



HEALTHY & WHOLE

SCHC NEWSLETTER 32, ISSUE NO. 11

SPRING 2018

Greetings from the CEO



Every Spring we experience the joy of renewal. New life springs up in the flowers, leaves on trees and growing grass bring colour and vibrancy back to our environment. Animals come back out of hibernation and we shed our winter coats, hats, mitts and boots. Spring is a busy time at SCHC, where we celebrate the warmer weather with special events like the Seniors Art, Knitting and Craft Show, Volunteer and Caregiver Appreciation Dinners, plus

educational conferences for Palliative Care and International Women's Day.

However, some of our community members can't fully appreciate the season because of ongoing difficulties in their lives. Paying rent, having enough food for their children and finding employment are daily struggles for families and individuals in Scarborough. As mentioned in the recently released Vibrant Signs Report from the Toronto Community Foundation, our great city is experiencing huge inequities in the quality of life for some neighbourhoods. Scarborough is increasingly facing the lower end of the equity scale and has many neighbourhoods that fit in the 35% of Torontonians who earn less than \$20,000 annually.

SCHC helps to balance some of those inequities by providing free health care, community supports and social service

programs to help people in need. But we require more community participation to continue offering and growing these services to meet the increasing demand. We welcome donations and there is a special need for volunteers in volunteer dependent programs. (See pages 4 & 5 for more information). Did you know that giving of your time and/or financial support is associated with positive health conditions among older adults? Of course, there is also the good feeling derived from enhancing human potential, promoting equality and building community. So, this Spring, help a neighbour renew their joy in life. To learn more about SCHC, please visit us at www.schcontario.ca or visit our FaceBook page for up to date news and activities!

Jeanie Joaquin

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Lawrence East Partnership Program (LEEP) launched to form Hub of services

KOULLA CHRISTOFOROU
SENIOR DIRECTOR
COMMUNITY SERVICES

SCHC staff that deliver programs and services in two Toronto Community Housing Corporation (TCHC) buildings at 4175 and 4205 Lawrence Avenue East were deeply concerned with the high number of crime related incidences that were escalating in both buildings. A needs assessment revealed gaps in services like residents living with mental health and substance use challenges, safety, building disrepair, food insecurity, crime and prostitution.

Fortunately, a proposal for funding to the Central East Local Health Integration Network (CELHIN) from a collaborative formed with Fred Victor Agency, Cota and others was approved in January 2018. Using a virtual Hub model of service, staff will be part of a multi-disciplinary team who will work together to ensure that skill enhancement

and services are in place for residents to maintain their housing and to help with their physical, mental health, and substance use challenges. A Hub coordinator will work with the team that will be comprised of two Mental Health Case managers, a Registered Nurse,

a Housing Worker, Peer Support Worker and a Personal Support Worker. To compliment this program a hot meal program is also provided to residents and the team will work closely with TCHC staff and other service providers to build on service integration and coordination.



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
C
A
R
E

Inclusiveness
Community Engagement
Accountability
Respect
Equity

Growing Leadership

VYSHNAVI
KANAGARAJAMUTHALY
YOUTH LEADER

Growing Leadership is a fun, exciting and rewarding way to spend the summer for youth ages 12-17 that focuses on self-growth and giving back to the community. The 6 week volunteer program entails team-building activities, nature trips, skill building workshops, and various learning experiences. Growing Leadership is a program that seeks to develop youth into leaders of their community through providing them with the tools they need to succeed and be impactful. Youth work together on community gardens and learn about the environment while making valuable friendships and meaningful connections. Participants gain insight on important topics such as healthy living, body image, gender issues, and much more. With this knowledge and the various levels of communication, leadership, facilitation, teamwork, and social skills learned, youth become prepared to utilize their abilities to explore other ventures. Youth that come into the program can



Youth leaders from 2017 Growing Leadership program proudly showcase the community garden they worked on over the summer months.

leave with valuable experience, variety of acquired leadership skills, and great friends. Make sure to register for this year's program! It's completely free

and an amazing opportunity for self-growth while helping build the community. Please visit our website or contact csingh@schcontario.ca for details.

