



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Healthy & Whole

NEWSLETTER 48, ISSUE NO. 28 SUMMER 2022

A NEW PLACE TO CALL HOME

By Michelle West-Martin, VP of Community Services & Strategic Partnerships

After a few years of dreaming, we are excited to announce the opening of our new Adult Day Centre (ADC) space in partnership with the Alzheimer Society of Toronto (AST) at 2568 Eglinton Avenue East—right next to our Hub location! The ADC serves adults 55 years of age and older who are frail, have been diagnosed with Alzheimer's disease or other types of dementia, are living with a disability, and/or are socially isolated. The program provides a range of therapeutic and recreational activities to clients, while caregivers can enjoy a few hours of respite.

In addition to our traditional ADC, we will be operating our “Active Minds Club” with the AST at the same location. This unique day program is specifically for adults diagnosed with Early Onset Dementia, with the intent to extend the cognitive independence of these individuals. Moving to this new location allows both of these programs to expand and grow together. Additionally, we are pleased to mention that the space was specially designed to be dementia-friendly. Everything from the paint colours to the furniture was selected with the assistance of our clients, their families and our staff to ensure its suitability.

Both SCHC and AST are looking forward to further strengthening our existing relationship and we expect that the colocation of complementary services will benefit both clients and staff of the two organizations by improving access to wrap-around supports for those who need them. We cannot wait to welcome everyone inside to explore!



Above: The new ADC is located right beside The Hub, where you can clearly see our logo

Message from the CEO

May 2022

The last couple of years has presented many challenges to our Scarborough communities. The pandemic hit many of our neighbourhoods much harder than other parts of the province and many of these same communities fight the daily battle against racism. At SCHC we have committed to doing our part to be a better organization and ally us with our communities with the goal to create lasting and systemic change for a better, more equitable and just future.

We have prioritized our work in creating a culture of diversity, equity, inclusion, and belonging, that includes education for all of us, including our Board of Directors, our staff, and our volunteers. We created a Director of Diversity, Equity, and Inclusion from a champion within the organization, Shola Alabi, to advance the organization in our commitment to a culture where everyone feels represented and valued and has an equal opportunity to learn, grow and contribute their best. In this journey, we will oversee the development and implementation of programs and services that promote diversity within the organization. We conducted an extensive survey of our community to better inform that process.

We know that this is not easy work, that often it takes years to achieve the level of change that we want for our organization and more importantly for our society. We cannot be a leader in community health if we do not take on this fight, but I know we do this united with so many in our community. So, to our staff, our partners, and our residents, I issue this call of action to join our fight in creating a culture of diversity, equity, inclusion, and belonging! To learn more please contact us at deib@schcontario.ca

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 www.schcontario.ca, complete our survey at 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!



