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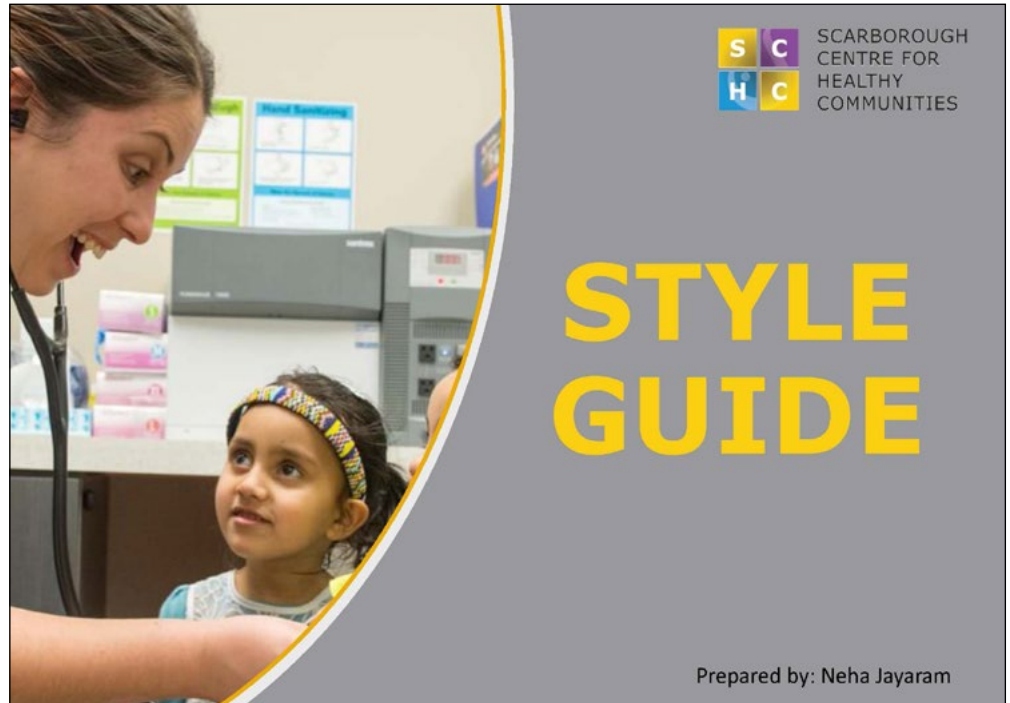
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Editor: Debra McGonegal

Introducing "SCHC"

DEBRA MCGONEGAL, FUND AND VOLUNTEER DEVELOPMENT MANAGER



Prepared by: Neha Jayaram

The SCHC Style Guide for use of the new SCHC logo and marketing materials.

One of Scarborough Centre for Healthy Community's strategic priorities was to improve brand recognition and value by 2022. The newly formed Engagement, Marketing and Outreach Committee (EMOC) recognized that having a unified, simple to communicate identity would help convey the SCHC mission, vision and values. Hence, the introduction of the refreshed logo to reinforce the use of SCHC as synonymous with Scarborough Centre for Healthy Communities in our communications. Along with the logo, a guide on standardized colors, fonts, language and templates for flyers and outreach materials will help the community to recognize all the programs and services delivered by SCHC.

Along with the branding project, EMOC has introduced several new components to the website. These will help community members find what they need at www.schcontario.ca and direct them to SCHC first. New content is being provided through 'Our Impact', a page that tells stories of SCHC clients, volunteers and staff. A blog will establish SCHC as a leader and expert in community health. A new calendar will promote awareness of the many programs offered, especially through our Health Promotion team. Please check out the new website and also share our posts on Facebook, Twitter and Instagram to help tell the SCHC story.

VOLUNTEER

Our Impact



It is an honour to be a volunteer. Our MOW clients, wait at their windows looking for our car, wanting to talk to you and tell you stories of their week. [Read/I listen to the story...](#)

Website designed to tell the SCHC story and make it easier for clients to find what they need

Message from the CEO Winter 2019



CEO Jeanie Joaquin.

This can be a hard time of year for many of us, as we endure shorter, colder days of winter and miss that important Vitamin D from the sun. So it is more important than any other season to make a special effort to stay healthy, physically, emotionally and spiritually. It is a time when

we need extra motivation to take a walk, spend time with family and friends and eat healthy, especially as we recover from all the holiday festivities, which we often centre around food and eating.

To help, you can always check out the various calendars on SCHC's website, www.schcontario.ca for events and programs catering to all ages that will contribute to a healthy lifestyle. Do not forget to include a friend or neighbour to provide that extra motivation and support to stay active and engaged.

