



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

September Issue

Newsletter

Fall 2024

MULTI-CULTURAL YOUTH ARTS EMPOWERMENT (MYAE) PROGRAM

By Rainbow Hunt, Rainbow's Pride In Scarborough, and Laura Mckim, Hub Coordinator



Rainbows Pride In Scarborough (RPIS) invites youth ages 15-29 to join us in expressing yourself through art and conversation.

The **Multicultural Youth Arts Empowerment (MYAE) program**, which is twice a month, 1-7pm, runs to February 2025. It is created for youth labelled with intellectual, physical, and/or developmental abilities, youth who may be dealing with mental health concerns, and youth who also identify as 2SQTBBIPOCSA+.

During the workshops you will learn new skills, connect with others, gain leadership experience, and have the opportunity to express yourself through a variety of art-forms.

The group did their first arts based programming on Temporary Tattoo art where youth learned the basic skills around sketch and design and colour and texture on the art designing and practice on working well with others and enjoyed the art medium through patience and hands on experience with also using this art program to build their skills and talents and learn how to work well for others etc. If you are interested in joining the group, email Rainbow at inforainbowspride@gmail.com.

@SCHCOntario



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Newsletter

Fall 2024

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SCARBOROUGH
CENTRE FOR
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CEO JEANIE ARGIROPOULOS

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

MESSAGE FROM THE CEO

FALL 2024

As we step into September, which for many is the start of the year, I want to take a moment to reflect on a matter of great importance to all of us: community health. Our commitment to fostering a healthy community directly impacts the lives of those we serve.

Providing accessible, equitable and transformational health and social service choices, for the well-being of Scarborough's diverse communities reflects our core values. Community health encompasses many aspects—from preventative health and wellness to managing chronic conditions and supporting mental wellness. Addressing these challenges requires collective action, and SCHC is dedicated to being an active part of that solution.

SCHC staff work very hard to innovate and expand our services to ensure local and diverse initiatives that support local wellness. These include offering health screenings, organizing wellness workshops, supporting mental health, increasing services for children and youth, and addressing neighbourhood safety. To learn more about SCHC's full-service offerings please visit www.schcontario.ca.

However, our efforts don't stop at organizing events and programs. We invite each of you to get involved and make a difference. Whether it's participating in one of our events, volunteering your time, or simply spreading the word about health resources, your engagement is crucial to the success of these initiatives.

By working together, we can create a stronger, healthier community supporting our vision of igniting the strength of community. Your support and participation help amplify the impact of our programs and bring positive change to those around us.

Thank you for your continued involvement and dedication to community health. Let's continue to work hand in hand to build a better and healthier future for everyone!



STAY CONNECTED WITH US!

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ANNOUNCING THE LAUNCH OF SCARBOROUGH PALLIATIVE CARE

By Abira Vaithilingam, Coordinator of Marketing and Fund Development

Local healthcare providers from across Scarborough are coming together to deliver palliative care services as one, connected collaborative. Known simply as **Scarborough Palliative Care**, the collaborative will work closely to create seamless access to services and resources, and better coordinated care. This will allow everyone to make referrals through a single point of contact that will then connect them to the most appropriate service from the full range of our combined network.

Complete our new Common Referral Form and fax to 416-521-3067 or refer through Epic. Have questions? Contact the centralized team telephone number at 437-290-8063.

We are taking the excellent palliative and end-of-life services already offered in our community and making them work better together across all settings that the residents of Scarborough feel are right for them. This includes being able to move seamlessly between settings (e.g. home to hospital, to long-term care, to hospice) as necessary, or receive services jointly from providers as appropriate. Through Scarborough Palliative Care, “every door is the right door.”

Learn more about this launch at <https://schcontario.ca/programs/health-services/spc/>.

