

—THE COMPASS CORNER

NOVEMBER 2024

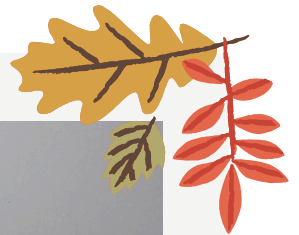


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VOLUNTEER SPOTLIGHT: Meet William!

William is a volunteer with our Pathways to Education program and has been volunteering for a year and a half. At Pathways, William tutors high school students on a variety of school subjects. His favourite part of this role is meeting each student's individual needs to help them with their work, and getting to interact with them. William says “ I find volunteering very fulfilling! I get satisfaction from helping someone who needs it. I was a teacher for 30 years and I enjoy that I get to continue”. William’s fun fact: I had a dog with no tail who’s name was “Tippy”.



Thanks so much for your commitment, William! If you want to inquire about volunteering with Compass, please contact Mariko at 905-523-6611 x 2084 or visit www.compassch.org/get-involved/volunteer

In the Know: Ontario Child Vaccination Schedule

School Immunization Checklist

For your children to attend school in Ontario, they need to be immunized against the following infectious diseases:

- Meningococcal disease
- Pertussis (whooping cough)
- Varicella (chickenpox)
(for children born in 2010 or later)
- Diphtheria
- Tetanus
- Polio
- Measles
- Mumps
- Rubella

For other recommended vaccines, visit Ontario's Immunization Schedule at ontario.ca/vaccines.

Stick to Ontario's Immunization Schedule

All children attending school between ages 4 to 17 need to be immunized according to Ontario's Immunization Schedule. Immunization protects children from many serious diseases that are easily spread in schools. Under the Immunization of School Pupils Act, children need to have proof of the immunizations on the left-hand chart.

What you need to do:

Check with your health care provider or local public health unit to make sure your child has all the vaccines needed to attend school.

Did you know?

It's your responsibility to report your child's updated immunization records to your local public health unit. Your health care provider does not report these records for you.

To find your local public health unit, or for more information on immunization, visit ontario.ca/vaccines. This information is also available in multiple languages from: <https://www.ontario.ca/page/vaccines-children-school#section-10>

Trans Day of Remembrance Celebration



Hey folks! Compass Community Health in partnership with the Good Shepherd, the Youth Wellness Centre, the YWCA and the Positive Health Network will be hosting a couple of events for Trans Day of Remembrance.

Thursday November 21st from 5-7pm, the Youth Wellness Center will host an event with several spaces: an arts space, a reflection space, a conversation space and several others.

Wednesday November 27th Compass will host our yearly Trans Day of Remembrance Dinner from 4:30 - 7:30.

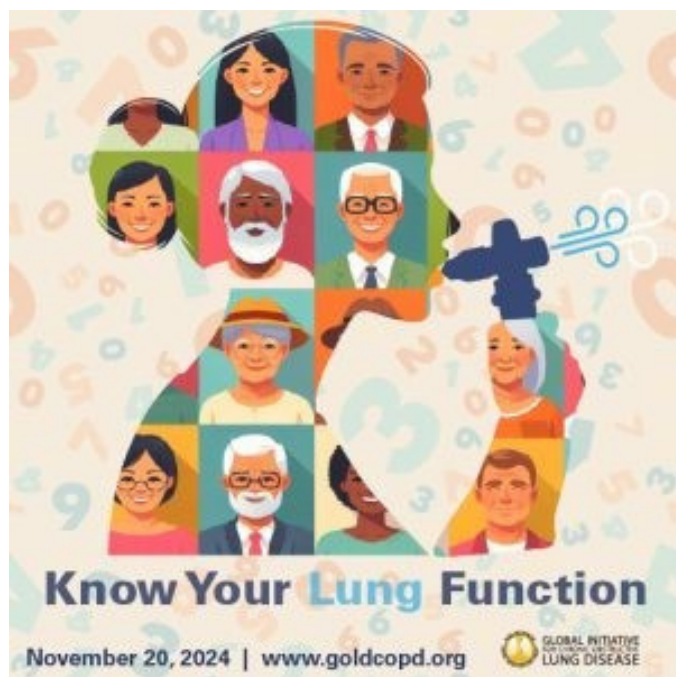
Trans folks may bring an ally with them to either event for support. Hope to see you there!



Lung Health Month and World COPD Day 2024

Every day we breathe 22,000 times. Most of us never stop to think about our breath. But for those who struggle to breathe, it is all that matters. Lung Health Month is celebrated in November and this year, World COPD Day takes place on Wednesday, November 20th. The 2024 theme for World COPD Day is “Know Your Lung Function.”

This year's theme aims to highlight the importance of measuring lung function, also known as spirometry. Although spirometry is an integral tool for diagnosing COPD, it can also be used to measure lung health throughout life.



We now know that there are many other factors besides tobacco smoke that can contribute to COPD. Our lungs are continuing to grow, from the womb all the way through young adulthood. Throughout this period we are vulnerable to insults such as air pollution and

respiratory infections that can impede lung growth and increase our risk for developing chronic lung disease later in life. Unfortunately, much lung function can be lost before we develop symptoms. Lung function is not only a predictor of lung health, but our overall health. Measuring lung function throughout life can provide opportunities for early diagnosis and prompt treatment of multiple lung diseases, including COPD.

If you or someone you know has COPD and is interested in learning how to better manage their breathing, please reach out to the Caring for My COPD Program at Compass Community Health for more information by calling 905-523-6611.

Our COPD Program:

1. Do you cough most days?
2. Do you bring up phlegm most days?
3. Do you get out of breath more easily than others your age?
4. Are you older than 40 years?
5. Are you a current smoker or ex-smoker?



