



# HEALTHY & WHOLE

SCHC NEWSLETTER 37, ISSUE NO. 16

SUMMER 2019

## Active Minds Social Club

JOSIE MCEACHERN  
CLIENT SERVICES MANAGER

In partnership with Alzheimer Society, and funded by the Central East LHIN, the Young Onset Dementia Adult Day Program (also called the Active Minds Social Club) was launched as a pilot program in January and became ongoing as of April 2019. The program caters to individuals under the age of 65 who have been diagnosed with dementia and offers 10 spaces for clients to attend on a weekly basis in an inclusive, age-appropriate space for recreational, cognitive and social stimulation.

Activities include music therapy, yoga, gentle exercise, tech, mindfulness meditation and outings. A friendly and professional caring staff, nutritious meals and snacks are provided, plus transportation if needed.

*Stephen enjoys the program so much. He loves the exercise and yoga. The music program that they have ... the friendly staff well organized... Times for them to chat and express themselves... The service that they provided is excellent and feel like home too” – Eva Show, caregiver to Stephen Chow (early 60’s)*

*“Thank you so much for offering the Friday program, so much to*

*look forward to each week. I love it as I get a few hours off, don’t worry about lunch for Eric and I know he’s in good hands. It’s like a full package for him and myself. It does help him as a routine and keeps him more energetic and vivid. He needs the social components there, as well as physical fitness and mindfulness program. We live so far away but I am willing to take him as long as he’s happy.” – Sammi Tsui, caregiver to Eric Tsuie, who is in his early 40’s and a father to 5 year old twin boys.*

It is estimated 16,000 Canadians under the age of 65 are living with dementia.



Stephen (right) helping to set the table for the group lunch.



Eric playing “Giant Jenga” with Alzheimers Society staff during the Active Minds Adult Day Program Open House.

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Editor: Debra McGonegal

# Greetings from the CEO



As we patiently wait for the warmer, sunnier weather I am excited to share that SCHC Board of Directors approved our new Strategic Plan that will guide our work into 2022. The proposed changes to the the health care system is constantly in the news. We feel that SCHC is well positioned to support those changes and that work, as it was informed by wide-

ranging consultation with staff, volunteers, partners, funders and our community at large, in other words, many of you!

SCHC stays true to our mission 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.

**Our focus is three key areas:**

- 1. Evolving an integrated mental health and addictions focus
- 2. Evolving our community and health system connections

3. Evolving our organizational health and wellbeing

By focusing on the three we will:

- Improve access to mental health and addictions services
- Improve mental health and well-being among clients
- Improve health system connections and navigation for clients
- Diversify and increase our funding/resource base
- Become a top 100 employer in Toronto
- Improve our brand recognition and value.

*Jeanie Joaquin*



## Save the Date. Saturday, October 5th, 2019.

October 5th, 2019 from 9am to 2pm  
The HUB, 2660 Eglinton Ave E. (Eglinton and Brimley)

Get your team registered early at:  
<http://bit.ly/schcdonate>

### 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.

### VALUES

- I** Inclusiveness
- C** Community Engagement
- A** Accountability
- R** Respect
- E** Equity

## Eglinton East LRT Town Hall Meeting

LAURA MCKIM AND  
OMAR BROOKS,  
COMMUNITY ENGAGEMENT TEAM

On Wednesday April 10, 2019, the mid-Scarborough Hub hosted a town hall meeting to discuss the importance of building the Eglinton East Light Rail Transit (EE LRT).

The town hall meeting was planned by The LRT Network Coalition and supported by Scarborough Civic Action Network (SCAN). Some of the media coverage was provided by CityNews, CBC and CTV Toronto.

Speakers and attendees came from various demographics; academia, politics, resident-led advocacy

groups and local community residents. Approximately 130 people were in attendance including representatives from various levels of government such as, Mayor John Tory and MPP Mitzie Hunter.

According to Scarborough Transit Action the EE LRT is fast, quiet, modern, convenient and well suited to Scarborough's arterial roads. As well, the EE LRT would bring much needed rapid transit to six priority neighborhoods, create over 4000 jobs if built publicly, be within walking distance of over 40,000 residents, and would bring community renewal, redevelopment, and walkability.



