



Wabano Aboriginal Health Access Centre honours our Centre

The Homeless Outreach Program of the Wabano Aboriginal Health Access Centre celebrated its 10th anniversary on April 28. During the celebrations, the Sandy Hill Community Health Centre's (SHCHC)'s long standing commitment to aboriginal communities was recognized.

During the event, the Wabano Centre presented our Centre with a Power Blanket. This highest honor is bestowed upon a leader of a different nation who supports the work of improving the overall well-being of communities.

When recognizing our Centre's achievements, Allison Fisher, executive director of the Wabano Centre, declared that "today, it is my deepest honour to bestow this robe of power to the Sandy Hill Community Health Centre, an organization that certainly has contributed – selflessly and with unwavering determination – to the wellness of our communities. We wrap our admiration and gratitude around you as an organization."

Traditionally, a person of considerable respect would receive what some tribes had termed "a robe of power". This greatest honour was presented to mark position in a tribe, clan or a major contribution to the community. It is meant to signify the community's acknowledgement of honourable work – in recognition of their contribution to the wellness of

the community and of symbolic thanks for their support.

This particular robe of power honours and commemorates the heroism of Chief Joseph, one of the Northwest's greatest Nez Perce warriors. It commands respect and admiration for the chief who led several hundred people of his tribe away from the US cavalry. The blanket exemplifies the courage, strength, bravery, and determination in protecting community.

The group travelled over 1,400 miles in severe terrain and weather conditions for three months. Their journey led them 40 minutes away from the Canadian border. It was there, during the infamous Nez Perce war of 1877, that Chief Joseph exclaimed "...I am tired of fighting... It is cold and we have no blankets... Hear me, my chiefs... My heart is sick and sad... From where the sun now stands, I will fight no more forever."



Designed in the 1920's this is the oldest ongoing blanket produced. Its design is balanced with arrowheads symbolizing bravery and pointing in all directions of Mother Earth.

Rob Boyd, director of the Oasis Program (front left) during the Power Blanket ceremony at the Wabano Centre for Aboriginal Health





A social worker's humanitarian aid training at the UN



Last June, Michelle Ramdhanie, a social worker at our Centre, was chosen among hundreds of international candidates to attend a training program at the United Nations (UN) in New York City.

The International Diploma in Humanitarian Assistance (IDHA) is a month-long intensive program offered annually by the UN in conjunction with Fordham University. It aims to prepare participants for aid work in the humanitarian field. Participants gain a comprehensive insight into the needs of refugees and internally displaced people in acute and chronic settings. They leave the program equipped with the awareness, understanding and skills that are essential for effective service in a humanitarian crisis.

The program includes both academic and practical learning components. It covers a wide array of humanitarian assistance topics including shelter management, health promotion, and coordination of services, security, immigration, education and finance.

For Michelle, highlights of her training include the opportunity to lead a simulated rescue mission and participate in an all day security training mission with the U.S. Military Academy base in Westpoint.

Michelle reports that it was a "privilege to study, work and play with 38 other humanitarian workers from all across the globe". Typical days lasted either 12 or 16 hours and included in-class learning and group work. The environment, although very intense, provided great hands-on opportunities to work through the many challenges encountered in the field.

The intensity of the program was very beneficial in building strong relationships within the international group, says Michelle. These bonds remain today with participants keeping in touch. They continue to support each other through many professional and personal challenges.

Michelle is wasting no time and will put this newfound knowledge into practice very soon. This spring 2011, she will assist ongoing humanitarian relief in Haïti. This opportunity is made possible because of a partnership between the Ministries Without Borders Rapid Response Unit and Samaritan's Purse.

Centre renovations update

As part of our recent program expansion, the Centre has been busily renovating. This time, the kitchens got a complete makeover!

Gone are the funky 80's inspired pastels that have been replaced with contemporary tones and styles that look fantastic. Not only do our kitchens look great, but they are much more functional and suited for our programming. Now, they include industrial sized refrigerators and sinks, stainless steel and quartz counters and even an ice machine!

Many thanks to our property management staff, Bridget Orr and Serge Laverdure, who have worked so hard to make this work happen in a short time frame.



