



## Melissa Minutes

By Melissa McCallum  
GHHN Director

Happy March Everyone!

I know so many of you are busy with fiscal year end activities, so appreciate you taking the time to read the newsletter. Seasons are already changing, although I am not sure we had a true winter. We have added to the team this month to look after important priorities like mental health and addictions, health equity and home care. Over the last two months, GHHN has been busy moving our acceleration priorities ahead: consulting with patients and providers about CHF and COPD for our health pathway work, completing a primary care network readiness assessment and preparing for expanding team-based care in primary care.

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### Partnership Meeting

April 2nd  
12:00-1:30pm  
via Zoom



### Engage GHHN

EngageGHHN: Sign up today  
for our online engagement  
platform at [EngageGHHN.ca](https://EngageGHHN.ca)



## Melissa Minutes Continued



All these initiatives as well as our local priority work is well positioning GHHN to apply for OHT Designation this fall – more on that to come! We look forward to connecting with you again in April for our GHHN partnership meeting. Have a good month!

## Mental Health Week - Third Annual GHHN Chalking Event May 6 - 12, 2024

This year's theme for Mental Health Week is #CompassionConnects.

*We all have the capacity to be compassionate, and we know that doing so can make an enormous difference. This year's Mental Health Week is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity.*  
- Canadian Mental Health Association

The GHHN would like to invite partners and community members across Hamilton, Haldimand and Niagara Northwest to participate in their annual Mental Health Chalking Day. To participate, chalk a message of hope, wellness, or support, take a picture, tag the GHHN on social media and use the hashtag #ChalkAboutIt.

If you plan on participating, please email [info@ghhn.ca](mailto:info@ghhn.ca) to let the GHHN know.

For more information on Mental Health Week, visit CMHA's [website](#).



## Meet The Team

**Martina Rozsa, GHHN  
Executive Lead Home Care**



Martina is a transformational leader with over 25 years of progressive experience in leading teams through large scale integration initiatives across healthcare sectors. Her diverse background as a Senior Leader in operations, strategic planning and quality and risk is a significant asset in supporting the GHHN as it embarks on the journey of delivering Home Care to its residents and patients.

Martina received her BScN from McMaster University, and also holds a MScHA, and Certificate in Executive Community Leadership from Rotman School of Management. Martina is passionate about breaking down silos to improve the patient and provider experience and isn't afraid to take risks with new and innovative ways of delivering high quality care.



## Meet The Team

**Ryan Janssen, GHHN Project  
Manager, Health Equity,  
Haldimand, and Mental  
Health and Addictions**

Ryan Janssen is a Registered Psychotherapist living on land covered by the Between the Lakes Treaty in east Hamilton. Ryan's experiences working in various mental health and addictions roles in community, tertiary, and primary care settings fostered a desire to impact that part of health which is socially determined; and led to leadership over projects pertaining to health equity and population health.

Ryan maintains active involvement in his community in many ways. He holds a Combined Honours BA in both psychology and sociology and a Masters in clinical counselling. Ryan will provide project management support for the GHHN in the areas of mental health and addictions, health equity, and Haldimand.

# Hamilton Council on Aging

Anita Gombo Hill,  
Project Co-Lead



The Hamilton Council on Aging (HCoA) is excited to announce that the Public Health Agency of Canada (PHAC) has awarded an additional two years of funding to build on the successes of the Empowering Dementia-Friendly Communities Hamilton, Haldimand Project (2020-2023).

The Empowering Dementia-Friendly Communities Project (2020-2023) successfully consulted over 300 people affected by dementia during the onset of the global COVID-19 pandemic. The project was able to co-create a local Faces of Dementia campaign with people who live with dementia that gained national and international interest and introduced the development of the Engagement & Empowerment groups in Canada.

