



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

June Issue

Newsletter

Summer 2024

EARLYON PROGRAM INNOVATION IS DESIGNED FOR AND WITH THE BLACK COMMUNITY



By SCHC EarlyON team

The impact of the Reading Partnership Program for Black Families (RPBP) goes beyond children and their caregivers learning the foundations of literacy. It is a holistic approach that promotes community building, fosters positive interactions, better communication and improves wellbeing.

“The program provides opportunities for Black caregivers to learn through interacting and sharing ideas about early learning. Families engage through discussions and games to stimulate positive learning environments. As a facilitator, I work with children and their families to provide fun and interactive tips and games that they use during the program and at home. With the continuation of this grant, we have been able to continue the hard work put into this program by the previous facilitators, Muna and Chanel, and keep amplifying the voice of Black families”.

- Kimisha, Earlyon Registered Educator

“The program has been so helpful for me and my family. The support and guidance from the facilitators have undoubtedly made a positive impact. I appreciate the opportunity to provide feedback and share how beneficial the program has been for our family's growth and development... Now my kid can read, and I see ways to help her become better”.

- Felix, Reading Partnership Program Parent

[Read the full article here!](#)



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MESSAGE FROM THE CEO

SUMMER 2024



Spring represents a sense of renewal to me; as flowers bloom, I am always impressed with the strength of Mother Nature. Over the coming months, SCHC will also grow significantly. As our funders, namely the needs of our community, we will be expanding services to support those needs. Particularly in community safety and wellness, intensive case management, individuals with Hepatitis C or at risk of Hepatitis C, preventative care and health promotion for children, and expanded services to provide access to primary care (e.g., physician, nursing, mental health).

Follow us on social media or our website to stay informed of these latest developments.

[Stay connected with us by clicking here!](#)

As part of our continued commitment to improvement, we are taking this opportunity of growth to ensure we are engaging in a coordinated approach to care that meets our community wherever they are at, with whatever they need, thus achieving our vision of igniting the strength of community!

VISION

Ignite the strength of community!

MISSION

Providing accessible, equitable and transformational health and social service choices, for the well-being of diverse communities.

VALUES

I2CARE
Inclusive
Innovation
Collaboration
Accessibility
Respect
Equity



STAY CONNECTED WITH US

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AUCTION BRINGS THE COMMUNITY TOGETHER TO RAISE FUNDS

By Debra McGonegal, Director of Communication and Development



On Thursday, April 25th, approximately 50 people attended the 1st live event since the pandemic, designed to raise awareness and funds for youth and senior programs in Scarborough. 100% of survey respondents said they would recommend the event to friends and families. They liked or loved the wine & chocolate pairing tastings, games, live auction, food, and the Guild Inn venue. The buzz in the room was palpable as people cheered their friends on at Bottle Bonanza and Sip & Slide to win some amazing gift baskets and prizes. But what they loved the most was hearing stories from Kerrin Churchill, a senior volunteer leader of the Scarborough Creative Space program, and from Rashme Kumar, a current staff member who graduated from the Mind & Spirit Youth Leadership Program. The obvious impact of these programs reminded everyone of the night's purpose and their support of a great cause.

Although this was the first year for the live event, it capped off the 3rd annual online auction. Together, these events raised \$25,000. Many thanks to sponsors SE Telecom and Clear Health Benefits, the donors of auction items, bidders, and guests. A special thanks to the volunteer team who spent countless hours leading up to and including the evening of the live event. Akshayaa Prabakaran, Joan Blacklaw, Marjorie Persaud, Maggie Bedi, Shanta Dass and Vidya Umadas. Your support made all the difference!



