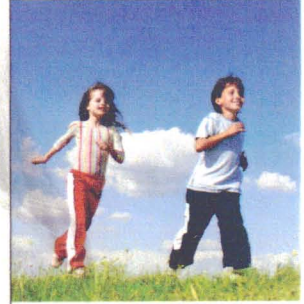


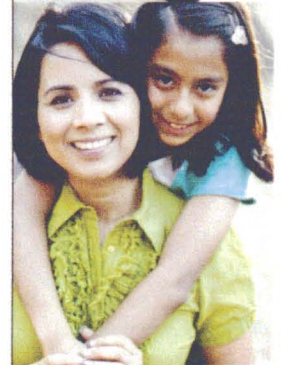
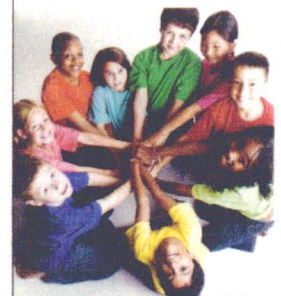


Oshawa
Community
Health Centre

07 08



Annual General Report



Our Vision

We are instrumental in the creation of a caring and respecting community in which all people have dignity and an optimum quality of life with access to a broad range of programs and services.

Our Mission

As a leader in community health services and programs, we empower residents to improve their physical, emotional and social well-being. We are dedicated to building a strong and healthy Oshawa - "Your Wellness, Our Mission".

Our Values

In our daily efforts we will:

- Strive for excellence
- Remove barriers and improve access
- Demonstrate fairness, respect and dignity
- Have integrity and be open, honest and trustworthy
- Work cooperatively and collaboratively

07 08

ANNUAL GENERAL
REPORT

Our Profile Oshawa Community Health Centre is a community-owned, non-profit, charitable organization. Since our founding in 1982 by volunteers, we have proudly worked with our residents to build a strong and healthy community.

Our services include family medicine, social work and counselling, and a variety of health promotion and community development groups, many focusing on children, youth and women. All of our services and programs are free.*

Oshawa Community Health Centre utilizes a team of supportive and skilled professionals including child and youth workers, doctors, social workers, counsellors, nurse practitioners, and health promoters to deliver services. Our centre is unique for the reason that we are responsive to the health needs as defined by our Oshawa community.

Oshawa Community Health Centre is a "Building Healthier Organizations" fully accredited agency.

*nominal registration fee for Very Important Kids Day Camp

MESSAGE

from the Board Chair and Executive Director

The vision of an enhanced, invigorated Oshawa Community Health Centre inspired significant achievements by the organization over the course of the 07/08 year. With construction of the new facility well under way, a third successful accreditation achieved, and the goals of our 2003 strategic plan priorities coming to fruition, the organization focused on ways to build capacity to better **serve our community** in the years to come.

During the year, the Board of Directors examined and adopted renewed strategies building the capacity of the organization to identify, respond to, and leverage opportunities within the new healthcare environment. To achieve our new strategic intentions, the board, management and staff committed to undertake the following four projects:

- Review programs and service delivery to ensure we best align with the needs of the community
- Evaluate and enhance organizational efficiencies and client outcomes through evidence based systems and practices.
- Develop new and strengthen existing partnerships across the Central East LHIN.
- Develop innovative and collaborative initiatives which serve the community.

Our new facility, the "Dr. Bryce A. Brown Wellness Centre", a mere vision itself just 3 years previous, began to take definite shape. The \$11M project, which is both on schedule and on budget, will **triple our capacity to serve our clients and community**. It will provide the space to enhance our compliment of physicians and other allied health professionals to serve more Oshawa residents. At the same time, it brings all of our services/programs under one roof to provide care in a more seamless

and efficient manner. The new centre was made possible by funding from the Ministry of Health and Long Term Care, the City of Oshawa, and our own "Hands Up for Hope" capital campaign which surpassed the \$1M goal by the end of March 08.

Operationally, the organization expanded its capacity to serve with the development and promotion of our new Diabetes Education Program, the addition of a seventh primary care practitioner, and the full implementation of our Glen Street Neighbourhood project. This project is designed to build the capacity of the residents and families living in a neighbourhood with many challenges. As part of this project, the agency undertook an extensive community needs assessment to identify health issues as well as opportunities to build capacity. Results of the assessment will be collated and analyzed in the current fiscal year.

As a symbol of our revitalization, we launched our new logo in March 2008. The adoption of the new logo coincided with the launch of the provincial corporate brand for Ontario's Community Health Centres.

