



## Kathy's Corner

By Kathy Peters  
GHHN Executive Director

As we enter Spring season, I am reminded of what it represents for many: a time of new growth and opportunity. Now that we are coming out of hibernation from our cold winter, seeds of optimism are growing with the knowledge of what we have collectively accomplished over the last few months. During the coldest months of the year, our partners supported those individuals most in need with programs like the Warming Hub – ensuring their medical needs were met while being in a safe, warm space off the streets. We also saw our Attachment Team grow their capacity to attach people to a primary care provider. To ensure those primary care providers have the clinical and referral navigation guidance they need to deliver patient care,

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### Find Services Webpage

The GHHN is helping connect people to services and resources in Hamilton, Haldimand and Niagara Northwest. Visit [Find Services](#).



### GHHN Careers Page

Visit our career page to view GHHN and partner opportunities. Visit [here](#).



## Kathy Corner

### Continued...

we focused on growing the offerings in the HealthPathways program. This time of growth and looking forward resonates for our GHHN team as we embark on our 2026-27 Strategic Refresh. A time to re-engage our community partners on what is important to the populations we serve, the providers we partner with, and how we, as a conduit for collaboration and partnership, can deliver what matters most for building community health together.

## 17th GHHN Women's Health Days

### Megan Lynch, Senior Manager

A total of 89 participants accessed a wide range of health services, including PAP tests, contraceptives, cancer screening, HIV, STI and Hep C testing and treatment, vaccinations, wound care, and other supports. Attendees also had the opportunity to speak directly with providers about social and health services, housing and income supports, mental health and addictions care, and available mobile and outreach programs. Peers with lived experience and Indigenous providers were onsite, offering culturally grounded and inclusive care. Notably, more than half of attendees were new to the event.

A big thank you to all providers, partner organizations, and the YWCA Putman staff for hosting this successful event. Stay tuned for details on the next Women's Health Day scheduled for later this spring or early summer.

For more information, please contact [megan.lynch@ghhn.ca](mailto:megan.lynch@ghhn.ca).



# Strengthening Collaboration in Long-Term Care Across the GHHN

**Megan Lynch, Senior Manager**

At the February meeting of the GHHN Long-Term Care Administrators and DONs—co-chaired by Holly Odoardi (City of Hamilton) and Dr. Henry Siu (McMaster University Department of Family Medicine)—we were pleased to welcome MPP Monica Ciriello and representatives from 33 long-term care (LTC) homes across our region.

The session focused on strengthening the supports available to LTC residents, staff, and leadership. Participants engaged in thoughtful and solution-driven dialogue on several key priorities, including:

- Enhancing support systems for LTC staff and care teams
- Sharing challenges and opportunities across homes to build collective understanding
- Deepening collaboration between LTC, primary care, and system partners
- Identifying actionable steps to improve care delivery across the Greater Hamilton Health Network



This meeting reflected the dedication, expertise, and unwavering commitment of our LTC partners—leaders who continue to guide their teams with strength and compassion while delivering 24/7 care to residents in every corner of our community.

## Recognizing the Unseen Leadership Behind the Care

Long-term care senior leaders and administrators often carry an immense and deeply under-recognized responsibility. They lead through workforce pressures, evolving care needs, operational complexities, and the emotional realities of supporting vulnerable residents and their families. Their leadership is critical to the health of our community, though it is not always visible to the broader system.

The GHHN wishes to express our profound appreciation for these dedicated leaders who consistently show up—every day, every season—committed to improving quality of life for residents and creating supportive environments for staff. Their willingness to collaborate, share openly, and contribute to regional planning helps strengthen the entire health system.

## Looking Ahead

We are grateful to all who took part in February's discussion and who continue to advance long-term care within the GHHN. Your voices, experiences, and leadership ensure that our collective efforts are grounded in what matters most: improving care for residents and strengthening the teams who support them.

Together, we will continue to build a more connected, compassionate, and resilient health system for all. Thank you to our partners at McMaster Family Medicine and the City of Hamilton for their continued leadership and collaboration.



# Ontario Caregiver Organization

## Caregivers as Partners: Knowledge Mobilization Day

GHHN Communications and Engagement Coordinator Anna Burns, and Co Chair of the GHHN Patient Family CarePartner Leadership Network, Bernice King were pleased to attend The Ontario Caregiver Organization's event Caregivers as Partners: Knowledge Mobilization Day. Integrating caregivers as essential care partners is key in advancing positive health system change across Ontario.

