



Markham Stouffville Hospital

www.msh.on.ca

This Holiday Season be an Angel to Your Community

Make a special holiday donation to Markham Stouffville Hospital and give the gift of compassionate health care to the people of your community.

When Markham Stouffville Hospital tackles an emergency or brings a baby into the world, mends a broken bone or beats cancer, our supporters are right beside us. People just like you make all that we do possible.

The miracle of the season touches everyone's heart. You can give a gift to your entire community - the gift of better health care, dependable and caring emergency care - the gift of life.

Please send a donation to Markham Stouffville Hospital today. You *will* make a difference.

Giving makes angels of us all.

Mail your gift to:
Markham Stouffville Hospital Foundation
381 Church Street
P.O. Box 1800
Markham, Ontario
L3P 7P3

Call (905) 472-7059

Or donate online at www.msh.on.ca



A graduate of Columbia University and successful theatre producer, her book inspired an MTV special "True Life: I'm Bipolar" for which she served as field producer and consultant. She has been written up in *Time Magazine*, *Saturday Evening Post*, and *RI Monthly*. As well, she has appeared on CNN, ABC News, The Jane Pauley Show, and The Connie Chung Show. Join us for her first ever Canadian speaking engagement...

Unionville High School in partnership with Markham Stouffville Hospital present

DETOUR TO WELLNESS

Surviving and Thriving after a Diagnosis of Mental Illness

LIZZIE SIMON

Author of *DETOUR: MY BIOPOLAR ROAD TRIP IN 4:0*

MON. DEC. 12, 2005
10:00 A.M.

The Markham Theatre for the Performing Arts
171 Town Centre Blvd.
Markham, Ontario

