



HEALTHY & WHOLE

SCHC NEWSLETTER 38, ISSUE NO. 17

Editor: Debra McGonegal, Fund and Volunteer Development Manager

FALL 2019

Free Community Event at the HUB

NEHA JAYARAM

COMMUNICATIONS INTERN

On August 3rd, Sai's Helping Hands came to the HUB Mid Scarborough to sponsor a free community event.

Over 200 attendees received free bagged lunches, free clothing, linens and children's school supplies and 108 households received food baskets. A live music concert was organized to provide entertainment to everyone who attended.

Donna, one of our Community Support staff, shared the flyer with her friend, a newcomer,

living alone in Scarborough. After the event, her friend sent us this testimonial: "It was a great experience for me as a newcomer. I brought a friend along. We enjoyed the music and laughed a lot." She was happy to have found out about the event because she got a chance to find out more about our services and be a part of the Canadian community.

SCHC's Fund Development Manager, Debra McGonegal who helped manage the event said, "Even though it was a holiday weekend, people came out 3 hours early to make sure they got a spot. The music kept

everyone in good spirits as they waited patiently for their turn to shop for clothes for themselves or family members. No one went away empty handed. One mother commented that this event was a life saver for her because the local food pantry was closed for the Civic holiday Monday and she was running short on food for her 3 kids."

We are very grateful to organizations like Sai's Helping Hands for the work they do and giving us the opportunity to collaborate with them. Together we were able to make a direct impact on the people that need it the most.



Food Hampers ready for pick up!



HUB staff ready for the event. From left to right: Beverly-Ann, Eminejomo, Chanel and Caron

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Greetings from the CEO



Scarborough Centre for Healthy Communities Joins with Local Partners to Create a Scarborough Ontario Health Team

In June SCHC proudly joined an exciting initiative in partnership with over 40 Scarborough health service providers.

We are committed to delivering the highest level of care and service to you, your families and your neighbours. In keeping with this goal, we are pleased to join our partners in Scarborough to create a Scarborough Ontario Health Team.

In February 2019, the Government of Ontario announced the creation of Ontario Health Teams (OHT). The purpose of OHTs is to build

a connected health care system that improves the patient and caregiver experience. These changes will make it easier for you to navigate the system by having service providers work more closely together supported by technology.

OHTs are intended to deliver coordinated services that meet your individual health care needs. When fully functional, services will include; primary care, hospital care, rehabilitative care, home and community care, long-term care and mental health and addictions.

Our vision is simple;

A patient population that is:

- Able to access care closer to home
- Connected to their care and health records digitally
- Able to access equitable and seamless support to wellness and healthcare

An effective partnership that:

- Shares accountability across the network
- Connects providers to ensure seamless care
- Treats patients as clients to the network, not to individual providers.

A system integration that:

- Connects with other OHTs for seamless transitions
- Provides consistency and continuity across the care continuum
- Drives constant quality improvement
- Recognizes the diversity of the community
- Delivers culturally competent care
- Promotes health equity and the elimination of disparities of health status and health outcomes
- Provides on-demand and real-time access to digital solutions for patients and providers
- Designs wraparound services for patients

By working together with our partners and client/patient/caregiver representatives, we will achieve this vision and much more for our community. In its first year, the proposed Scarborough OHT plans to focus on three areas:

1. Mental Health & Addiction
2. Chronic Disease
3. Age-Related Frailty

In Early August we heard back from the ministry that the Scarborough OHT has been identified as “In Development.”

MISSION STATEMENT

SCHC is dedicated to meeting the diverse, holistic health needs of the communities of Scarborough by addressing the physical, mental, social, financial and environmental aspects of their health. Through the promotion of healthy lifestyles and the delivery of a comprehensive range of culturally competent health and social services, we cultivate vital and connected communities.

VISION STATEMENT

To be recognized by our clients, communities and partners as leaders in championing holistic health and wellness for the diverse populations of Scarborough.

VALUES

I
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Inclusiveness

Community
Engagement

Accountability

Respect

Equity

Groups identified as “In Development” have access to resources to further develop their OHT and submit a full application at a later date. The Scarborough OHT feels that this is a fair reflection of where we currently stand and we are told that there is a ‘small difference’ between the full application group and the in-development group.

We continue to be very proud of what we have accomplished and thank all of our partners

for what they have brought to the table. We have already committed to moving forward with building and designing our OHT and now we have the room to do it.

