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# VITALITY



## Upcoming Events:

• MSH 2001 Legacy Learn-to-Run Clinic: February 19 - April 9, 2001; 6:00-7:30 p.m., Hospital Auditorium

• April 6, 2001: Markham Stouffville Hospital Foundation Gala, Le Parc Dining and Banquet Centre

• Department of Family Practice Community Seminar: April 10 7:00 p.m.-8 p.m. Hospital Auditorium

• April 24, 2001: Organ Donation Presentation, at 7 p.m. Hospital Auditorium

• April 29, 2001: Legacy 5 Km Run/Walk, 10 a.m. Markham Green Golf Club

• Ideas for Mental Wellness May 8 9a.m.-3:30 p.m. Hospital Auditorium

• What's New in Diabetes Care May 31 7-9 p.m. Hospital Auditorium

• June 10, 2001: Hip Hip Hooray Walk: Registration at 9:30 a.m., Walk at 11:00 a.m. at Richmond Green Community Centre

• June 23, 2001: Bill Hood Annual Cornfield Shindig

• August 13, 2001: MSH Foundation Annual Golf Tournament, York Downs Golf & Country Club

## What's New?

### Markham Stouffville Hospital Future Growth and Development

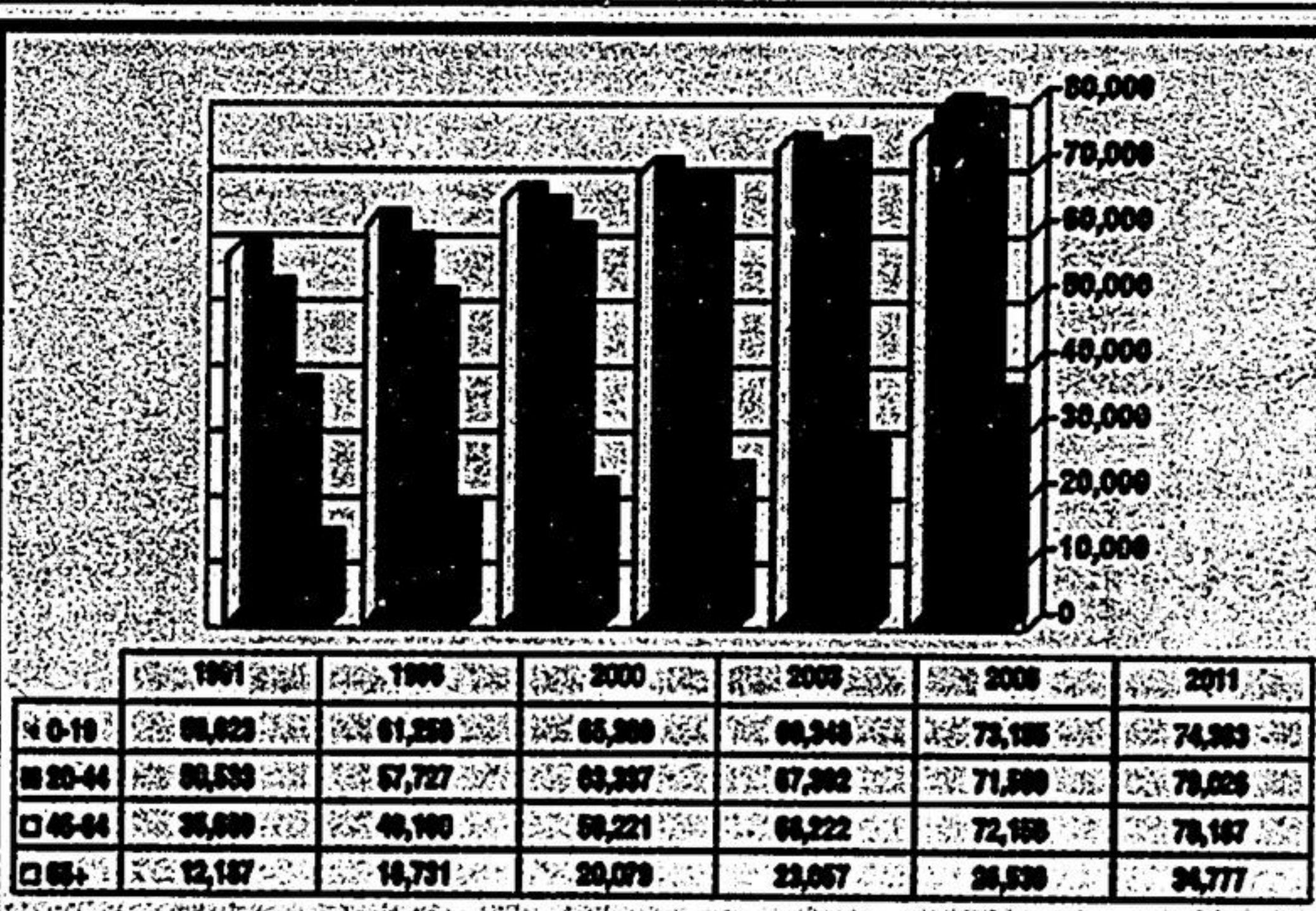
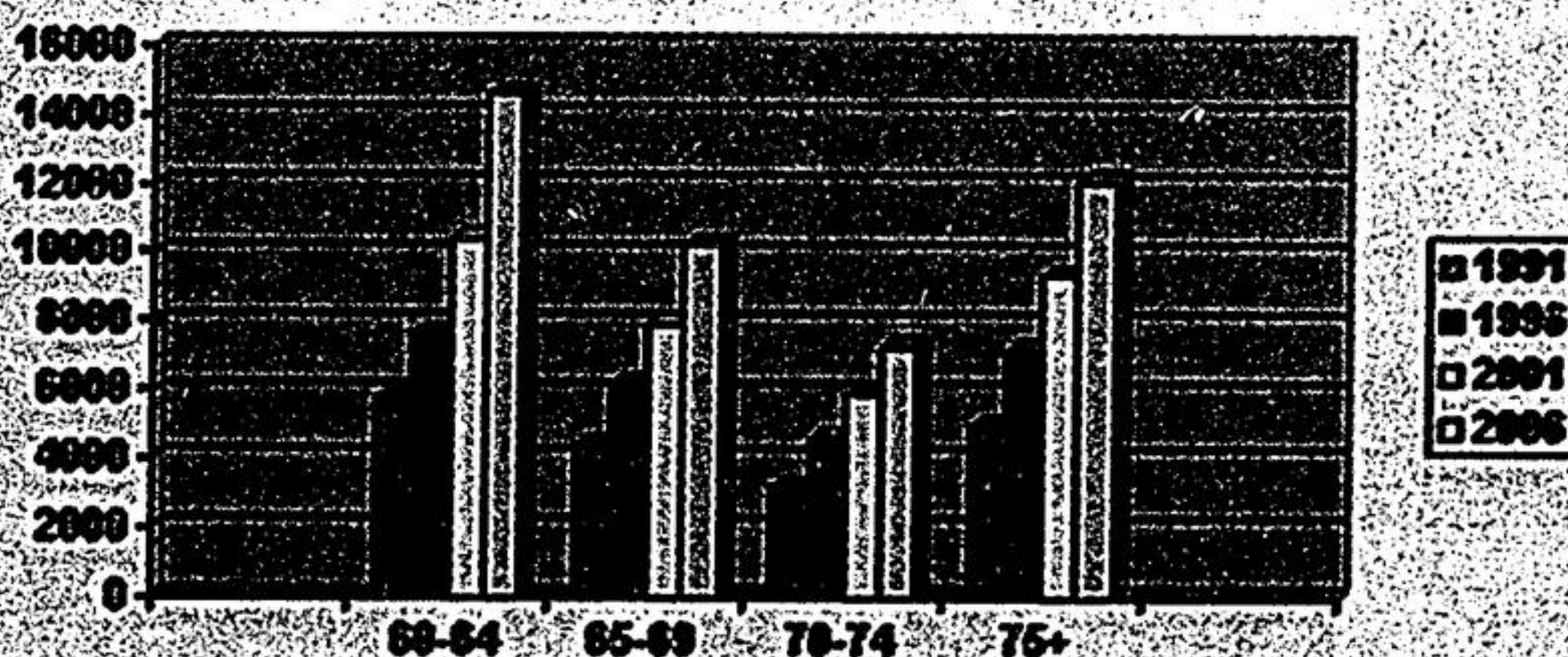
The scope of the Hospital's services are driven by community needs, balanced with a realistic assessment of the kinds of services a community hospital of our size should be offering to its community. Markham Stouffville Hospital sees its role and mandate as being a community hospital providing a full range of primary and secondary hospital-based care. As the community grows, the Hospital's range of services and specialties will, by necessity, change to respond to the population growth, aging and diversity.

The communities surrounding us are among the fastest growing neighbourhoods in Canada. It is estimated that the Towns of Markham and Whitchurch Stouffville will reach approximately 310,000 by the year 2016, a 40% growth from the year 2000. As the population increases, we are seeing important changes in the demographic make-up of the community. Recent projections indicate that the 65 and over population will increase at a rate of over 5 per cent per year for the next five years, and the number of people aged 75 and over is even higher (6% per annum). This change in the age structure will increase pressure on the hospital and other community health care providers.

