



Windsor Essex Compassion, Care, Community

The Best of What Community Used to Be and Can Become

Town of Tecumseh
October, 2019
Janice Moroun, Diane Mulcaster

Meet Janice and Diane

Janice Moroun

- Coordinator of Compassionate Neighbourhoods
 - One on one Support
 - Volunteer Recruitment and Management

Diane Mulcaster

- WECCC Training Facilitator
 - Education Events
 - Community Engagement

Who We Are



The Windsor-Essex Compassion Care Community is citizens, families, neighbours, and community leaders who believe in the power of community.

We are a movement.

“...In a Compassionate Community, people are motivated by compassion to take responsibility for and care for each other.”

(Karen Armstrong, Founder of the global movement, The Charter for Compassion).



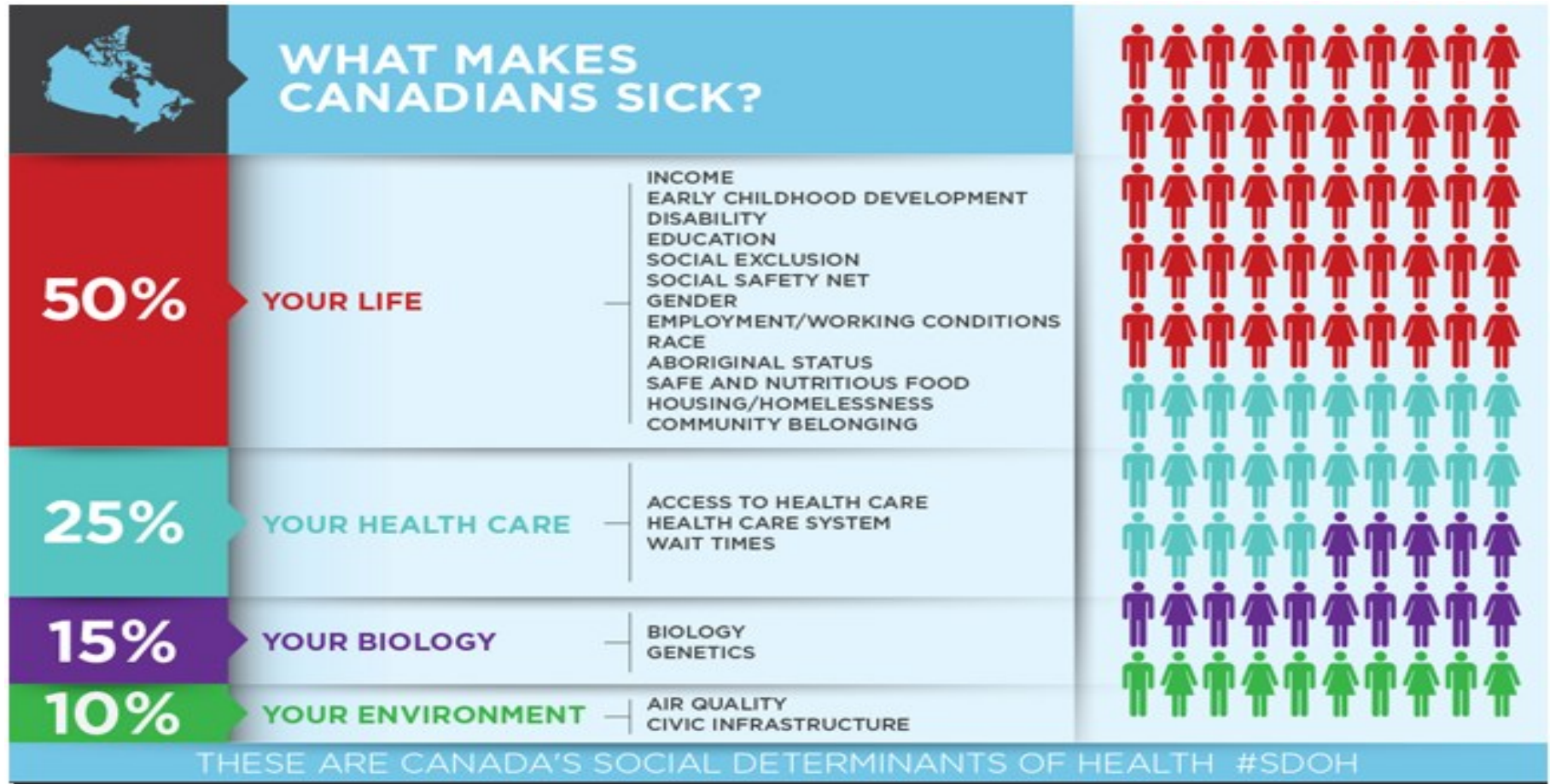
Topics For Today



- WECCC Background
- The Importance of Being Connected
- Let's Build Compassionate Tecumseh!



What Makes Canadian's Sick



Queen's Printer for Ontario; 2016.