IPPC CHEQUE PRESENTATION

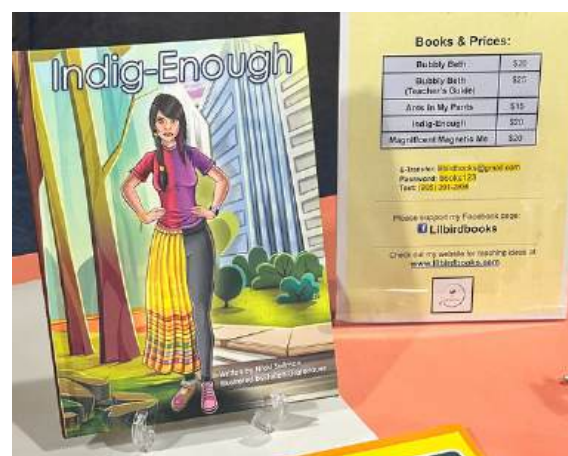


SCHC joined Scarborough dignitaries and Sylvia Jones, Deputy Premier and Minister of Health, for the announcement of \$1.3 million towards the expansion of the SCHC Inter-professional Primary Care Team. This expansion will give the marginalized populations in Scarborough increased access to community-based care from teams of healthcare professionals. SCHC extends its gratitude to all those involved in making this possible!

INDIGENOUS STORYTELLING

By Lisa Hughes, Supervisor of Community Health Teams

On Thursday, June 27th, 2024, the DEIB Committee partnered with EarlyON to host a storytelling workshop at the Hub. In recognition of **National Indigenous People's Month**, the event featured Nikki Soliman, a Métis children's storybook author. Nikki read her book, "Bubbly Beth," and facilitated fun activities for our families. The workshop was well-attended with 18 adults and 29 children, creating a joyful and educational atmosphere celebrating Indigenous culture and storytelling. Miigwech to Nikki Soliman, DEIB, and EarlyON for organizing this wonderful evening!



YONIS EMPOWER YOUTH COOKING PROGRAM

By Yonis Awale



We are thrilled and excited for the opportunity to partner with Scarborough Centre for Healthy Communities (SCHC). As part of our ThriveTogether Wellness Project, this collaboration focuses on delivering our Nutrition Workshop, a critical component aimed at enhancing the health and well-being of community members.

Through this partnership, we have established a use-of-space agreement with The Hub, allowing us to utilize their state-of-the-art kitchen facilities for our cooking classes. This space enables participants to engage in hands-on culinary experiences, learning how to prepare nutritious and culturally diverse meals. Additionally, The Hub provides access to an adjacent room where we conduct educational activities on nutrition, empowering participants with knowledge about healthy eating, cultural considerations, and budget-conscious choices.

SCHC's support has been pivotal in helping Empower the Youth Foundation deliver this project. The Hub has actively assisted with outreach efforts, ensuring that our programs reach a broad and diverse audience. Their commitment to our shared goals is evident in their ongoing readiness to offer additional support as we continue to run these workshops.

This partnership underscores the strength of community collaboration in fostering positive change. Together, we are creating an inclusive and supportive environment where community members can develop essential life skills, make healthier choices, and thrive as the project progresses.



From the left, it's Chef Shawn Johnson, Jacob Ma, Marium Daher (Coordinator), Ella Jeans. The class was learning to make Ackee & Salt Fish with Fried Dumplings.

NEW HEPATITIS C TEAM AT SCHC



By Amy Stephenson, Manager of Community Health Teams

Scarborough Centre for Healthy Communities (SCHC) is proud to announce the formation of a new **Hepatitis C team** dedicated to serving the Scarborough community.

Hepatitis C is a viral infection that causes inflammation of the liver, potentially leading to severe liver damage, including cirrhosis and an increased risk of liver cancer if left untreated. Unlike Hepatitis A and B, there is currently no vaccine for Hepatitis C. The virus is transmitted through contact with infected blood, often through shared needles or unsanitary medical procedures.



