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at SCHC

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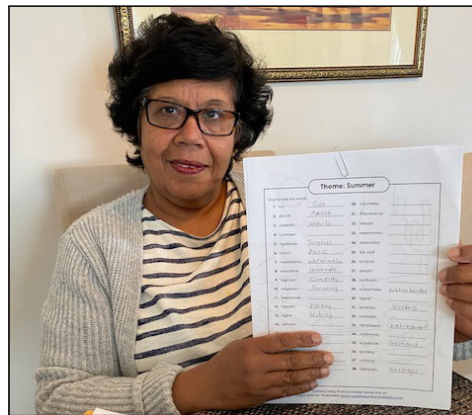
### Ruth Lechner

My name is Ruth and I'm a client of the Day Hospice Program. I was diagnosed with ovarian cancer in late 2016. [...Read more](#)

*Every month SCHC adds a story from our clients, volunteers or staff members.*

## New & Innovative Ways of Addressing Inclusion & Accessibility at SCHC

BY DHARSHANA JAYAPATHY, BA, BSW, MSW(C), RSW COORDINATOR,  
TAMIL SENIORS HEALTH PROGRAM CAREGIVER WELLNESS TEAM



*Linga Kulasegaram: "I really enjoy it! Keeps me busy! Also helps with my English and keeps my brain active."*

2020 has been a new experience for all of us. For our seniors, June is the month to recognize their contributions to the community. This year, due to the pandemic, we've offered a variety of virtual programs for seniors. However, access to technology and language skills made it a challenge for all clients to engage effectively. To better address accessibility and inclusion in service delivery, we created the Seniors' Month Package.

Our goal was to help seniors stay mentally stimulated while reducing stress and loneliness. The Seniors' Month Package was mailed out and it included: adult coloring pages to improve focus and dopamine levels in the brain; brain teasers to help with thinking skills; breathwork for relaxation; and a craft activity

(produced by Community Arts Guild) to reduce feelings of isolation, and provide confidence and sense of purpose.

This package was such a huge hit we delivered 150, well above our goal of 60! We also provided an electronic version to some of our partners resulting in supporting nearly 200 seniors throughout the month of June. The positive feedback from clients and the response from the community and partners, including multiple Fred Victor locations, Tesco Multicultural Settlement Services, and Toronto Community Housing, was overwhelming.

Ravi Kandasamy said: *"Thank you for the June Seniors Package. It kept me occupied and forget my loneliness. I really enjoyed the numerical games."*

SCHC is highly adaptive in meeting the changing needs of its community, and thrives to produce innovative approaches that overcome barriers so that our clients are best served. If you have ideas on how we can best support you during this pandemic, reach us at [ask@schcontario.ca](mailto:ask@schcontario.ca) with the subject line: **Seniors' Program Ideas.**

# Message from the CEO August 2020



CEO Jeanie Joaquin.

As summer 2020 ends, I cannot help but reflect on the many challenges this year has presented. Top of mind is the COVID-19 Pandemic and how it affected us all. As we see our city, our province and our Country cautiously re-opening I am pleased to say that we too at SCHC

continue to implement more and more in-person services to fill the gaps that the pandemic created. Off course, we do this with the utmost care for the safety of our staff, clients and volunteers and guide our actions by the recommendations of public health and levels of government. As we welcome our staff and clients back to our locations, we also look for opportunities to continue with some of the virtual programming that has been so successful during the past several months. I must do a shout out to the wonderful SCHC family of staff that ensured we remained connected with our community, finding new and innovative ways to deliver services and check in on our vulnerable population. Our staff truly live our ICARE values! For current updates on our programs and services, please visit us at [www.schcontario.ca](http://www.schcontario.ca).

I must also reflect on the impact of the events highlighting Black Lives Matters. The tragedies that we witnessed as a society have also touched us at SCHC. Trust that we are committed to holding each other accountable and challenging ourselves to demonstrate growth and leadership in this area across the organization. Therefore, SCHC is engaging in training to ensure we have an equitable and inclusive SCHC for staff, clients and the greater community. One of the goals of this training is to create a space for reflection and accountability. We will examine Anti-Black Racism and its impact on health through the twelve determinants of health; learn about advocacy and ally ship and how to address Anti-Black Racism in every aspect of the work we do.

