



Melissa Minutes

By **Melissa McCallum**
GHHN Director

Happy October GHHN! Seems like there was an abrupt end of summer with the introduction of back to school, normal September routines and this cool weather! I hope you all had the chance to spend some time to recharge over the summer months. I want to thank everyone who attended our Building Community Health Event on September 20th ([view recording](#)), it was great to hear from some of our local leaders on sustainability and celebrate the work from the last year.

I want to focus my October message on breast cancer. Breast cancer is the most common cancer and second

IN THIS ISSUE

GHHN Long Term
Care Innovation
Network Update

Meet the Team

GHHN Environmental
Sustainability

Haldimand Corner

Digital Health
Update



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Melissa Minutes

...continued

leading cause of cancer death among Canadian women. Breast cancer screening, prevention and treatment is a very personal thing for me. My grandmother died at the age of 47 from breast cancer, and my mother is recently in remission – I am sure if you are reading this right now, you are also affected by this devastating disease within your own family or community. The impacts of breast cancer are vast, and we know prevention and screening is easier for some and access is limited for others. I would encourage everyone to use their own spheres of influence to help spread the message on screening and prevention and the importance of breast care. Have the conversations, share stories, think about those at risk that may not be accessing the system within its current construct. Education on how breast cancer affects certain populations like racialized women is vital in helping to prevent and treat. Donating and supporting charities and research is important but I am often left to think how powerful education and conversations within our own clinical and community spheres can have the greatest impact. Thank you all for listening and have a great October.



GHHN Long Term Care Innovation Network

The GHHN Long-term Care Advisory continues to host bimonthly 1-hour virtual meetings for all LTC administrators, directors of nursing, medical directors, nurse practitioners and other staff with the 36 LTCs in GHHN's . The purpose of these meetings are to communicate innovative, relevant, and timely updates with all GHHN LTC partners. Our September meeting saw over 65 participants discuss a palliative care approach in LTC related to changes from the Fixing Long-term Care Act. These meetings are cohosted by the LTC Advisory co-chairs Dr Brian McKenna and Holly Odoardi. To be added to the mailing list, and receive information about the November 23 meeting please email megan.lynch@ghhn.ca



Building community health together





Health Equity Update

Mia Laronde

It has been a busy and productive year for health equity! This Fall we will see the launch of a pilot project in conjunction with Entité 2 for GHHN partner organizations to assess and develop their capacity to deliver French Language Health Services using the eQUITY Link platform. Additionally, our ongoing commitment to language accessibility has brought together partners exploring what interpretation services best meet the needs of providers, with recommendations and information sessions to follow. The collection of equity data in a safe and responsible manner for the purposes of identifying and dismantling systemic racism and oppression remains a top priority of the portfolio. For this purpose, a model has been created to determine what socio-demographic and race-based data is to be collected, which will go through consultation with the GHHN Health Equity Council before being used for GHHN projects and recommended to partners. Proudly, we are able to continue advocating for the necessity of gender-affirming care and building its capacity while increasing the number of Positive Spaces among our catchment.



Building Community Health Event

September 2022

Thank you to all who attended our 2nd Annual Building Community Health Event on September 20th, 2022. We enjoyed learning from our keynote Dr. Soren Brothers and our local health leaders Dr. Meghan Davis, Dr. Brian McKenna, and Dr. Myles Sergeant who shared important insights and key learnings that will aid us as we work towards the GHHN's priority of Environmental Sustainability in Healthcare. Congratulations to Dr. Meghan Davis, our GHHN Leadership Award winner and our inaugural GHHN Patient, Family, CarePartner Leadership Award winner Bernice King. Meghan and Bernice, we are grateful for your dedication and ongoing leadership within the GHHN!

To watch a recording of the BCHE 2022 please visit the [GHHN YouTube](#).



Building community health together



Meet the Team

Heather Shaw

Heather Shaw is a seasoned Registered Nurse with a Bachelor of Science from McMaster University and a Graduate of Charles Sturt University, Master of Nursing with a focus on leadership.

