Week One Clinical Log – Greenwood Coalition

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| **Date** | **Time** | **Your participation to your**  **group’s activity-reflection** | **Your goal(s)**  **for next week** | **Peer’s**  **Initials** |
| Thurs. Jan.23/14 | 10 am to  1pm | Meeting with Cyndi Gilmer.   * Conversation and probed with discussion in regards to the grant proposal | * Research proposed health model thoroughly. * Go through the Trillium Grant and research on the web site. | SW |
|  | 2-6pm | Read the proposal given to me by Cyndi and Highlighted the important parts. | * Research the current grant being applied for. * Start to look for peer reviewed data to support our proposal. | SW |
| Friday Jan 24 | 900 am -100pm | Discussed and went through proposal with my peer and discussed as well as looked up key terms. |  | SW |
|  | 2-5pm | Internet research |  | SW |

Week 2 Clinical Log

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| 01/30/2014 | 9am-12pm | * Read through the old grant proposal for the Ontario Trillium Grant * -Looked at the information from the CARA project * - found research articles pertaining to the subjects given by my preceptor | | * Meet with Greenwood Coalition manager in the future * Start project plan * research more focused towards data around the prevalence of mental health issues in the population and the connections between MH and socioeconomic status | | | | | SW | | | |
| 01/30/2014 | 1pm-4pm | * Meeting with Cyndi and Suzan at University | | * meet with Cyndi to provide her with research done so far and see if any other kinds of research is needed * Follow up and find out times and meetings in regards to writing grant material. | | | | SW | | | |
| 01/30/2014 | 4pm-6pm | * Research for more articles focused on art and music therapy | |  | | | SW | | | | |
| 01/31/2014 | 9am-12pm | * Research focused on articles for music therapy | * Focus on other areas of research as proposed by Cyndi. | | | SW | | | | |
| 01/31/2014 | 12pm-5pm | * Summarized articles found with Stephanie and put into a word document to be able to send to Cyndi for the proposal | * Finish project plan proposal | | SW | | | | |

Week 3 Clinical Log

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| 02/06/2014 | 9am-5pm | * Worked on Project Plan | | * Research for relevant topic for the proposal * Summaries done of   articles to send to Cyndi   * Search for more articles with the topics discussed * Continue to summarize articles * Forward articles that cannot be opened on the Trent Website for follow-up | | | | | SW | | | |
| 02/07/2014 | 9am-1pm | * - Meeting with Cyndi and Greenwood Coalition Coordinator | | * Go through meeting notes to summarize project focus on new areas of research * Follow up and find out times and meetings in regards to writing grant material. | | | | SW | | | |
| 02/07/2014 | 1pm-2pm | * Windshield survey | |  | | | SW | | | | |
| 02/07/2014 | 2pm-7pm | * worked on GANTT   chart, windshield survey,   * schedule for the   appendices in the Project Plan | * get dates for Port Hope Coalition activities to attend | | | SW | | | | |
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Week 4 Clinical log