STEPS TO MAINTAIN YOUR HEALTH THIS SUMMER

By Ruchika Wadhwa, Registered Dietitian



- Set a daily water goal. A simple daily goal can help you stay motivated.
- Drink a glass of water first thing in the morning and before each meal and snack.
- Set alarms or notifications on your phones or smart devices to remind you with a verbal reminder.
- Invest in a reusable bottle that you can bring and serve as a visual reminder to drink more water throughout the day.
- Try naturally infusing water/ soda using fresh herbs such as mint, fruit or vegetables such as berries, lime, lemon, cucumber, unflavoured green teas to swap high-sugar drinks, juices, pop and lattes
- Include our nature's bounty of seasonal vegs and fruits, which are loaded with moisture content and also give a boost of vitamins, minerals and antioxidants
- Focus on your body's signals. Be mindful of whether your body is thirsty or hungry. Sometimes, we overeat because we mistake thirst for hunger
- Make it fun; challenge your friends and colleagues to join you in a healthy competition to see who meets their daily goals regularly.

WHY WELL BABY VISITS ARE IMPORTANT

By Anna Khademi, Registered Nurse

Parents play a crucial role in ensuring their baby's health. Regular doctor or nurse practitioner (primary care provider) visits are essential. These well-baby visits are not just about check-ups; they are about your active participation in your baby's growth and development.

During these comprehensive visits, the primary care provider or nurse will meticulously check your baby's weight, height, and head circumference. They will also thoroughly examine your baby's overall development, including motor skills, hearing, and vision. The primary care provider may also ask questions about your baby's feeding, sleeping, and behaviour. Additionally, routine vaccinations will be administered. It is a great opportunity to discuss any concerns or questions about your baby's health.

The first well-baby visit should be 2-3 days after your baby comes home from the hospital. After the first visit, your baby should be seen at 2 months old, 4 months old, 6 months old, 9 months old, 12 months old, 15 months old, and 18 months old.

Vaccines are important for babies as they help protect them from life-threatening diseases. Vaccines stimulate the immune system to produce antibodies, which provide immunity against harmful viruses and bacteria. Vaccines can prevent illnesses such as measles, whooping cough, and polio. By getting your baby vaccinated, you are ensuring their health and preventing the spread of diseases in the community.

SCHC has a new program underway for children who are 0-5 years old and need to be connected with a primary care provider. This program will be able to provide your baby or child with the continuous personalized care they need for healthy development. Keep a look out if you are interested!

Vaccine															
Age at Vaccination	Diphtheria	Tetanus	Pertussis	Polio	Haemophilus Influenzae Type B	Pneumococcal Conjugate	Rotavirus	Measles ¹	Mumps ¹	Rubella ¹	Meningococcal Conjugate-C	Men-Conjugate - A,C,Y, W135	Varicella (Chickenpox)	Hepatitis B	Human Papillomavirus
2 mos	✓	✓	✓	✓	✓	✓	✓								
4 mos	✓	✓	✓	✓	✓	✓	✓								
6 mos	✓	✓	✓	✓	✓										
12 mos						✓		✓	✓	✓	✓				
15 mos													✓		
18 mos	✓	✓	✓	✓	✓										
4-6 yrs	✓	✓	✓	✓				✓	✓	✓			✓		
12 yrs (Grade 7)												✓		✓	
13 yrs (Girls Grade 8)															✓
14-16 yrs	✓	✓	✓												
Every 10 yrs ²	✓	✓	✓												
Every year															✓
65 years															✓

HOW HEALTH IS PROMOTED BY SCHC



By SCHC Health Promotion Team



What does Health Promotion look like at SCHC?

The Health Promotion team comprises 4 Health Promotion Specialists and 2 Community Ambassadors with a unique knowledge base and breadth of expertise. The team's primary objective is to develop and deliver programs and interventions for the community that address current health challenges identified during community engagement. The team also monitors the effectiveness and impact of programs/interventions, using evaluation results to modify interventions to serve the community better. We recognize the community as significant knowledge holders, especially when envisioning 'good health' and working with the community and SCHC staff to achieve this goal through SCHC's services, programs, and projects.

To read the full blog post, [click here](#)

For additional information or inquiries, contact us at healthpromotion@schcOntario.ca

What is Health Promotion?

