

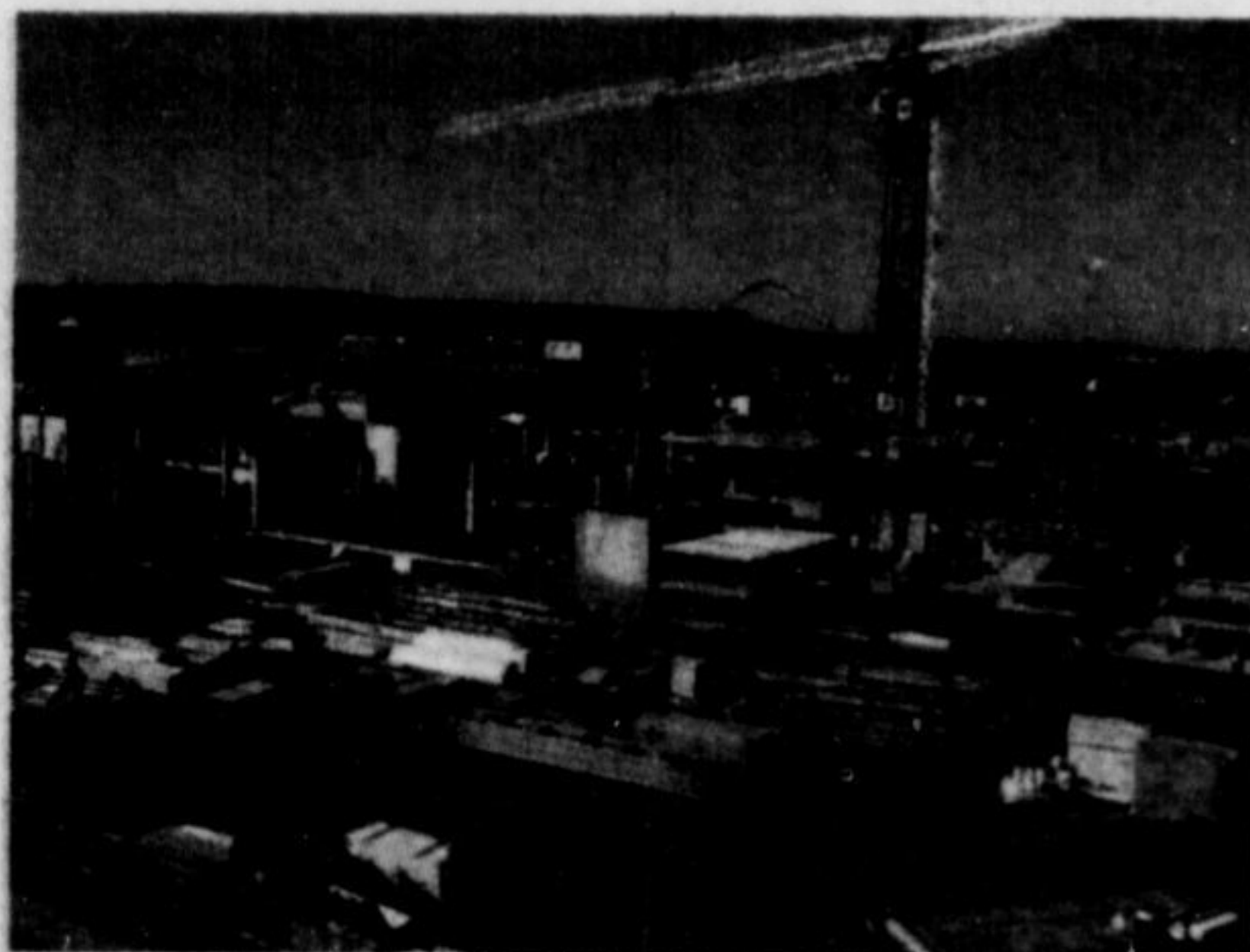


# Your Health

NEWS AND INFORMATION FROM MILTON DISTRICT HOSPITAL

NOVEMBER 2015

## Watch us grow!



Milton residents can watch the progress of Milton District Hospital's expansion project in real-time, online, with a new webcam. You can track the ongoing development of this exciting project through this link on our website, [www.haltonhealthcare.on.ca/about-halton-healthcare/capital-projects/milton-district-hospital](http://www.haltonhealthcare.on.ca/about-halton-healthcare/capital-projects/milton-district-hospital).

## Save the Date: Indulge!

Make plans now to attend **Indulge in the Arts for the Hospital**. This event allows guests to "Indulge" themselves in a lovely evening of arts, entertainment and conversation while sampling food and wine pairings.

**Indulge in the Arts for the Hospital** will take place on Thursday, April 7, 2016 from 7:00 to 10:00 pm at the Milton Centre for the Arts. All proceeds raised support Milton District Hospital Foundation's mandate to raise money for essential medical equipment. Contact Carina Cicero at 905-878-2383, ext. 7175 for more information.

## Magical Lights of Milton 2015



Join the Geall Family for the launch of their 2015 Christmas Light Show, this Saturday, **November 28** at their home on 876 Willow Avenue (off of Wilson Drive).

Come early and enjoy a complementary hot chocolate from the local Starbucks. Every child who comes out can enter their

name into a draw to win the opportunity to push the **BIG BUTTON** at **6:00 pm** that starts the lightshow and kicks off the season! Donations to the Milton District Hospital Foundation are encouraged.

## Holiday Appeal

Thank you to all those who have already responded to Milton District Hospital Foundation's Holiday Appeal raising funds for essential medical equipment for our expanding hospital. Please send your gift today! Together we can keep our Milton community hospital strong!

We wish you joy, health and the happiness of giving during this year's festive season!



## Breakfast with Santa

Thank you to everyone who attended **Breakfast With Santa** on November 22 at RattleSnake Point Golf Course. It was a great success! Santa said that this annual event is one of his favourites as he gets to visit with some really nice children while raising funds for the Milton District Hospital!

## Shop till you drop



Christmas has arrived at the MDH Auxiliary's **Uniquely Yours Gift Shop** located in the Hospital. Come and see our wonderful gift ideas.

## Need help wrapping your gifts?

Save time in your busy schedule.



The Milton District Hospital Volunteers will be providing gift wrapping at the Milton Mall from December 14 to 24, 2015.

**December 14 to 18:** 11 am – 9 pm  
**December 19:** 10 am – 6 pm  
**December 20:** 12 noon – 5 pm  
**December 21 to 23:** 11 am – 9 pm  
**December 24:** 9 am – noon

All donations will support the Milton District Hospital expansion.

## Flu Season

Flu season has arrived. We encourage you to check with your doctor's office about receiving a flu shot or attend one of the free vaccination clinics offered by the Halton Region Public Health Department. To find the clinic that's most convenient for you, please call 905-825-6000 or log on to their website at [www.halton.ca/flu](http://www.halton.ca/flu).

During the flu season, please be aware of the risk to patients in the Hospital and do not visit if you are ill or feeling unwell. When you do visit, please remember to wash your hands thoroughly. It is one of the best ways to avoid getting the flu!



Stay connected! For more information please visit our website, [www.haltonhealthcare.com](http://www.haltonhealthcare.com).