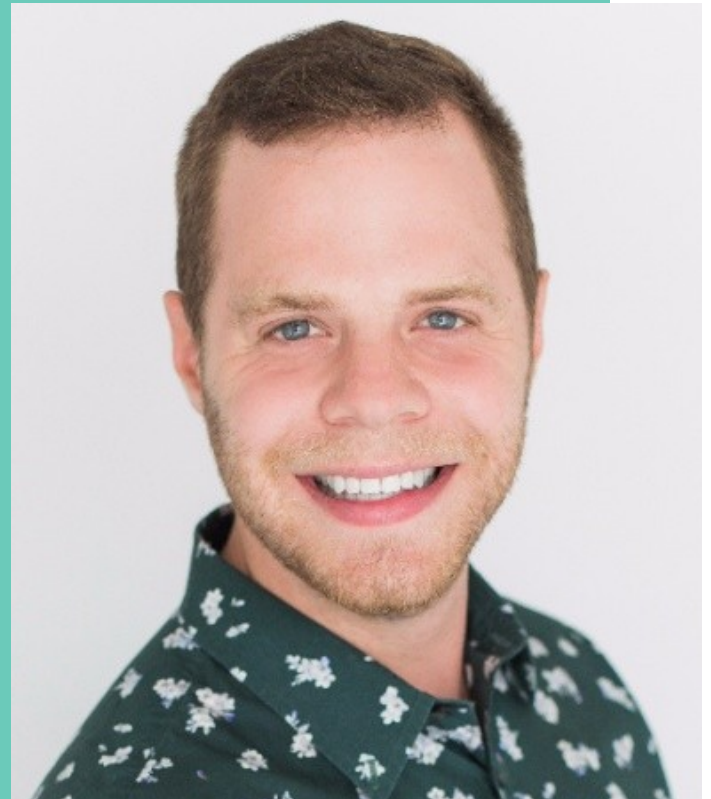
## Welcome Dr. Michael Gallea HealthPathways Clinical Editor

The GHHN would like to welcome Dr. Michael Gallea, new Clinical Editor for the HealthPathways initiative.

Michael Gallea is a family physician at McMaster Family Practice. Born and raised in the east end of Hamilton, he did his undergraduate training in McMaster's Arts and Science program and then moved to Toronto to work as a Learning Consultant for a small learning solutions firm. He then moved to Vancouver to complete medical school at the University of British Columbia, and returned home to complete his family medicine residency at McMaster Family Practice, where he now works as a staff physician with a particular interest in medical education.

HealthPathways offers clinicians locally agreed information to make the right decisions together with patients, at the point of care. The pathways are designed primarily for general practice teams, but are also available to specialists, allied health professionals, and other health professionals in your region. New pathways recently launched include: ADHD in Adults, Tonsillitis, Sore Throat and Pharyngitis, Perinatal Mental Health.

Learn more and register by visiting: [greaterhamilton.communityhealthpathways.org](https://greaterhamilton.communityhealthpathways.org).



# Ethics Corner

## Carlee Seiler, HHS Ethics Fellow

### How to Use an Ethics Framework

Everyone makes decisions about what is right and fair. Most people make these decisions based on their personal values and beliefs while considering the pros and cons, or risks and benefits. Many of these everyday decisions are made without a second thought. But what about the tougher decisions that might not have one right answer or seemingly no good options to consider? In healthcare, how can you work through these tough decisions if they come up in relation to care, resources, or research?

An ethics framework is a structured document designed to help staff, clients, and families work through tough choices in a clear and consistent way. An ethics framework helps the user identify facts, determine ethical principles in conflict, explore the options, and act and evaluate the decision(s). Questions that an ethics framework can help you address include:

- What should we do? (Determining which actions are good or right.)
- Why should we do it? (Exploring the reasons for our decisions.)
- How do we engage in decision-making? (Ensuring a fair process.)
- Who should be involved? (Engaging appropriate parties.)

The GHHN's Community Ethics Alliance has an ethics framework that is designed for community partners! The framework can be adapted to your organization to reflect the populations served and ethical issues encountered.



The Office of Ethics at Hamilton Health Sciences is offering free education sessions to GHHN community partners. There are two education sessions available:

1. How to Use an Ethics Framework: Uses a case study example relevant to your organization to demonstrate the framework in action (30 minutes)
2. Exploring Ethical Principles: An education session that reviews ethical principles and applies them to everyday cases (30 minutes)

To request a copy of the ethics framework and coordinate an education session at your organization, please contact [officeofethics@HHSC.ca](mailto:officeofethics@HHSC.ca)


# Need a Family Doctor?



Residents of Hamilton, Haldimand and Niagara Northwest who don't currently have a family doctor: **get in touch and we'll help connect you with a family doctor accepting patients.**

Contact us today at the  
**Hamilton Family Health Team**

 [attach@hamiltonfht.ca](mailto:attach@hamiltonfht.ca)

 (365) 317-8117

 [www.hamiltonfht.ca](http://www.hamiltonfht.ca)

Or, register with **Health Care Connect**, a provincial resource

 811

 <http://www.ontario.ca/healthcareconnect>



# Showing up to the Crisis:

## A Workshop for Healthcare Providers on Climate Distress, Healing, and Action

# GHHN Environmental Sustainability Corner

Colleagues across Hamilton, Ontario—including primary care physicians, clinic staff, nurses, social workers, pediatricians, public health workers, psychiatrists and other mental health professionals, community health workers, climate-health researchers, Ontario Health Team staff, hospital leadership, medical students, faculty, and land- and arts-based therapists—are invited to attend Showing Up to the Crisis: A Workshop for Healthcare Providers on Climate Distress, Healing, and Action.

