



Sandy Hill
Community Health Centre

Centre de santé
communautaire Côte-de-Sable

Every One Matters.



Supported by



221 Nelson Street
Ottawa, Ontario K1N 1C7
(613) 789-1500
www.shhc.ca

Health and Wellbeing Week

by Lynda Giffen

October 16th to 22nd was Health and Wellbeing week. Across the province, Community Health Centres (CHCs) set-up events and shared stories about how we collectively help to improve the health and wellbeing of the communities we serve. The focus this year has been on the emerging priority of Health Equity – recognising that we need to do more to reach certain populations who experience more challenges than others to living healthy and happy lives. Ontario’s health system needs to do a better job supporting everyone so they can achieve their best possible health and wellbeing. As things now stand, far too many people are disadvantaged because of poverty, poor living standards, geographic or social isolation, the effects of colonialism on aboriginal people, racism, sexism, social exclusion and the stigma and systemic barriers that exist to uphold these forms of oppression. The result: avoidable illness and increasing pressures on our health system. Estimates show that 20% of annual expenditures on health care can be attributed to socio-economic disparities - Association of Ontario Health Centres (AOHC) 2017).

Here, at Sandy Hill Community Health Centre (SHCHC), we work to make our centre inclusive in many ways, but we also know we can do so much more. Health and Wellbeing week was an opportunity to start some conversations. I set-up an information booth in the front lobby of our centre with the intention of handing out some fresh fruit and information and to ask the people who walk

through our doors “What does Health Equity mean to you?”

One client told me a story about a young man whose father was in and out of prison. “He fell in with the wrong crowd... got involved in a robbery... got shot... he was 14 years old.” Another told me of her neighbour: “He used to keep a calendar rationing all his food... once every three days he would allow himself one egg...” Another simply said: “I never thought I would have to use the food bank... I worked all my life... then I got sick.”

There was concern about timely access to mental health services, and how we can best support the many Syrian Refugees who come to our Interim Federal Health Clinics. Many people wrote comments on the board suggesting Health Equity meant: good health care, engaged communities, healthy food, enough money to live on, that every one should matter and many more. Each person I met had their own story of challenges... It was clear that, for some people, for a variety of reasons, living well was far more difficult than for others. I also heard stories of friends helping friends, peers running support groups and neighbours keeping an eye out for each other. Social connections were clearly an important piece for so many, as they are for each one of us.

For many people there are multiple barriers to living healthy happy



Lynda Giffen, Community Engagement and Health Equity Developer at SHCHC

lives. We are increasingly aware that the support they need is not just about primary care, but about wellbeing; a sense of belonging where they live, access to affordable healthy food, quality, connected, timely and fit-for-purpose health services, social connections, a place to live, support from friends and peers and the opportunity to be active citizens within their communities.

Our work is about human rights and health equity is about treating everyone with the dignity and respect that each unique culture and life experience deserves. It’s time to look through the Health Equity lens and see what we do now, but also what else we can do to write new stories.

WORKING TOGETHER TO MAKE OUR COMMUNITY HEALTHY

NEWSLETTER No. 24 - WINTER 2018

Odyssey Theatre: “Spreading the Roots” project

by Gerald Dragon



During the summer, over the course of three workshops, children in Strathcona Heights worked with various theatre artists to create a performance based on their stories about trees and the natural world around them. The project was one of twelve that was selected through

AOE Arts Council's Neighborhood Arts 150 Project, celebrating Canada 150. The goal was to create a performance event that recognizes and celebrates neighborhood trees as members of the community through storytelling, theatre, dance and song.

Odyssey Theatre led community members through the creative process in a series of workshops: research (in collaboration with a writer), artistic creation (masks, puppetry, movement and drama) and rehearsal leading up to the final performance.



The performance, which culminated with a celebratory tree planting, was held behind 430 Wiggins Private, the site of a new community garden and now home to a pear and a crab apple tree.



Strathcona Heights Gathering Garden expands!

The Strathcona Heights Gathering Garden was planted for its second season in May 2017. This food access project was started in 2016 by a group of local residents, with support from SHCH's Community Development and Engagement (CDE) Team, who had identified food access as a priority, and gardening as a potential solution with added social and mental health benefits. With funds secured from the Community Garden Development Fund, it was able to get some extra much needed infrastructure.

