



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

March Issue

Newsletter

Spring 2025

SCHC IGNITES THE STRENGTH IN COMMUNITY

We want to take a moment to extend a heartfelt thank you to all our amazing donors! Your generous support truly makes a difference in the lives of so many people in our community, and we sincerely appreciate your commitment to our mission.



Our recent **Donor Recognition Event** on March 13, 2025, was a wonderful opportunity to celebrate your impact and express our gratitude. We shared inspiring stories, highlighted how your contributions have transformed lives, and launched our latest **Impact Video**, showcasing the real difference your support makes. It was a night filled with warm connections, meaningful conversations, and deep appreciation for our donors.

Did you know that we've grown from serving 900 households and providing 1,600 meals in 2018 to serving 1,900 households and over 10,900 meals this year? That's the power of your generosity!

A huge thank you to everyone who attended and made the evening so special. Don't forget to check out our recap of the event here: www.youtube.com/shorts/5ffl97sjwZU

Thank you once again for being such an integral part of our family.



WATCH NOW



bit.ly/SCHCfullvideo



TOGETHER, WE ARE IGNITING STRENGTH IN OUR COMMUNITY!

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SCARBOROUGH
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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

SPRING 2025



As we welcome the new season of spring, a season of new beginnings, I want to take a moment to reflect on the powerful and meaningful events that took place in February during Black History Month. This annual celebration serves as a time to honor the incredible contributions and achievements of Black individuals throughout history. It is also an opportunity to recognize the resilience, creativity, and strength that Black communities continue to bring to our society. In particular, I want to recognize our own exceptional black leader, Shola Alabi, our Director of Equity Diversity and Inclusion and our Equity, Diversity, Inclusion and Belonging Committee for the numerous events they organized and hosted during the month.

At Scarborough Centre for Healthy Communities (SCHC) we are committed to creating an inclusive and equitable environment for all. Black History Month is not only a time to reflect but also a moment to recommit ourselves to the work of truth and reconciliation. This year, we have continued our journey of addressing historical injustices and fostering a culture of healing and understanding. Through our ongoing initiatives, we aim to build stronger relationships with the communities we serve while creating lasting, positive change within our organization.

As part of this work, we have made significant strides in providing education for all staff. Our Truth and Reconciliation journey is one of learning, growth, and accountability. We've implemented training sessions and workshops designed to deepen our understanding of systemic racism, the legacy of colonization, and the importance of cultural humility. These efforts are an essential step toward ensuring that everyone feels seen, heard, and valued.

While there is still much work to be done, we are proud of the progress we've made, and we remain dedicated to our mission of health equity and justice for all. Together, we can continue to move forward in a spirit of collaboration, compassion, and respect.

Thank you for being a part of this journey with us.



STAY CONNECTED WITH US!

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CHEERS TO SCARBOROUGH A NIGHT OF FUN AND GIVING BACK!

By Ramsha Farooq, Social Media Marketing Student Intern



Join us for the highly anticipated **Cheers to Scarborough** event happening on April 24th from 6:00-9:00 PM at the Centennial College Event Centre, where great flavors meet unforgettable fun! Whether you're a wine enthusiast or just looking for a relaxing night out, this is the perfect evening to unwind. Sip on exquisite wine selections, enjoy live music and casino games, and connect with others in a cozy and friendly atmosphere.



In addition to the in-person event, we'll be hosting an online auction from April 17th to 24th, giving you the opportunity to bid on exclusive items from the comfort of your home. This year, we aim to raise \$25,000 to support vital youth and senior programs and services in the Scarborough community. Every sip you take and every bid you place helps us build a better tomorrow for those in need.



Don't miss out on a night of fun, community, and giving back. Cheers to Scarborough is where unforgettable moments happen, and every dollar raised makes a lasting impact. Get your tickets today and help us make a difference!

Click here to get tickets for the live event: bit.ly/schcC2S!

