

# THE COMPASS CORNER

📞 905-523-6611

🌐 WWW.COMPASSCH.ORG

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**In this issue:**

- ✳️ Park N Party event! All welcome
- ✳️ Healthy Habits- UV safety, tick prevention, & water safety
- ✳️ Monthly Calendar
- ✳️ And More!

**Thank you to our sponsors!**

We would like to show our gratitude and appreciation to our sponsors of Park N Party & community initiatives. Without their generous financial support, events like Park N Party would not be possible! Thank you!

**Impact Partners:**



**Gold Partners:**



**Silver Partners:**



## Join us for our free community BBQ event!



Join us for the 27<sup>th</sup> annual

# PARK 'N' PARTY

**FOODS - GAMES - FUN**

WEDNESDAY <span style="font-size: 2em; font-weight: bold;">22</span> JULY	COMPASS COMMUNITY HEALTH <b>AT 4 PM - 7 PM</b> 438 HUGHSON STREET NORTH
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**Free Community BBQ**

- Live Music
- Bouncy castle
- Face painting
- Over 20 community partners



HOSTED BY



THANK YOU TO OUR IMPACT PARTNERS



# UV Safety

July is UV Safety Awareness Month. This is a great reminder to refresh sun safety, especially as the weather warms up and people spend more time outside.

Exposure to UV rays from the sun is associated with sunburns, skin cancer, eye problems, and skin aging. The risk of UV exposure in Canada is highest in the spring and summer months (April to September), between 11am and 3pm, when the UV is at level 3 or higher (something you can check online), and during sunny or cloudy weather.

The risk of UV exposure also increases the longer you spend in the sun, if you are around light-coloured surfaces like dry sand and concrete, and if you are on a mountain since the air is thinner and clearer. UV exposure does

not just happen in sunny, summer weather. You can still be at risk of UV exposure in the snow and in cloudy weather.

**Ways to protect yourself and your loved ones from UV exposure include:**

- Staying in the shade
- Covering up your skin with clothes and wearing a hat
- Avoiding getting a sunburn
- Not tanning on purpose
- Wearing water-resistant, broad-spectrum sunscreen that, for uncovered skin, is at least SPF 30. It is important to reapply every 2 hours!
- Wearing sunglasses or eyeglasses with UV protective lenses

**Did You Know?**

The UV Index is a tool that helps you understand the strength of the sun's ultraviolet radiation. When the

UV Index is 3 or higher, sun protection is recommended. The UV Index is included in many weather forecasts and weather apps, making it easy to check before heading outdoors.

**Myth:** You only need sunscreen on sunny days.

**Fact:** Up to 80% of UV rays can pass through clouds, meaning you can still be exposed on overcast days.



Disclaimer: This is not medical advice, please consult your doctor for more information.

# Compass Garden Word Search

If you've been around Compass Community Health Centre recently, you may have noticed our garden growing! Compass has programs like **Grow Well** and **Grub Club** that have helped plant and maintain the many different vegetables and herbs growing.

**Grow Well** is a unique horticultural therapy program that combines organic greenhouse growing practices and Mental Wellness exercises. For more information, or to register, contact: Leah Janzen 905-523-6611 ext. 3006, [ljanzen@compassch.org](mailto:ljanzen@compassch.org)

At **Grub Club**, children ages 6-12 will make a wide range of different recipes, explore the

garden and how to care for it, and participate in physical activity.

While this year's Grub Club has already started, registration opens after March Break, with limited spaces available. For more information, contact: Mariko Bown-Kai (905-523-6611 ext. 2084, [mbown-kai@compassch.org](mailto:mbown-kai@compassch.org))

The word search features some of the different plants **currently growing** in our garden.

Can you find them all?

O T A M O T W S C C  
 L O B O C S O T I C  
 C P E A S C L R L B  
 L F A C Z A E A A I  
 A L N E U E I W N A  
 O O S K C K N B T K  
 S W E E C A N E R H  
 O E S S H L S R O A  
 A R R S I E A R K O  
 O S O E N S A I A C  
 L S I O I L E E K S  
 S R O N I O N S R H

<b>Words:</b>		
Tomato	Beans	Onions
Kale	Peas	Flowers
Strawberries	Okra	Leeks
Zucchini	Cilantro	

## Disability Pride Month



July is Disability Pride Month, a time to recognize and celebrate the contributions and experiences of people with disabilities. It is also an opportunity to promote accessibility, inclusion, and equity in our communities. In 2023, Ontario officially recognized Disability Pride Month through Bill 128, the Disability Pride Month Act. Disability is a natural part of human diversity, and everyone deserves the opportunity to participate fully in community life. This month, we encourage reflection on how we can create a more accessible and inclusive community for all. Together, we can build a community where everyone belongs.