This summer, the garden behind 430 Wiggins Private grew a variety of vegetables: kale, tomatoes, cabbage, beans, spinach and peppers to name only a few. Through a partnership with Odyssey Theatre, we were able to add two fruit trees: a crab apple and a Flemish pear. We also saw the addition of a wheelchair accessible brickwork pathway, a shed with tools and garden supplies as well as



timber and chicken wire cages built over the beds. This allowed for considerably more produce to be grown as a result of far less intrusion from squirrels and groundhogs! Gardeners from the community were invited to harvest when they wished, and any additional veggies were donated to the local foodbank run by our partners St. Joe's Supper Table in a nearby building.

A fundamental element of this food security project was to expand into multiple areas of the communi-

ty - working towards the concept of an 'Edible Neighbourhood', and to also incorporate seating and social space. Indeed, two other locations in Strathcona Heights benefitted from new builds: an additional Gathering Garden bed was installed in the backyard area of the Parent Resource Centre, at nearby 300 Goulburn Avenue. Built near the end of the summer, the Parent Resource Centre is looking forward to using the new bed to teach young children about planting and growing next spring. Equally, our partners at Ottawa Community Housing were able to create a social and gathering area, which previously housed an ice rink in winter; a 'parklet', benches with planters and picnic tables now offer open friendly areas for families to eat together outside in the neighbourhood. Next gardening season hopes to see herbs and 'pick-on-the-go' vegetables such as cherry tomatoes available from the planters!

Community project with Nursing students from University of Ottawa

by Irena Konopacki

Every Thursday, from mid-September until the end of November, you may have noticed four University of Ottawa Nursing students at the Centre, working hard on a community health project.

This year, the task given to them was to research and develop a resource list of mental health apps designed for youth at risk for anxiety, depression addictions and suicide. The apps are created to help youth better manage difficult emotions and self-regulate.

The students met weekly with Irena Konopacki, Registered Nurse, and also with their clinical instructor. During their placement, they were introduced to the members of the Health Promotion and Chronic Disease Management Team to learn about our health promotion work at the Centre. Julie Benson, Nurse Practitioner at the Youth Health Clinic, also met with the students to talk about her work at the Youth Services Bureau. The students are learning



From left: Mackenzie Bell, Lindsey Kilgore, Irena Konopacki, Shelly Mackenzie, Alex Rowe and Paige Wuerdemann

about existing mental health apps, and will provide us with a list highlighting specific features to recommend to healthcare professionals

who, in turn, can recommend these apps to their clients.

Infection Control Week at the Centre - by Kyle Heney

As part of the National Infection Control Week which took place October 16-20, 2017, staff at the Centre participated in a variety of educational activities to promote Infection Prevention and Control in the workplace. The message of Infection Prevention and Control is most effective when everyone works towards the same common goal: preventing the spread of infection to clients, patients, residents, healthcare providers, healthcare workers and visitors.

During the week, our Risk Management Officer, Kyle Heney, organized fun brain teasers and games for staff, such as a Hand Hygiene Challenge (hand washing techniques and information), a mini putt in the parkette (where staff had to put on and take off the personal protective equipment in the correct order as they golfed), and a Personal Protective Equipment Ban Bag Toss. The game helped demonstrate the proper ways to don and doff personal protective equipment in a fun and interactive way.



Centre's staff members (from left to right) Kyle Heney, Ameenah Elbarrani, Shirley Ostendorf, Stefan Amyotte, Luc Cormier and Nazila Salmanzadeh are shown after participating in a National Infection Control Week event.

MASC Awesome Arts receives international recognition!



Photo credit: Steven E. Purcell

Audrey Churgin, Executive Director of MASC (2nd from left), and 22-year-old Akuol Luala (participant in the program since she was 14), accept the 2017 NAHYP Award from Jane Chu, Chairman of the National Endowment for the Arts, and Katharine Baird, Minister, Congressional, Public and Intergovernmental Affairs, in a ceremony in Washington, D.C., on November 9, 2017.

The National Arts and Humanities Youth Program (NAHYP) Award is the US' highest honor for after-school and out-of-school arts and humanities programs that celebrate the creativity of America's young people, particularly those from underserved communities. This award recognizes and supports excellence in programs that open new pathways to learning, self-discovery, and achievement.

