

# CKOHT Update

June 2023

## CKOHT Hosts In-Person Governance Retreat

On June 6, 2023 CKOHT hosted an in-person Governance Retreat session with attendance from existing and new signatory member organizations and their Chair of their Board of Directors, leadership from Ontario Health West and CKOHT staff. Anne Wojtak of Adaptive Strategy Partners was the session facilitator.

The objectives for the Governance Retreat were to:

- Connect, reflect, and celebrate our achievements together
- Consider the environment and policy implications for CKOHT governance
- Create a shared understanding of the current governance for CKOHT and opportunities
- Collectively identify our next steps for evolving our governance model and priorities/actions for the next 1-2 years

Lots of great discussions, reflections, and planning for the future occurred. Our next steps will be to confirm our priorities as we move forward towards growth and maturity of the OHT model.



## CKOHT Let's Talk Health, CK Survey is Open for Responses

CKOHT's annual Let's Talk Health, CK Survey is currently live and open for responses from the public until July 3rd. The purpose of the survey is to understand the public's priorities, barriers and opportunities for improvement to the CK health care system.

The Let's Talk Health, CK Survey is an annual CKOHT survey. In the first implementation conducted in 2021, data from the Let's Talk Health Survey was used to inform CKOHT's first Strategic Plan 2021-2024, as well as provide evidence to drive CKOHT projects and initiatives. In 2022, the survey results confirmed CKOHT was on track with previously defined strategic priorities. We look forward to another high survey response rate to inform the direction of local health care in CK.

The survey is available in English and French and paper copies have also been distributed in specific locations across CK.

### Let's Talk Health, CK!

Fill out a short survey about health.  
We want to hear from you!

**ENTER TO WIN A \$200 GIFT CARD!** 



1. Open your phone camera
2. Scan the QR code
3. Survey will open
4. Complete survey

To complete in French:



English survey:

<https://www.surveymonkey.com/r/QRQG5QY>

Survey en français:

<https://www.surveymonkey.com/r/T6KDDWP>

## Joint Meeting: CKOHT Patient and Family Advisory Council and CKHA Patient Experience Community Advisory Council



On June 28, the CKOHT Patient and Family Advisory Council and CKHA Patient Experience Community Advisory Council had an in-person meeting together to learn from one another, have great networking conversations and talk about the importance of the patient voice! We are so thankful to our patient advisors for all the work they do.



## Summer Weather is Here - Beat the Heat!

June 21 was the first official day of summer! However, as we know in southwestern Ontario, our summer days can get very hot. Chatham-Kent Public Health has set up Cool Locations across Chatham-Kent to help Beat the Heat. Cool Locations are air conditioned where you can sit, drink water and get cooled off. Libraries across Chatham-Kent are also a great place to stop in and cool off - plus you can access to technology, internet and books!

### BEAT THE HEAT



Looking to Beat the Heat? Cool locations are available across Chatham-Kent!  
Municipal offices are open to stop in, sit, drink water, and cool off.  
Office Hours: Monday - Friday / 8:30AM-4:30PM

BLenheim  
35 Talbot Street

CHATHAM  
435 Grand Ave W

DRESDEN  
485 George Steet

TILBURY  
17 Superior Street

RIDGETOWN  
45 Main Street E

WALLACEBURG  
786 Dufferin Ave

CK Public Libraries are also available for cooling off.  
Enjoy free internet or browse through books while you stay cool!



[CKPublicHealth.com/BeatTheHeat](https://CKPublicHealth.com/BeatTheHeat)



## CK Hospice Now Offering Care Coordination

At Hospice, we understand that living with a life-threatening illness, or providing care for a loved one as they near end of life, is very difficult. We are here to help patients and families navigate the healthcare system and help them get the care they need from the time of diagnosis and through their illness.

Amber Jarrold recently joined our Hospice team in the new role of Hospice Navigator. Amber has been a nurse (RN) for the past 10 years and spent the last 2 years as a palliative nurse.

She will help answer questions like:

- What a patient's needs are now and what they might be in the future;
- What care supports are available in the community;
- How to connect with anticipatory grief support;
- Hospice care - what is provided, how to access it, when to access it.