She has a diverse clinical background, as she has worked in many clinical settings, both in acute care and community, to support a strong working knowledge of the Ontario Healthcare System. As a health care practitioner, she has experience in education, leadership, change management and risk management, health promotion, healthcare system change, quality management, strategic planning, and engaging patients as partners in healthcare.

Heather is passionate about education and teaches part-time at Conestoga College. Heather has been involved in health system planning and integration activities, most recently with eHealth Centre of Excellence, as the Engagement and Adoption Lead, Acute Care, Central Ontario, eReferral.

In her current role with the Greater Hamilton Health Network as the Navigation and Digital Access Lead, she will be leading both provincial and regional digital work.



GHHN meets with the Minister of Health

July 2022

The Greater Hamilton Health Network was pleased to receive an invitation from Ontario's Deputy Premier and Minister of Health, Sylvia Jones, on Friday July 22nd, 2022 to discuss the incredible work of our dedicated partners, patients, families, carepartners and staff.

Thank you to our executive for attending this meeting and supporting a healthy and open discussion about the GHHN work, and local pressures being faced and addressed by our partners.



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 to learn how.



Meet the Team

Marijke Jurriaans



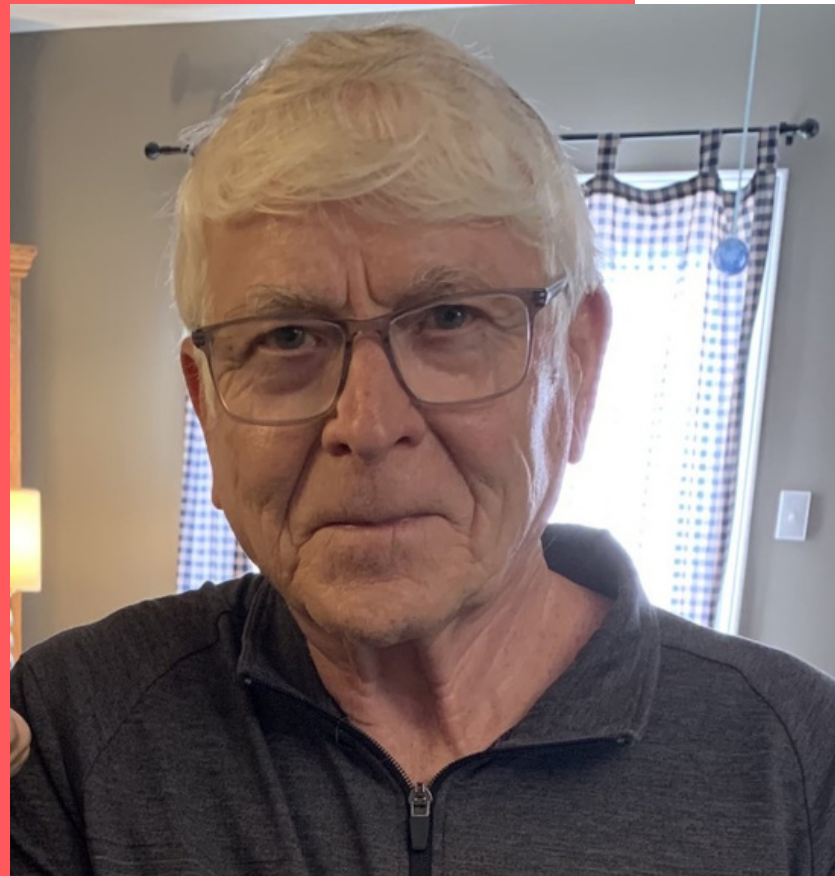
Marijke holds a Bachelor of Health Sciences and Master of Science (Global Health) from McMaster University and obtained her Project Management Certificate from the University of Toronto. Beyond her passion for organization and balancing scopes, budgets, and schedules, she also focuses on ensuring all projects utilize an EDI and Environmentally Sustainable lens. Her portfolio includes Primary Care, Environmental Sustainability, and Mental Health and Addictions.

