



HEALTHY & WHOLE

SCHC NEWSLETTER 35, ISSUE NO. 14

WINTER 2018

Taking a day off from illness. Live. Laugh. Love



The Day Hospice Support Group's focus is supporting people to promote quality of and continue to find meaning and purpose in life while supporting or embracing the unique needs of each individual.

CHRYSTALLA CHEW
PALLIATIVE CARE COORDINATOR

What if there was a great place we could go when we felt ill and wanted to be with others who understood and accepted us as we are? What if that place lifted our spirits, gave us a sense of belonging and community and felt like 'our club'? What if this place was made up of different people coping with serious life-limiting sickness who still want to live each day and feel

energized by others who care?

There is such a place at Scarborough Centre for Healthy Communities' Day Hospice Support Group. If you are 18 years of age or older, living with a life-limiting illness and independent with activities of daily living (including taking medication) you can participate in this one day a week program. This group provides a positive and welcoming

space with complementary therapies, entertainment, food, fun, laughter, and the opportunity to share with others who are traveling a similar journey.

Maybe you are looking after someone you love and who is sick and alone during the day. Did you know "76% of Canadians caring for a loved one, feel in need of help"? Or, perhaps you know of someone who lives alone who would benefit from a weekly change to their regular routine?

This no cost day program provides a light breakfast and lunch and is facilitated by staff and dedicated, supportive, trained volunteers. For more information, please phone Chrystalla at 416-642-9445 X 4419

INSIDE

- 1 Taking a day off from illness. Live. Laugh. Love
- 2 Greetings from the CEO
- 3 Paying-it-Forward at SCHC
- 4 Local Businesses Give Back to Community

- 5 Have a Delicious and Healthy Holiday Season
- 5 Beat the Heat Program
- 6 Grant a Family Their Wish for the Holidays
- 6 Giving Tuesday

- 7 Scarborough Village Community Event was "Spooktacular!"
- 8 MSYL Spooks 2018
- 8 Quest Through Scarborough Results!

Greetings From the CEO



As the holiday season is upon us and we prepare for the start of a new year I want to extend my heartfelt warm wishes to all our staff, volunteers, clients, community and partners for a healthy and happy new year.

The past year has been a busy and successful one for all of us here at SCHC. In addition to the great work we already do, we have been busy building new programs and partnerships like the Lawrence East Partnership Program. It aims to enhance community mental health supports in the high needs neighbourhood of Kingston-Galloway. SCHC is the lead organization in

this partnership with other community agencies, including Fred Victor and COTA, both of which are strong community mental health organizations and partners of SCHC. In addition we received funding to implement a new team including social workers, registered nurses, nurse practitioners, physiotherapists, occupational therapist and other specialists. Their aim is to improve timely access to culturally sensitive interprofessional primary care teams, especially for those solo providers and their patients that have no access.

We always appreciate the support of our funders to deliver the services we do, however in efforts to extend our first fundraising event this October, Quest through Scarborough. A very special thank you to all that contributed to the success of this event. In particular our volunteers, the planning team, the staff and community teams that participated and of course our donors, including RBC as our main corporate sponsor and participant.

So as we enter into the darker, and often cold months of winter, remember that a key to your health and wellbeing is staying active, eating well and yes, getting enough sleep. For more information on how SCHC can help with these goals please visit our new website at www.schcontario.ca or or follow us on our Facebook page.

Wishing you all a happy and healthy 2019!

Thank you

Jeanie Joaquin



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

Paying-it-Forward at SCHC



Mr. Augustus Arrindel and guest dancing after the meal.



Clients at 4205 Lawrence Ave E. lining up to enjoy the feast prepared by Assisted Living staff.

MICHELLE WEST MARTIN

SENIOR DIRECTOR OF COMMUNITY SERVICES

The SCHC Assisted Living team is an excellent example of the character and commitment of the staff at SCHC. For over 30 years, this team of Personal Support Workers has worked in the Kingston-Galloway neighbourhood to help seniors, or those on disability, living in two Toronto Housing buildings. Their goal is to help residents remain living independently and safely in their homes, for as long as possible. Each client's individual

care plan may include; safety checks, medication reminders, personal care and essential light housekeeping. They work 7 days a week, even on holidays, in what many consider to be a very challenging environment.

Yet regardless of challenges, the team embodies the respect, consideration and caring values of the organization and shares these values with their clients. This year the team continued their tradition of providing their clients with a "pay-it-forward" fall feast by planning, purchasing

and preparing two beautiful meals over two days. What may seem like a small gesture in the grand scheme of things was really one of magnitude and it had a significant impact on the clients, the team and myself.

