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Visit our new site at  
[www.msh.on.ca](http://www.msh.on.ca)

# VITALITY



## PATIENT EDUCATION CLINICS

Markham Stouffville Hospital has a number of outpatient clinics. Our feature this month is the Patient Education Centre, located in The Annex (formerly Highpoint Residence), 11 Butternut Lane. The Patient Education Centre provides health-related education to our community. Clinics offered in our Patient Education Centre include: Adult Diabetes, Asthma, Breastfeeding, Non-Stress Testing, and Paediatric Endocrine.



## ADULT DIABETES CLINIC

A Registered Nurse and Registered Dietician see clients, either individually or in a group setting. The Registered Nurse will provide education in blood sugar monitoring, medication use and management tools for healthy living. The Registered Dietician provides education for healthy meal planning.

## ASTHMA CLINIC

The goal of the asthma clinic is to educate patients and their families about asthma, medications, signs and symptoms of decreased asthma control, and identifying asthma triggers and avoidance strategies. Clients are seen by a Registered Respiratory Therapist on an individual basis to ensure that education and treatment is customized to the individual's needs.



## BREASTFEEDING CLINIC

Our outpatient breastfeeding clinic is staffed by Certified Lactation Consultants who assist and support breastfeeding mothers and their family. Weekly breastfeeding support classes are also available. If you would like further information regarding one of our clinics, please contact the Patient Education Centre at 905-472-7374.

## DR. MICHAEL LAU, PATHOLOGIST

Dr. Michael Lau will join Markham Stouffville Hospital as a full-time pathologist effective April 1, 2002. Dr. Lau has worked as a locum and part-time pathologist at Markham Stouffville Hospital since 1995. Previously Dr. Lau held positions at York Central Hospital, William Osler Health Centre and Cambridge Memorial Hospital. Congratulations!



## THE YEAR IN REVIEW: SOME STATS & FIGURES FROM JAN. - DEC. 2001

- Did you know...
- That 2729 babies were delivered in 2001? Our breastfeeding clinic & a parent link phone line provides information support to new moms.
  - That over 48,000 x-rays were taken last year; 20,359 ultrasounds were performed, over 10,817 CT scans were obtained & over 1 million laboratory tests were conducted.
  - That we employ over 1400 staff to provide the care & services that our patients need.
  - That our surgeons performed a total of 15,399 surgical cases in our Operating Suites & Surgical Procedure Unit.
  - That our Emergency department staff treated over 37,000 patients last year. Since October 2001, the Fast Track Clinic of our Emergency department has treated over 2400 patients - alleviating the pressures in our Emergency department.
  - That our Hospital depends on our volunteers? Over 550 volunteers & 230 summer students provided over 6000 volunteer hours of their time to help our Hospital - an outstanding commitment.
  - That our Mental Health System provides care & support for both inpatients & outpatients. Over 10,700 visits were made to our Adult Outpatients Mental Health services and 2,457 appointments were held in our Child & Adolescent Family services.
  - That revenue from parking fees is used to maintain & expand our parking lots, & to support healthcare programs & services.

## CALL FOR NOMINATIONS FOR THE FRIENDSHIP GARDEN

The Friendship Garden at Markham Stouffville Hospital 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. The Garden was officially opened on September 7, 2000 and is part of our Donor Recognition Program. The inductees into the garden are honoured with their names on plaques throughout the Garden. We are now accepting submissions for induction into the garden this spring. The submission deadline is March 31, 2002. For nomination packages, please contact The Foundation Office at 905-472-7059.

## Upcoming Events

- Paediatric Diabetes Clinic Presents: Living with Diabetes, Peter Atkins, Firefighter, Toronto Fire Services: January 31, 2002 at 7:00-9:00pm, Auditorium.
- Department of Family Practice Presents: Nutrition - The Big Deal: February 20, 2002 at 7:00-8:30pm, MSH Auditorium. Speaker: Dr. Stephen McLaren, Chief, Department of Family Practice.
- Board of Directors Information Session: February 28 at 7:30pm, MSH Auditorium.
- Markham Stouffville Hospital Annual Gala: April 5, 2002, Le Parc.
- 2002 Legacy 5K Run/Walk: April 28, 2002, Legacy Community, 14th Avenue & 9th Line.

