THE COMPASS CORNER

905-523-6611 WWW.COMPASSCH.ORG @COMPASSCH

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Looking for ways to give?
You can contribute to the work we do at Compass by donating at www.canadahelps.org/en/charities/compassch/



Welcome, November!

Remembrance Day was established to mark the armistice that ended World War I, at the 11th hour of the 11th day of the 11th month in 1918. This day serves as a powerful reminder of the costs of war, and provides an annual opportunity to reflect on what peace means to us both personally and as a country.

Today, we wear the red poppy— a symbol inspired by the famous poem *In Flanders Fields* by Canadian physician John McCrae— and observe two minutes of silence at 11:00 a.m. to reflect, show gratitude, and promise to never forget.

The City of Hamilton's Remembrance Day Service will begin at 10:45am at Gore Park on King St. E.

Trans Day of Remembrance

The Trans Day of Remembrance is recognized on November 20th each year to honour members of the Two Spirit, trans, and non-binary community that we have lost due to transphobia. This occasion, which started in 1999, is both a memorial and a call to action; to remember the lives of those we have lost and work towards a better future by advocating for change in our local communities and on an institutional level.

Compass' annual **Trans Day of Remembrance Community Dinner** will take place on **Wednesday, November 18, from 4:30-7:00pm.**
Contact Autumn to RSVP - 905-523-6611 ext 2022



Connect with us on Social Media!

Check out our social media accounts to learn more about all Compass has to offer! Look out for updates about the health centre, our program information, and helpful educational materials.

@Compass CommunityH

@compassch

Compass Community Health

November is Falls Prevention Month... so remember:

Safety First!

- Wear proper footwear with good grip/traction on the soles, and using handrails whenever possible.
- Keep your hands free! If you do fall, having your hands out will help cushion your landing and prevent more serious injury to your face or head.
- If you're not sure about road and sidewalk conditions, stay home! Don't take any unnecessary risks when weather conditions are poor.
- Be prepared and stock up on road salt before the first storm hits and everything is sold out!
- Want to learn more? Come join our occupational therapist Lauren and physiotherapist Miriam for our **Strong & Steady workshop** on **Tuesday, November 24 from 1:30-3:00 pm.** Refreshments provided! Contact 905-523-1184 for more information and to register.



On November 14th, join us in celebrating:

World COPD Day



The 2026 theme for World COPD Day is "Early Diagnosis and Management for a Better Life." World COPD Day takes place on November 18th, every year. This year's theme aims to emphasize that although COPD is a common, preventable, and treatable disease, extensive under- and misdiagnosis leads to patients receiving treatment later in the disease course.

There are many factors that can lead to delayed diagnosis of COPD, including patient-, healthcare system-, and provider-related factors. Earlier treatment of COPD can slow disease progression, reduce symptom burden, and prevent future exacerbations. Intervention at an earlier stage can meaningfully improve long-term outcomes and enhance quality of life.

Although there is currently no cure for COPD, steps to help improve diagnosis and treatment can have a positive impact on future health. These include:

- Patients and families can help advocate for more research and better access to care
- Providers and policy makers can work together to improve access to testing with spirometry and advocate for its use
- Health systems can work to increase academic training programs specializing in respiratory health
- Governments can implement measures to reduce smoking rates, decrease the use of fossil fuels to improve air quality, promote clean energy sources, encourage environmentally friendly practices, and improve access to quality healthcare for early diagnosis and treatment."

For more information visit:
https://goldcopd.org/world-copd-day-2026/

World COPD Day



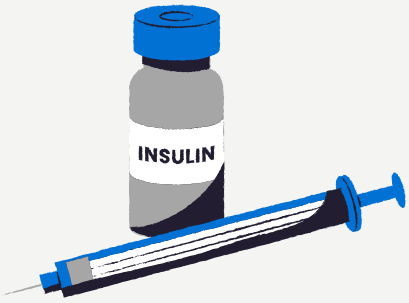
World Diabetes Day **Spotlight**

Every November 14th, Compass' Diabetes Program joins the global observance of World Diabetes Day. The current 2026–27 theme is "Early action on diabetes." Early action means recognizing possible signs, seeking testing and medical advice sooner, reducing the risk of type II diabetes where possible, and connecting people with ongoing care and support.

DIABETES AWARENESS MONTH

Why is this important?

- 1 in 9 adults currently live with diabetes worldwide, with hundreds of millions at high risk for type II diabetes.
- Up to 50% of people with type II diabetes experience complications by the time they receive a diagnosis.
- Type II diabetes can often be delayed or managed through regular screenings, lifestyle changes, and access to the appropriate health care supports.