The true spirit of community is reflected in this Oshawa Community Health Centre logo, and it is our desire that it be recognized as a beacon of health and wellness for all in our community.

We would like to thank all of our community partners, supporters, volunteers, staff and funders. Your commitment and belief in Oshawa Community Health Centre, plays a pivotal role in maintaining the health and building the capacity of our community.

Vicky Olmstead
Board Chair

Lee Kierstead
Executive Director



- Over 6,000 registered clients
- 910 new clients for the year
- Over 14,500 individual appointments for the year
- Over 21,240 attendance in groups and community initiatives
- "Dr. Bryce A. Brown Wellness Centre" construction well underway
- Hands Up for Hope Campaign surpasses the \$1 M goal
- 184 volunteers contributed over 5578 hours of their valuable time

QUICK FACTS

SERVICES & PROGRAMS

For more information, please visit www.ochc.ca

Anti-Bullying Project

The Bullying Prevention Program is designed to address the issue of child and youth bullying within our community and schools. The program operates in direct partnership with the Durham District School Board.

Babysitting Course

A 12-hour Red Cross babysitting certificate course provided for children and youth aged 12 – 16.

Body Beautiful Group

This health promotion group for women explores all aspects of body image: how it is created, and ways to develop and maintain a healthy body image. To ensure access, free childcare will be offered to group participants.

Breastfeeding Buddies

This program is for new moms and their nursing infants. Moms receive peer support to encourage breast feeding success and are assisted with common problems they may be experiencing as well as referrals to community support and resources.

Challenge, Change and Choices Group

A 15-week women's therapy group aimed at women experiencing difficulties in their lives. This program will provide an opportunity for acknowledging the impact of past trauma and other difficulties in an atmosphere of understanding and support.

Client Childcare Services

To ensure access to our services, free professional childcare is provided two half days a week for appointments as well as during selected programming.

Community Kitchen Program

The Community Kitchen Program is a six-week nutrition program for parents and caregivers of children ages 0 through 6 years. The program provides participants the opportunity to plan, prepare and cook nutritious and healthy meals on a budget while promoting healthy eating and development of new skills.

Counselling Services

Counselling services are offered to those clients who receive medical services or take part in programs of Oshawa Community Health Centre. Individual, family and couple counselling can be beneficial for a number of issues including grief and loss, crisis situations, relationship difficulties, dealing with abuse, trauma and transition.

Creative Circle

This drop-in program provides participants with an opportunity to learn and use creative quilting skills while discussing issues in their lives in a relaxed setting.

Free Income Tax Clinics

Free Income Tax Clinics are held in conjunction with the Association of Chartered Accountants of Ontario and include clients and patients of the clinic.

Girls Hang Out Program

This program offers girls between the ages of 11-13 both informal and formal discussions on various topics (guest speakers) fun activities, trips, crafts, cooking/baking, spa nights, etc.

H.E.A.R.T. Literacy Program

This program aims to promote literacy and skills in a youth-friendly environment. Each session allows for the building of a team dynamic and fosters oral and communication skills amongst the participants who receive individual help with homework.

Leader In Training Program

Operating in conjunction with VIK Day Camp and Summer Stay and Play programs, this program offers youth between the ages of 13 to 15 an opportunity to enhance their leadership, communication, and interpersonal and professional skills.

Medical Services

Family medical services are available for residents of Oshawa. Health services include regular check-ups, health-promotion, disease and injury prevention, cure, rehabilitation and support. Various on-site lab services are also available for client convenience. Outreach clinics are located at G.L. Roberts C.V.I. and various shelters in Oshawa.

Nobody's Perfect Parenting Group

The Nobody's Perfect Parenting Group is offered to parents with children newborn to 6. The program focuses on the needs of children, and their development in the areas of body, mind, behaviour, parents and safety.

Our Wellness Program

Women are invited to this weekly drop-in health promotion program to learn practical strategies for self-care. Childcare is provided. Schedules for upcoming sessions are available both at the centre and on our web-site.

Parent and Child Program

This program includes structured playtime, crafts, a healthy snack and an interactive parent/child circle time. Resources for parents and appropriate referrals will help to support families.

Parenting Workshops

A series of educational workshops to enhance parental knowledge of early child-hood development and positive parenting strategies. Childcare will be provided.

Positive Parenting

Parents and caregivers are given the opportunity to share child rearing experiences and to learn from one another. Activities are offered that allow participants to increase their parenting capacity.

Preschool Program

This free outreach program promotes healthy early childhood development to provide children with the best start to life.

Summer School Readiness

This 6 week program is a structured program designed to prepare children for entrance to Jr. Kindergarten.

