



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

June Issue

Newsletter

Summer 2023

MSYL UNITES COMMUNITY: COMMEMORATING MISSING INDIGENOUS WOMEN AND PAVING THE PATH TO PRIDE MONTH

By Child and Youth Program Coordinator



The Mind & Spirit Youth Leadership (MSYL) program recently organized a noteworthy event on Red Dress Day (May 5th) to honor and remember the murdered and missing Indigenous women. The occasion included a 3km walk, which saw the participation of approximately 40 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.

The significance of this event was further amplified as it was televised by CBC, allowing a broader audience to witness and understand the importance of addressing this critical issue.

Building on the success of the Red Dress Day walk, the MSYL program is now actively preparing for a Pride Month event in June. This upcoming event aims to celebrate and support the LGBTQ+ community while promoting inclusivity, acceptance, and equality.

MESSAGE FROM THE CEO

SUMMER 2023



Spring is my favourite season of the year. For me, it is a time of optimism and reflection, which is true for SCHC. On June 28th we are holding our Annual General Meeting (AGM), which is our formal report back and accountability to the community for the year. However, this June is not just about reflection but also about the future. I am excited to be launching our new mission, vision, and value statements as well as three new strategic priorities in our new five-year Strategic Plan, to guide our work in the coming years. Led and approved by our Board of Directors, this plan was developed with the broad consultation of our staff, the community, and partners.

STRATEGIC DIRECTIONS

OUTSTANDING SERVICE DELIVERY

- Deliver system leadership by being transformative by:
 - Growing and strengthening our integrated suite of services
 - Igniting a collaborative community health strategy
 - Unleashing our Community-Based Research (CBR) potential

ORGANIZATIONAL HEALTH

- Ensure our people and culture are well-supported by:
 - Cultivating the well-being of our people
 - Fostering a strong values-driven organizational culture

ACTION ON EQUITY

- Advance diversity, equity, inclusion, and belonging with an intersectional lens by:
 - Advancing our journey toward truth and reconciliation
 - Co-creating with the leadership of Black communities to address anti-Black racism
 - Ensuring a safer space for 2SLGBTQ+ people

These Strategic Directions reinforce SCHC's commitment to providing quality health and social service support and services to people throughout Scarborough. We look forward to working with the community to realize these objectives.

Wishing everyone a safe and happy summer.

CEO JEANIE ARGIROPOULOUS

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

@SCHCOntario



@SCHCOnt



2023 HOSPICE PALLIATIVE CARE CONFERENCE – “LIVING ‘TIL WE DIE”

By Jackie Malik - Hospice & Friendly Visiting Volunteer Training Outreach Coordinator

Back to in-person! This year's annual Hospice Palliative Care conference went back to being in person. Ticket sales exceeded our expectations and participants raved about the speakers, activities and vendor booths. Thought provoking themes included: the importance of connection to our health and well-being, a personal story about a MAID (Medical Assistance in dying) experience, research around the LGBTQ experience in Hospice settings and concepts around nearing death awareness. In between speakers, attendees were able to engage in some self-care by getting a massage or participate in the tradeshow; completing their "Getting to Know You" passport.



HPC MESSAGES

It was an educational and inspiring day allowing us to reconnect in-person, and reminding us that we are all “living ‘til we die”. Can't wait for next year's event!



HPC PARTICIPANTS



HPC SPEAKER

WE NEED MORE VOLUNTEERS!



By Lori Beesley, Coordinator of Volunteer Engagement & Student Placement



At SCHC, many of our programs are volunteer dependent. This means that without volunteers, some of our programs would not run or would have to run very differently. One example of this would be our Meals on Wheel Program. We have approx. 40 routes every week that need to be covered, which means we need 40 volunteers every week - just for this one program! At this time of the year, with people taking summer vacations and being away for extra-long weekends, we fall short. This means that staff have to stop working mid-day to cover routes, which is not ideal. If you have just 2 hours over lunchtime, once a week, Monday to Friday, we'd love to have your help, especially during the summer months.

Another program that runs thanks to volunteers, is our Food Bank. Located at 4100 Lawrence Ave. E., our Food Bank is now serving over 400 families every week, with over 40,000 visits in total during our last fiscal year. Our "Market" is open to the public Wednesdays through Fridays and those are the days we're in need of more volunteer support. 3 to 4 hours in either the morning or afternoon on any of those days would really help us better serve the Scarborough community.