Finally, in an exciting step forward, the group of more than 40 Scarborough health service provider partners is now being invited to move on to the next phase of the readiness assessment process and complete a full application to become the Scarborough Ontario Health Team (OHT). The application will be submitted to the Ministry of Health on September 18, 2020. OHTs are part of the Ontario government's plan to improve access to quality health care and provide a better patient experience. Health care providers (including hospitals, doctors, and home and community care providers) work as one coordinated team, no matter where they provide care, making it easier for people to navigate the health system and transition between providers. Scarborough's health care partners have collaborated in many new and creative ways throughout COVID-19. The lessons we have learned from the pandemic will be put to good use as we move forward together.

Thank you for your continued patience and support as we navigate these new times together. All of us at SCHC look forward to connecting more and more with our community in person.

**SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES**

**WELCOME BACK!  
SCHC IS KEEPING YOU SAFE!  
HERE'S HOW...**

Infection Protection and Control Measures:

- Deep cleaning every day
- Cleaning high-touch areas every 2 hours
- Cleaning all equipment and exam/counseling rooms after each client visit
- Staff are wearing masks and face shields
- Daily screening of staff before onsite shifts
- Screening of all clients prior to appointment, session or program
- Hand sanitizing stations and facial tissues available in each program area
- Safety posters and health signages throughout buildings



# EarlyON DIY Family Care Kits

JENNIFER BOTELHO, COORDINATOR OF EARLYON CHILD AND FAMILY CENTRE



*"My son absolutely loves the care kit!! He is having a blast planting lettuce right now at his grandparents"*

- Laila Ebrahim, EarlyON Parent

## Community. Engagement. Compassion. Family.

Words we often use when describing the importance of early years services and crucial work we inspire at our SCHC EarlyON Child and Family Centre. Creating relevant respectful community connections with our clients, residents, and families

instill beneficial gains to children as well as a sense of belonging. Engagement is one of the core foundations of learning and is a state of being involved and focused.

In the summer of 2020, we quickly adapted to offering programs virtually. We wanted to highlight how we were still here and how as parents, caregivers and educators we could enrich our young ones' minds and bodies while quarantined at home. This led to the creation of our special DIY Family Care Kit Event!

We organized screened appointments for pick-ups and curbside deliveries for 30 families and reached 62 children! We also coordinated a second event in August after the great response from the first event in July!

With support from a Children's Book Bank, The Great Canadian Soap Company and generous gift card donors, we incorporated a large variety of open-ended craft

materials in the kit to enhance children's explorational learning. An added bonus was a resource guide developed by Toronto Children's Services demonstrating numerous supports, ideas and activities to explore with the entire family.

Our EarlyON team is profoundly happy that we were able to spread sparkle and fun to our families this summer during COVID-19 and hope to see you all soon in the near future within our newly renovated space.

*"I cannot express how grateful I am for the beautiful gift you have given us. They are glued to all the activities. They love it so much. I thank each and everyone for this amazing experience you have given me and my children and I thank you for continuing the amazing job you are all doing. An hour has gone by but we're still playing."*

- Karmel Awad, EarlyON parent

## 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 200 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



@SCHCOnT



SCHCONT



@SCHCOnTario

## 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.

# 5 Steps Towards Advocacy & Allyship

RENEE ALLEN, CHILD AND YOUTH HEALTH PROGRAM FACILITATOR



Black Lives Matter is not a political statement. It is the acknowledgement of a fact not reflected in cases of police brutality. Long after the news cycle stops covering Black Lives Matter protests, the Black community still has to deal with systemic racism's daily effects. Allyship and advocacy are everyday actions people take to stand in solidarity with the Black community.

## 1. "Ally" is an action word

An ally takes actionable steps towards addressing anti-

Black racism. It is an internal reckoning - an opportunity to self-reflect and examine how your actions have harmed the Black community. This may be through macroaggressions, stereotyping etc.

## 2. Learning and unlearning are an ongoing process

Learning isn't a destination - it's a lifelong process. It's essential to recognize gaps in your understanding of anti-Black racism. For every harmful idea about race you leave behind, fill that space with books, articles, videos and other resources.

