

# — THE — COMPASS CORNER

JANUARY 2024 ISSUE



## IN THIS EDITION:

- VOLUNTEER SPOTLIGHT
- ACTIVITY IN WINTER
- ABOUT OUR DIABETES FOOT CARE DEPARTMENT
- PROGRAM HIGHLIGHTS
- MONTHLY CALENDAR
- COVID-19 VACCINE SPOTS
- MOBILE SCREENING COACH

## WELCOME

# 2024

## HAPPY NEW YEAR!

### VOLUNTEER SPOTLIGHT: MEET CORRY!

Hi I'm Corry! I have been a volunteer since 2017, and I find that volunteering is very uplifting! It is good to give back to an agency that gives endlessly to our wellbeing.

I thoroughly enjoy helping in the Cooking with Cory's diabetes kitchen. I also learn much more than expected. I do look forward to the task once per month!

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



# FUN ACTIVITY IN WINTER:

## It's getting cold outside, which is perfect weather for skating!

Did you know that there are several outdoor ice rinks in Hamilton? One of them is right near Compass at Pier 8! You can bring your own skates or rent a pair there. It's a great chance to be active, get some fresh air and enjoy some time with others in the community. Check out the schedule below:



### SKATE RENTAL HOURS

Monday to Friday -- 5:00pm to 9:30pm

Saturday & Sunday -- 10:00am to 9:30pm

Check out the Hamilton Waterfront website for updates and all the details. Please visit: <https://www.hamiltonwaterfront.com/hamilton-waterfront-outdoor-rink/>

If skating isn't for you, check out the Hamilton Tourism Website for more suggestions on things to see and do in the Hamilton area this winter! <https://tourismhamilton.com/winter-guide/>

## ABOUT OUR DIABETES FOOT HEALTH PROGRAM

This is a comprehensive foot care program which focuses on the assessment and treatment of feet and the prevention of further diabetic foot complications like ulcers and amputations in people living with diabetes. All foot care is done by our team of chiropodists (registered foot specialists) and registered practical nurses with advanced foot care training.

### Who is eligible for the program?

1. If you have been diagnosed with type II diabetes and are at risk of complications due to your condition and live in Hamilton, Niagara, Haldimand or Brant.
2. As a diabetic, if you are not able to manage your own foot care and you have barriers to accessing foot care such as lack of insurance or financial means.



All clients referred to the program will be screened to establish their risk for diabetes complications. There is no direct cost to you for the care you receive when you participate in the program.



# PROGRAM HIGHLIGHTS:

## THIRD YOUTH: LATIN AMERICAN SENIORS GROUP



"Third Youth" is a group dedicated to promoting the health and well-being among Latin American seniors. The program is delivered in Spanish and promotes friendship, community, and involvement. It aims to prevent isolation, anxiety, and depression.

*Un programa de educación sanitaria para adultos mayores latinoamericanos orientado a prevenir el aislamiento, la ansiedad y la depresión.*

**Third youth meets every third Wednesday of each month at 12:30pm. For more information or to register, please call Maria at 905-523-6611 x 2017**

## TRACKERS INDOOR WALKING GROUP

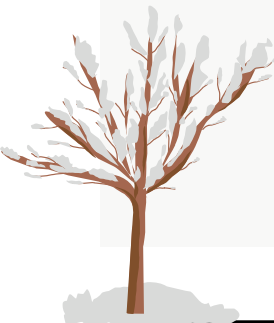
The Trackers walking group is back for the new year! Join us for a weekly indoor walk to help maintain an active lifestyle throughout the winter. Walk at your own pace to uplifting music within a supportive environment. In addition to the physical benefits, the program strives to create a positive and encouraging space where participants can socialize and enjoy the benefits of mindfulness. The Trackers are not just walking; they are stepping into a community that promotes vitality, friendship, and joy in every stride.



**The Trackers walking group begins January 10th and takes place every Wednesday from 2-3 pm.**

New participants accepted at any time.

**To register, call Christine at 905-523-6611 x 2059 or email [csorbara@compassch.org](mailto:csorbara@compassch.org)**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>STAT HOLIDAY CLOSED</b> <b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>  FVRx pick-up 1:30- 3	<b>5</b> 
<b>8</b> 	<b>9</b>	<b>10</b> 	<b>11</b> 	<b>12</b> 
<b>15</b>  Screen for life bus	<b>16</b> 	<b>17</b> 	<b>18</b>  FVRx pick-up 1:30- 3	<b>19</b> 
<b>22</b> 	<b>23</b>	<b>24</b> 	<b>25</b> 	<b>26</b> 
<b>29</b> 	<b>30</b>	<b>31</b> 	<b>Breakfast Club</b> <b>7:45-9:15</b> <b>Every school day!</b>	

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

**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
- 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



Some local

**Covid- 19**

**Vaccine**

**Locations:**

**Bennetto Neighbourhood:**



**\*\* Call first to check if you need an appointment for vaccination or if walk-in vaccinations are available. Inquire about hours of operation.**

**1** Pharmasave West Harbour Pharmacy

554 John Street N  
(905) 529-7997

**2** Marchese Pharmacy

316 James Street N  
(905) 528-4214 ext. 320

**3** North End Farmacia

3 Colbourne Street  
(905) 526-6464

**4** Shoppers Drug Mart

232 Cannon Street E  
(905) 522-5707

**5** Rexall

18- 2 King Street W  
(905) 529-6216

**6** Midtown Medical Pharmacy

130 Wilson St  
(905) 577-4000

**7** Barton Medical Pharmacy

293 Barton Street E  
(289) 389-8844

**8** TRC Pharmacy Hamilton

14 John Street N  
(905) 524-1122

**9** Eastside Medical Pharmacy

229 King Street E  
(905) 523-6111

Vaccine administration for ages 6 months to under 5 years old may vary from pharmacy to pharmacy. Contact the pharmacy before booking an appointment.

You may get your COVID-19 vaccine and flu shot at the same time. Before you go, contact your pharmacy to check for availability.

Search for a  
COVID-19  
location near you at:  
[https://www.ontario.ca/  
vaccine-locations/](https://www.ontario.ca/vaccine-locations/)



# MOBILE CANCER SCREENING COACH



The Mobile Cancer Screening Coach brings breast, cervical and colon cancer screening programs to residents who experience barriers to screening. Anyone who is unable to access screening elsewhere, such as their family doctor's office, can come to the Mobile Coach. All that is needed is a health card or Interim Federal Health Benefits.

To book an appointment, call 905-975-4467 or toll-free at 1-855-338-3131 to speak with the receptionist or leave a message and they will return your call.

The Mobile Cancer Screening Coach Visits Compass monthly. The next visit is January 15th and again on February 12th. Please book an appointment. To view the full location schedule please visit: [hnhbscreenforlife.ca/schedule/](https://hnhbscreenforlife.ca/schedule/)

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