@SCHCOnario



@SCHCOn

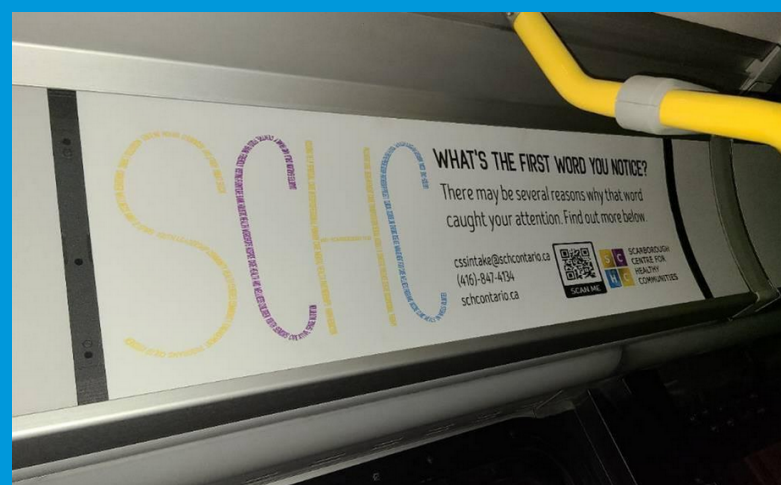
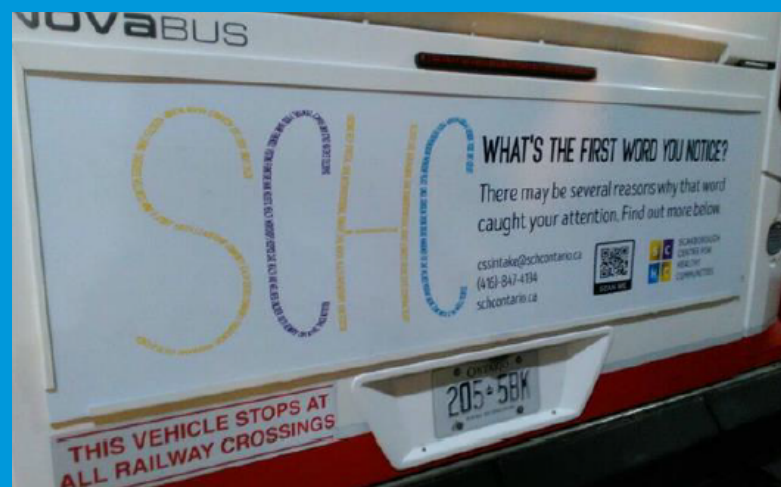
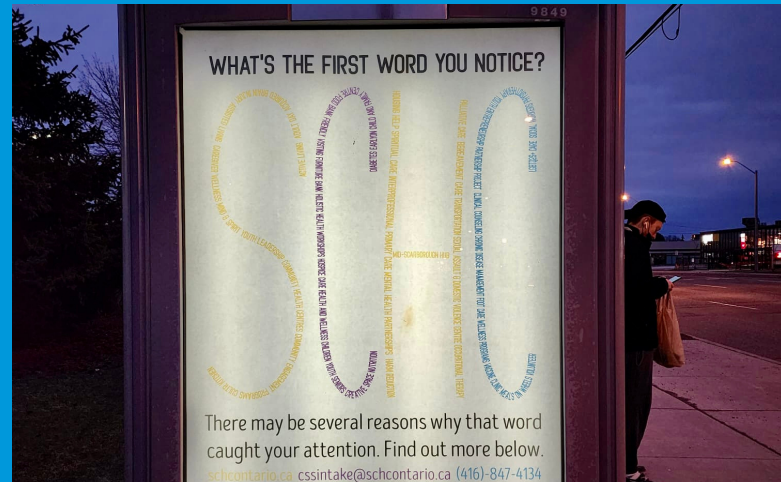
SCHC TAKES OVER SCARBOROUGH: RECAPPING OUR MULTIMEDIA CAMPAIGN

By Tagan Mani,
Marketing Fund Development Coordinator

This was a project I am grateful to have worked on, especially for SCHC. In case you missed it, SCHC launched an out-of-home multimedia campaign for the first time in its 45 years of existence with this amount of exposure as we placed our ads on billboards, TTC bus shelters, as well as both inside and outside TTC buses.

The goal of this campaign was to help SCHC's efforts by increasing their brand recognition, however, what you see is simply not just our acronym in our brand colours. If you take a closer look, within each letter you would be able to see the different programs and services our non-profit provides. Our organization does provide a variety of programs and services but faces the challenge of building a strong brand within the community so this was a fun way to educate the viewer, attract new clients, staff, and volunteers by asking them the question "what's the first word you notice?". This question allows people to reflect on why that word is significant and how SCHC can help them explore that.

Although it may not be available when this gets published, the billboards and bus shelters ad can be seen at Danforth & Eglinton, Birchmount & Ellesmere, Markham & Kingston, Markham & Lawrence, Kingston Road & Poplar, Warden & Ellesmere, Morningside & Lawrence, Brimley & Eglinton, & Neilson & Sewells. Let us know if you saw them at communications@schcontario.ca.



