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A moment to reflect on all the effort that led to the successful opening of the SIS at SHCHC - by Rob Boyd, Director of Oasis Program

The Sandy Hill Community Health Centre (SHCHC) is pleased to announce that our Supervised Injection Service (SIS) is now open, and services are currently available Monday to Friday from 9:00 AM to 4:00 PM. We will be expanding hours in the near future so that the service will be available 8:00 AM to 8:00 PM, 7 days per week.

An SIS is a place where people bring their pre-obtained drugs to inject in the presence of a Registered Nurse, who can provide health advice, teaching and connection to other services in the Centre and in the community, as well as to intervene in the event of an overdose.

In addition the Registered Nurse, the service is supported by Harm Reduction Workers who provide intake, post injection support and also provide a presence throughout the Centre and in the immediate vicinity of the Centre to ensure that all community members are able to access services of the Centre.

We are also excited to have people with lived or living experience as part of our staff team, providing a support to clients accessing our services and helping us to ensure our services are meeting the needs of people from their communities.

Our SIS is integrated within our Oasis program located in the lower lobby of the Centre's 221 Nelson street address. That means that people using the SIS have access to the wide range of medical and social services offered to people who

use drugs in the Centre, including primary care and methadone and buprenorphine treatment for opioid use disorder.

SHCHC has been working toward opening an SIS for seven years, meeting stringent requirements for an exemption under the Controlled Drugs and Substances Act, undertaking extensive community consultations, securing key stakeholder support, negotiating and operating budget, and undertaking renovations to our program space.

While we would have preferred to have been offering this service last spring, the opening of our service is coming on the heels of an escalation of opioid overdose death in Ontario being driven by an increased presence of fentanyl in the unregulated drug market.

Currently, Ottawa has three supervised injection services, the other two being: one at Ottawa Public Health and one operated by Ottawa Inner City Health at the Shepherds of Good Hope Emergency Shelter. Somerset West Community Health Centre is slated to open an SIS later this summer, and is currently operating an overdose prevention site.



Left to right: Jean-Francois Martinbault, Coordinator, Luc Cormier, Nursing Team Lead, Rob Boyd, Program Director, David Gibson, Executive Director

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EVERY ONE MATTERS.

Mass spectrometry used to test unregulated drugs

- by Rob Boyd, Director of Oasis Program



How it works

SHCHC is excited to be part of an innovative research project that brings cutting edge science to the front lines of the overdose crisis! Funded by the Canadian Institute for Health Research and led by researchers from the University of Ottawa and Carleton University, the Centre is offering a drug checking service through mass spectrometry for registered clients of our Supervised Injection Service.

Drug checking is a service where people can check the contents of drugs they have purchased from the unregulated market prior to using. There are different ways to test drugs such as reagent testing and test strips, but these technologies have limitations in that you need to know what you are testing for and you can only test for a limited number of substances.

Mass Spectrometry is the gold standard for analyzing substances, in that it is the most accurate and has the capacity to see everything in the sample.

The client mixes their drug with water and prepares it for injection. They provide us with a very small sample (a couple of microliters) of the liquid on a sampling wand. That wand is dipped into the sampling chamber of the mass spectrometer, where the sample is superheated and ionized. This process allows the instrument to measure all the different masses of the molecules present in the sample. Different molecules have different masses, so we can identify the contents of people's samples by the different masses the instrument detects. Currently, the instrument is programmed to detect the presence of fentanyl, carfentanil, heroin, cocaine and methamphetamine. Over the summer, we will be adding new molecules to the programming and working toward getting quantification analysis - how concentrated is each drug in the sample.

Up until now, knowing what drugs are being sold in the regulated market has relied on drug seizures by law enforcement which are sent to a national mass spectrometry lab for analysis, a process that can take months. We will be testing samples on a daily basis and will have results in 20 seconds.

We are currently working with partner agencies to develop communication tools for sharing the results of our drug checking and for issuing alerts to first responders and the community when we detect the presence of highly toxic drugs, like carfentanil, that increase the risk for overdose in Ottawa.

