



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Healthy & Whole

NEWSLETTER 47, ISSUE NO. 26 WINTER 2021



SCHC IN THE NEWS!

By Debra McGonegal,
Director of Communication & Development

On Friday, October 29th, Mayor John Tory and Dr. de Villa visited the SCHC Hub Vaccine clinic to take a tour and deliver their bi-weekly Covid-19 address. Both of them thanked staff, volunteers, and the community ambassadors for their pivotal role in getting past this pandemic through the vaccination roll-out. They talked about the survey to parents, asking questions about how best to accommodate their needs during the ages 5 to 11 vaccine roll-out, which started this past week.

Staff were happy to share how they were now taking more time to talk with people about their concerns with the vaccine, often answering many questions before confirming that they were ready for the shot. The Hub clinic had just celebrated giving over 25,000 vaccines to our Scarborough community and all involved deserve a big round of applause. Booster shots are now being administered. To check eligibility and book your appointment, go to www.scarbvacine.ca and select the Hub as your preferred location.

At the same time Mayor Tory and Dr. de Villa announced the importance of everyone getting their flu shot as well as any needed Covid vaccines. For details on our Flu clinic, go to www.schcontario.ca/scarboroughvsflu



GET YOUR FLU SHOT!

**Our Clinic is now accepting
appointments and walk-ins.**

 **Monday to Friday
9:00 am to 12:30 pm**

 **The HUB
2660 Eglinton Avenue East**

 **To book an appointment visit
<http://ow.ly/BROo50GFE8Q>**

**FOR MORE INFO & RESOURCES VISIT
schcontario.ca/scarboroughvsflu**



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Message from the CEO

December 2021

As I write my message for our last newsletter of 2021, I reflect on how far we have come from last year and yet how much more needs to be done. We are making great progress in the fight against COVID. As vaccination rates in Scarborough are above 80%, I am so proud of the team of staff and volunteers at our Community Vaccination Clinic at the Hub, for contributing to this success, with almost 26,000 COVID 19 vaccines given we are still going strong towards our shared goal in Scarborough of vaccinating 100% of the population. In addition, we are providing third doses, now vaccinating five- to eleven-year-olds, and of course, offering the flu vaccine! For more information on our vaccination efforts please visit www.schcontario.ca/covid-19support

The impact of the pandemic continues to have a physical, psychological, spiritual, and economical effect on so many. Food security persists as one of the growing challenges, with the demand on food banks reaching all-time highs. Our frontline workers and volunteers continue to work tirelessly to address this need, be it at the food bank, through our meals on wheels program, our weekly hot lunch programs, or our healthy eating workshops. However, we still need our communities to support to meet these needs. If you are interested in donating and/or volunteering, please visit www.schcontario.ca/get-involved

At SCHC we have a culture rooted in continuous improvement. In September we underwent accreditation, an independent review, and evaluation by peers to demonstrate our commitment to quality and safety by Accreditation Canada. Accreditation is an ongoing process of assessing health care and social services organizations against standards of excellence to identify what is being done well and what needs to be improved. In a process that engaged our staff, volunteers, community members, and partner agencies I am delighted to share that we have received the highest award, Exemplary Status, from Accreditation Canada!

As always your opinions matter to us, so I encourage you to reach out to us, visit us at www.schcontario.ca and let us know how we are doing and how we can do better. So as 2021 comes to an end we celebrate the success of the year but also continue to fight for health equity as we partner with our community to remove barriers that negatively affect the social determinants of health, including physical, mental, spiritual, physical environments, income, employment, childhood experiences, gender, culture, and race. I want to end by also saying how thankful I am to be part of a wonderful organization and community that inspires me to do better every day.

Stay safe while enjoying the holiday season,
Jeanie



CEO JEANIE ARGIROPOULOS

ABOUT US

Coming into the winter we are excited to have our staff and clients safely return 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



NICHOLA BYNOE, THE WOMAN BEHIND GORDON RIDGE'S NEW BEGINNINGS

By Abirah Chandraraj, Social Media Intern
and Tagan Mani, Marketing & Fund
Development Coordinator

Nichola is a hard-working community leader in Scarborough, especially within her very own Gordon Ridge Toronto Community Housing complex, where she has made significant improvements. Recently, SCHC provided her and other residents an opportunity to prepare meals for the Hub Meal program. She recently stated that "This is the first time where residents like me have gotten a job that paid well, and through this partnership, I am able to hire two residents weekly".