Murray Walz

Patient Advisor

I have been a Patient Advisor in the GHHN for a year. My career spanned over 55 years as a Plant Manager, Consultant and Project Manager in food and agricultural plants across North America. My specialty was in food sustainability, waste reduction, and bio diesel production. In my spare time now I edit and process my wife's children picture books. In 2019 I was diagnosed with Idiopathic Pulmonary Thrombosis which has no cure. Through research and reaching out to specialists in lung care, I was appointed to the Medical Board of the Canadian Pulmonary Fibrosis Foundation as a Patient Advisor.

Currently I am a Patient Family Advisor at St. Joseph's Hospital in Hamilton working in areas of Palliative Care, End of Life care, and Digital Health. I wanted to broaden my focus so I joined the GHHN to increase patient, care partners and care givers engagement to better the health care system. I am particularly focused on better engagement and treatment for seniors. Their engagement in care will greatly increase their quality of care. My goal is to make a difference and better the health care system.





Marijke Jurriaans Project Manager

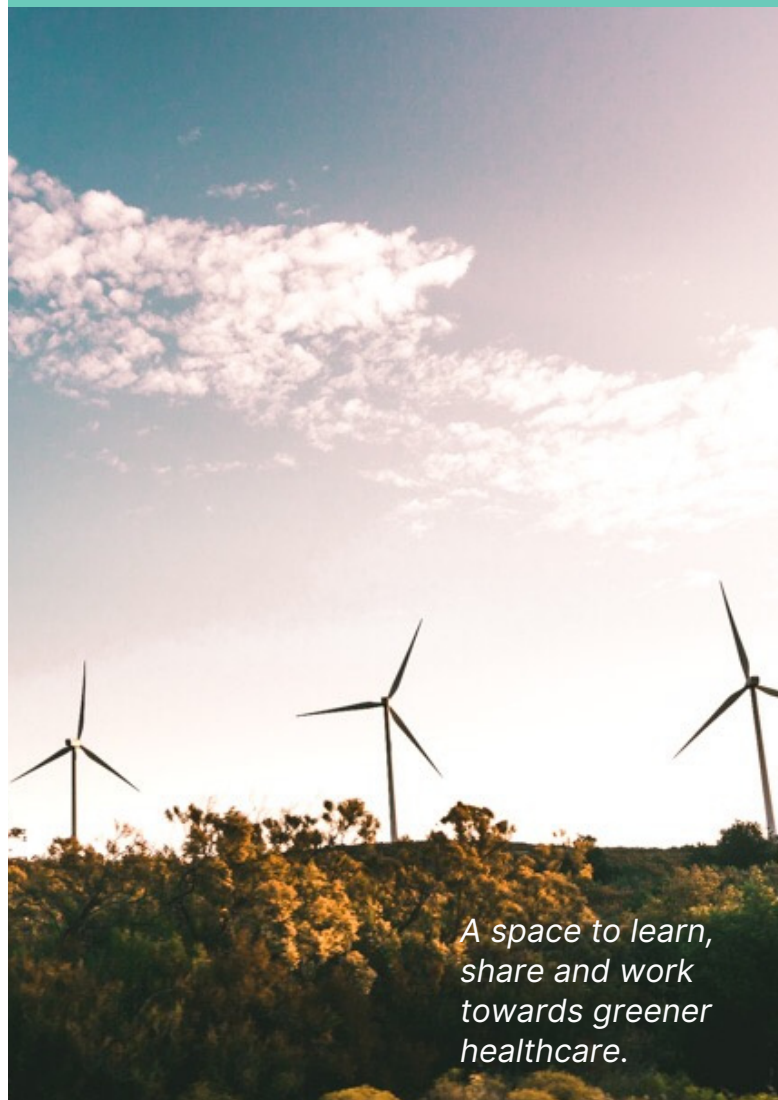
When I was in grade seven, we were given a project called “All About Me.” In it we were asked to share our hobbies, our likes and dislikes, and our families. I still have my little “All About Me” scrap book and in the past week or so while moving, it resurfaced and I had a good chuckle reading through it.

