

— THE — COMPASS CORNER

NOVEMBER 2023 ISSUE



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VOLUNTEER SPOTLIGHT - MEET NATALY!

I have been volunteering at Compass Community Health for two months but I had the privilege of completing my student placement at Compass. This opportunity is what pushed me to continue my time here and volunteer. I work alongside the mental wellness team, but specifically I help with the Latin American community.

I chose to volunteer at Compass because I support what they stand for, I too believe that there should be no obstacles to health. Compass is a great community that looks out for its client's best interests. I also feel very welcomed by all the staff that work at Compass. It's a very welcoming and safe place to be.

My favourite thing is working with the staff and having the opportunity to help others in the community and the individuals who work at Compass!

Are you thinking of volunteering at Compass?

Contact Sarah French at sfrench@compassch.org to find out about opportunities!



COMPASS
COMMUNITY HEALTH

PROGRAM HIGHLIGHTS:



SENIORS KITCHEN

Seniors Kitchen is open to new people who want to meet others in a fun and inclusive space! In this class, we focus on making tasty and nutritious meals that are easy to prepare. Participants learn valuable cooking skills, nutrition tips, and how to adapt recipes to their specific dietary needs. It's a great way to socialize and connect with others while enjoying the pleasure of cooking together. Join us for a wonderful blend of good food, friendship, and the joy of creating delicious dishes!

Seniors Kitchen is a continuous program held at Compass Community Health **every third Wednesday of each month from 11:00am-12:00 pm**

To register, contact Leah at ljanzen@compassch.org or call 905-523-6611 X 3006

TRANS ID CLINIC

The Trans ID Clinic is a supportive program for transgender individuals seeking help with legal gender marker changes on their identification documents. Working with our Two-Spirit LGBTQIA+ Client Advocate, this program offers a safe space to assist with name changes and gender marker updates, making it easier for anyone to have accurate identification that truly represents them.



The Trans ID Clinic runs once every month. The next clinic is on Thursday, November 16th. Contact **Autumn Getty 905-523-6611 x 2022** to register.



HEALTHY HABITS: GET OUTSIDE!



Going outdoors for a walk or some fresh air can do wonders for your health! Building time for the outdoors is a worthwhile healthy habit. Maybe this looks like a daily stroll through the neighbourhood, going for a hike in the woods or taking some time to sit in a local park.

Whatever way you do it, getting outside in nature can benefit you in so many ways including:

- Helping to improve your mood
- Encourages you to connect with others
- Can help you to feel less stressed
- Supports more movement and activity
- Fresh air and movement promote overall feelings of health and well-being



We encourage to go see all the colours outside this fall! What are some ways you can increase your time outdoors this month?

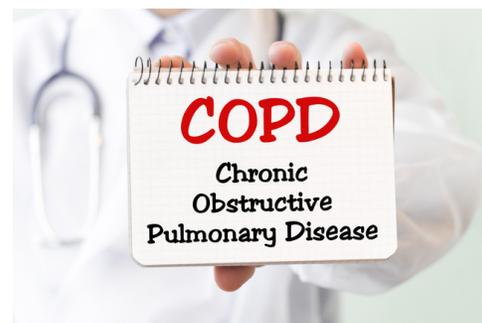
Reference: <https://www.participation.com/blog/7-science-backed-reasons-get-outside/>

ABOUT OUR COPD PROGRAM:

Caring for my COPD is a 10 week pulmonary rehabilitation program for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD) including those recently hospitalized due to COPD.

If you have COPD, consider attending our community based program to help you gain knowledge about your disease and better control of your COPD.

- There is NO COST for the program
- Weekly education sessions help to understand & manage COPD
- Personalized & supervised exercise sessions
- Family member(s) or support person(s) are welcome to accompany education classes
- Gain access to a COPD Coordinator and all other members of the COPD Healthcare Team: Kinesiologist, Social Worker, Occupational Therapist, Physiotherapist, Dietitian, Certified Respiratory Educator.



Speak to your Physician or Nurse Practitioner to complete a referral for you to attend. You are welcome to refer yourself to the program and we will contact your physician to complete a referral.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		  1	   2	 3
  6	7	 8	    9 FVRx pick-up 1:30- 3	 10
13 STAT HOLIDAY CLOSED	14 DIABETES DAY FAIR 1-3:30PM DROP IN!	   15	    16	 17
   20 Screen for life bus	 21	  22	     23 FVRx pick-up 1:30- 3	  24
   27	28	  29	 30	Breakfast Club  7:45-9:15  Every school day!