CLEARING SPACE WHILE HELPING THOSE IN NEED: FURNITURE BANK IS OPEN TO MORE DONATIONS

By Brian Rajaram, Social Support Coordinator



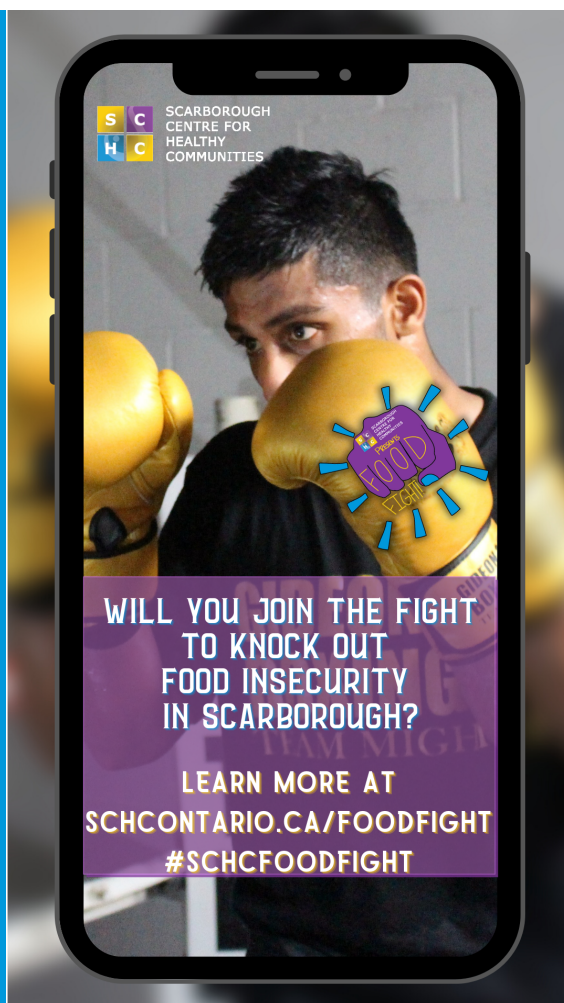
Are you moving? Re-decorating? De-cluttering? If so, please consider donating your gently-used furniture and kitchen wares to the SCHC Furniture Bank. The Furniture Bank supports low-income people in the Scarborough area who are at an inflection point in their lives. Many of our clients are recent immigrants, refugees, seniors, and/or people who have been displaced because of environmental reasons (for example, a flood or fire) and those fleeing abuse or leaving a shelter. By providing furniture and other items, we help our clients regain some sense of normalcy and stability, all the while reducing waste and giving perfectly usable items a second life. Items that are in particular demand are bed sets, sofa sets, dining tables and chairs, desks, chest of drawers and dressers. Donations can be made by appointment only and must be dropped off at our warehouse at 1960 Ellesmere Rd, Unit #5. To make a donation, or should you have any questions, please contact the Furniture Bank at furniturebank@schcontario.ca or call us at 647-381-5435.

ARE YOU READY FOR THE FOOD FIGHT?

By Abinash Sivapalan,
Grant Business Start-Up Coordinator

SCHC is proud to announce the return of Food Fight! This annual campaign helps collect donations to aid with the severe shortage the SCHC food bank suffers during the summer months. Whether you're looking forward to eating at a picnic or on a patio this summer, the food you enjoy itself is a luxury most can't afford. Food insecurity has been increasing heavily during the past two years due to the pandemic. It is what many Scarborough residents face daily, and it might be someone you know or love. There are several ways to join which you can see on the Food Fight page (schcontario.ca/foodfight). Whether it is via an online donation, dropping off ingredients at our food bank, or a food drive, the Food Fight page has all the details regarding the items residents in Scarborough need.