Across Canada, people are experiencing emotional impacts linked to the accelerating planetary health crisis, including grief related to environmental losses, chronic stress from wildfires, floods, and extreme weather, and uncertainty about the future. These impacts are not experienced equally; climate change deepens existing inequities and disproportionately affects people with existing mental illnesses, low-income groups, children and youth, older adults, racialized communities, and First Nations, Inuit and Métis peoples.

Healthcare providers, educators, trainees, and leaders often support individuals experiencing this distress while also navigating their own exposure to moral distress and trauma. This workshop was developed with that need in mind, and to help participants identify common patterns and pathways of climate-related distress, strengthen their capacity to respond, and apply approaches—such as trauma-informed, strength-based, land-based, arts-based, and Active Hope-aligned practices—within their clinical, educational, leadership, and community roles.



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

### What the Workshop Offers:

Over 3.5 hours, participants will explore evidence-informed and trauma-informed strategies to recognize climate-related distress, apply strength-based approaches, and integrate frameworks such as Active Hope into clinical care, service delivery, education, and organizational contexts.

Date: Wednesday, April 15, 2026

Time: 9:30 AM – 1:00 PM EST

Location: Perkins Centre (Indwell), Hamilton

Cost: \$30

Register at [Eventbrite](#)

Contact: [climatechangeadvisorycommittee@gmail.com](mailto:climatechangeadvisorycommittee@gmail.com)

For more information, visit [here](#).



# GHHN Engagement Corner

## Janice Duda-Kosar and Bernice King, Patient Family CarePartner Leadership Network Co-Chair

On behalf of the GHHN and the PFCLN, we would like to recognize and thank John Flemming for his many contributions as he moves from the PFCLN into the patient pool. John's commitment to Ontario Health Teams was so evident right from the beginning. His wisdom and skill in working with many partners, his knowledge of how to develop a charter and applying for government funding helped our group have a successful application. John has participated in meetings with such knowledge, conviction, and confidence, and it has always been clear how deeply he has cared about the work and people that we serve. We wish John the best in his next chapter.

The PFCLN would also like to congratulate GHHN Patient Advisor, Ike Agabassi, on being a recipient of the 2025 Order of Hamilton. For more than 20 years, Ike has championed health equity, inclusion, and community trust. Ike's volunteerism has improved access to care, empowered marginalized communities, and fostered unity - leaving a lasting impact on Hamilton's health and social systems. Read more [here](#).

Just as the spring season brings new growth, we're entering an exciting period of Strategic Refresh at the GHHN. This is a time to reflect on where we've been, nurture the strong roots we've built together, and cultivate new ideas that will help us grow.

The Strategic Refresh offers a timely opportunity to engage partners and work with our new Executive Director to determine our priorities and next steps together. As we know, co-designing our priorities for the GHHN leads to greater outcomes, and supports a shared vision and shared responsibility for how we improve the health of the community together. This past March, the PFCLN completed session one of the Refresh. With everyone's contributions, we're creating the conditions for meaningful growth and impact.



## Haldimand Corner

Barbara Klassen, Co-Chair

Haldimand continues to advance health and social service initiatives across the region. Grand Erie Public Health has recently promoted their Lighthouse Drug Strategy. The Lighthouse Community Strategy (LCS) is a new community-driven strategy to address the harms associated with substance use and mental health challenges in Mississaugas of the Credit First Nation, Haldimand and Norfolk counties. The strategy focuses on building safer, healthier and more resilient communities through a holistic, evidence-informed, and multi-sector approach. Guided by the steering committee and an advisory committee, the strategy is organized around four pillars: harm reduction, treatment, community safety, and prevention, with 26 recommended actions. As part of the Drug Strategy Network of Ontario, the LCS brings together people with lived or living experience and partners from the non-profit, private and public sectors to coordinate local action. The Lighthouse Community Strategy is made up of members from over 20 community partners.

Ongoing primary care access and attachment efforts continue in Haldimand with a number of physicians across the region accepting patients. Additionally, through Ontario Health's IPCT funding we also have an NP accepting patients that do not have access to a family physician. Promotion continues in the areas identified as having high unattachment rates.

Spring is the beginning of events, with three events planned for mental health week: True Experience is hosting a "Mental Health & Wellness Expo" to on Wednesday May 6th, CMHA BHN is hosting "Let's Come Together for Mental Health Fair" on May 8th, and South Coast Wellness is hosting a "Mental Health & Wellness Expo" the following day on May 9th. Haldimand Norfolk Pride Day is May 27th

# Stay Connected!

*The GHHN is supported by funding  
from the Government of Ontario.*



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