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 650 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**

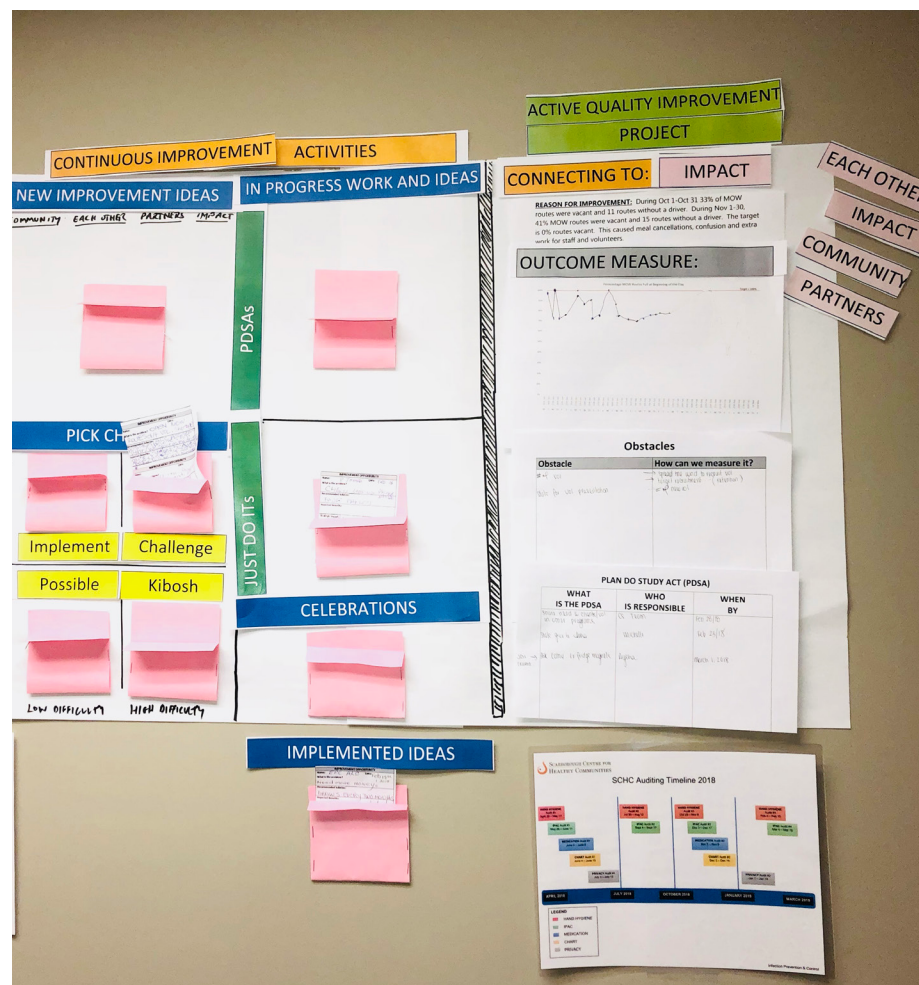


@SCHCOnT



SCHCONT

Quality Initiative Supports Volunteer Programs



The Quality Improvement Board for Community Support Services.

CALLUM TYRRELL
QUALITY ENGAGEMENT MANAGER

As a volunteer dependent program, Meals on Wheels (MOW) hit a peak crisis state when in October and November 2017, up to 41% of its routes were cancelled causing clients to not receive meals.

A Quality Improvement initiative began to understand the issues contributing to this. A collaboration of staff from across SCHC came together to explore countermeasures and test solutions from the ground up with the measure of success

being 100% of Meals on Wheels routes filled each day. The importance of going to where the work is unveiled ideas from staff making demand on the program for volunteers visible in a real-time way for others to creatively close. As you can see from the graph, the performance measure improved from 30% variance to 8% variance so far indicating more stability. Adapting the learnings to other programs as we resolve the obstacles will be the long-term goal...watch this space!

Corporate Donors Fund Meals on Wheels

DEBRA MCGONEGAL
FUND DEVELOPMENT MANAGER

Scarborough Centre for Healthy Communities (SCHC) is extremely thankful to Gore Mutual Foundation and CRE Insurance for their \$2500 grant to help SCHC's food security program, Meals on Wheels (MOW).

Last year SCHC delivered over 27,000 meals to over 400 clients in Scarborough. Meals on Wheels (MOW) provides our clients with access to sufficient food, helping them meet their nutritional and dietary requirements. The meals are delivered by volunteers and this interaction also provides a security check and companionship that helps avoid social isolation. Our seniors and adults with disabilities can maintain their independence to help them live longer in their homes and avoid premature institutionalization. This in turn has a much larger impact on the local economy and the health care system.