Let's see you in the corner of the Food Fight ring. Your support is what's going to help knock out food insecurity in Scarborough!



IN MEMORY OF ROLAND WALKES

Lori Beesley, Coordinator of Volunteer Engagement & Student Placement

Over the Easter weekend of this year, SCHC lost a long-time volunteer, Roland Walkes. Roland became an official volunteer with SCHC back in the fall of 2014 and contributed over 100 volunteer hours each year. He taught the art class to Seniors in the Active Living Centre and everyone who knew Roland was aware that he went above and beyond. The group of artists that came to know Roland over the years praised him for not only his artistic talent but his generosity of spirit. A few of the people in the art group wanted to offer these tributes to Roland:

Maria: Roland was a wonderful person and I appreciate everything he did for us. He was there when you needed him with help and advice. He was a kind, generous person. We will miss him dearly.

Janette: Even before he became our instructor he would take our finished creations home and varnish them. He would even frame some of our paintings on the spot. At our annual art show, he was there to help set up the venue. We benefited so much from Roland's attention and expertise. We definitely have a void with his absence.

Susan: Roland was so generous with his time as a volunteer. When Diane Elkin could no longer lead the class he stepped in. An excellent artist in his own right, he offered guidance with kindness and encouragement. We all benefited from his instruction.

Roland's impact on this program will live on for many years as will the memories of his immense talent and influence on many local artists. We offer Roland's family our sincere sympathy and hope they can take comfort in the fact that so many remember him fondly. For more information on our art program, contact activelivingcentre@schcontario.ca.



NATIONAL HOSPICE PALLIATIVE CARE WEEK

SCHC celebrated National Hospice Palliative Care Week. We asked volunteers, staff, and clients to share their thoughts. Here are just a few, but visit www.schcontario.ca/blog/hospicepalliativecareweek to read more!



Rajaratnam Satchithanathan
Hospice Palliative Care Volunteer

"I have been an HPC volunteer for nearly 3 years. I realized these clients desperately need someone to listen to them and show understanding. I know I do not have the skill sets or experience to resolve all their issues. I can however listen to them and also help them with tasks (such as driving them) that will ease their burden.

I enjoy listening and conversing with my clients so we can understand each other's and allow us to develop new ones. Seeing that makes them and myself feel better, as I learned to understand the perspectives of my clients with a non-judgmental stance.

If you are interested in learning more or volunteering, email hpcvolcoordinator@schcontario.ca



SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES



Chrystalla Chew
Palliative Care Coordinator, Home Visiting and Day Hospice

My three programs support clients namely, by matching them with a volunteer to visit in their home who provides social and emotional support, or respite for their caregiver.

The two other support programs are our Peer-to-Peer Day Hospice Support Group and our Caregiver Peer-to-Peer Support Group.

Our programs touch the lives of clients, their caregivers and families as well as in their own individual journeys.

If you are interested in learning more or volunteering, email hpcvolcoordinator@schcontario.ca



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REFLECTING ON CREATIVE SPACE SCARBOROUGH

By Kerrin Churchill, SCHC Volunteer

Creative Space Scarborough was developed and led by a group of seniors in the SCHC Active Living Centre, whom wished to explore new and creative ways to keep healthy, active and engaged in the community. The project was funded by a grant from Employment and Social Development Canada and launched in the summer of 2020. Since then, the group has had over 20 sessions discovering many cultural gems in the Scarborough community, connecting with others in making art and participating in artist-led workshops. You can visit www.schcontario.ca/creativespacescarborough to view details on past events including pictures.

Some quotes from participants; "Friends in this group all love life, art, community and dedication" and "The experience has taught me to 'colour outside the lines' and to feel more confident in trying new kinds of art" and "Scarborough is rich in culture, diversity, nature, incredibly talented artists and cultural sites I never knew about before moving here".

