

Oakville Hospital Foundation CCAH Update

The Canadian Caribbean Association of Halton Renews Their Philanthropic Support of Oakville Trafalgar Memorial Hospital

On August 18, 2020, the Canadian Caribbean Association of Halton (CCAH) announced support of Oakville Trafalgar Memorial Hospital (OTMH) by pledging \$25,000 to fund a Halton Diabetes Program compassionate care program.

Based out of OTMH, the Halton Diabetes Program provides support for adults with diabetes and their families. Halton Healthcare created this compassionate program for dispensing Continuous Glucose Monitors (CGM) to people with diabetes lacking adequate insurance and financial resources to fund this blood glucose management tool. This program is funded entirely by donations.

People with diabetes benefit from increased safety, reliability and effectiveness when using a CGM, but it is often expensive and only some insurance plans cover it. Patients without access to third party insurance or the financial means are left vulnerable to complications of uncontrolled blood sugar levels.

“We are excited and proud to be funders of this program. Diabetes is something that disproportionately affects people of African and Caribbean descent, and we are thrilled with the opportunity to help those who lack the financial resources to manage this serious disease. We are asking that all members of



In January members from the Canadian Caribbean Association of Halton visited OTMH to learn more about the impact of their support and to see their room naming in the Maternal Child Department. Pictured above (left to right): Andrew Tyrell, President, Sgt. Tara Vivian - Halton Regional Police Service Community Liaison, Alicia Sullivan - Diversity & Inclusion liaison, Sheldon Williams - Vice President.

our community come together to support people with diabetes by making a gift towards this very important cause” – Andrew Tyrrell, CCAH President.

To recognize this generosity, a Halton Diabetes Program counseling room will be named in honor of the Canadian Caribbean Association. To make a gift to CCAH, please visit www.ccah.ca.



Caribbean Couscous Salad

Source: EatingWell

Ingredients

- ¼ c chopped fresh cilantro
- 3 Tbsp lime juice
- 2 Tbsp canola oil or extra virgin olive oil
- 1 ½ tsp fresh grated ginger or ½ tsp ground ginger
- Pinch of salt
- Pinch of cayenne pepper
- 1 ¼ c water
- 1 C whole wheat couscous
- 1 can (15 oz) black beans, rinsed/drained
- 2 cups coarsely shredded fresh spinach
- 1 medium red bell pepper, seeded and chopped
- 1 medium mango, peeled and chopped
- ¼ c thinly sliced scallions

Directions

Dressing

Whisk together cilantro, lime juice, ginger, salt and cayenne pepper and set aside.

Salad

1. Bring water to boil in saucepan and remove from heat. Stir in couscous and let stand for 5 mins. Fluff with fork and let stand for 10 mins or until cool.
2. Stir together beans, spinach, bell pepper, mango and scallions in large bowl. Add couscous and dressing. Toss to coat. Serve immediately or cover and refrigerate for up to 24 hours.

Nutrition Facts

Serving Size: 2/3 Cup; 156 calories; Carbohydrates: 29 g; Fibre: 6 g; Protein: 6 g; Fat: 3 g

Doug's Story

"I was referred to the Halton Diabetes Program (HDP) in 2017 when I was diagnosed with diabetes and things were not going well.

As my blood sugars got higher, my diabetes team emphasized the need for insulin and supported me with this transition. They set me up with flash glucose monitoring (a sensor that is placed on my arm that provides a blood sugar reading when scanned with a reader). This has really helped me monitor my blood sugar levels and has reduced the amount of times that I need to finger poke - I am very grateful for that!

The team at HDP is the best. They are so supportive and I can contact them in between appointments if I have a question or concern that cannot wait for the next visit.

Fortunately, I am now in the position to manage my diabetes more effectively and except for my quarterly visits do not need to visit the HDP as often."

- Doug Malloch, patient,
Halton Diabetes Program



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