Myth vs. reality: Why early action matters

1. **Myth: "You would always know if you had diabetes."**

Reality: Type 2 diabetes may cause mild or no noticeable symptoms, which is why testing and regular healthcare conversations are so important!

2. **Myth: "Only older adults get type 2 diabetes."**

Reality: Type 2 diabetes is becoming more common among younger individuals, including those under the age of 40

3. **Myth: "A diabetes diagnosis means you cannot live a full life."**

Reality: Appropriate treatment, continuing care, and support can help people living with diabetes stay healthy and reduce the risk of complications.

CHRONIC DISEASE PROGRAMS AT COMPASS COMMUNITY HEALTH

Caring for My COPD Program



The Caring for My COPD Program is an innovative Pulmonary Rehabilitation Program which has been in operation at Compass Community Health for twelve years.

The Program offers support to patients with a confirmed diagnosis of COPD. We ensure patients understand that optimizing both physical and emotional health is key to managing COPD effectively by providing patients with 10 weeks of education, exercise, and social support.

After graduating from the program, participants can continue with supervised COPD exercise groups, and join the Take A Breath (TAB) Social Group and weekly mindfulness sessions.

For more information, please contact 905-523-6611 ext 3015

Compass Diabetes Education Program

Our diabetes program connects you with nurses and dieticians who specialize in prediabetes and type II diabetes care. They help you decode your blood sugar numbers, understand how your medications work, provide diet and exercise strategies, and work with your Physician or Nurse Practitioner to coordinate your care.

If interested, please contact 905-523-6611 Ext. 3065

Learn more about our diabetes program and take your next step toward early action!



FALL VACCINES/LAS VACUNAS DE OTOÑO/لقاحات الخريف

	ENGLISH	ESPAÑOL	العربية
INFLUENZA (FLU) لقاح الانفلونزا	The flu shot can reduce your chance of being sick with the flu and other respiratory illnesses at the same time You are lesslikely to spreadthe virus to others when you are vaccinated **Groups who should especially get the vaccine:** • People at high risk of severe disease complications, or hospitalizations from the flu. This includes: children under 5, seniors, Indigenous people, and pregnant people • People with chronic health conditions or comorbidities. Family doctors and walk-in clinics can administer a flu shot to adults and children 6 months of age or older. Adults and children 2 years of age and older may receive the flu vaccine at a participating pharmacies.	La vacuna contra la gripe puede reducir la probabilidad de enfermarse de gripe y otras enfermedades respiratorias al mismo tiempo Es menos probableque transmita el virus a otras personas cuando está vacunado **¿Quién debe vacunarse especialmente?:** • Personas con alto riesgode enfermarse gravemente, complicaciones u hospitalizaciones a causa de la gripe. Esto incluye:niños menores de 5 años, adultosmayores, indígenas y personas embarazadas • Personas con afecciones crónicas o comorbilidades. Los médicos de familia y las clínicas ambulatorias pueden administrar la vacuna a adultos y niños de 6 meses de edad o más. Los adultos y los niños mayores de 2 años pueden recibir la vacuna anti gripal en una farmacia participante.	إن الحصول على لقاح الأنفلونزا هو الطريقة الأكثر فعالية لحماية نفسك من الأنفلونزا والمضاعفات المرتبطة بها يمكن أن يقلل لقاح الأنفلونزا من فرص إصابتك بالأنفلونزا وأمراض الجهاز التنفسي الأخرى في نفس الوقت حماية من هم حولك سوف يقل احتمال قيامك بنشر الفيروس للأخرين عندما يتم تطعيمك. **أي المجموعات يجب أن تتلقى التطعيم؟** الأشخاص المعرضون لخطر الإصابة بمرض شديد أو مضاعفات أو دخول المستشفى بسبب الأنفلونزا. وهذا يشمل: الأطفال دون سن الخامسة، وكبار السن، والسكان الأصليين، والحوامل الأشخاص الذين يعانون من حالات صحية مزمنة أو أمراض مصاحبة الأشخاص الأكثر عرضة لنقل الأنفلونزا إلى الأشخاص المعرضين لخطورة كبيرة تتوفر لقاحات الأنفلونزا المجانية لأي شخص يعيش في أونتاريو أو يعمل فيها أو يدرس في مدارسها. مكن لأطباء الأسرة والعيادات الخارجية إعطاء لقاح الأنفلونزا للبالغين والأطفال بعمر 6 أشهر أو أكبر. يمكر لبالغين والأطفال بعمر سنتين فما فوق الحصول على لقاح الأنفلونزا في الصيدلية
WHERE DÓNDE أين	Book an appointment by phone or have your questions answered by calling 905-540-5250. Translation services are available. For more information, please speak to your health care provider, visit hamilton.ca or call the Provincial Vaccine Info Line at **1-888-999-6488.**	Reserveuna cita por teléfono o responda sus preguntas llamandoal 905-540-5250. Los servicios de traducción están disponibles. Hable con su proveedor de atención médica, visite hamilton.ca o llame al Organismo Provincial de Vacunación Línea de información al **1-888-999-6488**	احجز موعدًا عبر الهاتف أو احصل على إجابة لأسئلتك عن طريق الاتصال بالرقم 905-540-5250. خدمات الترجمة متوفرة. يرجى التحدث إلى مقدم الرعاية لصحية الخاص أو الاتصال بخط hamilton.ca بك، أو زيارة معلومات اللقاحات المحلي لخطورة كبيرة **1-888-999-6488.**
QUICK FACTS SABER MAS مزيد من الحقائق	You cannot get the flu from the flu shot - Side effects after vaccines are generally mild and resolve on their own within a few days - Severe reactions are very rare.	No se puede contraer la gripe porla vacuna antigripal - Los efectos secundarios después de la vacuna suelen ser leves y se resuelven por sí solos en unos pocos días - Las reacciones graves son muy raras.	لا يمكنك الإصابة بالانفلونزا من لقاح الانفلونزا عادة ما تكون الآثار الجانبية بعد لقاح الأنفلونزا خفيفة وتختفي من تلقاء نفسها خلال بضعة أيام ردود الفعل الشديدة نادرة جدا

