

# Township of Southgate Council Presentation

## South East Grey Community Health Centre

**Our Vision:** *Healthy People, Vibrant Communities*

**Our Mission:** *To Help People and Communities Achieve Health  
and Well Being*

July 5, 2023

# Delegation Objectives

- Provide information to Mayor and Council on what the South East Grey CHC does, how it operates and the benefits it brings to the community
- Provide an update on programs being funded by the Township
- Express our appreciation for the ongoing support being provided

# Executive Summary

- We are an interdisciplinary healthcare and community development organization operating from four locations; Chatsworth, Markdale, and Dundalk (2).
- Our health professionals act as the first contact and principal point of continuing care for patients within the healthcare system in conjunction with the hospital which provides emergency and secondary care (specialists, surgery etc.). We coordinate other specialist care that the patient may need. Our health professionals team includes MD's, NP's, Dietitians, Social Workers, Physiotherapists, and Chiropracist. We also have a small group of health professionals who develop strategies and programs designed to keep people healthy and involved.
- Our operations are underpinned by a small and extremely capable team of dedicated medical administration and nursing professionals
- Our focus is on community health and wellbeing. We focus on the social determinants of health (i.e. food insecurity, social exclusion, social safety network to name just a few), and we are community governed – like a hospital.
- We fall under the supervision of Ontario Health West.
- We support our community by providing primary care (Physicians and Nurse Practitioners) to over 7500 rostered clients in our catchment area.
- We focus on providing care and services to vulnerable community members such as seniors, youth, clients with mental health and addiction challenges and new parents and babies.
- CHC provides community members with services such as social work, physiotherapy, nutrition and footcare – care that is delivered close to home
- Established in October 2011 we are into our 12<sup>th</sup> year of operation.
- Our team consists over 50 employees making us a significant employer in the region
- In 2022/23 we provided 52,071 patient visits to 12,286 patients.

# Executive Summary (cont'd)

- In Southgate we operate in two locations:

## *The Erskine*

- Joint venture agreement with Presbyterian Church and the Township of Southgate (CHC is lessee on a rent free basis, Township provides funding for utilities and is not party to the lease)
- 1 SW, RD – operating 2 days per week
- Programs offered 5 days per week

## *The Clinic*

- Currently in rented space in the Lions Club building
- 1 MD, 3 NP's – operating 4 days a week
- An application for capital to build a new location on former railway lands in Dundalk is currently in process- ***thank you to the Township of Southgate for strong support and advocacy for this project***

- We receive annual funding from the Ministry of Health through Ontario Health West- \$5 million in 2020/21. **Funding for programs is not provided by the Ministry.**
- We design and deliver programs to support Seniors, Anabaptist Community, and Youth as well as the public at large. Our programs also help improve and maintain mental health
- We also partner either through programs or the use of our spaces with outside organizations such as JunCtian Community Initiatives, Upper Grand District School Board, Paramed, South East Grey Support Services- New Directions, YMCA Settlement Services, YMCA Employment Services, CMHA, and Oshare to name just a few.

# Executive Summary (cont'd)

- The 2016 Census shows that there are ~7,350 Southgate residents of which 2,665 are 60 years of age or older ~ 36.2% of the population of Southgate is over the age of 60 versus Ontario average of 19%.
- The medical needs and program requirements of each age group differ and become more complex as residents age.
- According to the World Health Organization, social isolation can put seniors at greater risk of death than factors such as obesity, physical inactivity and smoking.
- Demographics of our catchment area result in programs playing a very important role with community health and mitigating social isolation. Between April 2022 to March 2023, our programs have been utilized by 18,748 participants through 1,633 sessions.
- The need and demand for program related support is growing due to an aging population and the ongoing impact of the pandemic on the population's mental health.
- Programs assist with overall feelings of wellness through physical activity, social interaction, nutrition, creating a sense of being welcome and feelings of belonging and being cared for.
- Funding for programs is currently being provided by:
  - Grey Highlands \$50,000
  - Southgate \$25,000
  - Melancthon \$5,000

***Thank you for your support!!***

# Executive Summary (cont'd)

We provide a wide array of programs

Participants do not need to be a client of the CHC

All community members are welcome!

