

community profile

Together, we are supporting healthy aging

St. Peter's Hospital is a unique resource within our community. Its programs provide specialized care, research and assistance for people with irreversible and complex illnesses. The services include inpatient, outpatient, and community-based programs and services, and a focus on helping aging adults remain in their homes and in the community. Core programs focus on dementia, aging, palliative care and rehabilitation. Care is also offered through the Centre for Healthy Aging for adults who are well enough to live in the community but require clinical and therapeutic services.

The Centre for Healthy Aging is a collection of specialized outpatient services provided in one central location at St. Peter's Hospital. Services include geriatric medicine; geriatric psychiatry; social work; physiotherapy; occupational therapy; dental care; speech language pathology; nutritional counseling; prescription of wheelchairs and seating systems; assessment and treatment of adults with osteoporosis, Parkinson's Disease, chronic lung conditions, and those who are at risk of falls; and a community outreach service for seniors who cannot attend clinic appointments. There are over 200,000 individuals 65 years or older living in the Hamilton-Niagara-Haldimand-Brant Local Health Integration Network (designated catchment area). This is the largest seniors population in the province.



St. Peter's Hospital

To support, visit

www.hamiltonhealth.ca

or call 905-521-2100 ext 12247

THE HAMILTON SPECTATOR



St. Peter's Hospital

The Hamilton Spectator: What inspires you?

St. Peter's Hospital: Each patient cared for at St. Peter's is a person who has lived a lifetime of experiences. The older generation of patients we care for have made tremendous contributions to our society. Our goal is to ensure that we enhance life and provide our patients with care that respects their physical, emotional and spiritual needs. We appreciate the opportunity to honour and celebrate this very important group within our community.

The Hamilton Spectator: What are you doing to change our community?

St. Peter's Hospital: What it means to be a senior today is undergoing a tremendous redefinition. People are living longer and hopefully healthier lives. As research continues to show, there are many things that we can do to help reduce the impact of the aging process. Our clinicians and researchers can provide insight into things that we can all incorporate into our every day lives to help enhance our own aging experience. A "pearl" within Hamilton Health Sciences and the region, St. Peter's Hospital has the unique focus and skills to help all of us lead healthier lives and help our aging population cope with the changes they are experiencing.

The Hamilton Spectator: Name one thing about St. Peter's that should inspire others.

St. Peter's Hospital: St. Peter's Hospital provides a level of specialized care not available elsewhere in the community. Our research and educational activities are informing how we care for seniors and individuals who require specialized complex care and rehabilitation. St. Peter's is also leading the transformation to a more senior friendly environment across all Hamilton Health Sciences hospitals and the entire community. Additional and on-going support from donors would enable St. Peter's not only to continue to provide this excellent level of service, but to have the resources available to expand programs and develop new initiatives designed to support our patients and improve their quality of life. For more information on how you can support the tremendous work at St. Peter's, please visit www.hamiltonhealth.ca or call 905-521-2100 ext. 12247.



LIFELONG CARE, TRANSFORMED.

Foundation

The Hamilton Spectator is dedicated to building our community.



Give kids a boost

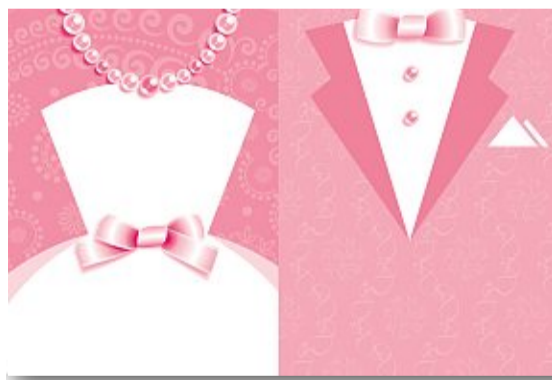
McMaster Children's Hospital has launched an awareness campaign on the use of booster seats. The best reason to use a booster seat is to keep children safe. Automobile collisions are the leading cause of death in children ages 1-14. Using a properly installed booster seat with a seat belt will greatly reduce the risk of injury and death. If a child is 4 to 8 years of age, 40 to 80 pounds, or 4'9" or under, they must be in a proper booster seat.

For more information on this campaign and proper booster seat use, visit: www.givemeaboo.com.

Brides for Banks: raising food while planning a wedding

To get local couples wedding planning started on a truly altruistic track, the Hamilton-Halton Fall Wedding Show 2011 is running the 4th Annual Wedding show food drive (Brides for Banks) in support of Hamilton Food Share. The hope is to raise more than 2,000 canned goods for the families and children in the Hamilton area.

So everyone attending this year's show, bring as many non-perishable food donations as you can to the Hamilton-Halton Fall Wedding Show 2011 at the Careport Centre on September 17th & 18th, 2011, 12noon-5pm. For more information, visit www.TopWeddingShows.com.



Get corny at Concession Street Fest

A large food drive for Neighbour to Neighbour will be just one of the fabulous events at the Concession Street Fall Fest. On Saturday, September 17 between 11 am and 4 pm, head to Concession Street – Royal Bank Plaza and Big Bee Plaza – and enjoy live music, horse and wagon rides, kids' activities and more. Your admission? A donation to the food drive, so remember to bring some non-perishable food to help your neighbours. For more information, visit www.concessionstreet.net.



THE HAMILTON SPECTATOR

Go nowhere on a bike to help a sick child smile



Help A Child Smile is celebrating its 25th year of supporting families with children being treated for cancer at McMaster Children's Hospital by offering clinic supports, year-round family event programming and week-long Disney World trips of a lifetime. Help A Child Smile has brought the "The Inside Ride" fundraiser to the community, an easy and unique opportunity to make a real difference. If you know five other people who can raise at least \$170 each in sponsorships, sign up to enthusiastically ride a stationary bike for 10 minutes in a fun and meaningful atmosphere. That will make many children smile...and you as well. Sign up for September 16 from 12 to 2 pm; register at <http://Hamilton.theinsideride.com>.

Our previous community funding still exists and will now be under a new name: SpecKids Unlimited. SpecKids Unlimited has a vision to play a leadership role in our community, by making a difference in the lives of youth and children. The SpecKids Unlimited mandate is a simple one: to improve the lives of children and youth in our community.

Funds donated to SpecKids Unlimited support the following initiatives: The Hamilton Spectator Summer Camp Fund; Jeff Dickins Memorial Award; Hess Kids Unlimited; and Community Building. This is a partnership between the Hamilton Community Foundation and The Hamilton Spectator. For more information, contact Jane at jallison@thespec.com