Each year, NAHYP Award recognizes 12 outstanding programs in the United States, from a wide range of urban and rural settings. In addition, one country also receives the International Spotlight Award for a remarkable

youth-oriented cultural program.

This year, 12 community-based organizations were chosen from a pool of 350 applications and 50 fi-

nalists to receive the highest honor awarded to such programs. The recipients had the opportunity to accept their awards at a ceremony in Washington, D.C., held on November 9th.

The international organization to receive the International Spotlight Award was Ottawa's own MASC (Multi-cultural Arts for Schools and Communities) Awesome Arts, recognized for a remarkable youth-based program!

SHCHC has been affiliated with Awesome Arts since 2012, offering the arts based community program first in 2012, then 2014 and now in 2017. Awesome Arts provides free programming in communities where accessing artistic activities is not always possible. Through a variety of workshops, which over the years have included drumming, body shadow theatre, spoken word, mural creation, animation and dance, children and young people have been able to communicate their creativity with peers, family and their larger community.

We are proud to congratulate our partner MASC Awesome Arts with this International Spotlight Award!

*Our best wishes to you, for
a joyous holiday season, and
a new year filled with peace
and happiness!*

Awesome Arts Festival 2017 - by Gerald Dragon

The annual Awesome Arts Festival celebrates the community, as program participants and professional artists showcase their work.

This October, Awesome Arts program made a return to Sandy Hill for the third time, after previously being presented in 2012 and 2014. The international award winning program engages children and young people, and allows them to explore issues important to their neighbourhood through the arts, in collaboration with professional artists.

Over the course of seven weeks, participants were able to partake in various workshops such as: drumming with Junkyard Jonny, dance with BBoyizm, mural with Nicole Belanger, animation with Tina LeMoine, photography with Bill Juillette, inter-generational story telling with Sebastien Lemay, and spoken word poetry and song creation with Just Jamaal the Poet and King Kimbit.

Following the workshops, the Awesome Arts Festival is the grand finale, bringing together the entire community for an evening of cel-



Performers at the Awesome Arts Festival, November 23, 2017

bration in which participants get to share their creations with each other, family, friends and neighbours. A highlight of the festival is being able to experience performances from local professional artists, including: poets, MCs, DJs, and dancers offering the opportunity for these young participants to see their potential future selves and remain connected to the arts.

In addition to the lasting memories from the program and festival, Awesome Arts leaves a variety of legacy projects in the community

through the creation of murals, music videos, CinePoems, mini-documentaries, animation videos, visual art exhibits and more. These projects allow for the communities we work with to continue to cultivate a spirit of creativity and connectedness, as well as to change the perception of their community from those on the outside. Additionally, since 2016, there have been spin-off city-wide performances allowing the youth to have a rare and welcome positive spotlight shine on them and their community.

We extend our sincere gratitude to this year's funders and supporters, which include: Telus, Community Foundation of Ottawa, Ontario Arts Council, Desjardins, Viscount Alexander Public School, Ottawa Community Housing, Youth Active Media and DeSerres.



Heartfelt thanks for generous donation!

SHCHC wishes to express our sincere thanks to Mr. George Gaty, who has donated a remarkable and generous \$40,000 toward the Super Learners Club in Strathcona Heights Community. This donation will cover the entire operation of the Homework Club, including tutors, nutritious snacks, after school programming and program supplies.

Gerald Dragon, SHCHC Community Developer and hip radio host

by Matthew Garrison

Most of our staff and clients know Gerald Dragon as a smiling and affable Community Health Worker in Sandy Hill. For listeners of CHUO Radio, he is the voice of *Raiders of the Lost Art*, a mainstay program of the station, which was developed by Gerald himself.

He started volunteering at the station in 2001, originally working in the music library categorizing and inputting new music arrivals. Within two years, he began doing on-air fill-ins for a popular Friday afternoon radio show, which he took over a short time after. Since then, he has developed two radio programs, the first being *Fresh for 88*, a radio show dedicated to the golden era of hip hop music ('88-'95), and now *Raiders of the Lost Art*, a musical journey connecting the dots between various genres: hip hop, funk, soul, reggae, electronic. When asked what has kept him spinning records for so many years, he states that "music has been a lifelong attachment and this affords me the opportunity to share with others".