This edition of our newsletter is filled with stories of celebration and appreciation for the continued support SCHC receives, be it through our Quest event, our Ontario Trillium Grants or the relentless work of our staff to keep Scarborough residents healthy. So as the holiday season is upon us and we prepare for the start of a new year I want to extend my heartfelt warm wishes to all our staff, volunteers, clients, donors, community and partners for a

healthy and happy new year and hope this holiday season is a memorable one for everyone.

As for SCHC I have only a positive outlook for the new year and the continued success of our teams as we continue to work hard to close gaps and increase access to services!

Thank you



Jeanie Joaquin



There's still time to donate and/or sponsor a family.

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.

Anonymous HIV Test Available at SCHC Community Health Centre

VIVIEN MA, REGISTERED NURSE

In Ontario there are two ways to test for HIV infection, nominal testing and anonymous testing. Nominal testing is to take a blood sample and send it to a public health laboratory with your name and personal information. You will get the results in 1 to 2 weeks. Anonymous testing is only available in designated anonymous testing clinic, which can test your blood without your personal identification.

In 2005 Health Canada approved the first Point of Care (POC) HIV Rapid Test for use by health providers in primary care settings. The test requires a drop of blood by finger prick. It produces result in 60 seconds while you wait. Rapid Test produces valid results with a high degree of sensitivity and specificity. Currently there are over 50 POC rapid test locations in Ontario. Scarborough Centre for Healthy Communities (SCHC) is the first non-profit health organization to offer anonymous Rapid Tests in Scarborough. Rapid Test is free for everyone in Ontario. An Ontario Health card is not required.

You are required to make an appointment for the testing at our community health centre. Every effort will be made to ensure



POCT HIV testing.

early access. A trained health provider will provide a pre and post testing counselling to help you make an informed decision based on your risks, behaviors, exposure and test result. SCHC upholds a high standard of privacy and confidentiality. Therefore all your personal information will be protected. To make an appointment for testing at 4002 Sheppard Ave East, Suite 401, please call 416-297-7490.



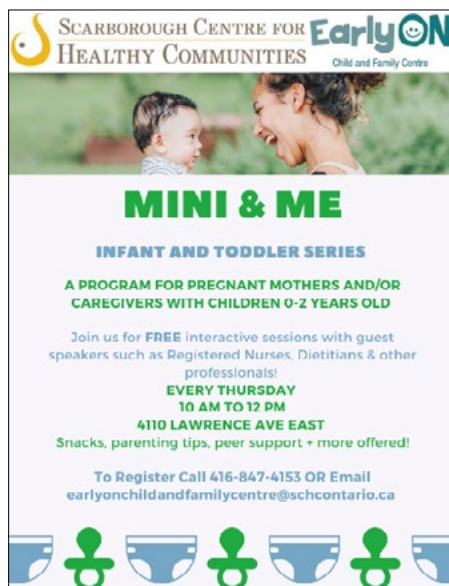
It's important to get your flu shot. Contact the CHC, your doctor or a pharmacy to find out more.

Mini & Me- Infant And Toddler Series

JENNIFER BOTELHO, COORDINATOR, EARLYON CHILD & FAMILY CENTRE

For the last 3 years, SCHC's EarlyON and Family Centre has successfully organized the Mini & Me program, an infant and toddler series. The 6-8 week program is designed to enhance a child's overall well-being and development, promote a positive and secure relationship with parents and caregivers, strengthen family dynamics and decrease social isolation.

The first hour provides an opportunity for parents and caregivers to share their own experiences with parenting, life and the overall health and well-being of the entire family. We also invite a guest speaker to join the session to discuss client-driven topics related to parenting, infant/toddler development, navigation of systems, nutrition and diets, home safety, mental health, prenatal/postnatal health and more.



Mini & Me Infant and Toddler Series.

In the last hour, parents and caregivers contribute to their child's learning and experiences by supporting experimental play, fostering hands on learning activities and encouraging positive social interactions with peers.

We hope to provide valuable information, resources and support to families in the Kingston-Galloway-Orton community. We encourage all pregnant mothers and caregivers with children between 0-2 years of age to register for this program. Transportation reimbursements will be provided for those in need.

Our families enjoyed the most recent series so much that they requested for this specialized program to occur more and ongoing! Their wish was granted.

Join us for our next sessions starting Thursday, January 9th!

