

# Your Health



Halton Healthcare

NEWS AND INFORMATION FROM MILTON DISTRICT HOSPITAL

APRIL 2013

## Thank You to our Volunteers

This year, National Volunteer Appreciation Week was celebrated from April 21-27th. Halton Healthcare Services would like to extend a BIG thank you to the Milton District Hospital volunteers for all their hard work and dedication in both service and fundraising for the Hospital. Our volunteers are definitely making a difference for our patients, our visitors, our staff and physicians, and each other, every day. They are an integral part of our healthcare team – thank you so much for all you do!



## Upcoming Community Partner Events:

Please join us at our upcoming community partner events in support of Milton District Hospital.

- **McHappy Day**  
Wednesday, May 8th | McDonald's, 590 Martin St., Milton
- **Milton Business Connections & Champs Bowl-a-thon**  
Thursday, May 30th | Champs FEC, 300 Bronte St., Milton
- **Moffatt Scar Iron & Metal Charity Event**  
Saturday, June 8th | Moffatt Scrap Iron & Metal, 9620 Guelph Line, Campbellville, ON



For more information, view the Events Calendar on the Milton District Hospital Foundation website at [www.mdhf.ca](http://www.mdhf.ca) or contact Andrea Cayer at 905-878-2383, ext. 7172 or [acayer@haltonhealthcare.on.ca](mailto:acayer@haltonhealthcare.on.ca).

## Mark your Calendars

### Halton Sportsmen's Association - 53rd Annual Charity Breakfast

When: Saturday, May 4, 2013

6:00 a.m. – Noon

Where: 5125 Steeles Avenue (between Bell School Line and Appleby Line)

Price: \$5 for a delicious breakfast

All in support of the Milton District Hospital Auxiliary (MDHA)!

### MDHA Annual Rummage and Plant Sale

When: Friday, May 24, 2013 \*accepting donations

5:30 p.m. - 8:00 p.m.

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Saturday, May 25, 2013

8:00 a.m. - 1:00 p.m.

Where: Milton Fairgrounds on Robert Street

(Free parking)

**\*DONATIONS WELCOME!** Hold on to your unwanted spring cleaning items this season and donate them to the MDHA Rummage and Plant Sale! Donations can be dropped off at the Fairgrounds on May 24 from 10:00 a.m. - 8:00 p.m. Please no computers or large appliances.

### MDHA 33rd Annual Strawberry Fair

When: Saturday, June 22, 2013

8:00 a.m. - 4:30 p.m.

Where: Milton Fairgrounds

A fun filled day for the whole family that you won't want to miss!

Mark your calendar with these dates and plan to attend.

## Are you Diabetic?

Do you know someone who is?

*Pathways to Change* is a lifestyle transformation program designed to help you experience the benefits of a healthier approach to living. This year-long 'pilot' program will integrate nutrition, physical fitness, and stress management. As happiness plays a vital role in health and longevity, a unique feature of this program will be positive psychology providing you with cutting-edge happiness training.

This program is not a diet. It's a multi-faceted and comprehensive lifestyle program. To be eligible for this 'pilot' program you must be diabetic. Medical screening will be required to qualify for this program. We are looking for highly motivated individuals who are able to devote the time and energy towards this year-long program.

Participants must be excited and ready to create a healthy and balanced lifestyle. Thanks to the generous support from *Sun Life Financial* there is no cost to participate in the initial 'pilot' program. As space is limited, all potential candidates will be required to go through a pre-screening process.

If you are ready to make a change please contact Laura Millar for more information at [lmillar@haltonhealthcare.on.ca](mailto:lmillar@haltonhealthcare.on.ca), or by phone at 905-338-4690, ext. 6347.



## MDH Expansion Update

Halton Healthcare Services (HHS) received approval for the expansion of Milton District Hospital in August 2011. Since that time, numerous HHS staff and physicians have been working hard to develop detailed plans for the expansion. The next stage of planning involves working to establish the specific guidelines and requirements that must be met for the design and construction of the approximately 320,000 sq. ft of new space.

## Do You Have a Teenager?

In celebration of Children's Mental Health Week from May 6-12, Halton Healthcare Services is participating in the organization of a free Teen Mental Health Q & A Evening.

### Teen Mental Health Question and Answer Evening

An open forum for Halton parents and caregivers of teens Grade 7 – 12.

When: Tuesday, May 7, 2013 – 7:00 p.m. to 9:00 p.m.

Resource Fair begins at 6:30 p.m.

Where: O.E. Conference Centre, 2245 Speers Road, Oakville

Featuring: Dr. Stanley Kutcher, MD, FRCPC, *Sun Life Financial*

Chair in Adolescent Mental Health and Director,

*World Health Organization Collaborating Centre* at Dalhousie University and

Sarah Cannon, Executive Director of *Parents for Mental Health*.

For more information please contact Sue Brooks [sueb@rockonline.ca](mailto:sueb@rockonline.ca) or log on to [www.teenmentalhealth.org](http://www.teenmentalhealth.org).



## Email a Patient

Halton Healthcare Service is pleased to offer a complimentary patient email service for those that cannot come in for a personal visit. Log onto [www.haltonhealthcare.com](http://www.haltonhealthcare.com) and under **Quick Links** you will find the link to **Email a Patient**. A volunteer will print your message on special paper, seal it and arrange for delivery.