Youth Health Clinic - Day of Pink!

On April 11th, for the fifth year in a row, the Youth Health Clinic (YHC) team showed up with hundreds of cupcakes, unicorn uniforms and incredible spirit to celebrate diversity on the Day of Pink. The International Day of Pink brings attention to bullying and discrimination, especially stemming from Homophobia, Biphobia, Transphobia, and Transmisogyny. The Centre's YHC is always proud to celebrate International Day of Pink! We celebrate diversity with our LGBTTQ+ community and stand up against all forms of bullying!





2018 Annual General Meeting

We invite our members and community to our Annual General Meeting on Wednesday, June 27, 2018, at the Centre. The meeting will start at 6:30 p.m., and it will be preceded by a reception at 5:00 p.m., in the Board Room.

Get together with our staff and Board of Directors, and meet our Board candidates! All former Board and staff members are welcome.

The business meeting includes the election of the Board of Directors, presentation and approval of the Board Chair's



and Treasurer's reports, and appointment of auditors for the next fiscal year. Prior to the business meeting, we will announce this year's winner of the SHCHC Award for Excellence in Health Promotion.

Come and get involved in your Community Health Centre and become a member! Only members in good standing may vote at the AGM. Membership comes into effect 30 days after the application is approved by the Board of Directors.



The Bookmobile reaches out to children and youth in Strathcona Heights

- by Mary Ann Meihm, community member

On March 15, 2018, children in Strathcona Heights were treated to a fun and educational March Break program by staff from the Rideau Branch of the Ottawa Public Library. They were taught how to make movie sound effects and then, using a scene from the *Wizard of Oz*, played it out making the sound effects required, while this was narrated and recorded by library staff. Everything was then played back for them to see how it worked. In addition, a *Wii* dance party was held, using the *Just Dance* game available for loan from the library. Books were accessible for children to look through, and the Bookmobile was there for those who wanted to sign up for a card and borrow from the collection of books, music discs, games and museum passes that the Bookmobile carries. It was a fun time, with even the adults participating, and everyone is now looking forward to the summer program!

What began as part of the Bookmobile Outreach Program last summer has grown with the help of the

Rideau Branch, to help promote all services offered by the Ottawa Public Library.

In an effort to encourage children to access more the Bookmobile and the Ottawa Public Library services, the neighbourhood organized a weekly event during the school summer break, providing activities like story time and crafts to children, youth and their families. The program was offered on Thursdays from 11:00 a.m. to 12:30 p.m., and healthy snacks and drinks were provided.

The program will continue this summer too, once school is out, and will operate throughout July and August. It will expand to include a drop-in coffee group for adults and seniors in the neighbourhood who visit and use the Bookmobile services. The project serves multiple purposes, such as promoting reading among young people and bringing seniors in the community together to chat, in



Left to right: Johara Aden, Mary Ann Meihm and Linda Logan (all community members from Strathcona Heights)

a fun and friendly atmosphere.

The project is part of the community outreach programs of the Strathcona Heights Neighbourhood Circle. For further information about the program, you can contact mmeihm@rogers.com.



Strathcona Heights Residents Shine at Leading Women Leading Girls Awards - by Lynda Giffen, Community and Health Equity Developer

Three women from the community of Strathcona Heights in Sandy Hill were recipients of this year's Leading Women - Leading Girls Awards. Hildana Adan, Menal Aman and Ruweida Shire were all chosen to receive the award in recognition of their community involvement. All recipients were honoured at a cocktail reception at the offices of local MPP Nathalie Des Rosiers with local community leaders, family and politicians in attendance.

Each year, the government of Ontario accepts nominations for the Leading Women/Leading Girls Building Communities Recognition Program. The award acknowledges and celebrates women and girls who demonstrate exceptional leadership in working to improve the lives of others in their communities through volunteer work such as: actively promoting equality, diversity, healthy equal relationships, reducing racism and discrimination, acting as a positive role model by mentoring, coaching and leading events and providing a positive example to women and girls in their communities.