And when it comes to sharing, Gerald is excited to be part of the CHUO Funding Drive that is taking place during the month of November with the proceeds helping to support the station.

Gerald graduated from the University of Ottawa in 2000 with a degree in Criminology, and soon began a career in community development that brought him to SHCHC in 2011. He has been instrumental in making good things happen, especially involving youth. He has been a driving force behind programs like Awesome Arts, Paint it Up! and has helped develop many other great programs aimed at engaging youth in sports and the arts. "It's been an absolute pleasure to bring to the children and young people of Sandy Hill the same sorts of programming that inspired my growth as a person", says Gerald.

As 2017 draws to a close, we look forward to seeing Gerald in the community, and hearing him on the airwaves in 2018.



Photo credit: Izabel Barsive

Raiders of the Lost Art, with Gerald Dragon
Hip Hop | Reggae | Soul

Thursdays, from 4:00 to 5:00 p.m., the *Raiders of the Lost Art* unearth selections from the infinite treasure trove of rhythm and beat driven music. Expect the unexpected during their weekly exploration of hip hop, funk, soul, reggae, and all the variations therein!

For more information on how to contribute to the CHUO Funding Drive, visit chuo.fm/support. For anyone who contributes they should indicate their support for *Raiders of the Lost Art*.

A new look for the Centre

Before...



... and after



After many years, the Centre has finally been given a fresh coat of paint! The Property Management team worked very hard to find just the right colours that paid tribute to our history while, at the same time, gave us a fresh new look.

Harm reduction dispensing unit available at SHCHC

- by Hana Dykstra



Hana Dykstra, Oasis Program staff, re-filling the unit with supplies

SHCHC partnered with Ottawa Public Health, Somerset West CHC and Carlington CHC to expand access to harm reduction supplies through a program that would pilot harm reduction dispensing units (HRDUs) in four locations in Ottawa. The intention is to test a novel way to provide access to harm reduction supplies outside current service hours, as well as in under-resourced areas of the city.

The machines are operated by tokens, which are provided by program staff at one of the partner agencies where the units are located. When people access services for tokens, they are also provided with education about safer drug use, safe equipment disposal and offered information about other health, social and treatment services available.

These units carry safer injection and safer smoking supplies, in an effort to reduce risk of HIV/AIDS, hepatitis C and other blood borne infections. Each discreet pack of supplies contains additional information on how people can keep themselves safe and connect with health services in Ottawa.

HRDUs have been successfully operating in Europe for many years now. So far, only Vancouver and Nevada had dispensing units in North America. This is the first machine in the world to offer the option of safer injecting and safer smoking supplies. During the first few weeks at our site, over 45 safer inhalation and safer injecting kits were provided. For more information on the harm reduction services offered by Ottawa Public Health, visit their website at www.ottawapublichealth.ca/en/public-health-topics/harm-reduction-services-in-ottawa.aspx.

Fluffy stuffed socks... Fuzzy stuffed socks... Fifty nifty stuffed fluffy fuzzy socks...

This year, we're celebrating our 10th anniversary of the Stuffed Socks Project! Every year over the holiday period, we hand out over a hundred pairs of big, woolly hiking socks, stuffed with delicious treats, as well as hygiene products to our clients who need them most. The gorgeous socks are donated by Wigwam Socks, but the 'stuffing' for the socks comes from staff who want to participate, as well as from local dentists, pharmacies, grocery stores and the May Court Club of Ottawa, who contribute various items.

The socks are stuffed with travel-sized shampoo and soap, packets of soup and hot chocolate, mini flashlights, lip balm, granola bars, tins of tuna and sardines, as well as wrapped chocolates and hard candies. SHCHC gives out the pairs of stuffed socks at The Junction, the ID office, the Crisis Walk-in as well as through Health Services, to clients who need a bit of spirit lifting and holiday cheer.



Staff members from Client Access Team and Addictions and Mental Health Services (from left to right) Patrick Marshall, Annabelle Finucan, Danielle Gaucher, Sylvie Émond and Pamela Boyle, preparing the stuffed socks for the winter holidays.

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, 2017 - May 31, 2018

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: _____