Other programs that we rely on volunteers for are Friendly Visiting, Hospice Home Visiting, and Bereavement Support Group facilitation. We have wait lists for many of these programs and need volunteers to be trained, to help us make the lives of our clients better.

If you have some extra time and are interested in any of these programs, we'd love to hear from you! Details can be found on the Volunteer page of our website: <https://schcontario.ca/get-involved/volunteer/> or contact me at volunteerprogram@schcontario.ca

BRIGHTEN SOMEONE'S DAY VOLUNTEER

Becoming a volunteer in one of our peer led programs will allow you to meet new people, gain skills, enhance your communication, form connections, and change a life. Find out how to get involved at our

Volunteer Recruitment Open House

Date: Wednesday, June 14th, 2023

Location: The HUB, 2660 Eglinton Ave. East

Time: 4pm - 6pm

It does not take much to "Brighten Someone's Day". Volunteering in one of our many peer-led programs gives you the opportunity to meet new people and provide services like visiting, food delivery, furniture, and much more to your fellow community members. Find out more on how you can get involved in your community and make someone's day better at our Volunteer Recruitment Open House on June 14th from 4 pm to 6 pm at the HUB on 2660 Eglinton Ave. East. Hope to see you there!

For more information contact, Jackie Malik at (416) 949-8132 or jmalik@schcontario.ca

CONNECTING THROUGH ART



By Megan Davies,
Manager Senior Support Services



With an apprenticeship about to start, Stephan was on his way to becoming a carpenter, when a simple fall changed the course of his life. Despite rehabilitation, returning to “normal” was difficult as Stephan had an Acquired Brain Injury. He describes it as being hard to socialize and sticking to tasks and routines proved to be difficult. This made him feel isolated and different from the rest of the world. When the Acquired Brain Injury Outreach Team connected with Stephan, he was hesitant and thought “Oh great, more services providers.”



Yet, as Stephan shares, the ABI outreach team was “able to see beyond my brain injury, and what my passion and capabilities really entailed.” With the help of our Behavioural Therapist and Independent Support Worker, Stephan was able to start his own e-commerce business to showcase his jewelry and crafts. The ABI OutreachTeam had heard about SCHC’s “Creative Space” program — which is an art group for seniors within the Active Living Centre that get together to learn and experience new ways of being creative — and they thought that Stephan’s resin molds were the perfect fit for this program. So, on a rainy day in April, Stephan, with the support of the team, hosted a workshop in front of 17 seniors. One participant stated “I really enjoyed Stephan’s class. He went all out to show us what the craft entailed. I was amazed by the range of molds and decorative items he brought and how organized he was. I would love to have another session.” Another participant stated “Our resin jewellery workshop with Stephan was excellent and our best attended to date. He was a great instructor and gave us lots of ideas and materials to work with. The workshop was well organized and everyone enjoyed it and were thrilled with their final pieces.” Thank you, Stephan, for showcasing your talents and sharing them with the Creative Spaces group.

Etsy shop: @StephansWoodshop

Instagram: @StephansWoodshop



2ND ANNUAL SCARBOROUGH LOVE AUCTION RAISES \$12,453

By Debra McGonegal, Director of Communication and Development



Small Business Spotlight

AVAILABLE AT
GREAT DEALS FOR A GREAT CAUSE

Coral Bell Garden Design
Coral Bell Garden Design is offering:

- 2 x Outdoor Spring Garden Urn

Register to bid from April 20th to April 27th, at biddingforgood.com/schc

CORAL BELL GARDEN DESIGNS



TORONTO BLUE JAYS TICKETS

We will be auctioning **FOUR** tickets to a Toronto Blue Jays game valued at **\$1,800!** This is your chance to get tickets while supporting a great cause. **Thank you to Cintas Canada Limited** for donating these tickets.

