April 2nd, 2005
9:30 a.m. - 3:00 p.m.
Milton Mall, Milton

For more information, please contact Cindy Popp at 905-878-2383, ext. 7045.

www.haltonhealthcare.com

FOUNDATION

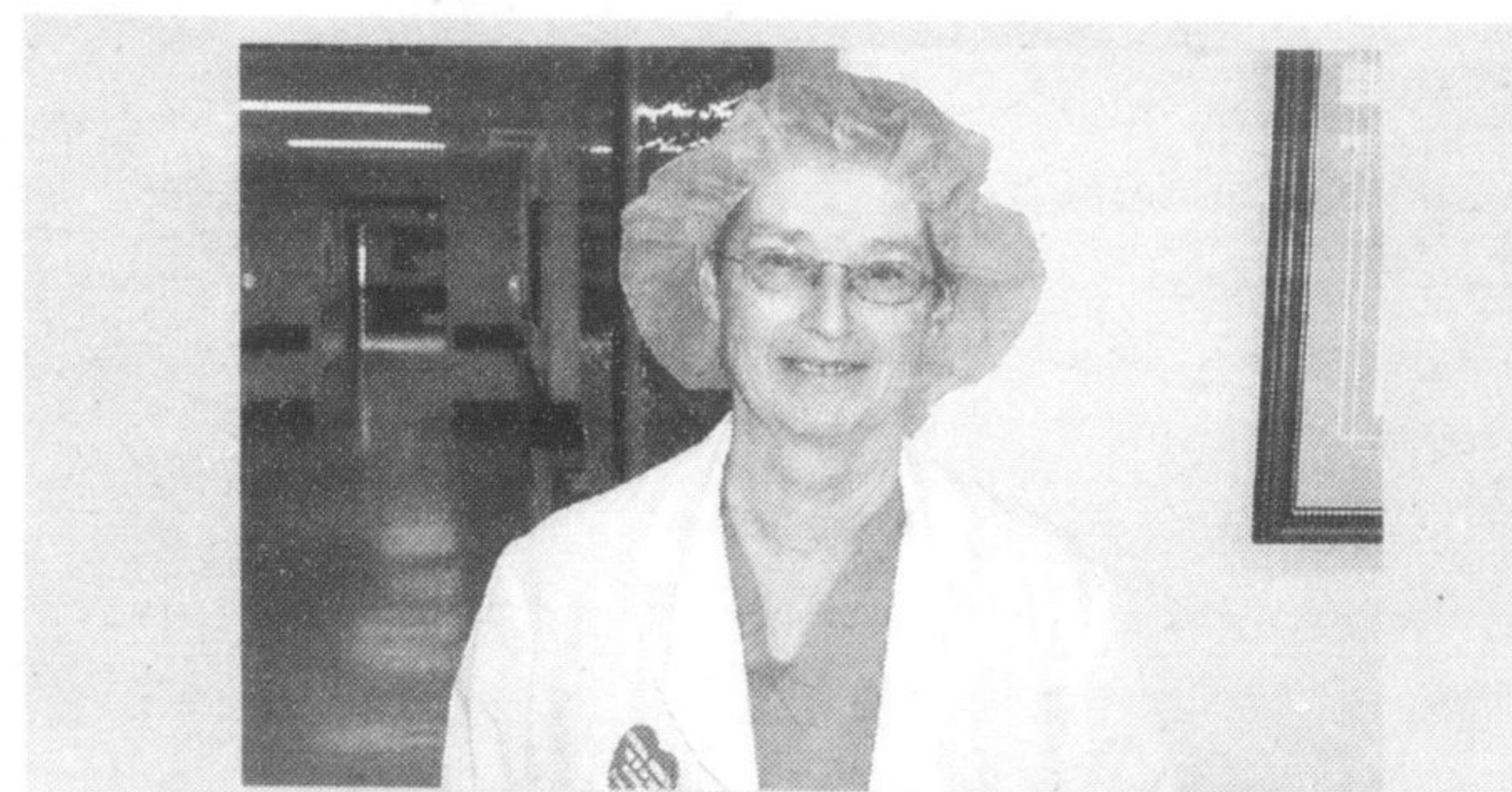
HAPPY 25TH ANNIVERSARY

This year the Foundation will be celebrating a milestone, its **25th Silver Anniversary**. The success of the Foundation is based on one thing.....the kindness of this outstanding community. We applaud the citizens of the **Town of Milton**, for their spirit and generosity!

DUST OFF YOUR COWBOY BOOTS!

Mark your calendars for Friday, August 19th, when the biggest ole hoot 'n' nanny this side of Texas will be takin' place! This here ole invitation comes to ya from the Foundation. We wanna git ya' all fired up over the **Blazing Saddles Beef 'n' Beans BBQ, Auction and Hoedown at Pineland Farm, Hornby!!** Special thanks to **Mr. and Mrs. James Snow** for their down-home hospitality. The **Presenting Sponsor** of the event is **Woodbine Entertainment Group**. **Mr. Hee Haw** himself, **Gordie Tapp** will be conductin' the festivities.

Y'll sure can help out by attendin' the shindig. For information contact 905-878-7014.



MDH supporter, Margot Johnson

"Meet Our Donors"

Many of you may recognize **Margot Johnson**. She is a long time resident of Milton, and a long time employee at the **Milton District Hospital**. She presently works in the **Central Service Department**. Margot donates to the Foundation in many different ways, one of which is her willingness to volunteer at various Foundation fundraisers. Her latest commitment is to volunteer on the auction pay table at this year's **Blazing Saddles**. Margot, thank you for your outstanding support!



THUMBS UP!

To the Chris Christoforou Golf Tournament organizers!
This wonderful group raised \$4250. for the Milton District Hospital!

REMEMBER, ALL DONATIONS TO THE MILTON DISTRICT HOSPITAL FOUNDATION & AUXILIARY REMAIN AT THE MILTON DISTRICT HOSPITAL

AUXILIARY

CALLING ALL VOLUNTEERS!

New to the community? If you have a few hours to spare, would like to meet interesting people, and help a great cause, YOUR hospital, contact the Director of Volunteers at 905-878-2383 ext. 7710. The Hospital requires male and female volunteers, of all ages, in many different areas.

SPECIAL THANKS...

to the many volunteers who participated in the Sweetheart Sale. The Gift Shop has been transformed into the Sweet Smell of Spring. Watch for the arrival of many exciting new products! Each one sure to bring a smile to the receiver. Also check out Easter and gifts for Mother's Day.

AN INVITATION TO THE YOUTH OF MILTON

The Milton District Hospital Auxiliary Youth Volunteer Monthly Meetings will be focusing on the exciting topic of "Exploring Health Careers" over the next few months. They are extending an open invitation the young people of Milton to attend any or all of these sessions. The date of the next session is Tuesday, March 29th at 6:30 p.m. to 7:30 p.m. in the classroom at MDH. Dr. Marion King, Family Physician and Jackie Keba, X-ray Technician will be presenting. Pre-registration is not necessary. Hope to see you there

Meet Your Volunteers

Katherine Fabi has been actively volunteering at MDH for 15 years. She volunteers because "she meets great people, and it's the best cause in town." Katherine has participated in many different initiatives and programs. Her speciality is volunteer training, merchandising, and buying for the very busy Gift Shop. Katherine's support and participation continues to play a vital role in the success of the Auxiliary.



Auxiliary Member, Katherine Fabi



Halton Healthcare

MILTON DISTRICT HOSPITAL
Caring Today Growing for Tomorrow