| Group Name  | No of Sessions | Total Participants |
|---|----------------|--------------------|
| 2SLGBTQ+ Connection 2022-2023                             | 10             | 36                 |
| Adult only skates with the Municipality of Grey Highlands | 42             | 188                |
| Backpack Program 2022                                     | 6              | 28                 |
| Beginner 4 week yoga session - March/April 2023           | 2              | 16                 |
| Check In & Chat 2022                                      | 19             | 49                 |
| Community Cafe - Dundalk April 2022                       | 47             | 539                |
| Community Closet Fall 2022                                | 2              | 18                 |
| Community Garden Dundalk Park 2022                        | 2              | 10                 |
| Community Garden Markdale 2022                            | 2              | 16                 |
| Community Walk Dundalk Dec 2022                           | 1              | 2                  |
| Community Walk Markdale December 2022                     | 1              | 21                 |
| Cornhole afterschool program Oct 2022                     | 3              | 49                 |
| Creativity and Wellness                                   | 1              | 5                  |
| Family and Friends Holiday Fun                            | 1              | 90                 |
| Free Fresh Produce  | 32             | 786                |
| Free Fresh Produce Markdale 2022-2023 Sept - Mar          | 25             | 385                |
| Gentle Fit Chair Fitness - Dundalk 2022-2023              | 49             | 401                |
| Gentle Fit Chair Fitness - Markdale 2022-2023             | 73             | 631                |
| Gentle Fit Chair Fitness - online 2022 - 2023             | 38             | 96                 |
| Good Food Box Token Program 2022-2023 Dundalk             | 11             | 878                |
| Good Food Box Token Program 2022-2023 Markdale            | 11             | 462                |
| Grey Bruce Alzheimers - Understanding Dementia            | 1              | 35                 |
| Household Pantry Program                                  | 19             | 344                |
| Income Tax 2022   | 62             | 313                |
| Income Tax 2023   | 26             | 245                |
| indoor walking program - Dundalk April 2022 start         | 17             | 88                 |
| indoor walking program - Flesherton 2022 April start      | 43             | 190                |
| Line Dancing 2022-2023                                    | 9              | 158                |
| Line Dancing March June 2023                              | 2              | 80                 |
| Margaret Elizabeth Apartment Nutrition Education Program  | 1              | 3                  |
| Markdale Family Day Activities 2023                       | 1              | 200                |
| Markdale Pickleball April 2022                            | 86             | 620                |
| Nutrition Presentations                                   | 14             | 162                |
| Open Gym 2022 April start                                 | 244            | 1924               |
| Pickleball 101 Feversham April 2022                       | 4              | 36                 |
| Pickleball 101 Markdale Jun/July 2022                     | 4              | 27                 |
| Pickleball 101 Markdale Sept/Oct 2022                     | 3              | 16                 |
| Pickleball 2022 October Osprey                            | 237            | 2136               |
| preschool skates with Grey Highlands                      | 57             | 247                |
| Seed Starting Markdale April 2022                         | 1              | 9                  |
| social group/pool group - May 2022                        | 34             | 293                |
| Summer Lunches Dundalk 2022                               | 9              | 611                |
| Tai Chi - (in pseron) - New beginners Thursdays, 2022     | 49             | 339                |
| Tai Chi - Continuing Monday                               | 43             | 246                |
| Thrive with Diabetes 2023 March                           | 4              | 28                 |
| Walking- Indoor/Outside Markdale                          | 42             | 247                |
| Yoga - Instructor Led (Dundalk) 2022 - 2023               | 44             | 421                |
| Yoga - Instructor Led (Markdale) 2022 - 2023              | 34             | 458                |
| Yoga - Online 2022 April                                  | 39             | 349                |
| youth time in the gym                                     | 1              | 2                  |
| YUM 2022-2023 Sept-Mar                                    | 57             | 2192               |
| YUMApril2022  | 50             | 1697               |
| Zumba - Markdale Fall 2022                                | 9              | 104                |
| Zumba - Markdale Winter 2023                              | 9              | 222                |
| <b>Grand Total</b>  | <b>1633</b>    | <b>18748</b>       |