DONATED BY
CINTAS
READY FOR THE WORKDAY™

Opening Bid Starting as low as **\$600**

Auction opens on April 20th, at 12 PM and closes on April 27th, at 9 PM

Register to bid at biddingforgood.com/schc

AVAILABLE AT
GREAT DEALS FOR A GREAT CAUSE

SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES

As a community organization, we wanted our auction to be fun and unique. With that in mind, our focus was on promoting small local businesses in return for an auction item. And the benefits for both sides were really great! We got to learn about what's offered in Scarborough and showcase businesses, from restaurant fare to delivering birthday parties, to chiropractors, and what's in our local mall store. These businesses got promoted on our social media in order to attract more clients and in return, bidders had fun trying to win these great items. Funds raised will help support three priority program areas for SCHC that are underfunded.

We had over 200 items this year and 75% of the bidders that registered were active participants. We want to issue a special thank you to the volunteers, Jenny, Joan, Marjorie, Shanta, Maggie and Vidya, who participated in planning and delivering this event. It couldn't have happened without their help in soliciting donations, populating the platform with items, making gift baskets and organizing the auction storage room.

We hope that the increased commitment we witnessed from donors, bidders and volunteers continues into next year's auction and funds raised will continue to grow. A huge THANK YOU all for your support!

COMMUNITY HEALTH PROJECT: DIABETES EDUCATION PROGRAM



By Abira Vaithilingam, Marketing & Fund Development Coordinator



Diabetes is a chronic condition that affects millions of people worldwide. Proper diabetes education plays a crucial role in empowering individuals to manage their condition effectively, improve their quality of life, and reduce the risk of complications. In January 2023, SCHC hired two individuals to be a part of a Community Health Project with a focus on the SCHC Diabetes Education Program. The main scope of the project was to increase community awareness about SCHC services and the Diabetes Education Program. The Community Health Marketing Project lead, Abira, and Community Engagement Coordinator, Alan, worked together to create various initiatives that positively impacted the Scarborough community. Alan organized and led in-person events and Abira created and managed both traditional and digital marketing materials.

Digital marketing included informational social media posts and Google ads. Traditional marketing comprised a radio ad, outreach flyers, outdoor flags, and TTC posters. The various marketing campaigns targeted a wide variety of ethnic groups in the Scarborough Area. In-person events included a pop-up Mindful Movement and Line Dance which was a huge success with 20+ participants.



ANNUAL GENERAL MEETING

Wednesday, June 28, 2023
2:00 p.m. - 4:00 p.m.

The Mid Scarborough Hub
2660 Eglinton Ave. E., Scarborough

COME AND LEARN ABOUT OUR NEW 5-YEAR STRATEGIC PLAN

All members of the corporation are also encouraged to attend and exercise their voting rights on the business of the organization which will include:

- Election of Board of Directors;
- Appointment of the Auditors.

TREASURE LIFE: A STORY OF GRATITUDE

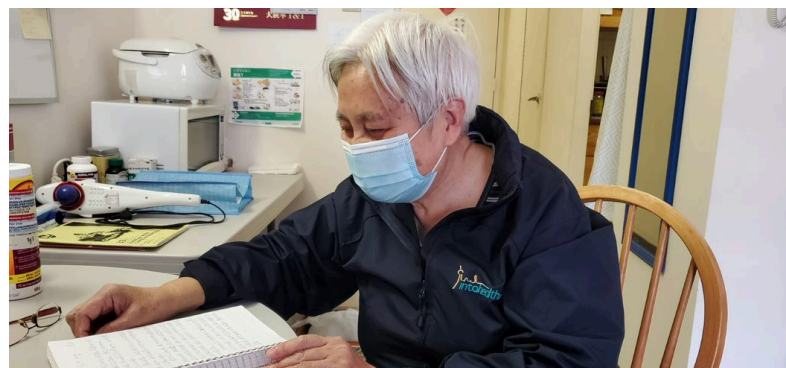


By Alan Faigal, Community Engagement Coordinator

GratITUDE, vitality, and joyfulness are very much embodied in Ms. Zi Jin Zhao! Her gratitude for SCHC is the core reason why she wanted to share her story and present SCHC as a role model to healthcare providers. A loyal ambassador and client of Scarborough Centre for Healthy Communities since 2016, she treasures life while looking after her health and the health of her family and community.

The SCHC Community Healthcare Clinic was a good fit for her and her husband. They were immediately impressed with the highly organized SCHC team, and saw a caring sensitive responsiveness in all facets of their care. In her words, “The culture and environment at SCHC is one that values what the patients care about. They value what the patients want to know about, regarding their health”. The deep care, compassion and professionalism shown to her by SCHC is why she in turn promotes the various services to her friends and neighbours. She knew she had to share her story after witnessing and admiring how SCHC navigated the pandemic in such a respectful, patient, and caring way.