At SCHC, our Hepatitis C team is committed to increasing access to testing, treatment, and support for those affected by the virus. We are actively offering community-based screening and providing comprehensive support and treatment services for those who test positive.

If you would like more information or are interested in hosting a testing event, please reach out to us at ambassador@schcontario.ca. Learn more about the new Hepatitis C team at SCHC [on our website](#).

SUMMER CAMP 2024

By Behishta Nabi, Child and Youth Program Coordinator

This summer, our Youth Team hosted our annual camps: **GLO Camp** for kids aged 6-10 and **GROW Camp** for youth aged 11-17. Campers enjoyed trips to the pool, park and Wonderland, engaged in exciting games and activities, and participated in workshops. They also had the opportunity to make new friends, build confidence, and develop new skills in a fun and supportive environment. GLO Camp was held every Tuesday-Thursday from July 16 to August 15 at The Hub Mid-Scarborough. And GROW Camp was held every Monday-Thursday from July 15 to August 15 at Charles Gordon Public School. Thank you to Kiwanis Club of Toronto Foundation Grants for funding our programming where we were able to provide 40 children and youth a chance at attending our camps free of charge!



HUB FEST 2024

By Carlos Almeida Marcillo, Project Coordinator, Community Violence Mapping



The Community Wellness & Engagement team are excited to announce that we are planning on hosting our annual **Hub Summer Fest** on Saturday, September 28th from 4:00pm to 8:00pm. Similar to last year, we will have a variety of activities, music, raffle prizes, delicious snacks and drinks and much more. However, this year, we are hoping to launch Hub Fest with the theme of Community Safety and Wellness and we will be inviting partners who will be actively engaging with participants to share tips, resources, services focused on promoting safety in the community.

Register to attend/join the festivities: <https://shorturl.at/quqEE>

Register as a vendor: <https://shorturl.at/3icVJ>

During this year’s Hub Fest, we will also be hosting performances where staff and community members will be able to showcase their unique strengths and talents. For more information, or if you wish to perform at this year’s Hub Fest, please feel free to contact us at communitywellness@schcontario.ca or call 416-642-9445x7555.

SAVE THE DATE

SCHC PRESENTS
HUB FEST 2024
JOIN US IN CELEBRATING
COMMUNITY LOVE & RESILIENCE
SAT, SEPT 28, 2024
4PM – 8PM
2660 EGLINTON AVE EAST

Event
PERFORMANCES
FREE FOOD & GOODS VENDORS
RAFFLE PRIZES
GAMES & ACTIVITIES

SNACK / GOODS VENDOR REGISTRATION

THIS EVENT IS IN HONOUR OF
COMMUNITY CHAMPION
MIKE MORGAN

GENERAL ADMISSION

FOR INQUIRIES CONTACT:
COMMUNITYWELLNESS@SCHCONTARIO.CA | 416-642-9445x7555

HALLOWEEN HAUNTED HOUSE

By Rashme Nandakumar

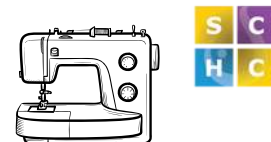
Get ready for a spine-chilling experience this October as the annual fangtastic Halloween House led by the MSYL youth will be returning this year. Join us and experience the spooktacular terror that has haunted our community for years. With ghoulish thrills and bone-rattling scares, this is one Halloween event you won't want to miss! Entry is free and we ask that everyone joins us in scaring the hunger away by donating to our food drive. Mark your calendars for the end of October, spread the word, and prepare for a hauntingly good time!

WE CAN'T WAIT TO SEE YOU THERE—IF YOU DARE!



THE SEA SEWING SOCIAL CLUB

By Caron Cato, Hub Program Assistant



The Scarborough Environmental Association (SEA) and Mid-Scarborough Hub are excited to announce the return of their popular **free sewing course!** Beginning in the first week of October, join us every Thursday from 6:00 PM to 7:30 PM at 2660 Eglinton Ave East. This course is open to all community members, regardless of age or gender.