Celebrating the Oasis Program's 15th year anniversary

To mark their 15th Year Anniversary, the Oasis Program hosted an open house at our Centre this past May. Nearly 100 clients, partners, funders and dignitaries were present to mark the special occasion.

Frank McGee, director of the AIDS Bureau, and Jay Browne, his predecessor, thanked and congratulated the many outstanding leaders from the Ottawa HIV/AIDS Community who contributed to Ontario's response to the AIDS crisis.

"In every area of Provincial wide address and endeavor, members of the Ottawa Community contributed significantly to Ontario's best efforts", say Frank and Jay. They both commended current and past team members for their high level of involvement that ranges from planning, to research, to providing input on policy.



"Congratulations for 15 great years!", says the duo.

Over the years, the Oasis Program has undergone many changes in response to emerging community needs. The program

started off in 1996 with a team of five and has grown to include over 20 staff members today. They continue to play an active role in Ottawa's HIV/AIDS Community.

We are looking for new board members!

Come to our Annual General Meeting!

When: Tuesday, June 29th
at 5:00 p.m.

Where: Saint Paul University

223 Main Street
- in the Amphitheatre -

The Centre serves the Sandy Hill and Ottawa East communities, and welcomes all people who live or work in our community to become involved as volunteers on our Board of Directors and/or Board Committees. We particularly welcome people with links to the Francophone, multicultural, GLBTTQ and senior communities, as well as clients of the Centre.

If you:

- are aware of SHCHC's role in the community and support our mission,
- are 18 years of age or older,
- have awareness of current health and social issues,
- have links with the community we serve, and
- can commit to monthly meetings, advocacy and networking activities for a two-year term,

call Cristina Coiciu for more information at 613-789-1500 x 2505, or visit our website at www.sandyhillchc.on.ca.



Our Centre receives three-year funding from the United Way

We received final approval from the United Way for the Growing Strong: Supporting Community-Driven Initiatives in Old Ottawa East and Sandy Hill. The three-year funding totals \$276,000.00. The funding will build on our current community development work in both communities. More specifically, the funds will focus on our work with children and youth around leadership development and employment skill development. In

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addition, the funding will be used to increase the number of residents engaged in local community issues and identified projects like the homework club, and the development of a community house at Strathcona Heights.

Income Tax Clinic

Again this year, we hosted a tax clinic at our 88 Main St. location. The clinic was coordinated by Howard Wasserman, our new program assistant at that location, in partnership with volunteers trained by Canada Revenue Agency. The clinic was offered on Wednesday evenings during March and April, and assisted approximately 60 individuals with filing their tax returns. This service was offered free of charge to individuals with family incomes of less than \$30,000.

Harold Crabtree Foundation and TELUS grant \$45,000 for Springhurst Park re-development project

Many thanks to the Harold Crabtree Foundation and TELUS who awarded us with \$45,000 in grants for the development of a children's playground and fitness circuit in Old Ottawa East. To date, we received \$75,000 for this project. The total community fundraising target is \$125,000. The remainder will be covered by the city of Ottawa Community Capital Grants Project, if approved in this year's application process to be decided this fall.



In January 2011, Ottawa Public Health's Dental Team officially launched the Healthy Smiles program in Ottawa.

The program extends dental coverage to children 0-17 years, for families with incomes under \$20,000 who are not already receiving coverage. Ottawa Community Health Centres have partnered with Ottawa Public Health to promote the program

and to host enrollment and screening.

On Family Day, we hosted an enrollment and screening clinic. Five adults and five children were screened, and two families were enrolled in the Healthy Smiles program. A second visit by the dental team took place in late April at 88 Main Street. Presentations were made to the morning and afternoon

Healthy Smiles Program

ESL classes and members of the playgroup. Children received screening and two parents received enrollment forms for the Healthy Smiles program.



University of Ottawa Bike Co-op cycling promotion

Our Centre has a new and exciting partnership with the University of Ottawa Bike Co-op. Located in our community, at 200 Lees Avenue, the co-op promotes opportunities for newcomer adults and children to learn to ride bicycles.

The Sandy Hill Community Health Centre has provided the co-op with bicycles that were procured thanks to discounts from Outdoor Gear Canada and Joe Mammias bike shops.

We will assist in recruitment for the learn-to-ride trainings launching in June. The co-op will provide training, and maintain and store the bikes.