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| 02/13/2014 | 10am- 12pm | - Reviewed goals for the week  - Emailed friends for donations in kind for the music therapy group  - Summarized articles from previous week |  | SW |
| 02/13/2014 | 12pm-6pm | - Research pertaining to Northumberland homeless and needs assessment  -Summarizing of key points | - to have all research necessary for Cyndi to write the proposal | SW |
| 02/14/2014 | 9am-4pm | - research including prevalence of mental health issues in the population and the connections between mental health and socioeconomic status  -research on indicators of progress of art therapy | - during reading week attend art therapy class, attend pot luck dinner, as well as attended a informative meeting between people involved in the proposal  - Finish summarizing articles  And contact library with any articles that could not be obtained | SW |
| 02/14/2014 | 4pm-5pm | - worked on Midterm Self Evaluation |  | SW |
| 02/18/2014 | 12-3pm | - I worked on research topics for Cyndi so there was more for her to use to incorporate in a binder as well as the proposal | - I would like to get a schedule of classes that go on at the coalition so that I may attend some and help facilitate or participate to help gain the trust of the people who attend the coalition | SW |
| 02/19/2014 | 2pm-6pm | - meet with Cyndi  - read through proposal for funding  - worked on midterm evaluations  - did food preparation for potluck dinner |  | SW |
| 02/19/2014 | 6-8pm | - attended potluck dinner  - helped with clean up after | - would like to make more of a connection with some people who attend, has some nice conversation with some community members as well as the staff that donate their time- The goal is to attend weekly potluck dinners on Wednesday nights to support the coalition. | SW |
| 02/27/2014 | 1:30-2pm  3-5 pm | - meeting with my clinical instructor had the midterm evaluation talked about future assignments  -  Spoke with Stephanie about some programs that would be possible for the coalition, through around some ideas for possible classes /groups that could be of minimal or no cost. Brainstorming session  - | - I want to get more involved in the coalition and hope to get some programs running while we are here. I have obtained musical instruments for their arts program through donations in kind,I am in the process of gathering some seed donations for their community garden.  -keep attending potluck dinner, but I hope to get more people as I attend more dinners  - would like to shadow the NP and see a different side to nursing and experience what she does Correspondence with Cyndi is required to get permission to shadow. | SW |
| 02/28/2014 | 9-2  2-5pm | - meeting at greenwood coalition in regards to another grant proposal and the formation of another group that has to do with deterrence of crime and overcoming drug addiction  Research on new information for the new grant proposal, finding crime figures through stats Canada and looking through the grant research proposal guidelines an d breaking down the guidelines for the meeting next week. | * attending green wood coalition next week for a focus group on Thursday as well as attending greenwood for help with their drop in food program * - research on new study grant information | SW |

Week 8 Clinical log

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| 06/03/2014 | 0730-  1030  1030-1130  1130-330 | Attended the NPRAC meeting in Cobourg.  Northumberland Poverty Reduction Action Committee. Introduced ourselves and listened in as they went through their meeting Agenda.  Discussed with David the  Meeting results and discussed some of the roles of the board members  Went back to port hope, cleaned up the Greenwood office and prepared it for the food distribution. We set up fruits and veggies and donated food bank items for the community to come and get. I distributed the produce and had conversations and coffee with members of the community. Spoke about future groups that may be formed and listened to what community members would like to talk about. | * Wanted to look up further information regarding the meeting such as “Vibrant Communities”, “The Stop Toronto” and Imagine Canada to further understand some topics that were touched upon. * Next week we have a few meetings on Wednesday as well as attending the community dinner and trivia after the dinner * Also attending Thursdays groups and helping in the food bank | SW |
| 07-03-2014 | 9:00-1200  1:00-6:00 | Researched topics of interest in regards to meeting in Cobourg.  Went through current grant proposal, put in order the steps that would be required. Looked into the grant further to find any tips or pointers to make the process easier.  Looked up some more prevalent information in regards to homelessness and crime statistics in Port Hope | Send an Email to Cyndi to find out what information that we can find to help with the next Grant that is required. How we can possibly be more involved with the writing of the grant.  Contact David to see if there are any more meetings that have come up at the beginning of next week that we can attend.  Find out more information in making a survey that would address the homelessness questions that could be distributed to the Wednesday dinner group. Print off the definition of homelessness sheets from Canadian homeless research network. | SW |