Hildana Adan was the sole recipient of the Leading Girls award. Hildana is a young leader and inspiration to her peers! She has been actively involved over the years in community arts programming with the SHCHC, creating video clips, cinepoetry and original song /music videos which highlight the importance of community engagement for healthy vibrant communities and social diversity and inclusion. She has experienced systemic and direct racism first hand, lives in a community that is deeply affected by poverty and is aware of the various barriers this poses for her and others like her. Even at the age of 13, Hildana has a remarkably critical understanding of these issues and possesses a talented ability to write music and poetry that talk about her life and experiences.



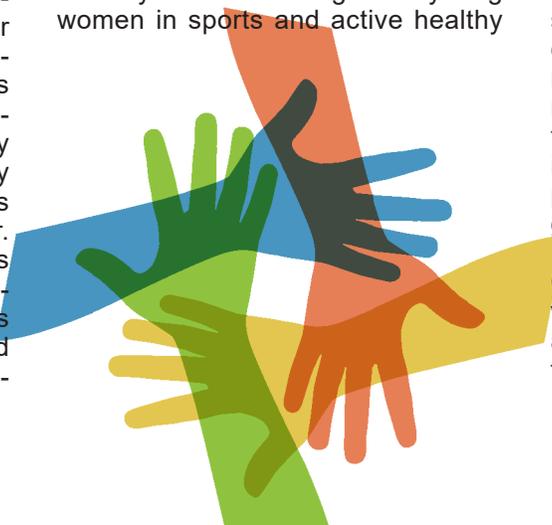
Hildana Adan (5th from left, top row), Menal Aman (6th from left top row) and Ruweida Shire (8th from left, top row) were honoured at a cocktail reception also attended by MPP Nathalie Des Rosiers (2nd from left, top row) and MP Mona Fortier (7th from left top row)

Menal Aman is a young university student who works constantly to empower other young women and improve her community through various projects. She works for the Youth Active Media Project, which she accessed through an SHCHC supported program in Sandy Hill, a program that teaches young people how to film, edit and create original videos using professional equipment. Menal is passionate about community engagement and particularly about involving other young women in sports and active healthy

lifestyles. She has recently created an exercise program for women to encourage them to live fit and happier lives.

Ruweida Shire is an engaged community leader in Strathcona Heights who runs the local Homework Club in partnership with the school board, in the local community room at 731 Chapel. Well known and well loved, Ruweida is a member of the Strathcona Heights Neighbourhood Circle, advocates for community change and works tirelessly to seek opportunities for better services and social change for her community. She has recently created a local non-profit organisation in support of these efforts to bring decision making to local residents and offer opportunities for more neighbourhood grass-roots initiatives.

Sandy Hill Community Health Centre is proud to know and have worked with all of these recipients, and glad to see their community efforts recognized. Congratulations Hildana, Menal and Ruweida!





With great privilege comes great responsibility

- by Lynda Giffen, Community and Health Equity Developer

Health Equity is increasingly becoming an area of focus for health care organizations across the province. More and more, health care providers are considering and addressing the effects of the social determinants of health and thinking about what equitable, high quality health care looks like for their populations.

As a centre, we've also embraced this challenge. A working group across staff teams is getting stuck into learning how well we're doing and how we can make changes.

But what is Health Equity? We have adopted a definition from the Association of Ontario Health Centres (AOHC) and it is embedded in our Vision statement: *that every one in our community will have an equitable opportunity for health and wellbeing*. Essentially, this means ensuring people reach their full health potential and receive high-quality care that is fair and appropriate to them and their needs, no matter where they live, what they have or who they are.

I took up this challenge of implementing a Health Equity framework at SHCHC, and very quickly began asking questions. Should I be doing this work? Why is this important?

So here's the rub: I am a white, cisgendered, heterosexual woman of European descent from a middle-class Christian upbringing. Should I be leading discussions about anti-black racism, Indigenous health equity, decolonisation, Islamophobia, LGBTQ rights...?

