



## Winter 2019 Issue 14

### Main Site:

9401 Jane Street, Suite 206

Vaughan, Ontario L6A 4H7

Telephone: (905) 303-8490

### Hours of Operation:

Monday: 8:00am—8:00pm

Tuesday: 8:00am—8:00pm

Wednesday: 8:00am—8:00pm

Thursday: 8:00am—8:00pm

Friday: 8:00am—8:00pm

Saturday: 8:00am—3:00pm

Sunday: 9:00am—1:00pm

### Stay Connected:



[www.vaughanchc.com](http://www.vaughanchc.com)



[Vaughan.vchc](https://www.facebook.com/Vaughan.vchc)



[@Vaughan\\_chc](https://twitter.com/Vaughan_chc)

This document is available  
in an alternative format.

## VCHC's New Strategic Plan:

### *Vision:*

### A Healthier Community

### *Mission:*

“Together with our community, we address disparities in health outcomes, promote health and well-being by addressing the social determinants of health, and provide exceptional client-centered community health services”

### *Directions:*

- Facilitate positive impacts on health outcomes
- Ensure timely access to services and resources
- Ensure quality and efficiency

### *Values:*





### PACT Hours:

Our PACT reception office is located on the first floor of our Vaughan site. See hours below:

- Monday: 9:00am—8:00pm
- Tuesday: 9:00am—5:00pm
- Wednesday: 9:00am—8:00pm
- Thursday: 9:00am—8:00pm
- Friday: 9:00am—5:00pm
- Saturday: 9:00am—3:00pm
- Sunday: 9:00am—1:00pm



If you see either a VCHC Doctor or Nurse Practitioner and have a medical emergency before or after hours, please call 905-303-8490 to contact the physician on-call. This physician may not be your VCHC Doctor or Nurse Practitioner.

## People Accessing Care Teams (P.A.C.T)

### Update on PACT:

This summer the Vaughan Community Health Centre expanded its services by implementing a program called PACT (People Accessing Care Teams) . This program is offered at both sites Vaughan and our Keswick site; this program serves residents of Western and North York Region. PACT is an Inter-Professional Care Team that is leading the way to breaking down challenges for socially and medically complex clients/patients with no health benefits. It offers a variety of programs and services that are dedicated to addressing physical and mental well-being. The PACT program has already made an impact on hundreds of lives in York Region. To date we have served 1000 clients, these clients have been referred to by 250 local clinicians.



Allied health services can become quiet costly for individuals who do not have health coverage. We will continue to work towards serving as many Northern and Western York Region residents who are in need of physiotherapy, psychology, social work, chiropody, respiratory therapy, and social programming.

Vaughan Community Health Centre is working with ConnectingOntario to provide you with better health care.



ConnectingOntario is a province-wide information sharing system for clinicians to access personal health information on demand to ensure you may receive more accurate and effective treatments and care.



## VCHC Has a Second Location!



### Keswick Site:

716 The Queensway South

Telephone: (905) 303-8490

### Hours of Operation:

Monday: 8:30am—4:00pm

Tuesday: 8:30am—4:00pm

Wednesday: 8:30am—6:00pm

Thursday: 8:30am—5:30pm

Friday: 8:30am—4:00pm

Our PACT team in Keswick has only been operating for a few months and the positive impact on the community is evident! The team is working diligently to cover every corner of community needs as they work with various local agencies and the community to spread the word on our health initiatives. They have already made many valuable connections with the agencies serving Georgina; our Community Health Worker Adrienne Moureau has been collaborating with a few agencies to deliver health education programs. Her weekly Coffee & Chats group we have been able to deliver presentations that cover topics from self-care to writing your own will! She has also teamed up with one of the PACT dietitians to educate community members on maintaining a healthy diet without spending a lot of money.

We have had many great accomplishments in Keswick so far, however we are just getting started! We have served about 300 community members but this number is nowhere near the amount we want to serve. Northern York Region contains a large and diverse population, thus the health needs can be quite vast. We will be working towards identifying ways to collaborate with local partners in response to these needs. Two of the health concerns identified the high levels of tobacco usage and difficulties in finding sustainable employment which can complicate access to health care.



# How Did The VCHC Celebrate Movember?

The VCHC held a Men’s Forum to celebrate International Men’s Day and Movember. November 19th is International Men’s Day and the month celebrated for raising awareness on men’s health topics like prostate cancer and more recently focusing on mental health issue. Our Men’s Forum encompassed both events, from looking at how prostate cancer and diabetes affect men’s lives to presentations of the social determinates of health and social barriers many males face. The forum guests were also given in-depth discussions on these topics. Noor Din, CEO of Human Endeavor, presented illuminating information that uncovered the hard truth behind the immigrant and new-comer experience; although the focus remained on males the female guests were surprised to hear how starting life in a new country can deeply impact your health long-term.



The conversation continued when our in-house social worker spoke to the crowd about the various barriers males face when dealing with mental health issues. It was revealed that many males do not seek the help

they need out of fear of judgment from others. Participants were encouraged to speak more freely on their mental health struggles. At our satellite location in Keswick our Health Promoter and Community Health Worker paid honor to men's health by delivering a men's forum with Lakehead hospital's Cancer Care department at The Halsey Lodge Shelter. We as a community health center strive to make health care and health education as accessible as we can free of any stigma or prejudice.



We would love to hear your feedback and inform you of our programs and services, feel free to contact us at: [info@vaughanchc.com](mailto:info@vaughanchc.com)

## Upcoming in Winter 2019...

### FINANCIAL LITERACY FOR SENIORS

Explore values, feelings, and assumptions about money

Monday, January 14 – March 25, 2019

2:30pm-3:30pm

For more information Call 905-832-8585, ext. 142