Health promotion, by definition, is the process of enabling people to increase control over, and to improve their health (World Health Organization, 1986). Most often health promotion is seen as health education, but it's so much more! Health promotion works to promote health and prevent disease, disability and premature death through evidence-informed interventions. The purpose of health promotion is to positively influence the health outcomes of individuals and communities as well as the living and working conditions that influence their health. Therefore, health promotion work can look like systemic strategies that shape the environments people live and work in and the resources that are available to them and can also look like programs that support shifts in individual's knowledge, attitudes, skills and behaviours. What remains consistent across all health promotion activities are its guiding principles of: holistic care, person-centered and community-centered processes, and equity driven outcomes.



HEWS 2024

(HEALTHY EATING WELLNESS SERIES)

For families with young children



Join us to explore healthy eating choices with fun, culturally relevant recipes, and nutritional facts by a Registered Dietitian and Health Promotion Specialist.

MONTHLY, HYBRID SCHEDULE

WHERE: ONLINE, ZOOM
DATES: JUNE 27
TIME: 10:30AM - 11:30AM
[REGISTER HERE!](#)

MORE DATES TO COME IN SEPTEMBER!
For more information:
earlyon@schcontario.ca | 416-847-4150



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EarlyON
Child and Family Centre

ADVANCING COMPASSIONATE CARE: 2024 PALLIATIVE CARE CONFERENCE

By Deby Kanagarajoo, Community Health Teams Manager

Palliative Care in a Changing World was the theme of our Palliative Conference this year at Scarborough Convention Centre. We were joined by Physicians, Nurses, Paramedics, Coordinators, Managers, PSWs, Social Workers, Volunteers, and several allied front-line service professionals from the Palliative Care sector.

We had several key insights from various guest speakers. Dr. Joan Mackenzie Chan helped us understand how to transform the Healthcare System from the inside out by prioritizing self-care for all healthcare workers. Catherine Chan, our Volunteer with the Hospice Palliative Care Program, presented on understanding “Palliative Care in the Changing World, Cultural Mosaic, and Beyond” from a social worker’s perspective.

We also had the opportunity to learn about “Psychedelics at the End of Life” and how this life-changing alternative therapy can be useful for clients diagnosed with a life-limiting illness experiencing pain. Dr. Nadia Prendergast discussed how “Anti-Black Racism and the Price of Living and Dying” are felt by minority communities during their Palliative Care journey. In addition, we were excited to announce “Scarborough Palliative Care Central Access” as the one-stop for our clients and families’ palliative care needs in Scarborough. Whether you need support at home or in the Hospital, you can receive equitable and timely access to care with one phone number.

For those who participated in the palliative conference, it was a day filled with information, new thinking, and insight into Palliative Care.



VOLUNTEER HOME VISITS BRING JOY



By Mysha Salmon, SCHC Palliative Care Volunteer

Getting Started

My journey with SCHC began in October 2022. I first encountered this wonderful organization at a volunteer panel hosted by my university. The warmth and enthusiasm of the staff immediately drew me in. Eager to make a difference, I quickly completed in-person and online training sessions, and by April 2023, I was matched with my client.

Drawn to the Cause

The in-home Hospice program was the aspect of SCHC that captivated me the most. The one-on-one time spent with clients in their homes creates a unique opportunity for deep, meaningful connections. For clients who can't go out often, having someone dedicated to spending time with them is incredibly impactful. Being in their safe space, I can provide care and companionship, making a real difference in their lives. Additionally, I can interact with their family members and get to know them personally. These profound relationships make me feel like I truly belong in in-home Hospice care.

