

THE COMPASS CORNER

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Park N Party: Thank You!



On July 22nd, the spirit of community was alive and well at our 27th annual Park N' Party! This much-anticipated event brought together more than 650 community members for an unforgettable evening of fun, connection, and celebration.

Hosted at Compass Community Health, Park N' Party is more than a gathering. It is a tradition that reflects the vibrancy, resilience, and unity of our community. Families, friends, and neighbours enjoyed a free barbecue meal, face painting, games, a bouncy castle, and more. Nearly 1,200 hot dogs were grilled by our incredible staff to keep everyone well

fed, while the Tim Hortons Truck helped attendees stay refreshed by serving complimentary beverages throughout the evening. DJ Donna Lovejoy kept the energy high with live music that had attendees dancing and singing along, followed by a special performance from our very own TAB Choir!

Another highlight was the participation of 20 local community organizations, which hosted booths to share valuable information, resources, and services. These partnerships are a cornerstone of Park N' Party, helping strengthen connections between people and the

supports available in their community. Attendees also had the chance to win a variety of raffle prizes, generously donated by 21 local organizations, adding even more excitement to the evening.

Park N' Party would not be possible without the incredible volunteers, donors, sponsors, community partners, and staff who worked behind the scenes to bring the event to life. Thank you to everyone who attended, contributed, or supported the event in any way. A special thank you to our Impact Patners, Black & McDonald and TD Bank Group. We are already looking forward to next year!

Upcoming Falls Prevention Programming

Strong and Steady: Simple Ways to Reduce Your Risk of Falls

**Monday, August 31,
9:30 – 11:30 AM**

Strong and Steady is a workshop that provides practical strategies to help reduce falls risk and support healthy aging. Participants will learn about key factors that contribute to falls, discover exercises and fall prevention strategies, and explore community and in-centre programs that support ongoing health and wellness.

Finding Your Balance

**Late September Tuesday (date TBD),
1:30 – 3:30 PM**

Finding Your Balance is a six-week exercise and education program designed to help reduce falls risk while improving strength and balance. Led by an occupational therapist and physiotherapist, the program combines guided exercise with weekly educational topics and guest speakers, providing practical strategies to support confidence, safety, and mobility in everyday life.



**Please call
Rehab Department
to register
(905) 523-1184**

Mobile Cancer Screening Coach



The Mobile Cancer Screening Coach is at Compass Community Health monthly, offering screening services for breast, cervical, and colorectal cancer.

Taking part in regular screening can help detect cancer early, when treatment may be more effective.

The Mobile Cancer Screening Coach's next visit at Compass is on August 31st (drop-in available).

To book an appointment or check the Mobile Coach schedule, call: 905-975-4467 or toll-free 1-855-338-3131.

Hamilton Parks

Did you know that Hamilton has almost 3500 acres of municipally-owned parkland, more than 49 km of city-owned trails, and over 100 waterfalls? The City of Hamilton's website features a handy ParkFinder tool to search for parks based on their location or amenities. Some parks close to Compass include:

Bayfront Park – 200 Harbour Front Dr.

Bayfront Park is right by the water and has a paved pathway where

you can walk, cycle, or even roller skate! You can take in the natural beauty at one of its many benches or picnic tables too.

Pier 4 Park – 64 Leander Dr.

Pier 4 Park is connected to Bayfront Park through the Macassa Bay walkway! It features a multi-use paved pathway, a spray pad, a play structure for kids, a boardwalk, a pavilion, and plenty of benches and picnic tables.

Eastwood Park – 111 Burlington St. E.

There's space for tons of different activities and summer fun at Eastwood Park. It has ball diamonds, a soccer field, basketball court, a spray pad and an accessible playground.



Bayfront Park (From Tourism Hamilton)

National Immunization Awareness Month



Vaccine Myth Busters

✗ MYTH: Vaccines aren't necessary because these diseases are gone.

✓ FACT: Many vaccine-preventable diseases still exist and can be brought into Canada through travel. Staying up to date on your vaccines helps protect you and those who cannot be immunized.

✗ MYTH: You can't get more than one vaccine at the same visit.

✓ FACT: It is safe to receive multiple vaccines during the same visit. They are only recommended together after being carefully tested.

✗ MYTH: Vaccines cause autism.

✓ FACT: Vaccines do not cause autism. Large studies involving millions of children have found no link between vaccination and autism.

✗ MYTH: Vaccines contain harmful and toxic ingredients.

✓ FACT: Vaccines used in Canada are rigorously tested before approval. The ingredients they contain are present in tiny amounts that are considered safe and help ensure vaccines are effective.

Vaccines help your immune system recognize and fight infections before they can make you seriously ill. They are one of the safest and most effective ways to protect yourself, your family, and your community. By reducing the spread of disease, they also help protect infants, older adults, and others who cannot be vaccinated. Talk to your healthcare provider or local public health unit to ensure you and your family are up to date on recommended vaccinations.