Zi Jin keeps a journal to display the many examples of respect and care shown to her and her husband over the years. The numerous anecdotes she collected consistently showcase a humanism and compassion that is seen through attentiveness and efficient turnaround time for test results (often within 24hrs). She remembers thorough attention to record-keeping and support during her husband's navigation of leukemia. They were both incredibly grateful to Kaycee (SCHC *medical secretary*) for phoning the pharmacy directly for an order of medication and then contacting Zi Jin and her husband directly, when their medication was available for pick up. One cold November afternoon, Zi Jin and her husband were bundled up and were leaving SCHC when they heard their names being called. They turned to see Vivien (SCHC *registered nurse*) running towards them and calling their names.



Apparently, they had forgotten their immunization cards at the clinic! Both Zi Jin and her husband were so moved that Vivien went the extra mile to run out into the cold in her indoor clothes, so their records could be returned to them immediately. While Ms. Zhao only communicates in Mandarin, SCHC always provides translation services, and for that, she is always kept up to date with her health appointments and queries. She has great respect for the many professionals who have contributed to her health journey. For Ms. Zhao, SCHC's healthcare providers go above and beyond the notion of “doing a job”.

[Read the full article **HERE!**](#)

A NIGHT OF LAUGHTER & COMMUNITY-BUILDING AT THE HUB



By Charanjit Singh, Community Wellness and Engagement Manager

When's the last time you heard of a comedy night taking place at a community centre? At the Mid Scarborough Hub, the SCHC

Community Wellness & Engagement team believes in keeping things fun and exciting! Bringing our community together in new and innovative ways that support community mental health, well-being, and cohesion is a goal. And that's exactly what we did with our recent comedy night! Laughter echoed through the halls of the Hub as the community gathered for an unforgettable evening of humor, camaraderie, and belly-aching laughter. The first-time event featured three talented comedians and a charismatic host who took the stage by storm, captivating the audience with their hilarious routines and witty punchlines.

The host set the tone for the night, effortlessly engaging the crowd and ensuring a seamless flow of laughter from start to finish. Each comedian brought their unique style and perspective, showcasing their comedic prowess and leaving the audience in stitches. From observational humor to sharp wit and clever storytelling, The performances kept everyone thoroughly entertained. The comedy night at the Hub Community Centre was a remarkable success, with attendees of all ages and backgrounds coming together to share the joy of laughter. But our comedy night was about more than just entertainment. It served as a powerful tool for community-building,

fostering a sense of togetherness and belonging among attendees. Laughter has a unique way of breaking down barriers, transcending differences, and reminding us of our shared humanity. As the evening drew to a close, the resounding applause and beaming faces of everyone in attendance spoke volumes about the positive impact of the event. It was a testament to the Community Wellness & Engagement team's commitment to creating spaces that support mental health, wellness, and vitality within our community.

We want to express our heartfelt gratitude to the three comedians: Clif Knight, Rasha Elkfeky, and Nicole Benjamin as well as our talented host, enjoy OzJam who graced our stage, as well as to everyone who attended the event. Your presence and laughter contributed to the creation of a vibrant, connected community. Stay tuned for more exciting events at the Mid Scarborough Hub as we continue our journey of bringing the community together in unique and uplifting ways. We can build a stronger, happier, and more resilient community.



INTERGENERATIONAL EVENT: ADULT DAY CENTRE

By Jennifer Botelho, Coordinator EarlyON Child and Family Centre



Intergenerational programs inspire our children and younger generations to value cultural traditions, build a sense of community and identity and help to increase positive attitudes. Our EarlyON Child and Family Centre (located at 4110 Lawrence Avenue) travelled to the SCHC Adult Day Centre on the morning of April 5th, 2023 to celebrate our first in-person collaboration since 2019! The importance of human connection and socialization is one of the many lessons we have learnt these past few years. With that said, our families thoroughly enjoyed laughing together and putting a smile on each other's faces this day. Some families may not have loved ones close by in their circle such as elders or grandparents and they look forward to meeting our wise groups. As we can see in the attached photo, the day presented beautiful moments that were created as we danced, sang, played drums and music, and more. We are honoured to contribute to an engaging gathering and we are excited to visit again in the future.

