



## NATIONAL DAY OF TRUTH & RECONCILIATION

September 30th marked Canada's National Day for Truth and Reconciliation (NDTR) and Orange Shirt Day. This day honours survivors of residential schools, their families and communities, as well as the children who never returned home. NDTR was established by the federal government to ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process. Similarly, Orange Shirt Day is an Indigenous-led commemoration to raise awareness of the impacts of residential schools and to promote the concept of "Every Child Matters."



Canada

The Truth and Reconciliation Commission ran from 2008 to 2015 and provided those directly and indirectly affected by the legacy of the residential schools with an opportunity to share their stories and experiences. The Commission released a report detailing 94 calls to action, including 7 specifically related to health care. Click here to view the progress to date on these calls to action.

GW OHT stands with our partners in calling for our health care system and decision-makers to heed the recommendations of the Truth and Reconciliation Commission (TRC) to support Indigenous communities' calls to action on reconciliation, and particularly those in support of Indigenous mental health, healing, and well-being. Please see the information below regarding a 'Truth & Reconciliation Learning Series' being offered to support GW OHT organizations on a path to reconciliation.

The GW OHT is honored to invite you to a two-part 'Truth & Reconciliation Learning Series' with Michael Etherington, Indigenous Relations Consultant  
**Tuesday, November 7, 1:00-4:00 and Tuesday, November 28, 9:00-1:00**  
**Target Audience:** Health System Leaders (all levels) and Governors  
Click here to register!

## ARE YOU SUPPORTING SOMEONE WITH AN ACQUIRED BRAIN INJURY?

Join us for 8 weekly virtual meetings from the comfort of your home.

Led by Leah Swann, RSW, MSW (Supervised by Dr. Jett, C. Psych)

This is a **FREE** virtual support group for family members and caregivers of survivors of a brain injury.

### Topics Discussed:

- Taking care of yourself
- Changing family roles
- Managing stress and emotions
- Effective communication skills
- Local ABI resources

### Registration deadline:

October 12th, 2023

**Please email:** [abiref@travind.ca](mailto:abiref@travind.ca) or call: 226-444-3935



Please share this newsletter and engagement opportunities broadly

Any questions or comments, please contact:

Emmi Perkins, GW OHT Director of Transformation - [askus@guelphwellingtonoht.com](mailto:askus@guelphwellingtonoht.com)



## HEALTH EQUITY QUESTIONNAIRE (HEQ)

In support of GW OHT's Strategic Priority of 'Improved Health Equity', specifically the goal, "We will have data to better understand the health and social needs of our communities", the Health Equity Questionnaire (HEQ) is a tool that asks key questions about the social determinants of health (SDOH).

The SDOH are factors like gender, language, income, education, and living conditions that can affect a patient's health and well-being. Having a standardized way to document SDOH helps clinicians understand the unique challenges patients might face and allows for better, more personalized care that addresses these factors.

Electronic Medical Records (EMRs) don't have a standardized way to document SDOH so the questionnaire was created to fill this gap. Health equity is when all patients are able to be as healthy as possible, regardless of their background or circumstances. [Click here](#) to learn more.

If you have any questions or need support, please contact **Katelyn Young, Equity and Engagement Coordinator** at [katelyn.young@guelphwellingtonoht](mailto:katelyn.young@guelphwellingtonoht)

## GUELPH WELLINGTON OHT PARTNERS HAVE LAUNCHED A NEW PATIENT PORTAL, NAMED CONNECTMYHEALTH

ConnectMyHealth is a digital health solution that provides patients with an online, single access point to view their health records from participating hospitals in southwestern Ontario. Locally this includes Guelph General Hospital, North Wellington Health Care, and Groves Memorial Community Hospital. ConnectMyHealth is available on desktop and mobile devices and is free.

Individuals 16 years of age or older with health records at hospitals in [Ontario Health's West Region](#) can register for a ConnectMyHealth account.

To learn more about ConnectMyHealth, see what health information is available from your hospital records and how to register, visit <https://info.connectmyhealth.ca>.

Registration for ConnectMyHealth accounts is done online.



### Do you want to know more about ConnectMyHealth or the Health Equity Questionnaire?

GW OHT is hosting a webinar to share more about these digital health solutions.

