

# THE COMPASS CORNER

SEPTEMBER 2023 ISSUE



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## VOLUNTEER SPOTLIGHT - MEET ANGELA!

ANGELA HAS BEEN A VOLUNTEER WITH COMPASS COMMUNITY HEALTH FOR SEVEN YEARS, STARTING IN THE SENIOR'S KITCHEN AND THEN ADDING BREAKFAST CLUB TO HER VOLUNTEER PORTFOLIO.

"I SHOWED UP ONE DAY, TO SEE IF I COULD VOLUNTEER AND WAS INTRODUCED TO DIANA [A DELIGHTFUL PERSON]", ANGELA TELLS THE COMPASS CORNER. "I COMPLETED THE APPLICATION AND IN NO TIME AT ALL, I BECAME INVOLVED!"

ANGELA THINKS THAT MEETING NEW FACES OF PARTICIPANTS AND STAFF IS ONE OF HER FAVOURITE THINGS ABOUT VOLUNTEERING WITH COMPASS AND IS AMAZED AT THE MANY PROGRAMS OFFERED.

DO YOU WANT TO VOLUNTEER WITH COMPASS? CONTACT SARAH AT [SFRENCH@COMPASSCH.ORG](mailto:sfrench@compassch.org) TO FIND OUT ABOUT OPPORTUNITIES.



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# PROGRAM HIGHLIGHTS:



## WELCOME BABY- PRENATAL NUTRITION PROGRAM:

Are you pregnant and looking for support?

Join our free weekly Welcome Baby prenatal nutrition group to learn about :

- Pregnancy
- Labour and birth
- Managing stress
- Eating well and cooking healthy food
- Breastfeeding
- Community supports

Other supports are available dependent on need. You must join during your pregnancy and then you can continue until your baby is 6 months old. This group meets every Thursday at 12:30pm.

Register today!

Contact Cory Ma at [cma@compassch.org](mailto:cma@compassch.org) or 905-523-6611 X 3047

## GROW WELL

Join our amazing & upcoming "Grow Well" program! This is a weekly program focused on learning about Greenhouse growing practices coupled with mindfulness activities. It takes place in our Compass Greenhouse and activities include tea workshops, candle making, planting, gardening, crafts, and more!

The program is held at Compass Community Health on Mondays from 2-3pm in October and November. All are welcome!

Registration is now open! Register today to secure your spot (they fill up quick!). To register, contact Leah at [ljanzen@compassch.org](mailto:ljanzen@compassch.org) or call 905-523-6611 X 3006



# PHYSICAL ACTIVITY TIPS (ADULTS 18-64)

Physical activity plays an important role in your health, well-being and quality of life. Being active is part of a healthy lifestyle! Below are some great activity tips!

1

Be active at least 2.5 hours a week to achieve health benefits.

2

Focus on moderate to vigorous aerobic activity throughout each week, broken into sessions of 10 minutes or more.

3

Get stronger by adding activities that target your muscles and bones at least two days per week.

Live longer & healthier! Regular physical activity can help to reduce the risk of premature death and chronic diseases such as coronary heart disease, stroke, hypertension, colon cancer, breast cancer, type-2 diabetes and osteoporosis.

Every step counts! If you're not active now, adding any amount of physical activity can bring some health benefits. Start now and slowly increase your physical activity to meet the recommended levels. Try going for a walk, opt to take the stairs, or park further away from an entrance!

Feel better! Regular physical activity can improve your overall sense of well being by improving fitness levels and self esteem, reducing the effects of stress, increasing energy and contributing to positive mental health.

*Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you. For more information, please visit [www.publichealth.gc.ca/paguide](http://www.publichealth.gc.ca/paguide)*

## ABOUT OUR REHAB TEAM!

 Our Rehabilitation team provides government-funded Kinesiology, Occupational Therapy, and Physiotherapy services. Our department is open Monday to Friday from 8am - 4pm, with evening hours for Physiotherapy services each Wednesday until 7 pm.

You qualify for our services if:

- You live in Hamilton and do not have any health benefits or coverage (for instance not a WSIB or MVA claim) for our Rehabilitation services
- You live with Diabetes and are interested in accessing our Diabetes Exercise program



**Please call (905) 523-1184 for more information.**

A registered Kinesiologist and Certified Diabetes Educator provide an individualized exercise program to help optimize the management of diabetes. They can also help to connect you to other members of our interdisciplinary Diabetes Education Team.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Breakfast Club</b> 7:45-9:15 Every school day! 				<b>1</b> 
<b>4</b> <b>STAT HOLIDAY</b> <b>CLOSED</b>	<b>5</b> 	<b>6</b>	<b>7</b>   	<b>8</b> 
<b>11</b>  	<b>12</b>	<b>13</b> 	<b>14</b>    FVRx pick-up 1:30- 3	<b>15</b> 
<b>18</b>  <b>Screen for</b> <b>Life Bus</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>  

-  Third Youth | 12:30pm
-  Diabetes Cooking | 1:00pm
-  Trans ID Clinic | 5:00 pm
-  Trans Femme Peer Support | 6:00pm
-  Sit and Fit | 10:45am
-  Welcome Baby- Prenatal Nutrition Program | 12:30pm
-  Trans & Non-Binary Grocery | 1:00 pm
-  Partners of Trans & Non-Binary people support | 6:00 pm
-  Freedom to Be | 9:30am
-  Hearing Clinic | 9am- 5pm
-  Trans & Non-Binary TTRPG Group 5:30 pm
-  Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30 pm
-  Tada | 10:00am
-  Seniors Kitchen | 11:00 am

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

- Breakfast Club:** For children and their families. Eat a nutritious hot breakfast every school day 7:45- 9:15 am. Contact Mariko Bown-Kai- ext 2084
- Diabetes Cooking** with Cory: Cook a diabetic-friendly meal while learning about grocery shopping, kitchen tips and nutrition info. Contact Cory Ma- ext 3047
- 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 fresh produce box prescription. 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
- Partners for Transgender and Non-Binary Persons Support Group:** Support group for partners of Trans and Non-binary folks. Contact Autumn Getty- ext 2022
- 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
- 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



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



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