She runs a business called Ethnic Delight Express. This was created by addressing the need to prepare and distribute meals to kids during various programs, including working with Jays Care. The vegetables from the garden are incorporated into the meals that Ethnic Delight Express prepares. They are also able to produce hundreds of jars of organic honey sourced directly from their honey orchard, called G-Ridge Honey.

Nichola explained how it is important to give businesses of residents from small and overlooked communities like hers a chance. It not only makes them feel good about themselves but provides vital opportunities such as employment and transferrable skills. The employment opportunities that come by purchasing one of their jars of honey or hiring them to cater for your next event helps with their financial and mental health. That's why we are proud to say that we hired Ethnic Delight Express to provide meals for our Ontario Trillium Foundation Event.

If are interested in hiring Nichola to prepare meals for your next event or purchasing jars of organic honey, email info@ethnicdelightsexpress.com or call (416) 828-6895. If you're in need of one of Nichola's delicious hot meals, they are being provided through the SCHC Hublet Hot Meal program on Thursdays (11:30 am -12:30 pm) at 2662 Eglinton Avenue East (left side of Rexall Pharmacy).



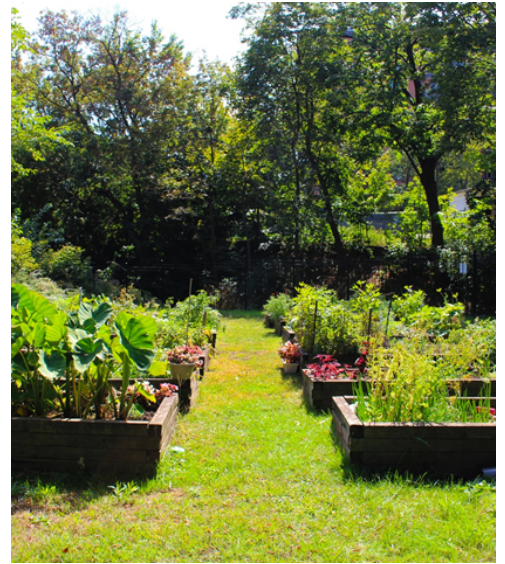
Pictured above is Nichola Bynoe preparing meals for the HUB Meal Program.

Read the full story [on our blog here](#) to appreciate Nichola's story and the impact she makes to improve the health of Scarborough.

NO LONGER SCARBOROUGH'S BEST KEPT SECRET

By Tagan Mani, Marketing & Fund Development Coordinator

On October 13, SCHC hosted a special event at 4205 Lawrence Avenue East, to celebrate receiving three grants from the Ontario Trillium Foundation (OTF). The location is significant since it is part of the Lawrence East Partnership Program (LEPP), which is one of the grant recipients. LEPP staff and residents have forged a special community among themselves through various programs and activities, such as their summer BBQ. LEPP also provides residents with new opportunities to improve their health, such as the community garden. Janice Brown, a LEPP resident, has taken lead with the community garden by growing various flowers and vegetables. Attendees got an exclusive first look at a video that shares her thoughts and shows pictures of what the garden produced. You can watch the video now, on our [YouTube page here](#).



The other two grants were for the Youth Bereavement Program (HEAL) and The Resilient Fund. To better understand the impact of these grants, a moving speech was provided by a youth in the HEAL program, while I delivered an informative speech to acknowledge the significant growth SCHC has had with the help of this grant and officially announce why SCHC will no longer be considered Scarborough's best-kept secret! Those that attended and/or were following along on social media were happy to see that all six Scarborough MPPs attended to deliver thoughtful messages. To hear these speeches and get a glimpse of the event, [watch our YouTube recap video here](#).



PRESENTING 2021 URBAN HERO AWARD WINNER... OUR VERY OWN DEBBIE LEE!

By Abinash Sivapalan,
Grant Business Start-up Coordinator

Debbi Lee is the Senior Health Program Coordinator for Scarborough Centre for Healthy Communities. She was selected as a Star Metro Land Media 2021 Urban Hero Award Winner in the Health Category People's Choice. Debbie has been coordinating the seniors program for 10 years. Mood Walk is a hiking program that promotes both physical and mental wellness for seniors 55+. The program is hosted from September 17th 2021 till December 3rd 2021 from 10am to 11am.