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TAMIL HERITAGE MONTH



By Rashme Nandakumar, Youth Network Ambassador

The SCHC Hub Mid-Scarborough, in partnership with YouthLink, Vasantham, and Strides Toronto, hosted a vibrant and engaging evening celebrating **Tamil Heritage Month**. The theme for this year was **"Celebrating and Honouring Tamil Arts,"** and what an amazing celebration it was! The community came together to enjoy an unforgettable cultural experience filled with live performances, delicious Tamil cuisine, and an impressive art exhibition. The air was electric with energy as attendees immersed themselves in the richness of Tamil traditions, from stunning dance performances to mesmerizing music, all while honoring the heritage that continues to thrive today. A huge thank you to all the performers, artists, and volunteers who helped bring this event to life and to everyone who joined us in making this evening such a memorable one. We are grateful to have shared this cultural celebration with all of you and look forward to many more events that celebrate the diversity and vibrancy of our community. A heartfelt thank you to YouthLink, Vasantham, and Strides Toronto for their collaboration and to everyone who made this event a fantastic success!



HPV TESTING FOR CERVICAL CANCER



By Hanna Dada, Health Resource Navigator



Did you know that cervical cancer often has no symptoms in its early stages? That's why regular screening is essential—it can detect the disease before it becomes serious, increasing the chances of successful treatment.

The human papillomavirus (HPV), a common virus spread through intimate skin-to-skin contact, is the leading cause of cervical cancer. Thankfully, the HPV test is a game changer! It's more accurate than the traditional Pap test, requires testing only once every five years, and makes screening more convenient.

If you're between 25 and 70, have a cervix, and have ever been sexually active, you may be eligible for screening under OHIP. Early detection saves lives—don't wait for symptoms like abnormal bleeding or pelvic pain to appear.

Take charge of your health! Read the full article on our website:
<https://schcontario.ca/hpv-testing-for-cervical-cancer/>

MEET EDWARD BELITSKI

By Kishoak Ranganathan, Communications, Marketing & Social Media Student Intern

Edward Belitski's life is a testament to resilience. Orphaned at a young age, he battled addiction, homelessness, and severe health struggles, challenges that would have broken many. Yet, through it all, Ed found strength in recovery and community support. Now 32 years sober, he has dedicated himself to helping others through peer support programs. However, his journey took another difficult turn when he was diagnosed with **Guillain-Barré Syndrome (GBS)**, a rare autoimmune disorder that severely impacted his mobility.

As a client of Scarborough Centre for Healthy Communities' (SCHC) **Meals on Wheels program**, Ed has experienced firsthand the vital role these services play for those with physical limitations. Through SCHC, he has found not just nourishment but also a sense of community and care. "SCHC has been there for me through a lot," he shares. His journey is one of perseverance, hope, and the power of reaching out for support.

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



SCHC WELLNESS CLINICS



By Zeinab Jama, Program Coordinator

SCHC's HEALTH team will host weekly **Wellness Clinics** at two SCHC locations. The Mid Scarborough Hub location at 2660 Eglinton Ave, Scarborough M1K 2S3, will run on Thursdays from 10 AM to 2 PM. The Scarborough Village Location at 3660 Kingston Road, Scarborough M1M 1R9, will also run on Thursdays from 2 PM to 6 PM.

This is a time for the community to drop in and connect with a Prevention Specialist to learn about our programs and services. We will provide health education and make necessary referrals for clients to find ways to support their well-being. There will also be health screening for Hepatitis C and information about cancer screening.

Please note that this is not a walk-in clinic for acute care needs, and there is no cost for services. Registration is not required; we will work with folks on a first-come, first-served basis, but this may change based on interest. If you have any questions, please email ambassador@schcontario.ca.

