

Spring

2010

THE HEALTHY CORE

HAMILTON URBAN CORE COMMUNITY HEALTH CENTRE



71 Rebecca Street
Hamilton, ON L8R 1B6
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www.hucchc.com

Denise Brooks

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

Don't be afraid to dream aloud the things you want to do; Just saying what is in your heart will help your dreams come true.

Charles Ghigna

MARCH 2010

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HEALTH EQUITY = SOCIAL JUSTICE

There is much talk about health equity throughout the province. Health equity is not a new concept in fact one could say that the very system of universal health care is consistent with the notion of sustaining health equity. In Closing the Gap, a WHO report on health equity through action on the social determinants of health, the writer notes that "the development of a society, rich or poor, can be judged by the quality of its population's health, how fairly health is distributed across the social spectrum, and the degree of protection provided from disadvantage as a result of ill-health."

In this way health equity is a matter of social justice; an ethical issue in line with the principles of human rights that are well known and widely embraced. In fact it's the basic principle that all people have the right to health.

If that is the case then why do we not address and provide resources for the things that support good health - safe housing, adequate income, access to food and nutrition, racism and discrimination? Why don't we ensure that the conditions for health are in place for everyone? And why is there such a difference between the health of those who have and that of those who do not have? Why are the health outcomes for racialized groups so very different than the health outcomes of others? Are we to believe that this is about personal choice? Or because some are deserving and others are not? Our response should be a resounding no! It's a matter of social justice. It's the about making the collective decision to move from mere words to real action. It's about equity.

The World Health Organization says: "Inequities in health, avoidable health inequalities, arise because of the circumstances in which people grow, live, work, and age, and the systems put in place to deal with illness. The conditions in which people live and die are, in turn, shaped by political, social, and economic forces. Social and economic policies have a determining impact on whether a child can grow and develop to its full potential and live a flourishing life, or whether its life will be blighted."

The truth is that we can affect the policies that so negatively impact people's lives. We can change them. We can decide that they do not "fit" with the principles of human rights and social justice. We can make a difference. So then the question really iswhere do you stand?

2010 FOR HEALTH OF HAITI

COMMUNITY EFFORT BENEFITS HAITI'S EARTHQUAKE VICTIMS



On Wednesday January 27th more than 400 people from Hamilton and surrounding came together in support of earthquake victims in Haiti. Carmen's Banquet Center, Immigrant Women's Centre, Centre de Santé Communautaire, Interval House and Hamilton Urban Core collaborated to bring awareness to and raise funds for urgently needed humanitarian assistance in Haiti.

Through the coordinated efforts of organizers, sponsors, entertainers and volunteers, people quickly came together to produce an inspired show of community outpouring. Motivational speaker Rosita Hall, the MC for the evening was instrumental in the event's success. Local politicians MP Chris Charlton and MP David Christopherson were also on hand to show their support. The audience was moved by talented Hamilton area musicians, while a silent auction in addition tickets sales helped bring the evening's proceeds to \$13,004. The funds were directed to the Salvation Army's international efforts working in Haiti with the primary focus on providing for immediate needs such as food, water, tents and medicine. With the government of Canada matching funds program the contribution rose to an impressive \$26,008.



The restoration of Haiti will require the international community to continue sending resources and support for a considerable time. Over the course of the year Hamilton Urban Core hopes to be able to contribute further to this very important work.

Stewart Memorial Church Celebrates 175 years



This year Stewart Memorial celebrates its 175th year anniversary. Located on John street north, the church was founded by fugitive slaves and has been a pillar for generations of Black people in the community.

This church was first opened in the early 1800 on Cathcart Street, and provided refuge for Blacks fleeing slavery. It is an icon in the community and has maintained its core mission and values over the years. Despite an 1856 fire causing its relocation and financial struggles during the depression, the church was able to thrive and serve the community even until this present day. Congratulations Stewart Memorial Church on 175 years of history and service!

HAMILTON URBAN CORE CELEBRATES COMMUNITY HEALTH DAY

On Friday April 30th Hamilton Urban Core will be launching its new series of "Health Equity is" posters. The event will take place from 11:00 am to 3:00 pm at 71 Rebecca Street and includes the poster exhibition, and a healthy lunch. Community members, partners and friends are also invited to contribute to the health equity community poster by adding your comments and sketches to the poster canvas. Everyone is invited to join the fun on April 30th, 2010!