Over 3-4 weeks, beginners and those seeking a refresher will learn the basics of sewing, from machine use to advanced techniques. Professional experts will guide you through stitching methods, needle threading, and bobbin loading. You'll have the opportunity to create your own projects, such as gift bags, and enjoy the friendship of fellow participants.

Don't miss out on this chance to acquire new skills, make friends, and engage with your community. Save the date and join us for a fulfilling experience!



AMY'S JOURNEY AT SCHC

By Malak Jaffar, Social Media Marketing Intern



Amy's journey with SCHC has been one of growth, learning, and deep community impact. Starting in 2021 as the Caregiver Wellness Coordinator, Amy quickly demonstrated her passion for community health. Part of this motivation comes from being born and raised in Scarborough. Her deep ties to the community make the impact of the work feel even more meaningful.

In 2022, Amy transitioned to the Vaccine Engagement Team as an interim manager. Under her leadership, the team expanded its outreach providing mobile vaccine clinics and information booths in the community.

Although the transition to a managerial role was challenging, she embraced this learning curve, finding it a valuable experience that continues to shape her approach to leadership. In 2024, Amy became a permanent Manager of Community Health Teams and currently supports the Family Wellbeing, Health Promotion, Hepatitis C, Prevention, and Vaccine Engagement programs.

For Amy, the most rewarding part of her job is knowing that her efforts contribute to the well-being and development of the Scarborough community she cares deeply about.

Read more about [Amy's journey at SCHC here.](#)



HEALTHY MEN, HEALTHY CONVERSATIONS, HEALTHY COMMUNITIES!



By Jeyanithe Karunanithy, BA (Hons.), MSc, Mental Health Case Worker

On Aug 14, 2024, a group of IPPC staff comprised of harm reduction and mental health case workers headed an open house and information session at the Salvation Army men's shelter located at 50 Estate Dr. Scarborough. Many residents engaged in healthy introductory conversations with service providers, receiving valuable information and resources about various programs and services offered by SCHC.

Most importantly, by this autumn, IPPC team is set to work out of this shelter, utilizing the well-equipped room designated for SCHC baes on an efficient rotation of services and programs. Our wonderful team of harm reduction workers Lisa Peel, Leslie Philapil and Joshua Davis did an excellent job working on this few months ago; the harm reduction team's continued commitment and dedication is commendable as they discovered this wonderful opportunity and brought it forward to the entire IPPC team to expand it further.

Currently, the IPPC team is determined to continue the great job with more participation of the residents and service users from the same men's shelter – a safe, respectful and healthy space where more programs and services are going to be offered by SCHC as we approach the fall season.

Read the [full article](#) on our website.

IPPC SALVATION ARMY OPEN HOUSE



Google Review



Have you attended any of our events, programs or even volunteered with us before? Leave us a review on Google!

SCHC

Non-Profit Organization



5/5



**WE WANT TO
HEAR FROM YOU!**



SCAN ME



FALL INTO GOOD HEALTH!

By Ruchika Wadhwa, RD, CDE



As the summer warmth gives way to the crisp air of fall, outdoor activities become more scarce and it's incredibly easy to bundle up indoors and throw nutrition out the window.

Fall is the perfect time to savor comforting meals that nourish both body and soul.

Here are a few tips to **FALL** into good health:

- Embrace seasonal produce
- Prioritize nutrient-dense comfort foods
- Get creative with fall flavours and spices
- Hydrate, hydrate, hydrate
- Find a new exercise routine and plan

Read the [full blog article](#) for more Fall tips!