# Thank You!

## QUESTIONS?

**FOLLOW US!**

**FACEBOOK: SOUTH EAST GREY COMMUNITY HEALTH CENTRE**

**INSTAGRAM: SEGCHC**

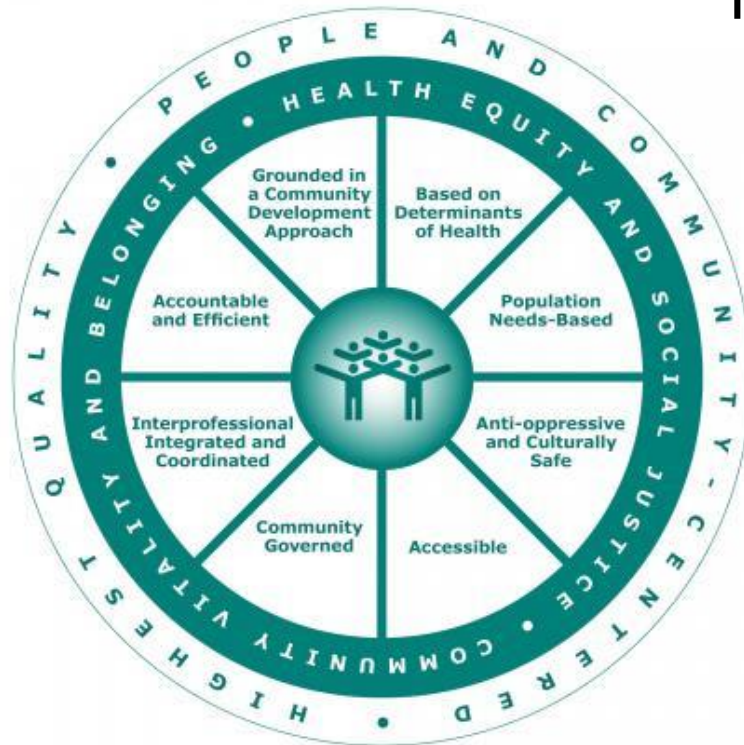
**SIGN UP FOR OUR NEWSLETTER: [INFO@SEGCHC.CA](mailto:INFO@SEGCHC.CA)**

# Appendix 1 - How We Operate

- The SEGCHC is an incorporated charitable entity and as such, we are guided by the principles associated with being both
- We receive annual funding from the Ministry of Health through Ontario Health West- \$5 million in 2022/23
- Funding for programs is not provided by the Ministry
- We adhere to the reporting requirements as set out by
  - MOHLTC, OHRS, MIS and Program Specific Reporting
  - OH West - M-SAA, CAPS
- We have a volunteer Community Board of Directors
- We have an Accountability Framework



