



# Vitality

September 20, 2003



## DONOR RECOGNITION EVENT

Please join us for our Annual Donor Recognition Reception & Tree Lighting Ceremony the evening of Thursday, November 27th. This event will include tours and demonstrations of the new Dual Headed Gamma

Camera, as well as displays of additional equipment, made possible through your generous donations. As a donor to MSH, we welcome you.

For additional information, or to RSVP please contact the Foundation at 905-472-7579.



## ASTHMA COALITION OF YORK REGION

The Asthma Coalition of York Region has been recently selected as one of four groups to conduct the **Smoke-Free Homes and Asthma Pilot Campaign**. Members of the coalition include Markham Stouffville Hospital Asthma Education Clinic, York Region Public Health, the Lung Association of York Region, and the Asthma Society of Canada. This is the coalition's first health promotion campaign since its development earlier this year.

This pilot campaign focusing in York Region will promote the benefits of keeping a smoke-free home, especially for children. Children are especially susceptible because their lungs are still developing and childhood exposure to the poisons in secondhand smoke can hinder the growth of their lungs. Children who breathe secondhand smoke are at a higher risk of developing respiratory diseases like asthma, the leading serious chronic childhood disease.

Given that more than a thousand million adults smoke worldwide, the World Health Organization estimates that around 700 million, or almost half the world's children breathe air polluted by tobacco smoke, particularly at home. In Canada the statistics are also quite disturbing with an estimated 800,000 children under 12 were regularly exposed to second hand smoke in the home in 2001.

## HALLMARK HOLIDAY CARDS

Personalized holiday cards are an easy way to give a gift in honour of family or friends.

Choose from a selection of over 50 exclusive Hallmark cards from a catalogue of samples. These are quality cards with foil lined envelopes and choice of message.

The cards will show that you have made a gift in their honour to the Markham Stouffville Hospital Foundation.

Contact 905-472-7059 to order cards.

## LUKE'S TAEKWONDO 1<sup>st</sup> ANNUAL CHARITY RUN



**Sunday,  
September 21, 2003**

Milne Park  
(McCowan Road, south of  
Highway 7)

**Registration:  
8:30 am to 9:30 am**

**Warm Up: 9:30 am**

**Race Starts: 10 am**

Call Luke's at 905-294-7332 for further information.

All proceeds from the Run will be donated to  
Markham Stouffville Hospital Foundation.

## UPCOMING EVENTS

### Luke's Tai Kwon-Do 1<sup>st</sup> Annual Charity 10K Run:

Sunday, September 21, 2003. Milne Park (McCowan Road south of Highway 7). Registration: 8:30 am to 9:30 am.

### Fashions for Life Fashion Show:

Razzmatazzzz and All That Jazz, October 22, 2003,

6:00 pm, Le Parc Dining & Banquet Ltd.

Call 905-472-7373 ext. 3777 for tickets.

### Bowling for Beds:

November 8, 2003, from 4:00 - 7:00 pm, World Bowl,

Richmond Hill. Teams of 6 welcome.

For more information, call 905-472-7059.

### Donor Recognition Event:

November 27, 2003, 6:30 pm, MSH Lobby.

For more information, call 905-472-7579.

## MAGNETIC RESONANCE IMAGING (MRI) SERVICES APPROVED FOR MSH

Markham Stouffville Hospital is pleased to announce that it has been approved in principle to offer MRI services in York Region. Residents of Markham, Stouffville and surrounding communities will now receive this much-needed service closer to home. In the next few months, MSH will work closely with the Ministry of Health and Long Term Care to develop its MRI business and implementation plans for the new MRI service.

## TASTES OF OUR COMMUNITY: A MULTI-CULTURAL EVENT

MSH's Outreach Committee hosted its first Tastes of Our Community event last Sunday September 14, 2003. The event featured live multi-cultural entertainment, health and wellness exhibits, children's activities, and authentic foods from many communities, including African-Caribbean, Chinese, Filipino, Greek, Macedonian, Pakistani, South African, Tamil and Traditional Canadian.