-  Grow Well | 2:00pm
-  Third Youth | 12:30pm
-  Sit and Fit | 10:45am
-  Trackers | 2:00pm
-  Tada | 10:00am
-  Welcome Baby- Prenatal Nutrition Program | 12:30pm
-  Caring for Diabetes & Health Promotion in Farsi | 11:00am
-  Diabetes Kitchen | 4:30pm
-  Seniors Kitchen | 11:00am
-  Freedom to Be | 9:30am
-  Queer Gaming Group | 5pm
-  Partners of Trans & Non-Binary people support | 6:00 pm
-  Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30pm
-  Trans ID Clinic | 5:00pm
-  Trans Femme Peer Support | 6:00pm
-  Trans & Non-Binary TTRPG | 5:30
-  Trans & Non-Binary Grocery | 1pm
-  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 in Farsi:** Educational session about caring for your diabetes. Contact Awesta- atokhai@compassch.org
- Diabetes Day Fair:** Drop in between 1-3:30 to speak to diabetic providers one-on-one and gather important information from many organizations in Hamilton. Everyone welcome, refreshments provided, door prize available to win! Contact Robin for more details- ext 3001
- Diabetes Kitchen:** Learn new recipes with hands-on cooking with a dietitian. Contact Jen- 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 Bullee- ext 3015
- FVRx:** Compass produce box prescription. Contact Leah Janzen- ext 3006
- Grow Well:** A program that combines gardening and mindfulness. Contact Leah Janzen- ext 3006
- Intergenerational Kitchen for Two Spirit LGBTQIA+:** Cooking group for Two Spirit and LGBTQIA+ folks. Ingredients are provided by Compass. We cook and eat together. Contact Autumn Getty- ext 2022
- 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 Getty- ext 2022
- Partners for Transgender and Non-Binary Persons Support Group:** Support group for partners of Trans and Non-binary folks. Takes place at Stardust Therapeutic Collective. Contact Autumn Getty- 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 Getty 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 Janzen- ext 3006
- 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 Babin 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 Pryce- ext 2014
- Third Youth:** A health education program for Latin American seniors geared to prevent isolation, anxiety and depression. Contact Maria Valderrama- ext 2017
- Trackers:** A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine Sorbara- ext 2059
- Trans and Non-Binary Grocery Program:** Dedicated hours for Trans folks to receive free groceries and access to a variety of services, including newcomer and queer/trans advocacy. Contact Autumn Getty- 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 Getty- ext 2002
- Trans-Femme Peer Support Group:** Social and peer support group for self-identifying Trans femme folks. Refreshments provided. Contact Autumn Getty- ext 2022
- Trans ID Clinic:** Legal and peer support for those looking to make name and sex designation changes to their ID. Contact Autumn Getty- ext 2022
- Welcome Baby- Prenatal Nutrition Program:** Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Contact Cory Ma- ext 3047

IN THE KNOW: THE FLU VACCINE

Prevention

Getting the flu shot is the most effective way to protect yourself against the flu and flu-related complications

The flu shot can reduce your chance of being sick with the flu and other respiratory illnesses at the same time

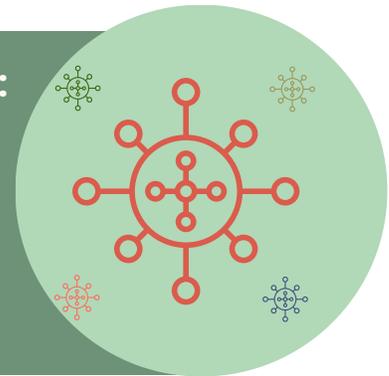


Protecting those around you

You are less likely to spread the virus to others when you are vaccinated

Groups who should especially get the vaccine:

- People at high risk of severe disease, complications, or hospitalizations from the flu. This includes: children under 5, seniors, Indigenous people, and pregnant people
- People with chronic health conditions or comorbidities
- People more likely to transmit the flu to those at high risk



Safety Information

- You cannot get the flu from the flu shot
- Side effects after a flu shot are generally mild and resolve on their own within a few days
- Severe reactions are very rare

Free flu shots are available to anyone who lives, works or attends school in Ontario.

Family doctors and walk-in clinics can administer a flu shot to adults and children 6 months of age or older. Adults and children 2 years of age and older may receive the flu vaccine at a participating pharmacy.



DIABETES DAY FAIR- JOIN US!

WORLD DIABETES DAY FAIR

Join us for interactive booths & presentations on nutrition, exercise, foot health & overall diabetes education with diabetes team members!

**NOVEMBER 14TH
@ 1:00– 3:30PM**

**COMPASS COMMUNITY HEALTH- 438 HUGHSON ST N
DROP IN EVENT- ALL ARE WELCOME!- DOOR PRIZE - LIGHT REFRESHMENTS**



**Promoting Diabetes Awareness Month
in partnership with:**

Compass Community Health, Diabetes Education Program
Hamilton Urban Core Community Health Centre
Hamilton Health Sciences- Boris Clinic
Centre de Sante Communautaire



PATHWAYS TO EDUCATION

Dare to Dream: Grade 9 Trip to Toronto Metropolitan University

On Friday October 20th, Pathways to Education took 24 Pathways Students to visit the Toronto Metropolitan University (TMU) campus.

Students got to explore several areas throughout the University Campus like the gym, the Red Bull Gaming Hub, and Student Learning Centre. Students learned more about all of the wonderful programs at TMU and learned about what TMU has to offer.

In the afternoon, students picked between visiting the Art Gallery of Ontario or exploring the Eaton Centre. Everyone had a fantastic time at both spots and enjoyed exploring the city!

Pathways to Education is grateful to the Hamilton Community Foundation who made this trip possible through the ABACUS fund!

To find out if a high school student is eligible to join Pathways, please call 905-523-6719