Mood Walk was a CAMH funded program. It started in 2018 and stopped in 2019 when the funding ended. Debbie decided to continue the program because it was really important since it focuses on people's mental health by getting outside, walking and engaging with nature. She has 37 participants registered in the Mood Walk program. She has participants who suffer from depression, schizophrenia, and mobility issues but it doesn't stop them as they come out and participate in the walk.

Debbie had worked tirelessly, above and beyond the call of duty and puts her seniors need ahead of her own. Due to the pandemic she continues to support seniors with her wellness workshop on Tuesdays and mindfulness program on Wednesdays online. The workshops have made a successful transition to online. She has about 60 seniors a week participating in the workshop. To learn more about the seniors health and wellness program visit www.schcontario.ca/seniors.
Listen to Debbie Lee share her thoughts: [watch her video here](#).



BACK TO SCHOOL READY, THANKS TO THE COMMUNITY

By Abinash Sivapalan,
Grant Business Start-up Coordinator

The MSYL Youth Committee had a free back pack drive for children and youth in the community who needed a new school bag and school supplies just in time for back to school. Special thanks to the Starbucks at Morningside and Kingston road for holding a community school supplies & backpack drive. Many children were able to get a free backpack and school supplies to be prepped for their first day of school.



2021 ANNUAL PALLIATIVE EDUCATION CONFERENCE

By Jacklyn Malik, Hospice & Friendly Visiting Volunteer Training Outreach Coordinator

For the second year SCHC's Palliative Education Conference was held virtually with this year's theme being: "Talking About Death Won't Kill Us." It was a jam-packed day filled with mindfulness activities, humour, education, insightful conversations, and emotional stories.

The day began with a centering hatha yoga session with Zaamilah Balasubramaniam, followed by a lively music rendition setting the stage for our emcee, Unstoppable Tracy who carried us through the rest of the day with energy, inspiration, and compassion. Guest speaker, Mahoganie Hines challenged us to be more active political advocates in our workplace, organization, government and own communities in order to create change. While Stuart Knight opened our eyes to the "Human connection crisis" sharing tips and resources on how to have powerful meaningful conversations in our daily lives. This lead into Katherine Murray's session on comfort baskets, and the uniqueness of our journeys in life and at the end of life.

The afternoon breakout rooms took participants through the trajectory of advanced care planning, eloquently depicting that death, "when discussed, prepared for and embraced, has potential to elicit a meaningful and lifelong impact". The experts, Tara Cohen, Dr. Susan Coish, Brenda Derdaele and Gwen Cleveland, educated us on provincial policies and guidelines while sharing humanizing experiences and comprehensive videos. We participated in a spiritual smudging ceremony presented by Kathy MacLeod-Beaver who, with Carter Schn, explained the history of Indigenous practices and how we can create safe pathways for clients and their families accessing health care.

The unstoppable Tracy empowered us with her inspiring stories and reusable tools, making us feel we could take on the world! She then lead us into sharing Appreciative stories, allowing us to hold space for fellow participants as they shared stories around death, which turned out really to be stories of deep love. Stories that truly embodied the concept, "Talking About Death Won't Kill Us". A huge thank you goes out to all our guest speakers, sponsors and event organizers for pulling off such an engaging virtual conference. Can't wait for next year!



Click on images below to learn more



BE OUR GUEST HOME CHEF

FEATURE YOUR CULTURAL FOODS ON "COOKING UP LOCAL TASTY RECIPES" CULTR KITCHEN
VIRTUAL COOKING DEMONSTRATION SERIES

DO YOU LIKE TO COOK?
Interested in teaching others about your culture & food?
Do you have any cost saving tips and ideas to share?
WE WANT YOU!

NO fancy equipment or experience is needed.
If you would like to feature your cultural home cooking & recipes on CULTR Kitchen, sign up today!
Honorarium and certificate of contribution are provided!

The following are needed to take part:

- Access to a kitchen
- Good lighting
- Willing to cook with an audience

KEY INFORMATION
Time: 1:30pm to 3:00pm
2021 Dates: November 4, 11, 18, 25
December 2, 9
2022 Dates: January 13, 20, 27
February 3, 10, 17, 24
Over a ZOOM licensed program

For more information, contact Dominika at: dsiem@schcontario.ca / 416-419-2766
To feature your cultural recipes on CULTR Kitchen, [click here:](https://www.eventbrite.ca/e/guest-home-chefs-wanted-for-cultr-kitchen-virtual-cooking-demo-program-registration-192920298807)
<https://www.eventbrite.ca/e/guest-home-chefs-wanted-for-cultr-kitchen-virtual-cooking-demo-program-registration-192920298807>



A donation of \$50 will provide a meal + gift for 1 individual

A donation of \$250 will support a family of 4.