Ward 25 Councilor Jennifer McElvie talks with residents

Although funding for the EE LRT has not yet been approved, residents, advocacy groups, and politicians passionately expressed the need for rapid transit and are ready to move forward with building the light-rail transit that Scarborough deserves.

## June is Senior's Month

### Tuesday, June 4th

Brown Bag Auction, Raffle & Lunch  
3600 Kingston Rd, Scar Village  
Rec Centre (ANC space)  
\$2.50 for lunch. 11am-1:30pm  
Registration required.  
Contact Debbie Lee to register  
416-847-4152

### Wednesday, June 12th

Wards Island, full day trip  
8:30am-4:30pm. \$35 per person  
Registration required.  
Contact Debbie Lee to register  
416-847-4152

### Saturday, June 15th

Annual Art Show  
10am-2pm  
Cedar Ridge, Creative Centre  
225 Confederation Dr. Scarborough.  
Contact Navia Harry for details  
416-847-4136

### Friday, June 21st

Mindfulness Event  
2660 Eglinton Ave  
The HUB. 10am-12pm  
Registration Required.  
Contact Dominika Siemiatkowska  
to register 416 -847-4086 ext 4410

### Wednesday, June 26th

Seniors Celebration  
"Mocktails , Entertainment,  
Casino fun & Appetizers"  
629 Markham Rd, ADC space  
5:30-7pm. Registration required.  
Client intake to register 416 847-4134

### Friday, June 28th

Nordic Pole, Ravine Walk  
Birkdale Ravine. 1100 Brimley Rd  
9:30-11:00 am  
Registration Required.  
Contact Debbie Lee to register  
416-847-4152

### ABOUT US

Scarborough Centre for Healthy Communities (SCHC) is one of the most established and comprehensive community health organizations in the province. The organization owes its beginnings in 1977 to thirteen community agencies, a core group of community leaders and countless volunteers who identified emerging health and social needs within Scarborough. We work with over 650 volunteers and 140 staff to offer 38 distinct and integrated services across 11 sites. In order to remain a client-centred, integrated, engaged and proactive organization, we have continued to work closely with our community members and foster partnerships that address pressing needs, setting new standards of excellence in community health.

WE'RE ON  
SOCIAL MEDIA



@SCHCOnt



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## Volunteers give warm welcome to local residents

LAURA MCKIM  
HUB COORDINATOR

We are grateful for our amazing volunteers as they are crucial to the running of our two cold/heat relief programs; Beat the Heat which runs July and August and Out of the Cold which runs January to March each year.

Thanks to the kind and generous donations from SCHC staff, partners and community residents we were able to provide healthier breakfasts of oatmeal, fruit and freshly-baked muffins, and winter wear such as hats, scarfs and mittens, tokens, and housing drop-in support, to our community residents this winter.

All of this was in addition to our traditional hot coffee/tea and winter survival kits (personal hygiene products and sleeping bags).

Our dedicated team of 6 volunteers worked 150 hours to serve over 650 breakfasts during the coldest time of the year and we expect to give out as many bottles of water/ freezies during our hot summer months.

As one of our volunteers said, “Community residents really enjoyed coming in to the Hub, not only for the hot food and coffee but for the social interactions and connection to volunteers, staff, and other community members. People really felt good about being a part of something larger than themselves”.



Volunteers serve refreshments and a social connection with local residents in Eglinton East/Kennedy Park

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## Outstanding SCHC Volunteer Gets June Callwood Award

CHRYSTALLA CHEW,  
PALLIATIVE CARE COORDINATOR

Linda LeRoux, a long standing volunteer of SCHC's Hospice Home Visiting program was nominated and has received the June Callwood Circle of Outstanding Volunteers award.

The June Callwood Award was established in 1994 in recognition of the late June Callwood's long-time advocacy for Hospice. The Award acknowledges outstanding Hospice Volunteers from across Ontario.

Linda started hospice volunteering in 1998. Her role is to provide physical, emotional, mental, social, and spiritual support to individuals and families facing a progressive, life-limiting illness and death.

