



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Healthy & Whole

NEWSLETTER 47, ISSUE NO. 27 SPRING 2022

INTRODUCING THE SCHC MOBILE HEALTH VAN

By Debra McGonegal,

Director of Communication & Development

In January 2022, the SCHC Mobile Health Van made its first official stop at a location selected because the residents were experiencing barriers to access to healthcare and other basic necessities. There were cheers from people and comments like, "We're so glad you're here!". People lined up to get grocery gift cards, needed hats, scarves or gloves, or personal hygiene supplies like shampoo, deodorant, and toothpaste. Staff had an opportunity to meaningfully ask, "How are you doing?". As trust is built, community members may feel comfortable enough to say "I'm feeling very despondent", or "My feet are sore", so that staff can bring specialists like mental health counselors or chiropodists on-site and/or help them get a family doctor.

"It is so important to be where the need is" says Tina Kumar, Interim Manager for the Community Health Teams. "Pandemic lockdowns and extreme hot and cold weather make it particularly difficult for residents to go to appointments. Families are economically disadvantaged and find it challenging to make ends meet. The mobile health van is the best way to reach those most in need".

This project was made possible because of funding provided by the Government of Canada's Emergency Community Support Fund and Toronto Foundation.



Mobile Health Van staff getting ready for 1st trial run.



Inside the wheelchair-accessible van is stocked with basic necessities, personal hygiene, and harm reduction supplies, plus basic medical equipment and PPE.

Message from the CEO

March 2022

As this spring brings us two years into the pandemic, I want to take a moment to celebrate the resiliency of the Scarborough communities, the dedication of our SCHC staff and volunteers, and the strength of partnership and collaboration that continues to champion our work in 2022. The staff and volunteers at SCHC are unwavering in their commitment to Scarborough residents, they are our frontline heroes. Their dedication to meeting our community where they are at is steadfast and we embrace a future that returns all in-person activities but also integrates the new virtual platforms that have served so many so well.

To our community that responds in kind. That trusts us with your safety. That responds to our innovation and adopts new technology to stay connected. That waits patiently and safely to access the Food Bank. That listens when we share how to stay safe, why to get tested, or why to get vaccinated. That lets us know what is important to you during these difficult times. You are the reason SCHC is here, why we do what we do.

To our partners, together we have achieved goals we never thought possible. Together we will have an even greater impact on the health and well-being of all of Scarborough residents, especially for those who have historically faced barriers, whose voices have been silenced, and for whom the social determinants of health are considered a luxury, not a right. Together we will see greater health equity for our communities.

All this is for me to say thank you to our staff, volunteers, community, and partners, SCHC exists because of and for all of you!

Stay safe,
Jeanie



CEO JEANIE ARGIROPOULOUS

ABOUT US

We are excited that our staff, volunteers, and clients are safely returning to our locations. In doing so we are also innovating. Learning from the success and challenges of the pandemic and developing new service delivery models based on the feedback and needs of our community. We are being proactive in combatting the impacts of the pandemic, including mental health, social isolation, and preventative screening. Of course, we always want to be informed in our direction by our community. If you have feedback you would like to share please visit our website at <https://www.schcontario.ca/>, complete our survey at <https://www.surveymonkey.com/r/MKC5SF2> or call 416-847-4095 to share your experiences, thoughts, and ideas. Help us be better at meeting your needs!

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.

FOLLOW US ON SOCIAL MEDIA!



@SCHCOntario



@SCHCOnT

**WE RAISED
\$8,475!
THANK YOU!**

**YOUR PARTICIPATION
HELPS SUPPORT 3
PRIORITY HEALTH
PROGRAM AREAS OF
YOUTH & CHILDREN,
PALLIATIVE &
HOSPICE CARE, AND
SENIORS, AS WELL AS
VARIOUS TORONTO
SMALL BUSINESSES.**



SCARBOROUGH LOVE AUCTION

By Abinash Sivapalan,
Grant Business Startup Coordinator

The virtual Scarborough Love Auction was a success this year. We thank all the donors, local communities and 173 registrants who helped support this year's virtual auction! Without your support, this would not have been possible. We raised \$8,475! This money helps support 3 priority health program areas of Youth & Children, Palliative & Hospice Care and Seniors. There were 100+ items to bid on including art, appliances, jewelry, local goods/services and more! If you missed this year's auction, [take a look at the tiktok video here](#) and stay tuned for our next virtual auction!

