



Melissa Minutes

By **Melissa McCallum**
GHHN Director

I know I start every newsletter with sincere gratitude and this month will be no different because I remain continually amazed at the collaboration and partnerships around the GHHN. Together, partners have made a significant impact, especially during this challenging winter season. From the opening of the Hub Warming Pilot to providing vital resources through the 13th Women's Health Days, we've been able to support some of the most vulnerable members of our community. Your commitment to meeting the immediate needs of our community has truly made a difference, and for that, I am incredibly grateful.

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Partnership Council

March 25th, 2025
1:00-2:00pm
via Zoom



HealthPathways

HealthPathways information is now
available on the GHHN website.
Visit [here](#).

Melissa Minutes

...continued

As we move forward into an exciting new phase, we are thrilled to see the launch of major projects like HealthPathways, which will strengthen the connections between services and ensure that individuals can access the right care at the right time. Additionally, we welcome the recent provincial announcements around primary care investment, which will undoubtedly have a positive and far-reaching impact on the health of our community. With these investments, we are poised to build a more coordinated and accessible primary care system that will benefit all residents of GHHN. There is so much more, so please enjoy reading this edition of the GHHN newsletter. I am looking forward to the weeks and months ahead, thank you once again for your incredible partnership.



Community Wellness Hubs in Hamilton

GHHN Manager of Priority Populations, Megan Lynch

The Greater Hamilton Health Network and AbleLiving Services, as part of Thrive Group, launched two Community Wellness Hubs within CityHousing Hamilton in November 2024. It has been two full months of providing services at Upper Gage and York and CHW. There has been almost 100 members registered and 10 partners signed up to provide care onsite. January's programming included a pet care clinic from Hamilton Burlington SPCA.

To see if your health service is a fit email info@ghhn.ca





Sex Workers' Experiences in Canada

McMasterU x SWAP Literature Review

A newly released infographic summarizes the results of SWAP Hamilton's recently completed literature review as supported by McMaster University's Office of Community Engagement.

View the infographic [here](#).

Meet the Team

Subiksha Nagaratnam

As the Primary Care Coordinator, Subiksha will be working to support the development of primary care initiatives, and strengthening relationships within the Primary Care Network and with community stakeholders. She completed her Master of Health Science in the Translational Research Program from the University of Toronto.

Subiksha brings extensive experience in clinical and translational research, having worked in both clinical and community settings across Toronto and Hamilton. She is passionate about knowledge translation, community engagement, health equity, and enhancing our health system to improve individual and population level health outcomes.

Welcome Subiksha!
Meet the GHHN team [here](#).





Marijke Ljogar

GHHN Manager, Environmental Sustainability

For this month's Green Corner, we'd like to spotlight a local initiative focusing on environmental sustainability within healthcare: [PEACH Health Ontario!](#)

Short for Partnerships for Environmental Action by Communities within Health Care Systems, PEACH is dedicated to transforming healthcare into a system that prioritizes both people and the planet by collaborating with healthcare professionals, innovators, and communities.

PEACH Health Ontario's mission is to cultivate and implement sustainable healthcare practices that benefit both individuals and the environment. The organization focuses on creating sustainable health facilities, promoting environmental stewardship, and fostering community engagement to address climate change within the healthcare sector. By integrating sustainability into healthcare systems, PEACH aims to improve patient outcomes and reduce the ecological footprint of medical practices.

How to Start your Sustainability Journey

PEACH understands that it can be overwhelming to start your sustainable journey in healthcare, so they've built out an extensive library of resources to support healthcare professionals in adopting sustainable practices. This library includes extensive guidebooks and mini guidebooks on a wide range of topics aimed at different audiences. These resources offer practical strategies and insights for implementing sustainable practices within healthcare settings.

GHHN Environmental Sustainability Corner



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

PEACH recently released three new guidebooks on the following topics:

- [Climate Emergency Jumpstart Toolkit: An implementation guide to streamline your climate journey](#)
- [Environmental stewardship in ICU: A roadmap for a more sustainable practice](#)
- [Sustainability in Cardiovascular Care: A Toolkit for Development a Greener Practice](#)

Recognizing the need for concise information, PEACH has recently introduced Mini [Guidebooks](#). These condensed versions distill essential information into easily digestible formats, catering to busy clinicians, including medical residents, who are eager to enhance their practice. Developed in partnership with McMaster's Postgraduate Medical Education Sustainable Healthcare subcommittee, the Mini Guidebooks cover topics such as environmental stewardship in long-term care homes and psychiatry. Check-out PEACH Health Ontario and their extensive library of resources [here](#).

