

*Somerset West Community
Health Centre*

CENTRE HIGHLIGHTS

*SEPTEMBER/
OCTOBER 2024*



2024 COMMUNITY AWARD RECIPIENTS:

MARION DEWAR SCHOLARSHIP

Amani Omer

JACK MCARTHY AWARD FOR COMMUNITY SERVICE

Wayne Jordan

Giftell Jamieson

COMMUNITY ORGANIZATION AWARD

Refugee 613

Dalhousie Community Association

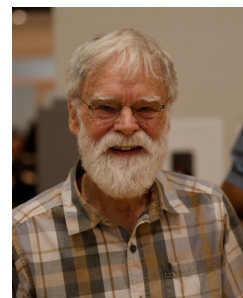
MR. CARL REINBOTH AWARD

Amani Omer

ANNUAL GENERAL MEETING

September is a time of endings and new beginnings – bringing with it a rich sense of anticipation. It's an excellent time to take stock of the year; having a full quarter of 2024 remaining to make progress on our goals and aspirations. Somerset West held its 52nd Annual General Meeting, which was a resounding success! This year's performances by the Yet Keen Senior's Group, and Celina Cada-Matasawagon; and Elder Claudette Commanda's commanding blessings to start the evening, were beautiful reminders of the rich diversity that defines our SWCHC community.

We are so grateful to everyone who was able to join us, who added a vibrant dimension to our gathering. A warm welcome to our three new Board members, and a special congratulations to each of this year's community award recipients.



PRIMARY CARE & REGIONAL PROGRAMS

PRIMARY CARE

DIABETES EYE SCREENING CLINIC

Primary health care's diabetes team in partnership with the Centretown Community Health Centre, collaborated with the Eye Institute to hold a free community-based Diabetes eye screening clinic on October 7th. Clients with a diagnosis of diabetes (Type 1, 2) and who did not have a diabetic eye exam within the past 12 months were invited to access the clinic. Support, interpretation, and informational materials were available to the 6 clients that participated in the screening. Due to the continued success of these clinics, they are set to occur twice yearly!

EXHIBIT AT THE GOOD COMPANION'S OPEN HOUSE

A senior's outreach nurse & nurse practitioner represented Somerset West CHC at the Good Companions annual "Seniors' Active Living Fair & Open House" on Sept 4th. The event provided information on health, safety, and social services in the area with a highlight on those offered by the Good Companions. With over 400 older adults in attendance, the Somerset West staff were able to highlight their quarterly Wellness clinics held at the Good Companions along with other seniors programming offered at the Centre. In addition, they provided blood pressure & blood sugar checks for those interested. The team has already been asked to save the date for next year's health fair!



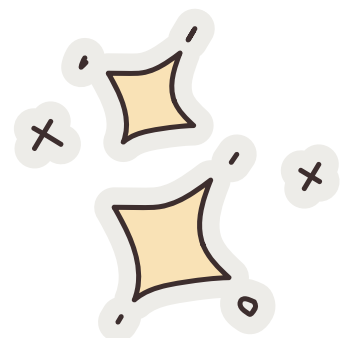
KIDS COME FIRST IMMUNIZATION CLINIC

Primary Health Care continues to participate in the "Vaccinate & Up-to-Date Campaign" in partnership with Kids Come First, providing access to easy to find clinics offering routine immunization appointments for children and youth. Somerset West is proud to be an ongoing partner of this initiative, having offered a few clinics in the summer & fall with additional clinics scheduled for the winter.



LUNG HEALTH

We will be celebrating Respiratory Therapy week on Oct 20 -26th, recognizing the hard work and dedicated patient care offered by our team of Respiratory Therapist's working with lung health programming.



On October 9th, our Lung Health Program had the pleasure of hosting Deirdra, a Dietician from Somerset West CHC, for an informative session that proved to be invaluable for our participants. A group of 14 clients from our Pulmonary Rehabilitation and Chronic obstructive pulmonary disease" (COPD) education program gathered to explore the significant connection between nutrition and lung health.

During the session, Deirdra emphasized how proper nutrition can play a crucial role in managing chronic lung conditions. Participants learned about the best dietary choices to support their respiratory health and overall well-being, including tips on meal planning and specific nutrients that can aid in disease management. The engagement and enthusiasm in the room highlighted the importance of community and shared learning as clients exchanged their experiences and strategies.