SCHC'S ACCREDITATION APPRECIATION EVENT



[Our Free Meal, see more here](#)



[Members of our HR Team. Click here for more pics of our staff.](#)

On November 9th & 11th, 2021 SCHC hosted a special staff accreditation appreciation event among 3 locations to celebrate achieving exemplary standing. Click on the images above to watch our Instagram Reels & TikTok video that recaps the event and shows some great pictures of our staff.

WHEN WE KNOW BETTER, WE DO BETTER: SCHC ANTI BLACK RACISM STRATEGY

By Shola Alabi, Community Engagement Manager



Above: Albert Jackson Postage Stamp Unveiling



Above: Honourable Pablo Rodriguez, Minister of Canadian Heritage

Celebrating Black History Month (BHM) is our opportunity to reflect on the struggle and the contributions of Black Canadians towards the continued growth of this country.

I was privileged to be invited to Ottawa for the unveiling of the Albert Jackson postage Stamp and the Viola Davies coin in 2019, where I got to learn about Albert Jackson. He came to Canada as a teenager from the US in 1858, went to school, and won a position as a letter carrier in 1882. Jackson was described as a determined letter carrier who was not discouraged despite the discrimination he faced from his fellow workers who initially refused to train him.

Andrew Petro, who designed the stamp said "I wanted to show him performing his duty with a slight smile and a spring in his steps as if he has just stepped out of history to hand you your mail".

This year's BHM theme of 'Black Health and Wellness' resonates for many given that the Black Communities in the past few years have experienced two pandemics simultaneously (Covid-19 and a heightened level of Anti Black Racism (ABR)).

In recognition of the importance of the Health and Wellness of their staff and clients, SCHC started the year with a series of organizational-wide ABR education sessions. The SCHC ABR Strategy will address the racism that has contributed adversely to Black people's health and wellness; to support those who experience it and provide means of combating racism. The strategy also provides a safe and brave space for black staff to share their truth and to be heard.

An understanding of Blacks' stories help others to comprehend the extent of prejudice and discrimination Blacks continue to face, and as they know better, they will do better and stand up as allies against racism in all ramifications.

SCHC is on the journey to continue to promote Diversity, Inclusion and Equity for ALL.

DID YOU KNOW: MARCH 16 IS DIETITIANS DAY

By Ruchika Wadhwa,
Registered Dietitian, Community Diabetes Program
Image from dietitians.ca



Canada celebrates the 40th Nutrition Month this March with its theme “Ingredients for a healthier tomorrow”. Food security, food literacy, food sovereignty, sustainable food choices, nutrition care and prevention...these are all ingredients in a sustainable food system in which dietitians across Canada play an active and often leadership role. The factors that influence the food we eat, and the future health of Canadians are challenging and complex. Dietitians are well-positioned within the food system to leverage change.

Dietitians recognize the interconnectivity of food, health and the environment and the importance of finding a way to nourish all Canadians while reducing the cost to the environment and creating sustainable food systems. Sustainable food systems go beyond food choices. They support just and equitable access to food, biodiversity, food literacy, cultural expression through food and much more!

Dietitians help you make food decisions that are right for you by communicating trustworthy nutrition information, building confidence in your food skills, and working on the influences that impact your food decisions. Are your food choices nutritious? Sustainable? Affordable? These are just some of the factors dietitians consider when giving dietary advice.

The pandemic has made affording food challenging for a growing number of Canadians. Together with our communities, dietitians are advocating for solutions. Sustainable food choices can be different for different people. Dietitians give you personalized advice that meets your tastes, goals and circumstances. Reducing food waste, buying local, eating more plant-based...these are just some of the ways to eat more sustainably.

Dietitians understand the science of nutrition and the unique needs of each person based on their health, goals, culture and food traditions, helping you make food decisions that are right for you and your family. They are continuously learning to look beyond diets and meal plans to work with individuals, groups and communities to address the challenges they face in living a healthier tomorrow. Sustainable food choices can be different for different people. Dietitians give you personalized advice that meets your tastes, goals, and circumstances. To find a dietitian at SCHC call 416-642-9445.

