

09 Your Wellness...Our Mission

Summer
2009

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 effort 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.

Charitable Registration Number:
11915 8137 RR0001



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Day of Hope and Leadership

On October 1, 2009, the second annual “Day of Hope and Leadership”, a professional development day for Durham Region leaders will take place at Tosca Banquet Hall in Oshawa. The event, produced by Dan Carter and Paula Beebe, is designed to lead businesses and the community forward, inspire them to meet their current challenges head-on and to provide tools to overcome their future needs. Proceeds from the event will support the Hope Centre of Learning free programs provided in the centre.

The Hope Centre for Learning is housed in The Conant Complex, which is home to Oshawa Community Health Centre and a branch of Oshawa Seniors Citizens Centre. The centre enhances learning for all ages through: a lending library, personal and iMac computers, laptop lending program, mentoring and more.

Beginning in September 2009, the Hope Centre of Learning will be open to the public 3 evenings a week from 6:00-8:00pm. The community will be able to access our lending library and gain valuable computer experience using of iMac computers. The Hope Centre will also be open from Monday to Friday from 3:30-5:30 with our Homework Club. Children and youth between the ages of 6 and 19 will be able to work with staff and volunteers to get extra help with homework and other educational needs.

“Dan Carter and Paula Beebe have been exceptionally supportive to Oshawa Community Health Centre and its mission for many years. We are grateful for their fundraising efforts and their outstanding partnership with the Hope Center for Learning. This room will go a long way to provide people of all ages enhanced opportunities for learning in a safe, friendly and encouraging place thanks to Dan and Paula’s vision and leadership”, stated Lee Kierstead, Executive Director, Oshawa Community Health Centre.

“Our hope is that leaders will create positive change that everyone can benefit from. All it takes is one day”, says Mr. Carter.

For more information about the “Day of Hope and Leadership”, please call 905-723-0036 Ext. 229 or e-mail: help@ochc.ca or visit www.dancarter.ca



Events supporting Oshawa Community Health Centre

Thursday, August 6

Oshawa Mayor's Golf
Classic
Oshawa Golf Club

Thursday, September 17

Oshawa Community Health
Centre's
Annual General Meeting
Dr. Bryce A. Brown
Wellness Centre

Thursday, October 1

Day of Hope & Leadership
Tosca Banquet Hall,
Oshawa

Saturday, October 3

Oshawa Community Health
Centre
Neighbourhood Fair in
Partner with Oshawa
Senior Citizens Centres
Conant Complex – Free
Event
No tickets are necessary

Wednesday, October 14

Great-West Life & Advocis
Dinner Theatre Event
Class Act Dinner Theatre,
Whitby

For more information, to
sponsor or purchase tickets
call 905 723 0036 X 238 or
229

How to Handle Summer Stress

Stress is an accepted part of our day-to-day life and we seek ways to handle and reduce our stress. The summer months, however, are prone to an increase in stress particularly if you are a parent at home with children. Stress arises when we feel that we don't have the resources to cope with a situation. Stress can be beneficial when it motivates and inspires us but can also be negative when it develops into irritability or conflict or even illness. The summer break from school can feel long and difficult without some tools for handling our stress. With these following strategies in mind and practice, we can lower our level of stress and create a positive summer experience for ourselves and all those around us.

The summer holidays bring a change in routine and opportunities for adventure that take education beyond the classroom. Develop a daily routine that includes regular lunch times, time for restful periods and physical exercise. Focus on one special daily activity and resist the expectations to become a full-fledged teacher or camp counsellor. Involve your children in planning for interesting activities to do on summer days. Consider your own needs from the point of view of energy, budget and fun. Prioritize your summer holiday ideas and record ideas, phone number, things to do etc. in a small, inexpensive notebook that you can refer to often. Get as much information as possible about what activities are happening locally. Check out local newspapers and tourist information booths, the local mall and library for activities that are free and fun. Other parents and web-sites for parents are important resources as well. Some examples of summer activities include:

Visit a museum or art gallery

Go to the local library to borrow books, use the computer, attend story hour

Visit the movie theater (often cheaper in the day and early in the week)

Swimming at the lake or our local pool

Organize a picnic with friends at a local park

Learn to play tennis

Go camping in the garden with a tent made of sheets and blankets

Buy chalk and make a hopscotch, write street poetry, draw pictures

Buy inexpensive seeds and pots and create a garden

Go for walks and hikes close to home, or in a new area of town or country

Buy an inexpensive bag of bird seed and feed the birds

Go to a photo booth and take your picture

Use washing-up liquid bottles and a bucket of warm water to make home-made super soakers



A simple way to remember ways to reduce stress is to consider this short form.

Simplify your life

Try new things

Rest and relaxation

Eat healthy foods

Sleep up to eight hours

Stop worrying about tomorrow

These stress reduction suggestions apply to children as well as adults. A plan of action, organized for each day, helps summer boredom and chaos. When stress arises, use tried and true strategies like taking a deep breath and going for a walk. Enjoy nature either in your garden, your own backyard, and a park or conservation area. Watch a movie that makes you laugh or read a book when your children are reading too. Surround yourself with supportive friends and neighbours and listen to calming music. All in all, don't try to pack too much into each summer day and take and enjoy each summer day as it comes.





The summer months can be packed with fun and opportunities to explore and learn for children. Busy minds and busy feet can lead to struggles between parent and child.

Using techniques to teach and guide children so they feel safe and secure, rather than forcing them to obey, will help build a lifelong positive relationship with your child.

Positive discipline helps children to make good choices, treat others with respect, learn to solve problems and know the consequences of their actions. It does not frighten, hurt, cause guilt or break trust.

Punishment is not discipline. Punishment can physically or emotionally hurt a child. Pushing, yelling, spanking, slapping, and insults will not teach children what to do the next time they are frustrated, angry or upset.

The Canadian Paediatric Society suggests that children be disciplined according to their age, stages of development and personality...

Infants 0-12 months old may:

- Use hands to explore by pulling, poking, reaching, grasping
- Roll, crawl or walk
- Cry, smile, babble, and use gestures
- Be upset by strangers around 6-8 months

What can parents of infants do?

- Baby-proof your home
- Make routines so your baby will get used to doing things at certain times
- Build trust with your baby by responding to your infant's needs
- Use gentle words and touch to guide your infant away from danger
- Interest your infant in something else

Toddlers 1-3 years old may:

- Begin to say "NO" and "MINE"
- Have a short attention span
- Copy actions of others and want to be independent in activities
- Have tantrums

What can parents of toddlers do?

- Set up safe areas for toddler to explore and play
- Let your toddler know you're pleased when he behaves well

- Be realistic- a toddler may not have the ability to do what you ask of them
- Remain calm during a tantrum, make sure they are in a safe place and offer comfort as needed.
- Model a better behaviour for your toddler

Preschoolers 3-5 years old may:

- be more independent
- speak in sentences and ask lots of questions
- be able to take turns and share while playing

What can parents of preschoolers do?

- Set clear limits as to where your child can go
- Get down to your child's level and talk to your child in clear, short sentences
- Offer choices if you can

Children 6-12 years old may:

- want to spend time away from their family
- experience peer pressure
- become self conscious and private

What can parents of school-aged children do?

- spend positive quality time with your child every day
- communicate rules clearly and follow through
- role model good behaviour (i.e. positive ways of dealing with anger)

Teenagers 13-18 years old may:

- Spend less time with parents and family
- Discover and understand sexuality
- Be self-absorbed and live "in the moment"
- Make decisions that adults do not always understand

What can parents teenagers do?

- Take an interest in your teen's activities
- Create opportunities for your teen to demonstrate responsibility
- Involve your teen in establishing rules

Always...