However, one part caught my attention more than others, it was under the family section, where I had put Planet Earth as a family member and wrote about her likes (trees, bees, and water) and her dislikes (humans, mining, and cars). While it was funny to see what younger me thought of Planet Earth’s likes and dislikes, it also made me sad to think that I saw humans as the problem, and only the problem, back then.

I’m so grateful to work for the Greater Hamilton Health Network, and previously the Hamilton Family Health Team, because we care. We fundamentally care about people and so as a result we care about Planet Earth. Through our work, from embedding environmental sustainability within our strategic plans to creating communities of practice, I have been reminded that humans can be the solution and I have had the great privilege of calling these solutions my colleagues and friends.

Sometimes, climate anxiety and depression can feel overwhelming, as if no matter what we as individuals do, it won’t be enough. But it is individuals who have started this work, it is individuals that have pushed this agenda forward, and it will be individuals who will continue to fight.

GHHN Environmental Sustainability Corner



*A space to learn,
share and work
towards greener
healthcare.*

So, this Thanksgiving, I am thankful for these individuals and all their hard work, and I am hopeful and positive that as we continue this work, the momentum will continue to build and we can reshape health care in such a way, that I can add it, and humans, to Planet Earth’s “Likes” column.



Get involved!

Join the GHHN Environmental Sustainability Community of Practice or Environmental Sustainability Secretariat.

Email marijke.jurriaans@ghhn.ca for more information



Haldimand Corner

Barbara Klassen

This fall marks a tremendous milestone in our evolution at the GHHN. In September 2022, the Haldimand Stakeholder Council was formally struck. The Haldimand Stakeholder Council is one of four Stakeholder Councils under the new GHHN structure. The Haldimand Stakeholder Council will continue to be supported by Veronica Said as the integration lead within the GHHN Project Management Office (PMO).

Today, Haldimand stakeholders are active in many different areas and working groups of the GHHN. As the integration work progresses, we expect involvement to continue to increase and develop. We hope that this milestone paves the way for stronger and more meaningful engagement, participation, and integration between our diverse geographies.

For further information on Haldimand, please read our [Rurality Blog](#).

Please 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 to learn how.





TRAINING OPPORTUNITIES

We are offering 16 free spots to our Partnership Council members to sign up for the San'yas Indigenous Cultural Safety (ICS) Training, Ontario Core ICS Foundations Course. This is for anyone that has not taken the course. The course is 8 weeks in duration. You will be required to finish the course within that time frame. If you are interested, please email info@gghn.ca with the following information by end of day on Friday, October 28th:

- First and last name
- Email address (this is where the course login information will be sent)
- Phone Number
- Organization
- Department/Program
- Position/Title
- Preferred start month (Please note that the course could start anytime during the month you specify)



Digital Health Update

Ceara Holditch

Priorities:

In alignment with provincial and regional requirements, the GHHN Digital Health Secretariat will aim to accomplish the following for 2022-2023:



Additional focus areas have also been identified for consideration where capacity exists, which include:

- Identify and optimize population health management tools to support research, proactive patient engagement, and targeted care planning.
- Build digital equity partnerships with community organizations serving those with language barriers and marginalized populations in order to improve access to services and information, support digital innovation, and increase adoption of digital tools.
- Enable GHHN members (primary care and acute care) to digitally share information across providers through eReferral and eConsult.
- Enable GHHN members to digitally share information across providers and sectors through Secure Messaging.