THE ADC IS ON THE MOVE

By Megan Davies, Senior Support Services Manager

The Adult Day Centre, currently located at 629 Markham, will be moving to a newly renovated space located at 2658 Eglinton Ave. E. Our new space will be co-shared with the Alzheimer Society of Toronto and is located next to "The Hub". We are really looking forward to our new space and our enhanced partnership with the Alzheimer Society of Toronto for the positive impact it will have on our valued clients. The renovations have been designed with the intention to create a dementia-friendly space while allowing growth for our program and partnership. Our knowledgeable staff has had input on colour and functionality, and we are all looking forward to opening the space in early Spring 2022.

A GIFT TO REMEMBER INDEED!

By Abirah Chandraraj, Social Media Intern



Peerage employees helping pack up hampers and sorting food for the Gift to Remember program.

Despite the onset of Omicron during the holiday season, SCHC received a lot of support for our annual [A Gift to Remember program](#), formerly known as Wishes for the Holidays. The holidays can be a challenging time for people, especially for those that can't fully enjoy holiday celebrations because of economic disadvantage. This is why A Gift to Remember was introduced. It is a program that brings together many SCHC staff, clients, and various members of the community to help support those in need by providing them with essentials and gifts.

This year, we received cash donations, gift cards, and toy donations that lifted many people's holiday spirits. All of this would not have been possible without our title sponsor, Peerage Capital, and our generous donors. SCHC is very grateful to have raised over \$65,000 to support Scarborough individuals and families in need. With this, we were able to provide gift hampers and holiday meals to many children and families.

Together, we made this holiday season memorable and brighter for families within the Scarborough community! These gifts not only positively impacted many individuals and families in need across Scarborough, but it also provided them with A Gift to Remember!

To learn more about Peerage Capital's support throughout this program, [click here](#).

SCHC EarlyOn Holiday Event

By Jennifer Botelho,
EarlyON Child & Family Centre Coordinator



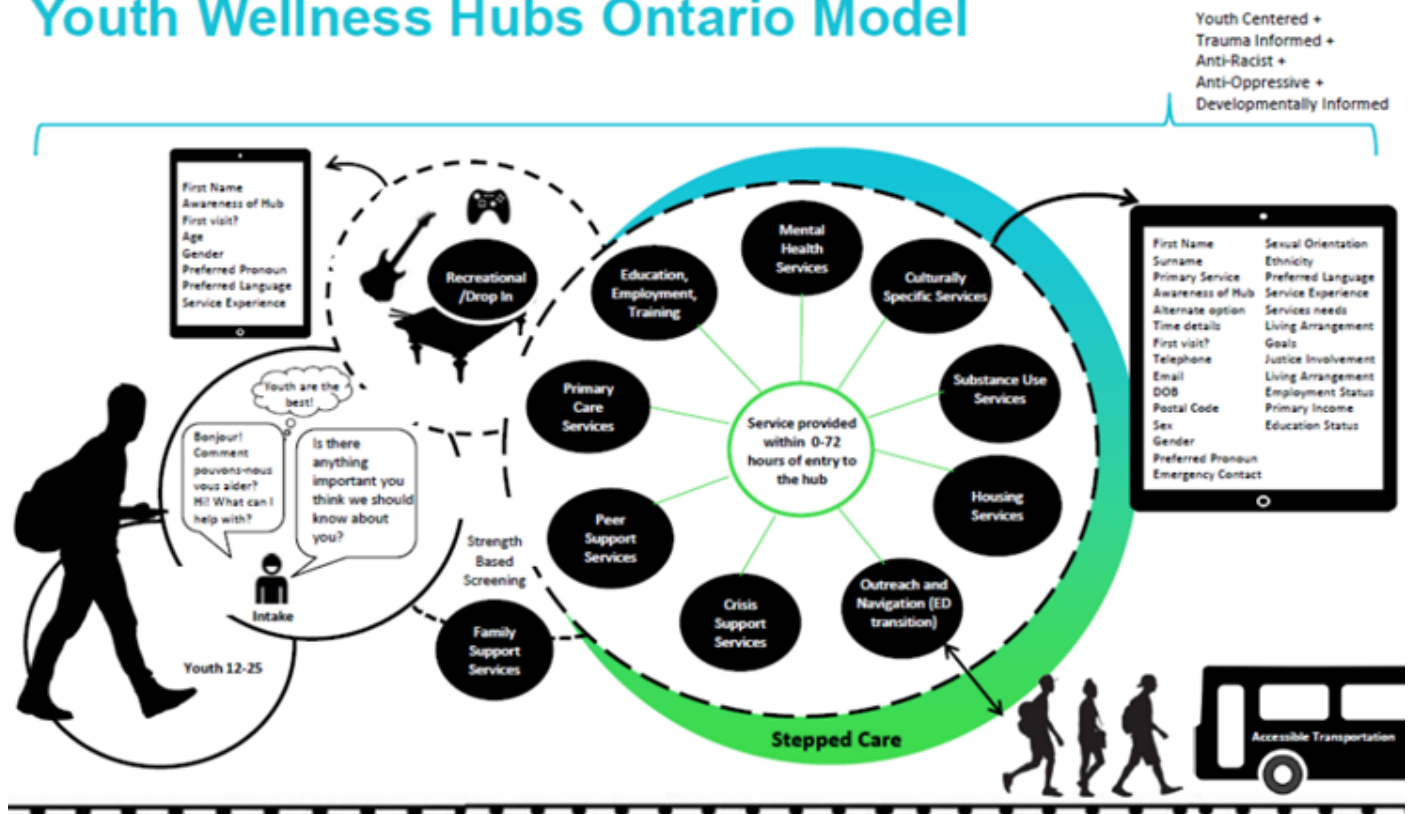
- 95 children received a toy and special picture with Santa
- 43 families received a \$25-\$50 grocery gift card from SCC and gingerbread house donated by NoFrills
- With the support from 3 volunteers, we were able to pre-book appointments in a span of 2 days for all families to receive a Santa picture
- The event was held on December 15 & 16th