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9 **Centre Closed**	10	11	12	13
16	17	18 **Trans Day of Remembrance Dinner** 4:30-7pm	19	20
23	24	25 **Vaccine Info Session & Pop-Up Clinic** 12-2pm	26	27
30				

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

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 Mariko 905-523-6611 ext 2084*

Food Programs:
FVRx: Prescription program to receive bi-weekly bags of fresh, organic produce. *Contact Leah for more information 905-523-6611 ext 3006*
Seniors Kitchen: Join us on the 2nd Wednesday of every month to cook, socialize, & share a meal together. *Contact Leah 905-523-6611 ext 3006*

Art & Social:
TADA: Weekly drop-in art group open to anyone interested in having fun and learning from, or teaching others, a new art or craft. *Contact Sib 905-523-6611 ext 2014*
The Connection: A wellness program open to everyone. Features conversation, meditation, and ways to build joy and resilience. *Contact Sib 905-523-6611 ext 2014*
Third Youth: A monthly health education program for Latin American seniors geared to prevent isolation, anxiety and depression. *Contact Maria- 905-523-6611 ext 2017*

Health & Education:
Welcome Baby: Prenatal Nutrition: Learn about healthy pregnancy, labor & delivery, breastfeeding, and community support. Must join during pregnancy.
Call Cory 905-523-6611 ext 3047
Strong & Steady: An educational session to gain practical knowledge to reduce your risk of falls and maintain independence. Refreshments provided.
Contact 905-523-1184 to learn more and register.
Caring for your Diabetes (in Farsi): Educational session about caring for your diabetes. *Contact Awesta - atokhai@compasch.org*
Vaccine Info Session & Pop-Up Clinic: *Learn more about common vaccines and get your flu shot for the season, no appointments necessary. Refreshments provided!*
Contact Juli for more information - ext 2038

Two-Sprit LGBTQIA+ Programs: *Contact Autumn to register or for more information 905-523-6611 x 2022*
Two Spirit LGBTQIA+ Intergenerational Kitchen: Group for Two Spirit and LGBTQIA+ folks of all ages to cook and eat a meal together.
PFLAG Hamilton- Peer Support Meeting: A safe and supportive space for friends, family, and caregivers of Two Spirit & LGBTQIA+ people and gender-diverse kids.
Trans and Non-Binary Grocery Program @ Neighbour2Neighbour Centre (28 Athens St.): Dedicated hours for trans folks to receive free groceries and access to a variety of services, including newcomer and queer/trans advocacy. Last Friday of each month, 9:30am-11:30am.
Trans and Non-Binary TTRPG Group: Group for trans and non-binary folks to play table-top role-playing games 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.
Trans Day of Remembrance Dinner: Free community dinner for trans and non-binary folks to come together and honour the lives lost to transphobic violence.