

# THE COMPASS CORNER



905-523-6611



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## Volunteer with us:

We currently have volunteer opportunities for the following positions:

- \* Children's Breakfast Club Volunteer  
7:30 am - 9:30 am
- \* Pathways to Education Youth Homework Tutor  
4:30 pm - 7:30 pm

All volunteers must have a valid vulnerable sector check. For more information please visit: [www.compassch.org/get-involved/volunteer](http://www.compassch.org/get-involved/volunteer)

## Happy New Year!

As we welcome a new year, all of us at Compass Community Health send our warmest wishes to you and your loved ones. This season gives us a chance to reflect, reset, and look ahead with hope.

Our mission of "health through healing, hope and well-being" continues to guide our work. We remain committed to creating a strong sense of belonging, where every client feels seen, heard, and supported. Your experiences & voices shape

our programs, and we are grateful for the trust you place in us. In 2026, we will continue to prioritize people first, offer care rooted in compassion, and strive for excellence in meeting your unique needs. Through collaboration and innovation, we're working to reduce barriers and expand access to services that support your health and well-being. Thank you for being part of our community! We wish you a healthy, peaceful, and hopeful New Year.



**COMPASS**  
COMMUNITY HEALTH

## Vaccine Reminder

# It's not too late, to vaccinate!



It's respiratory illness season. Free influenza (flu), Respiratory Syncytial Virus (RSV), and COVID-19 vaccines are available. Getting these vaccines helps to protect you, your family, and your community. Flu & COVID-19 vaccines are FREE for everyone 6 months of age and older who live, work, or attend school in

Ontario. RSV immunizations are FREE for babies born after April 1, 2025, and up to 8 months of age during RSV season. This year, adults 75 years of age and older and some adults 60 years of age and older are eligible for a FREE RSV vaccine.

Here are some facts about vaccinations:

- Respiratory vaccinations lower the risk of severe illness, hospitalization, and death.
- Older adults, those with health conditions, children, and pregnant people are more vulnerable.
- Vaccinations are safe and effective.

To receive a vaccine, visit your doctor, local pharmacy, or [www.hamilton.ca/FallVaccineClinics](http://www.hamilton.ca/FallVaccineClinics) to book an appointment with Hamilton Public Health Services.

If you do not have a health card and you live, work, or attend school in Ontario, you can book an appointment to receive respiratory vaccines at a Hamilton Public Health Services clinic. Visit [www.hamilton.ca/FallRespiratoryClinics](http://www.hamilton.ca/FallRespiratoryClinics).

Have questions? Call *public health* at 905- 546- 2424 x 7556 or visit [www.hamilton.ca/vaccines](http://www.hamilton.ca/vaccines)

Join our free programming:

## The Trackers Walking Group

Starting in February, our long-standing program is opening up spots for new individuals to join! The "Trackers" walking group gives people an opportunity to use walking as a form of exercise. Every week, the trackers walk in an indoor space, which has proven very beneficial during the cold winter months. This program also gives people an opportunity to socialize, meet new friends, and have fun while exercising!

Walk at your own pace in a friendly, fun, & encouraging environment.

This program is open to all older adults looking to increase their physical activity. Our walking is followed by a mindfulness cool-down activity.

**Trackers starts February 3rd and runs every Tuesday from 2:00-3:00 pm. Please contact Christine to register: 905-523-6611 x 2059**





A recap of our journey with

## Social Prescribing

In May 2025, Compass became a part of the Community Health Fund pilot through the Canadian Red Cross and their Financially Assisted Social Prescribing project. Social prescribing is what we call referrals to non-clinical or non-medical supports that still help us to stay healthy and active.

Our initiative **"System Navigation for Seniors: Improving Access to Community Resources"** received a financial grant to support clients in our community, living in the downtown area (Wards 2, 3 and 4). This funding was to help improve the overall health and well-being of participants by helping them to participate in recreational, leisure and social activities.

Eligible clients received a referral to our system navigator, who was then able to connect seniors to community resources in their area, such as exercise classes, swimming passes, seniors centre or social club memberships, tickets to the Art Gallery of Hamilton or Royal Botanical Gardens, and also often covered the cost of transportation.

Over the course of this project, we were able to help 93 Compass clients take charge of their own health. One client shared, "I really appreciate everything, it's been so helpful... I'm so so so happy!"

We truly enjoyed witnessing the positive outcome on clients and appreciate the opportunity for funding.

## Diabetic Foot Health

Did you know Compass has a comprehensive foot care program? It 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?

- People who have been diagnosed with type II diabetes and are at risk of complications due to health conditions and live in the Hamilton, Niagara, Brant or Haldimand areas.
- 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.

Please give us a call 905-523-6611 for more information, or to inquire about how to obtain a referral.