Youth Wellness Hubs Ontario (YWHO): The Right Services for Youth and their Families

By Janina Adduru, Care Coordinator (Youth Wellness Hubs Ontario)

Youth Wellness Hubs Ontario (YWHO) aims to improve access and services for individuals ages 12 to 29, where they can receive services through a “one-stop-shop” mental health, substance use, employment, housing, as well as other health supports. SCHC is partnering with Strides Toronto, the lead agency for Youth Wellness Hubs in Scarborough and Toronto East, to provide this innovative province-wide service supporting clients using a holistic and anti-oppressive model of care. Through our comprehensive and collaborative work, our focus is to deliver evidence-based care and by doing so, improve one’s outcomes and enhance youth responsiveness to services and build their resilience, too. As YWHO’s Care Coordinator, my job is to serve as a support and advocate for rapid access, early intervention, and also provide low-barrier and clear service pathways to one’s needs, meeting their long, and short-term goals. You can still virtually access YWHO services by filling out and sending me a referral form at jadduru@schcontario.ca to identify immediate needs in order to serve you better. The pandemic has affected us all, and I encourage you to reach out for support as they are readily available during these stressful times. I look forward to working with you and the community, taking these critical steps towards your (mental) health. Lastly, on behalf of the SCHC team, we would like to thank our Strides Toronto colleagues for their continuous collaboration and partnership.

Youth Wellness Hubs Ontario Model



Above: Youth Wellness Hubs Ontario Model, to access the [referral form](#) [click here](#)

A Mission to Get Scarborough Vaccinated

By Abirah Chandraraj, Social Media Intern

SCHC's vaccine engagement ambassadors have been working hard to get Scarborough vaccinated! From seniors to adults to youth all the way to our youngest children. As of now, 56% of children ages 5-11 have received two doses of the vaccine in Toronto.

Although that's a great accomplishment, our goal is to have 90% of all Scarborough vaccinated. That's why on Toronto Kids Vaccine Day, our vaccine engagement ambassadors helped take young kids to the Scotiabank Arena to get their vaccines. They brought many books for the kids to read on their way to the Scotiabank Arena and provided support where needed.

Covid-19 will continue to mutate and be a concern, so it is important for everyone to get vaccinated and stay protected. If you want to book your vaccine or booster shot appointment, call or text 416-580-6741.

To learn more about COVID-19 and for additional resources, visit schcontario.ca/covid-19support.