Public health urges updating vaccinations for students

COVID-19 booster shot available for children aged five to 11 as new school year looms

VICTORIA NICOLAOU
THE ST. CATHARINES STANDARD

“As teachers, children and staff prepare to head back to the classroom next month, they will likely be dealing with new challenges. COVID-19. With masks no longer required, public officials warn there will likely be, on top of high number of COVID-19 infections during the fall season, a resurgence of diseases and non-traditional risks — such as some cases, additional health risks due to out-of-date vaccinations.

“We’ve seen influenza come back early and strong in the southern hemisphere when they lifted all of their COVID prevention measures, which also prevented flu.

“Travel restrictions which began in the U.S., U.K. and Israel, when they have detected public signs and symptoms of the disease are thought to be gone, or have those parts of the world, thanks to vaccination.”

In recent years, due to the pandemic, children have missed some of their required vaccinations, heightening the risk of other infections spreading up. They could be keeping an eye on public, as well as reminders of child-proof and emergency. One of which are required vaccinations in the Grade 7 program.

They said public health is holding onto the vaccine this summer, and is hoping parents to make sure their children’s vaccinations are up to date.

She also recommends everyone get a flu shot, as soon as it’s available.



Michelle Lewis, executive director of the Young Caregivers Association, left, and Alicia Smith, a young caregiver and family counsellor, work out of St. Catharines. The organization has reported a sharp increase in the number of young people who act in caregiving roles.

Organization supports youngest of caregivers

St. Catharines-based association says 1.24 million youth — some as young as five — in Canada help care for family

VICTORIA NICOLAOU
THE ST. CATHARINES STANDARD

11-year-old Alex Mousset never knew what the term caregiver meant. Helping his mother with routine wasn’t anything special — it was all that he had to do.

“She would help me with my homework and help me go to the

superstore, they did puzzles together and read books.

“The summer vacation, really the toughest part of his life and he was really disappointed. He — that was all he had to do. He was just for her.”

“But when the family decided to

child welfare — the Young Caregivers Association.

“They were able to join a program and it was ‘adjusting life-changing.’”

“It really was a huge difference to me. It gave me something to do that was just for her.”

and staff for these programs have remained the same.

As part of the Young Caregivers Association’s goal to increase visibility and supports for young caregivers, the organization has started an awareness campaign to highlight the need for expanded programming and funding, not just for our Region, but from coast to coast.

Since the campaign launched, the St. Catharines Standard published an article titled, This St. Catharines-based organization is where Canada’s youngest caregivers can turn to for care, by Victoria Nicolaou on August 20, 2022.

The article featured the success of the Young Caregivers Association’s programs in Niagara and the need for more program supports to accommodate the growing number of young caregivers in the region.

Bringing Awareness and Support to Local Young Caregivers

Young caregivers, many as young as five years old, care for their family members by providing personal, emotional, or financial support to a family member due to a chronic illness, disability, mental health concern, or substance misuse.

This often-overlooked group of caregivers experience a range of risks including increased stress and depressive symptoms, low self-esteem, high anxiety levels, loneliness and isolation, difficulty relating to peers, self-harm and even suicidal ideation.

The Young Caregivers Association is the first organization in Canada dedicated to supporting young caregivers and their families. Based in St. Catharines, the organization provides services and programs to young caregivers aged five to 25, including weekly respite, life skills, teen programs, young adult programs, and individual and group counselling. The organization has had tremendous success with Powerhouse™, an after school and summer camp program. Powerhouse™ offers young caregivers social connections and the supports they can often lack as many spend most of their time either at home or at school in rural communities.

There is a huge demand for programs like Powerhouse™ in the Hamilton, Haldimand and Niagara Regions, in Ontario, and across Canada. Seventy-five percent of the Young Caregivers Association’s programs have a waitlist and referrals in June 2022 increased by 60 percent compared to March 2022. For perspective, there are an estimated 1.25 million young caregivers in Canada. Despite this increase in demand, capacity, funding,



To learn more, visit:
<https://youngcaregivers.ca/>

Continue reading...



Young Caregivers Association Highlight Continued...