To find out more about our programs view our web pages below:

- [EarlyON Child and Family Centre](#)
- [Adult Day Centre](#)

OUT OF THE COLD PROGRAM: PROVIDING WARMTH, NOURISHMENT, AND COMMUNITY SUPPORT

By Melissa Francois, Community Resource Connector - Wellness & Engagement Team



In the heart of the Hub Mid Scarborough community center, a beacon of warmth and compassion shone through the winter months. The Out of the Cold program, a remarkable initiative supported by volunteers and the Community Wellness & Engagement team, extended a helping hand to those in need by serving warm beverages and light meals. This program provided a vital lifeline to individuals seeking respite from the cold, both physically and emotionally. For the months of February and March, three times a week from 10 am to 12 pm, the Out of the Cold program transformed the community center into a haven of comfort. The doors opened wide, inviting individuals to step in from the biting cold and find solace within its walls. The program offered much more than a warm beverage and a light meal; it provided a space for people to connect, socialize, and experience a sense of belonging.

The success of the Out of the Cold program was made possible by the tireless efforts of dedicated volunteers. These selfless individuals contributed their time and energy to ensure that every visitor felt welcome and cared for. Their compassion and commitment created an atmosphere of warmth and empathy that nurtured the spirits of those seeking refuge. Their dedication to the well-being of the community further enriched the Out of the Cold program as with their assistance, the program not only provided nourishment but also became a platform for offering essential services, information, and resources to individuals in need.

The Out of the Cold program at the Hub Mid Scarborough community center exemplified the power of community compassion. By providing warm beverages, light meals, and welcoming space, this initiative became a vital space for individuals in need. Supported by volunteers and the Community Wellness & Engagement team, it fostered a sense of belonging, camaraderie, and hope. Through their efforts, the program demonstrated that a warm cup of coffee or a shared meal can do much more than fill an empty stomach—it can ignite the spirit of humanity and make a lasting impact on the lives of those most in need. Big shout out to our volunteers, Russ, Eve, Carlos, and Melissa from our Community Wellness and Engagement Team.

MOBILE PERSON-CENTERED CARE AT PATIENT'S PLACE!

By Jeyanithe Karunanithy, BA (Hons), MSc, Inter-Professional Primary Care (IPPC) Team

In today's precarious healthcare environment - especially in the context of the COVID-19 (post?) pandemic and mental health and addiction crises, convenient access to advanced psychosocial support or addiction care and harm reduction are fundamental to achieving community health and well-being. That is why Scarborough Centre for Healthy Communities keeps introducing innovative and timely initiatives like low-barrier mobile healthcare involving its specialized healthcare professionals across the city.

In January 2022, with the generous support of the Government of Canada's Emergency Community Support Fund and Toronto Foundation, SCHC formed the Mobile Health Unit (MHU), in response to needs within Scarborough. Community residents find it challenging to use traditional support options or access specific locations conveniently. The purpose of the MHU is to take care of the changing needs and new concerns of people by providing convenient, accessible mobile healthcare services; and in doing so, the mobile health van staff are meeting individuals where they are residing. A group of trained healthcare providers, (e.g., Harm Reduction Worker - HR and Mental Health Case Worker - MHCW) from the Inter-Professional Primary Care (IPPC) team reaches out to the community residents by the mobile health van shifts (MHV) on weekly basis.



Staff at the Diabetic Education Program (DEP) also join the team once a month, supporting the Harm Reduction & MHCW teams, traveling in a semi-customized vehicle to meet the community's most marginalized wherever they are, including individuals, who are experiencing ongoing, chronic poverty, homelessness, substance use and mental health challenges in order ensure convenient access to healthcare.

Currently, the MHU is providing the core service of distributing materials for basic needs (e.g., hygiene products, snacks/food, hats/socks, sleeping bags, etc). For harm reduction (e.g., materials for safer drug use including Naloxone kits, condoms, etc.) and first aid items like band-aids and so on. The exact materials vary by season and by availability. The healthcare workers on duty provide on the spot counseling / advice on mental health and addictions matters, including service navigation/referrals around harm reduction and overdose prevention, among other important services.

[Read the full article HERE!](#)