



Newsletter published by the Point St. Charles Community Clinic

Vol 10, No 1, March 2010

**At 40 it's time!
the Clinic is getting a check-up**



SPECIAL GENERAL ASSEMBLY

Thursday, March 18th 2010 at 7 pm



<http://ccpsc.qc.ca>

In this issue: The latest news of the Clinic, Special GENERAL ASSEMBLY to change the by-laws of the Clinic, Food security in the neighbourhood, *Meals on Foot* is coming to the Point!, "I'm going to get my diploma" Contest, Your Community Clinic needs a hand!

A word from the president,

The latest news of the community clinic



Dear members of the community,

Winter is coming to an end and flowers will soon be blooming, as will our community clinic!

I am left with a bittersweet taste in my mouth as I announce the passing of the Presidential torch of the Board of directors from Ms. Paula Bush to Ms. Isabelle Marcotte. Ms. Bush resigned for personal reasons and ONLY because she has total confidence, as I do, in the new Board of Directors and in the General Coordinator, Luc Leblanc.

✍ Finally, the success of achieving such a high performance percentage with the accreditation process (quality of services, etc.), is a tribute to ALL of the Clinic's staff.

While maintaining its individuality, the Clinic has also managed to achieve some professional success, now being recognized by health authorities (CSSS,



Photo et graphisme : Bernard Vallée

Paula Bush proved herself fully by working through one of the hardest periods in the Clinic's history. I had the pleasure of working with Paula for the past 2 ½ years on the Clinic's Board of directors. I plan to be, as interim president, as open to the staff, the board, and the community as was Ms. Bush.

As I previously mentioned, the Clinic is beginning to see the light at the end of the tunnel. As a result there is some good news to share:

✍ There is indeed a foreseeable end point to the renovation at the Clinic on Centre Street and it will hopefully be open to users by late Spring;

✍ Following a request made to the City, the Clinic has also received two handicap parking spaces/one outside each clinic site (Ash & Center);

l'Agence de la santé et des services sociaux, and the Health Ministry). This means that the Clinic will be in a better position to provide more of its services and to improve accessibility for the citizens of Point. St-Charles.

The old saying where it is said that there 's a calm after the storm seems to apply. All in all, good signs for a bright future for our Community Clinic for at least another 40 years!

Yours in solidarity,

Isabelle Marcotte,

Interim president of the Board of Administrators

Photo at top of cover page: In April 2009 the Point. St-Charles Community Clinic received its official certificate of accreditation decreed by the *Conseil Québécois d'Agrement* for the quality of its services.
Info-Clinic vol 10, no 1: Layout: Geneviève Lambert-Pilotte

You're invited ! A Special General Assembly We're changing the by-laws of the Clinic

Geneviève Lambert-Pilotte, in charge of communication

The what?

As a non-profit health and social services organization, the Point-St. Charles Community Clinic has legal rules — ways of making decisions and working — these are called the by-laws.

Why change them ?

The Quebec law about non-profit companies such as the Clinic has changed over the last couple of years and we have to change our own rules or by-laws. The last time we did this was in 1985.

What kind of changes?

Some questions to be talked about at the meeting :

- Who should be members of the Clinic ?
- What are the responsibilities and rights of a Board member ?

Your Clinic

As you may know, the Clinic's orientations and activities are decided upon democratically by the citizens in the neighbourhood . This helps ensure that the Clinic meets the health and social service needs of the population.

At the heart of the Clinic's philosophy for over 40 years has been one fundamental idea — that health care is a basic collective right best decided upon

by the people in the neighbourhood. And this will not change.

So you're invited, as a citizen of the Point, to come and give your opinion and to exercise your right to vote in your democratically-run health and social services organization at this special general assembly.



P.S. A very special thanks to Lise Ferland, the coordinator of the Community Legal Services of Pointe-St-Charles and Little-Burgundy, and the employees of the Clinic. They have worked very hard to make sure that the changes proposed will be presented in a clear and understandable way.

P.P.S. As an added attraction, the community organizing team at the Clinic will spice up the evening with a little theatre.

So here's to our health !

... and looking forward to seeing you on the 18th.

Special general assembly
When? March 18th 2010 from 7 to 9 pm
Where? Lorne Centre, 2390 Ryde street

Snacks, daycare, transportation
and simultaneous translation all available
Call us at the Clinic at 514-937-9251
to reserve for transportation and/or daycare

Visit our web site: <http://ccpsc.qc.ca>

Ending hunger :

Food security in our neighbourhood

The citizens and community organizations of Pointe-Saint-Charles are working hard to improve food security in the neighbourhood.

Here's an overview of what's being done at the present time.



First of all, let's define **food insecurity**: "There is food insecurity when we lack food; when we are afraid we will lack food; when we are limited in our choice of foods and these limits affect the nutritional value of our diet." The main cause of food insecurity is poverty. Less money means less food and food of lesser quality. When money is scarce, the little there is often goes to paying rent and basic household expenses, that is, expenses that cannot be reduced. So, to make ends meet, the grocery bill is cut. Other factors also contribute to food insecurity; for example, social isolation, reduced mobility and the absence of grocery stores nearby.

To put an end to food insecurity, we must act collectively. What actions have been taken in our community?