## 3. Speak out against anti-Black racism

Anti-Black racism lives in our bodies as internalized racism - e.g. thoughts, institutions, workplaces etc. Call out instances of anti-Black racism. Your voice may shake or you may not use the perfect words. Silence is not an option. Speak up and out.

## 4. Find your stride as an advocate

Whether you participate in protests, sign petitions or financially support Black community groups - small, intentional actions accumulate towards the larger goal of long-lasting change.

## 5. Advocacy starts at home and spreads outward, to the larger community

Allies should engage in conversations with family members, friends, and colleagues about systemic racism. Start a book club or share articles that spark discussions on your WhatsApp groups.

Tackling systemic racism and anti-Black racism seems like a big task. You are the difference - be an ally today, tomorrow and every day after that. Black lives depend on it. Black Lives Matter.

# New Pop-up Food Bank

CARON CATO- PROGRAM ASSISTANT



City-run local public library foodbanks closed in Phase 2 of the pandemic... leaving the families who frequently visited uncertain about their food security. Fortunately, since SCHC already runs a foodbank out at 4100 Lawrence Ave East and had modified service delivery to accommodate the pandemic

protocols, SCHC was able to step in and launch our first ever foodbank pop-up on June 9th, 2020 at The Hub!

Hub Manager, Shola Alabi and Manager of Community Services, Shivana Sankar, came together with their respective teams and quickly came up with a plan to distribute food hampers for

# Welcoming Back Volunteers

LORI BEESLEY, COORDINATOR OF VOLUNTEER ENGAGEMENT

In mid-March 2020, we had to inform our valued SCHC volunteers that all in-person volunteer and student placements roles were suspended, due to COVID-19 and advice from Public Health to stay home. We stayed in touch in the months that followed, and are so happy to start welcoming back volunteers to their in-person roles at SCHC on the basis of program by program needs.

We have new processes in place to ensure we are doing everything we can to keep volunteers healthy and safe. Returning volunteers are required to watch the newly developed Infection Prevention and Control (IPAC) safety training video, review information regarding proper hand washing, use of Personal Protective Equipment (PPE) and agree to daily self-screening, including temperature checks, on the days they are going to volunteer. We appreciate the extra efforts our volunteers are making since it reinforces their commitment to their own, staff and clients health and well-being.

The programs requiring volunteers most urgently are Meals on Wheels (MOW) and the Food Bank. All programs have new safety measures in place. For



MOW this means contactless meal pick up directly from our head office. At the Food Bank, various grocery items are being pre-packaged and staff are providing these to clients rather than having people come into the building to make selections.

As more programs resume onsite, additional volunteers will be welcomed back with open arms. We've missed you all! We are also looking for new volunteers. Please go to <https://www.schcontario.ca/schc-volunteers.html> to apply.



people in need within the Eglinton East/Kennedy park community. All of the food hampers contained food provided by Daily Bread

Foodbank, which follows the Canadian recommended daily food guide. Second Harvest supplements the hampers by providing fresh produce, dairy and protein products. Thanks to these community partnerships and other generous SCHC food bank donors we are able to support the community.

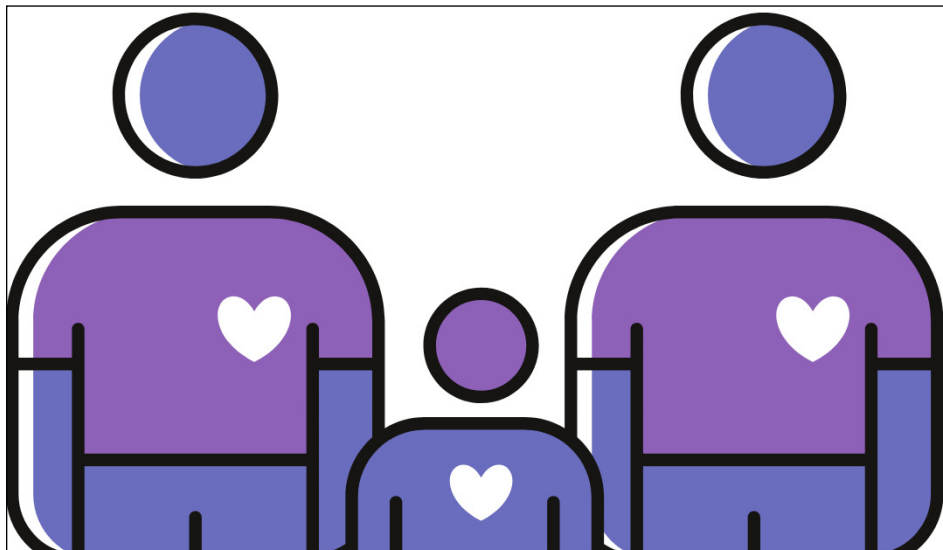
So far, SCHC has served a total of 1,493 households, 3,176 adults and 1,480 children from this initiative, thanks to the SCHC staff

