



Dear HAMSMaRT and Keeping Six Supporters,

Summer is upon us! May has ended and Hamilton is in full swing of summer activities. With it comes extreme heatwaves that disproportionately affect people who are unhoused. Want to help? We have included a donation list at the tail end of this newsletter for items that are commonly requested and used to stay safe in this heat!

This newsletter will be relatively short! It will feature information on extended drop-in psychiatry hours (WAHOO!) and, as usual, two new staff members, one from HAMSMaRT and one from K6, as well as the usual point of care testing dates will be included.

Stay safe, stay cool. 😎

In solidarity,
HAMSMaRT & K6

June 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:

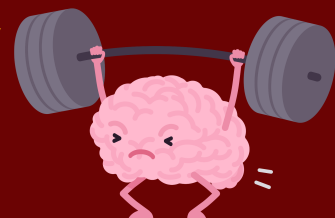
Tuesday June 2, 1-3pm
Thursday June 18, 1-3pm



Extended Drop-In Psychiatry Hours!

We are excited to let you all now that our drop-in psychiatry hours have been extended! In addition to the Tuesday 1-4pm drop-in hours, we will also have psychiatry drop-in on Thursdays from 1-4pm, courtesy of Dr. Becky Klimo. Patients will be seen on a first-come first-serve basis, the same structure as our ongoing Tuesday drop-ins. Thank you, Dr. Klimo, for improving access to psychiatric care for our clients and welcome to our team!

**NOW ACCEPTING NEW
PSYCHIATRY PATIENTS**



Summer Heat & Humidity Donation Request

Thanks to climate change, our summers have gotten warmer and more humid. **We all know that humid heat can feel hotter and even be more dangerous than dry heat.** Humans cool themselves down by sweating to release heat out of the body. However, humidity in the air makes it hard for sweat to evaporate and take body heat with it. The air is wet, you are wet, and the heat trapped inside you has no way to escape. While many of us can seek shelter indoors, sometimes with AC, sometimes with blinds and drapes, others do not have the luxury of being indoors as often.

Here are items that are most commonly requested and needed during hot and humid months:

- Sunscreen
- Aloe Vera
- Loose clothing
- Shorts
- Deodorant or powder
- Hats (especially wide-brimmed)
- Chapstick & Lotion
- Vaseline
- Washcloths/bandanas (to soak and tie around the head)

All items can be dropped off at 660 Main St E anytime between 10am-4pm on Tuesdays and Thursdays, or email clinics@hamsmart.ca to have your items picked up. Thank you for caring for your neighbours!

Staff Spotlight

Each month do a staff spotlight! We would like to recognize the folks in both HAMSMaRT and K6 that do hard work for our Hamilton community everyday. **We have asked them about why they joined HAMSMaRT/K6, what other work they do outside of here, and any hobbies they may have!** Every month you can find a new spotlight on a HAMSMaRT and K6 staff member or volunteer. We hope you enjoy getting to know the people behind the scenes here at our partnered organizations!

K6 | Lloyd Cort aka L.J.



Lloyd, better known as L.J., is a Peer Support Worker for HAMSMaRT's new **Post-Care Outreach and Coordination Team**. While this project is new, L.J. has been a Peer Support Worker for over 25 years - that is "before peer support was a thing," he says. His love of people keeps him coming back to the difficult work.

His colleagues describe him as supportive, caring, and someone who will take the time to listen - all qualities that encouraged his fellow Peer Support Worker Rosie to nominate him for K6's Peer of the Month, which he won! Rosie described him as a protector and a dedicated worker, not to mention an all around good friend.

In his spare time, L.J. stays active by playing baseball, hockey, and working out at the gym. He is also a caregiver to a family member and describes himself as sociable. He loves to make people laugh and it shows; his colleagues are always smiling when he is around!

HAMSMaRT | Maria Tetro

Maria has been the Administrative Lead at HAMSMaRT for two years, managing the clinic office by acting as receptionist, logistics support, community connector, and, occasionally, crowd control! She joined HAMSMaRT because she wanted a job where both her frontline and administrative skills could be utilized.

Maria knows that sometimes her job requires her to hold boundaries and say no to clients. This is hard but sometimes necessary. She knows she is sometimes not favoured with clients because of this, however she truly cares for everyone she sees. As a client once said to her, "I thought you were a bitch this whole time but you're actually really nice".

In her spare time, Maria collects hobbies and spends time with her partner and their pets. She is an amateur potter, pilates enthusiast, and a former roller derby star.



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.** 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!

June Newsletter - What's Next?

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

- new updates about HAMSMaRT/K6's future.
- dates for July Hep C Testing - new month, new opportunities to test!
- meet two new staff members!

The Hamilton Social Medicine Response Team (HAMSMaRT) is a nonprofit organization of health providers and community organizers working to integrate clinical practice, critical analysis and political action. We work to advance the idea and practice that health is inherently political and health care providers must play a role in bringing about change in the social and material conditions which determine health.

You are receiving this email because you opted in to receive emails from K6 & HAMSMaRT

[Unsubscribe](#)