

Dear HAMSMaRT and Keeping Six Lovers,

This past Valentines Month we hope you celebrated your family, your friends, your neighbours (housed and unhoused), and everyone else that you hold dear.

This newsletter will forgo the introduction of two new staff members, in lieu of filling you all in on our annual Annual General Meeting (AGM) and introducing you to our board members. We will also have some of our regular updates, like POC testing dates and donation requests! We will also share with you our very tiny February festival for preventative healthcare - a palooza if you will!

While the weather is getting warmer we are (begrudgingly) still in winter and as such we invite you donate winter clothes and other necessities for our neighbours who are unhoused. The wet weather lately brings with it painful wounds like trenchfoot, so donating new socks or gently used shoes is always appreciated. More details below!

Love,
HAMSMaRT & K6

March Point Of Care Testing Dates

Next month the Shelter Health Hep C Team will be onsite to test for Hep C, Syphilis, and HIV on:

Tuesday March 3, 1-3pm
Thursday March 19, 1-3pm



2025 Annual General Meeting

This year our AGM was held online and required no vote to confirm the Board of Directors as all members of the Board started their two-year term at the beginning of last year. They all will still be with us for another year. The 2026 AGM (to be held either in late 2026 or early 2027) will include a turnover in the Board of Directors and require a vote.

This year, our AGM included a financial overview from Lorna, our finance manager, as well as an AGM Booklet that highlighted all our different accomplishments from 2025. [Click this link for a digital PDF of our 2025 AGM booklet](#), or visit us in person for a hard copy!

Since our Board will be with us another year we thought we would introduce you! Here are the amazing people that sit on HAMSMaRT's Board of Directors.



Sarah Glen, MA

Sarah is the head of the Indigenous Education Department at HWDSB.



Bill Guyatt, Peer Worker

Bill is a writer and peer worker at HAMSMaRT and Keeping Six.



Dr. Suzanne Turner, MD

Dr. Turner is a family physician who works at HAMSMaRT on Tuesdays.



Dr. Rachel Lamont, MD

Dr. Lamont is a psychiatrist who works at HAMSMaRT on Tuesdays.



Dr. Mary Vaccaro, PhD

Dr. Vaccaro is a Professor at the McMaster School of Social Work.

