



## Melissa Minutes

By **Melissa McCallum**  
GHHN Director

Hello everyone and Happy Summer! I hope all of you will be able to detach and find time to enjoy the sunshine after these past few demanding years. These summer months at the GHHN will be focused on building out the strategic plan for the next year as well as responding to ongoing work and priorities in the community. We are thrilled to host another round of Women's Health Days in July and have a presence at Pride Hamilton. We are looking forward to bringing back everyone for the 2nd Annual Building Community Health Event in September, please remember to [sign up!](#)

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## Building Community Health Event

September 20th  
1:00-4:00pm (virtual)  
[Register Here](#)



## We need your input!

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online engagement platform at  
[EngageGHHN.ca](https://EngageGHHN.ca)



services, peer support, food, giveaways and so much more has allowed us to serve 220 women over six half-days for approximately \$300 dollars per day.

On behalf of the Women's Health working group, Melissa McCallum accepted the top award at the International Conference on Integrated Care and shared her gratitude for the many staff (special mention to Megan Lynch for her leadership), organizations, community leaders, volunteers, and supporters who make this work possible.

Sarah Precious, represented the GHHN Patient, Family, CarePartner Leadership Network at the ICIC conference sharing the GHHN Engagement Strategy and the approaches that will be used to engage with our communities to co-design healthcare.

## Denmark Update

### GHHN wins Top Award at ICIC Conference in Denmark

The GHHN presented two workshops at the International Conference on Integrated Care this May in Denmark.

Melissa McCallum, delivered the Women's Health Days presentation sharing important insights into the development, implementation and approaches needed to meaningfully and intentionally bring multiple service providers together to deliver care to women experiencing homelessness in ways that are low barrier, trauma informed and person centred.

Women's Health Days is made possible because of the dedication, leadership and commitment from local community organizations and people coming together to find new ways to offer care for vulnerable populations.

Meeting women in spaces they are familiar with once a season to offer a combination of health and community



Building community health together



# Denmark Update Continued...

The strategy focuses on a four prong model that includes Network Engagement (engaging with existing community groups who are already doing and leading in various areas of this work), Patient Family CarePartner Leadership Network (a committee coled by patient advisors to address GHHN /Patient Engagement Priorities), Patient Engagement Pool (a network of patient advisors who would like to be engaged in project specific opportunities), and Online Engagement (we have EngageGHHN an online platform that allows us to engage forward facing with the community and privately with our partners). We are proud of our partners, patient advisors, primary care practitioners, staff and communities who are truly committed to building community health together.

To learn more about our ICIC presentations read our blog: <https://greaterhamiltonhealthnetwork.ca/wp-content/uploads/2022/06/ICIC-Blog.pdf>



## Women's Health Review 2022

### Prevention in Women's Health

McMaster Faculty of Health Sciences will be holding a two day conference on Prevention in Women's Health on September 21st and 22nd.

Presentations will be covering topics such as Menopause and MHT, Cardiovascular Risks in Women, Covid Complications, PCOS, breast cancer screening, and more. Practical workshops will also be offered and will cover topics such as pelvic floor, basic gynecology procedures, and birth control implant training.

This year they are launching a Bras and Backpack Campaign to give back to women who need it the most in the community. The GHHN Women's Health Days is the grateful recipients of the donations this year. Attendees are encouraged to bring a donated new bra or backpack to the conference.

Melissa McCallum will give the opening remarks on September 21st. Please consider attending and supporting this important event focused on Prevention in Women's Health. Register [here](#).





# Environmental Sustainability Corner

## Dr. Meghan Davis



I'd like to share my story as one health care worker on a journey towards environmental sustainability. Three years back, a few friends and I went to a talk from environmental lawyer, Diane Saxe. After this, we met for coffee and talked about how we could change our own habits to be lighter on the earth, we all enjoy nature and want to protect it. Starting the journey with like-minded friends and an inspiring speaker created a forward momentum.

I quickly realized that changes in my workplace would have a much bigger effect. As a family physician, I am very fortunate to be a part of a forward-thinking organization, the Hamilton Family Health team, who were very on-board when I pitched them the idea of addressing environmental sustainability within healthcare. And thus our Green Initiative was born. Now, two years later, I am entirely grateful for everyone who embraced this initiative and stepped up to create change, measure progress, deliver webinars and join various working groups. Our primary care 'Green Machine' now includes a regular monthly newsletter, a series of webinars, two patient facing [videos](#), a [website](#), over 30 infographics and a series of 14 posters.

We found that sustainability is not just about our buildings, equipment and waste, but rather, the greatest positive impact for our patients and the planet occurred when we included our clinical care.

We broadened our focus from reduced waste and emissions to high quality, low carbon care. We found tremendous synergies that enabled better patient care and a reduced environmental impact. We developed education and support tools for plant-rich eating, virtual care, active transport, optimizing lung health, nature prescribing, and preventive health such as cancer screening and smoking cessation. We realized that every health care activity has a footprint. Every test we order and every treatment we provide consumes energy and materials and generates waste. The best strategy for reducing health care's footprint is to keep people healthy, and if they do need health care, to choose wisely to optimize resource utilization.