Amber can be reached at 519-354-3113 ext. 2101 or at

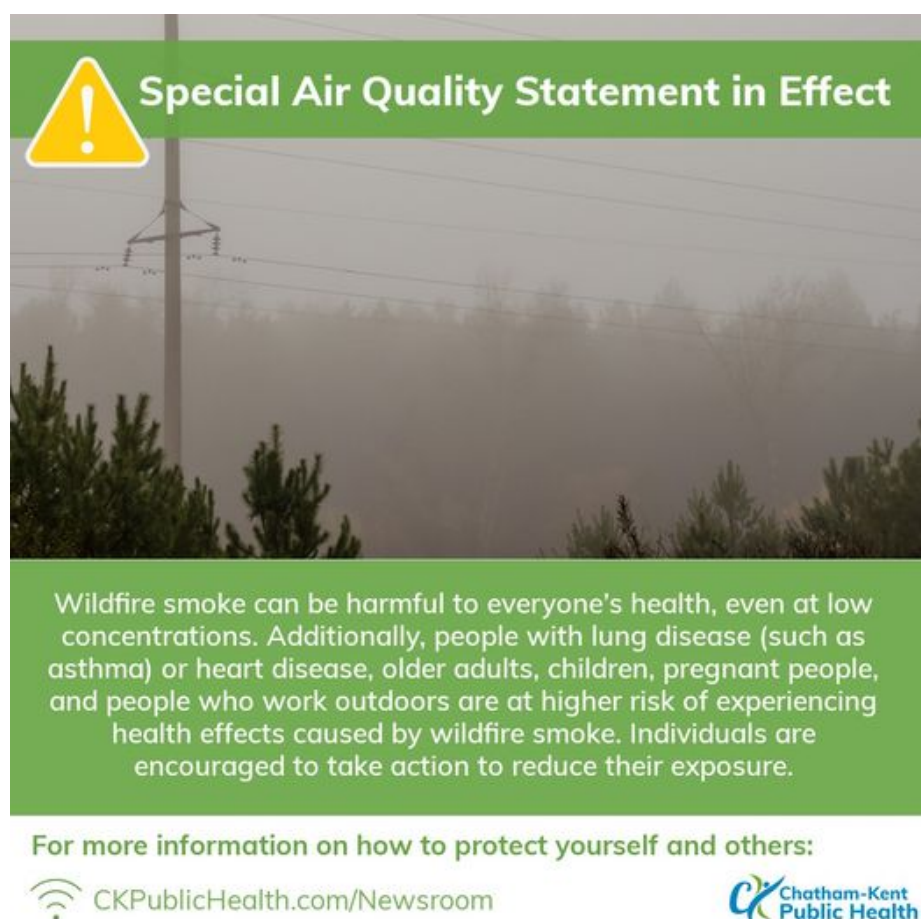
[ajarrold@chathamkenthospice.com](mailto:ajarrold@chathamkenthospice.com)





## Clearing the Air on Wildfire Smoke

With Environment Canada issuing a Special Air Quality Statement for our region due to smoke from wildfires across the country, CK Public Health reminds residents that wildfire smoke can be harmful to everyone's health, even at low concentrations.



Additionally, people with lung disease (such as asthma) or heart disease, older adults, children, pregnant people, and people who work outdoors are at higher risk of experiencing health effects caused by wildfire smoke. If you experience any feelings of stress, anxiety, or depression, contact your mental health care provider for advice or visit <https://www.wellnesstogether.ca/en-CA>

Visit [www.airhealth.ca](http://www.airhealth.ca) for information on how to further reduce your health risk and your personal contribution to pollution levels, as well as for current and forecast AQHI values.

Please continue to monitor alerts and forecasts issued by Environment Canada.

## Co-Op Students Wrap Up a Fulsome Experience at CKHA

“Phenomenal, educational, interesting, supportive, beneficial, welcoming, empowering,” these are just a few words shared by 12 high school co-op students when asked to describe their experience at CKHA.

CKHA has provided a fulsome co-op program that has allowed these students to explore a variety of career options in healthcare. Students have been placed in the Emergency Department, Inpatient Surgery, Ambulatory Care, Complex Continuing Care, Food and Nutrition Services, Communications, Occupational Health and Wellness, Withdrawal Management and Diagnostic Imaging. They have connected with patients by bringing them warm blankets or by visiting with them; they have made poster boards, stocked supplies and shadowed different procedures. CKHA's departments pair the students with a 'buddy' and they have had a variety of opportunities to travel to different units. A well-rounded experience has been provided of how each department and role plays a critical piece in the patient experience.