# Appendix 1 - How We Operate (cont'd)



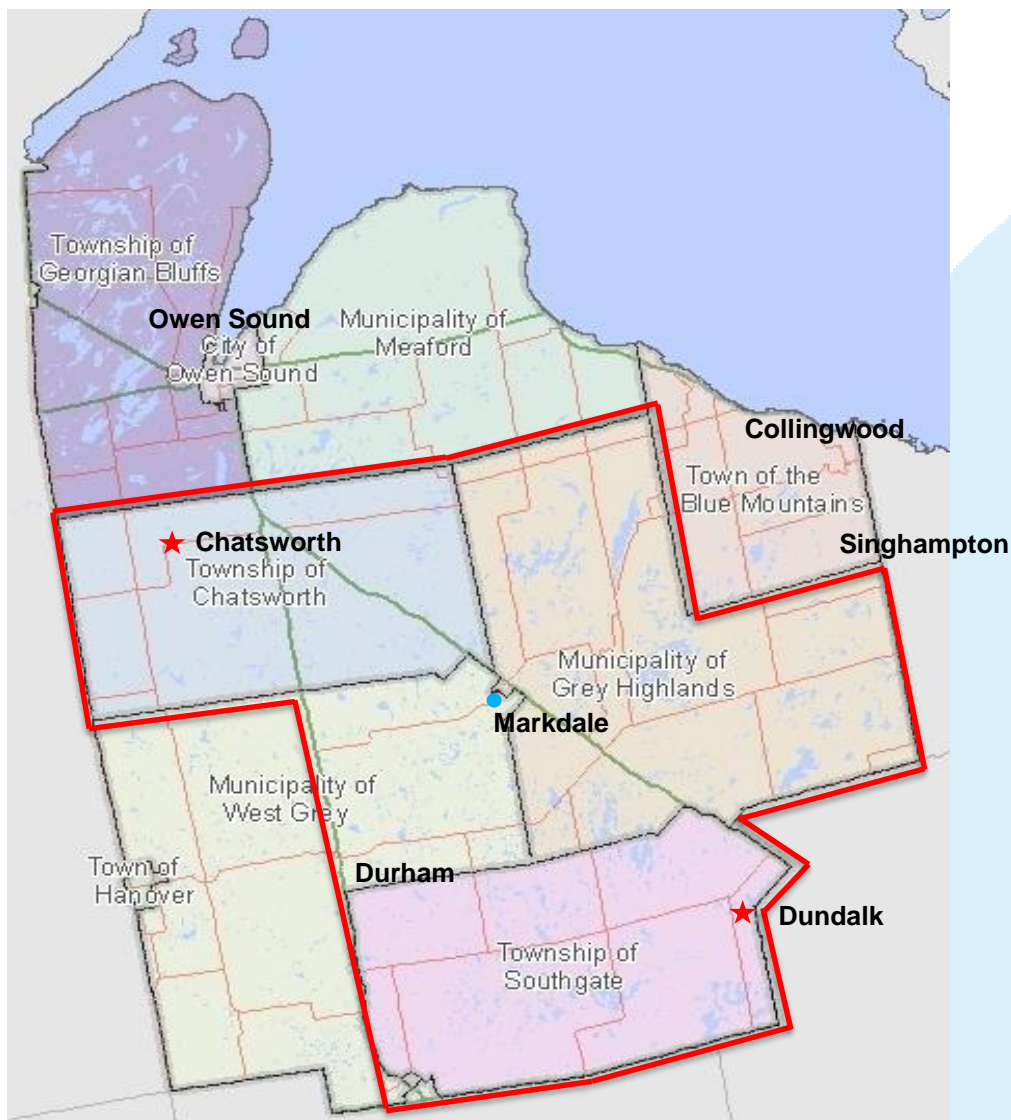
## The Model of Health and Wellbeing

- Grounds the SEGCHC in all of the work that we do
- Part of the M-SAA requirement
- Evidence-based system designed to focus SEGCHC on core principles for the delivery of inter-professional primary care and community development

# Appendix 2 - How are we Different?

- Unlike a FHT or a FHG, we do not bill OHIP. We have a base budget and negotiated performance targets based on a SAMI score which is a way to measure patient morbidity. For example:
  - A full time family physician working from a FHT or FHG might have 1,200 patients rostered
  - A CHC full time NP or MD would have 1,200 / SAMI index or about 700 patients each
  - A FHT SAMI = 1.0    SEGCHC SAMI = 1.58
- We are staffed with physicians and nurse practitioners but our NPs actually roster their own patients.
- We are very fortunate to have a multi-disciplinary team of allied health professionals.
- Our focus is on community health and wellbeing.
- We focus on the social determinants of health.
- We are community governed – like a hospital.
- We fall under the supervision of Ontario Health West

# Appendix 3 - Our Catchment Area



- The South East Grey Community Health Centre geography consists of the Township of Chatsworth, the Municipality of Grey Highlands, the Township of Southgate and part of West Grey
- The population of this area is ~ 35,000
- The area is approximately 7,500 km<sup>2</sup> or about the size of the GTA

## Our Clients

- Seniors, youth, newcomers, clients with mental health and addiction challenges and new parents and babies.
- People who are marginalized, families living in poverty and/or with housing or food security problems
- People with physical and mental disabilities
- Farm families

# Appendix 4 - Our Locations

- Markdale – *main site*
  - Operates 5 days per week
  - 20,000 ft<sup>2</sup>, primary care and inter-professional primary care team
  - Rural health hub
- Chatsworth – *satellite site*
  - Partnership arrangement with Township of Chatsworth
  - 1 NP, SW, RD – operating 2 days per week
  - Focus on the Mennonite population
- Dundalk – *satellite site – The Erskine*
  - Partnership arrangement with Township of Southgate and the Erskine Presbyterian Church
  - 1 SW, RD – operating 2 days per week
  - Programs offered 5 days per week
- Dundalk – *second site- The Clinic*
  - Currently in rented space in the Lions Club building
  - 1 MD, 3 NP's – operating 4 days a week