Tamil Heritage Month

January is Tamil Heritage Month and we continued our SCHC Staff Spotlight Series by highlighting our Tamil Caregiver Wellness Coordinator, Dharshana. Dharshana. She has been working with SCHC for 12 years and has made an impact on Scarborough residents, especially in the Tamil community. Read her quote about being Tamil and working at Scarborough Centre for Healthy Communities on the right. If you or someone you know is interested in participating in the Tamil caregiver wellness programs, please visit www.schcontario.ca/tamilcaregiverwellness

“

Working at SCHC for 12 years has given me this unique and rare opportunity to give back to my community in a meaningful way, for which I am very grateful.

I identify as Tamil and take great pride in working with my community in Scarborough. My role as a program coordinator entails ensuring the development and delivery of holistic caregiver wellness programs that are accessible to the diverse clients I serve. I also act as a link between my community and service providers to ensure that this marginalized population's voice is heard and accounted for, and that service provision is both anti-oppressive and equitable. Happy Tamil Heritage Month!

Dharshana Jayapathy

Coordinator, Caregiver Wellness Program



TAMIL HERITAGE MONTH
தமிழ் பாரம்பரியம் மாதம்

Corporate Groups can Give Back by Volunteering for Meals on Wheels

By Lori Beesley, Coordinator of Volunteer Engagement & Student Placement

For over 20 years, SCHC has been delivering Meals on Wheels (MoW) to the Scarborough community. This program is one of the truly **Volunteer Dependent** programs that we have.

Without the amazing volunteers that come to SCHC each work week day, in the rain, snow, sleet or sunshine, this program would not operate. During the pandemic, the demands on this program have grown, as new clients have required this vital service. What does this mean for SCHC?

WE NEED MORE DRIVERS!

This role takes 2 hours of your day, once a week from 11:30am to 1:30pm. It is the shortest volunteer shift we have and we ask that people sign up for at least 6 months. Think about sharing this with someone, a partner, family member or neighbor. One of you drives and one delivers the meals and take turns. If one of you can't make, you can do the route on your own!

One of our long-time MoW drivers Frank says "If you don't volunteer, you miss out on something special. It's a day I look forward to because it builds me up and it's such a good feeling to know someone else is benefiting because of me."

This is also a wonderful opportunity for a **CORPORATE TEAM** to get involved and give back. We have one Scarborough-based company that provides 6 employees a year and they cover one route a week. They rotate through and if someone is not able to make it, they reach out and simply switch with another team member. This means each person only drives once every 6 weeks. This is a real win-win situation. The company can share with stakeholders that they are giving back and supporting a great cause locally, and SCHC benefits from having a solid, reliable MoW team. If you are a Scarborough based company or organization, or a group of like-minded individuals looking to contribute to your community, please consider taking on a Meals on Wheels route.

Please contact volunteerprogram@schcontario.ca or call 416-847-4127 for more information.



SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES

MEALS ON WHEELS
VOLUNTEER DRIVERS NEEDED

- Must drive your own car
- We reimburse mileage
- ONLY 2 hours per week
- Monday to Friday only
- Time: 11:30am to 1:30pm
- All routes are in Scarborough

To apply or to learn more email
volunteerprogram@schcontario.ca
or call
416-847-4127.

APPLY NOW

The graphic features a winding road leading towards a silver SUV. A blue circle with a yellow arrow points to the 'APPLY NOW' text.

Meals on Wheels

WE ARE LOOKING FOR CORPORATE VOLUNTEER TEAMS!

WHAT YOU NEED TO KNOW:

- Use your own vehicle to deliver meals to clients
- Work in teams of 2 or more: one driver & one runner
- Routes consist of approximately 12-15 stops
- Routes are between 11:30am - 1:30pm, Mon - Fri
- You will be provided with route specific training
- You will be helping someone in need and in your community

To register or for more information, email
volunteerprogram@schcontario.ca or call 416-847-4127.

The graphic includes a red octagonal stop sign with the SCHC logo and a black car silhouette with a fork and spoon icon on its front.

For more information on Meals on Wheels visit www.schcontario.ca/mealsonwheels and to read a story about one of our Meals on Wheels volunteers, visit www.schcontario.ca/frank-ansell

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