

# —THE— COMPASS CORNER



MARCH 2024 ISSUE



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## VOLUNTEER SPOTLIGHT: MEET TRACY!



Hi I'm Tracy! I have been a volunteer at Compass for two years now. I volunteer for multiple programs such as Cooking with Compass, Breakfast Club, Grub Club, Take a Breath (TAB), and diabetes programming.

I chose to volunteer at Compass because I like meeting new people! My favourite thing about volunteering is helping others.

*Thanks for your commitment, Tracy!*

*Do you want to volunteer with a program at Compass? Contact Sarah for more information at [sfrench@compassch.org](mailto:sfrench@compassch.org)*



# HEALTHY HABIT:



March Break is the week of **March 11th - 15th** and there are plenty of great things to do in the Hamilton area!

- Visit the Bayfront Park or Pier 7 and 8 for a walk on one of the trails.  
<https://tourismhamilton.com/partner/bayfront-park/>
- Explore another park in your neighbourhood.  
<https://www.hamilton.ca/things-do/parks-green-space/parks-trails/parkfinder>
- Visit your local library and check out their March Break activities.  
<https://www.hpl.ca/>
- Check out the Art Gallery of Hamilton (it's free on Thursdays!)  
<https://www.artgalleryofhamilton.com/plan-your-visit/>
- Visit Gage Park and check out the amazing greenhouse  
<https://www.hamilton.ca/things-do/parks-green-space/gage-park-tropical-greenhouse>

Whatever you do, we hope you have a safe and fun March Break!



## SOCIAL PRESCRIBING AT COMPASS:



Social prescribing is a holistic approach aimed at enhancing individuals' overall health and quality of life by linking them with various community resources and services.

At Compass Community Health, we are committed to extending this valuable support to our registered newcomer and racialized clients. Through our Social Prescribing program, we strive to address a range of needs and concerns to promote well-being and empowerment. Our services encompass a diverse array of areas, including career exploration, language skills development, financial assistance programs, fostering social connections, ensuring food security,

addressing mental health challenges, and promoting physical activity. We encourage individuals interested in accessing these resources to initiate a conversation with their primary care provider to determine their eligibility and begin their journey towards a healthier and more fulfilling life.

# PROGRAM HIGHLIGHTS:



## SIT N FIT



Join the “Sit N Fit” Program, designed for individuals aged 55+ who are keen on enhancing balance, posture, and strength in an encouraging setting! Whether you're a beginner or have some experience, this program offers a supportive environment where you can thrive physically and socially. Led by experienced instructors, our sessions blend exercises that target various muscle groups, improve flexibility, and enhance overall wellness. Come join us and discover the joys of staying active and healthy together!

**In-person sessions take place every Monday, while virtual sessions are available on Thursdays. For more details or to register, please reach out to Rachel at 905-523-1184.**

## GROW WELL

Join our amazing "Grow Well" program starting this April! Grow Well is a weekly program focused on learning about greenhouse growing practices coupled with mindfulness activities. It takes place inside of our Compass greenhouse! Activities include tea workshops, candle making, planting, gardening, crafts, and more! This program is open to all adults.

**The Grow Well program begins in April. Spots fill up quickly! To register, call Leah at 905-523-6611 x 3006 or email [ljanzen@compassch.org](mailto:ljanzen@compassch.org)**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast Club</b>  7:45-9:15  Every school day!				<b>1</b> 
<b>4</b>  	<b>5</b>	<b>6</b>  Screen for life bus	<b>7</b>   	<b>8</b> 
<b>11</b>    Screen for life bus	<b>12</b>	<b>13</b> 	<b>14</b>     FVRx pick-up 1:30- 3	<b>15</b>  
<b>18</b>  	<b>19</b> 	<b>20</b>  	<b>21</b>    	<b>22</b> 
<b>25</b>    	<b>26</b>	<b>27</b>  	<b>28</b>     FVRx pick-up 1:30- 3	<b>29</b> STAT HOLIDAY- CLOSED

-  Third Youth | 12:30pm
-  Welcome Baby- Prenatal Nutrition Program | 12:30pm
-  Caring for your Diabetes "Head to Toe" | 1:30 pm
-  Trans Femme Peer Support | 6:00pm
-  Sit and Fit | 10:45am
-  Seniors Kitchen | 11:00 am
-  Trans ID Clinic | 5:00 pm
-  Trans & Non-Binary TTRPG | 5:30
-  Trackers | 2:00pm
-  Freedom to Be | 9:30 am
-  Partners of Trans & Non-Binary people support | 6:00 pm
-  Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30pm
-  Tada | 10:00am
-  Seated Yoga | 1:00 pm
-  Pflag | 3:00 pm
-  Mother Tongue | 4:00pm