Vaccine Resources

Canadian Pediatric Society. (2022). Vaccines: Myths and Facts. <https://caringforkids.cps.ca/handouts/immunization/vaccines-myths-and-facts>

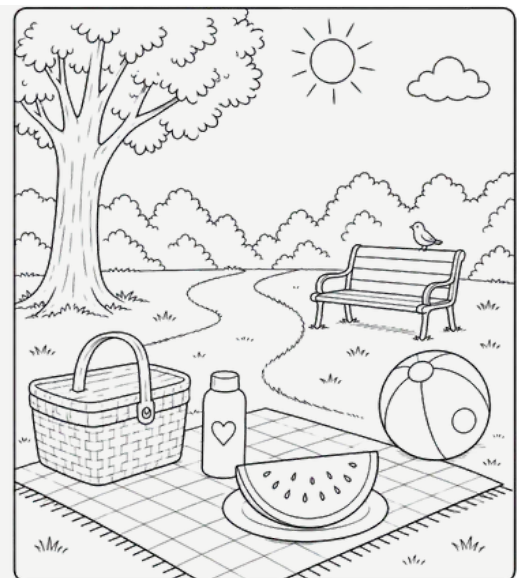
Health Canada. (2011). Misconceptions about vaccine safety. Public Health Agency of Canada. https://publications.gc.ca/collections/collection_2012/sc-hc/H13-7-67-2011-eng.pdf

Government of Ontario (2024). Why Vaccinations are a Healthy Choice for a Strong Immune System. <https://www.ontario.ca/document/immunization-well-child-toolkit/why-vaccinations-are-healthy-choice-strong-immune-system>

Primary Care Alberta (2024). Immunization and Vaccine Facts. <https://myhealth.alberta.ca/Topic/Immunization/Pages/facts.aspx>

Spot The Difference

Can you find the 5 ways these pictures are different?



Fun Summer Picnic Recipe Ideas

Vegetable Hummus Cup

Ingredients:

- Your favourite vegetables that can be eaten raw – carrots, peppers, and celery work great!
- Small cups (or mason jars)
- Hummus

1. Slice your vegetables into longer sticks
2. Scoop some hummus into the base of the cup
3. Stick the veggie sticks in the hummus
4. Keep chilled and serve!



Charcuterie Skewers

Ingredients:

- Cured meat – i.e. salami, pepperette
- Cubed cheese
- Fruits – i.e. grapes, berries
- Crackers or croutons
- Other add-ons – i.e. olives, pickles or basil

1. Assemble the ingredients based on preferences & dietary restrictions
2. Thread the ingredients on the skewers
3. Keep chilled



Mosquito Prevention

Here are some tips to try to reduce mosquitos and protect yourself from their itchy bites:

- Remove standing water where mosquitoes breed (e.g., change birdbath water regularly and store flowerpots upside down).
- Use an approved insect repellent with a PCP registration number and use it as directed.
- Wear loose clothes made with tightly woven materials like polyester or nylon.
- Check window, door, and vent screens for tears or holes, and repair or replace them as needed.
- Limit outdoor activity at dusk and dawn, when mosquitoes are most active.

If you want to learn more about reducing these pests you can visit the “Mosquitoes” page on the Government of Canada’s website.

<https://www.canada.ca/en/health-canada/services/pest-control-tips/mosquitoes.html>



Local Summer Produce

In August, fruits like apricots, blueberries, cherries, cranberries, currants, gooseberries, grapes, muskmelon, nectarines, plums, peaches, pears, raspberries, strawberries, and watermelon are in season in Ontario.

At Compass, we grow tomatoes, strawberries and watermelon along with a variety of vegetables and herbs!

To learn what fruits and vegetables are available locally throughout the year, check out Foodland Ontario’s Availability Guide: <https://www.ontario.ca/foodland/page/availability-guide>



August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centre Closed 3	 4	5	 6	 7
 10	 11	12	 13	 14
 17	  18	 19	 20	 21
   24	 25	 26	 27	  28
 31 Screen for Life Bus				

 Caring for your Diabetes (in Farsi) 11:00	 Sit and Fit 11:00	 Welcome Baby- Prenatal Nutrition Program 12:30	 Trans Femme Peer Support 6:00
 FVRx Pick-up 1:30	 Tada 10:00	 Trans & Non-Binary TTRPG 5:30	 Trans ID Clinic By appointment
 Seniors Kitchen 11:00	 The Connection 9:30	 Two Spirit LGBTQIA+ Intergenerational Kitchen 4:00	 Trans & Non-Binary Grocery 1:00
 Third Youth 12:30	 Trackers 2:00		 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 in person 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:

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: Learn about healthy pregnancy, labor & delivery, breastfeeding, and community support. Must join during pregnancy. Call 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 atokhai@compasch.org

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

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

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

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. Appointment needed.