The funding has come to an end however, with the support of the Active Living Centre, we are exploring ways to continue the program and plan to start up again in September 2022. We will have one visit to a cultural location and one creative arts session at the Scarborough Village Community Centre each month. Release your creative spirit and join the Creative Space Scarborough group! Please contact Anthony Rampersad at arampersad@schcontario.ca or call 416 847 4134 for more information.



EARTH DAY CLEAN UP: YOUTH LEADING BY ACTION

By Amanda Bagri, Child/Youth Health Program Coordinator, Health Promotion

The Woburn MSYL council has been working towards creating safer and healthier spaces in their community. This past Earth Day, they organized an extremely successful community clean-up at Woburn Park. Dozens of community members alongside TPS, MPP Hunter and Councillor Ainslie were in attendance to help. Additionally, youth used this opportunity to educate community members about harm reduction (with the help of SCHC's harm reduction team) and the 5 Rs of Sustainability: Refuse, Reduce, Reuse, Repurpose, Recycle.



The Hub Is Back With Exciting Programs!

By Harneet Dosanjh, Communications Student

After two years of lockdown and the Hub site being repurposed as a vaccine clinic, we're excited to announce that the Hub is now open again for space Monday to Friday, from 9 a.m. to 4 p.m. The SCHC Hub provides various programs and services that include a Community Health Centre, Diabetes Education program and care, neighborhood development initiatives, employment services from the YMCA, and community services with mentoring for children and youth. Here are some of the exciting things happening over the next few months.

The HARTS Art program provides youth aged 6-12 an opportunity to explore therapeutic arts activities from May 18th to June 22nd. Check out our youth programs at www.schcontario.ca/childrenandyouth

The Active Living Centre (ALC) will be providing exciting and fun classes that include bingo, arts, dancing, knitting, laughter yoga, and a conversation café. Email ccintake@schcontario.ca or call; (416)-847-4134 for more information.

The SCHC Human Library event was done in person and organized by the youth leadership group, Mind and Spirit Youth Leadership on May 27th, from 5 pm-8 pm. To register, please click here <http://humanlibrary2022.eventbrite.ca>.

SCHC's Hope Exists After Loss (HEAL), Group Bereavement program for Scarborough Youth ages 12 to 18 starts June 8th. Email olbrooks@schcontario.ca to register.

Stay tuned for more events at the Hub by visiting www.schcontario.ca/mid-scarborough-hub



VOLUNTEERING HAS NEVER FELT BETTER!

By Abirah Chandraraj, Social Media Intern

Volunteering is more than just volunteer hours and adding an experience to your resume, it's about the different relationships you make, and the impact you make within a small but connected community. You'll understand what this means when you read Vihashan's story below.

Hi, my name is Vihashan! I first heard of SCHC during my first year when I had an opportunity to volunteer at SCHC with my university club, MedLife. That's where I met Lori, SCHC's Volunteer Engagement Coordinator. We spent a day volunteering at the food bank which was fulfilling because not only did I learn that it was one of the largest food banks in Scarborough, but I also learned that SCHC offered a wide variety of other great programs. That's when I reached out to Lori and began my volunteering journey with SCHC. It started from SCHC's Food Bank to the furniture bank, to SCHC's Community Health Clinics. I continued to volunteer for over two years because it became less about the new experiences and talking to more people and more about being able to give back to my community.

Volunteering with SCHC was a great experience for me for various reasons. I loved how the hours were flexible, the staff was respectful and accommodating, and the interactions I made with people were always positive experiences. There was never a dull moment because I genuinely was able to enjoy my time volunteering!

While volunteering with SCHC has been amazing, I would 100% say that these programs can always use more helping hands. There are endless amounts of volunteer opportunities available at SCHC! If you are a youth, adult, or senior that wants to get involved, check out our [SCHC Volunteers Page](#) or contact Lori Beesley at volunteerprogram@schcontario.ca.

[Click here](#) to read the full story.



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