

New You

An Advertising feature of The Markham Economist & Sun/ Stouffville Sun-Tribune

At Face Value
STAGE, SCREEN & STREET

It's Spring and they're back...

1/2 Price Highlights!

April 1 - April 30 / 04



Prom & Grad Special

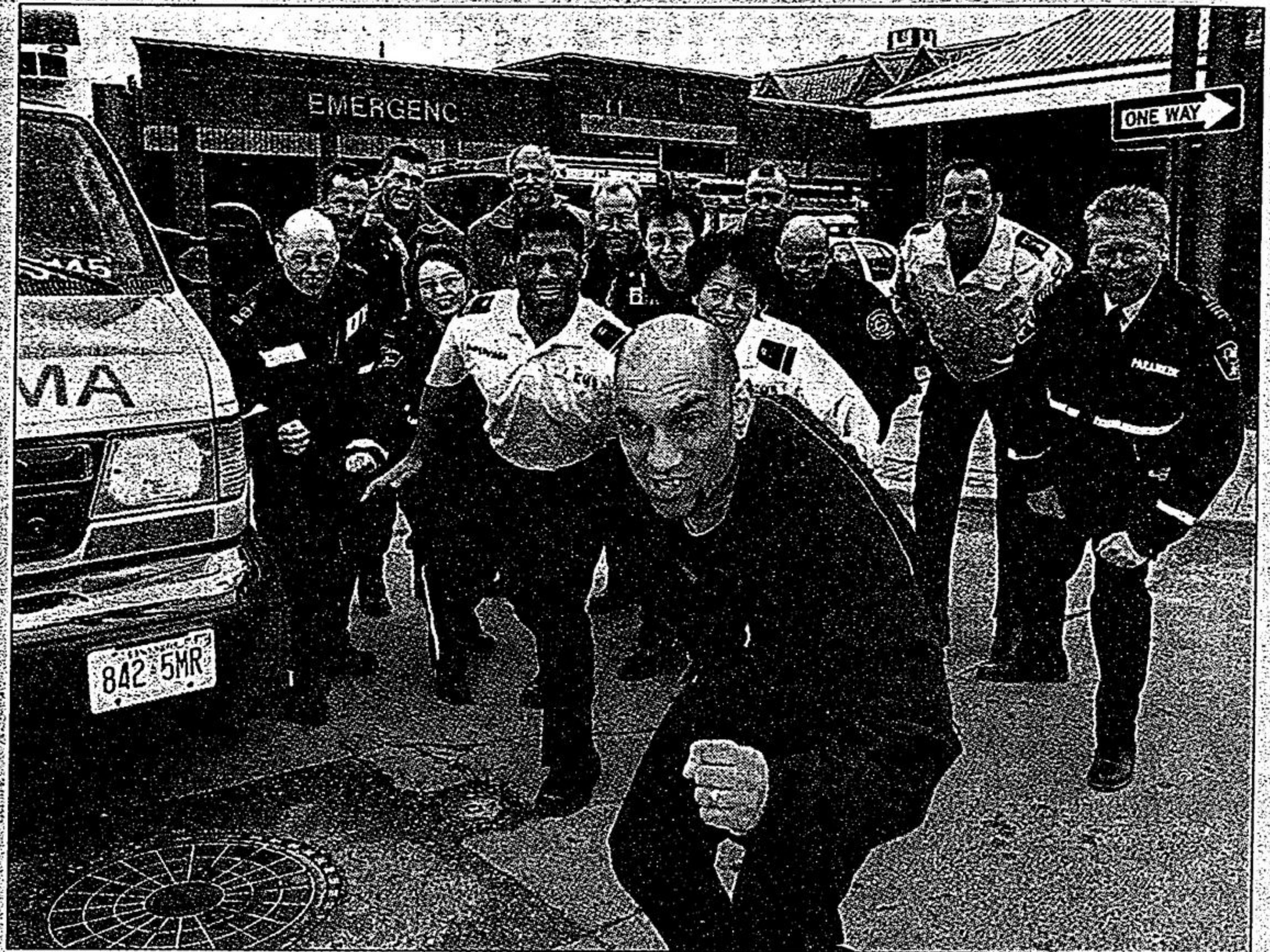
Receive a free makeup application or airbrush tattoo with every UPDO or SET booked.

