

THE COMPASS CORNER

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Join now!
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Happy September!



September is here! While summer is coming to the end, September has many new beginnings as well. Back-to-school happens, and Fall officially starts on September 22nd!

Did you know: the start is Fall is determined by the autumnal equinox? On the autumn equinox, every place on Earth gets almost the exact same amount of daylight and nighttime hours.

Trackers: Indoor Walking Group Now Accepting New Participants!

Are you looking to achieve consistent, weekly, physical activity? Do you want to meet new people and socialize? Are you interested in practicing mindfulness? Then Compass Community Health's **Trackers** program is for you!

At Trackers, you can walk at your own pace indoors! We end with a mindfulness cooldown.

Our new session starts on September 29th and ends on December 1st. Trackers runs every Tuesday from 2-3pm.

Spots are limited! **To register**, please contact Christine at **905-523-6611 x 2059** or email csorbara@compassch.org.



September is Pain Awareness Month

Pain is more than just a physical sensation.

Pain Awareness Month raises awareness about chronic pain, its impact on everyday life, and the importance of understanding and supporting people who live with it.

Did you know?

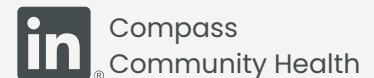
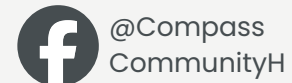
-  Nearly **8 million Canadians** live with chronic pain.
-  Chronic pain is pain that **persists for longer than 3 months**.
-  Chronic pain can affect **physical and mental health, work, relationships, sleep and quality of life**.
-  Pain is often **invisible** — you may not be able to tell when someone is living with it.

This September, help raise awareness. Learn more about chronic pain, listen without judgment, and support those living with pain.

Pain may be invisible, but its impact is real.

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.



The Importance of Sleep!

As the summer comes to an end and the business of fall begins, it is important to ensure that you are getting enough sleep! Good sleep is part of a healthy lifestyle. The current recommendations for sleep are:

- Children ages 5-13
 - 9-11 hours/night
- Children ages 14-17
 - 8-10 hours/night
- Adults aged 18-64
 - 7-9 hours/night
- Adults aged 65+
 - 7-8 hours/night

Sleep helps with almost all areas of health including our ability to fight disease,

metabolism, cognition, risk of chronic disease, and mental health. Sleep is important for young children as they grow and develop as well. In young children, there is an association between a lack of quality sleep and difficult behaviors, lower capacity to learn and retain information, and a propensity for poor eating patterns and weight gain.

Good sleep hygiene could lead to a better sleep:

- Avoid alcohol, caffeine, and nicotine before bed
- Maintain a regular bedtime/waketime

- Exercise regularly
- Practice relaxation and mindfulness-based stress reduction techniques
- Reduce noise in the sleeping environment
- Review medications with your physician/pharmacist regularly

Find out more information from:

Are Canadian adults getting enough sleep? Infographic - www.canada.ca

Are Canadian children getting enough sleep? Infographic - www.canada.ca

World First Aid Day –

September 12

Would you know what to do in an emergency?

First aid skills can help you respond to injuries and emergencies while professional help is on the way. **Knowing what to do in those first few minutes can make a life-saving difference.**

Why does first aid matter?

- ❤ About 40,000 cardiac arrests occur outside hospitals in Canada each year.
- 🏠 80–85% happen at home — the person who needs help may be someone you know.
- 🚑 Bystander CPR can almost double the odds of survival.
- ⌚ Every minute counts in an emergency.

Be ready to help. Consider learning or refreshing your first aid and CPR skills this World First Aid Day.

A little knowledge can make a big difference. Learn more with organizations such as the Red Cross Canada www.redcross.ca

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.

Free, online access to your health records

ConnectMyHealth is southwest Ontario's patient portal that provides secure access to your health records from many participating hospitals in southwest Ontario.

Access various types of health records including:

- ✓ Lab results
- ✓ Radiology reports & images
- ✓ Hospital discharge summaries and much more!

Free to use on desktop & mobile devices

Register Today! info.ConnectMyHealth.ca

For more information, ask your healthcare provider or scan



ConnectMyHealth
- Empower your health journey -

ConnectMyHealth is operated by Hamilton Health Sciences and brought to you in collaboration with participating Ontario Health Teams.

Funded by
Ontario Health

ConnectMyHealth: Check it out!

ConnectMyHealth is southwest Ontario's patient portal that provides you with access to your health records from participating hospitals in southwest Ontario, and helps empower your health journey.

It is safe, secure, and doesn't require an app be downloaded, and there is no cost to use it.

Visit:
info.ConnectMyHealth.ca for more information, or scan the QR code.

Food Labels Made Simple: What should you look for?

Nutrition labels can help you compare foods and make choices that work for you and your family. You don't need to understand every number—focus on a few key things!

1 Start with the serving size

All the information on the label is based on the serving size listed at the top. Check how that amount compares with how much you eat.

Try it! A cereal's serving size is $\frac{3}{4}$ cup, but you eat $1\frac{1}{2}$ cup. If $\frac{3}{4}$ cup contains 4 g of fibre, how much fibre did you eat?



Answer: 8 g! You ate twice the serving, so you got twice the amount listed.

2 Use the % Daily Value

The % Daily Value (% DV) shows whether a food has a little or a lot of a nutrient.

5% DV or less



= A LITTLE

15% DV or more



= A LOT

As a general guide, look for **more fibre** and **less sodium and saturated fat**.

3 Check the ingredient list

Ingredients are listed **from most to least by weight**, so the first few ingredients make up the largest portion of the food.

A long ingredient list doesn't automatically make a food unhealthy. Use the ingredient list **together** with the Nutrition Facts table to understand what's in your food.

EXAMPLE:

INGREDIENTS:
Whole grain oats,
almonds, sugar,
canola oil, dried
cranberries, cinnamon,
salt, natural flavour.



These are the main ingredients.
(Listed from MOST to LEAST
by weight)

Nutrition Facts

Serving size $\frac{3}{4}$ cup (30 g)
Servings per container about 7

Amount per serving

Calories 120

Total Fat 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 140 mg 6%

Total Carbohydrate 24 g 9%

Dietary Fibre 4 g 14%

Total Sugars 5 g

Includes 3 g Added Sugars 6%

Protein 3 g

Vitamin D 0 mcg 0%

Calcium 30 mg 2%

Iron 1.3 mg 8%

Potassium 110 mg 2%

* % Daily Value



Test Your Label Skills!

You want more fibre and less sodium and saturated fat. Which would you choose?

Nutrient	Product A	Product B
Fibre	4% DV	18% DV
Sodium	16% DV	6% DV
Saturated fat	12% DV	4% DV

☐ Product A

☐ Product B

Answer: Product B!

It has a **lot** of fibre ($\geq 15\%$ DV) and less sodium and saturated fat.

Take it with you!

Next time you shop, pick up two similar products with comparable serving sizes and compare their fibre, sodium and saturated fat. Small differences can help you make the choice that works for you.

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2	3    	4 
7 Centre Closed	8  	9 	10   	11 
14 Screen for Life Bus 	15   	16	17    	18 
21 	22 	23 	24    	25  
28 	29   	30		

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

Finding Your Balance: An exercise program aimed to improve balance and strength while learning strategies to help prevent falls. *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: 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.