



Housing First and the road to recovery

This year, we launched our Housing First program together with the Canadian Mental Health Association (Ottawa). This new permanent housing program works with those who are homeless to improve their health and wellbeing.

Supporters, partners, and the wider community gathered at our centre for the official launch this past July. Among them, Alex Munter, former CEO of the Champlain Local Health Integration Network, explained that this program “will be a win for individuals first and foremost.”

“It will give them the chance to get their lives back on track,” he added. “It will be a win for our community, because it will get people off the street and into long-term housing. And it’s a win for our health-care system because it will take people out of emergency rooms and provide them with more appropriate services.”

Up and running since the summer, a team of intensive case managers work with people with substance use disorder who are also homeless, many of whom live with severe mental issues. Case managers give over 100 of these people access to a wide range of support services towards their recovery and a monthly rental supplement.

The program incorporates an integrated treatment approach of “one person, one team, one plan.” Central to this evidence-based approach is the need to provide safe, affordable, and permanent housing that is fundamental to sustain recovery and re-integration.

A team of researchers led by Dr. Tim Aubry at the Centre for Research on Educational Community Services at the University of Ottawa will be evaluating and improving the program on an ongoing basis.



Tim Aubry (Centre for Research on Education and Community Services at the University of Ottawa), Andrew McCreary (Canadian Mental Health Association Ottawa), Alex Munter (Champlain LHIN), Wendy Muckle (Ottawa Inner City Health) and Robert Walsh (Sandy Hill Community Health Centre) all spoke at our Housing First program launch on Jul. 11.



Moving it outside

On Sept. 27, our Centre along with Revera Retirement hosted a morning of fun and fitness in Strathcona Park. On this lovely sunny day, while enjoying the fresh air, participants engaged in Tai Chi and strength building exercises. This event encouraged community members of all ages to get active outside. It also supported Age Well’s mission to make city parks more accessible to seniors.

In this issue:

- P.2** World AIDS Day forum
Chinese delegation visits
- P.3** Meet Gerard Dragon,
community developer
- P.4** An apple a day: healthy eating
and chronic conditions
Springhurst Park redevelopment
- P.5** Our Annual General Assembly
Board meeting schedule
Our outgoing Board Chair
Community Volunteer Award



World AIDS Day Community Forum

Each year, Dec. 1 commemorates World AIDS Day. We marked the occasion together with community partners through a community forum on minimizing the impact of crack cocaine in Ottawa.

Rob Boyd, Oasis program director at our centre hosted the event, during which participants heard the latest evidence on the success of Ottawa's Safer Inhalation Program. Participants also learned about:

- how to minimize harm to people who smoke crack
- what treatment models work for those with complex addictions issues
- how we should address issues of community safety for drug-affected neighbourhoods.

Problematic substance use and addictions continue to be a key issue in Canada. This is especially the case in urban centres such as Ottawa, where it intersects with other social issues like HIV/AIDS, homelessness, and open use of drugs. Mr. Boyd highlights that in Ottawa, local research shows that

"among those who inject drugs, 20 per cent have HIV and as high as 90 per cent have Hepatitis C."

Mr. Boyd also explains that our needle and crack pipe exchange program is one of the main interventions to drive down the rate of HIV/AIDS and Hepatitis C among those who use drugs in our community.

"Each day, we have between 30 and 50 people coming in to get supplies," he explains. "That's a great deal of contact where we can link people with other services we offer here."

We believe dialogue with both community members, and



World AIDS Day paper quilt. *This paper quilt was created by Oasis drop-in clients for World AIDS Day.*

professionals from different sectors, is key to addressing important community issues. This was reinforced by the many constructive conversations that took place at this forum.



Chinese Delegation Visits
On Nov. 4, Health Canada sponsored a Chinese Shanghai Medical Directors delegation to visit our Centre. During their visit, they learned about how we dealt with H1N1 at the community level and how we incorporate health promotion and disease prevention into our primary care practice. David Gibson (centre), Sandy Hill Community Health Centre executive director, poses with the delegation during their visit at our Centre.