To register, please call 416-847-4150 or email earlyonchildandfamilycentre@schcontario.ca

Spooktacular Halloween Visit

JACQUELINE ALLEN, RECREATION COUNSELOR, ADULT DAY PROGRAM

This past Halloween many of our clients who attend the Adult Day program (ADP) were elated to host the young children and their caregivers from the Intergenerational Program. Over the years the ADP has worked in conjunction with the SCHC EarlyOn Child and Family Centre, to put on regular activities between the two groups. Not even the heavy down pour of rain was going to put a damper on plans for the day's events that was scheduled weeks in advance.

On this particular morning the Intergenerational Program experienced a higher than usual turn out of seniors, children and caregivers. The children on arrival were buzzing with excitement as most of them came dressed in Halloween costumes. It turned out to be a fun-filled day of activities, including "spooky" arts and crafts, singing and dancing along with treats for all to enjoy. The seniors in return made Halloween greeting cards for the children to take home. Later on in the afternoon ADP clients involved themselves



Rose and Anne receive goodies from their little friend

in a pumpkin carving contest. The day's events turned out to be a success for all that were in attendance.

Mental Health & Wellness for Seniors

ANNIE SMITH, SOCIAL WORKER CAREGIVER WELLNESS



SCHC is partnering with Canadian Mental Health Association (CMHA) to deliver "Mood Walking for Seniors". Mood walks deliver mental and physical health benefits by connecting with nature, physical exercise and social connections.

During the 2018-19 fiscal year, the Centre for Addiction and Mental Health's (CAMH), Provincial System Support Program (PSSP) developed a structured curriculum to provide older adults (65+) with evidence-based information and resources on mental health and addictions. The purpose of the Understanding Mental Health and Wellbeing in Later Life: A Workshop Series, is to raise awareness of mental health and addiction issues among seniors in the community and to promote help-seeking behaviours.

The structured curriculum includes a set of 12 evidence-based workshops and associated materials that focus on different mental health and addiction topics of interest to older adults. The plan for these workshops is to gradually roll them out in

different communities across Ontario, after the workshop materials have been tested in up to three different community settings.

PSSP is planning to have the pilot sessions held between late summer/early fall, and is currently developing a list of potential host organizations and mental health professionals to act as workshop facilitators. PSSP has twelve workshops that are available to be piloted, each one is between 1.5-2 hours long. Not every site will have to pilot all 12 of the workshops, but rather can pick a few topics that are of interest for their specific community.

The topics include:

1. Overview
2. Depression
3. Bipolar Disorder
4. Anxiety Disorder

5. Psychosis
6. Delirium
7. Dementia
8. Opioids and Benzodiazepines
9. Cannabis and Alcohol
10. Gambling
11. Mental Health Promotion
12. Navigating the Care System

During the month of October of this year SCHC piloted three mental health awareness workshops; Mental Health Promotion, Anxiety and Depression in later life that were well attended by seniors and caregivers in the Scarborough area.

There is a plan to deliver future mental health awareness workshops to seniors and caregivers in the Scarborough area once the pilot stage of the project is completed in December of this year.

Please stay tuned for future updates!!

ARE YOU A CAREGIVER? OVER 55 YEARS OLD?

MOOD WALKS

An Opportunity for Physical and Mental Wellness

Get active, explore nature and reconnect

Mood Walks is a 9 weeks hiking program which promotes both physical and mental wellness for caregivers 55+. Hiking combines physical activity with exposure to nature and has proven benefits in promoting mental and physical wellness. Join a group of 15 to 20 caregivers and experience the healing effects of nature while engaging in your community.

Free registration. Refreshments included. Visit moodwalks.ca for more information.

DATE AND TIME	PLEASE CONTACT
	FOR DETAILS ON NEXT SESSION
LOCATION	Birkdale Community Centre 1299 Ellesmere Rd, Scar. (Mood Walk is through Birkdale Ravine)
TO REGISTER	Contact Debbie Lee @ 416-847-4152 or email dlee@schcOntario.ca

Mood Walks for Caregivers 55+ is an initiative by the Canadian Mental Health Association, Ontario, in partnership with Hike Ontario, Conservation Ontario and supported by Rotman Research Institute and local Mood Walks partners.

Embracing the Holiday Season with Little to No Weight Gain

JANNY WAN, DIABETES DIETITIAN



Exercise session at the Diabetes Event on Nov 1st, 2019, led by Janny Wan, Registered Dietitian of the SCHC Diabetes Education Program.