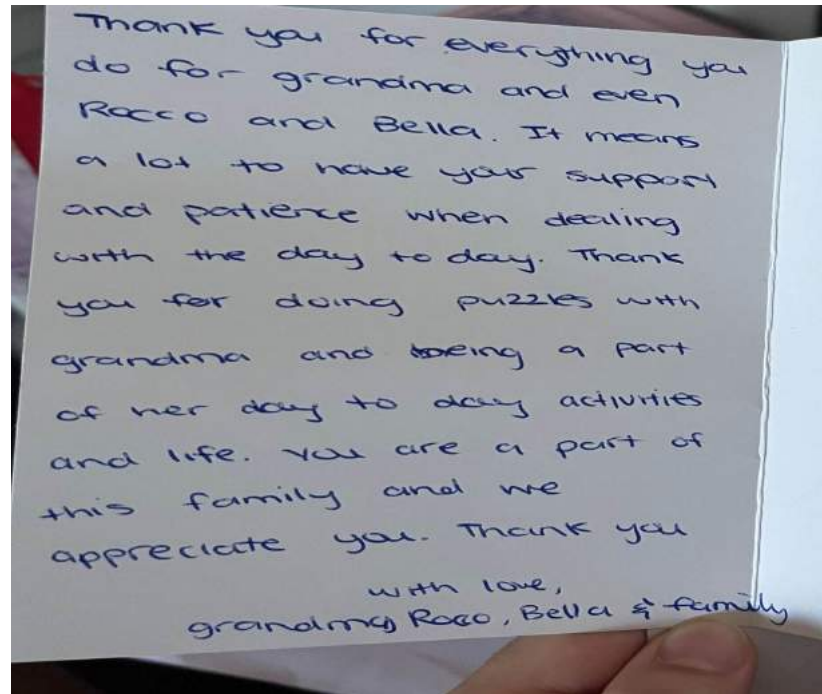
Choosing SCHC

The welcoming nature of SCHC's staff played a huge role in my decision to volunteer with them. Everyone was incredibly kind and supportive, from the volunteer panel to the training sessions. Listening to the heartfelt stories shared by fellow volunteers during training made me feel like I was in a safe, special place. SCHC also offers a variety of volunteering sectors, allowing me to explore my options and choose the path that resonates most with me.

My Volunteer Activities

My client has limited communication skills, so our activities mainly involve puzzles and memory games. Some of these games include matching words to pictures or numbers. These sessions are fun and therapeutic, providing mental stimulation for my client.

[Read the full article here!](#)



Holiday greeting card volunteer received from Clients family



Staying Motivated

What keeps me motivated is the warm welcome from the family and the little moments shared with my client. Despite her limited communication, there are times when she recalls a cherished memory, which warms my heart. She truly enjoys our puzzle sessions, and her family has told me it's the highlight of her week. Knowing that my visits bring joy and make a difference makes me look forward to every week.

The SCHC Community

Volunteering with SCHC feels like being part of a big, impactful community. The supportive staff, regular events, and newsletters all contribute to a sense of belonging. I feel secure knowing that support is available whenever I need it.

HUB CLEANS UP THE NEIGHBOURHOOD FOR EARTH DAY 2024



By Laura Mckim, Community Hub Coordinator

Did you know, “Earth Day Org’s founders created and organized the very first Earth Day in 1970” and their motto is “It’s not a day, it’s a movement”. With a shared commitment to environmental stewardship and collective action, many impactful initiatives happen on this day and through-out the year, including ceremonial tree planting, educational workshops, advocacy, and supporting our pollinators (bees, butterflies, & hummingbirds).

We would like to take a moment to thank everyone for joining us on Earth Day, Tuesday, April 22nd, for our annual Hub Clean-Up Day. Community residents, SCHC staff, and MYSL Youth all joined forces to improve our environment. By tidying up the surrounding areas, we beautified our community and demonstrated our commitment to sustainability and conservation.

We welcome everyone to attend next year’s Clean-Up Day and make a difference together!

If you want to hear more about what is happening at the Hub, you can sign up for our monthly newsletter, which highlights new and ongoing programs and community events/services.

Email us at communitywellness@schcontario.ca or give us a call at 416-642-9445 Ext 7555.





