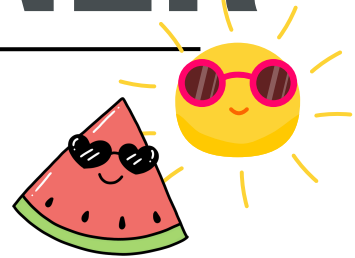


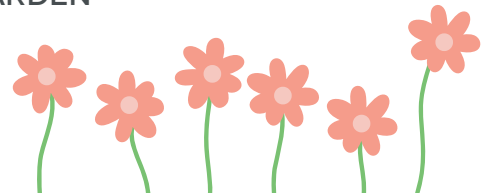
—THE COMPASS CORNER

AUGUST 2024



IN THIS EDITION:

- VOLUNTEER SPOTLIGHT
- BREAKFAST CLUB- JOIN US AGAIN IN SEPTEMBER!
- LET'S TALK ABOUT THE MEASLES!
- PROGRAM HIGHLIGHTS: TRACKERS INDOOR WALKING GROUP AND WELCOME BABY PRENATAL NUTRITION PROGRAM
- MONTHLY CALENDAR
- AUGUST WORD SEARCH "IN THE GARDEN"



VOLUNTEER SPOTLIGHT: Meet Tiffany!



This month we are celebrating our volunteer, Tiffany! Tiffany has been volunteering at Compass for 2.5 years in our Breakfast Club and Grub Club programs. Tiffany says: "I stumbled upon Compass while walking around the neighbourhood. After seeing the greenhouse, I went to the website to learn more about it. That's when I saw there was a breakfast program for kids. Ever since high school I have often talked about opening up a space for kids to have a healthy breakfast and fuel their minds for school. So Breakfast Club was a great opportunity for me to be a part of!" Tiffany adds that it's nice to be able to connect with children, make them feel welcome, and put a smile on their face! She adds that both programs help with getting out and being able to give back to her community and says she really

enjoys it! *Thanks so much for your commitment, Tiffany! If you want to learn more about volunteering with Compass, contact Mariko at 905-523-6611 x 2084.*



BREAKFAST CLUB- Back next month!



**COMPASS
BREAKFAST
CLUB**

FREE!

438 HUGHSON ST. N.
COMMUNITY ROOM @
COMPASS COMMUNITY
HEALTH MAIN SITE

8:00 AM - 9:15 AM
**EVERY DAY BEFORE
SCHOOL!**

To register call
**905-523-6611
x 2084**

WWW.COMPASSCH.ORG

The start of school means that our Breakfast Club program is back!

Calling all elementary school kids to join us again starting on September 3rd for a free yummy breakfast before each school day! Drop in anytime between 8:00am until 9:15am to enjoy a free hot breakfast!

We frequently feature items such as:

- Yogurt, granola, and berries
- Bagels
- Egg sandwiches
- Breakfast burritos
- Smoothies
- & more!

Never been to Breakfast Club before? No problem! Come in and register or call us ahead of time at 905-523-6611 x 2084.

See you in September!

PLENTIFUL PRODUCE: Community Garden!

At Compass, our community garden has become a vibrant hub of growth and abundance! Right outside our doors, we cultivate a variety of vegetables and herbs, and so far this year, **we've proudly harvested 325 pounds of fresh produce!** This bounty goes directly to our community fridge, helping our neighbors with access to healthy, homegrown food. Our garden also plays a key role in our programming, including our children's gardening program, where young ones learn the joys of growing their own food and cooking these items, while connecting with nature.



Let's talk about the Measles:

What is it?

Measles, also called rubeola, is a very contagious infection of the lungs (respiratory illness) caused by the measles virus.

How is it spread?