The GHHN is a forward thinking organization that has embedded environmental sustainability into its strategic plans. This focus will be highlighted at the Building Community Health Event this fall. Join us to in making Hamilton a leader in healthcare environmental sustainability!





## Hamilton Pride

### GHHN Booth



The GHHN was proud to participate in the 2022 Hamilton Pride event. As we continue to work towards Trans Health related initiatives as part of our GHHN priorities, we spent time talking with participants to better understand their experiences regarding gender-affirming care access in Hamilton. It is important for people to feel safe and supported when accessing health care and learn how we can work together to make gender-affirming care and access better across our communities. Thank you to those who stopped by our booth!

## Barbara Dolanjski

### Patient Advisor

Barbara Dolanjski has been a Patient Partner with the Greater Hamilton Health Network since its inception in 2019. Barbara is a talented instrumental music elementary school teacher with the Hamilton Wentworth District School Board and in her spare time, she enjoys gardening, reading, staying active, and playing the piano. Barbara shared that she was inspired to join the GHHN through her work with Hamilton Health Sciences as a Patient and Family Advisor.

In joining, I was inspired to advocate for patients and families in Hamilton in regards to improving and transforming health care. Through my personal experiences as a patient, I am a 4-time sepsis survivor and a fierce sepsis advocate. I have co-designed a student research study aimed at improving sepsis education for patients and families. I have been a guest speaker for World Sepsis Day through Hamilton Health Sciences and have shared my story numerous times. I shared my story for the new MyChart App and have contributed to as many hospital projects in Hamilton as I can while teaching full-time. My goal is to contribute to the Greater Hamilton Health Network in order to improve patient care for future patients and families.

Barbara, we are grateful for your leadership and for sharing your lived experience to help transform healthcare.





# World Suicide Prevention Day

## St. Joseph's Healthcare Hamilton

St. Joseph's Healthcare Hamilton, World Suicide Prevention Day Planning Committee, invites you to join them in recognizing World Suicide Prevention Day (WSPD) on Saturday, September 10th, 2022.

As part of their goal to promote Suicide Awareness, Prevention, and Intervention in partnership with the Suicide Prevention Community Council of Hamilton, they will be holding a number of events throughout the week starting on September 8th. Further information on these events will be circulated later in the Summer for you to share with your colleagues, individuals with lived experience, and their families/essential care providers.

Please join us in recognizing World Suicide Prevention Day by lighting your buildings in orange or yellow on September 10th.

Further information and WSPD resources can be found at:

- <https://spcch.org>
- Canadian Association for Suicide Prevention: [www.suicideprevention.ca](http://www.suicideprevention.ca)
- International Association of Suicide Prevention WSPD: [www.iasp.info/wspd/](http://www.iasp.info/wspd/)

## WORLD SUICIDE PREVENTION DAY EVENTS



September 8th

Mental Health and Addiction Program Rounds focusing on Suicide Awareness from a Youth perspective (virtual event)



September 9th

Butterfly Release – By invitation. Held at SJHH, West 5th Campus, Chapel Courtyard.



September 10th

Special Community Event with Panel Discussion – stay tuned for details!

## GHHN Blog

### Are you up to date on our Blog articles?

Don't forget to visit our [Blog](#) page regularly to keep up to date on our recent releases! If you would like to be a contributor please email us at [info@ghhn.ca](mailto:info@ghhn.ca) to learn how.

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# SAVE THE DATE

# Building Community Health Event



SEPTEMBER 20, 2022, 1-4PM

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## 2nd Annual Building Community Health Event

### Environmental Sustainability in Healthcare

Please join us for the second annual GHHN Building Community Health Event: “Environmental Sustainability in Healthcare” which will take place virtually on Tuesday September 20th from 1:00-4:00pm.

This event will be centered around bringing together partners, community organizations, patients, families, and carepartners to discuss Environmental Sustainability in Healthcare. This will also include sharing our bold vision for the future of healthcare, to recount the progress of the past year, share lessons learned and grow together as a network.

We are excited to welcome [Dr. Soren Brothers](#), inaugural Allan and Helaine Shiff Curator of Climate Change at the Royal Ontario Museum in Toronto, as our Keynote Speaker.

**[Register Today!](#)**





## Haldimand Corner

**Barbara Klassen**

Happy summer! We hope you have an opportunity to take some well-deserved time off and spend more time with family and friends in order to rejuvenate and recharge your physical and mental well-being. The pandemic has had a significant impact on our sectors and our communities. Summer is a great opportunity to regroup and regenerate.

Haldimand continues to collectively work towards an integrated OHT developing the governance transition from Haldimand Health to the Haldimand Stakeholder Council. We have celebrated Pride Haldimand Norfolk in May and welcomed new members to Haldimand Health while celebrating with other members who are retiring!

Haldimand faces challenges with recruitment and retention of physicians, staff and volunteers that are critical to our healthcare function. The newly formed recruitment and retention committee is working collectively and collaboratively with stakeholders to address strategies to improve recruitment and retention. This will allow our organizations to meet the needs of our rural communities, where the shortages are reaching crisis levels that are threatening many of our local services. If you have questions about the Haldimand Recruitment and Retention Committee please email Barb at [barbara.klassen@haldimandfht.ca](mailto:barbara.klassen@haldimandfht.ca)

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