[1] Health Status of Canadians 2016: A Report of the Chief Public Health Officer, Canada

[1] Braveman, P. and Gottlieb, L., 2014. The social determinants of health: it's time to consider the causes of the causes. Public health reports, 129(1_suppl2), pp.19-31.

Loneliness – Personal Effects

Research shows that lacking social connections is as damaging to our health as smoking **15 cigarettes a day** (Holt-Lunstad 2015)! Or **15 years of one's life span** (Pomeroy 2019)

Higher risk of:

- Being in the top 5 % of health care utilization
- Dying prematurely (50% > than those that are connected)
- Stress, Anxiety, Depression, Cognitive Decline
 - Increased risk of dementia by 64 times)
- Engaging in risky health behaviours – poor eating habits, being sedentary, smoking
- Having a Stroke (32 % heightened risk)
- Having a Heart Attack (29 % increased risk)



A Success Story



Astounding Results!

Somerset – Emergency Room Admissions

29 % increase

21 % increase in cost

Frome – Emergency Room Admissions

17 % reduction

21 % reduction in costs

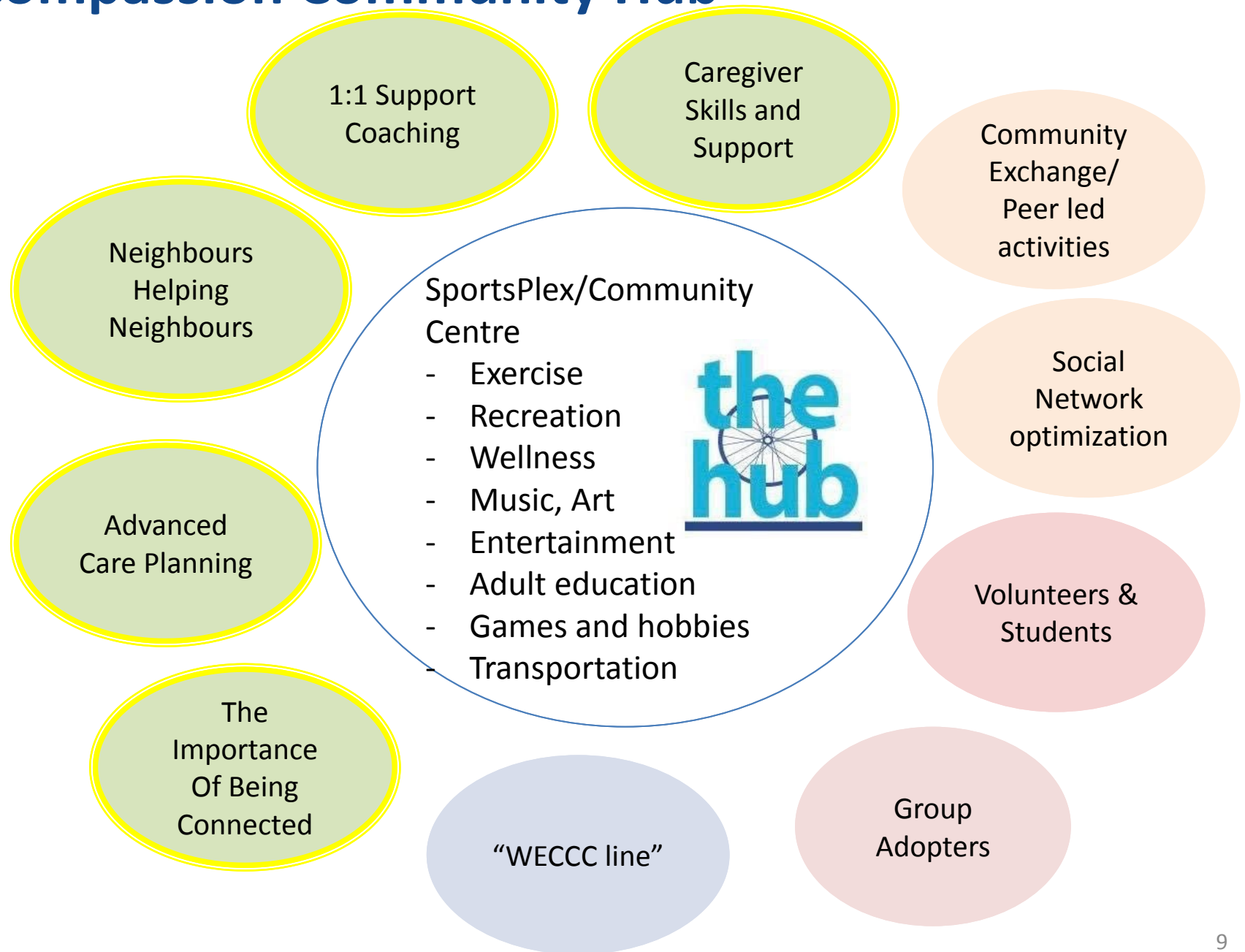
NHS data – 5% reduction in total health budget!