Meet Gerald Dragon, community developer

Youth engagement worker Gerald Dragon has recently joined our community development team, thanks to funding from the United Way's Growing Up Great initiative. He sat down with us to shed light on the community developer role.

What exactly does a community developer do?

"We work with the community to help with activities that are ongoing, and support the development of programs as needs are identified by the community. To sum it up, we work with the community to bring some of their ideas to fruition. As community developers, we get involved in different ways, depending on the need. For example, we can help with funding applications, or we can identify someone to give training.

For you specifically, what do you work on? What does a typical work week look like for you?

"I specifically work with youth. I'm the youth engagement worker with the community development team. Take this week for example—I'm trying to get gym space for a program we're looking to start up. So it's been lots of phone calls and emails, all the while working with the community to make sure we have all the right resources available. That means making sure people can participate, and getting parents involved to support the program. I'm also in the community engaging with different teams and groups, like youth groups, for example."

What kind of programs do you have going on these days?

"This community is very fortunate in that it already has a few programs running, a very strong one being the homework club. At the moment

this club has over 150 children and youth from kindergarten to grade 12 who are registered. Through that club, there's also an activities club for boys and girls that takes place on Friday nights. For the girls, it's focused around exercise and physical activity, and the boys participate in pickup basketball.

"There's also a three-week soccer camp for children that runs in the summer. Many of the older youth have been participating in this

radar these days is the Community Activities Group in Old Ottawa East that coordinates activities for the community. They've been missing the youth piece so I've been working with them in the hopes that we can put together a youth focus group to get their ideas.

"Lately, I've been working with the Ontario Soccer Association and the Eastern Ontario District Soccer Association. They have a new program called Settlement

Soccer which is aiming to work with children and youth from newcomer families and first generation families. They hope to bring these communities to the wider soccer community by offering opportunities for coaching, refereeing, and simply to enjoy the game of soccer!"

Can you tell us about what you have coming up?

"One big thing has been the soccer program that I mentioned. If all goes well it should be up and running soon. We're also looking at putting in a proposal for I Love Skating at the City of Ottawa. This program provides free skates and skating lessons to 20 kids from the ages of six and 12.

"I'm also working with some of ideas from a recent youth focus group. They have lots of good ideas of programs they'd be interested in seeing in the community. Cooking classes, photography classes, first aid and CPR certification, and employment training were among the great ideas that came up during the session."



program for a while, so I'm looking at ways to include them in a leadership role. That might be coaching, refereeing, or being present as mentors for the younger ones."

You've mentioned engaging in the community. Who are some of your key community partners?

"Youth Services Bureau is a key partner. Over the summer, we collaborated with them and the school board to offer Youth Employment Services, or YES. Many youths worked in different areas in the city, some helping with odds jobs in their neighbourhoods, others paired with organizations like the Ottawa police or social services providers.

"There are a few other groups that come to mind. One of them on the

Keep reading online.
sandyhillchc.wordpress.com

An apple a day? Eating well to prevent chronic disease

Yes, indeed, an apple a day is a good start. Apples contain pectin, a soluble fibre which can help to moderate your blood cholesterol level and therefore help to prevent heart disease. In fact one medium apple with the skin contains about 1.5 grams of soluble fibre. We need about seven to 13 grams per day to help lower cholesterol. Soluble fibre also helps to delay stomach emptying and give a feeling of being full longer which can help to control weight and prevent obesity. It can also help to control blood sugar levels which may lower the risk of diabetes.

What are some good sources of soluble fibre? Barley, beans, prunes, Brussel sprouts, grapefruit, oatmeal, and sweet potatoes are also good sources. When you add more fibre to your diet, do so gradually, and spread out the high fibre foods over the day. Increasing your water intake as well will help to avoid gas.

Healthy eating may lower the risk of many chronic illnesses such as diabetes, cancer, heart disease, arthritis and osteoporosis.

Here's some key facts to pique your interest.

