

## Put your health first “Because Your Family Matters”

*The few minutes it takes to screen for women’s cancers could save your life*

The Central East Regional Cancer Program and its partner hospitals, including NHH, are encouraging women to put their health and wellbeing first by booking a mammogram and Pap test this month.

October is Breast Cancer Awareness Month, and National Cervical Cancer Awareness Week is Oct. 17 to 21. More than 9,000 women in Ontario will be diagnosed with breast cancer this year. One in 150 women will develop cervical cancer. The “Because Your Family Matters” campaign highlights the importance of screening for women’s cancers.

Women aged 50 to 74 who are at average risk for breast cancer should have a mammogram every two years. Women who are over the age of 21 who are — or have ever been — sexually active should screen for cervical cancer by having a pap test every three years.

Eligible women can schedule their mammogram appointments at any Ontario Breast Screening Program (OBSP) site, including NHH. For more information about mammograms, the OBSP or to book an appointment, call 1-800-668-9304 or visit [www.cancercare.on.ca/justbookit](http://www.cancercare.on.ca/justbookit). To book a Pap test, women can call their doctor or visit [www.cancercare.on.ca/paptest](http://www.cancercare.on.ca/paptest) to find a clinic near them.



**Because your family matters**

Get screened. Breast cancer screening can save a life.

[www.ontario.ca/screenforlife](http://www.ontario.ca/screenforlife)

Central East Regional Cancer Program  
www.cercp.on.ca

A free mammogram can detect cancer early, providing better treatment options and outcomes.

Talk to your family, friends and healthcare provider about regular breast cancer screening. Visit an Ontario Breast Screening Program near you.

Adapted and used with the permission of the Mississauga Halton Central West Regional Cancer Program

## Do you visit NHH regularly? NEW parking pass options and in/out parking privileges have been introduced

The Ministry of Health and Long-Term Care released a Hospital Parking Directive to all Ontario hospitals earlier this year, with the primary aim of reducing the financial burden of hospital parking fees on patients and visitors who visit hospitals frequently.

At \$9 a day, NHH’s maximum daily rate for public/visitor parking in its main and Emergency Department lots is already below the new maximum daily amount permitted. Daily variable parking rates in NHH visitor lots remain as follows:

\$3.00 0 to ½ hour	\$4.00 ½ hour to 1 hour	\$5.00 1 hour to 2 hours
\$6.00 2 hours to 3 hours	\$8.00 3 hours to 4 hours	\$9.00 > 4 hours

A new in/out privilege, available for those who pay the maximum daily rate, is now available. As well, NHH’s discount pass options have also been expanded. Patients or visitors who require recurring visits may purchase or renew a frequent user discount parking pass for consecutive 5-day, 10-day and monthly discount options (previously, only weekly and monthly options were available). These may be purchased weekdays, from the hospital’s Finance Office. Discount pass rate options are as follows



**5-day pass:** \$22.50 (pre-paid in advance) + \$10.00 one-time deposit for the card, refundable upon return of the card.  
**10-day pass:** \$45.00 (pre-paid in advance) + \$10.00 one-time deposit for the card, refundable upon return of the card  
**Monthly pass:** \$57.00 per month (pre-paid in advance, maximum of 30 days duration) + \$10.00 one-time deposit for the card refundable upon return of the card

All three NHH visitor/patient discount pass options include the in/out privilege and are effective for the 5, 10 or 30 consecutive days for which they are purchased. For further details, please see the related news release on [www.nhh.ca](http://www.nhh.ca) and parking pay stations inside NHH.

## Reminder - Call for interest NHH Patient and Family Advisory Council

If you or your family member has been a patient at Northumberland Hills Hospital (NHH) in the past three years, and you’re over the age of 18, the hospital would like you to consider joining its new **Patient and Family Advisory Council**.

A new vehicle to ensure patient and caregiver perspectives are understood and actively considered throughout NHH, the Patient and Family Advisory Council will meet regularly to provide input to hospital staff, management, physicians and the Board on a variety of hospital activities and committees. Opportunities will vary from short-term projects to participation in longer-term, standing committees.

Residents of west Northumberland who are interested in volunteering their time on the Council are invited to review the related **NHH Patient and Family Advisory Council - Frequently Asked Question** document and complete the **NHH Patient and Advisory Council - Expression of Interest Form** available at [www.nhh.ca](http://www.nhh.ca).

Hard copy Expression of Interest forms may also be picked up at the Inquiry Desk in the main (front) lobby of the hospital. If you do not have Internet access, and would like to receive an Expression of Interest form, please call the NHH Administration office at 905-372-6811, ext. 4004.

The inaugural NHH Patient and Family Advisory Council is expected to consist of five patient/family advisors and two NHH staff. The Council will meet as a group a minimum of four times per year. In addition to attending the quarterly Advisory Council meetings, Patient/Family Advisors will be expected to participate—as experience/interest directs—on specific hospital initiatives, projects and committees.

**Completed Expressions of Interest must be received by October 21<sup>st</sup> for consideration in the inaugural Council. Questions?** Please call 905-377-7757. Thank you for your interest!