Looking ahead, our program will welcome Todd, a Therapist from SWCHC, to lead a discussion focused on mental health, an essential aspect often intertwined with chronic illnesses like COPD. This session will provide our clients with valuable insights into maintaining their mental well-being while managing their lung health.

OTTAWA NEWCOMER HEALTH CENTRE

SHARPS KIT PILOT PROGRAM

The Ottawa Newcomer Health Centre's Multicultural Health Navigators supported this year's National Gathering which took place in Winnipeg. The aim of the National Gathering is to unite people across diverse sectors throughout Canada who actively participate in the practice of navigation services. It aims to create a space for individuals to bridge between different cultural values and viewpoints, fostering new understanding, and innovative ways of supporting clients in their journey navigating new climate.



MENTAL HEALTH & COUNSELING

VIETNAMESE SENIORS ANNUAL SUMMER PICNIC:

The Vietnamese Community Supports Team hosted our annual Britannia Beach picnic for Vietnamese Seniors on September 4th, 2024. Over 50 seniors came out to participate. The event was filled with laughter as the group participated in interaction games, line dancing, singing, and bingo games. Everyone enjoyed a lunch of stir friend noodles and got to spend some quality time bonding and socializing during a beautiful day at the beach.



FAMILY COMMUNITY HEALTH & HARM REDUCTION

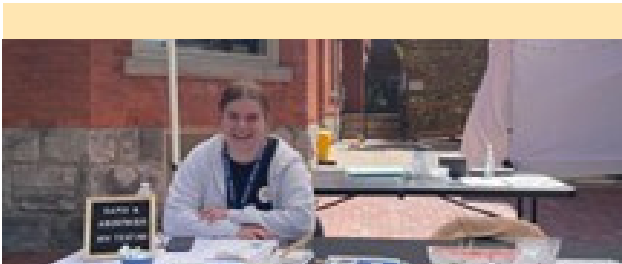
HARM REDUCTION

The NESI Daytime Outreach, NESI Evening Van, and Carlington Daytime Outreach programs collaborated to prepare, and deliver a training on 'Harm Reduction Outreach and Peer Engagement'. This virtual training was hosted by the Community Capacity Building Training program, and was the second such training provided this year due to high demand. Over 60 people from 22 agencies attended the workshop. We expect to deliver this workshop in collaboration with the Community Capacity Building Training again in 2025.

In collaboration with the Anonymous HIV Testing program, NESI daytime outreach staff are now certified in providing rapid anonymous HIV Point of Care testing, expanding Somerset West CHC's capacity to provide testing for harm reduction clients onsite or out in the community.

ANONYMOUS HIV TESTING

Somerset West CHC attended the Spectrum Street Festival by Indigenous Markets and provided on the spot anonymous HIV testing, alongside key harm reduction education and nasal Naloxone training.



With the beginning of the fall semester, outreach testing at the University of Ottawa has resumed with weekly sessions available on campus. This is one of our most popular sites for outreach testing with back-to-back sessions every Wednesday afternoon for students at higher risk of exposure to HIV. French-language sessions are most highly sought after on campus and we're very happy to be back for the school year.

Our regular roster of anonymous HIV testing sites is ongoing: Operation Come Home, Centretown Pharmacy, Gay Zone, Ottawa Booth Centre, the University of Ottawa, and 55 Eccles Street.

CHILDREN & YOUTH

Our team has had a busy month contributing to several meetings and planning sessions with community partners and stakeholders such as the City of Ottawa's Children's Services Equity, Diversity & Inclusion Strategic Action Planning Session and Early Years Programs and Services Strategic Action Planning Session.

Our After School Programs and Headstart Child Care programs are welcoming new families with the typical busy change over that occurs every September. We have been selected as a donation recipient from Bluesfest's Green Team. This three-year commitment directs money received through their can collection program to our children and youth programming.

COMMUNITY ENGAGEMENT & DEVELOPMENT

ROCHESTER HEIGHTS COMMUNITY HOUSE

We are excited to share a series of events designed to enrich our community and foster connections among residents of all ages. From cultural celebrations to wellness initiatives, these activities highlight our commitment to promoting health, social interaction, and cultural appreciation.

