



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Healthy & Whole

NEWSLETTER 48, ISSUE NO. 29 FALL 2022

MEALS ON WHEELS VOTED DIAMOND WINNER!

By Lori Beesley, Coordinator of Volunteer Engagement & Student Placement



We are honoured to have been awarded the top level Diamond Award for our Meals on Wheels program. Voted on by readers of the Scarborough Mirror, it demonstrates the dedication of both our staff and amazing volunteers who make this program possible.

To make the program even stronger, we are calling on corporations in our community to help support Meals on Wheels! Our individual volunteers are fabulous and extremely dedicated to their role. However significant cancellations and turnover due to vacation and illness make filling our many routes every Monday to Friday a constant challenge. Corporations - you can help!

Corporate teams have the flexibility to pull from a group of staff volunteers and lighten the individual responsibility. This model has been extremely effective in providing dependability to MOW programs in other regions. We're hoping organizations wanting to demonstrate corporate social responsibility in Scarborough will join SCHC in helping our community.

It's a win-win since you are able to share both internally and externally that your corporation is meeting an urgent and ongoing need in the community. We win since we have one route taken care of each week. Please consider this option - it's only 2 hours once a week! Please call 416-847-4127 or email: volunteerprogram@schcontario.ca for more details.

Message from the CEO

August 2022

Summer has been an exciting time for us at SCHC. One of the highlights has been engaging with our black community to understand better how we can support their overall health and wellbeing as we structure our programs and services to be more responsive and reflective of all the communities we serve. We relocated our Adult Day Program to a new and improved location, beside our Mid-Scarborough Hub, and strengthened our partnership with the Alzheimer's Society of Toronto as they moved into the new location with us. We continued to respond to the COVID 19 pandemic, but also increased efforts related to pandemic recovery and addressing important matters like cancer screening, in-person services, and mental health supports.

Heading into the fall, we look to the future as we begin our strategic planning for the coming five years. Again, we will tap the shoulders of our community, our partners, and our teams to evaluate how we are doing and where we should be focusing our efforts.

This newsletter is filled with wonderful examples of how we connect with our community. As many of us are looking for opportunities to impact where we live, I encourage you to become part of our SCHC volunteer family. Volunteers are a critical support in the work we do and in our connection to Scarborough, so please join us in helping to make a difference! You can go to:

www.schcontario.ca/get-involved/volunteer

for more information and explore our many volunteer options and roles.

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, we are 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!



@SCHCOntario



@SCHCOnT

THE GOLDEN TICKET: PROVIDING FAMILIES SAFETY AND MEMORIES

By Behishta Nabi,
Youth Ambassador, Vaccine Engagement Team

The Golden Ticket Vaccine Campaign was an initiative that was led by the Youth Vaccination Engagement Team, to further encourage vaccination amongst families this summer. Families in Scarborough that visited us for vaccinations were provided with the opportunity to win tickets to Canada's Wonderland, Cineplex Movies, the C.N.E or Ripley's Aquarium. Pictured here is one of the 5 winners: the Sahni family on their trip to Ripley's Aquarium!

The Sahni family expressed their gratitude with the following message: "On behalf of my family, I extend our sincere gratitude to SCHC and you for this wonderful opportunity. We had so much fun there and your GO pass made the journey quite smooth and easy. Avni along with her grandparents had such a beautiful experience and this is all because of you guys. Thank you once again for this amazing experience".



HAVE YOU MET OUR YOUTH VACCINE TEAM?



Pictured to the left are just some of our wonderful Youth Vaccination Engagement Team!

The youth team consists of Sahra Yussuf, Hafsa Akhter, Harshana Ratnavarathan, Steffi Obias, Malala Sharifi, and Behishta Nabi.