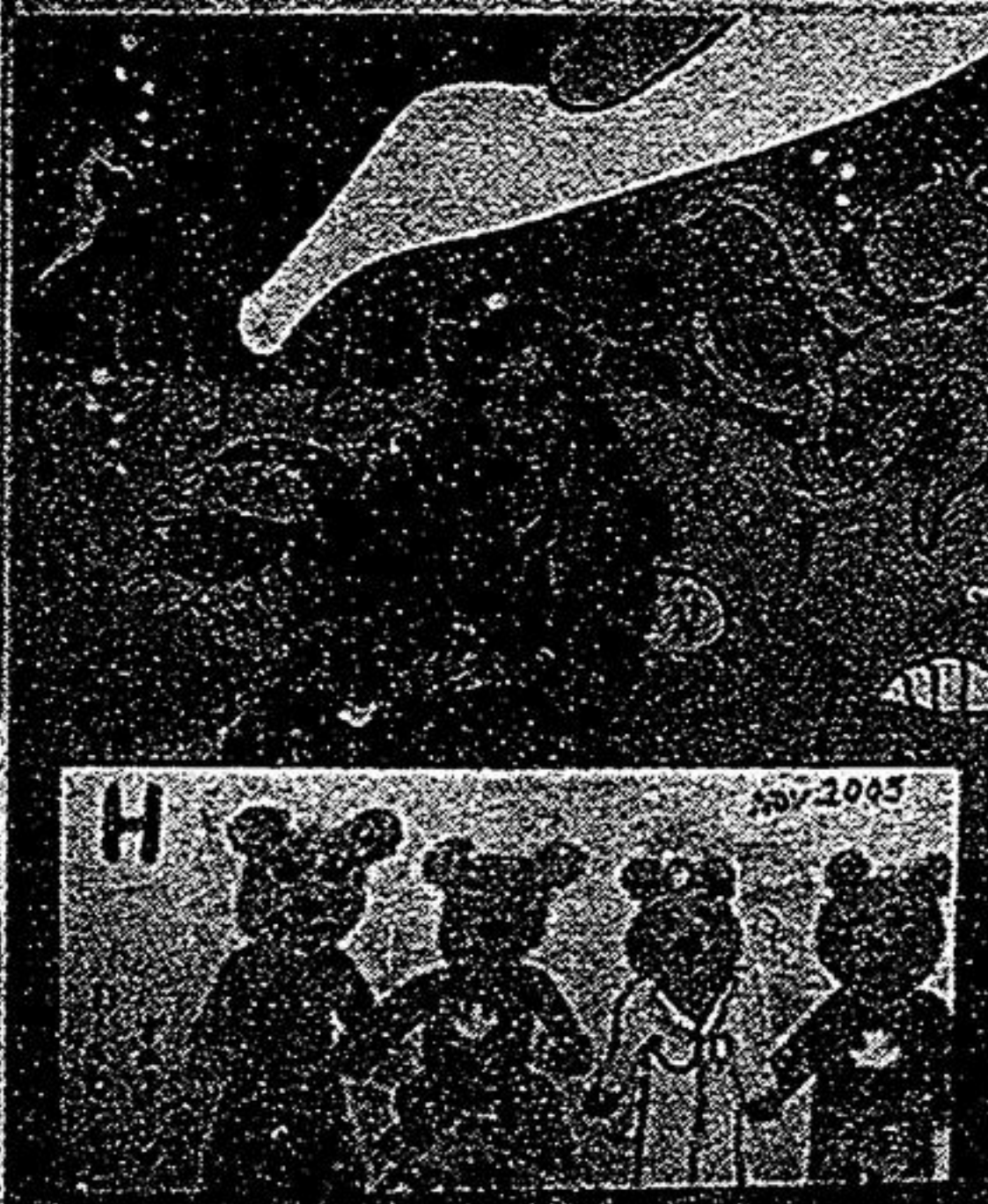
\$2.00 Admission

For information & reservations:
(905) 479-2787 x259
sarah.quan@yrdsb.edu.on.ca

This dynamic presentation is geared towards those living with a mental illness, friends, family members, students, and health care professionals.

In addition to our keynote speaker, we will be launching *Risk*, the 22-minute documentary film produced by filmmaker Danny Wilson and featuring drama students from the Arts York Program at Unionville High School. The film provides teens with a forum to speak directly to other teens about issues regarding adolescent mental health problems. Dr. Jonathan Golden and Dr. Jessica Cooperman served as consulting psychologists on the film.

Markham Stouffville Hospital's Dr. Bear Extends a Paw of Thanks



Ariel Charleson, a patient of the Paediatric Diabetes Clinic at MSH, injects insulin into teddy bear, Mark Stove, while posing in front of the Dr. Bear ceiling tile she painted and donated to the Hospital.

and a lack of funding. But thanks to the generosity of Ty Inc. and their donation of a 1,000 teddy bears, the Program was able to continue while efforts to raise funds begun.

Markham Stouffville Hospital thanks Ty Inc. for coming to the rescue of this vital paediatric program in a time of need.

Markham Stouffville Hospital would also like to extend a warm thank you to the individual supporters who recently answered our appeal for funds in support of the Dr. Bear Program and the expansion of elements of the Child Life Program into other areas of the Hospital.

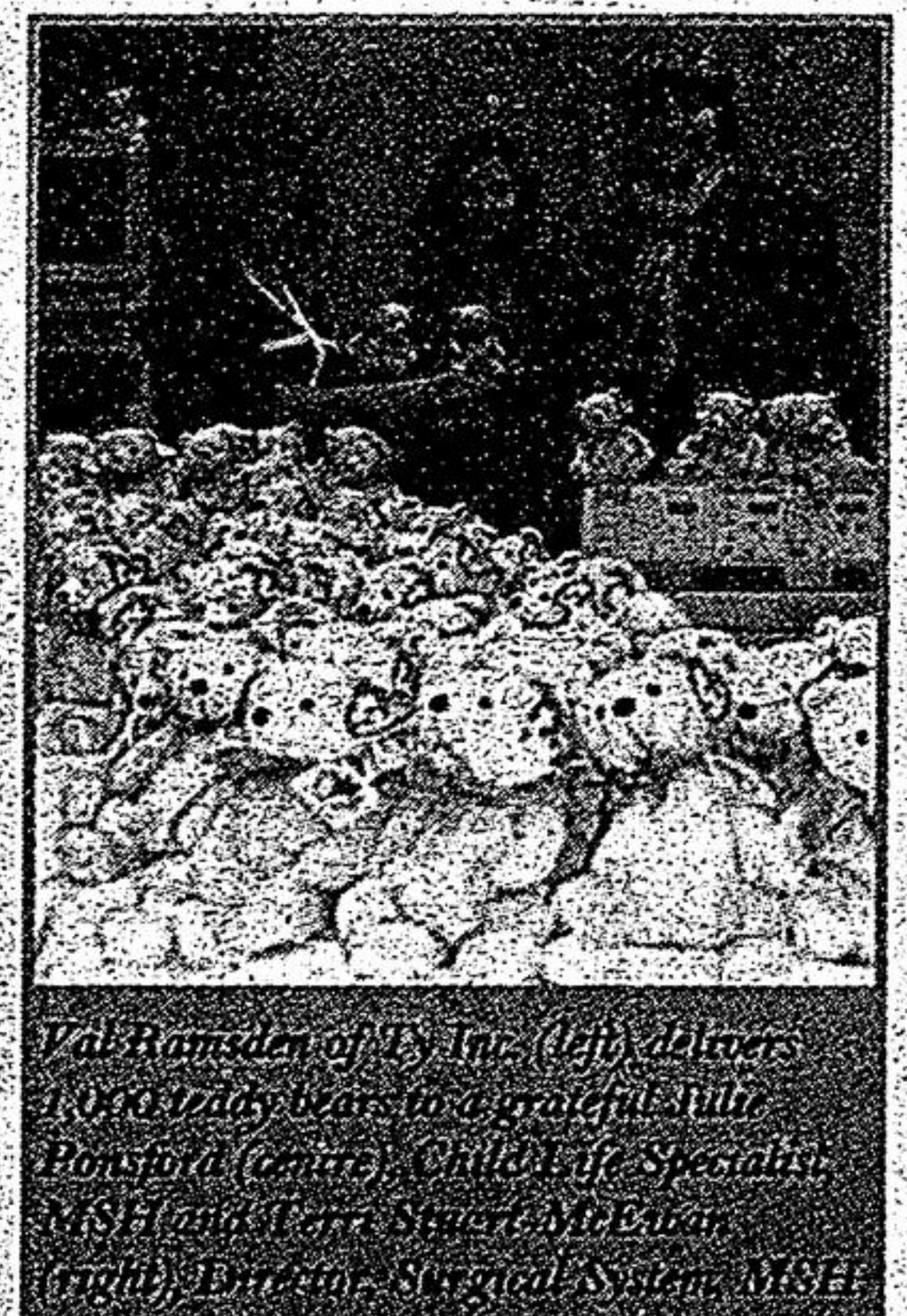
Thank you to each and every one of you - we couldn't do what we do without you. You've helped us "Make it Great" for our youngest patients.