Week9

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| 13-03-2014 | 8-4:30 | Went to meet David at Green wood. Spent the whole day there for the drop in.  Cleaned the whole drop in center from top to bottom.  Set up and rearranged the main floor to provide more space for drop ins.  Set up all the food for the donated food bank. Made coffee and put out refreshments and treats. Welcome guests, engaged in therapeutic talk with the people who drop in, we ate lunch together. Cleaned up after all had left. Discussed with David a few things he would like for new projects coming up. | Meet with Cindy on Wednesday for the Dinner. Talk about poster presentation as well as help with food for dinner.  Attend dinner and participate in trivia afterwards . Talk with Nurse and sit in on a few appointments. |  | SW |
| 14-03-2014 | 9-530 | Did some follow up emails in regards to gifts I need to pick up for greenwood.  Sent out new requests for David for future projects.  Travelled around to pick up gifts in kind.  Emailed Cyndi to update about grant proposal that was sent in March 1st.  Received grant proposal and went over the finished product to understand the writing aspect and how I can help with the new proposal.  Discussed with David my future with Greenwood. I want to continue my time there when possible. | Take all gifts to Greenwood that were picked up.  Contact David on Wednesday to see if there are any meetings to attend this week.  Bring Spaghetti lunch for greenwood on Thursday. My turn to cook, we are enjoying a lunch after the food bank with the people who drop in.  (Excited that one of the less fortunate has gotten a job- Trial –YAY)  See what other research is needed. |  | SW |
| 19-03-2014 | 400-900 | Met Cyndi at her house to prepare for the Community dinner.  Brought a cake for dessert.  Travelled to the community dinner and helped set up.  Met and spoke with David regarding activities for the week.  -Met the public health nurse that sees some of the residents of greenwood. (Interesting enough there was a resident who was pregnant and due in May, drug user. Would have been interesting to sit in on her check-up, But she was being seen when I got there. Found out that a few new professionals will be at the dinner once a month, which includes a dietician and another health nurse. We had a wonderful dinner and it felt good that some of the bonds that I made with some of the population are strong and they have asked me not to go. | - Even though the placement is over I have decided to keep being involved as much as time permits.  -includes Wednesday dinners and Thursday drop ins.  -spoke with Cyndi and need to get some material together for her to print and put in a binder for David  -Have to go to the food warehouse on Thursday to pick up the food for the drop in |  | SW |
| 20-03-2014 | 800-430 | Started making the spaghetti for the drop in today. I promised them last week I would make a nice lunch for all those that dropped in.  Packed up the car with Stephanie and we headed to Cobourg to the food warehouse to pick out the food and produce we were going to give away that day at greenwood. It is a very interesting set up on how you get the food for shelters etc in Cobourg area, I do not think we have that in Oshawa but a great idea. Packed all the food into the car and headed for Porthope. We set up for the opening time of 1200. My spaghetti stayed hot!! YAY! It was priceless when I asked one of the gentlemen I never seen before if he would like a plate of spaghetti! His response was “Real Spaghetti??” It made me chuckle but the reality is they probably don’t get the meals like we do and we take it so for granted. We had a pretty full house, the word on the spaghetti must have got out, I made enough thank goodness. Some enjoyed seconds, and thirds. We wrapped up some for take home as well. We sat around the table and spoke about life and discussed funny stories which they just like someone to talk too, and I enjoy listening. I did promise to make the effort to continue to come as much as I could for the summer. I am still getting seeds and art supplies for David through my connections at work, facebook etc to help out greenwood with the community garden. The second grant application was also completed and sent in. | -Re send the invitation to David at greenwood, remind Cyndi   * Get documents together in a PDF for Cyndi and send them * Work on poster facts * Pick up greenwood donations | SW | |
| 21-03-2014 | 9-5 | Made some emails in regards to donations in kind  Did some research on greenwood coalition facts  Searched for all the journal articles we have used and started making a PDF file for Cyndi  Found new articles for PDF file  Summarized a few articles  Went through the newest grant application that was sent out.  Got some more information on the Kara Model. | Hope to have all the information put together before Thursday for Cyndi  I Cannot however attend the dinner this week ☹  WE are however if possible attending the following Thursday for the drop in because they have no one available to do it.   * Wrap up all our loose ends and get ready for the poster presentation! | SW | |
| 27-03-2014 |  | Picked up our poster and showed Cyndi and picked up the pamphlets from Green Wood for our presentation. WE did not have to go to clinical this week as we have already surpassed our hours. | * Spoke to David, No one is available to run the food drop in on Thursday April 3rd so Stephanie and I are going to run it on Thursday. | SW | |
| 28-03-2014 |  | No clinical | Still have a few projects on the go for donations for green wood. I will continue to be involved throughout the summer when time permits. I have thoroughly enjoyed this placement. | SW | |