VACCINATED AND EDUCATED: THE YOUTH VACCINE TEAM TAKES FAMILIES TO THE ONTARIO SCIENCE CENTRE

By Behishta Nabi , Youth Ambassador, Vaccine Engagement Team

The Youth Vaccination Engagement Team planned a trip to the Ontario Science Centre for families who got vaccinated this past month. Families who attended the trip extended their gratitude and appreciation for this initiative. Pictured below are some of the youth team on the trip!



In collaboration with community partners, the Youth Vaccine Team organized a "Be Cool 4 Back 2 School" event for youth in Scarborough to get them ready for school!

Activities, food, backpacks/school supplies and services were made available for youth to prepare them for the coming school year.



BE COOL 4 BACK 2 SCHOOL



Friday, August 26th,
12:00 PM to 5:00PM at
Centennial Recreation
Centre (1467 Ellesmere
Rd, Scarborough, ON)

Don't stress about going back to school,
we got you covered! Youth 5-17 can get
the following:

- Backpacks & Gift Bags
- Play Mobile outdoor fun
- Baking Activities
- Covid Vaccines
- BBQ Lunch
- Haircuts & Braiding
- Henna and Facepaint

Registration Required! Sign up by
scanning below or visiting
forms.office.com/r/eDbShzc2iG



SCAN ME



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HAVE YOU SEEN OUR LATEST VIDEOS?

By Tagan Mani , Marketing and Fund Development Coordinator

If you haven't already, make sure to visit our [YouTube channel](#) (and subscribe) to watch our latest videos, especially the ones in regard to vaccine information and safety.

We spoke to one of our vaccine engagement ambassadors who shared a client story on how her work made a difference to a Scarborough family.

We are also aware of the hesitancy of getting vaccines and boosters for both seniors and children. Therefore, we decided to interview a representative of both demographics to share their thoughts as well as get some input from the experts to help ease your mind.



Many of our programs are based on a peer support model and some are led by our dedicated volunteers. We are currently seeking compassionate, reliable, and caring individuals who are willing to share the end-of-life journey with our clients and their families.

There is comfort in being able to speak in one's mother tongue, especially at the end of life. We are specifically searching for people who can speak various languages, such as Greek, Tamil, Mandarin, English, and Cantonese, to name a few.

Join us at our Volunteer Recruitment Open House for a great opportunity to give back! See the flyer on the right for the details.

A flyer for a volunteer recruitment open house. It has a light blue background with decorative elements like circles and arrows. At the top is the Scarborough Centre for Healthy Communities logo. The main title is 'Impact Your Community! Volunteer!'. Below that, it says 'Scarborough Centre for Healthy Communities presents: Volunteer Recruitment Open House'. The event details are: 'Saturday, September 17th, 2022 from 1pm to 4pm at the HUB 2660 Eglinton Ave. East'. Contact information is provided at the bottom: 'For more information, contact Susan Endicott at 647-525-1016 or sendicott@schcontario.ca'. At the very bottom is an illustration of a diverse group of people.

HOW OUR SPANISH TEAMS HELP LATINOS IN SCARBOROUGH (AYUDANDO A LOS LATINOS EN SCARBOROUGH)

By Isabel Tobon, Spanish Outreach Worker

In an effort to meet the needs of the growing Latino community, the SCHC began its COVID-19 outreach project in Spanish. Mercedes, Isabel and Maria began work in June 2022; they started by exploring where Latinos were and created a plan to work with them. At first, it seemed challenging, the community had no point of reference; they were scattered all over Scarborough. However, the Facebook groups, community centers and libraries were an important support point. After a while, the team started receiving calls and messages with questions about vaccines and other health services. And so, the Spanish team began to function as a bridge between the Latino community and the health services available to them.

When they helped vaccinate the first Latino, Mercedes and Isabel felt the satisfaction of helping. That feeling was the motivation to get 20 Latinos vaccinated in their first months of work. They say Latinos need help, not only in vaccinations for COVID-19 but for multiple health services unknown to them. They want to be that point of connection for people, to the services they need. Now the team continues to plan clinics and fairs and develop strategies to connect with the Hispanic community. The goal is to keep our people safe so they can keep building strong and healthy communities.

