

Community Health and Wellbeing Month

October is Community Health and Wellbeing Month! This year's theme is "The Future is Community". We would like to highlight the message of:

Your community primary health care organization does more than you think!

"Community health organizations and teams play MANY essential roles in our communities and our lives. This includes delivering mental health, primary health care outreach, dietitians, physiotherapy, support for other physicians and providers, and advocacy on behalf of your community. This also extends well beyond medical services and programs, into social prescription opportunities, cooking groups, community gardens, older adult activity clubs, youth mentorship programs, supports for young parents, connections to housing and employment resources, and many more areas that can impact health. Our organizations require adequate support and resources to do the work they do now, and as our populations grow in the future."- The Alliance for Healthier Communities

We at Compass have decided to answer a couple of frequently asked questions about Community Health Centres, in support of this theme!

Q: What is a Community Health Centre?

A: Community Health Centres (CHCs) are not-for-profit community governed organizations with a primary focus on improving the health and well-being of populations who have traditionally faced barriers accessing health services (No, a Community Health Centre is not a walk-in clinic).

Q: Where do CHCs fit in the healthcare system?

A: Community Health Centers (CHCs) are a vital component of Ontario's healthcare system, playing a key role in delivering essential services to numerous communities. We aim to enhance the ability of families and communities to address their own health needs and manage chronic conditions. CHCs frequently serve as the primary provider of fundamental community-based health services, offering a range of services that empower individuals and communities to take charge and ownership of their health.

Q: Who is a part of the healthcare team at Compass Community Health?

A: Our health team includes physicians, nurse practitioners, physician assistants, physiotherapists, chiropractors, dietitians, Kinesiologists, Diabetes Educators, Occupational Therapists, social workers, nurses, health promoters, respiratory educators, Pathways to Education staff and administrative support.

Q: What is the role of nurse practitioners?

A: Nurse Practitioners diagnose and treat illness and injuries, do physical checkups, order tests, prescribe medication, and make referrals. Nurse Practitioners provide a unique holistic approach to care.

Q: What is primary care?

A: Primary care is the backbone of our healthcare system. Your primary care practitioner, such as a family doctor or nurse practitioner, is the first person you see when you have a health care need. Primary care providers are able to provide a wide variety of treatment, from prevention, general wellness, and non-emergency medical needs, as well as providing you with referrals to specialists for more complex needs.

Q: What types of health promotion and health education services do you offer?

A: We have all kinds of health promotion and health education programs; please check out our monthly program calendar for more details that always stay up to date! You can grab a copy in our waiting rooms or view it on our website! www.compassch.org

Information adapted from Vaughn CHC and Government of Canada

Community Health & Wellbeing Continued...

What is the importance of Health Equity in CHC's?

Health equity approaches are central to improving health outcomes and reducing overall health system costs.

Whether it's accessible and tailored mental health care, refugee or newcomer care that helps prevent conditions from worsening, preventative strategies like social prescribing that help keep people well and aging at home, or the best chronic disease management available for diabetes, COPD and other conditions, embedding health equity ensures a health system that meets people where they're at, and doesn't leave people behind. Focusing on health equity means fewer dollars will be spent later on acute and emergency medicine. Health equity is the future for communities – and it's also smart investing for governments and leaders today. - The Alliance for Healthier Communities



COMPASS
COMMUNITY HEALTH

Our Mission:

Health through healing, hope and well-being

Our Vision:

No obstacles to health



Are you in High School? Join Pathways!

Pathways
to Education

Tutoring Coaching Scholarships Workshops

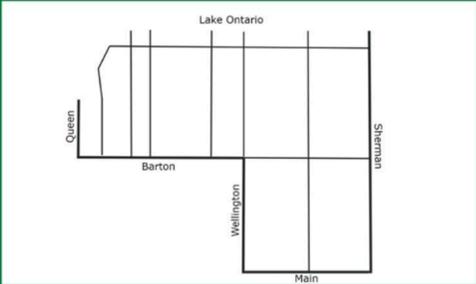
   

REGISTER TODAY
905-523-6719 or pathways@compassch.org
www.compassch.org/pre_registration

Pathways
to Education

 **COMPASS**
COMMUNITY HEALTH

ARE YOU ELIGIBLE?
✓ In high school next year
✓ Live in the Pathways Community



REGISTER TODAY
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COMPASS
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JOIN US! PROGRAMS & EVENTS:

DIABETES FAIR!



We are hosting an informative and fun event that focuses on Diabetes! If you, or someone you know has diabetes, come to our FREE diabetes event!

Tuesday, November 26th
1:00pm- 3:00pm
At Compass Community Health
(438 Hughson St N)

Speak with and learn from Diabetic providers at Compass and from many other partner organizations. Listen to our informative and interactive educational sessions and/or interact with providers at booths!

If you have any questions about the event, please call Christine at 905-523-6611 x 2059 or email at csorbara@compassch.org.

TWO SPIRIT LGBTQIA+ INTERGENERATIONAL KITCHEN- TRIP TO DUNDURN!