The Young Caregivers Association's clinical lead, Alicia Pinelli, was interviewed about their own experience as a young caregiver at four years old. Alicia's own experiences with the Young Caregivers Association as high school volunteer to a career dedicated to the organization.

Nine-year-old Aline and her mother Sara were also interviewed to speak about the Powerhouse™ programs and the positive impact it has had on their family. Aline cares for her younger brother with special needs, helping him get dressed, go to the bathroom, and is often the calming force when he gets upset and frustrated. Since joining the Powerhouse™ programs two years ago, Aline has learned how to focus on herself, either in the form of a one-on-one therapy session or taking an hour to do an online art project.

Michelle Lewis, Executive Director of the Young Caregivers Association also highlighted the demand for the organization's services increasing since the start of the COVID-19 pandemic and their role in making sure young caregivers are heard and seen.

The article was published on the front pages of the St. Catharines Standard, the Niagara Falls Review, the Welland Tribune and their respective websites. It also was published on the Peterborough Examiner's website and TheRecord.com in Waterloo. To date, the article was picked up by a total of five local news outlets and had a total audience reach of 1,424,900.

This is the first step in a larger campaign to raise awareness about young caregivers across Canada and help health care workers, school professionals, social workers and parents easily identify young caregivers so they can receive the resources and support they need.





Health Connect Ontario

Heather Shaw

What is Health Connect Ontario?

It is a free, secure, and confidential service available 24/7 that is available in both English and French (with translation support offered in other languages) to help Ontarians find health services, information and receive medical advice from a Registered Nurse.

How the service works?

Call 811 or start a live chat. The person you speak with will ask questions to understand your needs and give appropriate advice. A registered nurse will not provide any diagnosis or prescribe medications. Rather will advise on most appropriate medical services to support medical needs i.e., visit a doctor or nurse practitioner, go to a clinic, contact a community service, or go to local hospital emergency room.

What can Ontarians ask?

Health related questions or concerns about; illness or injury that may need medical care, chronic illnesses, smoking cessation, food, and healthy eating (you will be connected to a registered dietitian), teen health and issues, mental health, breastfeeding (you will be connected to a lactation consultant), refugee health support, medical assistance for dying support.

What does the website provide?

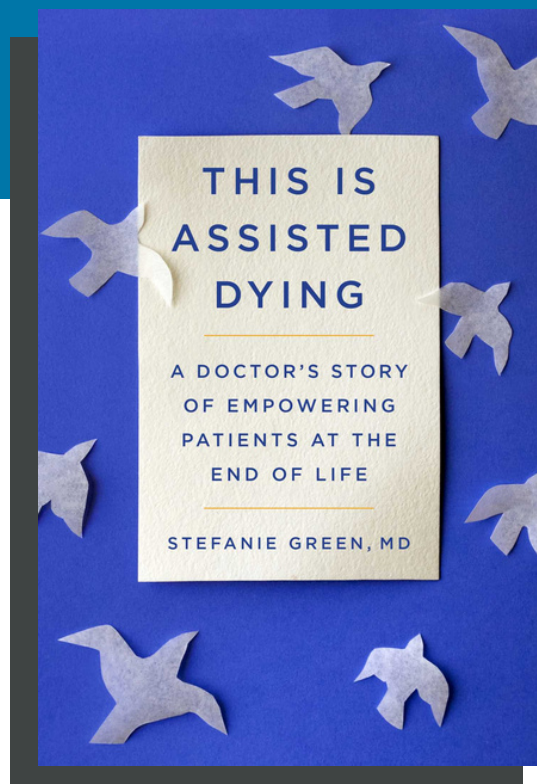
Conversational symptom checker, medical library, searchable directory of health care services i.e., doctors, nurse practitioners and specialists that permits self-referral, search engine that guides Ontarians to other healthcare websites, that have been vetted and approved for use within Ontario and a knowledge hub.

For more information, please visit the Health Connect Ontario [website](#).



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