On November 1st, the Diabetes Education Program had a successful annual Diabetes Event, where 87 participants celebrated the Diabetes Awareness Month together. Looking into December, we are all heading up for big challenges to prevent putting on unwanted pounds from all the hard-to-resist desserts at holiday parties. Nonetheless, it is possible to embrace the holiday fun with little or no weight gain. Here are some quick tips:

- Never go to a party hungry. Drink plenty of water to help with satiety and hydration.
- Make a good plan and stick to it. Specific, measurable and attainable weekly goals will keep you on track.
- Use the December calendar to record the days you exercise, every 10 minutes counts!

- Aim to accumulate 30 minutes of aerobic exercise most days of the week. Remember the more you do, the more health benefits you get.
- Boost your metabolism by building lean muscle through resistance training 3 times per week.
- Remember that you don't need a gym membership to be get fit, but finding a type of physical activity that you enjoy can help you stick to your fitness goals with ease.

The Diabetes Education Program and Interprofessional Primary Care Team are working in collaboration to deliver a 12-week exercise program from January 8th to March 25th, 2020 for clients living with prediabetes/type 2 diabetes. Please call 416-847-4160 to learn more if you are interested.

Homework Clubs

EMINEJOMO IKPONMWEN, PROGRAM ASSISTANT THE MID-SCARBOROUGH HUB

The Homework Club is a free community led initiative that provides students in grades 1-8 with access to homework support. The program initially started as a partnership with Frontier College in order to promote literacy and the love of

learning within students living in the Eglinton East-Kennedy Park neighborhood. The students take home a monthly “calendar” with riddles, quick Maths and Science quiz questions. Students also get to work together to produce a newsletter each term of the school year which they get to share with their families. Tutors for the club are made up of trained volunteers of high school and post-secondary students, educators and other caring adults. Program participants are also provided with a healthy snack that follows the Canada Food Guide. At the end of each term participants and tutors receive

certificates and access to free age appropriate books.

When and Where:

Tuesdays (resuming January 20th 2020) 4:00pm-5:30pm
The Mid-Scarborough Hub,
2660 Eglinton Avenue E.

For more information, please call 416-642-9445, ext. 7555 or eikponmwene@schcontario.ca

Volunteer homework club tutors needed.

Go to <https://www.schcontario.ca/schc-volunteers.html> for the application and volunteer role description.



The room for the homework club is organized in such a way that it does not feel like a “class room”.



Good tutor to child ratio. This enables the tutors to have closer engagement with the homework club children.

The YOUniverse Youth Space Opening

SHANZAY ABBAS AND SUNITA PERSAUD, COMMUNITY YOUTH LEADER AND CHIEF OF MSYL

The Youth Space is a safer space built on the pillars of determination and morals. As youth in the community, we strive to help aid our fellow members by making our community safe and pleasurable. The YOUniverse was merely a thought developed by our Head Coordinator, Charanjit Singh and the youth at the Mind and Spirit Youth Leadership Council.



Child/Youth Health Program Coordinator Charanjit Singh, CEO Jeanie Joaquin, MPP Christina Mitas, and MSYL Leaders Rashme Nandakumar and Janusan Jeyariah cut the ribbon at the opening of the YOUniverse Youth Space.

The opening day of The YOUniverse finally arrived on October 10, 2019. On that day, everyone gathered to celebrate, including the CEO of SCHC, Jeanie Joaquin and even the MPP of Scarborough Centre, Christina Mitas. After the ribbon was cut and the YOUniverse was officially open, the celebration concluded with live performances by some of the community youth.

After all the years of hard work, dedication and determination Charanjit Singh and the community youth have shown, it was a pleasure to see that we were finally able to get a space for ourselves where we can continue serving the community and grow into responsible adults, while getting out of the way of the rest of the office workers. We would like to give a special thanks to the Ontario Trillium Fund who made this all possible. Also, we appreciate everyone who has supported us in this journey, as well as those who came to celebrate this event with us.

Well Quested

KRYSTA-LEIGH THAMES, COMMUNICATIONS STUDENT



SCHC's Quest Through Scarborough fundraiser, held on October 5th

this year was a great success! We met our goal to help fund our Palliative/ Hospice Care, Summer Camp and Senior Services programs, thanks to participants, sponsors and donors. Of special mention is RBC Bank's Markham and Lawrence Branch which raised \$855 to bring us over goal

and hosted one of the stops along the Quest route.

For the participants, The Quest Through Scarborough's activities undoubtedly put the 'fun' in fundraising. Seven teams ventured to four different locations in Scarborough and participated in various challenges, including human bingo, ball tosses, quizzes and a jumbo word puzzle. Heartiest congratulations to all who went home with prizes and well deserved bragging rights.



Hospice Heroes team members turned up in purple wigs, masks and black capes reminding us that some fundraising heroes do indeed wear them.