



# NEWSLETTER

## 2008 CCHS AGM & BBQ Enjoys Sunshine and Large Community Member Turn-out

Another large crowd of community members enjoyed beautiful weather and delicious food at Carlington Community & Health services annual barbeque held on June 24, 2008. Besides enjoying the BBQ, members also attended the annual general meeting held at 6 p.m.

Outgoing CCHS Board President Dilys Buckley-Jones described some of the year's highlights. A major transition occurred for CCHS as it adapted to its new position as a member of the Local Health Integrated Network (LHIN). LHIN is the regional model for health care in Ontario that includes hospitals, community care access centres, and community health centres. This year, the Board of Directors will be working on its agreement with LHIN, which will outline expectations and assessment indicators to guide CCHS activities.

During the past year, the Board of Directors worked with the Association of Ontario Health Centres (AOHC) to lobby the province for fair and equitable compensation to try to achieve the 2003 recommended salary levels for staff, whose salaries still lag behind other groups.

The Board continues to participate with the AOHC in lobbying the province to focus on preventative health measures, which is less costly for the health system. CCHS continues its activities to build and strengthen "Second Stage of Medicare" initiatives.

CCHS is continuing its involvement with the "Growing Healthy" initiative, a pilot program ensuring continuity of care for children identified as high risk at birth. Partnering with The University of Ottawa (Nursing), the City of Ottawa, and other Community Health and Resource Centres, it is hoped that this program can be expanded across the city. (See the April 2008 Newsletter on our

Web site for more details.)

To address the needs of community youth, CCHS is exploring "Pathways to Education," a high school dropout prevention program.

CCHS continues its work with seniors in the community and hopes to hire a full-time health promoter to expand its programs for seniors.

The CCHS 2008-2009 Board of Directors is composed of loyal volunteers.

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This year's Board of Directors includes Annette Thiessen (President), Dilys Buckley-Jones (Past President), Christine Castonguay, Michael Garner, Diana Macintosh, Peter Mix, Anne Wieler, Lakshmi Ram, Jolanta Scott-Parker, Nadine Valk, Lynda Watson, Mark Arnold, Connie Côté, Maria Judd, and Lorne Usher.

## CCHS 2008 Community Achievement Award Recipient - John Rapp



The 2008 Carlington Community Achievement Award went to John Rapp, Executive Director of Dovercourt Recreational Centre, for his contribution to community capacity building.

"Energetic," "can-do attitude," "tireless" "encourages," "good humour" - just a few of the words to describe John Rapp.

He has played an important role in forging partnerships in the community. CCHS staff members gave testimony to his ability to bring people together, and encourage and motivate them to address community issues.

One staff member noted he had learned about persevering and breaking down barriers to reach a goal. He appreciated John Rapp's generosity and sharing.

Wanda Romaniec noted Rapp's overcoming blocks that prevented low income families in the CCHS community from attending Dovercourt recreation programs through his creative solution of the "Last-Minute Club."

If programs are not sold out, space is left for low-income families to enroll. Two families gave moving testimonies at the AGM about what it meant for their children to attend these programs that they could not afford otherwise.

## United Way Campaign!

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

### **Anne Joyce Retires After 21 Years of Service**

As the longest-serving staff member at CCHS, Anne will be missed by both clients and colleagues. She is known for her tireless work with support and advocacy in helping newcomers to Canada adapt to their new country. The work of CCHS with their outreach to newcomers was featured in our October 2006 newsletter.



### **Carlington Community & Health Services**

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### **At CCHS "Everyone Matters"**

Shauna Young, who came to CCHS this year in March as Program Manager of the Primary Health Care Team, speaks with enthusiasm about the new provincial Community Health Centre (CHC) tagline: "Everyone Matters." Her belief in this truth is reflected by a new initiative to formally acknowledge the excellence demonstrated by employees through the "Everyone Matters" awards.

Caring is not only a characteristic of the CCHS staff who provide medical care at the clinic, but also of staff who respond to community members from many different backgrounds and circumstances in the areas of counselling, providing information, and community learning.

CCHS recognizes the contribution that these caring people give in their service to clients in Carlington's geographic area. At the Annual General Meeting in June, Executive Director Michael Birmingham presented a 15-year recognition award to Zam Zam Tani and 5-year awards to Rana Arfeh, Anisa Baker, Annick Lavoie, Jill McDougall, Joe Muise, Janice Sullivan and Candace Vilhan.



From left: Annick Lavoie, Zam Zam Tani, Anisa Baker, Jill McDougall, Rana Arfeh.

### **A Message for Seniors**

Vanessa Follon, part-time seniors outreach nurse for CCHS, invites seniors or those who care for seniors to call 613-722-4000 on Thursday or Friday if they would like to book an at-home visit for a general health assessment.

"Winters are especially tough for seniors who are isolated, but there are some things all of us can do for a senior we know," she suggests. "Seeing others is the best way to keep spirits up on dreary winter days."

1. Stop in for a cup of tea or soup.
2. Telephone just to say "Hello."
3. Before going to a grocery store or pharmacy, call and ask if there's anything you can pick up for them.
4. Offer to shovel and salt their driveway for free.
5. Stop by to visit and bring a newspaper, movie, crossword book, baked goods or snack you made for them.

Not only will you help a senior feel better, but you'll likely feel better too!

#### **Winter Tips for Seniors**

1. Be careful or do not go walking on icy sidewalks. Consider buying the shoe grips made for safety in winter conditions.
2. Sit by a window to get some direct sunlight. This will help with feelings of depression.
3. Call family or friends and invite them over for a visit.
4. Don't be shy to ask for help; winter is tough for everyone.
5. Even if you are in your apartment, KEEP MOVING! Walk around the apartment, do leg lifts while sitting on the couch, stand up, lift your arms up high and stretch.

### **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."