En un esfuerzo por satisfacer las necesidades de la creciente comunidad latina, el SCHC comenzó su proyecto de prevención del COVID-19 en español. Mercedes, Isabel y María comenzaron a trabajar en junio de 2022; empezaron por explorar dónde estaban los latinos y crearon un plan para acercarse a ellos.

Al principio parecía un reto, la comunidad no tenía ningún punto de referencia; estaban dispersos por todo Scarborough. Sin embargo, los grupos de Facebook, los centros comunitarios y las bibliotecas fueron un importante punto de apoyo. Al cabo de un tiempo, el equipo empezó a recibir llamadas y mensajes con preguntas sobre la vacunación y otros servicios médicos. Y así, el "Spanish Team" comenzó a funcionar como un puente entre la comunidad latina y los servicios de salud disponibles para ellos.

Cuando ayudaron al primer latino a recibir su vacuna contra el COVID-19, Mercedes e Isabel sintieron la satisfacción de ayudar. Ese sentimiento fue la motivación para conseguir vacunar a 20 latinos en sus primeros meses de trabajo.

Dicen que los latinos necesitan ayuda, no sólo en la vacunación del COVID-19, sino en múltiples servicios de salud que desconocen. Quieren ser ese punto de conexión de la gente con la asistencia que necesitan.

Ahora el equipo sigue planificando clínicas, ferias, e ideando estrategias para conectar con la comunidad hispana. El objetivo es mantener a nuestra gente segura para que puedan seguir construyendo comunidades fuertes y saludables.



Pictured above and below are Isabel & Mercedes of our Spanish Outreach Team. En la foto de arriba y abajo están Isabel y Mercedes de nuestro Equipo de Alcance en Español.



SCHC HAVING FUN IN THE SUN



As a community partner SCHC wanted to support the Alzheimer Society in their biggest fundraiser and take the chance to connect with the community at Thomson Memorial Park .



SCHC Active Living Centre decided to switch up their annual congregate dining trip with a Toronto Harbour Front Boat Cruise.



Our SCHC EarlyON attended the "On the Lands' program by NCFS. Beautiful teachable moments were provided for our families and staff. We truly felt honoured and enlightened to connect to nature and indigenous values and beliefs.



Our EarlyOn team also planned a trip to the Toronto Zoo. With 55 children, 35 adults, 5 staff/students and 2 school buses, we were successful in providing an accessible community experience.



SCHC was proud to host a summer staff appreciation BBQ featuring food and fun activities at Thompson Park!

ANOTHER SUCCESSFUL YEPP COHORT!

By Abirah Chandraraj, Social Media Intern

Our fourth YEPP cohort has finally wrapped up! The Youth Entrepreneurship Partnership Project (YEPP) is a 12-week program where youth bring their business ideas to life with 1-on-1 mentorship. This year's cohort was introduced to many wonderful opportunities including chatting with guest speakers about their entrepreneurship journeys and participating in workshops to learn about entrepreneurship, branding and marketing, business finances, and more.

Not only were youth provided with transferable skills that will assist them in the future, but after the 12-week program, students were also able to partake in the Youth Venture Competition (YVC). This competition allowed students to present their business idea to a panel of judges and receive seed funding to grow their business. This year, 14 youth participated in the YVC competition, and five winners received funding. To view the recap of this year's cohort and presentations, [click here](#).

Thank you to Northpine and Peerage in making this year's YEPP cohort successful! With the help of the YEPP program, young generations are encouraged to develop creative and innovative businesses.

If you're interested in being part of next year's cohort, stay tuned for more information on our social media and website.



INSPIRATIONAL STAFF STORY



#SCHCSTAFFSPOTLIGHTSERIES



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In conversation with

**DOROTHEE
CHOPAMBA**

Social Worker who has made an impact on the Scarborough community who went from living in a shelter to earning her Masters. Inspiring and important stories everyone needs to know.