BREAKFAST CLUB

We resumed our beloved Breakfast Club in September, inviting all tenants to enjoy a complimentary breakfast. This weekly gathering fosters companionship and conversation, making it a highlight of the week for many residents.

AFTER SCHOOL PROGRAM

Starting on September 3, our After School Program welcomed 17 registered children. Running from Monday to Friday, 3 PM to 6 PM, this program provides a safe and engaging environment for kids after school.

SENIOR ZUMBA EXERCISE CLASSES

Kicking off on September 23, our Senior Zumba Exercise Classes attracted 12-14 enthusiastic participants. Led by a university volunteer, these classes promote physical well-being while providing a fun space for social interaction among our senior community members.

SWIMMING PASSES

As part of our commitment to promoting physical activity, we distributed free swimming passes to the Plant Recreation Centre. This initiative encourages community members to stay active and enjoy recreational opportunities.

ART CLASSES FOR CHILDREN AND SENIORS

We launched art classes on September 25 for children in the After School Program and on September 27 for seniors from 280 Rochester and 865 Gladstone Ave. In collaboration with the Ottawa School of Arts and Ottawa Community Housing (OCH), these classes foster creativity and social skills among participants.

DALHOUSIE FOOD CUPBOARD DELIVERIES

In September, we successfully delivered 60 food boxes to 32 mobility-challenged tenants through our partnership with Dalhousie Food Cupboard. This effort directly addresses food security within our community and ensures that our residents have access to essential resources.

STARBUCKS FOOD RESCUE PICK-UPS

Continuing our Food Rescue operations, we collected surplus food from Starbucks locations on Wellington St. and Scott St., delivering it to Somerset West CHCs Harm Reduction Program. This initiative helps reduce food waste while also supporting those in need.

CHINESE AUTUMN FESTIVAL

On September 27, we celebrated the Chinese Autumn Festival in partnership with Ottawa Community Housing (OCH) and the Aging in Place Agency, engaging approximately 80 tenants from the 280 Rochester and 865 Gladstone buildings.

HEALTH OUTREACH

We conducted health outreach sessions in partnership with OCH and Ontario Health, providing valuable health literature and information about services offered by SWCHC and the Aging in Place Agency at two senior buildings. This outreach ensures that residents have access to important health resources.



YET KEEN

On September 12th, the talented seniors of Yet Keen showcased their hard work at Somerset West CHC's AGM, dazzling the audience with their choreographed performance. After weeks of dedicated rehearsals, their passion and energy truly shone, making the event a memorable celebration of community spirit.

97 seniors went on an outing to Gananoque and 1000 Islands with Yet Keen. We visited the 1000 Islands Tower, had a Chinese lunch buffet and toured the 1000 Islands History Museum. Half of the participants went on a one-hour cruise to stroll around the Islands in the afternoon. It was a successful event.

On September 18th, Yet Keen celebrated the Mid-Autumn Festival with a joyful gathering attended by 72 seniors. The event was filled with fun activities including riddles, a puzzle game, along with a delicious lunch that delighted everyone's taste buds. The event was filled with fun activities, The highlight of the day was the heartfelt singing performances by the seniors, creating a warm and festive atmosphere that truly embodied the spirit of the occasion.



OTTAWA BLACK MENTAL HEALTH COALITION

Ottawa Black Mental Health Coalition's Executive Board welcomed Jacklyn St. Laurent, Olivier Engoute, Mohamed Sofa and Mugisho Mulimbwa to the leadership team. After successfully onboarding new Executive Board members, Ottawa Black Mental Health Coalition staff are currently working on several projects for October 2024.

COMMUNITY OF PRACTICE

Ottawa Black Mental Health Coalition is proud to present its Community of Practice Clinical Workshop Series in 2024-2025. Our goal is to strengthen the capacity of professionals working in the mental health, community and social services sector in the Ottawa region who provide services to Black community members. Ottawa Black Mental Health Coalition is providing free clinical workshops and clinical supervision access hours with one of our mental health experts.



COMMUNITY ENGAGEMENT ACTIVITIES

Volunteers and staff representing Ottawa Black Mental Health Coalition took part in Afrofest on September 7-8th and Community Addictions Peer Support Association's WOW Festival on September 13th.