In April 1998, the Health Services Restructuring Commission (HSRC) released its directives to Markham Stouffville Hospital. The Commission was established by the provincial government to make decisions around the restructuring of Ontario's hospitals. Their recommendations included an increase in total beds from 200 in 1997 to 231 beds in 2003. They also called for an expansion in ambulatory care, emergency, and diagnostic services. The HSRC, however, called for a decrease in acute care beds.

As the Hospital began to undertake more detailed planning of how to implement the directives, it became obvious that something was wrong. A growing and aging community needs more, not less, health care and hospital services. As a result, we undertook a detailed assessment of our current and future needs and opened negotiations with the Ministry of Health and Long-term Care about the gap that existed.

Hospitals, like all health care services, are designed to serve people. Therefore, the first part of research was concentrated on understanding how the Markham Stouffville community will change in the next 15 years. What we found was both startling and extremely valuable in understanding the gap between the HSRC's calculations of needs and what we believed to be the case. In this article we share what we found about the changing face of the community (Figure 1 and 2). In future articles we will describe how this affects our Hospital's redevelopment needs.



## Understanding Depression

Offered to the community by the Outpatient Mental Health. To register, please call 905-472-7011.

## Nominations for The Friendship Garden Closes Soon

March 31, 2001 is the deadline for submission of nominations for recognition into The Friendship Garden at Markham Stouffville Hospital.

The Garden is part of the Donor Recognition Program of Markham Stouffville Hospital Foundation and honours extraordinary voluntary contributions to the Hospital made by individuals, organizations and businesses. Recognition is awarded for exceptional service, outstanding acts of kindness and humanitarianism, and for significant monetary contributions.

For nomination packages, please contact The Foundation Office at (905) 472-7059.

## STEM of Life Save & Give Loyalty Card Program

A new organization - Stem of Life - is introducing a "SAVE and GIVE Loyalty Card Program" to the community. When you use this card at participating York Region merchants, a rebate will be generated. Fifty percent of the rebate will be held in trust for you and a portion of the other 50 percent will go to the three York Region hospitals. Stem of Life will forward your rebate to you once each year. So use your card often; it benefits you, local merchants and your local hospital.

Application forms are available at participating merchants and at the Foundation Office. Additional program information, complete rules and regulations and a list of participating merchants is available by calling (905) 762-1714 or 1-866-225-SAVE (7283) or by visiting their website at [www.stemoflife.com](http://www.stemoflife.com).

## Volunteers Required

On Friday April 6, 2001 the Markham Stouffville Hospital Foundation annual Gala will be held at Le Parc. The theme for this year's Gala is "On Safari".

Volunteers are required to help from 5pm-1am. There are various shifts available. These positions would be suitable for Senior High School Students or adults. A lovely dinner will be provided to those who work the dinner shift.

Please help us make this the most successful Gala yet. To volunteer your time, please contact Valerie Sheppard at (905) 472-7059.

Plans are underway for the 4th Annual Bill Hood Cornfield Shindig. The Shindig will be held on Saturday June 23rd at Markham Fairgrounds. Volunteers are required to ensure that once again this is a successful event. These positions would be suitable for high school students needing to complete their mandatory community service hours. If you would like to volunteer your time please contact Kathy Downes at (905) 472-7395 or email her at [kdownes@msh.on.ca](mailto:kdownes@msh.on.ca).

## Community Fundraising Events

Last year, the Annual Brad May Golf Tournament successfully raised \$6000 towards the purchase of a Dinamap Compact Model T monitor for the Maternal Child System at Markham Stouffville Hospital. Pictured at right, is Daryl May presenting the cheque to Gina Rosen, President Markham Stouffville Hospital Foundation.

The Garden Basket Food Market is proudly hosting a fundraiser on behalf of the Markham Stouffville Hospital Foundation between March 28th-April 3rd, 2001. The Garden Basket will match donations towards the Hospital made during this time up to a grand total of \$5,000. There will be many exciting things happening in the store to celebrate this exciting grand re-opening. On Saturday March 31st kids can get their picture taken FREE with Elmo from 10 am-1 p.m. Come out and enjoy the celebration and support the Markham Stouffville Hospital.

The Markham Italian Association will be hosting a Fashion Show to benefit the Markham Stouffville Hospital Foundation on Sunday May 6, 2001. This will be held in conjunction with The Bay. Tickets are \$35.00 and that includes lunch & cash bar. Tickets can be purchased by calling the M.I.A. Hotline at (416) 410-3446.

If you would like more information on hosting a Community Fundraising Event please contact Kathy Downes at (905) 472-7395 or [kdownes@msh.on.ca](mailto:kdownes@msh.on.ca).