



N EWSLETTER

2007 AGM & BBQ Reveals an Active and Bright Year Ahead for CCHS

A sudden downpour did not dampen spirits at Carlington Community and Health Services BBQ and annual general meeting held on Tuesday, June 28th. Attendees of all ages enjoyed the good food and friendly company.

Many community members attended the annual general meeting to hear the progress made on fulfilling the five-year strategic plan introduced last year. During the past year and continuing this year, the Board of Directors focus on the continued transition to the Local Health Integrated Network (LHIN) that includes hospitals, Community Care Access Centres and Community Health Centres.

The Board continues to address the needs for fair compensation for CCHS staff, whose dedication and quality of service deliver much needed primary care and health-related and social programs to the communities served by CCHS. This year, Executive Director Michael Birmingham acknowledged Rena Lafleur and Dr. Heather Dennison as 15-year service award winners; Dr. Claudia Hubbes for 10 years' service; and Kate Grimes, Janet Bowes and Dr. Mariana Herskovitz for five years' service.

Another focus for CCHS this year is to build and strengthen "Second Stage of Medicare" initiatives of the provincial Association of Ontario Health Centres (AOHC).

Hopefully, the reinstatement of a half-time volunteer coordinator position this year will help to restore volunteer levels and corporate membership.

The CCHS 2007-2008 Board of Directors is composed of loyal volunteers. This year's Board of Directors includes re-elected Dilys Buckley-Jones (President), Christine Castonguay, Navin Parekh,

Anne Wieler, Lakshmi Ram, Diana MacIntosh and newly elected Michael Garner, Nadine Valk and Lynda Watson.

2007 Award Recipient - Jane Joy

The 2007 Carlington Community Achievement Award went to Jane Joy, recently retired from the position of Division Manager, Children's Services for the City of Ottawa.

"Jane Joy is highly regarded in the community for her knowledge and dedication to children and families," said Wanda Romaniec, Coordinator of Parent-Child programs at CCHS. "She deserves to be recognized for her significant contribution to families and children in the Ottawa community."

Ms Joy began her career as a teacher at Elsie Stapleford Day Care Centre in Kanata, then worked briefly as a teacher at York Street School Age Program before returning to Elsie Stapleford as a supervisor. After serving as an Area Manager at the Richmond Road offices, she continued her leadership role as Manager of Children's Services.

Spearheading the provincially-funded initiative "Beststart," Ms Joy saw licensed child care expanded in Ottawa with 763 new child care spaces, including an addition of the afternoon program at Annavale Headstart Nursery School run by CCHS.

"I think that all children have a right to high-quality early learning experiences, not just the children of working parents,

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Jane Joy (left) with Aliyah Douglas.

as you might find in a typical child care centre," said Joy.

She identified some of the resources needed for more available quality child care. "Besides capital funding to expand facilities and meet operating costs," states Joy, "we also need to recruit people into the field of Early Childhood Education, so there are enough qualified staff to meet the needs of licensed programs."

Joy's strong belief that quality early learning experiences ensure the future success of children inspired her career with children, families and child care.

For all her past efforts and successes, Jane Joy was an excellent choice for CCHS' Community Achievement Award.

United Way Campaign!

Please consider designating Carlington Community & Health Services for your contribution.
For further information please contact Stella Grenier at 613-722-4000.

Visit our Web site at

www.carlington.ochc.org

or the Coalition of Community Health and Resource Centres

www.coalitionottawa.ca

Drop by CCHS at
900 Merivale Rd.
or call us at
613-722-4000

For information about CCHS membership, please contact Stella Grenier at 613-722-4000

More Help with Butting Out

Jim Watson, Minister of Health Promotion, visited CCHS on Sept. 5th to launch the provincially funded CHC/AHAC smoking cessation project. The project, supported by the Centre for Addiction and Mental Health (CAMH), will offer free nicotine replacement therapy and quit smoking support to our clients. The project is part of a larger STOP study that will assess clients and track their success with smoking cessation treatment. Smoking is the leading cause of preventable disease and death in Ontario. Additional government resources help us reach out to people facing many health and social barriers to quitting.



CCHS Executive Director Michael Birmingham (left), Board President Dilys Buckley-Jones and MPP Jim Watson.

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CCHS Fulfills its Role in the Second Stage of Medicare

As part of a Local Health Integrated Network (LHIN) in the Ottawa-Carleton Region, CCHS already is playing an important role in fulfilling Tommy Douglas' belief that the ultimate goal of Medicare is to keep people well.

Specifically, CCHS continues to build upon changes recommended by Douglas in his vision of the Second Stage of Medicare. In line with an increased focus on preventative medicine, programs offer help in smoking cessation, education with respect to nutrition and healthy practices, support for pregnant women, and well-baby programs.

In the area of primary care, CCHS already provides group practice with doctors working in teams with nurses, nurse practitioners, social workers and other providers to deliver client-centred services.

CCHS provides equitable health care, providing and delivering services to people in its geographic area regardless of gender, age, social or economic status, sexual orientation, race or language. Clients receive a continuum of care through all stages of living. Programs help pregnant women, new mothers, parents, infants, children, youth, and seniors.

The "Why Drive High" campaign for youth is one example of an injury prevention program that is making a difference in our communities.

"Why Drive High" Media Campaign a Success

Partners from CCHS, Ottawa Public Health, RCMP, and the Dave Smith Youth Treatment Centre, as well as two youth consultants, recently celebrated the success of the "Why Drive High" campaign. The campaign's purpose was to change attitudes and beliefs through educating youth as to the negative consequences of driving while high on marijuana.

The media campaign, funded by Health Canada and developed with youth consultation, featured ads on buses, radio and in bus shelters, incentives, and an interactive game to reach youth in five languages.

"This project has been a wonderful example of a youth-led media campaign, with an emphasis on reaching multicultural youth and their families. It also demonstrates what can be accomplished from a partnership of agencies that recognize each other's strengths and skills," said Kim Meechan, Community Services Director at CCHS.

Additional funds from Health Canada will provide the opportunity to promote this successful project in journals and at conferences. Ms Meechan and Terry-Lynn Marko from Ottawa Public Health will present the project to the Canadian Injury Prevention and Safety Promotion Conference in Toronto this November.



From the left: CCHS Community Services Director Kim Meechan; Kate Gignac from Dave Smith Youth Treatment Centre; Patrice Poitevin, RCMP; Marc Leger, CCHS Youth Counsellor; Tyler Watt, Terry-Lynn Marko, and Yasmin Merhi, Ottawa Public Health; and in front Yeyam Rabaa and Fatima Abbas, Youth consultants.

OUR VISION

At Carlington Community & Health Services,
"We strive to build healthy inclusive communities."

OUR MISSION

"We are committed to the well-being of our community.
We promote, through a supportive environment, social, economic, physical, mental, and environmental health."