## Supporting yourself through the Winter Blues

Here are some tips from CAMH to feel more connected and supported in the winter:

Create a safe space in your home and fill it with things that bring you joy- blankets, favourite books, music, etc.

Try and get outside during the day. If you're unable to get outside, an online community can be great for connecting with others.

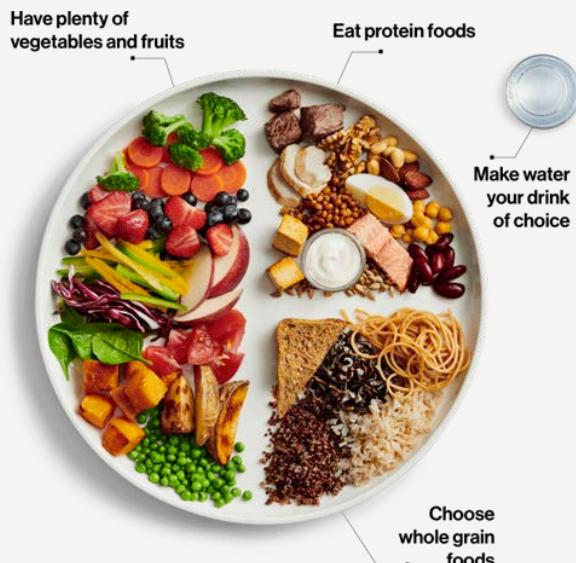
Creative activities like painting, journaling, or learning to play an instrument can help you process emotions and feel connected to yourself.

Reach out! If you're in crisis, call or text 9-8-8 for judgement- free support 24/7.

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



# Healthy Habits



We asked one of our dietitians at Compass for some tips on how to start off the year with healthy eating. Here are five tips that may keep you balanced post-holiday season!

**1. Be a sleep warrior.** Not getting enough sleep is associated with increased hunger, poor concentration, frequent illness, and impaired problem solving. **Goal:** Aim for 7 hours of sleep a night.

**2. Keep Active.** Winter and holiday season can put exercise plans to a test. Consider having an after meal stroll instead of sitting on the couch. Just 10 minutes a day can make a difference in your mood and energy! **Goal:** Work towards 30 minutes most days of the week.

**3. Fiber makes a difference!** Many holiday food choices

are low in fiber, zapping our energy and affecting our digestion. Consider including plant rich food choices to meals and snacks like fruits, vegetables, legumes, unsalted nuts, quinoa, cous cous, oatmeal, or root vegetables in season like squash. **Goal:** Aim for 25 g of fiber per day.

**4. Watch that alcohol!** Alcohol affects our waistline directly and indirectly with poorer food choices. Did you know? Each alcoholic drink could contain 100-150 calories (not including the mix).

**5. Try to eat balanced.** Doing your best to follow Canada's food guide to Healthy Eating is a great place to start! **Visit:** [www.Canada.ca/FoodGuide](http://www.Canada.ca/FoodGuide) for inspiration, recipes and other helpful tips!

# January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Centre Closed	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

- Caring for your Diabetes (in Farsi) | 11:00
- FVRx Pick- up | 1:30
- Seniors Kitchen | 11:00
- Third Youth | 12:30

- Sit and Fit \*VIRTUAL\* | 11:00
- Tada | 10:00
- The Connection | 9:30
- Welcome Baby- Prenatal Nutrition Program | 12:30

- Rainbow Wellness Circle | 2:30
- Trans & Non-Binary TTRPG | 5:30
- Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30pm

- Trans Femme Peer Support | 6:00
- Trans ID Clinic | 5:15
- Trans & Non-Binary Grocery | 1:00
- PFLAG | 6:30

Please call 905-523-6611 and the associated extension below to register for programs.

#### Physical Activity:

**Sit and Fit:** An exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. Monday and Thursday virtual. Call 905-523-1184 to register.

#### Food Programs:

**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

**The Connection:** A wellness program open to everyone. Features conversation, meditation, and ways to build joy and resilience. 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 & 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. Walk-in's available.

**Caring for your Diabetes (in Farsi):** Educational session about caring for your diabetes. Contact [Awesta.atakhai@compasch.org](mailto:Awesta.atakhai@compasch.org)

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

**Intergenerational Kitchen for Two Spirit LGBTQIA+:** Cooking group for Two Spirit and LGBTQIA+ folks. Ingredients provided by Compass. We cook & eat together.

**Pflag:** Hamilton peer support meeting: A supportive safe space for parents and caregivers of Two Spirit & LGBTQIA+ people and gender-diverse kids.

**Rainbow Wellness Circle:** A self-care, mental health, and mindfulness group for folks who identify as Two-Spirit LGBTQIA+ and allies.

**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. Located at Neighbour to Neighbour (28 Athens St). Last Friday of each month 1-3pm.

**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.