

# 10 Your Wellness...Our Mission

Summer  
2010

## 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 5, 2010, the third 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’s 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.

In September 2010, the Hope Centre of Learning will be open again 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 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](mailto:help@ochc.ca) or visit [www.dayofhopeandleadership.com](http://www.dayofhopeandleadership.com)



## Events supporting Oshawa Community Health Centre

### Thursday, August 5

Oshawa Mayor's Golf  
Classic  
Oshawa Golf Club

### Saturday, September 18

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

### Monday, September 20

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

### Thursday, October 5

Day of Hope & Leadership  
Tosca Banquet Hall,  
Oshawa

Great West Life Curling  
Bonspeil  
Date To Be Announced

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

## Open for New Clients

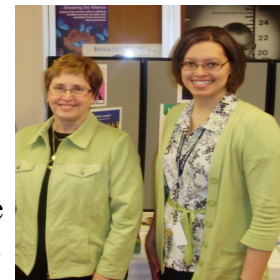
JUNE, 2010

Oshawa Community Health Centre is pleased to be able to open to new clients and intake will remain open for some time to come. The OCHC has a unique service offering as we provide for medical and counselling needs, diabetic education and support and offer a full array of community programs for clients. Our services are offered at no charge to the client and offer support throughout the life cycle – from prenatal to seniors' care. In order to apply for intake, please contact the front desk at 905-723-0036 and ask for an "Application for Clinical Services." Oshawa Community Health Centre has a wonderful team of professionals to serve our clients.

Our Support Team is made up of Heather, receptionist and Jill and Linda, full time medical secretaries and Nina and Debi, part time medical secretaries. This team welcomes clients, books appointments, deals with lots of paperwork and supports our clients in many ways.

Our Medical Team is made up of two physicians, Dr. Chitha and Dr. Oketch. Both of these physicians are very caring professionals with experience in delivering quality care to people of all ages. OCHC also has two caring nurse practitioners, Julia and Melonie, who also look after clients' medical need. Our medical team members also participate in outreach to G.L. Roberts High School, Y Wish and Food For Thought programs in Oshawa.

OCHC Counselling Team consists of two therapists, Danielle and Cheryl and one counsellor, Katerina. The team counsels children, families and couples in individual and group sessions. The Counselling Team offers many programs including Creative Circle (Post Trauma group), Worry Workshops (dealing with anxiety and worry), Body Beautiful (Self-image group for young girls) and many more.



OCHC has a Diabetes Education Team available by self-referral and medical referral. The Diabetes Team offers education in group and individual classes and one-on-one counselling with the Diabetes Education Nurse, Marlie and our dietitian, Debra. Jennifer is our diabetes education clerk and she is available to assist you with joining the diabetes programs and scheduling appointment for you.

Among our outreach locations, Shirley is the OCHC nurse providing service to clients at Cornerstone Community Association on Simcoe and John Sts. Shirley provides foot care to our clients at Cornerstone and at OCHC.

Come and visit us for a tour and to meet our Clinical Services Team! We look forward to meeting you!



# 7 Habits of Highly Happy People

**A steady flow of new research has managed to pin down what really makes people feel good.**



## **1. Focus on the present**

Rather than allowing ourselves to remain enslaved by our pasts or futures, we must learn to make the most of what is presently in front of us and all around us. A happier life is shaped experience by experience, moment by moment and not by single events.

## **2. Put happiness on the agenda**

Most of us operate at the speed of light, so it's easy to forget to check in with ourselves about our own happiness. The good news is you can grab the wheel and steer yourself in the right direction by building your personal roster of happiness-promoting actions (things science types call intentional activities).



## **3. Trust your neighbours**

It increases our well-being to believe that people in general are much more honest and trustworthy than we may currently think, says John Helliwell from the University of British Columbia, fear reduces our willingness to make social connections. We lose opportunities to connect.

## **4. Reframe and take stock**

When setbacks happen, happy people see them as temporary blips from which they will bounce back. Even if you're not predisposed to this glass-is-half-full outlook, you can train your brain to fight negative thoughts. Another happy-person way to cultivate optimism is to keep a gratitude journal. To get going, start by writing down three to five things that went well each day and why.

## **5. Make close friends a priority**

Recent research suggests that meaningful connections with close friends and family matter most on the happiness scale. A few close relationships are also more satisfying than a myriad of "how's the weather?" relationships or virtual friends.

## **6. Give to get**

You don't have to devote your life to working with the less fortunate in India (though that's very good, too) to feel good. Small gestures, like giving flowers or donating a couple of hours of your time to the local library, or at Oshawa Community Health Centre, can create what some call a "helper's high," a feel-good buzz that has lasting effects.

## **7. Tap into the power of "no"**

"We are generally too busy, trying to squeeze more and more activities into less and less time. Consequently, we fail to savour potential sources of happiness that may be all around us," says Ben-Shahar. To remedy the situation, he suggests turning down some opportunities, even when they may seem enticing. "We often say 'yes' to others, thereby saying 'no' to ourselves," says Ben-Shahar.

Original Article by Michele Sponagle  
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# Grassmere Garden of Health

## What is a Community Garden?

Community gardens involve residents sharing in the creation, maintenance and rewards of gardening. They provide food, recreation and therapeutic opportunities for a community. They can also promote environmental awareness and education.

Flowers grow in flower gardens, vegetables grow in vegetable gardens...people grow in community gardens.



## What are the benefits to the Grassmere Garden of Health?

Oshawa Community Health Centre's community garden will be unique in many ways:

- It will provide intergenerational gardening
- It will provide opportunities for local high school students to have hands on experience in their horticultural studies
  - It will provide physically and mentally challenged adults and seniors opportunity to work in the garden.
  - It will include heritage vegetables and plants

If you do **NOT** have access to land for gardening and want to experience gardening and all it's **rewards**,  
**YOU CAN!!**

Call Ana for more information at 905-723-0036 ext. 227



## Volunteer & Community Supporter Awards

On April 21st, 2010 Oshawa Community Health Centre had the opportunity to host a special appreciation BBQ for our Volunteers, Community Partners and Donors. The continued support from our volunteers and community partners is imperative in allowing OCHC to provide quality free services and programming with the Oshawa community. . This years recipients are as follows: Doris Anderson Memorial Award - Kayla Summer-Watson, Health Awareness Award - Rose of Durham, Community Partner Award - South Oshawa Community Centre, Isobel Carter Youth Award - Bradley Pollard, Denis Stokes Award - Amanda French, and the Volunteer of the Year - Lorrie Costello. *"You Lighten Our Load by Volunteering"*



Oshawa Community Health Centre would also like to extend our special thanks to our donors for their generous contributions to our free programs and services.

RBC Foundation  
CAW local 222 Social Justice Fund  
Green Sheild Canada Social Allocation Fund  
General Mills Canada, Champions for Healthy Kids Grant

For more information on volunteer opportunities please contact Jo Anne at [jbaker@ochc.ca](mailto:jbaker@ochc.ca).



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our mission"**