4981 Highway 7 East
Unit 8, Markham, ON
L3R 1N1



905 475-3559

Jewellery - Hair Jewellery - Makeup - Purses



STAFF PHOTO/STEVE SOMERVILLE

READY TO RUN

Prem Hall of Running Room (foreground) leads a troupe of emergency services personnel in preparation of the Markham Stouffville Hospital Legacy Run. Running Room is sponsoring the seventh annual event April 24 at 10 a.m. at Markham Green Golf Club. York Regional Police, Markham Firefighters and York EMS are challenging each other in the five-kilometre event and ask the community to raise funds for their favourite team. Registration fees are \$25 for adults before April 16 and \$30 after that date. All students will be entered with a \$20 minimum in pledges. Last year, the event had 1,800 participants and raised \$120,000 for the cardiac care unit at the hospital. This year, the money raised will go toward an MRI for the hospital. Entry forms are available at most community centers, the Markham Running Room store, Markham Stouffville Hospital Foundation Office and on line at <http://www.legacy5k.ca/>. For more information, call Sheri Evans at 905-472-7000, ext. 6606 or sevans@msh.on.ca



To help make your experience with us great...

Maternal/Child System Implements Revised Visiting Hours to better serve our Expectant Moms, New Moms, Babies and Children



Effective Monday, April 19th, 2004, the Maternal/Child System will implement the following revised visiting hours. These changes are based on the principles of family-centered care, a philosophy that recognizes the vital role that family plays in the continuum of care. We have always listened to our families. Based on their recent feedback relating to our visiting hours, we have tried to create a balanced atmosphere where our expectant and new moms, babies and children can have the rest that is essential for their well-being, while at the same time, allowing family and visitors to come and share in the birth of a new baby or visit with a sick child on our Paediatric Unit.

Maternal/Child System's General Guidelines for Visitors

(including Obstetrics, Paediatrics & Special Care Nursery)

- Visiting hours are:
11:00 am - 1:00 pm and 4:30 pm - 8:30 pm
- Rest Period for all expectant and new moms, babies in Special Care Nursery and Paediatric patients is:
1:00 pm to 4:30 pm
No visitors will be allowed during this time
- The number of visitors per patient in any room at the same time is **two**.
- Healthy, supervised children may visit on the unit anytime during visiting hours (see Exceptions, Special Care Nursery).

Note: To ensure safe patient care, the staff will always reserve the right to restrict visiting.

Exceptions for Labour & Birth Support Individuals, the Significant Other and Parents/Guardians of Infants and Children

- Up to three support individuals may be present during labour and birth (i.e. Significant Other, plus two support individuals). For patients requiring caesarian section, attendance of support individuals will be at the discretion of the physician.
- One individual (Significant Other) may stay up until 10:00 p.m. or overnight with new moms or women admitted for complications of pregnancy ONLY if they are in a private room. Please note that requests for private rooms are subject to availability and these rooms cannot be pre-booked.

Special Care Nursery and Paediatric Unit

- Two adults (18 years and over) may stay overnight with the child who is in a private Paediatric room.
- Parents/guardians of infants in the Special Care Nursery and children on the Paediatric Unit are permitted anytime at the discretion of the nursing staff.
- Only healthy, supervised siblings may visit in the Special Care Nursery with permission of the nursing staff during regular visiting hours.

*Significant Other is a person chosen by the patient for the purposes of support during the patient's Hospital stay. This person often is, but not limited to, the husband or partner.

Individuals who stay overnight with a patient (private room only) are responsible for bringing their own blanket/sleeping bag, pillows, towels, toiletries, etc.

What to Bring When You Come to the Hospital

Please note that the following items are no longer supplied by the Hospital, and must be brought with you on admission. If you forget to pack something, most of these supplies can be purchased in our gift shop.

- Sanitary pads
- Diapers (newborn or children)
- Vaseline
- Baby wipes
- Disposable drinking cups



(905) 475-3559

Thank you for helping us to make it great for our patients.

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