Women's Health Drop-In Days

**Megan Lynch, GHHN Manager
of Priority Populations**

The GHHN offered our 13th Women's Health Day on February 12th. Despite snowstorms, we saw a total of 30 participants at the Putman YWCA on Ottawa Street North, in Hamilton.

Women's Health days focus on building meaningful connections to offer proactive and preventative care, support, and to learn from those in attendance. We are collaboratively offering drop in health and wellness services to those who may not access traditional models of healthcare.

These days offer safe quality care, food, giveaways, and people helping people. As we continue to work together to build an integrated, responsive, and equitable healthcare system we are thankful for the opportunities to connect, to learn from each other, and engage with our community.

If you have questions or would like to get involved, please email info@ghhn.ca.



Hamilton Food Share Radhika Subramanyan, Chief Executive Officer, Hamilton Food Share

Hamilton Food Share is Hamilton's Emergency Food shipping and receiving hub, dedicated to ensuring that every resident has access to healthy food. Working with 16 member agencies and 22 programs, HFS delivers over 4.6 million pounds of nutritious food annually.

Every \$1 donated is transformed into \$5 worth of food, providing essential nutritional support to the community.

Food insecurity extends far beyond hunger—it is linked to higher rates of mental health challenges, chronic and infectious diseases, increased prescription medication use, ER visits, and hospitalizations, effectively doubling per-person healthcare costs (Source: Monitoring Food Affordability in Hamilton, City of Hamilton).

Learn more about the intersection of food security and community health at [Hamilton Food Share's website](https://www.hamiltonfoodshare.ca).



Ethics Corner

Catherine Gee, PhD
Clinical & Organizational
Ethicist
Regional Ethics Network

When you are faced with an ethical issue in the course of your work, what is your approach to resolving the issue? Do you tend to:

- Ignore it and hope the issue resolves itself?
- Leave it for someone else to figure out?
- Discuss the issue with your colleagues?
- Look for relevant laws and/or rules that might provide direction?

While ethical decision-making in the healthcare context is not a simple matter of identifying and following rules, there are laws, policies, and professional guidelines that do need to be taken into consideration when navigating an ethically murky situation. If you don't have an ethics policy or framework to refer to, you may find yourself wondering how and where to begin. An effective policy should include an explanation of what ethics is, examples of what constitutes an ethical issue, a description of ethical principles that guide healthcare ethics, references to applicable healthcare legislation, relevant organizational values, and an ethics decision-making framework. An ethics policy that includes a robust ethical decision-making framework provides a consistent process for addressing clinical and organizational ethical issues.



An ethics framework should provide a step-by-step process to work through the ethical issue and include space to:

1. Articulate the ethical question
2. Identify the relevant stakeholders and salient facts (e.g. medical facts, medical evidence, client preferences, and context)
3. Identify the relevant ethical principles, laws, and policies
4. Identify options for action and weigh the potential harms, benefits, strengths, and limitations of each option
5. Articulate how the chosen option will be implemented. Even if it is not the option preferred by all stakeholders, by following an ethical decision-making framework everyone should feel comfortable knowing the option is justified and reasonable. The question all stakeholders in the decision-making process should ask themselves is "would I be comfortable if this decision was on the front page of the local newspaper?"

Does your organization have an ethics policy and framework? Would you be interested in working with the Greater Hamilton Community Ethics Alliance to develop an ethics policy and framework that could be used across the GHHN? If so please reach out to officeofethics@hhsc.ca for more information. We also invite you to contact us if you are interested in learning more about the Greater Hamilton Community Ethics Alliance or becoming a steering committee member. We look forward to hearing from you!





Haldimand Corner

Bill Helmeczi, Co-Chair

The Haldimand Stakeholder Council is continuing to review service gaps, barriers, and pathways within our community. Our meetings have led to creative discussions between agencies on how to provide services to clients as efficaciously as possible. Should these discussions lead to changes in practices or pathways we will provide the necessary updates along with any educational sessions that would be helpful to both agencies and clients.

We were recently advised that our application for a Homeless Addiction and Recovery Treatment (HART) Hub was not approved. Although unsuccessful in this effort, our conviction that our community requires additional resources remains absolute. We will continue to look for both innovative service ideas and new funding opportunities.



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