If you answered yes to three or more of these questions, ask your doctor if your breathing should be tested. Your doctor will review your symptoms and risk factors, conduct a physical exam and complete spirometry. Treatments are available to help people at all stages of disease feel better and live a more active life.

If you are diagnosed with Chronic Obstructive Pulmonary Disease (COPD), ask your doctor about being connected with the “Caring For My COPD” Program at Compass for ongoing support.

JOIN US! PROGRAMS & EVENTS:



HOSTED BY:



JOIN US:

NOVEMBER 26TH
1:00 – 3:00 PM

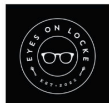
MEET US:

AT COMPASS
438 HUGHSON ST N

LIGHT SNACKS AND REFRESHMENTS PROVIDED.

**EDUCATION SESSIONS AND BOOTHS SHARING DIABETES RELATED INFO
SUCH AS: EXERCISE, DENTAL CARE, EYE CARE AND MUCH MORE!**

ALONGSIDE GUEST PARTNER ORGANIZATIONS:



WELCOME BABY: PRENATAL NUTRITION PROGRAM

Are you pregnant and looking for support? Join a weekly free program to learn about healthy pregnancy and taking care of your baby from a registered dietitian and nurse. Receive bus tickets, grocery gift cards, and other supports. *You must join this program during your pregnancy and can continue until your baby is 6 months old.*

Welcome baby is held at Compass every Thursday at 12:30pm.
For more information or to register, please contact Cory at 905-523-6611 x 3047.



Do you or someone you know have diabetes?

If so, join us for a free educational event at Compass on November 26th anytime from 1-3pm!

Drop in to speak to providers at Compass and providers from various organizations in Hamilton to learn about diabetes and living with diabetes.


































Topics include exercise, dental care, eye care, and much more as they pertain to diabetes and diabetes management.

















Light snacks and refreshments will be provided.

We hope to see you there!



November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Club  8:00-9:15  Every school day!				1 
4 	5 	6 	7   	8 
11 Centre Closed	12	13	14 	15 
18 	19  	20  	21    	22 
25 Screen for Life Bus   	26 Diabetes Fair All Welcome 1-3pm 	27  	28   	29  

- | | | | |
|---|---|--|---|
|  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 6:30 |

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:** A virtual exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. Virtual Monday and Thursday virtual. *Call 905- 523-1184 to register.*
- 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*
- Grow Well:** A gardening program that combines mindfulness with growing practices. *Contact Leah- ext 3006*

Health & Education:

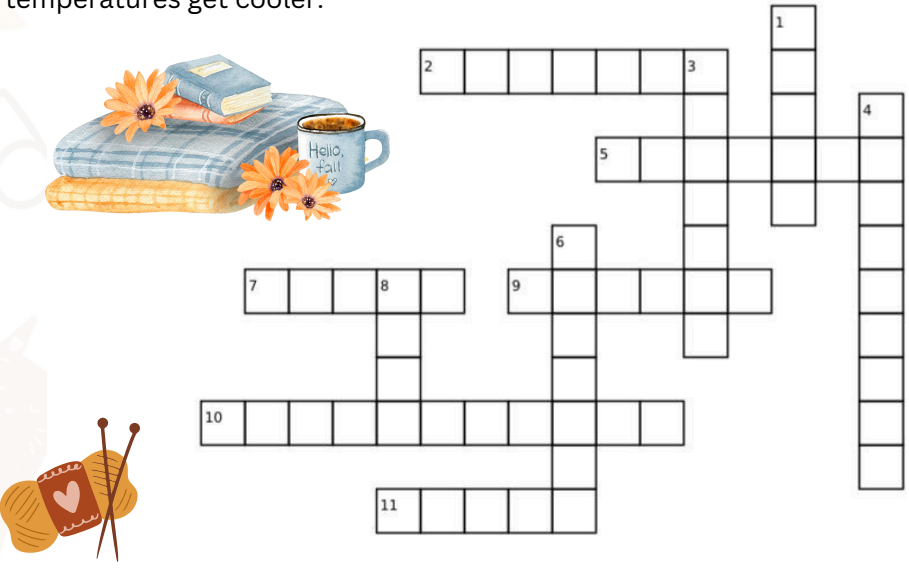
- Welcome Baby:** Prenatal Nutrition Program: Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Must join during pregnancy. *Contact Cory- ext 3047*
- Screen for Life Bus:** To book an appointment (8am-4pm), call 905-975-4467 to get screening for breast, cervical,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

HEALTHY HABITS:

Here's a crossword with a few reminders on how to take care and practice healthy habits as temperatures get cooler.

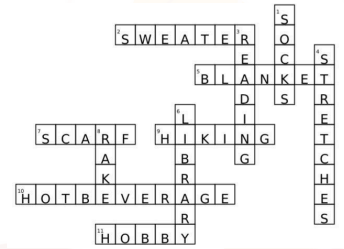


Down:

1. Keeps your feet toasty
3. Get lost in a book with this activity
4. Great for when you are feeling stiff
6. A community resource for everyone
8. Common tool to collect leaves

Across:

2. _____ weather!
5. A cover for when it's cold
7. Keeps your neck warm
9. Popular activity in the fall
10. Coffee, Tea and Hot Chocolate, to name a few (two words)
11. Try something new or return to a project



FOLLOW US!

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



Special dates in November:

Hindu Heritage Month

November 5-11

Veterans' Week

November 8

Indigenous Veterans Day

November 11th

Remembrance Day

November 20th

Transgender Day of Remembrance

Fourth Saturday of November

Holodomor Memorial Day

November 25- December 10

16 Days of Activism Against Gender Violence