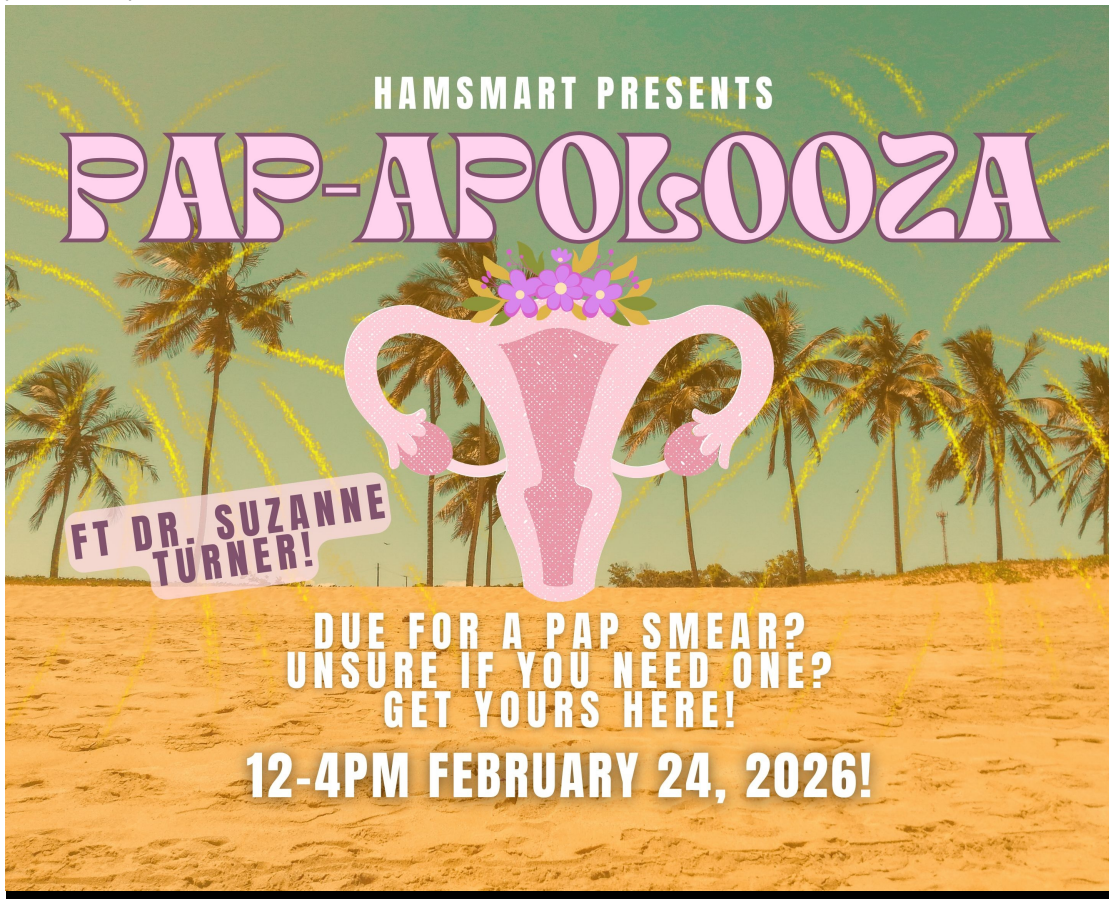


Elise Nagy, RN

Elise works at the Hamilton Family Health team as a Psychiatric RN.

Pap-apalooza!

February also came with a very special day - introduced by our very own Dr. Suzanne Turner - Pap-apalooza! For many people, keeping up with their pap smears is a task that is forgotten, dreaded, or put off. On February 24th we tried to make getting your pap-smear an event! People were encouraged to ask questions about vaginal and uterine health, as well as **encouraged to get a pap-smear and STI testing** done under the experienced hand of Dr. Turner. Participants left with a lunch, a gift card, and were followed up with to receive their results as they came in. Check out our funky poster below. See, preventative healthcare can be fun! We look forward to having many more preventative paloozas in our future as this was a success.



Donate Now!

We encourage you to donate to HAMSMaRT and make a difference in your community. Your donations will be used to purchase food, medical supplies, hygiene products and toiletries, and other outreach and clinic supplies. **You can donate by clicking the button below and choosing the donate option on our website.** You can sign up for a **one time donation or a monthly donation.** All donations to HAMSMaRT are tax deductible and you can request a donation letter from us for large amounts. We look forward to working with you to provide those in need with the great healthcare and daily living essentials that we all deserve!

[Donate Here](#)

We would like to acknowledge and thank our current primary funders: the Hamilton Community Foundation, Ontario

HIV Treatment Network, the Karen & Peter Turkstra Family Foundation, Incite Foundation for the Arts, the Canadian Mental Health Association, James A. Burton & Family Foundation, and The Hainsworth Trust. Thank you and we hope to continue to nurture our partnerships together! Additionally, we would like to thank the everyday folks who donate \$5, \$10, or \$15 through our website as a one time donation or a monthly donation. We know that making ends meet can be hard and we appreciate you giving back to your community through us - in whatever way you can! However large or small, your continued donations have allowed us to keep supporting our clients and community members. It is because of you all that we are able to give people a safe place for their medical care and wrap-around needs. Thank you to all of our amazing donors!

Winter Clothing Drive!

As the cold weather continues, we are still asking for donations for our clients and neighbours who are unhoused. As you go through your winter clothing bins, keep us in mind. **Around 2,000 people** in our city are sleeping rough this winter as shelters are consistently full and the cost of living keeps rising. Every year, the winter results in people suffering from hypothermia, frostbite, trenchfoot, and sometimes even death. Help us help those who are outside this winter by donating your used warm winter clothing! They will be distributed both in clinic and during outreach services. Thank you!

HAMSMaRT/K6

Winter Clothing Drive

We are looking for clothing donations for our clients!

We are especially looking for:

- Jackets
- Hats
- Gloves/Mitts
- Scarves
- Sweaters
- Sweatpants
- Weather/waterproof clothing
- Boots and Socks

Drop off Tuesday or Thursday
@ 660 Main St E
10am - 4pm

Questions? Email clinics@hamsmart.ca

April Newsletter - What's Next?

On next month's newsletter you can expect from us:

- once again meeting two new HAMSMaRT and K6 members!
- dates for April Hep C Testing - new month, new opportunities to test!
- new POC testing dates and new availability!

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