Join us to cook and eat a traditional meal in the historic 19th century Dundurn kitchen, followed by a comprehensive tour of the castle! This trip will take place on October 12th, from 10am until 12pm.

Any Two- Spirit LGBTQIA+ members are welcome to register and attend. We have a limit of 16 participants, and spots fill up quick, so please register as soon as possible!

The last time we took folks on this trip, they said they really enjoyed it and were excited to hear we were doing it again!

Please email Autumn to register/ for more information at agetty@compassch.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	   2	  3	 4
 7	 8	   9	   10	 11
14 Stat Holiday- Centre Closed	  15	   16	   17	 18
 21	 22	    23	    24	  25
   28	 29	   30	  31	Breakfast Club  8:00-9:15  Every school day!

-  Third Youth | 12:30
-  Back to it: Yoga | 9:30
-  Welcome Baby- Prenatal Nutrition Program | 12:30
-  Trans Femme Peer Support | 6:00
-  Sit and Fit | 10:45
-  Finding your Balance | 1:30
-  Seniors Kitchen | 11:00
-  Trans & Non-Binary TTRPG | 5:30
-  Trackers | 2:00
-  Grow Well | 1:30
-  Trans ID Clinic | 5:00
-  Mother Tongue | 4:00
-  Tada | 10:00
-  FVRx Pick- up | 1:30
-  Trans & Non-Binary Grocery Program | 1:00
-  Pflag | 3:00

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

Physical Activity:

- Back to it: Yoga:** Gentle yoga class with movements specific for low back pain & education on pain management. *Contact Rachel 905- 523-1184*
- Finding your Balance:** Combined education and exercise to help prevent falls, increase mobility & promote independence. *Call 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. *Call 905- 523-1184*
- Trackers (Walking Group):** A weekly indoor walking group to increase physical activity, movement, and meet others. *Contact Christine- ext 2059*

Food Programs:

- Breakfast Club:** For children & their families. Eat a free nutritious hot breakfast every school day 8:00-9:15am. *Contact Mariko ext 2084*
- Community Fridge:** Hours of operation: Mon- Fri 8:00am-4:00pm. Located by Hughson St N, outside of Compass.
- FVRx:** Compass organic food produce box prescription. *Contact Leah- ext 3006*
- Seniors Kitchen:** Join us on the 3rd Wednesday of every month to cook, socialize, & share a meal together. *Contact Leah- ext 3006*

Art & Social:

- 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*

Health & Education:

- Welcome Baby:** Prenatal Nutrition Program: Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Must join during pregnancy. *Contact Cory- ext 3047*
- Screen for Life Bus:** To book an appointment (8am-4pm), call 905-975-4467 to get screening for breast, cervical, or colon cancer.

Two-Spirit LGBTQIA+ Programs: CONTACT AUTUMN TO REGISTER x 2022

- Mother Tongue:** A cooking session for newcomers to connect with each other and their community. Guest attendees welcome to sign up! Open to Two Spirit & LGBTQIA+ folks new to Canada, Two Spirit & LGBTQIA+ BIPOC individuals, and BIPOC allies.
- Pflag:** Hamilton peer support meeting: A safe space where parents and caregivers of Two Spirit & LGBTQIA+ people and gender-diverse kids can come together to ask questions and support each other.
- Queer Gaming Hamilton:** A group for Two Spirit & LGBTQIA+ folks to play games (board games but open to role-playing games)
- 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.
- Trans and Non-Binary TTRPG Group:** Group for Trans and Non-binary folks to play TTRPGs together and explore their identities.
- Trans-femme Peer Support Group:** Social and peer support group for self-identifying Trans femme folks. Refreshments provided.
- Trans ID Clinic:** Legal and peer support for those looking to make name and sex designation changes to their ID.

FUN & COMMUNITY:

Did you know?

Our community fridge is open year round! Please feel free to donate milk and milk alternatives, fresh fruit and vegetables, and/or shelf stable items. Please also help yourself to whatever is in the fridge or pantry!

Our fridge is located at Compass, near our gardens, closest to Hughson St N. (look for the big yellow structure decorated in strawberry art).

Hours of operation for the community fridge are:

- Monday** 8:00am - 4:00pm
- Tuesday** 8:00am - 4:00pm
- Wednesday** 8:00am - 4:00pm
- Thursday** 8:00am - 4:00pm
- Friday** 8:00am - 4:00pm

Fun Fact: Our fridge was painted by a local Indigenous artist, Kyle Joedicke. Check them out on Instagram at @kylejoedickeart



Fall Maze Challenge

Fall is here!

Can you help the squirrel find more acorns?



FOLLOW US!

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

 www.compassch.org

 [Compass_ch](https://twitter.com/Compass_ch)

 [Compassch](https://www.instagram.com/Compassch)

 [CompasscommunityH](https://www.facebook.com/CompasscommunityH)

Naloxone kits are available inside of Compass! Please ask reception for more details on how to get one.