## Summer Riddles:

1. What gets wetter and wetter the more it dries?
2. I have no eyes, no ears, and legs, and yet I help move the earth. What am I?
3. What does the sun drink out of?

**Answers:**

1. A towel
2. An earthworm
3. Sunglasses



## National Drowning Prevention Week

National Drowning Prevention Week is an opportunity to raise awareness about water safety and help prevent drowning-related injuries and deaths. As temperatures rise and more people head to pools, splash pads, beaches, and waterways, taking simple precautions can help keep everyone safe.

**Water Safety Tips:**

✓ Learn swimming and water safety skills. Swimming lessons can help people of all ages feel more confident and prepared around water.



✓ Wear a lifejacket when boating or participating in water activities. Even strong swimmers can benefit from wearing a lifejacket. Cold water, strong currents, fatigue, injury, or an unexpected fall can make it difficult to stay afloat. A properly fitted lifejacket helps keep your head above water and can save your life in an emergency.

✓ Swim with a buddy whenever possible. Having someone nearby means help is available if an emergency occurs.

✓ Stay within designated swimming areas. Follow posted safety signs and avoid swimming in unfamiliar waters.

✓ Supervise children closely. Drowning can happen quickly and quietly, even in shallow water.

By making water safety a priority, we can all enjoy a fun, active, and safe summer with family and friends.

## Volunteer of the Month

We are recognizing Nadia as July's volunteer of the month. She has been supporting our Grub Club program for 1 month, but was a participant in the program for 3 years. Nadia says that she loves getting to know people, spending time with children, and having fun! A fun fact about Nadia is that she has attended 7 different schools.

Thank you Nadia for your support and hard work! If you would like to volunteer for a program at Compass, please visit [www.compassch.org/get-involved/volunteer!](http://www.compassch.org/get-involved/volunteer!)



## Tick Season is Here: Protect Yourself Outdoors

Ticks are most active during the warmer months and can be found in tall grass, wooded areas, gardens, and parks.

Protect yourself and your family when spending time outdoors:

- ✓ Wear long sleeves, long pants, and closed-toe shoes when possible.
- ✓ Use an insect repellent approved by Health Canada.
- ✓ Check yourself, children, and pets for ticks after outdoor activities.
- ✓ Remove ticks promptly with fine-tipped tweezers.



If you develop a rash, fever, fatigue, or other flu-like symptoms after a tick bite, contact your healthcare provider.

For more information, visit Public Health Ontario or speak with your healthcare provider.

## Happy Canada Day!

Canada Day is a chance to celebrate the diversity, resilience, and community spirit that helps make Canada a great place to live. It is also an opportunity to reflect on our history and the important role we all play in creating healthy, connected, and inclusive communities.



What makes you proud to be Canadian?

## Celebrate the World Cup

The FIFA World Cup 2026 officially started on June 11<sup>th</sup>. The tournament will feature 104 matches, with the final game being played on July 19<sup>th</sup>. For the first time, there are 48 teams and it is being co-hosted by three countries: Canada, Mexico, and USA! It is the first appearance in the World Cup for Uzbekistan, Jordan, Cape Verde, and Curacao.







































Matches in Canada are being played at the Toronto Stadium (also known as the BMO Field) and BC Place in Vancouver. Tournaments like FIFA are a great time to join together with your community and friends to cheer for your favourite teams!
















### Fun FIFA Facts:

- The first World Cup was held in Uruguay in 1930
- Brazil is the only country to have participated in every single edition of the World Cup
- Brazil has the most World Cup Titles- they've won 5 times!
- Canada's first-ever FIFA World Cup goal was in 2022 at Qatar and was scored by Alphonso Davies
- Lionel Messi (team Argentina) has played the most minutes at the FIFA World Cup and has appeared in the most World Cup Matches



# July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1     2	3 
6 	7  	8	9   	10 
13 	14  	15 	16    	17 
20 	21  	22  <b>Park N Party BBQ! Free Event, All Welcome! 4-7pm</b>		24 
27   	28  	29 	30    	31  

-  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 (ON HOLD FOR JULY). *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.