#### Register in advance for this meeting:

[https://guelphfht.zoom.us/meeting/register/tZcpce2upz0qH9KQofpa5y\\_drQJc3FG4NJ9Q](https://guelphfht.zoom.us/meeting/register/tZcpce2upz0qH9KQofpa5y_drQJc3FG4NJ9Q)

After registering, you will receive a confirmation email containing information about joining the meeting.

### HOMEWOOD HEALTH CENTRE ON E-REFERRAL

**Homewood Health Centre is now accepting referrals electronically through Ocean. Benefits Include:**

- Ministry funded - No cost to physicians as part of the Ontario eServices Program
- Integration with your EMR allows you to send referrals quickly and receive updates within your EMR
- Quick and easy set-up provided by a local team including hands-on training
- Discover services and programs to refer to (including Home and Community Care) using the map-based directory, complete with wait times where available
- Easy and secure in-solution communication reduces administrative tasks, such as the need to make follow-up calls.

**Patients are included: they can confirm appointments online and choose to receive email notifications, which include referral status and appointment details. Simply click "refer" on the Ocean toolbar from your PS Suite EMR in the patient chart. Type in "HomeWood". Click this to open the listing for the "send eReferral" button to appear and select this to begin the eReferral.**

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**FOOD INSECURITY AND SOCIAL DETERMINANTS OF HEALTH**

**HOW IS CENTRE WELLINGTON WORKING TO IMPROVE FOOD SECURITY IN THEIR COMMUNITY?**

**CW Mobile Market Food Rescue Picnic**

The Centre Wellington Mobile Market Food Rescue Picnic helps support the CW Mobile Market's growth and raise awareness of food security, sustainability and literacy.

**The Odd Bunch**

The Odd Bunch is an affordable, nutritious food box program with home delivery. Nearly 60% of all food produced is wasted. Odd Bunch was created as a response to food waste in Canada.

**For free and low-cost food support, download:**  
2023 Wellington County Food Access Guide  
2023 Community Meals in Centre Wellington



**MOUNT FOREST COMMUNITY GARDEN: FIGHTING FOOD INSECURITY & CREATING COMMUNITY BONDS**

The Mount Forest Community Garden is a space for residents of Wellington North to grow food, learn, and connect through gardening. The garden consists of three community Growing Plots benefiting the Mount Forest Community Pantry, Arthur Food Bank and Raw Carrot Soup Enterprise. There were 38 individual gardeners/families involved in the project, including several new Canadians.

**TOWN OF MINTO GARDEN PROJECT**

***“Participants asked me to convey their appreciation and gratitude for this program. They shared with me that they can prepare and cook their traditional meals. The products also help them financially as vegetables are very expensive. The garden is not only a source of food for them, but also a source of joy and sense of belonging. Children love to visit the garden. Some children told me that going to the garden to pick up the products is an enjoyable trip that they look forward to daily, they socialize with other children from the neighborhood, enjoy nature, and learn farming skills.”***

-Ekram Al Momani, Settlement Worker Social Services Dept. Wellington County

**HOME CARE MODERNIZATION & INTEGRATION**

Recently, the Ministry of Health provided an update on the government’s Home and Community Care Modernization plan. Key Messages from this update include:

1. The 14 HCCSS organizations will be combined into a single Shared Services Organization (SSO). The SSO will provide:
  - home care services until OHTs assume home care delivery
  - long term care home placement
  - shared services/centralized supports to OHTs including:
    - employment of Care Coordinators who will work in the OHTs models
    - centralized procurement, contracts and performance management supports

2. New models of care will be advanced within OHTs including Leading Practices to advance the integration of home care delivery in OHTs and the modernization of home care delivery across the province. GW OHT continues to advance its IPCT model as one of 7 Leading Practices and are looking forward to having integrated Care Coordinators and Service Provider Organization (SPO) in-home providers as integrated, dedicated members of 6 IPCT sites in early 2024.

GW OHT thanks all partners for their patience and dedication to our IPCT vision during this time of uncertainty and transformation. We acknowledge the work of front-line providers, who are the driving force of integrated patient care- THANK-YOU!

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