

—THE— COMPASS CORNER

DECEMBER 2023 ISSUE

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Holiday Hours:

Monday, December 25Closed
Tuesday, December 26 8 am - 12 pm
Wednesday, December 27..... 8 am - 5 pm
Thursday, December 28 8 am - 5 pm
Friday, December 29 8 am - 4 pm
Monday, January 1..... Closed

FOR UP-TO-DATE NEWS AND INFORMATION:
FOLLOW COMPASS COMMUNITY HEALTH!

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 www.compassch.org

FAREWELL 2023, HELLO 2024! A MESSAGE FROM OUR CEO

Happy holidays to you and those you love. May the New Year bring good health.

On behalf of Compass Community Health, we send you all our best wishes!

- Kathy Allan-Fleet, CEO



HEALTHY HABITS:

Here are a few healthy habits for when the days are shorter and the weather is colder:



Dress warm and go outside, even if just for a short while



Drink a hot cup of tea or hot chocolate



Read a book or listen to an audio book



Dance to your favourite music



Do some gentle stretches



Volunteer in the community

HOLIDAY RECIPE: HEALTHIER OATMEAL COOKIES

Ingredients:

- 1 c. quick-cooking oats
- 1/2 c. old-fashioned oats
- 1/4 c. whole-wheat flour
- 3/4 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. kosher salt
- 1/4 c. (1/2 stick) butter, softened
- 1/3 c. granulated sugar
- 1 large egg
- 1 tsp. pure vanilla extract
- 1/2 c. applesauce
- 1/2 c. dried cherries
- 1/3 c. chopped dark chocolate, plus more for topping



Directions

- Preheat oven to 350° and line a large baking sheet with parchment paper. In a medium bowl, whisk together oats, flour, baking soda, cinnamon, and salt.
- In a large bowl using a hand mixer, cream together butter and sugar until light and fluffy. Beat in egg, vanilla, and applesauce until combined. Mix in flour mixture until just combined. Fold in dried cherries and chocolate.
- Using a large cooking scoop, arrange balls of dough on prepared baking sheet, 2 inches apart. Gently flatten each ball slightly. Top with more chocolate.
- Bake until golden around edges, about 12 minutes.



PROGRAM HIGHLIGHT:



BREAKFAST CLUB

Breakfast Club is a heartwarming program that provides a free hot breakfast to children and their families in the morning before school. Staff and volunteers prepare a fresh meal and create a welcoming space where children can enjoy a nutritious and hearty breakfast to start their day. The program not only ensures tummies are full, but also

fosters a sense of belonging for community members. Menu items include freshly cooked eggs, bagels, yogurt, fruits, smoothies, and more. The Breakfast Club strives to ensure that everyone has access to a good meal and a supportive environment.

Any school aged children are welcome! To register, contact Mariko at 905-523-6611 x 2084.

Breakfast club is a continuous program held at Compass Community Health **every school day from 7:45- 9:15am.**

ABOUT OUR MENTAL WELLNESS PROGRAM:

Our Mental Wellness team provides leadership, assistance and support to individuals and families from diverse socio-economic, sexual orientation and identity, racial, cultural, linguistic and religious backgrounds. Through a holistic (mental, physical, spiritual, emotional) approach, our team empowers and assists clients through internal and external referrals, navigation of social services and healthcare systems, information about community resources, individual counselling and group programs.

Our Mental Wellness services include:

Social Work counseling- available to Compass clients for a variety of issues such as parenting, grief, couple counseling, self esteem, as well as accessing information about other available community resources.

Group Programming- through a variety of Mental Wellness Toolkits that provide a safe atmosphere where clients can come together to discuss mental health. Clients also learn strategies to improve and maintain their mental health.

Client Advocacy- to support clients as they navigate the social services and healthcare system.





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

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

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
- 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
- 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
- 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 COVID-19 VACCINE

Why get a COVID-19 vaccine?

Getting vaccinated and staying up-to-date is the best defense against severe COVID-19 outcomes, including hospitalization and death.



Vaccination may not always prevent infection or symptoms, but it will help reduce severity if you become infected. It can also decrease the risk of developing “long COVID” (post COVID-19 condition).

Who is eligible for a COVID vaccine?

COVID-19 vaccines are available to everybody aged 6 months and older in Ontario at no cost, regardless of citizenship or immigration status, even if you do not have an Ontario health card.



How to get a COVID-19 vaccine in Hamilton

- Inquire with your local pharmacy to see if they are offering the COVID-19 vaccine or visit <https://www.ontario.ca/vaccine-locations/>
- Book an appointment by phone or have your questions answered by calling 905-540-5250. Translation services are available.
- Book an appointment online by scanning the QR code:
- For more information on COVID-19 or the COVID-19 vaccine, please speak to your health care provider, visit hamilton.ca or call the Provincial Vaccine Info Line at 1-888-999-6488.








2023 Client Experience Survey Results



COMPASS
COMMUNITY HEALTH

Thank you for sharing your experiences with us!

WHAT OUR CLIENTS SAY IS IMPORTANT TO THEM

-  Appointments available when needed
-  Feeling treated with respect
-  Feeling safe and heard
-  Receiving clear explanations and guidance
-  Effective care coordination

- 93%** always feel comfortable and welcome at the Health Centre
- 97%** feel their values, preferences, expressed needs are respected
- 97%** feel their name, pronouns, gender identity are respected
- 90%** feel they are able to speak up when concerns arise



Clients report feeling:

- ✓ Informed
- ✓ Involved
- ✓ Heard
- ✓ Respected

Satisfaction with overall care and services
94%
or higher

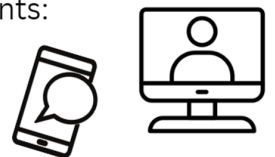
Areas for attention:

- appointment wait times
- accessing available programs and services

67% would choose to receive virtual care services again, where appropriate*

Top 3 reported benefits of virtual appointments:

1. Save time and/or money
2. Avoid transportation or parking issues
3. Connect with provider sooner



*reason for visit or client preference important to consider

How does the health centre use this data?

- To identify what we do well, and how we can do better to improve clients' experiences.
- For monitoring and reporting our performance as part of our Quality Improvement Plan.

Your feedback is important to us.

A comments and suggestions box is available in each of our waiting areas. Written complaints can be submitted to Reception, and verbal complaints are directed to the Department Leader for follow-up.