Corporate partnerships are crucial to filling the gaps in government funding and ensuring sustainability of vital programs. This grant may help subsidize the small mandatory fee required from clients that may have to choose between food and paying the hydro bill.

Urgent Need for Meals on Wheels and Friendly Visiting Volunteers



Nemiah Archer (MOW volunteer) is ready to deliver a hot cooked meal to a needy member of our community.

ABHA GOVIL
COORDINATOR, VOLUNTEER
SERVICES & STUDENT PLACEMENTS

At SCHC we are on a constant drive to recruit more volunteers for two of our very high need programs.

For Meals on Wheels in Scarborough, we have a shortage of at least TEN volunteers for our 16 daily routes per week. It is critical that SCHC fill this gap and we are requesting YOUR help. We are looking for a commitment of only two hours on a weekday during lunch hours.

We also need 'Friendly Visiting' volunteers to spend one hour

each week in the home of someone who may not have interaction with anyone for days on end. Isolation can have a serious impact on the mental health of a home-bound person. Your companionship will make the world of difference.

If you want to volunteer, or know of someone who can, please contact Abha Govil at 416-847-4127 or email her at agovil@schcontario.ca for more information.

It could be your neighbour who would benefit from the gift of your time.

Scarborough Centre for Healthy Communities presents: **A FREE ONE DAY PALLIATIVE CARE EDUCATION EVENT**

FOR HEALTHCARE PROVIDERS AND VOLUNTEERS

REGISTER at <https://www.schcontario.ca/ihp.html>

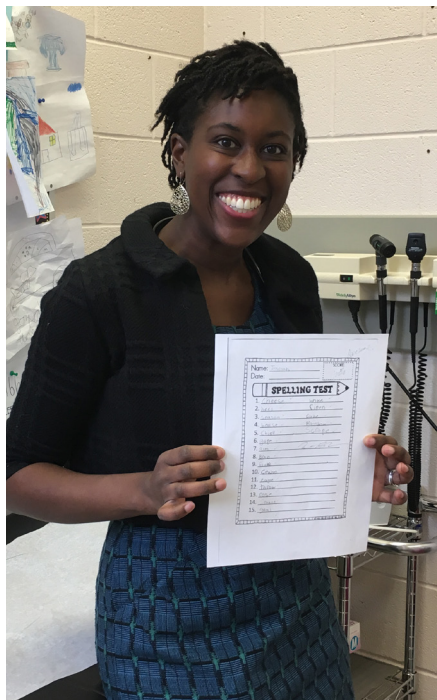
Indigenous Health Practices – Pathways for the Spirit Journey

Wednesday, March 28th, 2018 – 8:30 am – 5:00 pm

**PETER & PAUL BANQUET HALL
231 MILNER AVENUE, TORONTO
(FREE PARKING)**

FOR ASSISTANCE CONTACT:
**LYNN MUIR-WHEELER
@PALLIATIVECAREEDUCATION@SCHCONTARIO.CA**

SCHC Provides Health Care Services for Students at Willow Park School



Dr. Niel holding the spelling test that her patient gleefully brought in with a PERFECT score after several visits to our clinic within Willow Park Junior Public School to treat her sleep apnea and ADHD.

DR. ULLANDA NIEL
PRIMARY CARE PHYSICIAN SCHC

One of the most rewarding parts of my job at the Scarborough Centre for Healthy Communities is providing weekly health care services within Willow Park Junior Public School (WPJPS). Since 2012, I have worked with Dr. Jennifer Jayakar, Nurse Practitioner Kyoko Kennedy, Pediatrician Dr. Heather Duong and our clinic coordinator, Lubna Gulnaazz. Willow Park is a Model School for Inner Cities, one of a handful of schools in Toronto, touting a school nutrition program, free hearing and vision screening and an innovative pediatric clinic. Our clinic within WPJPS serves children from 16 feeder schools. Last year 133 students

were seen, most commonly for behavioural concerns and/or learning problems, but also for immunizations and other health concerns that may affect their performance in the classroom. The clinic has opened the doors to academic success for many children who were previously facing long wait times, lack of primary care and splintered communication between the healthcare system and their school. Do you feel inspired? We are always looking for partners within SCHC and the community to support parenting, child development and the overall health of students in our community.