The Scarborough OHT partners have formed several working groups to design an integrated system of care for Scarborough, and expects that the OHT will move to the full application process in the near future. Building on our long history of collaboration, together, we can

and will transform how care is provided for the people of Scarborough.

Learn more about OHT at www.ontario.ca/connectedcare.

For questions pertaining to the Scarborough OHT in development, please contact info@schcontario.ca.

Thank you,



Jeanie Joaquin

Type 2 Diabetes Prevention at Momiji Health Care Society

YANNIS WONG

DIABETES DIETITIAN

On June 11, 2019, the SCHC Diabetes Education Program in partnership with Momiji Health Care Society, delivered a type 2 diabetes prevention education session for Japanese-Canadian seniors in the community. For practical learning, the registered dietitian (RD) and registered nurse (RN) facilitated two cooking classes in July, with a focus on low sodium recipes reflective of the new Canada's Food Guide. The participants enjoyed learning about creative strategies to flavour food and water, including more plant-based proteins in



Participant slicing vegetables and tofu for the Tofu and Vegetable Stir Fry

meals, and watching the knife skills demonstration. Together, the participants prepared Asian-inspired recipes including shiitake mushroom and seaweed soup, tofu and vegetable stir fry, and enoki mushroom omelet, which were served with mixed grains. When asked about what they

enjoyed about the cooking class, the participants were happy to share...

“Enjoyed the hands-on cooking and food preparation.”

“Socializing, cooking with others, and exchanging information.”

“New tastes using the same products.”

ABOUT US

Scarborough Centre for Healthy Communities (SCHC) is one of the most established and comprehensive community health organizations in the province. The organization owes its beginnings in 1977 to thirteen community agencies, a core group of community leaders and countless volunteers who identified emerging health and social needs within Scarborough. We work with over 550 volunteers and 140 staff to offer 38 distinct and integrated services across 11 sites. In order to remain a client-centred, integrated, engaged and proactive organization, we have continued to work closely with our community members and foster partnerships that address pressing needs, setting new standards of excellence in community health.

WE'RE ON
SOCIAL MEDIA



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From Depression to Expression – George’s Journey

NEHA JAYARAM

COMMUNICATIONS INTERN

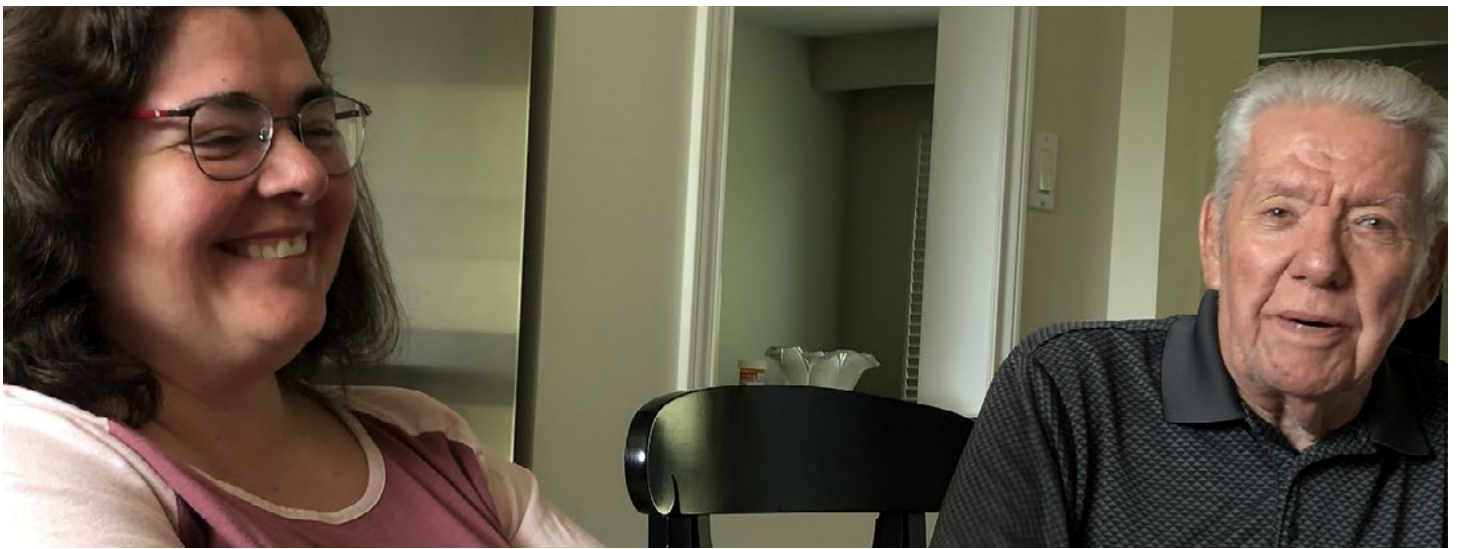
George Waugh was diagnosed with dementia and Alzheimer’s at the Toronto Memory Program a few years ago. He was referred and joined SCHC as a client of the Adult Day Program.