BUILDING CAREGIVER EMPATHY THROUGH TECHNOLOGY



By Megan Davies, Manager of Community Health and Support Services

SCHC recently applied and received funding through The Centre for Brain Health & Innovation (CABHI) launched a second cohort of our Discover+Adopt(D+A)program. The program offers healthcare organizations (specifically, long term care homes, retirement homes, hospitals, and other organizations providing care to older adults) a chance to receive up to \$150,000 in funding and training to build skills and capacity to introduce, implement, and sustain innovations in their organizations.

Our initial intent is to explore a co-designed pain point with clients, staff and caregivers around communication in the care of older adults with brain injury/cognitive decline through the use of an innovative approach to virtual reality technology by using immersive learning experiences with staff to help increase empathetic awareness and improve their communications with their clients.

The hope is to expand upon these learnings however across other pain points, program areas and populations such as mental health, anti-racism training, de-escalating potentially violent situations and improve staff well-being and more.





FORGET ME NOT!

By Antonia Vescio

SCHC has provided grief and bereavement services throughout the Scarborough region for 10+ years. Throughout the month of November SCHC will be selling Forget Me Not seeds. These seeds offer a unique way to honor and remember, those who have gone before us. These seeds are from the *Myosotis Sylvatica* or Forget-Me-Not, plant which represents True Love. By planting these seeds, you'll be given a lovely reminder of your loved one each time you see these lovely plants grow. Each seed package is \$5 and 100% of this donation goes towards funding for our Grief and Bereavement Program. If you can find it in your heart to support our 'forget me not' fundraising campaign, it would make a world of difference to bereaved community members across the Scarborough region.



GRIEF AND BEREAVEMENT

By Antonia Vescio

The SCHC Bereavement Care Support program is geared to adults 18+ who have experienced the loss of a spouse/partner, adult child, parent, sibling, friend or other significant family member. Loss is an inevitable part of life, and grieving is an often misunderstood and a very individual experience. Bereavement support is as an informal, non-clinical approach to help clients navigate, normalize and understand the grieving process and the changes associated with a specific loss through supportive listening and engagement. Now more than ever with the increase in the aging population in the community and growing social isolation, support is essential and allows the opportunity for clients to connect with others who understand, can provide comfort and reduce feelings of loneliness. The program offers limited 1:1 individual sessions with the Bereavement Coordinator geared towards clients who have suffered a recent loss and/or are not ready for a shared dynamic. The program also offers peer led open drop in grief support group as well as specialty groups and workshops both in person and virtual. The Bereavement Care Support Program is not intended to replace or provide professional counselling, therapy or provide crisis support.





BE PART OF THE GIFT TO REMEMBER 2024 HOLIDAY CAMPAIGN

By Abira Vaithilingam, Coordinator of Marketing and Fund Development

Join us in spreading warmth and cheer this holiday season by launching your own team drive! **The Gift to Remember 2024 campaign** is in full swing, and we invite you to make a difference. Embrace the spirit of giving!

We appreciate your generosity in various forms:

1. Cash Donations: Your monetary contributions help us reach even more hearts. Donate at schcontario.ca/donate
2. In-Kind Donations: Non-perishable food, books, clothes, and toys—all are welcome gifts that bring joy. Contact foodbank@schcontario.ca for more information.
3. We also love gift cards: Walmart, Scarborough Town Centre or from any grocery stores

A special note of gratitude to our sponsor and steadfast supporters at **Peerage Capital**. Their ongoing commitment empowers us to make this annual campaign possible.

Other ways to get involved:

1. Start Your Team Drive: Gather your friends, family, or colleagues to amplify the impact.
2. Spread the Word: Share the joy by encouraging others to join or contribute. Contribute in person or online via. social media posts.

Whether big or small, every contribution plays a role in making this season brighter for those in need. Let's unite in the joy of giving and create a Gift to Remember!

Together, let's make this holiday season truly unforgettable for many!



A GIFT TO REMEMBER

PRESENTED BY **PEERAGE**
CAPITAL

THANK YOU!



If you wish to help support our programs and services, go to our website to [DONATE NOW](#) through our secure webpage.



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