First of all, I agree with this statement: *'nothing for us, without us'*. So, having discussions about how to explore any of

these issues fundamentally includes these groups at the core. But what, if any, was my place (and others like me) in this conversation? The more I read and listened, the more I began to hear themes. Marginalised groups are tired. Tired of asking for an equitable seat at the table. Tired of trying to convince people who look like me that systemic racism is real, present, ongoing and creates health disparities and ongoing trauma. Tired of getting offended/guilty/uncomfortable responses to bringing this stuff up. So, I started to realise...

"With great privilege comes great responsibility."

Yes, this is a quote from Spider-man; the young Peter Parker hears this advice from his Uncle Ben. I think about this often because lately I have been learning to recognize, identify and explore my own privilege. With that I recognise that not only should I be doing this work... I have a responsibility to be doing it. Because we need to start having uncomfortable conversations... And

genuine anti-racism conversations are uncomfortable. Because if the groups that hold power aren't working towards acts of ally-ship, people will keep getting more and more tired. And we will never move the needle on Health Equity.

With great privilege comes great responsibility...

Our responsibility is to find ways to talk about and tackle racism, stereotypes and prejudice with each other, and, especially, with people who think that racism and oppression are not current problems... To find opportunities to understand the dominant culture we live in that influences so many of the Social Determinants of Health and create action to change it. Issues of systemic racism, the effects of colonialism, poverty, stigma associated with mental health concerns... They all have something in common: power dynamics.

The fact is, if you are part of a group that has privilege, you have power and that power imbalance creates and sustains the systems that negatively impact so many of the most disadvantaged people in our communities. Many of whom

are part of our client group. If we really recognize that health inequities are rooted in the social determinants of health, then finding ways to shift that power balance is what the work of Community Health Centres is all about: finding opportunities for social justice. The opposite of poverty and oppression is not wealth... It is justice.





Better with a buddy!

- by Olly Wodin, Dietitian

Many community members come to the Centre to work on making a healthy change. We know it's not easy! There are many non-medical factors that can create extra problems. For example, we know that social isolation makes it harder to stay healthy. A sense of belonging is essential for our mental and physical health. Sharing support with buddies or other kinds of social networking can help us stay motivated and on track with our goals. Here is one success story we hope will inspire you.

Amélie and Claire had originally met on the elevator of their building between the 10th floor and the lobby, but at first didn't take the time to speak to one another. Several months later, they met again at the Craving Change Program offered last fall here at the SHCHC. Since then, they've become exercise buddies, encouraging each other to get active and keep moving. Amélie's service dog, Zach, joins in and is delighted to sit in-between them, as they work out.

After chatting in the Craving Change group, they realized that they both wanted to exercise more, and realized that they were not making use of the gym in their own building. *"I can't get motivated by myself. With a buddy I feel responsible to show up"*, said Amélie. So, they decided to meet and exercise together. Now they work towards meeting three times per week, but are certain



Left to right: Zach (Amélie's service dog) watching Claire and Amélie doing their routine work-out

to exercise together at least twice a week. Sometimes, scheduling challenges get in the way and so both need to be flexible.

They are both also working on changing how they eat. Amélie eats out a lot less and stopped drinking high calorie sweetened coffees. She thinks it's important to focus on gradual changes. Claire is now going to Weight Watchers. She has lost some weight there and is proud of that! The group support and check-ins help her make better choices.

Here are some suggestions from them to help you increase your motivation. They both recommend focusing on the small adjustments, and

say that these will add up to a big change in the end. Amélie shared: *"There is no quick fix - you have to work hard at lifestyle change."*

Before the program, they didn't know each other. Now, they've become friends, they work-out together, and they chat once a week over coffee. Since spending more time together, they have found out that they are both born and raised in Ottawa, and discovered that Claire's sister went to school with Amélie's mother.

They find that making lifestyle changes is better with a buddy. Do you have someone you would like to ask to help you out with a healthy change?

I Love to Dance 2018 - by Gerald Dragon, Community Health Worker

Beginning mid-January until the end of March, feet were tapping and hands were moving excitedly in the gym at Viscount Alexander Public School for the *I Love to Dance* program, which was back for the third year in Strathcona Heights.