The notion of Engagement and Empowerment groups are new to Canada. In short, Engagement and Empowerment groups are localized groups comprised of and led by people living with dementia. They are inspired by existing dementia-friendly community development efforts in other parts of the world (England, Ireland) that centers Persons living with dementia as a collective voice and as leaders of new initiatives fostering positive change. Feedback from the 2020-2023 project evaluations suggests Engagement & Empowerment Groups are effective in creating local awareness of dementia-inclusive communities and improving the health and wellbeing of group members, their families and care partners.

The new 2023-2025 Project will continue to support the development of dementia friendly communities in Haldimand and Hamilton. As well, it will build on established partnerships with organizations and communities of Halton, Hamilton, Six Nations of the Grand River, and Haldimand County to support existing groups and pilot new groups. Regarding Haldimand, engagement and empowerment groups including the MICE+ Group (Memory Inclusive Communities Everywhere) will continue to receive support to grow and to foster engagement with various activities that include local community members, to lead localized events and projects and to influence programs services and policies. Working together with Persons living with Dementia, the Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton, McMaster Gilbrea Centre for Studies on Aging, GERAS Centre for Aging Research and Six Nations of the Grand River, we hope to support the development of dementia friendly communities, learn more about the personal and community impacts of Engagement and Empowerment groups and share our learning of this approach to improve the life of diverse community members who live with dementia.





## 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.

Check out our latest blog post on the Young Caregivers Association [here](#).

## Hamilton Urban Core Community Health Centre Health Days

Join Hamilton Urban Core Community Health Centre the 2nd Friday of every month for their Health Days, providing health services tailored specifically to the needs of women in our community.

They will be offering:

- Pelvic Exams
- Breast Exams
- Sexual Health Information
- Prenatal/Postnatal Education
- STI Testing
- Referrals to services
- ...and more!

Address:

64 James Street South  
Hamilton Ontario  
(in the church cottage)

Telephone: 905-522-3233

Time: 10AM - 4PM

For more information, please visit:  
[www.hucchc.com/](http://www.hucchc.com/)





# GHHN Environmental Sustainability Corner

**Marijke Jurriaans, Project Manager**













Earth Hour 2024: How to Celebrate!

We welcome you to join us in celebrating Earth Hour this year – here are some ideas!

Earth Hour will take place on Saturday, March 23rd from 8:30 – 9:30PM. This is a global movement encouraging individuals, businesses, and governments around the world to take positive actions for the environment and to celebrate commitments to the planet by switching off lights for one designated hour (8:30-9:30PM). During this time, consider how much power your house or office consumes regularly and ways you could improve energy conservation.

Here are some great tips on how to save energy at home and in your office:

## 12 Tips To Save Energy At Home

1  Turn off lights when leaving a room	2  Switch to energy efficient appliances	3  Use LED lights
4  Unplug devices when not in use	5  Keep thermostat at low temperature	6  Reduce water consumption
7  Use smart automated devices	8  Switch to double glazing	9  Cook with the lid on
10  Use a smart meter to track usage	11  Wash at a cold temperature	12  Use solar powered devices



## Haldimand Corner

**Bill Helmeczi, Co-Chair**

This is the time of year when most agencies are preparing for year-end reports and developing a budget for the next fiscal year. Nonetheless, our commitment to the clients and community we serve never diminishes.

The Haldimand Stakeholder Council is in the early stages of planning a process to identify strengths and gaps in services. As part of this process, each agency will be completing a very cogent environmental scan of their services and criteria for service. This information will be located in the online space – EngageGHHN. As a group we will use this information to identify areas where there is synergy for collaboration, gaps that may be filled by other services, and ideas for new programs or services. Although not an easy task it is a necessary one.

We are also pleased to announce that the GHHN has secured dedicated support to the Haldimand Stakeholder Council. Ryan Janssen recently began as the new project manager with GHHN; as part of his portfolio he will be working with the Haldimand Stakeholder Council. Ryan will be an excellent support and resource. Welcome Ryan!

**Stay  
Connected!**



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