CKHA's co-op students shared that this opportunity has been useful in exploring career options and it has provided a different outlook on healthcare. The networking, kindness and learning has given them confidence in their career path. The co-op program has given an understanding of how fast paced and challenging the environment can be, and students have gained respect for the roles everyone plays. When asked what they would say to a high school student thinking of doing a co-op placement at the hospital, they said “Just do it, it's a great opportunity to learn from a welcoming and supportive environment and group of healthcare workers.”



## The CK Age Friendly Committee is Recruiting!

Do you believe that addressing the needs of Chatham-Kent seniors should be a community priority?

Would you like to donate your time, opinions and ideas in order to make that happen?

Consider joining the Age Friendly Committee!

Learn more and apply today: [www.CKPublicHealth.com/AgeFriendlyCK](http://www.CKPublicHealth.com/AgeFriendlyCK)



**Join the Age Friendly Committee**

Do you believe that addressing the needs of seniors in Chatham-Kent should be a priority?

Would you like to contribute your time, interest and ideas to making that happen?

**Apply Today!**

 [CKPublicHealth.com/AgeFriendlyCK](http://CKPublicHealth.com/AgeFriendlyCK)

 Chatham-Kent  
Public Health



# Chatham-Kent Addictions Awareness Conference

## Addiction and Antagonism: Accounting for Narcissism in the Treatment of Addiction

November 16, 2023  
9am-4:30pm

(doors open at 8:30am)

Everest Convention Centre  
(formerly Club Lentina's)  
250 National Road  
Chatham, ON

Early Bird Registration  
before September 1st  
\$165 per person  
+ Eventbrite fees

After September 1st  
\$195 per person  
+ Eventbrite fees

(cost includes Breakfast and Lunch)

To register, please visit:

<https://www.eventbrite.ca/e/chatham-kent-addictions-awareness-conference-tickets-663158072647?aff=oddtcreator>

For more information please  
contact Beth at  
519-397-5455 x. 113  
or email [registration@ckchc.ca](mailto:registration@ckchc.ca)

\*registration closes  
November 8, 2023\*

Please note that refunds will not be given  
after October 31, 2023, any refunds prior to  
will be reviewed on a case by case basis and  
may be subject to administrative fees.

## Dr. Ramani Durvasula

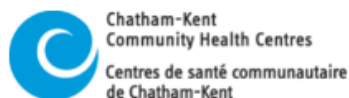
Dr. Ramani Durvasula is a licensed clinical psychologist in Los Angeles, CA, Professor Emerita of Psychology at California State University, Los Angeles, and the Founder and CEO of LUNA Education, Training & Consulting. She is an author of several books including Should I Stay or Should I Go: Surviving A Relationship with a Narcissist, and "Don't You Know Who I Am?": How to Stay Sane in an Era of Narcissism, Entitlement, and Incivility. The focus of her work is the impact of narcissism and high-conflict, entitled, antagonistic personality styles on human relationships, mental health, and society at large. She is the host of the highly rated podcast, Navigating Narcissism with Dr. Ramani, a show that focuses on narcissism and its impact on relationships. You can also find her on YouTube where she has accumulated millions of views on her videos discussing narcissism on her successful channel, and on social media [@DoctorRamani](https://www.instagram.com/DoctorRamani).



### Topics include:

- How to account for antagonistic personality styles when working with clients who are experiencing addiction
- An overview of antagonistic personality styles and best practices for working with these personality styles
- The impact of antagonistic personality styles and addiction on close relationships and family
- Using our knowledge of antagonistic personality styles to provide clinician support in order to alleviate clinician burnout and inform realistic treatment expectations

*Opening Ceremonies by the  
Sunset Drum Team*



CACCF has approved 6  
hours for CEU





# *Société Alzheimer Society*

CHATHAM - KENT



## **First Link Learning Series<sup>®</sup>**

### **Options For Care :**

**For Family Members & Friends  
of Individuals with Dementia**

**Education will be on-line utilizing the Zoom Platform**

**Tuesdays:  
10:00am - 11:00am**

- July 4<sup>th</sup> :** Where to turn when care needs are increasing
- July 11<sup>th</sup> :** Long Term Care – how the system works
- July 18<sup>th</sup> :** Coping with change – how to make the transition