and a rotating shift of 41 Division's Neighborhood Police teams; PC Sean, PC Tara, PC Matt and PC Erick.

The pop-up foodbank was held every Tuesday from 1-4pm outside the hub and originally meant to close on September 1st, 2020. Planning is underway to hopefully continue this program. If you wish to donate to the SCHC Food bank to support sustaining programs like this, please go to <https://www.schcontario.ca/donate-now.html>

# Maintaining healthy family relationships

DOROTHEE CHOPAMBA, SOCIAL WORKER CHC



Maintaining healthy family relationships is pivotal in enhancing feelings of self-worth, self-confidence, and a unique sense of belonging. This is because families are our road map and moral compass. They teach us how to function in the world. As humans, we need to maintain healthy family relationships to enhance emotional growth. Without healthy relationships in our lives, we may feel a sense of loneliness

or isolation which in turn may lead to poor mental health. Unhealthy family relationships are dysfunctional or toxic and do not offer the support needed to thrive.

Healthy relationships are those that are based on respect, care, trust and equality. One may ask, how do I get to that healthy place? By utilizing the tools offered by the 3 C's of healthy relationships.

**Communication:** Talk openly and listen to each other with compassion. Continuously share your feelings and emotions as this helps you better understand each other.

**Compromise:** It is the secret to successful relationships. It is about letting go of the need to be right. It is more about giving in, rather than giving up.

**Commitment:** It means putting each other and the relationship first instead of being selfish. This requires a lot of giving and sacrifice. It means not giving up when the going gets tough.

If you are struggling with maintaining healthy family relationships, contact us for support at 416-642-9445. Our friendly staff will direct you to the right program for all the help you need.

We keep your information confidential!

## How one local artist raised funds for SCHC

RHEA TONY MARKETING AND COMMUNICATIONS INTERN, SCHC

Toronto based artist, Shye Zhang donated proceeds to SCHC from her fundraising auction held in June 2020 during the pandemic lockdown. This is my interview with Shye.

*What motivated you to start this fundraiser?*

Food banks, growing up, my family relied on them. And especially during the pandemic I thought it

would be nice to bring attention to SCHC's hard work. I do a lot of paintings on little studies and collections, so I converted those into pieces for the auction.

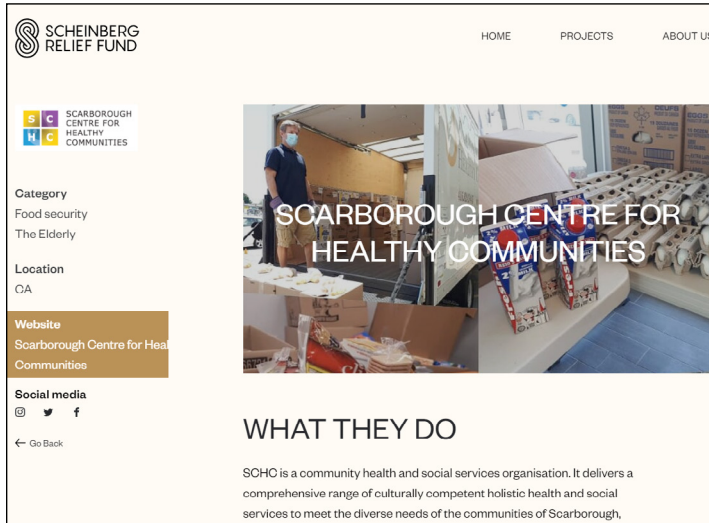
*Tell us about your work and what kind of art style you adopted?*

It was quite different from my usual style which is mostly color-based work. I think people were motivated to donate and pitch in