Summer Stay and Play Program

The purpose of this program is to provide a positive, cooperative early years program for children and their parents throughout the summer. Participants have the opportunity to play interactive games, explore their environment and do crafts.

Teen Cuisine Program

This program aims at providing a fun and supportive environment for youth to learn how to prepare a healthy meal for themselves and their family.

Very Important Kids Day Camp

This popular summer day camp for children between the ages of 6-12 years includes activities such as special field trips, sports, crafts, songs, games and theme-days. The program is supervised by trained staff in a positive and fun environment.

Young Women's Health Action Group

This educational and health promotion group for female high-school students covers topics such as stress, safety, problem solving, dealing with feelings, family and relationship problems, healthy sexuality, loss and grief and dealing with anger.

Youth Action Alliance Project

An Oshawa based project that empowers youth to raise awareness of the dangers of smoking and exposure to tobacco.

Youth to Youth Program

Our Youth to Youth program empowers young people between the ages of 7 and 13 years to take action on issues in their community that concern them.

Youth League Program

The Youth League program offers a variety of fun and free after school and evening drop-in programs for children and youth between the ages of 7-19 years.

Youth Workshops

Forums and information sessions offering youth an opportunity to be involved and participate in informative and educational workshops/sessions on topics that affect them locally and region wide.

Our Staff

Medical Services Team:

Janet Marchand - Nurse Practitioner
Jose Gomide - Physician
Kim Torok - Physician
Lydia Rybenko - Nurse Practitioner
Nayla Zaizal - Physician
Tammy Kantor - Registered Practical Nurse

Family Community Outreach Team:

Amanda McConkey - Health Promotor (Youth)
Ameera Hosein - Youth Advisor/Youth Action Alliance
Ana Pacheco-Rye - Health Promotor (Youth)
Catharine Allan-Cheng - Community Facilitator
Cathy Kurelek - Health Promotor (Youth) (Parental Leave)
Jeff Dart - Community Health Worker (Youth)
Joanne Baker - Administrative Assistant
Kim Loenhardt - Early Childhood Development Worker
Louisa Stewart - Health Promotor (Early Years)
Susan Gualtieri - Early Childhood Development Worker

Counselling Services Team:

Cheryl Walker - Social Worker
Danielle Grandmaison - Social Worker
Lisa Laflamme - Counsellor

Clinical Support Team:

Heather Churchill - Receptionist
Jill Todgham - Medical Secretary
Linda Foote - Medical Secretary

Diabetes Education Team:

Jennifer Lobbin - Diabetes Clerk
Marlie Boville - Diabetes Nurse Educator
Vacant - Dietician

Homelessness Initiative:

Shirley Guppy - Community Health Worker (Homelessness)

Corporate and Administration:

Angela Carchidi - Clinical Manager
Brian Joyce - Youth Program Coordinator
Cathy Stokes - Resource Development Manager
David Leo - Finance/Office Manager
Ian Lawrence - Data Management Coordinator
Kim Wildman - Resource Development Assistant
Lee Kierstead - Executive Director
Marian Van Pelt - Executive Assistant
Melissa Freire - Finance/Office Assistant

Our Board

Officers:

Vicky Olmstead - Chair
Vacant - Vice Chair
John Wood - Secretary/Treasurer

Members at Large:

Navneet Bains Beverley Kilburn
Brad Harrington Terri Healy
Marissa Kata Kim Lepine
Lindsay Smith Wendy Stanyon
Tom Wise

Hands Up for Hope Supporters

Robert & Jean Brown
Canadian Auto Workers Local 222
The Mackie Family
Great-West Life
Oshawa Centre
University of Ontario Institute of Technology
Durham College
Bill & Edith Alger & Family
G4S Securicor
Glenn & Lorrie Willson & Family
Meridian Credit Union Limited
Nathan Goldman & Marvin Goldman - Durham Homes
Ontario Power Generation
Perry Mechanical Inc.
TD Canada Trust
The S.E. Lovell Family
Windfields Farm
Armstrong Funeral Home
CAW-TCA Canada
CIBC
Dr. Gary & Lois Polonsky
Durham Medical
F. K. Morrow Foundation
Halminen Homes
Independent Project Managers
Joseph & Cathy Stokes
Lafarga Family Fund - Durham Community Foundation
Lee & Christine Kierstead
RBC Foundation
Sherry & Jean Bassin
SmartCentres
Stephanie Dulemba
The Mothersill Family
Vicky Olmstead
Atria Developments
David Greeta Nicholas & Premika Leo
Durham Travel