As Senior Director of Community Services, I am very proud of the culture of caring that the Assisted Living Team exemplifies every day, not just in this particular act of kindness, and hope everyone finds a way to "pay-it-forward" this holiday season.

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



SCHCONT

Local Businesses Give Back to Community



This is the 3rd year that RBC Dominion Securities at 111 Grangeway in Scarborough have sent teams to volunteer for the Thanksgiving weekend. Vice President and Branch Manager, Adrian Brown (left corner of cheque) also donates personally and was instrumental in bringing RBC on board as lead sponsor for Quest through Scarborough. SCHC CEO Jeanie Joaquin (right corner of cheque) elaborated, “RBC is a valuable partner in so many ways. The Markham and Lawrence branch also has a team volunteering on Fridays with our Meals on Wheels program. SCHC is so grateful to RBC for their gifts of time and dollars to support our Scarborough community.



Vision Care Centre at 3465 Kingston Rd. in Scarborough put the “fun” in fundraising by having a Grease theme day for the finale of their campaign. Vision Care raised \$1,950 to support programs and services for their Scarborough neighbours.



CEO, Jeanie Joaquin (2nd from left) and Adult Day Centre Coordinator, Dania Smith (far right), talking with Vision Care business owner Dr. Ramesh (2nd from right) and optician Lyndsey Bernardo (far left) about the Adult Day Centre and other programs to help seniors in our community.

STAY TUNED
Black History Month
is February 2019

To showcase the Black History of Canada, and the accomplishments of African Canadians an event will be planned by the Scarborough Village ANC in collaboration with the Scarborough Village Recreation Center, Scarborough Village Youth Council, Resident Leaders, Residents Groups, SV ANC Steering Committee and Community Partners.

Have a Delicious and Healthy Holiday Season



RUCHIKA WADHWA
DIABETES DIETITIAN

Ah, the Holidays! So easy to eat the goodies and slide off the healthy living plan. So, this Holiday season, let's indulge in healthy living. Here are some tips for a healthy and happy holiday season.

Don't wait for January 1 to start your New Year's resolution. Commit to just one goal such as eating regularly.

Eat the best-for-you offerings first. Start your meals with veggies.

Take 10 before taking seconds. After finishing your first helping, take a 10-minute break and then recheck your appetite.

Enjoy your "must-have" treats. Be mindful of the portion size and frequency.

Watch your drinks. Fancy drinks may come with a lot of hidden sugar. If you drink alcohol, keep it to no more than 2 standard alcoholic beverages per occasion. Unsweetened club soda, lime and cranberries make a good option.

Are you having a **cookie exchange or potluck** with your co-workers? Try swapping cookies with roasted nuts, bring a healthy, flavourful dish to the potluck.

Don't shop or go to a party hungry.

Don't hibernate, participate. Keeping safety as the top priority, explore the winter wonderland, do a mall walk, build snow angels with your kids, dance to music. Do a few 10- or 15-minute spurts of exercise throughout the day.

If you've been invited to a get-together, offer to **plan some active games** to play before or after eating – your host will thank you!

Give the gift of health. Be creative. Include a yoga mat, a music CD or a cookbook. Exercise bands, flavoured teas, spice blends make great stocking stuffers.

And finally, lose the guilt. Celebrate and make special memories out of ordinary moments.

Stay tuned for a fun-filled and informational Nutrition Month Event in March.

Beat the Heat Program

LAURA MCKIM
COMMUNITY HUB COORDINATOR

The Mid-Scarborough Hub, in collaboration with Action for Neighbourhood Change (ANC) and the Youth Service Navigator, ran our first Beat the Heat program in July and August, Monday to Friday, 1-3pm. The summer program was a big success and we were able to serve over 350 community residents.

In addition to offering a friendly and social environment, and

an escape from the heat, we provided ice-cold water, healthy snacks such as bananas, and frozen treats to Scarborough residents needing to cool down. We decided to set-up our table outside which allowed us to reach a greater number of community members and enabled us to do outreach for the Hub's programs and services.

Even after the program ended, residents were able to come in during those hot September

days to cool down and get a refreshing drink of cold water.

The Out of the Cold program will begin in January 2019.



Randall, Hub Receptionist with volunteer Medhi outside the HUB engaging residents in the Beat the Heat program.