FOSTERING SUSTAINABILITY THROUGH HUB REPAIR CAFE

By Dhiviya Kumarathas, Customer Service Intern

In a world where disposable goods are often the norm, Repair Café continues to foster sustainability by offering repair solutions to our community. Held on either the first or second Saturday of the month, the café has welcomed over 130 individuals at The Hub – Mid Scarborough so far seeking to revive their broken household items. From small appliances to electronics, clothes to jewelry, a wide array of items found new life through the dedication of volunteer fixers.

The Repair Café, run by the Scarborough Environmental Association, is led by Krissan and his amazing group of volunteers. The Association's mission is "Building a green Scarborough by fighting for systemic change, connecting progressive voices, and holding community events." This program embodies the spirit of community and generosity, with fixers donating their time to empower others with the skills needed to repair their possessions. Operating on a first-come, first-served basis, the Repair Café ensures that every item receives the attention it deserves.

In addition to repairs, the café serves as a centre for education, teaching attendees how to mend their belongings themselves. Promoting a mindset of making the most of resources and being thoughtful about consumption, Repair Café helps reduce waste and strengthen community bonds.

As we look back on the achievements so far, Repair Café remains determined in its commitment to sustainability and community engagement. With each repair, we take a step closer to a future where throwing things away is no longer the norm, but rather a conscious choice. Let's continue to mend, educate, and build a more sustainable world together.



COOKING WITH A BUDGET

By Ruchika Wadhwa, Diabetes Dietitian



Lawrence East Partnership Program (LEPP) & Diabetes Education Program (DEP) once again joined hands, and this time, it was for the Cooking on Low Budget 8-week workshop for the residents of 4175 Lawrence. Shernett, Independent support worker LEPP, and Diabetes Dietitian Ruchika facilitated this workshop.

Each recipe was carefully chosen based on the participants' dietary preferences, generally loved meals, and simple preparation using basic culinary skills. Seasonal, low-budget choices from each food group were used to dish out flavourful, healthy meals, which all participants enjoyed. Participants also had the option to try the vegan-friendly counterparts of the prepared meals that were adapted to meet the dietary restrictions/ preferences of some.

The Dietitian engaged participants in interactive educational sessions each week. Various aspects of healthy eating for disease prevention and management based on Eating Well with Canada's Food Guide, use of tools like seasonal availability of produce in Ontario, budget-friendly foods from each food group, low-budget grocery shopping, label reading, use of meat alternatives and plant-based proteins, use of food bank staples, glycemic index including use of cultural starches and ancient grains & food storage were some topics that were included. Ideas on using extra batches of dishes/leftovers to re-create another healthier meal option amazed the participants. These sessions allowed participants to try some less commonly used foods they would see at grocery stores and wonder about their taste and how to include them.

The workshop provided a great space for each participant to connect to one another, prepare and eat meals together while fostering a sense of belonging to the community, and navigate community resources with ease. At each session, participants were provided with tools and resources to assist them in their journey to eating healthy on a budget.

It was heartwarming to see how participants looked forward to these sessions, bringing their ideas, questions, food labels, and smiles, which grew bigger on their way out.



RED DRESS DAY: COMMEMORATING MISSING AND MURDERED INDIGENOUS WOMEN

By Behishta Nabi, Child and Youth Program Coordinator

Participants from the Mind and Spirit Youth Leadership (MSYL) program organized a community walk for Red Dress Day on Friday, May 3rd, to honour and remember the Murdered and Missing Indigenous Women and 2 Spirited People. The occasion included a 3km walk for approximately 50 community members. The event aimed to raise awareness about the ongoing issue of violence against Indigenous women and promote unity and support within the community.





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HELP A LOCAL SENIOR THIS SUMMER!



PAID JOB OPPORTUNITY

Garden Maintenance

*WE ARE LOOKING FOR PERSONS WHO HAVE ACCESS
TO THEIR OWN EQUIPMENT. IE: RAKE, LAWN MOWER,
ETC, AND ACCESS TO RELIABLE TRANSPORTATION TO
GET TO AND FROM THE CLIENTS HOMES*

**PLEASE CONTACT ABIGAIL VIA EMAIL AT;
ANORTEI@SCHCONTARIO.CA**