Senior's Month



JUNE is Senior's Month and we'll be celebrating with our Art Sale, Fest Week and much more. Check our website for more details or contact Debbie Lee at dlee@schcontario.ca or **(416)-847-4152**

Two men and a Truck help move furniture

DEBRA MCGONEGAL
FUND DEVELOPMENT MANAGER

When Paul Bolte, Owner and General Manager of TWO MEN AND A TRUCK (TMT) Toronto East asked if there was any way they could help us get more stock into our Furniture Bank, SCHC jumped at the opportunity to partner with them. Christine Hewitt, Community Engagement Manager-KGO explained the impact of this arrangement. "Unfortunately, the high demand for our services makes it very difficult to meet the needs of all our clients. And we don't have the trucks or labour to move items ourselves. With the help of TMT, we can make more living spaces into a home for those in need." Not only is TMT launching this

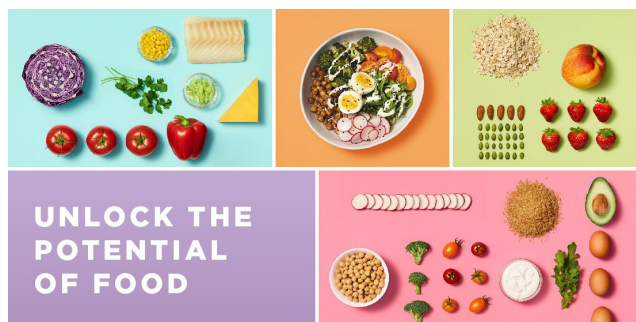
new delivery service for SCHC but plans are in the way for a food drive with local schools to help stock empty shelves during the summer months. Partners like TMT help SCHC expand

their services without additional costs. THANK YOU TWO MEN AND A TRUCK! Contact Debra McGonegal at 416-948-3927 if you want to explore partnership opportunities with SCHC.



Left to right. At the Furniture Bank from TMT: mover, Paul Bolte, General Manager and Andrew Robinson, Operations & Marketing/Sales Manager. From SCHC: Koulla Christoforou, Senior Director Community Services, Christine Hewitt, Community Engagement Manager-KGO and Ruqia Khan, Social Support Assistant for SFB.

Unlock the Potential of Food



RUCHIKA WADHWA
DIABETES DIETITIAN

Food is nourishment, but it's so much more. Food unites us at the dinner table and is the center of holidays. Nutrition is something you can teach to children to help brighten their future. Nutrition can improve health, prevent disease and keep us well for longer. At every touchpoint, food nourishes and inspires us. This

is why dietitians, your trusted source for nutrition information, love food and believe in its power to enhance lives and improve health.

March 2018 is National Nutrition Month, dedicated to helping Canadians 'Unlock the Potential of Food' with March 14 marking Dietitians Day. Dietitians help Canadians realize the potential of food to fuel, discover, prevent, heal and bring us together.

Come, join the dietitians at SCHC for the Annual Nutrition Month event on March 23, 2018 to know how you could 'Unlock the Potential of Food'.

The event will be loaded with fun, interactive activities, refreshments and prizes to be won.

Make sure to register and save your spot for this event.

When:
March 23, 2018
1 p.m. – 3 p.m.

Where:
The Hub
2660 Eglinton
Avenue., East,
Scarborough, ON
M1K2S3

To Register:
416-847-4160

Summer Camps at the Action for Neighbourhood Change



2017 Summer Camp at our Community Garden.

OMAR BROOKS PROGRAM COORDINATOR

The Summer Camp is a **free** program for children age 6-12, run by the SCHC Action for Neighbourhood Change (ANC) locations at Scarborough Village and Eglinton East/Kennedy Park. The program generally runs Tuesday, Wednesday and Thursday for six weeks over July and August. In the program, participants engage in a variety of

fun activities that focus on building leadership skills and healthy relationships, experiencing the Arts, plus participating in recreation and healthy living programs. Many families value this opportunity for enriching their children's lives so make sure to register early. For more information or to register for the Summer Camp Programs please call the ANC Coordinator for your neighbourhood:

Scarborough Village:
Anthony Rampersad
416-642-9445, ext. 4177
3600 Kingston Road
(Kingston and Markham Road)

Eglinton East/Kennedy Park:
Omar Brooks
416-642-9445, ext. 4173
2660 Eglinton Avenue East
(Eglinton and Brimley)



629 Markham Road, Unit 2
Toronto, ON M1H 2A4
T: 416-642-9445 F: 416-724-5205
ask@schcontario.ca