Markham Stouffville Hospital is dedicated to working with paediatric patients and their parents to ease the anxiety and stress that comes with hospitalization.

A hallmark of this work is a Surgical Pre-Admission Program known as Dr. Bear - a program that provides psychological preparation and comfort to reduce the stress specifically associated with surgery for children.

The Dr. Bear Program involves a 2-hour familiarization session at the Hospital a few days prior to surgery. Small groups of parents and children are invited to participate in a tour of the different rooms the child will visit the day of surgery.

Earlier this year the continuation the Dr. Bear Program was jeopardized because of a shortage of teddy bears



Val Ramsden of Ty Inc. (left) delivers 1,000 teddy bears to a grateful Julie Ponsford (center), Child Life Specialist, MSH and Terry Stuart (right), MSH and Ty Inc. (right) Dr. Bear Surgical Program, MSH.

If you have any questions about Child Life at Markham Stouffville Hospital, the Dr. Bear Surgical Pre-Admission Program or would like to make a donation, please contact Julie Ponsford, Child Life Specialist at 905-472-7373, ext. 6408.

Putting on the Ritz at Markville

President and CEO, Janet M. Beed, looking marvelous as she walks the runway at last Sunday's Ball at the Mall fundraiser, as Kevin Thistle, General Manager and Vice President, Angus Glen Golf Club, models a tuxedo ensemble in the background.

And the winner is...

The winning Christmas Tree raffle ticket from the Ball at the Mall is 0761353. If this is your ticket, please call Natasha at (905) 472-7373, ext. 6647 to arrange for tree pick up. Congratulations and Happy Holidays!

Markham Stouffville Hospital Recognizes Diabetes Month

Did you know there are over 2 million Canadians living with Diabetes? November is National Diabetes Awareness Month and this year, the Canadian Diabetes Association has chosen "Diabetes: Get Serious" as its theme. For over 14 years, Markham Stouffville Hospital has been "getting serious" about meeting the needs of community members who are living with Diabetes. Our outpatient adult and paediatric clinics offer an integrated, multidisciplinary approach to care that focuses on providing the patients and families with the information they need to make informed decisions about how to live with Diabetes. Last year alone there were over 3,000 adult and over 1,200 paediatric Diabetes visits at MSH.

In 2004, the Canadian Council on Health Services Accreditation cited our Paediatric Diabetes clinic as a program of excellence. For more information about our adult and paediatric Diabetes programs, see our Hospital web site at www.msh.on.ca.

"Our Mission is to make every experience with us great."