

Executive Director Report February 2010

Policy Review

Two policies were approved by the Senior Leadership Team (SLT):

- Client Accessibility Standards Policy
- Harm Reduction Supply Exchange

Royal Bank of Canada (RBC) Cheque Presentation

RBC presented Somerset West CHC with a \$20,000 cheque for the after-school program at St-Anthony School on February 18th. This after school program is a partnership with the YMCA-YWCA which provides after school activities for 30 children and youth a day. Mike Woods, a track star who is aiming to win medals for Canada at the 2012 and 2016 Olympic Games spoke to the children about achieving your goals. Children and parents enjoyed his inspirational presentation. He also brought an Olympic Torch for the children to hold. RBC representatives were thanked for their support of this much needed program.

Rochester Heights Community House

Good News. We have entered into a partnership with Scouts Canada to offer Beavers for 12 weeks at no cost to participants.

Bonnie Baxter, dietician, will be starting a "Cooking for Your Life" program at the Rochester Heights Community House on February 22nd. The purpose of this program is for participants to learn how to cook healthy meals that help manage and/or prevent heart disease and diabetes.

"Fem Power" is a new women's group being offered at Rochester Heights. This group is designed to help women with managing stress, self-care and confidence.

There was a Winterlude Fieldtrip to Jacques Cartier Park on February 12th. Twenty residents enjoyed the ice slides, beaver tails, and other winterlude festivities.

Community members in Rochester Heights met with local partners to finalize their Community Action Plan in late January as part of the Community Development Framework (CDF) process.

Income Tax Clinic

An Income Tax Clinic will take place at SWCHC on Saturday, March 20th from 9am-3pm. Volunteers trained by the Canada Revenue Agency are available to assist those on low income in completing their income tax return.

Harm Reduction

We had a successful first night of "Papalooza" - a once a month drop-in for women involved with the **Needle Exchange Safe Inhalation (NESI)** program to come in for a pap, Point of Care testing, pizza, and interactions with NESI outreach workers. Papalooza is held on the second Tuesday of every month from 4:30 - 7:30

NESI has now been branded and advertising cards with our logo and name are now available.

The Ottawa Citizen reporter Chris Cobb is writing an 8-part series on Crack in Ottawa, and the Somerset West NESI program will be featured in this series. There will also be a video on the Citizen web-site featuring our van and a client interview. This series will be printed towards the end of March.

Lunar Celebrations

The outreach nurses have recently hosted three **Lunar Celebrations**:

1. Lunar Celebration on Feb 5th, 2010 for the Vietnamese clients. There were approx. 70 people attended. The theme: "Live Well, Eat Well, Be Happy". There was a short presentation and information about nutrition. There was also a physical activity component to the event lead by Patrick Berault.
2. Vietnamese Outreach Nurse (Jackie Tran) and Vietnamese Mental Health Worker (Karen Luong) hosted a celebration for the "Cooking for your Life" mental health group. They anticipated about 20 clients showing up. This took place last Friday, February 19th.
3. The Chinese outreach nurses will be hosting a lunar celebration for the Chinese isolated seniors on Wed, Feb 24th. Approximately 40-50 people are invited.

Cambridge Morning Physical Activity Program:

Children arrive to school up to 1 hour prior to the start of classes either because of the breakfast club or transportation issues. This means that children have to sit quietly in the halls for up to 60 min with their jackets, snow pants, boots, school bags etc. This is a major problem in these winter months.

Patrick and one of his intern students are presently going every Monday and Thursday morning from 7:30-9:00am to lead physical activity sessions ranging from yoga, to martial arts, soccer, basketball and many other games with the use of the school's gym (and equipment). 25-30 Children have been regularly coming to each of these sessions since January 11.

Health Promotion for Physical Activity on the 2nd Floor

SWCHC has recently purchased an exercise bike (used for testing) a treadmill, weights and a body composition analyzer (fat %) and will be setting up the Eccles Room in the following week for client fitness assessments which will take place Tuesday evening and Friday mornings.

Physicians Move Back to Full Salary

CHC physicians effective April 1 2010, will move back to full salary. The incentive approach to compensation will cease at that time. The new salary range for urban CHC physicians will be \$168,856. to \$195,563. This removes a considerable administrative burden from the Centre. As well, this means that CHC doc compensation will be competitive with other primary care models in Ontario.

With the move to full salary the AOHC has struck a Clinical Team Accountability Work Group, which Dr Laura Muldoon and Jack McCarthy will be members.

Presentations to National Audiences

In the capacity of the CACHCA Chair, I have attended 2 meetings organized by the federal Liberal and NDP parties on the development of policy platforms on Health. The focus of the input has been to encourage federal support for the funding of a national network of CHCs.

Submitted By: Jack McCarthy
February 23, 2010