- Air-borne: coughing or sneezing
- Direct contact: nose and throat secretions (fluid), such as saliva



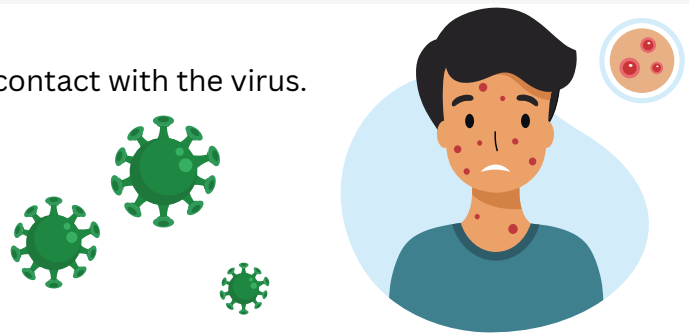
The measles virus can live in the air and on surfaces for up to two hours. 9 out of 10 unimmunized people who come in close contact with an infected person with measles will get the disease.

A person with measles is very contagious before the start of symptoms (usually about four days before the rash appears) until four days after the rash appears.

Signs & Symptoms:

Symptoms of measles begin 7 to 21 days after contact with the virus.

- Fever of 38.3 C (101 F) or greater
- Cough
- Runny nose
- Drowsiness (sleepy)
- Irritability
- Red watery eyes
- Small white spots with white centres, known as Koplik's spots, on the inside of the mouth and throat



Three to seven days after symptoms start, a red blotchy rash appears on the face and then spreads down the body. This body rash lasts from four to seven days. Measles usually lasts for two weeks.

Prevention:

Measles is preventable by immunization with the free MMR vaccine or the free MMRV vaccine. If you have these vaccines, you are immune to measles. **Children** receive their first dose after their first birthday and their second dose between four and six years old. **Adults** born 1970 or later should receive two doses of MMR vaccine, 28 days apart. Adults born before 1970 are considered immune to measles, but may need to get the vaccine for work. *If you would like the measles vaccine, call your doctor, local health provider, or public health at 905- 546-2063.*

If you think you have symptoms of measles, stay at home and call **Public Health Services at 905-546-2489**. You may also want to call your doctor. If you need to go to the hospital, a person immune to measles should go with you. **For more information, visit www.hamilton.ca/measles**



Adapted from www.hamilton.ca/measles



PROGRAM HIGHLIGHTS:

TRACKERS INDOOR WALKING GROUP



Too hot to walk outside? Need some support or motivation? Join our indoor walking group! Get your weekly steps in by coming to our Trackers walking group. Receive a borrowed pedometer or smart watch during your participation in the group to help track your steps, set goals, and reach new milestones! Trackers also provides participants with a wellness “cool down”, mindfulness activities, and time for great socialization. Meet others and have fun while moving your body!

Trackers takes place every Wednesday, at Compass from 2-3pm. To register, please contact Christine 905-523-6611 x 2059 or csorbara@compassch.org

WELCOME BABY- PRENATAL NUTRITION PROGRAM:





Are you pregnant and looking for support?
Join our free weekly Welcome Baby prenatal nutrition group to learn about :
















- Pregnancy
- Labour and birth
- Managing stress
- Eating well and cooking healthy food
- Breastfeeding
- Community supports

Other supports are available dependent on need. You must join during your pregnancy and then you can continue until your baby is 6 months old. This group meets every Thursday at 12:30pm.

Register today!
Contact Cory at cma@compassch.org
or call 905-523-6611 X 3047

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 1	 2
5 Civic Holiday- Centre Closed	6	 7	 8	 9
 12 Screen for Life Bus	13	 14	 15	 16
 19	 20	 21	 22	 23
 26	27	 28	 29	 30

-  Third Youth | 12:30
-  Welcome Baby- Prenatal Nutrition Program | 12:30
-  FVRx Pick- up | 1:30- 3:00
-  Trans Femme Peer Support | 6:00
-  Sit and Fit | 10:45
-  Seniors Kitchen | 11:00
-  Trans ID Clinic | 5:00
-  Trans & Non-Binary TTRPG | 5:30
-  Trackers | 2:00
-  Grub Club | 5:30
-  Partners of Trans & Non-Binary people support | 6:00
-  Mother Tongue | 4:00
-  Tada | 10:00
-  Caring for your Diabetes Food & Movement | 1:30
-  Pflag | 3:00

To Register for programs call 905-523-6611 and the associated extension listed below:

- Breakfast Club:** Taking a break for the summer! See you in September! For info, call Mariko ext 2084
- FVRx:** Compass organic food produce box prescription. Contact Leah- ext 3006
- Grub Club:** Free weekly program for kids ages 6 to 13 to explore gardening skills, learn new recipes, and play games. Runs every Wednesday at Compass from 5:30- 7:00. Contact Mariko Brown-Kai to register- ext 2084
- Mother Tongue:** A cooking session for newcomers to connect with each other and their community. Guest attendees welcome to sign up! This kitchen is open to Two Spirit & LGBTQIA+ folks new to Canada, Two Spirit & LGBTQIA+ BIPOC individuals, and BIPOC allies. Contact Autumn- ext 2022
- Partners for Transgender and Non-Binary Persons Support Group:** Support group for partners of Trans and Non-binary folks. Takes place at Stardust Therapeutic Collective. Contact Autumn- ext 2022
- Pflag: Hamilton peer support meeting:** This is a safe space where parents and caregivers of Two Spirit & LGBTQIA+ people and gender-diverse kids can come together to ask questions and support each other. Contact Autumn- ext 2022
- Queer Gaming Hamilton:** A group for Two Spirit and LGBTQIA+ folks to play games, primarily board games but open to role-playing games. Contact Autumn ext 2022
- Screen for Life Bus:** To book an appointment, call 905-975-4467 to get screening for breast, cervical, or colon cancer.
- Seniors Kitchen:** Join us on the 3rd Wednesday of every month to cook & share a meal together. Contact Leah- ext 3006
- Sit and Fit:** An exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. In-person Monday and Thursday virtual. Contact Rachel 905- 523-1184
- TADA:** Weekly art group open to anyone interested in having fun and learning from, or teaching others, a new art or craft. Contact Sib- ext 2014
- Third Youth:** A health education program for Latin American seniors geared to prevent isolation, anxiety and depression. Contact Maria- ext 2017
- Trackers (Walking Group):** A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine- ext 2059
- Trans and Non-Binary Grocery Program:** Dedicated hours for Trans folks to receive free groceries and access to a variety of services, including newcomer and queer/trans advocacy. Contact Autumn- ext 2022
- Trans and Non-Binary TTRPG Group:** Group for Trans and Non-binary folks to play TTRPGs together and explore their identities. Contact Autumn- ext 2002
- Trans-femme Peer Support Group:** Social and peer support group for self-identifying Trans femme folks. Refreshments provided. Contact Autumn- ext 2022
- Trans ID Clinic:** Legal and peer support for those looking to make name and sex designation changes to their ID. Contact Autumn- ext 2022
- Welcome Baby- Prenatal Nutrition Program:** Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Contact Cory- ext 3047

August Word Search: In The Garden

T T A Z N A N D O R R H S R G X O A X G
 K A O A L B X R D N W R S T L M A H C M
 U B J I L O C C O R B B V A O D I S F T
 F S E Q J A T P A C C W Q I E R T I W Q
 E Y I E S Y O R Y C E J U S S F R D G N
 G N B T S O M U W J F D B R R R P A I A
 H D E P R A A S P I N A C H E E N R C P
 C E E K M C T S P R A E E S C W T E S U
 B A D C Y M O T B V B A E U F O Z S L Z
 S A P V H V E N S S E I T F C L V Y A Y
 B J E A N I S Z E K L T F S F F U B W X
 G G P I R M N I P F E K C K Z I R G K U
 T Y P O A M Q A R L L M O W P L B S T X
 H W E B H U Q E C O I O C P C U A C D S
 X X R U S U T T R E D Z W F F A P V T O
 Z N S C A T D C E Y A U U E N C K E I M
 Y T A W U F H A L E G N J K R V I D O S
 X K O B Q Q W F A S F E I A L K T W N O
 X I X D S M E L K D A H L I A G F K K C
 A I S G Y R U B U Z R T Z Y X H J S T Y



Word List:

- | | |
|--------------------|--------------------|
| TOMATOES | RADISH |
| CORN | ASTERS |
| BEETS | CONEFLOWER |
| SPINACH | BUTTERFLIES |
| BROCCOLI | SQUASH |
| DAHLIA | CARROTS |
| BEES | KALE |
| PEAS | LETTUCE |
| PEPPERS | COSMOS |
| CAULIFLOWER | ECHINACEA |

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