Build a positive relationship through play, communication, and spending quality time with your child. Catch your child doing something good. Remember... nobody's perfect... positive discipline takes time, patience and consistency but our children are worth it!

For more information on positive discipline techniques and to order your copy of "Positive Discipline Is In Your Hands" – a free resource for parents, call Durham Health Connection Line at 905-666-6241 or 1-800-841-2729 or visit www.durham.ca.



Explore of Labyrinth...

Recently a labyrinth was built at the Oshawa Community Health Centre. What is a labyrinth? A labyrinth is an ancient symbol that is found in many forms and in many different spiritual traditions around the world dating back thousands of years. It is often confused with a maze or puzzle. Our labyrinth has been carved into the grass in the form of a winding pathway. A labyrinth path offers one way in, and the same way out. The pathway doubles back once or many times before reaching the center and then retraces the same path to the exit. There are no dead ends or intersecting paths to confuse you.

The labyrinth is a pattern with a purpose. We built the labyrinth because it has many benefits. The labyrinth walk offers an invitation to spend some peaceful, personal and contemplative time, moving quietly to the core of the labyrinth, then back out into the world, refreshed and relaxed. Scientific research demonstrates that the labyrinth is an efficient way to reduce anxiety and to elicit the relaxation response. Other effects include lowering blood pressure and breathing rates, reduction of insomnia, improved concentration and well-being. The labyrinth has been found to relieve the symptoms of many diseases. Walking the labyrinth has proven helpful for those dealing with emotional issues such as grief, anger, depression and anxiety.

We have some ideas to suggest for walking the labyrinth. The best way to experience the labyrinth is to come and walk it yourself. Chose to come when you have time to be still and walk. Make your walk ...

- a walk of discernment and/or decision-making
- a walk of gratitude and thankfulness
- a walk with a question, a word, a dream, a mantra
- a walk to honour a birthday, an anniversary, a celebration
- a walk to remember someone special, someone lost
- a walk of openness and receptivity



There is no right or wrong way to walk the labyrinth. The walk is a unique experience, different for each person because we bring into the walk the mystery of our own lives and self.

LOCATION - Our labyrinth is located, south of the building at 115 Grassmere Ave. and to the west of the parking lot, tucked into the corner of the yard. The labyrinth path begins at the small boxwood shrubs. A pamphlet is available in our main office with instructions for walking the labyrinth.

Volunteer & Community Supporter Awards

On April 23, 2009, Oshawa Community Health Centre celebrated the support of its volunteers and community supporters at an awards evening held at the new Oshawa Community Health Centre, 115 Grassmere Ave., from 7:00 pm to 9:00 pm. Honoured guests included health centre supporters Oshawa MPP, Jerry Ouellette and Mayor John Gray.

All volunteers and community supporters were presented with certificates of appreciation. Five special awards were also be presented: The Doris Anderson Memorial Bursary Award presented to a deserving youth who has made a positive contribution to their community went to Brittany Jackson; The Isobel Carter Youth Award presented to a young volunteer who shows leadership and kindness of heart went to Michael Tang; The "Health Awareness Award" for dedication in promoting the health centre's mission went to student nurses from UOIT and Ryerson U which includes Brian Le Page, Stefanie Antony, Chris-Ann Biggs, Sharmeen Ahmed, Allison Gallagher and Emily Heath. The "Community Partner Award" for excellence in providing service to clients of Oshawa Community Health Centre went to Great West Life and finally, the "Volunteer of the Year" awarded for outstanding dedication in the health centre's programs was awarded to Paula Beebe and Dan Carter.



"As we continue to grow, our need for volunteers and community support also grows. The commitment of our volunteers and community supporters allow us to provide high quality free services and programs to the Oshawa community and we are very thankful for their outstanding support", states Jeff Dart, Health Worker and Volunteer Coordinator for the centre. "A World of Thanks" to all our dedicated volunteers.