His first two years passed smoothly with George

enjoying the programming and socialization. However, he started to get depressed when clients with later stage dementia joined the program. Despite having dementia and Alzheimer’s, George is still very capable. He still did his own bills and took care of himself. When it got to the point where George was dreading coming in

for the program, his daughter Jacqueline Medeiros said, “I was extremely concerned and I went in to the centre to cancel.”

She met our coordinator, Navia Harry, who knew George very well. Navia suggested that he join the Active Living Centre, a centre where adults over 55 years, come together for various fun activities.



George and his daughter Jacqueline sharing a laugh at their kitchen table



George and Roland in the Art class

An actor and painter in his youth, the Active Living Centre sounded perfect for George. However, his daughter said it wasn’t easy to convince him to join. “He was very resistant to it in the beginning, he didn’t want any part of it. I had to insist that he try at least a month and then we could decide. Once he opened himself up to it a bit more, he LOVED it.”

Being a caregiver to a parent with Alzheimer’s and dementia can be difficult. “It can be so hard to find compassionate people out there, who understand this kind of

situation,” said Jacqueline. “I’ve looked for stuff for him before and people can be so cold. But the people at SCHC are so warm and caring.”

George loves being a part of the Active Living Centre. He has made friends and found activities he enjoys. When asked about the impact the program has had on her father, Jacqueline said, “The difference in him was night and day. Before, he was grumpy, depressed, crying 2-3 times a week and short with everybody. And then it all just disappeared. He made new friends, all the

ladies fight to sit beside him and he enjoys the attention. All this has also opened him up to join the other activities here. He just went to the CN Tower, I'm going with him on the boat cruise and for the picnic." To read George's full story go to the SCHC Blog at <https://www.schcontario.ca/blog/the-difference-in-him-was-night-and-day>

Are you up for the Quest?

You are invited to take part in SCHC's 2nd annual amazing scavenger hunt challenge fundraiser!

Teams will fundraise then tour Scarborough performing quests and compete for prizes.

The hunt will take place on Saturday October 5th and all you need to do is register your team or sponsor another team and make a donation!



Prizes:

#1 Quest team:
4 tickets to the Art Gallery of Toronto

#1 Team Fundraiser:
4 tickets to Ripley's Aquarium and so much more!

Last year we did an amazing job raising funds for SCHC's Summer Camps, Hospice Programs and Senior Services. Let's raise more this year!

Register Now!

Go to: <http://bit.ly/schcdonate> and click DONATE NOW

Seniors Discover Well Being through Art

NAVIA HARRY

COORDINATOR
ACTIVE LIVING CENTRE

The Active Living Centre's art program is held twice weekly, from September to June each year. At the end of the program, students put on an Art Show at the Cedar Ridge Creative Centre. The Art Show is an opportunity for the students to showcase the artwork they have worked on all year and socialize with their peers. They invite their families, members of the community,

our partner organizations and Members of Parliament.

"The artists work hard all year and are proud of their final paintings. They often choose memoirs from their lives to paint. Some artists painted their family on a fishing trip, while others painted their beloved pets" said Roland, the ALC art instructor.

The ALC invites judges to the event and they select the 1st, 2nd and 3rd place paintings. Lunch

is included and entertainment provided by the ALC's Hawaiian Dancers. Attendees even have the opportunity to purchase the art if the artist agrees. New ALC members are always welcome. For more information or to register contact by email: cssintake@schcontario.ca or phone: (416)-847-4134.

The Art Show this year was a success and everyone who attended had a great time!



Guests viewing the wonderful paintings done by the Active Living Seniors



The Art Show happens annually every Senior's Month in June.

Summer Bazaar at the Hub

EMINEJOMO IKPONMWEN

HUB PROGRAM ASSISTANT

The mid-Scarborough Hub's Community Engagement team, in collaboration with community residents, held their first annual Summer Bazaar on a sunny Saturday August 24th, 2019.