# The Pandemic Silver Lining: New Donations Help Scarborough Residents in Need

DEBRA MCGONEGAL, DIRECTOR OF COMMUNICATION AND DEVELOPMENT



seniors. At SCHC, we've been so grateful to the community of donors who reached out to give to SCHC to continue providing essential services, even during lockdown. These included the Food Bank,

and several large gifts from foundations eager to help those that most needed it. Donations from The Northpine Foundation of \$50,000 and The Scheinberg Relief Fund for \$200,000 have provided technology and subsidized program fees so that seniors had access to virtual programming and health care was available to all that needed it. They are keeping Meals on Wheels and the Food Bank operating to look after individuals with food security concerns. They are making sure the isolated and vulnerable in Scarborough are not forgotten and that they know the broader community cares about their health and wellbeing. THANK YOU to each and every donor.

It became increasingly apparent that the impact of the pandemic was being felt more severely by certain demographic groups, especially in Scarborough. These included the racialized and marginalized, those suffering from low income or poverty and

Meals on Wheels, Transportation and Assisted Living services. Plus, new virtual programs and online or phone support.

SCHC is especially thankful to all of the corporate support

because it wasn't a big ask and I made the paintings smaller so people could easily put them on the walls themselves and the donation levels were manageable.

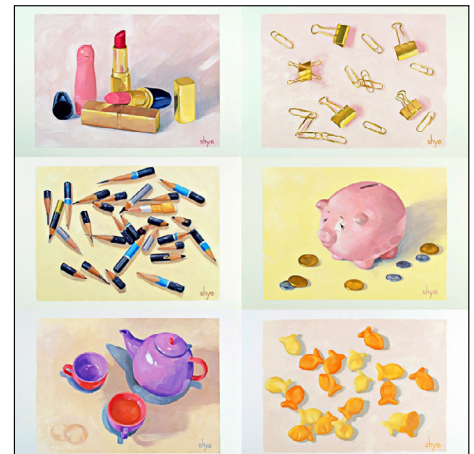
*How much did you raise to donate to SCHC from this initiative?*

Almost \$300 with only half of the paintings! It was very rewarding and encouraging to see people raise funds for a good cause.

*What made you choose to donate the proceeds to SCHC?*

I believe in funding your local communities, making sure whoever you interact with is happy and healthy. I can't really change the world, but I can do something small, something like this and that's a good step towards a greater cause.

Especially during this time.



< A self-portrait by Shye Zhang sourced from her official website where she accepts commissions.

The paintings that were part of the auction.

# Youth Entrepreneurship Opportunity Summer Camp

*SUNITA PERSAUD, CHIEF OF MSYL*

The Youth Entrepreneurship Opportunity (YEO) Summer Camp offers youth participants the chance to develop their own business, while getting paid for each hour they put in. Walking into this experience, I was excited to gain knowledge that I can apply to my future as I would like to begin my own photography company at some point. More than that, I was excited to learn what it takes to begin a legacy for the Mind and Spirit Youth Leadership (MSYL) Council by developing a social enterprise venture to sustain the program into the future.

Twenty-four youth participants were given a mentor that would assist them with creating their business. The fourteen mentors, university students in Ryerson's Enactus program, were carefully matched to align with the youths' interests. Along the way, we were able to participate in workshops that will help build our skills, such as financial literacy, and had the opportunity to develop a Shopify ecommerce site.

Participating in this program taught me the dedication it takes to run a business. I learned how

to better organize my thoughts and ideas as well as how to be efficient during downtime. I also learned I am resilient, hardworking and able to take on challenging situations when I have faith in myself. I learned that it's okay to feel off sometimes and to take breaks to recharge my battery.

To conclude, I got much more than I bargained for when I joined YEO. I got to help MSYL come up with MSYLens, our new photography company and something that will last generations. Words cannot express how elated I am to have been a member of this amazing journey, and I would like to say to other youth: things are tough right now. However, even while stuck at home we can still make it count. Try new things. Step out of your comfort zone. The reward is worthwhile.

***YEO camp was an initiative funded through the generosity of the Northpine Foundation to provide Scarborough youth with a summer job and open new doors for their future.***



*From left to right: Sunita Persaud, Thusharaka Rajaratnam, Ken Mare, Tabitha Sherman, Anjana Puvanenthirarajah and Sumeka Sivasubramaniam.*