Sponsored by Canadian Tire Jump Start in partnership with the

City of Ottawa and community organizations, participants are provided with 10 weeks of free dance instruction to which they might otherwise not have access. This year, our group was pleased to work with Laura-Sam Lim, a Hip Hop dance teacher. There were two age categories taking part: the younger

group, which consisted of dancers aged 5-10, and the older group, whose ages ranged from 11-14. Each group worked on a dance piece that was choreographed by the talented instructor.

On April 4th, Community Health and Resource Centres, Community Houses, Housing providers and



15th annual Inspiration Awards Gala honours David Gibson with the Community Leader for Mental Health Award

There's nothing glamorous about something as lonely and isolating as mental illness - except for that one night a year when Ottawa's business and community leaders come together to celebrate those who are breaking down stigma barriers and boosting awareness over mental health issues.

This year's 15th annual Inspiration Awards Gala, held on Friday, March 2nd, at the Delta Ottawa City Centre, also raised a record-breaking net total of \$469,000 for the Royal Ottawa Foundation for Mental Health.

Among those honoured this year with awards was Mr. David Gibson, the Executive Director of the Centre, who received the Community Leader for Mental Health Award. The award recognizes both his work with SHCHC and the community work he has done in promoting a greater awareness of the impacts related to trauma and post-traumatic stress disorder.

David Gibson says: *"This award is even more special as it represents to me the Board of Directors' role in promoting a culture of workplace wellness and, in my case, the journey of recovery that the Board, as a group, supported me since the bus accident in 2013. For this support I am eternally grateful..."*

David's reality was forever altered on September 18, 2013. He was a passenger on the OC Transpo

bus that crashed with a VIA Rail train, and has battled posttraumatic stress disorder (PTSD) ever since. With the hope of raising awareness and understanding of the complexities surrounding PTSD, David's book, *The Other Side of Reason - A Journal on PTSD*, captures the sadness, pain, fear, and profound burden of loss he has experienced in the aftermath of that fall morning.

David is also a contributor to the Ottawa Life Magazine, and his weekly *"Reflections from the Other Side of Reason"* not only invite the reader into his life, but offers insights on how to grow and build resiliency. By sharing his experiences, he takes away any toll for others to walk down the same road. He uses his writing to explore how his journey as a survivor has enabled him to come to terms with PTSD and the new reality of his life.



David Gibson, receives this year's Community Leader for Mental Health Award during The Royal's 15th annual Inspiration Awards Gala



other organizations gathered at the Shenkman Arts Centre in Orleans to take in the performances from their respective group(s), as well as from the other participating groups.

To finish off the evening, the dance group from the Odawa Native Friendship Centre offered an especially significant and powerful performance along the rhythms of Cody Coyote.





Defending truth in the era of fake news –

“What is truth, says jesting Pilate, and does not stay to hear.”

That moment in biblical history, captured by the 16th-century English philosopher Francis Bacon, remains a call to speak the truth in the face of denial. Yet, Pontius Pilate at least asks what the truth is: he does not dismiss its possibility. That task has fallen on the jesters of today.

So why is the notion of fake news important to a Community Health Centre? Well, quite simply people's fears, bias, untruths sustain the perception that their views are more valued than anyone else's. To continue to marginalize and dehumanize certain people, like homeless men who live in our neighborhoods, helps to benefit their interests directly, whether that is economically, socially or politically.

Fake news is not a new phenomenon, but thanks to the power of modern technology, made-up stories and propaganda disguised as information are circulating like never before. The purveyors of truth, and their understanding of the impact that this kind of garbage content has on public debate and democracy, has dived into the heated discussion on how to tackle disinformation.

