

FALL

2009

THE HEALTHY CORE

HAMILTON URBAN CORE COMMUNITY HEALTH CENTRE



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Hamilton, ON L8R 1B6
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Denise Brooks
Executive Director

HOURS OF OPERATION

Monday 9:00am-5:00pm
Tuesday 9:00am-8pm
Wednesday 12:30pm-5:00pm
Thursday 9:00am-8:00pm
Friday* 9:00am-5:00pm
Saturday** 9:00am-1:00pm

*Open 6:00 to 9:00pm the third Friday of every month for Dinner & a Movie

**Open the third Saturday of every month.

NOTABLE QUOTE

We make a living by what we get. We make a life by what we give.

Winston Churchill

NOVEMBER 2009

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POVERTY....WHERE DO YOU STAND?

It has been said that poverty is the invisible enemy, especially when thinking about poverty in developed nations. Occasionally we see some of the effects of poverty – a homeless man on the street, a young person pan-handling on a busy corner, a family in line at a food bank. Sometimes someone will toss a sympathetic look or a bit of spare change – most turn the other way rumbling about the condition of the city and the inconvenience.

In this city poverty means that the older woman living in a small third floor bachelor apartment decides to eat only one meal a day so she can pay the rent and keep her phone on. It means that the young man with diabetes decides to water down his insulin because he has run out of money long before the end of the month. It means that a mother sinks a bit deeper as she

sends her three children to school without breakfast, again, and barely enough to eat for lunch.

At Hamilton Urban Core we believe that poverty is the biggest health risk we face. It has become our mantra not only because poverty leaves people needing the basics – food, shelter, clothing – but because poverty attacks the human spirit and steals happiness and hope. And it is because of this that we need to make sure that there are policies in place to hold decision-makers accountable and solid, deliberate actions taken to make sure that things get done.

Action needs to take place on several fronts because the impact of poverty feels like a relentless assault.

Some initial steps have been taken – for example, the provin-

cial poverty reduction platform – but so much more has yet to be done. We need a national housing strategy so that everyone has a place to call home, we must implement a living wage policy so families can feed their children and pay the rent, and we must truly achieve health equity so that people have access to the services they need to be healthy and well.

We will continue to ask people to join us in the fight against poverty. We will encourage you to make a donation, volunteer your time, advocate for better public policies, join a campaign – do whatever you can to make a difference and contribute to the eradication of poverty now. A famous leader said “Anyone can make a difference and everyone must try.” Anything less is just simply not okay.

INTERNATIONAL DAY FOR THE ELIMINATION OF POVERTY

As part of our NO Community Stands ALONE campaign to end poverty, Hamilton Urban Core Community Health Centre held a special event on Friday October 16, 2009.

This year we invited neighbours, friends, businesses, community organizations and community members to bring donations of healthy non-perishable food items, baby diapers, formula, and personal hygiene items to “Stuff the Truck” to help individuals and families in the community with urgent needs.

Other activities included a Fall Harvest Soup Table which offered homemade soup made entirely from items that are commonly found in food banks. We provided pre-printed cards to all attendees with inexpensive soup recipes that highlighted “Healthy Eating – It’s Easier Than You Think”.

The Halton Blues Society: Artists Against Poverty, graciously donated their time and talent to provide a fabulous backdrop of music for the day. As well, the Centre hosted its Speaker’s Corner where everyone was welcomed to make their voices heard. David Christopherson, MP Hamilton Centre, Bob Bratina, Ward 2 Councillor as well as Maria Giulietti, Constituency Assistant to Andrea Horwath, MPP were on hand to bring greetings and well wishes.

Through rain and shine we had donors dropping off donations and managed to “Stuff the Truck” and deliver a half ton full of food at the end of the day to a local food bank.



HEALTH PROMOTION DATES TO REMEMBER

DECEMBER

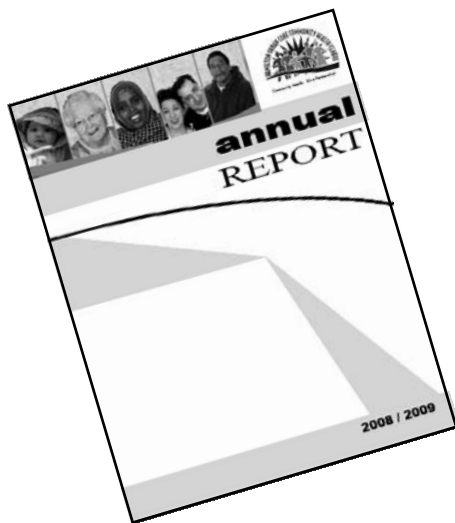
1st - World AIDS Day
3rd - International Day of Disabled
Persons

JANUARY

17th-23rd - National Non-Smoking Week

FEBRUARY

Heart Month
15th - Family Day



2008 / 2009 ANNUAL REPORT

If you have not received a copy of our Annual Report and would like one, please contact Donna by telephone at 905 522 3233 x 248 or by e-mail at dpenn@hucchc.com to be placed on our Annual Report mailing list.

EARLY STEPS—EARLY CHILD DEVELOPMENT PROGRAM

Early Steps is a program that develops and promotes positive parenting, family supports and healthy child development. Caregivers have an opportunity to learn about child developmental milestones, positive play, healthy parent – child bonding, positive discipline for the various stages of a child's life and developing healthy family relationships. In addition, participants are provided with opportunities and activities that stimulate healthy development in children.

Our Early Steps-Early Child Development Program offers:

- Free Assessments for children ages 2 to 6
- Healthy Play
- Positive Parenting Skills
- Resources and Referral
- March Break and Summer Camps

For information call Sherri at 905-522-3233.