**To register or for more information email Tara Seney at  
[tseney@alzheimarchathamkent.ca](mailto:tseney@alzheimarchathamkent.ca)**



# FREE **VIRTUAL** EDUCATIONAL WORKSHOPS

Windsor Essex Community Health Centre  
Centre de santé communautaire de Windsor Essex

**weCHC**  
Healthcare for You  
Des soins de santé pour vous

Do you live with a Chronic Health Condition  
or are a Caregiver for someone who does?

**JOIN US** online and learn how to take control  
of you and your health!!

  
**Master Your Health**  
Take Charge. Live Well.

## Chronic Conditions

- Helpful communication with healthcare providers
- Positive thinking, guided imagery & relaxation techniques
- Action planning, problem solving & goal setting

## Chronic Pain

- Techniques to deal with stress, pain, depression & improve sleep
- Fatigue management, pain medications & treatments
- Light exercises to improve strength & flexibility

## Diabetes

- Blood sugar management & complication prevention
- Healthy eating, light exercise & dealing with difficult emotions
- Confidence and skills with medical management

Powerful Tools  
**FOR** Caregivers

## Learn About

- Reducing caregiver stress
- Better communication of feelings
- Improve the ability to make tough decisions
- Taking care of yourself

 **Healthy Feet**  
www.DHFY.ca

## Learn About

- Essential foot care with diabetes
- Prevention of foot complications
- Proper diabetic foot care practices
- How to enjoy an active lifestyle

## Contact Us

Toll Free: 1-855-259-3605

[www.wechc.org](http://www.wechc.org)

**See next page for Workshop dates, times and registration**

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**weCHC**  
Healthcare for You  
Des soins de santé pour vous

## SUMMER 2023 Virtual Workshop Schedule

Master Your Health Chronic Conditions	Wednesdays July 12—August 16, 2023	1:30pm—4:00pm	<a href="https://myhcc_july12.eventbrite.ca">https://myhcc_july12.eventbrite.ca</a>
Master Your Health Diabetes	Thursdays August 3—Sept 7, 2023	1:30pm—4:00pm	<a href="https://myhdiab_aug3.eventbrite.ca/">https://myhdiab_aug3.eventbrite.ca/</a>
Powerful Tools for Caregivers	Fridays August 18—Sept 22, 2023	9:30am—11:00am	<a href="https://ptc_aug18.eventbrite.ca">https://ptc_aug18.eventbrite.ca</a>
Diabetes, Healthy Feet & You	Thursday September 14, 2023	1:30pm—4:00pm	<a href="https://dhfy_sept14.eventbrite.ca">https://dhfy_sept14.eventbrite.ca</a>

### *Registration is required*



Access using any  
computer, tablet or  
smartphone!

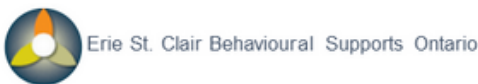
Workshops take place online using the ZOOM platform. Link will be sent only to registered attendees prior to the workshop.



## CKOHT Signatory Members:



Société Alzheimer Society  
CHATHAM - KENT



## CKOHT Virtual Lunch & Learn Fridays

Each month on the third Friday from 12-1pm, CKOHT will host a 1 hour monthly Lunch & Learn which will include 1-2 spotlight presentations of a particular local project or initiative. There is ample time left after the presentation for participants to ask questions and join a dialogue.

This is to better connect all our CKOHT partners and to increase awareness of our partnership.

**Date & Time: Friday July 21: 12 - 1pm**

**TOPIC: ConnectMyHealth Patient Portal**

If you have not received a calendar invitation and would like to attend please email: [Paige.Delanghe@ckoht.ca](mailto:Paige.Delanghe@ckoht.ca)



# LUNCH & LEARN



Questions? Contact Tiffany Gartner-Duff, Interim Executive Transformation Lead, CKOHT [Tiffany.Gartner-Duff@ckoht.ca](mailto:Tiffany.Gartner-Duff@ckoht.ca)  
Website: [www.CKOHT.ca](http://www.CKOHT.ca)



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