Even with the 1938 famous radio broadcast of Orson Wells' *'War of the Worlds'*, the fact that newspapers exaggerated the panic to better control the upstart medium of radio (which was becoming the dominant source of breaking news in the thirties), is a testament of how fake news could influence public opinion. Newspapers wanted to show that radio was irresponsible and needed guidance from its older, more respectable siblings in the print media, such "guidance" mostly taking the form of lucrative licensing deals and increased ownership of local radio

stations. Columnists and editorialists weighed in. Soon, the Columbia education professor and broadcaster Lyman Bryson declared that unrestrained radio was *"one of the most dangerous elements in modern culture."*

But creating legislation for the entire country - with corresponding sanctions - that is able to neutralize lies and fight against populist discourse that breeds hate, does not appear to be on the agenda for most governments or private sector interests. In the meantime, self-regulation is considered the easiest way to counter hostile propaganda and news stories that are designed to distort the truth.

It's not just about presenting a united front against misinformation, it's also about getting to the bottom of who is behind its production and dissemination. Our reliance on quality media companies which use reliable and verified data, prioritize journalistic truth, base their stories on facts and fact-check stories, are what we take for granted as our best guarantee to safeguard citizens' right to be informed.

Stopping hate messages from gaining ground requires the cooperation of tech companies such as Google and Facebook. The first, albeit insufficient, step is for tech companies to change their systems so that fake news is given a lower ranking and is harder to find online, and quality content is given greater visibility. It is also important to educate people so that they develop a social and critical awareness that is able to see through deceptive arguments.

The free circulation of malicious lies, the ineffectiveness of fact-checking, the resilience of populist propaganda, racism and sexism and the emergence of the so-called post-truth era appear to challenge a fundamental cornerstone of ethical journalism - that facts matter for democracy and that people want to be

well-informed when called upon to make potentially life-changing decisions.

Some have rushed to blame technology and the bottom-line priorities of internet and social media giants such as Google, Facebook and Twitter for the crisis. Others point to the media's own failures - a deeply-flawed and politicized press and broadcast system stuck in a metropolitan bubble, itself part of the establishment elite, and unable to properly connect with the frustration and anger of people and communities.

But singling out convenient scapegoats does little to explain why, in the face of evidence to the contrary, a major section of the public, both in Western Europe and North America, appeared not to care about the deceit, bigotry and shameless bias of their political leaders.

Studies show that these days more than 50% of people get their news from social media and in the United States it is more than 60% according to the Pew Research Centre. The communications revolution provides people with different ways to access information and they create their own filters for information they like or don't like. For around 150 years newspapers controlled news and advertising markets, but digital technology has changed everything. The information crisis is one that touches on the prospects for democracy. The rise of propaganda, hate-speech and self-regarding politics with an extremist edge threatens stability and peace both within countries and abroad.

People have not given up on fact-based communications, but they are skeptical about how media - online and offline - are delivering their messages. In times of crisis and uncertainty they turn to voices that echo their concerns and fears, even if they are persuasive and divisive.



– my perception of the truth may not be yours

The challenge of the coming years will be to reinvigorate the public purpose of commentary and to assist media to reconnect with citizens more effectively. This existential crisis requires, above all, for all of media to recommit to their craft with reporting that reaches out to their audience and listens to what is being said and reports it in context. They are the facilitators of the post-truth world. It is a world where the boundless affiliations of emotion matter more than the raw boundaries of fact, where manipulation by big data and social media distorts the functioning of the mind. Combined with outright conspiracy theories, these trends pretend to advance the individual's quest for freedom and knowledge, but they only undermine trust in any kind of authority - without offering an alternative.

In a world where truth is devalued, the moral and political stakes that humans have in the contest of ideas is reduced to shadow play. There is no core of truth to which humans can anchor themselves so as to invest their lives with the wider significance of common, shared and universal meaning.

How the absence of belief in truth impoverishes personal and social lives is revealed in an important book published this year by the British scholar-journalist Matthew D'Ancona. "Truth", he observes, "is society's 'reserve currency'. Hence, the crash in the value of truth is comparable to the collapse of a currency or a stock." A decline in the value of truth undermines the trust that a society places in honest people, and "all successful societies rely upon a relatively high degree of honesty to preserve order, uphold the law, hold the powerful to account and generate prosperity".