A GIFT TO REMEMBER 2024

By Shivana Sankar, Community Services Manager



Everyone at SCHC and I would like to extend our gratitude and "Thank You" to all who made our **2024 Gift to Remember Campaign** a successful one. Special thanks to our annual sponsor, **Peerage Capital**, for their generous support. This program, year after year, has continued to meet a skyrocketing demand for additional support requested over the holiday season. Donors once again came together and assisted SCHC in spreading the holiday joy and reaching the lives of almost 2000 individuals, totaling 631 households amongst our food security programs, EarlyON and Mid-Scarborough HUB. This campaign was designed to not only support our Holiday Support Program; where single individuals, seniors and families can request additional supports with food and gifts for children 18 years of age and under but also to help raise awareness around the heightened challenges and financial stress many in the our community face over the holiday time; having to think about the cost for warmer clothing and winter gear, heating homes and partaking in the gift sharing culture. We look forward to growing our partnerships with donors from past, present and future.

Should you wish to learn more about this program and how to support please contact us at info@schcontario.ca.



SCHC'S SHEPHERD VILLAGE CLINIC



By Jeyanithe Karunanithy, Mental Health Case Manager

Providing Seniors' Community With Holistic, Compassionate Care

On Monday, February 10, 2025, SCHC opened a new clinic facility named **Shepherd Village Clinic**, or SVC, to officially serve the occupants of the Sheppard Village seniors' residences located at 3760 Sheppard Ave E, Scarborough, ON M1T 3K9.



SVC is regarded as one of the pivotal and timely initiatives of SCHC, among other community health clinics and social support programs and services. The clinic intends to support senior residents' complex primary healthcare and mental health needs and address their changing needs and new concerns holistically and compassionately. SVC is run by healthcare professionals from both the IPPC and CHC teams. The staff on-site is comprised of a rotating group of nurse practitioners, social workers, chiropodists, and mental health case workers. A medical secretary is also available at the clinic daily to assist residents and schedule appointments.

SCHC will consider adding more services based on the residents' needs. Meanwhile, the clinic is neither a walk-in nor meant to provide care for episodic illnesses to unregistered clients. There is no fee for the services at SVC; access to diabetic footwear is free. The clinic is open five days a week, from Monday to Friday, from 9:30 a.m. to 5:00 p.m. The closest entrance to the clinic is at 125 Bonis Ave, Scarborough, by the Agincourt Mall side entrance.

Currently, SVC's services are limited to clients residing at Shepherd Village, i.e., the clinic will not accept individuals from the community outside of the residence/s. Once SCHC/IPPC have increased its number of service providers, the clinic will provide an update regarding when it will expand its services to include more community members in need. Meanwhile,

Shepherd Village clients can drop by the clinic or call 416-357-0816 to make an appointment.

SENIORS ACTIVE LIVING CENTRE

A LOOK BACK AT OUR 2024 ADVENTURES



By Anthony Rampersad, Active Living Centre Coordinator



As we look forward to the summer of 2025, we're reflecting on the amazing trips we took in 2024 that brought joy, laughter, and lasting memories. From magical performances to exciting farm visits, our past summer outings were filled with adventure—and we can't wait to offer even more fantastic experiences this coming year!

Believe in Magic - Famous People Players Bus Trip

On Wednesday, June 26, 2024, we kicked off the summer with the *Believe in Magic* performance by the Famous People Players. The vibrant puppetry, dazzling lights, and live music made for a truly magical experience. Our group was amazed by the creativity and energy of the show, and it was the perfect way to start the summer.

Old Mill Alpaca Farm Visit

On Wednesday, July 31, 2024, we took a fun and engaging trip to the Old Mill Alpaca Farm. We spent an exciting day exploring the farm and interacting with the alpacas. Our group enjoyed learning about the alpacas and their care, and we had plenty of laughs as we fed and took photos with these adorable animals. It was a day filled with fun, education, and plenty of smiles!



Georgian Bay Cruise Adventure

To wrap up the summer, on Wednesday, August 28, 2024, we set sail on a breathtaking Georgian Bay Cruise. The stunning views of the bay were simply unforgettable! We enjoyed the spectacular scenery and had a wonderful time exploring the area. It was the perfect way to end the summer, leaving everyone excited for the next adventure.

These trips were just a taste of the exciting adventures we had in 2024, and we can't wait to bring even more thrilling experiences in 2025. Stay tuned for details on this year's summer trips, and get ready to join us for more fun-filled outings that you won't want to miss!

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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