In the fall of 2008, Action Watchdog (Action-Gardien in french), the Point. St-Charles community roundtable, set up a food security committee after ACSA (Concerted Action for Food Security) was dissolved. Two studies have been done since then: one on access to fruit and vegetables in the neighbourhood and the other on public transit. Reliable public transit is crucial to ensuring accessibility to food stores and services, and therefore to food security in the Point. This applies especially to a neighbourhood like the Point, which has few grocery stores. In fact, there is only one supermarket (IGA) but 19 corner stores! The neighbourhood's southeast area, moreover, was described in a DSP study as a food 'desert'. This means that the population living there doesn't have access to an adequate supply of fresh fruit and vegetables within walking distance. These studies will soon be available on Action Watchdog's website: www.actiongardien.org.

At this time, Action Watchdog is conducting a survey on food with Pointe-Saint-Charles residents. The aim of the

study is to learn about citizens' habits and needs regarding grocery stores and public transit. The results will lead to finding solutions, in keeping with local citizens' concerns, to improve access to quality, affordable food in Point. St-Charles.

The survey is available on Action Watchdog's website. It will also be distributed throughout the neighbourhood by several organizations. If you want more information or you want to fill out the survey form, please call Patricia Turcotte, project leader for food security at Action Watchdog, at 514 509-0795.

Resources:

Food bank services: Saint-Columba House (514 932-6202), Maison du partage d'Youville (514 935-9846), Mission of the Great Shepherd (514 933-9608), Share the Warmth (514 933-5599), and the parishes of St-Charles (514 932-5335) and Saint-Gabriel (514 937-3597).

Free dinners: Share the Warmth, the Mission of the Great Shepherd, Grace Church (514 937-0160), Saint-Columba House and the Pointe Saint-Charles YMCA (514 935-4711).

Community gardens: Saint-Columba House and the Club Populaire des consommateurs (514 932-5088). The Club populaire also provides collective kitchen and food cooperative services, and it holds a fruit and vegetable market once a month.

Together we can improve access to a healthy diet in our neighbourhood!

Sarah Guibord-Jackson, Trainee with the Community Planning and Development Team of the Clinic



Meals on Foot is coming to the Point!

Sylvie Auclair, the Home Care team coordinator at the Point St. Charles Community Clinic, answered our questions about this new service being offered in the neighbourhood.

What is Meals on Foot?

Meals on Foot, or Take-Out program for Shut-ins, is a new pilot program introduced by Saint Columba House in collaboration with the Point St. Charles Community Clinic. This is a hot meal home delivery service for a very reasonable price (\$1.75 a meal). It is also a green program since the containers in which the food is carried are washed, sterilized and reused. What's more, volunteers deliver the food on foot or bicycle instead of by car. That's why the program is called Meals on Foot instead of Meals on Wheels!

What are the program's goals?

Through this program, we would like to use food as a vehicle to create trust and build bridges between individuals and generations. More precisely:

- Help shut-ins receive hot, nutritious and healthy meals;
- Provide isolated people with contact with a caring volunteer;
- Deliver meals to individuals at home who are unable or unmotivated to purchase or prepare their own meals.



Who can have access to this program of meal home delivery?

The service is directed at people in the community of Pointe-Saint-Charles with reduced mobility and who are in need (e.g., with physical limitations due to aging or other health problems that make it difficult for them to prepare meals). People who want to receive the service must be referred by a member of the Home Care team at the Point St. Charles Community Clinic.

How is the program coming along?

The program is starting small. We have three volunteers who can make deliveries to about a dozen people. In June we will evaluate the program to see if it can be continued.

Who should we contact for more information or if we want to lend a hand?

We're looking for volunteers to help us set up the program and also to deliver the meals on foot, bicycle or by car. Please call Leslie Harris at Saint Columba House at 514-932-6201, extension 223, or Nancy Bell, from the Home Care team at the Point St. Charles Community Clinic, at 514-937-9251, extension 6268.

"I'M GOING TO GET MY DIPLOMA" CONTEST

This new project is the brainchild of workers at the Community Clinic and is designed to recognize and promote the efforts of neighbourhood women who go back to school. We believe that having a diploma certainly helps in finding a job and improving neighbourhood families' quality of life.

The "I'm going to get my diploma" Contest is directed at pregnant young women or women with a child aged five or under who are currently enrolled in a high school level study program or the equivalent (secondary school vocational diploma or certificate of studies) and who live in Pointe-Saint-Charles. In May 2010, the contest will end with a party to celebrate the participants' efforts and successes. Certificates, money prizes and other items will be awarded.

Want to register? Ask your worker at the Clinic or go to the reception desk at the Point St. Charles Community Clinic, 500 Ash Avenue. For further details, visit our website: <http://ccpsc.qc.ca>



Registration is from March 1 to May 15, 2010.

Your Community Clinic needs a hand !

The *Pointe-Saint-Charles Community Clinic, a community-controlled health and social services non-profit organization, is looking for citizens to participate on two committees:*

Citizens' relations committee (CRC)

- ✍ Ensures that the users of the Clinic are aware of their individual and collective rights to health services, makes sure that they have access to these services and assists users if there are problems.
- ✍ Encourages citizens to participate in the activities of the Clinic (for example, working to make sure the Clinic's activities and practices are "green" that is, good for the environment.

Committee for the right to good health care:

- ✍ Brings citizens together to fight for, and maintain the right to, a universal, publicly-funded, and accessible health care system.
- ✍ Works against the growing privatization of health care.
- ✍ Brings citizens together to talk about these questions and to come up with an action plan to make sure that we all have access to quality care at the Clinic and throughout the entire health care system.

Interested in helping yourself and your fellow citizens ?

Give John Bradley a call (He's the new community organizer at the Clinic)

514-937-9251 (local 6279) or e-mail at: john.bradley.psych@ssss.gouv.qc.ca