*Building healthier communities one child at a time,
one parent at a time, one family at a time.*

ID Clinic

Without personal identification, people cannot access essential services such as health care, income supports, housing and employment. Hamilton Urban Core's Identification Clinic Staff will:

- Help complete application forms for birth certificates and social insurance numbers
- File applications
- Provide a mailing address when necessary
- Store identification at the Centre, when needed
- Help with health cards
- Provide information about CPP, Old Age Security, Guaranteed Income Supplement
- Connect individuals with other services at the Centre for help with housing, food resources and financial supports

The ID Clinic is available Mondays, Wednesday afternoons and Thursdays. For an appointment or for information contact Lucy at 905-522-3233.

Hamilton Urban Core 2008 / 09 ANNUAL GENERAL MEETING

The Centre held its Annual General Meeting on Thursday, September 17th. Staff, clients, community members and friends were in attendance. Outgoing chair, Marcine Blake, gave an inspirational message about the role and importance of the Centre and her work on the board over the past years. She also welcomed three new board members.



CHRONIC DISEASE PREVENTION AND MANAGEMENT

A Made at the Core Approach

Preventing and managing chronic disease is an important priority for Hamilton Urban Core. Many of the clients accessing our Centre, as well as others in the community are living with chronic conditions. To address the needs of people living with chronic health conditions and to prevent further illness Hamilton Urban Core has developed a chronic disease approach using a centre-wide platform for comprehensive care.

With an initial focus on the prevention and management of diabetes, programs include:

- "Taking Charge" Diabetes Education Program
- "Living Smart, Living Well" Diabetes Wellness Clinic
- "Healthy Foot Prints" Diabetic Foot Clinic
- "Diabetes without Borders" Culturally Focused Diabetes Education

This is a Made at the Core approach to managing chronic illness and other factors that affect one's health. Our Approach:

- Is client centered
- Is holistic
- Considers risks beyond physical illness such as poverty
- Addresses the social determinants
- Integrates harm reduction
- Embraces cultural competence

For information about our diabetes programs contact Faye at 905 522 3233.

CHC MODEL OF CARE WORKSHOP

Hamilton Urban Core was pleased to host members of the Association of Ontario Health Centres Education and Development Team who facilitate a CHC Model of Care Workshop in mid September.

All Community Health Centres in the Hamilton-Niagara-Haldimand-Brant LHIN were invited to attend the workshop whose objectives were to:

- Increase knowledge of and ability to communicate the CHC Model of Care
- Better understanding of individual attributes
- Appreciation for the interconnectedness of attributes
- Ability to associate attributes with CHC's programs and services

Feedback from attendees ranged from "excellent workshop" to "very informative, all staff should have the opportunity to attend".

Special thanks to the Association of Ontario Health Centres for facilitating this day for the CHCs of the Hamilton-Niagara-Haldimand-Brant LHIN.

EXTRAORDINARY VOLUNTEER

Hamilton Urban Core relies on many volunteers to assist us with our numerous special events, help out with programs or lend a helping hand carrying out administrative tasks. However, one volunteer stands out among our group of dedicated volunteers.

Gail Linger started as a volunteer at the Centre eight years ago. From the on-set, Gail's forte has been her culinary skills. When Gail is here managing the kitchen during our Monday and Thursday drop in days the smell of her famous homemade soup permeates the building.

In addition to cooking the best soup around, Gail also helps coordinate and prepare food for our special annual events such as the Community Picnic, the Health Street Fair and Year End Celebration.

Thank you Gail for your extraordinary commitment to Hamilton Urban Core!



Pictured above, a number of the Centre's appreciative staff celebrate with Gail (holding plaque) at a recent surprise birthday party for our number one volunteer!



2009 COMMUNITY PICNIC

RECIPE FOR SUCCESS REVEALED!

Great weather. Tasty BBQ. Smokin' hot music from the Halton Blues Society. Fun activities for kids of all ages. So You Think You Have Talent show. Health & Wellness Displays. Firemen. And last but not least, all the wonderful people who attended to make this year's Picnic one of **THE.BEST.EVER!** Special thanks to all the Donors, Sponsors and Volunteers who helped the Centre host a fun-filled day for everyone!



YEAR END CELEBRATION

Wednesday,
December 23rd
11am to 3pm

For more information on volunteering at or donating to our Year End Celebration, please contact Maciej at 905 522 3233.

As you begin to think of your own holiday plans, we are hoping you can help us make this holiday season memorable and enjoyable for others in the community who may need support. Following are ways that you can help:

- *Make a financial contribution*
- *Sponsor a family or individual, by giving a food hamper that will provide them with everything they need for a festive dinner.*
- *Donate :*
 - *Non-perishable food items*
 - *\$5-10 gift certificates for teens (13-18 years)*
 - *Unopened toys (for children 0-12 years)*
 - *Personal hygiene products*

Start your holiday season off by giving someone less fortunate a special holiday memory.

CALL FOR VOLUNTEERS

Hamilton Urban Core is dedicated to serving individuals and families in the inner city. We need energetic people to help us help others. Volunteers are needed for the following positions:

- Year End Celebration (December 2009): Special event planning and preparation
- Mind, Body, Spirit Annual Women's Conference (March 2010): Member of conference planning committee
- Administration (all year round): Photocopying, flyer distribution and other general office duties

Why not make your spare time volunteer time? Together we will be able to help the many individuals and families who access Hamilton Urban Core and make a difference in the lives of others

For information on becoming a volunteer, contact Maciej at 905 522 3233.