On an initial visit to her new client, the client died during her visit. She witnessed the death and provided comfort afterwards to the client's daughter. When Linda reported back to staff, she shared; “I am okay. I was happy to be there”. This sums up Linda's exquisite presence to serve others. Linda accompanied a client for 3 months to appointments for his weekly hospital visits, sometimes spending 12 hours with him. Linda constantly exceeded expectations of her volunteer role and responsibilities. Her dedication, compassion and desire to impact the lives of others, makes her one of our most valuable volunteers. She is easily matched to new clients because she is grounded, has solid communication skills and respects boundaries.



Spiritual Care Coordinator Diane with Hospice Volunteer Linda Leroux

# SCHC showing our Volunteers some Love



Staff and managers decorated, cooked and served appetizers and said personal thanks to volunteers.



(left to right) Lori Beesley, Debra McGonegal and Betty Ann Rutledge hosted the event along with SCHC staff



The Hub was transformed with balloons to fit the theme for National Volunteer Week "The Volunteer Factor – Lifting Communities"



Volunteers assigned teams to play a game and enjoyed some friendly competition!



Some of the amazing lucky draw prizes, all donated by SCHC staff!

## SCHC honours nurses and medical staff during Nursing Week in May

**RICHA ATTREE,**  
MARKETING AND COMMUNICATIONS  
ASSISTANT

“I get to see different clients with different situations. I have beautiful memories from when we worked with the refugee clinic. It started from December and ran until March. We worked in a hotel and we had two rooms to create a clinical setting. There was a medical secretary, nurse and a nurse practitioner who were taking care of the refugees located at that clinic. Most of the refugees spoke Arabic with no English language skills, and we had an interpreter on site most of the time but it was

still challenging to get a clear understanding of their health concerns.”

Shahana added further, “what is so rewarding is that if they see me somewhere in Scarborough they will greet me, even if they’re with the whole family”.

Shahana believes, “You feel the difference when you work here, you see a world through different eyes and perspectives. Until you work with a not for profit, you won’t know what’s going on out in the world. With SCHC, I have learned so much, which I am grateful for.”



Shahana Kunaratnam is a medical secretary in IPPC team at SCHC's The Hub. We are very proud to have such driven and compassionate individuals on our team.

## Harm Reduction

**CHERRYL SEVILLA,**  
PRIMARY HEALTH CARE NURSE

Harm reduction strategies and ideas are focused on reducing the harmful consequences associated with illicit drug use and other risky health behaviours. It focuses on helping individuals make positive change without judgement and discrimination or a mandatory requirement to stop taking drugs.

“This allows for a health oriented response to substance use, and it has been proven that those who engage in harm reduction services are more likely to engage in ongoing treatment as a result of accessing these services.” [www.ontario.cmha.ca/harm-reduction/](http://www.ontario.cmha.ca/harm-reduction/)

Our three community health centres across Scarborough provide free condoms.

1. 629 Markham Road, Unit 2.  
(416-847-4101)

2. 2660 Eglinton Avenue East  
(the Hub). (416-640-7391)

3. 4002 Sheppard Ave East, Suite  
401. (416-297-7490)

The Hub location is also involved in the Needle Exchange Program, which is open for harm reduction clients from Monday to Friday, 1-4pm. No appointment is needed. We work with the Works (Toronto Public Health) in providing counselling and distribution of free harm reduction supplies.

- Safer injection equipment: needles and syringes in various sizes and brands, sterile water, alcohol swabs, tourniquets, filters, acidifiers and cookers
- Safer smoking equipment: Pyrex stems, brass screens, chop sticks and mouthpieces.
- Safer sex products: condoms and lube.

Our Inter-professional Primary Care Team has a harm reduction worker,



who also provides education, harm reduction and supplies. The worker is available to see clients with a variety of challenging and often overlapping problems, including serious mental illness, substance abuse, hygiene issues and HIV, etc. Referral from a primary care provider is needed. Contact 416-847-4165 for details.