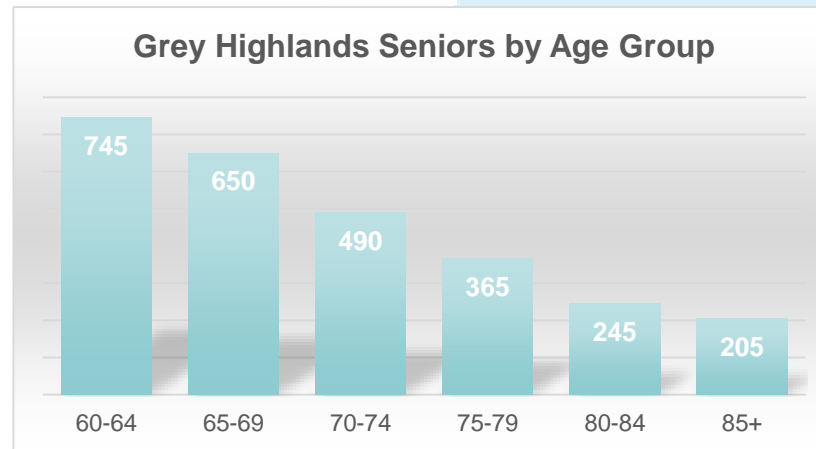
# Appendix 5 - The Community We Serve

## Current Activities

- Established a Rural Health Hub in Markdale with partners (CMHA, Keystone, Grey County Social Services, YMCA Employment Services, GBPHU Dental (Healthy Smiles and Seniors Dental) located on site
- Seasonal vaccination clinics; collaborate with Chapman's for workplace vaccine clinics
- Seeking approval for capital funds to construct a new facility on land donated by Southgate and Grey County- a similar rural health hub is envisioned
- We provide primary care to residents of Participation Lodge
- Our inventory of community programs is in high demand across the lifespan
- Focused efforts on the Anabaptist Community has led to a rostering of 500± patients and services which include palliative care
- Exploring Midwifery Services to offer care closer to home; prenatal care improves health outcomes for mother and newborn.
- Community health education is offered at local daycares, libraries, seniors groups and more.
- Service priority and hard to reach populations such as elderly, pregnant persons, persons with mental health and addiction challenges, persons living in poverty
- Provide access to many specialty medical services on site such as Orthopedic surgeon, Medical internist, child and adult psychiatry services

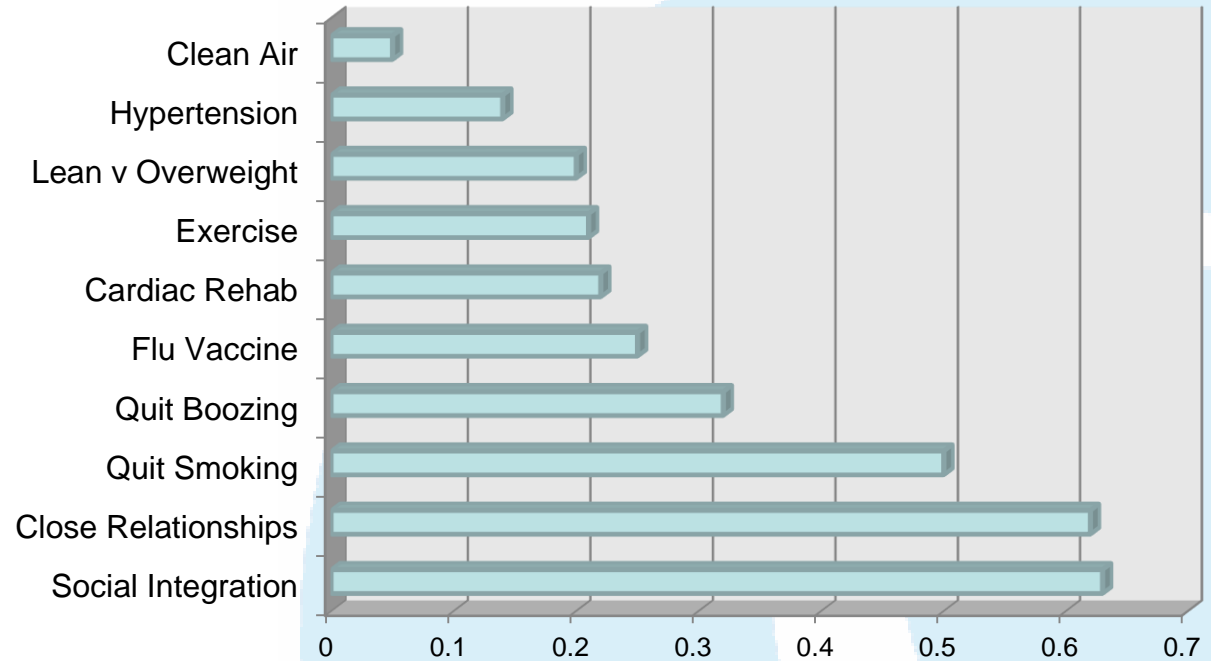
# Appendix 6 - GH Seniors Demographic

- The 2016 Census shows that there are ~7,350 residents of Southgate of which 2,665 are 60 years of age or older
- Therefore 36.2% of the population of Southgate is over the age of 60
- The service and program requirements of each age group differ and become more complex as residents age



Source: Statistics Canada 2016 Census

# Appendix 7 - Staying Alive



*According to the World Health Organization, social isolation can put seniors at greater risk of death than factors such as obesity, physical inactivity and smoking*