Comparators – reductions in 2016 and 2017
compared to 2013 and 2014

(Julian Abel)



Compassion Community Hub



Current Research Outcomes



Shared Outcomes

Total Registered: **1966**



Health

MODERATE

Peer Comparison

Change



Quality of Life

GOOD

Peer Comparison

Change



Experience of Care

C

Peer Comparison

Change



Community
Connection

C+

Peer Comparison

Change



Personal Well-
Being

B-

Peer Comparison

Change



Community Benefit



Strengthen
Families



Quality of life



Better Care



Compassion /
Purpose



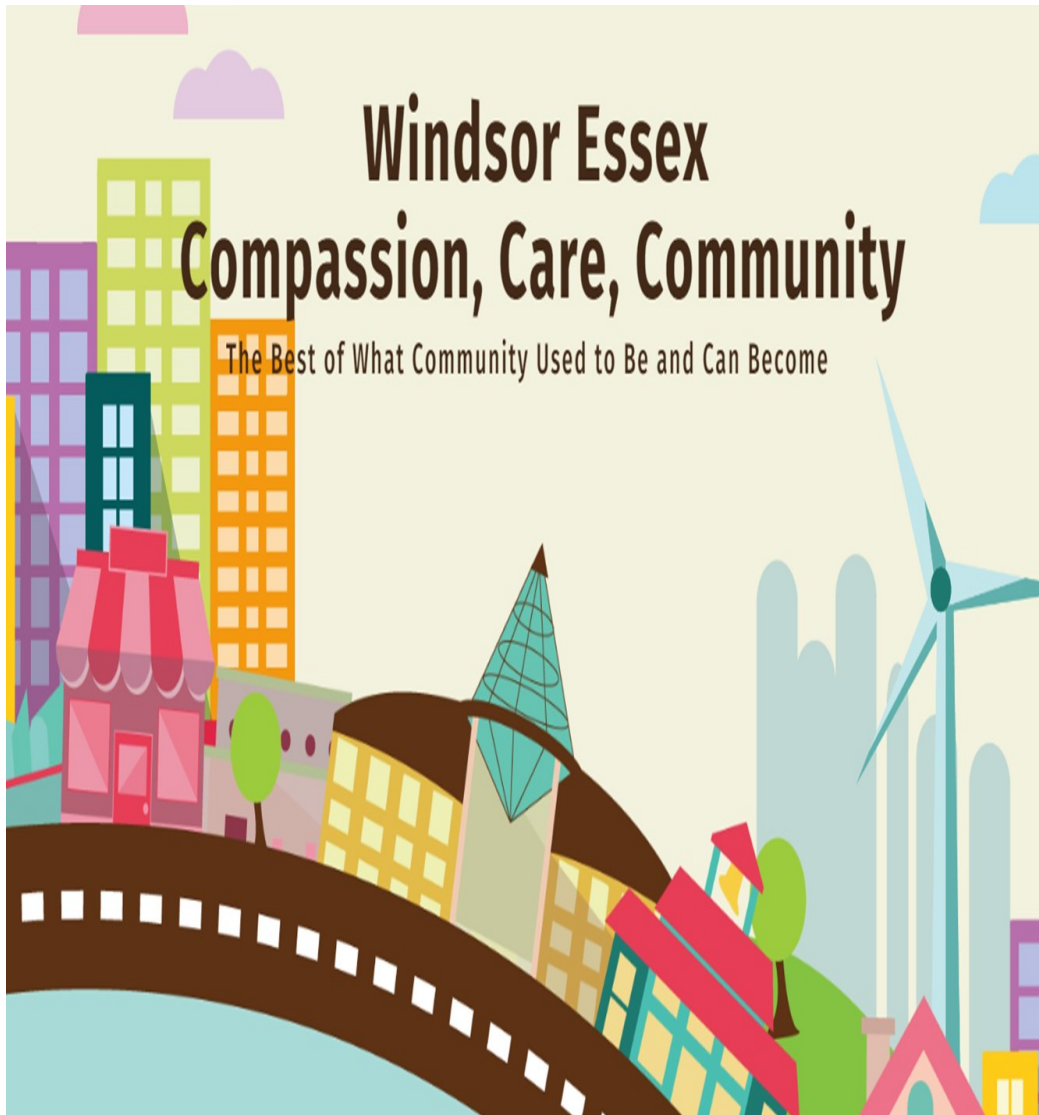
Stronger
Communities

We Can Make a Difference!

- Developing Compassionate Tecumseh
- WECCC is here to support you!
- HUB creation – working together!
 - A place where individuals and caregivers can gather
 - A place where leaders can gather to determine how best to reach out to lonely/isolated
 - Tecumseh Senior Advisory Committee Leadership
 - Engage Current Community/Municipal Programs
 - Volunteer Recruitment
 - Condo Social Groups
- Your mayor is the Warden of the County – great partnership – to build the potential for spread

Questions/Next Steps





More Info:

Windsor-Essex Compassion Care Community

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Website: www.weccc.ca

Facebook: Weccc

Twitter: @InfoWeccc

Instagram: @weccc_windsor

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