For detailed information on the policy behind these programs go to: [www.health.gov.on.ca/en/pro/programs/publichealth/oph\\_standards/docs/protocols\\_guidelines/Substance\\_Use\\_Prevention\\_and\\_Harm\\_Reduction\\_Guideline\\_2018\\_en.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/protocols_guidelines/Substance_Use_Prevention_and_Harm_Reduction_Guideline_2018_en.pdf)

# Stories of Scarborough captured in Human Library Event

THISHANA GNANACHELVAN  
MSYL YOUTH LEADER

I'm a member of the Mid Scarborough Youth Leadership (MSYL), which is a youth health committee that leads a variety of health programs, initiatives, and events for the community. MSYL has held a variety of events in the past years that promote community celebration, inclusion and belonging. This year, on April 6th, 2019 we delivered an event called the Human Library, which recreates the experience of signing out a book from a library. However the books are actual individuals sharing their stories with the community. This type of storytelling is very interactive and innovative. The authenticity and passion of each individual story teller elevated the over-all experience of the Human Library as stories varied from myths, self-revelation, perseverance, fictional, and real-life traumatic events.

The countless hours of planning and preparing put in by all of us, resulted in a rewarding outcome. The goal of reaching out to the community in a unique and creative way was reached effectively. Being a part of MSYL, I adopted many new innovative ideas and skill sets to organize events for the community. As a participant, it was fulfilling to see

elements come together allowing the event to unfold successfully, and to see community members engaging and connecting with our story tellers and their stories. In the end, the Human Library event was a chapter in my life that I will always remember.



The audience is focused as our storyteller Belinda tells the tale of the Sumerian goddess Inanna's descent to the underworld.



MSYL youth greet the guests and introduce the story tellers.

**No one  
wants to  
feel alone!**

Only 1 hour of your time, in person or over the phone, can bring a connection to an isolated senior in your community.

**Be a Friendly Visitor Volunteer!**

Some training required. Email:  
[volunteerprogram@schcontario.ca](mailto:volunteerprogram@schcontario.ca)

# Funding Partner makes New Food Bank Truck a reality

Scarborough Centre for Healthy Communities (SCHC) needed to replace the aged and deteriorating commercial truck used for transportation of food products to our Food programs and Bank. A successful grant application to the Ontario Trillium Foundation and a call out to donors allowed this to become a reality.

The primary use for the SCHC truck is for food security programs. Each month an average of 1,500 households (approximately 4,070 individuals) access the food bank program for a total of 40,000 visits annually. In addition, 1,600 meals are served annually through the hot lunch and café program. Individuals receive food supports, have an opportunity to socialize and connect with staff. Self-referral for the Food Bank opens the door for consultation with intake workers to refer out to other SCHC programs including housing, primary care and financial assistance with Income tax.

Food insecure households are at increased risk of poor social, mental and physical health, chronic diseases and nutrient inadequacies. Low-income households with children will have to sacrifice food to pay for basic expenses like rent, childcare and utilities. These children may experience long term health impacts and decreased school performance related to lack of basic nutrition.



SCHC is very happy to finally show off our brand new Food Bank Truck that was purchased with funding from Ontario Trillium Foundation and a dedicated donor. This new truck will allow us to continue providing the much needed supports to the Scarborough community.

SCHC Food Bank, Community gardens and cooking programs provide basic nutrition and educate the economically vulnerable community on the health benefits of nutritious eating for optimal daily functioning. The truck also picks up and delivers furniture, clothing, basic personal products and other donated items for SCHCs' various Social Support programs to benefit another 150 families. Providing these basic necessities helps families achieve economic stability.

If you wish to support food security programs in Scarborough, please go to [www.schcontario.ca](http://www.schcontario.ca) and click on DONATE NOW. Or participate in the SCHC food drive in the last two weeks of June. Phone 416-847-4147 for details.

Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario



**Hunger doesn't take a summer vacation**  
but food donations decline seriously in July and August

**DONATE \$5 FOR FOOD OR A HOT MEAL SO KIDS CAN EAT!**

SCHC Food Fight against hunger happens June 17- June 28, 2019



To donate, visit [www.canadahelps.org](http://www.canadahelps.org)

FOR MORE INFO, CONTACT DEBRA MCGONEGAL AT [DMCGONEGAL@SCHCONTARIO.CA](mailto:DMCGONEGAL@SCHCONTARIO.CA)

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