**To Register for programs call 905-523-6611 and the associated extension listed below:**

- Breakfast Club:** For children & their families. Eat a nutritious hot breakfast in a supervised space every school day 7:45-9:15am. Call Mariko ext 2084
- Caring for your Diabetes "Head to Toe":** Educational session about caring for your diabetes. Contact Robin- ext 3001
- Freedom to Be (Mindfulness):** Are you struggling with stress? Living in the past or worried about the future? Learn to live in the moment during this fun, in-person 7-week mindfulness program. Contact Jillian- ext 3015
- FVRx:** Compass produce box prescription. Contact Leah- ext 3006
- Mother Tongue:** A cooking session for newcomers to connect with each other and their community. Guest attendees welcome to sign up! This kitchen is open to 2S-LGBTQIA+ folks new to Canada, 2S-LGBTQIA+ BIPOC, and BIPOC allies. Contact Autumn- ext 2022
- Partners for Transgender and Non-Binary Persons Support Group:** Support group for partners of Trans and Non-binary folks at Stardust Therapeutic Collective. Contact Autumn- ext 2022
- Pflag:** Hamilton peer support meeting: This is a safe space where parents and caregivers of LGBTQIA2S+ and gender-diverse kids can come together to ask questions and support each other. Contact Autumn- ext 2022
- Queer Gaming Hamilton:** A group for Two Spirit and LGBTQIA+ folks to play games, primarily board games but open to role-playing games. Contact Autumn ext 2022
- Screen for Life Bus:** To book an appointment, call 905-975-4467 to get screening for breast, cervical, or colon cancer.
- Seniors Kitchen:** Join us on the 3rd Wednesday of every month to cook & share a meal together. Contact Leah- ext 3006
- Seated Yoga:** Utilize yoga to help with pain management and learn how to live more in the present. Contact Rachel 905- 523-1184
- Sit and Fit:** An exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. In-person Monday and Thursday virtual. Contact Rachel 905- 523-1184
- TADA:** Weekly art group open to anyone interested in having fun and learning from, or teaching others, a new art or craft. Contact Sib- ext 2014
- Third Youth:** A health education program for Latin American seniors geared to prevent isolation, anxiety and depression. Contact Maria- ext 2017
- Trackers:** A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine- ext 2059
- Trans and Non-Binary Grocery Program:** Program for Trans folks to receive free groceries & access to a variety of services, including newcomer and queer/trans advocacy. Contact Autumn- ext 2022
- Trans and Non-Binary TTRPG Group:** Group for Trans and Non-binary folks to play TTRPGs together and explore their identities. Contact Autumn- ext 2002
- Trans-femme Peer Support Group:** Social and peer support group for self-identifying Trans femme folks. Refreshments provided. Contact Autumn- ext 2022
- Trans ID Clinic:** Legal and peer support for those looking to make name and sex designation changes to their ID. Contact Autumn- ext 2022
- Two Spirit LGBTQIA+ Intergenerational Kitchen:** Cooking group for Two Spirit and LGBTQIA+ folks. Ingredients are provided by Compass. We cook and eat together. Contact Autumn- ext 2022
- Welcome Baby- Prenatal Nutrition Program:** Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Contact Cory- ext 3047



# We Are Dietitians

NUTRITION MONTH 2024

Dietitians influence the well-being of Canadians every day.

**How do you make a difference?**



## March is Nutrition Month & March 20th is Dietitian's day!

Dietitians have the distinct ability to translate the complex science of nutrition into practical healthy eating solutions. Dietitians use their nutrition expertise to help individuals make positive lifestyle changes.

Dietitians work throughout our community in health departments, hospitals, health and wellness centres (like Compass Community Health), food companies, universities and private practice.

We would like to recognize the contributions of dietitians and express appreciation for their commitment to promoting science-based food and nutrition in the hope of achieving optimum health for both today and tomorrow.

Who is eligible to see the Dietitians at Compass Community Health?

- Any Hamilton region individuals who have type 2 Diabetes or Pre-diabetes
  - If the individual's doctor is part of the Hamilton Family Health Team, the individual must ask for their Doctor's permission first
- Any individuals (with or without diabetes) whose family doctor/NP practices at Compass
- Individuals accessing the Caring for My COPD program

The dietitians at Compass also assist in facilitating the Welcome Baby Prenatal nutrition program.

Do you have questions about seeing a dietitian at Compass? Please call us at 905-523-6611

# OUR COPD PROGRAMMING:

## Your Breath Matters:



1. Do you cough most days?
2. Do you bring up phlegm most days?
3. Do you get out of breath more easily than others your age?
4. Are you older than 40 years?
5. Are you a current smoker or ex-smoker?



If you answered yes to three or more of these questions, ask your doctor if your breathing should be tested. Your doctor will review your symptoms and risk factors, conduct a physical exam and complete spirometry. Finding lung disease early gives the best chance to prevent further damage. Treatments are available to help people at all stages of disease feel better and live a more active life.

If you are diagnosed with Chronic Obstructive Pulmonary Disease (COPD), ask your doctor about being connected with the “Caring For My COPD” Program at Compass for ongoing support.

## FOLLOW US!

Keep up-to-date with Compass news and information by following us on our social media platforms!



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[Compass\\_ch](#)



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[www.compassch.org](http://www.compassch.org)



## Spring Funnies

**What do you call a well-dressed lion?**

A dandy lion!

**Why are frogs so happy?**

They eat whatever bugs them.

**Why are flowers so popular?**

They have a lot of buds.

**Why couldn't the sunflower ride its bike?**

It lost its petals.

**Why did the worm cross the ruler?**

To become an inchworm.

**Why did the bee's hair smell sweet?**

Because it used a honeycomb.