## HOLIDAY CARD PROGRAM

A special thank you to Dye & Durham for your assistance and support of the Foundation's 2001 Holiday Card Program.

Many thanks to the following business for your participation and donation to the program:

- Ballymore Homes
- Don Valley North Lexus Toyota
- EDS Canada
- GWA Group Marketing Consultants
- Home Relief Health Services
- Howard Johnson Hotel
- Parklane Nurseries Ltd.
- Ram Forest Products Inc.
- Tokai of Canada Ltd.
- W5 Resources Inc.
- Words that Work

Watch for news of our 2002 Holiday Card Program coming in September!

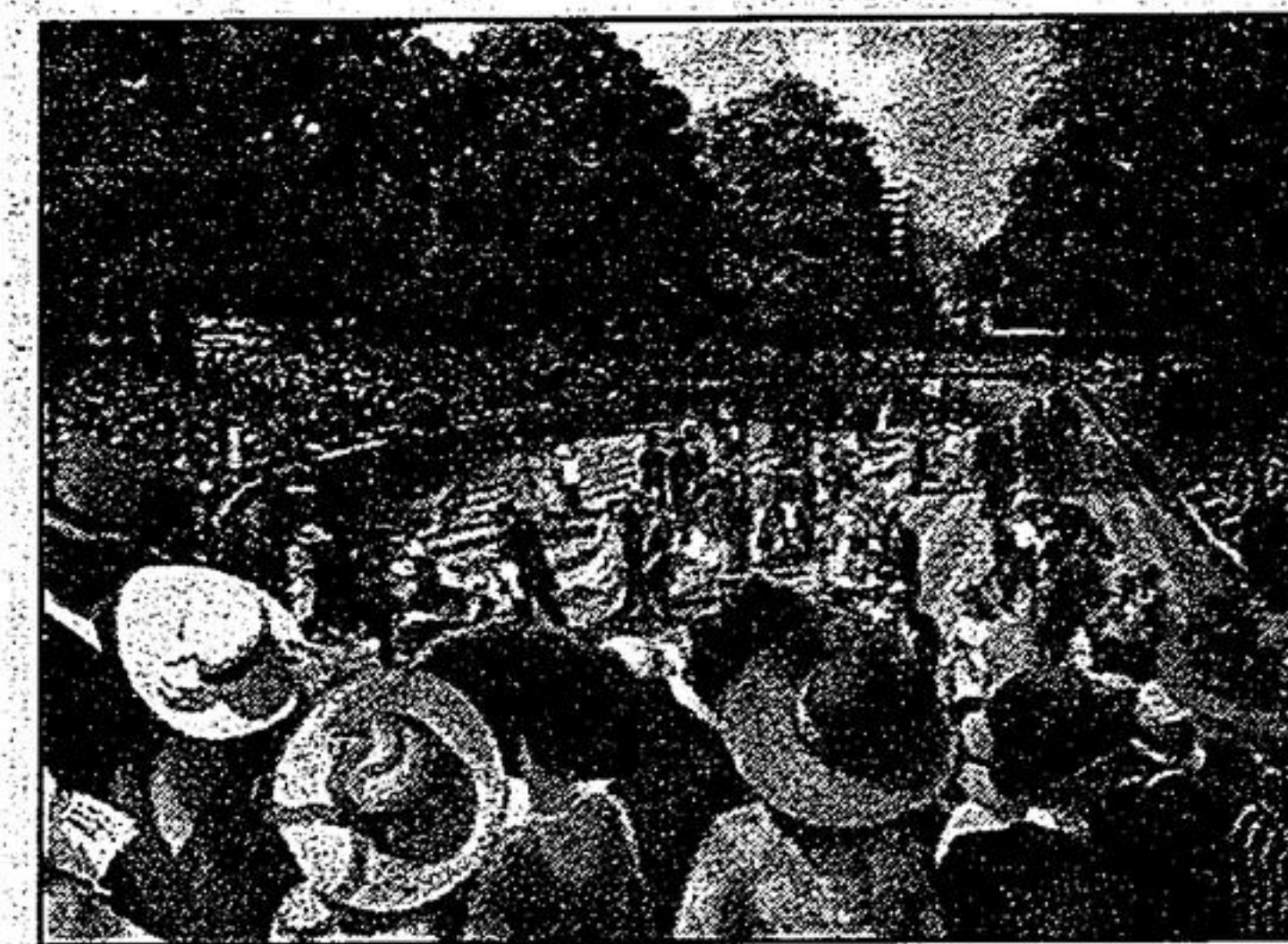
## Evening at Ascot Gala Celebration 2002