General Printers
Harry & Debbie Horricks
Hbc Foundation
Investors Group
MacIntosh-Anderson Funeral Home
Mary Anne Murphy
Oshawa This Week
Pratt & Whitney Canada
Terry Kelly & Family
Alan & Bob Ann Dickson
Angela Carchidi
B. Arnold & M. Froud - Durham Community Foundation
Barry-Bryan Associates (1991) Ltd.
Beverley Oda
Cathy Paul
CAW Family Auxiliary #27
Charles Powers
Chris Andrew
Duca Financial Services Credit Union Ltd.
Durham Dodge Chrysler
Durham Region Labour Council
E.A. McMullen
Ella & Lena Dennis
Eunice Driscoll
Gary & Peggy Kitchen
Gay Company Limited
George Fotopoulos
Herman Kassinger Foundation
J.J. McGuire General Contractors
Jack & Beverley Kilburn
James Anderson
Joan Gates
Jose Geraldo Gomide
Jurgen & Dianne Hennig
Kathy Duguay
Kim & Greg Lepine & Family
Larry Lloyd
Lloyd Lumby
Louisa Stewart
Margaret Down
Marian & Max Van Pelt
Melissa Freire
Miles Goacher, CA
MMM Group Limited
Molly Kahn
Mutual Mechanical Limited
Naomi Ross
Noah Hunter Wildman Brown
One Eleven North Simcoe Inc.
Oshawa Clinic
Oshawa Community Credit Union Ltd.
Osso Electrical Supplies Inc.
Parmac Relationship Marketing Ltd.
Patti Coombes
Paul McElean
Peter & Terri Healy

Philip Weller
Richard Donald
Salmers, Strike & Furlong
Space Age Electric (Oshawa) Limited
Syvan Developments-Ed & Syliva
Vanhaverbeke
Tom Wise
Trillium Trails
Truestone Project Managers Limited
Ukrainian Credit Union
William Frank Hayball Foundation
Worden Insurance & Financial Services Ltd.
Zoran Dragicvic

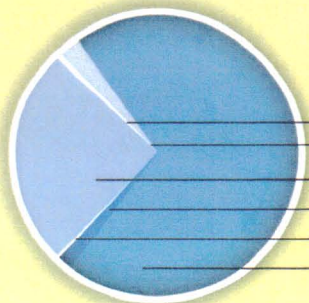
Financial Support

Airport Dental Centre
Baywood Homes
Blue Line Taxi
Brookfield Homes
CHUM Charitable Foundation
City of Oshawa
Corporation of the City of Oshawa
DUCA Financial Services
Durham College
Durham Regional Police Association
Ebenezer United Church Women
Enbridge Gas
George Lunan Foundation
Great Blue Heron Charity Casino
Great-West Life
Greentec
IBM Employee's Charitable Fund
Independent Project Managers
ING Insurance
J.P. Bickell Foundation
Longreach Capital Canada Ltd.
Loyal Order of the Moose Oshawa
Midhaven Homes
Ontario Power Generation
Oshawa Power & Utilities Corp
Pipes Trade Council
Rogers
Scotiabank
SmartCentres
Sobeys
St. Peter's Anglican Church
Syvan Developments
TD Canada Trust
Tribute Communities
United Way of York Region
University of Ontario Institute of Technology
Veridian
Windfields Farm

A special thanks to our Hands Up for Hope Campaign Team

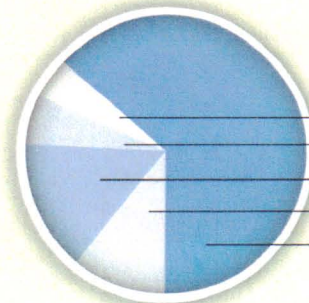
Dr. Gary & Lois Polonsky (Co-Chairs) Ruth Lafarga
Debbie Armstrong Norm Mackie
Chris Bowie Maureen Summers
Harry Horricks Tom Wise
Diana Kirk

Financial Statement



Revenues (11,234,871)

Other 0.4%
Donations/Grants/Fundraising 2.5%
Central East Local Health Integration Network 25.3%
Ministry of Child & Youth Services 1.7%
Ministry of Health & Long Term Care (Diabetes Program) 0.3%
Capital Project (Ministry of Health & Long Term Care/City of Oshawa/ Hands Up for Hope Campaign) 69.8%



Expenses (9,012,489)

Operating 5%
Corporate & Administration 6%
Groups/Programs/Community Work 15%
Clinical Services 11%
Capital Project 63%

Audited Financial Statements are Available Upon Request.