Hamilton Urban Core's Health Equity is posters will also be showcased at the provincial conference of the Association of Ontario Health Centres in June 2010. For information about Community Health Day call 905-522-3233.

FOCUS ON A COMMUNITY PARTNER: IMMIGRANT WOMEN'S CENTRE

Immigrant Women's Centre (IWC) is a charitable organization, founded by grassroots refugee groups and the support of Sisters of St. Joseph of Hamilton in the late 1980's. In its early stages IWC set out to assist and support refugee and immigrant women with immediate needs such as housing, employment and navigating around the city of Hamilton. However, as the organization matured and expanded its mandate further incorporated assisting immigrant and refugee women acquire the necessary skills and tools to be able to establish themselves in society while focusing on the specific needs of the women and their families.

IWC continues to provide services such as language training, financial literacy, skills to get employment, and settlement support to refugee and immigrant women. In June 2009, IWC proudly launched its first Women's Press Newspaper, which serves as a avenue to express issues and concerns shared by women in the community.

IWC continues to be a valued partner who has worked with Hamilton Urban Core and many other community organizations in providing important services in the Hamilton area.

For more information contact:

Downtown Hamilton (Head Office) 8 Main St. E. Ste. 101 Tel: 905-529-5209

WORLD REFUGEE DAY SUNDAY JUNE 20TH

*In 2008 nearly 22,000
refugees arrived in Canada*

The United Nations' (UN) World Refugee Day is observed on June 20 each year. This event honors the courage, strength and determination of women, men and children who are forced to flee their homeland under threat of persecution, conflict and violence.

The theme for World Refugee Day this year is: "Real People, Real Needs". Events are organized around the world to celebrate the contribution refugees have made and to honour their tremendous courage.

7TH ANNUAL MIND, BODY, SPIRIT: WOMEN'S HEALTH & WELLNESS CONFERENCE

On March 17th over 300 women in Hamilton met at the Crowne Plaza hotel to participate in Hamilton Urban Core's Annual Women's Health and Wellness Conference. The theme for this year's conference was Journey to Better Health— Thriving not Surviving!

The morning of the event, women were given a warm welcome with a musical production provided by the Ryerson Quartet and greetings from Hamilton Centre MPP, Andrea Horwath's office. Afterwards, women actively participated in a variety of workshops such as: Loving Yourself, Diabetes, Healthy Relationships, Healthy Eating, Healthy Bones, and Dealing with the feelings of Sadness, all of which were facilitated by women from local organizations. During the workshops, women expressed their concerns and shared their personal stories, gave and received advice from one another as well as from the facilitators.

Although this day was used as an educational platform, it was a fun, engaging, empowering and exciting event shared by all. The event showcased a fashion show provided by Jane Wang and the Hamilton SISO Red Maple Fashion Show Team, Opera by Weiyu Ziao, and other fun interactive games. In addition, women were provided with child minding services, allowing for them to fully focus on themselves and take the opportunity to connect and build relationships.

Those attending the conference felt they were better informed and aware about their health. A very special note of thanks to all of the Conference Planning Committee for their time and energy and to the staff, facilitators, interpreters, child minders, and volunteers whose efforts helped to make this year's conference a memorable event.

NEIGHBOURS FRIENDS AND FAMILIES (NFF)

Neighbours, Friends and Families is a public education campaign to raise awareness of the signs of woman abuse so that those close to an at-risk woman or an abusive man can help.

Earlier this year Hamilton Urban Core provided leadership in organizing discussions about service possibilities and processes with immigrant, refugee and racialized women throughout the community who are concerned about or interested in addressing the issue of woman abuse. This activity was mirrored throughout the province of Ontario with overall coordination by the Ontario Council of Agencies serving Immigrants. In a very short period of time eleven orientation / information sessions were held with more than 300 participants. Emerging themes from the provincial consultations included Collaboration, Building Trust, Responsive and Appropriate Services, Cultural and Religious Sensitivity and other relevant items. Overwhelming participants stated the importance of extending the NFF Campaign to include immigrant, refugee and racialized women in a manner that is appropriate to their specific needs.