MARKHAM STOUFFVILLE HOSPITAL FOUNDATION

Presented By:



Top Hats and Tails, Champagne and great horse racing - An Evening at Ascot is the theme for the Gala Celebration this year, certain to entertain you in a way you will remember for many years to come. Don't miss out this year's Gala will be a night to remember!



Raffle tickets go on sale February 11th, for \$10 you can enter to win a 1 year lease on a BMW, \$2500 Gift Certificate at Markville Shopping Centre and more! Ascot offers the perfect opportunity to dress up to the nines. Women decked out in large outrageous hats, men in morning suits. Come armed with a raincoat, binoculars and peer in awe at the parading peacocks, and don't forget to watch the races! This year's Gala will be held on Friday, April 5, 2002 at Le Parc Conference & Banquet Centre. Don't miss out on this year's prestigious fundraising event for Markham Stouffville Hospital. For more information on tickets, sponsorship or auction prize donations please contact Kathy Little at 905-472-7395.

## MARKHAM STOUFFVILLE HOSPITAL VITALITY READERSHIP SURVEY 2002

We would like to improve this publication. Your feedback is important to us. Please complete this short survey and return it to: **Markham Stouffville Hospital, c/o Public Relations, 381 Church St., Markham, Ontario, L3P 7P3**; or fax it to Public Relations 905-472-7086, by **FEBRUARY 16, 2002**. The survey is also available on-line at [www.msh.on.ca](http://www.msh.on.ca), under "Contact Us".

Please put a check mark on your response.

### 1. How often do you read MSH Vitality?

- Always  Usually  Rarely

### 2. How would you rate the following aspects of Vitality?

- |                    |                                    |                               |                               |                               |
|--------------------|------------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Overall appearance | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Fair | <input type="checkbox"/> Poor |
| Size               | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Fair | <input type="checkbox"/> Poor |
| Number of photos   | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Fair | <input type="checkbox"/> Poor |
| Writing            | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Fair | <input type="checkbox"/> Poor |
| Legibility         | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Fair | <input type="checkbox"/> Poor |

### Please indicate your interest in the following topics:

- |                                |                               |                                   |                              |
|--------------------------------|-------------------------------|-----------------------------------|------------------------------|
| New programs and services      | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |
| Changes at the hospital        | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |
| Stories about clients/patients | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |
| Health tips/advice             | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |
| Upcoming Events                | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |
| Volunteers                     | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |
| Donors                         | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |
| Staff activities               | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |
| Fundraising activities         | <input type="checkbox"/> Very | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Not |

### 3. Would you like to see Vitality more than once a month?

- Yes  No How often \_\_\_\_\_

Do you find the articles too long?  Yes  No

### 4. Please indicate if Vitality has led you to:

- Make a donation  Volunteer  Attend an event  Register for a program

### 5. What is your primary association with MSH?

- Volunteer  Family member  Client/patient  Community member  Staff  Other

Thank you for completing this survey.

## DEAR MARKHAM STOUFFVILLE HOSPITAL...



My brothers and I are here once again. We are bringing these things again so the children can play with them all over the hospital. I have been coming here since I was three years old. My Mom saw one of our books over in emergency. We are glad to help. Hope you have a Merry Christmas!

From, Kane Smee (7) Keaton Smee (5) Kyler (3)