Grant a Family Their Wish for the Holidays



Thank you to SE Telecom for donating and dropping off toys and clothing to help with the Holiday program. Left to right: Christine Hewitt Manager of Community Engagement KGO, Shivana Sankar - Social Support Coordinator, Jeanie Joaquin - Chief Executive Officer, from SE Telecom - Jamie Perdue & Manvinder J. Kaur.

DEBRA MCGONEGAL
FUND AND VOLUNTEER
DEVELOPMENT MANAGER

This year, 1500 individuals will register for the Wishes for the Holiday program and

a sponsorship which includes the hamper, toys and other necessities. Sadly, limited funding means not everyone can be accommodated for sponsorship but they get invited to an exclusive holiday visit to

the food bank. Your donation will give families hope and belief that the community cares. Contact Christine Hewitt at chewitt@schcontario.ca or 416-847-4141 for more information.

GivingTuesday

LORI BEESLEY
COORDINATOR OF VOLUNTEER
ENGAGEMENT

Hello everyone. My name is Lori Beesley and I'm the new Coordinator of Volunteer Engagement. I joined SCHC in August and I'm excited to be part of this wonderful organization!

On November 27th, we recognized GivingTuesday by celebrating our volunteers. Giving Tuesday is a growing global movement that encourages giving and volunteering. It takes place on the first Tuesday after 'Black Friday' and it's considered

opening day of the Giving Season! It harnesses the potential of social media and the generosity of people to bring about real change within their



communities. It encourages a donation of time and talents to address local challenges,

and unites communities by sharing our capacity to care for each other. The spirit of caring is clearly evident in our many volunteers at the Scarborough Centre for Healthy Communities. We appreciate every one of you throughout the year and encourage everyone to recruit others to join the SCHC giving movement!

To volunteer, please refer to our website or email: volunteerprogram@schcontario.ca

Scarborough Village Community Event was “Spooktacular!”

ANTHONY RAMPERSAD
ANC PROGRAM COORDINATOR

On Wednesday October 31st 2018, The Scarborough Village ANC hosted the Scarborough Village Spooktacular, in collaboration with the Scarborough Village residents, Youth Council, and City of Toronto. Youth volunteers helped to decorate and bring to life the festive spirit of Halloween in the center’s intermission room. The ANC hallway was transformed into a haunted house/hallway where youth volunteers scare



Over 150 people attended the 2018 Spooktacular event.

the residents and their families. There were many activities such as button making, face painting, pumpkin carving and dancing

contests. All children received a snack bag with treats, toys, Halloween candy, popcorn and much more.

Mid-Scarborough Youth Leadership Spooks



Children and youth going through the Haunted House maze and being scared by our witch bride!

CHARANJIT SINGH
CHILD/YOUTH HEALTH PROGRAM
COORDINATOR

Community haunted houses have always been a fun and enjoyable community tradition for children but due to vandalism on Halloween over the past years, initiatives like these have been on the decline. Nonetheless, with the joint

efforts and spirits of the Mid-Scarborough Youth Leadership (MSYL) and local youth we were able to champion this tradition for the SEVENTH time in the community! I’m sure the children in our community will grow up cherishing the memories that these events bring and for that I’d like to truly extend my deepest appreciation to each and everyone’s



Children and youth going through our corn field with scarecrows.

dedication and hard work in making this event memorable. At the end of the day we scare because we care and many of the parents conveyed their appreciation for that, while also mentioning that they heard about the haunted house all night long from their little ones. The kids had a blast, I had a blast and I’m sure everyone else involved did too!

Quest Through Scarborough Results!



Quest Team – volunteers and staff.

LAURA RUDOLPH
MARKETING AND PROMOTION
VOLUNTEER

Thanks to everyone involved, the first annual fundraising event for SCHC was a great success and we exceeded our goal to **raise over \$17, 000** for youth, senior and hospice programs.

Congratulations to all the Winners!

First Place Quest Challenges:
Community & Social Services Team (CSS)

First Place Trivia & Scavenger Hunt: 5n2Kitchens

Top Fundraising Teams: Mid-Scarborough Youth Leadership and Hospice/Bereavement

Top Individual Fundraisers:
Rupinder Pahar, Charanjit Singh, Patti & Jerry Bond

A special thanks to the event planning team, our corporate sponsors and the enthusiastic staff, volunteers and community members who made it a fun day for everyone.



Community & Social Services (CSS) Team focused on a Quest challenge.

Sponsored by



Corporate Team celebrating in the photobooth.