Unlike previous years, this year's community event was a bazaar and saw 19 local vendors in attendance. The vendors showcased products such as;

colorful, ethnic handmade dolls, gemstone bracelets, custom-made t-shirts, sewn and knitted wears. Other vendors provided information such as; City of Toronto on the Toronto Strong Neighborhoods Strategy, Axis Music program, financial, and cremation and burial services. Food vendors selling a wide variety of items such as; garden-grown jackfruits, cucumbers, fish, pickled vegetables,

cupcakes, margaritas and ice-cream.

There was a friendly clown, brought by one of the vendors, who kept the children entertained while the parents did some shopping. Thank you to our friendly neighborhood officers for attending with their police car and ATV. Winners of the raffle draw went away with a Plato's closet gift basket and Tim Horton's gift cards.



This beautiful, handmade and colorful array of dolls were made by one of our local vendors.



Clear skies, local vendors, shoppers, children playing with balloons and a visit from our friendly neighborhood police officers.

Axis Music program at the Hub

Axis Music provides free music lessons to children and youth every Thursday, 5-8 pm
At the Mid-Scarborough Hub,
2660 Eglinton Ave E
(and Brimley).

Axis Music offers participants the opportunity to develop collaboration skills, an excellent work ethic and, of course, the ability to make beautiful music.

The value of learning piano, violin or cello cannot be overstated.

To register for Fall 2019:

Complete an online application at www.axismusic.ca/applynow/ or call 647-550 AXIS (2947) for more information.

Participants must live in Toronto Community Housing or be approved for the City of Toronto's Welcome Policy.



Senior's Month Strawberry Social/ ADC Summer Poetry

JACQUELINE ALLEN
RECREATION COUNSELLOR, ADC

To kick off Senior's month 2019, the Adult Day Centre (ADC) program located at 629 Markham Road, hosted a delectable Strawberry Social

event. The collaborative social event saw staff, students and volunteers coming together to ensure that our seniors had an enjoyable afternoon of music, fun, prizes and surprises. Homemade desserts such as strawberry

shortcake, strawberries and cream, chocolate fondue with strawberries were just some of the goodies that were enjoyed by our seniors. A special thank you to those that helped with the baking of pastries for the event.



SCHC staff prepared strawberry treats like this yummy parfait!



Strawberries dipped in chocolate. Who can resist?

The Adult Day Centre serves adults 55 years of age and older who are frail, have been diagnosed with Alzheimer's disease or other types of dementia, are living with a disability, and/or are socially isolated. For more information or to register email: cssintake@schcontario.ca or phone: (416)-847-4134.

Summer Poetry

- S- sun tan, swimming,
sexy swim suites, sun
seekers, sandals
 - U- unity, UV rays,
umbrella
 - N- Niagara Falls, nesting
 - S- sight seeing, sailing,
snorkeling, skinny
dipping, sea shore
 - H- holiday, hiking, heat
wave, hot dogs
 - I- ice cream, ice cold
drink
 - N- noisy neighbours,
 - E- Exhibition, excitement,
exuberant
- By ADC Seniors

Youth and Children develop Skills through Summer Camps

ARENNE KIRITHARAN
SUMMER STAFF COUNSELOR

The Growing Leadership Program began on July 15th, 2019 marking its fourth consecutive year of programming. Over time, the

Growing Leadership Program has become a staple of summer in the community of Scarborough. As we approach the end of program, looking back, this has been our most successful year. Our community

involvement and engagement has helped the participants transform themselves into community leaders. As staff we helped cultivate and hone these skills over the course of the summer through a number of activities. On Monday's we focused on leadership through games. This was a vital part of the learning experience because through the activities they were able to learn through each step about skills such as teamwork, communication, delegation, and many other skills. What they learned through games, they were able to utilize when leading games for The HUB Camp.



Games provide team building skills.



Gardening activities reveal benefits of hard work.

The HUB Camp is another summer camp for children from the ages of 6-12. Every week our leaders were able to practice leading inclusive and engaging games for the children. The Growing Leadership

Program also incorporates community leadership through gardening. The process of hard work through manual labour and seeing the once empty garden come to life teaches the value of perseverance

and responsibility. Overall, the summer of 2019 brought together a group of unique individuals as they grew their confidence and came out as strong and trustworthy leaders.