To donate:

1. Go to [schcontario.ca / donate now](https://schcontario.ca/donate-now)
2. Under campaigns, select **A Gift To Remember**
3. Fill out the necessary information
4. Wait for your email with the tax receipt attached!



SCHC Gets Spooky!

By Gnanushan Krishnapillai, Child/Youth Health Program Facilitator
and Tagan Mani, Marketing & Fund Development Coordinator

Although Halloween is just one day in of the year, October is often considered as "Spooky Season"! SCHC programs throughout the organization celebrated with clients and community partners! We asked staff to dress in costumes, and our Adult Day Program clients demonstrated their pumpkin carving skills. We then moved onto LEPP, where they hosted a movie night for residents to enjoy with pizza provided by Pizzaville.



The fun didn't stop there as the Mind & Spirit Youth Leadership committee (MSYL) pulled off a spooky scary "Night of Fright" movie night. Despite the rain and chilly weather, over 60 attendees joined us for the evening! We had costumes, pizza, candy, and of course, a scary movie. Thank you to the youth, staff, and community partners like Scotiabank, that supported this event!



Building Resiliency While Helping Others

By Hana Bourgi, Project Manager,
Vaccination Engagement Team

The vaccine engagement project is not only positively affecting the wellbeing of our community, but it is also impacting our ambassadors at many levels. Here is the story of Malala who has been working with the Afghan Women Organization (AWO) since May this year.

Malala came to Canada five years ago from Afghanistan. Her first months here were hard as she was homesick and didn't know the language. She had no friends to connect with, and the culture was extremely different. Therefore, she started learning English to be able to communicate and find a job. She works with AWO as a Community Health Ambassador where she meets a lot of people and engages with them around vaccination, as she continues her studies.

As an Afghan, the latest events in Afghanistan deeply affected her mental health. She wasn't able to sleep, work, or focus on anything. Thinking about her family living in such dangerous conditions was heartbreaking. Fortunately, her job helped her become more resilient and feel more supported. She thanks her amazing and sympathetic colleagues who turned close friends for helping her get through this challenging time and making her stronger.

Malala shares that her job provided a great opportunity to connect with Afghan refugees. She was delegated to help them get an informed decision around vaccination. She knows firsthand how hard it is to flee your country, so she made sure to be a good listener, to reassure them that better days are coming.



Being an ambassador helped Malala expand her communication and social skills as she engaged with so many people. She is looking forward to continuing working with the team to make our community safer, knowing that it makes her a better version of herself; stronger, more knowledgeable, and more resilient.

To read more about Malala's story, [read our blog post here](#). If you want to support newcomers and refugees, donations to the furniture bank can help. Please see the graphic below for more information.

Do you have good-quality furniture to donate? Our furniture bank clients are in need and can use your support!

Watch this **TikTok** to learn how the donation process works, and visit www.schcontario.ca/furniturebank or call 416-642-9445 Ext.4142 to book an appointment to drop off your donations!

SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES

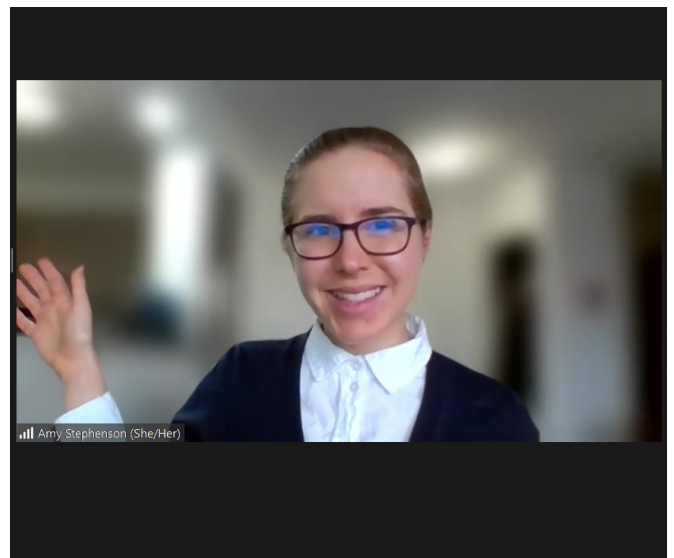
HOW TO DONATE TO THE FURNITURE BANK

Review of Virtual Support for Caregivers

By Amy Stephenson,
Caregiver Wellness Coordinator

Covid has changed a lot of things for a lot of people. One change for almost everyone has been an increased amount of time online. Zoom used to mean going fast, but today, it is synonymous with connecting to others. Platforms like Zoom came with a difficult learning curve for many, but it has opened the doors to a new way of connecting. Many found that Zoom and other virtual tools have been a positive change. But what does this mean for SCHC clients? The Caregiver Wellness program wanted to know, so we have done a review on the impact of virtual programs for caregivers.

To answer this question we gathered input from research, caregivers and community partners. Collecting input from more than 75 voices we found that virtual programs helped caregivers connect to support. Virtual programs removed key barriers like travel, and respite. Not having to commute to support saves time especially in poor weather or if relying on public transit. It also means that caregivers can stay with their loved ones. This avoids the need and cost of respite care which can be difficult to find. Recorded content offered more control, letting caregivers choose when to access support. This was particularly valuable as the pandemic had a huge impact on caregivers. It has increased the number of people acting as caregivers for family and friends and the hours of support needed. This was in part due to the closure of in-person supports like adult day programs or not having outside support come into one home. But virtual is far from perfect. Caregivers expressed a want for in-person programs specifically for social activities. In summary virtual offers a lot of perks and in-person programs hold a lot of value and both will have a place in future planning.



*Click on the image above to watch
past caregiver webinars.*

Healthy Foot Care Checklist for Winter

By Paul Yoon, Chiropodist

Feet are your body's foundation, so keeping them healthy is important to your overall health. Due to the cold weather coming up and the recent pandemic, more people are staying at home. It is vital to maintain proper foot care even when you are staying at home. The following is a checklist to help you with your basic foot care.

Checklist for Healthy Foot Care

1. Check your feet and in between your toes daily. Things to look for: cuts, cracks, blisters, blood, redness, swelling, or white moist tissue etc. Use a hand mirror to see the bottom of your feet, or ask someone else to check for you. Try to carefully spread your toes apart so you can see in between and also use the mirror to see the bottom of your toes.
2. Wash your feet in warm (not hot) water, using a mild soap. Don't soak your feet, as this can dry your skin, and can also increase chances of infection.
3. Dry your feet carefully, especially in between your toes. You may use a cotton ball to dry between the toes. If you have excessive moisture between the toes, use a small amount of rubbing alcohol with a cotton ball to swab in between the toes.
4. If you have any cuts or openings in the skin, clean them with mild soap and water. Apply a band aid and a topical antibiotic such as Polysporin.
5. Monitor and check your feet for any signs/symptoms or infection and seek medical attention if any arise. Signs/symptoms of infection may include: redness/changes in skin colour, swelling, leakage of fluid or pus, increase in temperature, increased pain, or a foul odour.
6. Apply a good lotion to your feet. Wipe off excess lotion that is not absorbed. DO NOT apply lotion in between your toes as the excess moisture can cause an infection. Examples of good moisturizers include: Uremol, Dermal Therapy, Uriseq, Flexitol, or Eucerin.

VOLUNTEERS NEEDED

MEALS ON WHEELS (MOW)

We are currently in need of volunteers (drivers and runners)!

The Meals on Wheels (MoW) program delivers hot and/or frozen meals to isolated seniors and persons with disabilities.



Learn more about volunteering for MoW at schcontario.ca/volunteers

Learn more about meals on wheels at schcontario.ca/mealsonwheels

November – Diabetes Awareness Month!



Sarmini Subramaniam, RN
Diabetes Nurse Educator

(Click on the image to watch her interview)

To celebrate, the Diabetes team continued to serve their clients while creating new content to help educate others about diabetes and provide a glimpse of what clients can expect via social media, including short but informative TikTok videos.

You can also visit our [YouTube page](#) to view the updated [Diabetes Playlist](#) that features a new workout video lead by Janny & Shiva, as well as a staff spotlight interview with Sarmini.

Learn more about the diabetes team at schcontario.ca/diabetes.



Janny Wan RD, CDE
Diabetes Dietitian

(Click on the image to watch her workout video)



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