- Diets high in vegetables and fruits can help to protect against some cancers and heart disease, stroke and diabetes.
- The risk of high blood pressure, High cholesterol, diabetes and arthritis are lessened by maintaining a healthy weight.
- Calcium and Vitamin D are essential to building strong bones and preventing osteoporosis. It is especially important for young people to consume enough calcium and Vitamin D each day to build strong bones. Arthritis can progress faster in people who have low levels of vitamin D.
- We all know that sodium is added to many processed foods we purchase. Actually, 75% of the sodium we consume comes from processed foods. If you have high blood pressure, eating 1500 mg of sodium per day is adequate. Most of us get double that amount.
- DHA and EPA Omega 3 Fatty Acids have many health benefits and functions: They have a role in brain, nerve and eye development in infants, they can reduce heart disease risk and they may help in the symptoms of rheumatoid arthritis and in the prevention of dementia.



There's lots you can do to help prevent chronic disease! For more information about healthy eating please contact me, Olly the Community Dietitian, at 613-244-2792.

Olly shares more information about healthy eating to prevent chronic conditions.
sandyhillchc.wordpress.com



Springhurst Park Redevelopment

After two years of community planning and six months of fundraising, the City of Ottawa has accepted our proposal to build a fitness circuit and two children's play structures in the park. As a Centre, we have raised \$65,000 that the city has agreed to match. Many thanks to Chris Osler, community developer at our Centre and Anselme Allah, treasurer on our board of directors who are playing a key role in leading this project to realization. Construction is set to begin in June 2012.

Inspire Change: 2011 Annual General Meeting

Last spring, members of our community, staff and board members gathered at Saint-Paul's University in Old Ottawa East for our Centre's Annual Assembly. As always, this yearly event was a great opportunity for everyone to come together.

In his address, our executive director, David Gibson, explained that change is possible. "Our model of care helps build the community networks that influence health by providing support, helping members secure access to resources needed

for health, and creating avenues for solving societal problems", he said.

Bill Tholl, executive director at the Canadian Health Leadership Network, was our guest speaker and presented about leadership in healthcare. Given his extensive experience in health policy, planning and financing, his presentation, he gave the captive audience much to reflect on.

Thank you to everyone who came and made the event a success.

Meet the newly elected Board of Directors for 2011-2012:

- President: Bob Walsh
- Vice President, Internal Issues: Jonathan Mahdi
- Vice President, External Issues: Erik Landriault
- Treasurer: Anselme Allah
- Secretary: Claire Beauchesne-Chabot
- Matt Bastin-Millar
- Lynda Chapman
- Claudia Fall
- Graham Gaylord
- Murray MacLean
- Farwa Malik
- Erin Maszczakiewicz
- Sarah Musavi
- Matthew Symonds

Upcoming Board Meetings:

- January 18
- February 15
- March 21
- April 18
- May 16
- June 20
- Annual General Meeting: June 28

If you would like to attend one of the meetings, contact Cristina Coiciu: ccoiciu@sandyhillchc.on.ca or call (613) 789-1500 extension: 2505.



Outgoing Board President. *The Sandy Hill Community Health Centre Board of Directors and staff would like to thank William Kelly, our outgoing Board President, for his dedication and commitment. The countless hours he's spent helping guide our Centre have made an important difference in our community.*

Thank you Mr. Kelly for your support in working to achieve our Centre's goals and working towards a healthier and just community.



Excellence Award in Health Promotion.

This year, the award was presented to Karen Bays, in recognition of her leadership role as a committed volunteer with the Viscount Alexander Public School and resident of the Sandy Hill community. Her development of the Walking School Bus is the first of its kind in the Ottawa Carleton District School Board. Her interest stemmed from research on physical activity and childhood obesity, as well as her perception of the neighbourhood as being a very "walkable" community.

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.

Get involved in your Community Health Centre!

Become a Member of Sandy Hill Community Health Centre Inc./Centre de santé communautaire Côte-de-Sable, Inc. Simply 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: _____ Date: _____