Watch our latest Staff Spotlight video where Dorothee, one of our social workers, shares her inspiring story as well as the challenges she faces due to racism. She talks about how she overcomes this, some success stories, and her thoughts about SCHC. Watch the video now at https://youtu.be/LCs_JECLMuA

WILLOW PARK SCHOOL CLINIC

By Halina Chanderbhan, Clinical Operations Coordinator

Through a partnership with the Scarborough Center for Healthy Communities and the Toronto District School Board - Model Schools for Inner Cities, we have re-opened the Willow Park School Clinic. Our clinic is led by a Family Physician-Dr. Ullanda Niel, and supported by 11 Medical Doctors and Nurse Practitioners. Children are seen within Willow Park Junior Public School accompanied by their parent or guardian by appointment only. Our goal is to improve the health of our students so they can maximize their potential in school. Our clinic endeavors to improve the relationships within school communities by providing coordination, system navigation and support to student and their families.

We are equipped to provide developmental assessments, well child examinations and immunizations for students with OR without a valid health card.

Translation is available for parents who do not speak English. We will also help families navigate the health system, providing them with primary care providers or specialists as needed. With consent from the families, we will provide feedback to the school about diagnoses and treatment plans.

We welcome your referrals for children with concerns about their physical health, mental health or development. We can update immunizations on site. We will see children with or without OHIP (a health card). Please call one of our three locations to book an appointment.

1. 629 Markham Rd. Site/Willowpark School Site: (416) 847-4101
2. 520 Ellesmere: (416) 297-7490
3. 2660 Eglinton Site: (416) 640-7391.



SCHC'S DIABETES EDUCATION PROGRAM MOVES TO CENTRALIZED INTAKE

By Laura Laws, Executive Assistant, Community Health

SCHC is excited to be launching Centralized Intake for our Community Health programs to improve the client experience, starting with that first call. This will be done in a phased approach beginning October 3rd, 2022, starting with our Diabetes Education program. **The move to Centralized Intake will ensure a single point of contact for SCHC clients, prospective clients and external providers, improving access to the appropriate care and information required.**

Community members seeking Diabetes care will continue to be able to self-refer through our website form, emailing intake@schcontario.ca, or calling (416)-847-4134. Referring providers can continue to refer their clients in the same manner but they will be provided with a new telephone number and email.

To compliment this move to Centralized Intake, we'll be live on the Ocean HealthMap, accepting eReferrals to our Diabetes Education program on Oct 3, 2022. Healthcare Providers will be able to more seamlessly submit patient referrals electronically to our Diabetes Education program. Referring providers using Ocean will be able to find any of our locations on the Ocean HealthMap and are encouraged to refer their clients using eReferrals.

Further communications will be shared over the coming weeks along with social media to keep everyone informed.

HIGHLIGHTS FROM SUMMER CAMP!

By Ada So, Child and Youth Health Program Facilitator

Growing Leadership is a summer program that caters to youth and children in the Kennedy/Eglinton Scarborough Community with the goal of teaching leadership skills to Scarborough youth. This year, summer 2022, the program ran for five weeks at Charles Gordon Senior Public School.

On Mondays, youth aged 12 - 17 learned key leadership skills through various workshops, games, and activities. On Tuesdays, youth took a break and were treated with field trips and outings, which included the movies, local parks, the Ontario Science Centre, and even the Scarborough Bluffs! Then, on Wednesdays and Thursdays, youth put their leadership skills to the test by leading and facilitating games and activities for the attending children ages 6 - 11, just as the staff did for them on Mondays.

The goal of Growing Leadership is to nurture strong leadership skills for Scarborough's next generation of leaders. Youth gain crucial team building skills, develop emotional intelligence, and build resilience and self-confidence, all of which are pivotal to their personal development. Growing leadership is a great opportunity for youth to have fun, build character, and prepare themselves for the real world.

We want to give a special thank you to **Peerage Capital** for funding summer camp this year.