Congratulations to David Smith, a new dietitian and former student at our Centre, on receiving the regional Morgan Medal Award from the Canadian Foundation for Dietetic Research.

David won the award for the project he completed for the local Food for All Project, an ongoing initiative to support the development of healthy food policies in Ottawa. His contribution focused on Canadian schools and his project was titled *What policies exist in schools and school boards in Canada which encourage schools to increase the availability of healthy and/or local foods? What factors have an influence on the implementation of these policies?*

Morgan Medal Award recipient

During his time at our Centre, he worked on this project with our dietitian, Olly Wodin. Olly, who has been involved with the project for a few years now, continues to play an active role. Among her contributions, she coordinated a sub-committee that developed a policy recommendation for the city of Ottawa to enhance school food environments. This policy proposal, along with many others, will be launched by Food for All in June.

Sandy Hill Community Health Centre continues to support in the important work of Food for All. We remain active participants on their steering committee.

Parking pay-and-display trial begins at our Centre

Our Centre's parking lot was converted into a pay-and-display model for a six months trial period, starting June 1st.

Following our Board of Directors' guidance, our Senior Management Team produced a report that details recommendations for diversifying our funding. The revenue generated from the parking lot will be put to good use for special community projects or other Board-directed community initiatives.

Our Finance and Development Committee will determine if the model will be permanently implemented once the trial period is completed in December.

Handicapped street parking

Last September, the Centre submitted a request to the City of Ottawa in the hopes of rezoning the Police parking area in front of the Centre on Nelson Street to handicapped parking. The City could not grant the request, but offered instead to change the parking to "no parking" zone. This change benefits holder of handicapped parking permits because the by-laws allows these permit holders to park in "no parking" zones for up to four hours.

Have your say!

We value your opinion! Feedback from our clients and the community helps us to improve our services. There are a number of ways for you to let us know how we are doing.

You can participate in our annual SHCHC Client Survey. It's quick - just 10 minutes - and easy. As a respondent, you retain full anonymity. Survey results are shared with the Centre's Board of Directors, Management and Staff. A summary of key findings is also published in our Annual Report to the Community.

If you have a compliment, complaint or any other comment, you can also fill out a Client Feedback Form available in English, French, Spanish, Arabic and Chinese from any of our staff, or online in English and in French at www.sandyhillchc.on.ca.

Our Vision

The Sandy Hill Community Health Centre will be a vibrant health centre, engaged with our diverse community* in creating a supportive environment for health and wellness and taking action for social equity through innovation, partnership and leadership.

* Our *community* is defined as people who live in Sandy Hill or Ottawa East, as well as people with significant barriers to access.

Our Mission

To advance the health and well being of our diverse community by providing access to integrated, comprehensive, respectful and responsive primary health, social, health promotion and community development services in both official languages.



Diversity Statement

As a public primary health care institution, Sandy Hill Community Health Centre has a responsibility to provide a welcoming environment that recognizes and affirms diversity of persons as well as diversity of views. An inclusive environment allows us to enhance the quality of healthcare we provide, improve relations with our community and contribute to the improvement of the community's health.

We affirm this commitment to diversity by supporting everyone we serve whatever their characteristics, including race, ethnicity, national origin, gender, gender identity, age, socioeconomic background, language, religion, sexual orientation, and disability.

We encourage staff, volunteers, clients, and community members to work together to make our community health centre a welcoming place for all.

Come and get involved in your Community Health Centre!

To become a Member of Sandy Hill Community Health Centre Inc./Centre de santé communautaire Côte-de-Sable, Inc., please fill out the Membership Application Form below and return it to us at 221 Nelson St., Ottawa, ON, K1N 1C7.

No membership fee is required.

Application for Membership

Sandy Hill Community Health Centre Inc./Centre de santé communautaire Côte-de-Sable, Inc.

Name: _____ Address: _____
(Home or Work)

Telephone: _____ E-mail: _____
(Home or Work) (Home or Work)

I confirm that I am over 18 years of age and reside in the Ottawa area. I support the mission statement, service and management values of the SHCHC/CSCCS.

Signature: _____ Date: _____

Application approved by the Board of Directors at its meeting of: _____

Secretary: _____ Signature: _____