Resulting recommendations have been forwarded with the intention of moving forward in the very near future to help getting abused women out of such situation. Questions about the NFF Campaign can be directed to info@neighboursfriendsandfamilies.on.ca or 519-661-2111 Ext: 87486 .

Inter-Professional Care Report

Copies of the final report of the Inter-professional Care Project entitled "A Framework to Improve Inter-Professional Care in a Primary Health Care Setting for Clients who are Marginalized and Living with Chronic Disease and/ or Chronic Illness" are now available. To learn more about the framework and six core competencies call 905-522-3233 or send an email requesting your copy to administration@hucchc.com



SOCIAL ASSISTANCE CLAWBACK HURTS FAMILIES

In 2007 on a poverty reduction platform the Ontario government promised to stop clawing back the National Child Benefit Supplement (NCBS) from social assistance recipients and to take children off welfare by introducing an Ontario Child Benefit (OCB) for all low income families with children.

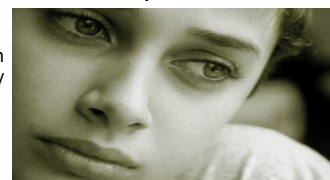
In July 2008, low income families with children began to receive an OCB payment of \$50 per month or \$600 per year; but those on social assistance lost their "Back to School" and "Winter Clothing Allowances", which were worth \$245 per year for children 13+ and \$184 for younger children

In July 2009, the OCB was increased to \$92, but most of this was clawed back from families on social assistance, by reducing the Basic Needs portion of the parents' benefits. Worst hit by this claw-back were parents with one child aged 13+; these families are now receiving only \$1 per month more than in the previous year

A protest rally is being held in Toronto to Stop the claw-back of the Ontario Child Benefit from children on Social Assistance. Buses leaving Hamilton at Fortino's Plaza on Dundurn between King and Main. To register call Nona Clark at 905-522-1148 ext 319.

Claw-back ... retrieval, recovery of an allowance by additional taxation, etc.

Article excerpted from Campaign for Adequate Welfare and Disability Benefits (Hamilton)



THERAPEUTIC MASSAGE AT HAMILTON URBAN CORE

Therapeutic massage is a type of massage therapy that focuses on helping people who are living with chronic health conditions such as back pain, headaches, arthritis and other conditions.

A series of orientation and information sessions about therapeutic massage and how it can help you manage pain will take at Hamilton Urban Core in April. For further details and information call 905-522-3233

HEALTH PROMOTION

DATES TO REMEMBER

APRIL

Oral Health Month
National Cancer Month
April 1st: World Health Day

MAY

FOOT HEALTH AWARENESS MONTH
May 3RD TO 7TH: NATIONAL MENTAL HEALTH WEEK
May 12TH: INTERNATIONAL NURSING DAY

JUNE

SENIORS MONTH
STROKE AWARENESS MONTH



Oral Health Tips!

Gently brush your teeth at least twice a day (morning and before bed) with a soft-bristle toothbrush and a pea-sized amount of fluoride toothpaste

Remember to replace your toothbrush every 3 months or when the bristles are bent or worn out.

Properly use dental floss to floss your teeth every day.

Eat healthy foods and minimize your intake of sugary foods, beverages high in acids and tobacco products.

Visit your dentist regularly at least once every six months to help prevent and or treat any oral health disease.

"One of the best things you can do for your overall health is to take care of your teeth"

CROSS CULTURAL HEALTH CARE PROGRAM

An important component of the Cross Cultural Health Care Program is facilitating access to services, programs and information through cultural interpretation and translation. In a three month period 430 cultural interpretation services were provided in 8 primary languages including Dari, Czech, Hungarian, Persian, Somali, Turkish, Spanish and Vietnamese.

For information on improving service quality and accessibility through cultural interpretation call 905-522-3233.

HELP US HELP OTHERS BECOME A HAMILTON URBAN CORE VOLUNTEER

We are looking for individuals who are interested in a rewarding volunteer experience. If you have 2 hours a week or a couple of hours a month to spare we encourage you to become a volunteer and make a lasting impression in the community. Volunteers are needed at Hamilton Urban Core to help in the following areas:

- Preparing refreshments for programs and special activities
- Assisting with the Street Drop In
- Call back appointments for clients
- Reception
- Children's program helper
- Conversational English Group Leader

For information on becoming a volunteer call 905-522-3233