Of course, no one would deny the need for skepticism, whether in philosophical or in public life. What is unhealthy is to deny the possibility

of truth itself and hence of building viable social structures based on it.

On the political front, when feelings outweigh the agency of facts, citizens stop demanding truth from their politicians. Instead, they support those whose political positions amplify the narrow range of their own opinions, preferences and prejudices. Thus, post-truth politics represents the "triumph of the visceral over the rational, the deceptively simple over the honestly complex".

D'Ancona makes these distinctions admirably, giving in the process a definition of post-truth: the "infectious spread of pernicious relativism disguised as legitimate skepticism". He traces the proximate origins of this to the post-modern movement, whose questioning of objective reality helped to corrode the very notion of truth. In a sense, post-modernism may be considered the greatest one-night intellectual stand ever achieved in history.

The civic spirit must remain a line of defiant resistance to the purveyors of political untruths, half-truths and outright lies. Voters must act out of the enlightened self-interest that comes from seeing society as an extension of the individual, as his/her completion and protection. Only then can post-truth be fought back.

Although the scourge of fake news precedes the remarkable advent of alternative facts, the two phenomena are related intrinsically. In a world where truth recedes as the language of social communication, fake news ceases to sound fake. It makes sense.

Therein lies the danger. Fake news could cause massive damage. It could start war or spark civil war, bring economic systems to their knees, and spell the end of an information order in which news must have at least some connection with a socially shared sense of reality in order to be credible.

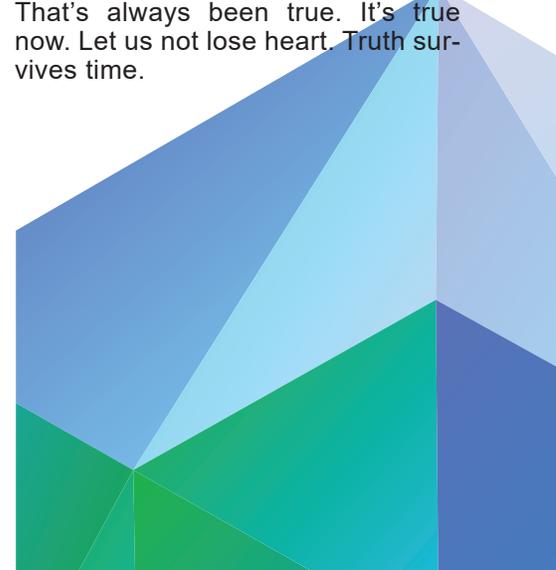
The astonishing ascendancy of American President Donald Trump signifies the political zenith of a troubled age. Its characteristic spirit is captured unintendedly in the phenomenon of "alternative facts". That is a term which a member of his administration used to justify an interpretation of events that flew in the face of verifiable reality.

What is more alarming than the discovery of alternative facts is that large chunks of an educated and politically conscious American citizenry have acquiesced in the use of that term. They appear to not care about the veracity of words so long as they advance the political cause of a leader whom they support.

Neil Postman, writing a couple of decades ago, warned of a growing tendency to view people as computers, and a corresponding devaluation of the "singular human capacity to see things whole in all their psychic, emotional and moral dimensions". A person does not process information the way a computer does, flipping a switch of "true" or "false."

Disruption and creative destruction have been the watchwords of the information revolution. Those who celebrate disruption believe they are serving progress, but they're just celebrating their own power.

There are people who build and there are people who tear down. That's always been true. It's true now. Let us not lose heart. Truth survives time.





Our mission

To lead and innovate in **person-centred** primary health care and community wellbeing.



Our vision

Every one in our community will have an equitable opportunity for health and wellbeing.



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: June 1, 2018 - May 31, 2019

Name: _____ Address: _____
(Home or Work)

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

I confirm that I am over 18 years of age, I reside in the Ottawa area, and I support the Mission and the Vision of the SHCHC/CSCCS.

Signature: _____ Date: _____

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

Secretary: _____ Date: _____