



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES

# Healthy & Whole

NEWSLETTER 48, ISSUE NO. 30 WINTER 2022

## HEALTH SHOULDN'T BE SCARY, IT SHOULD BE YOUR PRIORITY

By Tagan Mani, Marketing and Fund Development Coordinator

We are excited to announce that SCHC has launched its third out-of-home campaign within two years, and the second this year. This campaign encourages individuals, specifically Scarborough residents, to have an important talk about their health while also highlighting programs that address various aspects of health. See below for where you can see these ads and share them if you can.



We've placed ads in the Scarborough Mirror, a billboard on Brimley Rd. & Eglinton Ave. as well as Brimley Rd. & Principal Rd. In addition, you can see the ads at Kennedy, Warden, and Scarborough Centre TTC stations.



You may have seen our ads inside or outside TTC buses. There are five different variations of the ads and if you come across one of our ads, take a picture and tag us when sharing it on social media.

# Message from the CEO

## December 2022

As we say goodbye to 2022 and get ready to welcome in 2023, SCHC is taking the opportunity to reflect on the last several years, look at how we have served our community, and plan for how we can continue to do so and improve!

I am pleased to announce that SCHC has started work on a new strategic plan. This plan will serve as an important leadership and management tool to guide our work over the next five years. A well-developed plan will ensure that we are supporting individuals, families, and our communities in the best manner possible.

We have retained the services of very experienced, independent consultants to assist us through this comprehensive planning process. Gary Sandor, President of the HSC Vision Group, and Associates, Anu Radha Verma, and Janice Dusek, will be using their skills, knowledge, and extensive experience in community health and social services to facilitate this process. They will guide the process with a small Steering Committee made up of senior management and representatives from the Board of Directors.

An important part of this process is your feedback so in December and January HSC Vision Group will be reaching out to you to get your confidential and vital contributions to this process. This engagement will be through focus groups, surveys, and select one-on-one interviews. Please look out for the various opportunities to contribute, we need your voices! I wish you all a happy and safe holiday season.

Stay safe,  
Jeanie



CEO JEANIE ARGIROPOULOS

### ABOUT US

We are excited that our staff, volunteers, and clients are safely returning to our locations. In doing so we are also innovating. Learning from the success and challenges of the pandemic, we are developing new service delivery models based on the feedback and needs of our community. We are being proactive in combatting the impacts of the pandemic, including mental health, social isolation, and preventative screening. Of course, we always want to be informed in our direction by our community. If you have feedback you would like to share, please visit our website at [www.schcontario.ca](http://www.schcontario.ca), complete our survey at [www.surveymonkey.com/r/MKC5SF2](http://www.surveymonkey.com/r/MKC5SF2) or call 416-847-4095 to share your experiences, thoughts, and ideas. Help us be better at meeting your needs!

### 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.

### FOLLOW US ON SOCIAL MEDIA!



@SCHCOntario



@SCHCOnT

# NATIVE CHILD FAMILY SERVICES (SCFLC) & EARLYON COLLABORATION

By Jennifer Botelho, EarlyON Child & Family Centre Coordinator

SCHC's EarlyON at 4110 Lawrence Ave East, located on the main floor (Toronto Housing Apartment Building), was joined by local partnering agency Native Child and Family Services (NCFLC) to collaborate during our afterschool Family Fun Night program on Friday November 11th, 2022 from 4pm to 6pm.

*"As a parent; I strive to expose my children to as many diverse cultures as possible. Participating in singing and drumming was freeing and allowed my children to put a live image of something they've only seen in books. The sage cleanse is also memorable and kept me engaged in the program." - Karmel, EarlyON Parent*



24 adults/children, 2 volunteers and 2 staff members enjoyed an insightful evening with a light meal.

# HOW THE EARLYON TEAM PROVIDES RELIEF AND CHERISHED MEMORIES DURING HARD TIMES

By Tagan Mani, Marketing & Fund Development Coordinator



I had the opportunity to speak with a client of the EarlyOn program to discuss her experience but also how being a recipient of SCHC's holiday program, A Gift To Remember, has helped her.

This client expressed her gratitude to me about this EarlyOn program, how accommodating the staff is and how much effort they put in for the kids, such as the trips they go on to the zoo, fire station, and more.

As a single mother, she is thankful because these trips are not something she could afford or access, but the EarlyOn team is always willing to help and allow the children to be educated about different cultures and communities through these activities. She also mentioned how the new coats and holiday celebration provided such a big relief. You can read the full story at [bit.ly/3hLzHiF](https://bit.ly/3hLzHiF).

# UNITED WAY FUNDRAISER CAMPAIGN

By Abirah Chandraraj, Social Media Intern

United Way has been a significant partner and has supported and contributed to many of SCHC's Community Support Services such as the SCHC Food Bank, HUB programs, EarlyON Centre, and more. Every year, SCHC partakes in a United Way Employee Fundraiser Campaign where teams gather together to collect donations through a fundraising event.

This year, SCHC took it to the next level with creative and fun fundraising ideas such as a ping-pong challenge, potluck lunch, bake sale, and Halloween-themed cookie, cake pop and cupcake decorating! Through these fundraising events, we were able to raise over \$500 to support those in need in the Scarborough community.

Check out this fun, spooktacular [TikTok of one of SCHC's fundraising events!](#)



## RETURN OF THE HUB: BACK TO GREAT PROGRAMMING!



*The Hub is officially back and it has already hosted some great events and programs such as Halloween Night and Homework Club!*

# SCHC'S GOT A NEW LOOK!

By Abirah Chandraraj, Social Media Intern

If you drove by the HUB recently, you might have noticed our newly renovated Adult Day Center (ADC) right beside (2568 Eglinton Avenue East), but have you gotten a chance to check out how it looks on the inside? Don't worry if you were not able to because we made a TikTok that you can check out! [Click here to view the new ADC space.](#)



Not only does our Adult Day Centre have a new look, but SCHC's main location (629 Markham Road, Unit 2) has new signs installed as well. [Watch this TikTok to see the transformation.](#) Come by and visit to see SCHC's fresh new look!



# SCHC SENIORS ACTIVE LIVING FAIR

By Anthony Rampersad, Active Living Centre Coordinator



The 2022 SCHC Seniors Active Living Fair took place on October 26th at Scarborough Village. This annual event was the first in person experience for the Active Living Centre since the pandemic hit in March of 2020. Seniors and caregivers had the opportunity to enjoy a day by engaging in educational seminars and learning about key problems that affects their wellbeing. They were able to come out and connect with their community and engage with service providers such as the Ministry of Finance, Hear Canada, and Service Canada. Guest speaker Mitzie Hunter attended the fair and spoke about her experiences with seniors over the years and her visions to increase services that will help improve their well-being.

Seniors enjoyed a great complimentary lunch and experienced some excitement with the chance to win some raffle prizes. At the end of the day, it seemed the Active Living Centre had reached their goal of getting seniors out in the community and active to pre-pandemic levels. One senior stated "I had a great time at the fair. It was both educational and fun. A job well done!" We at SCHC always do our best for our clients and it makes us proud to hear our clients are happy with our services.


# IF NOT NOW, WHEN?

By, Ruchika Wadhwa, RD,CDE, Diabetes Dietitian Educator

The pandemic hit the world in many ways, changing life situations for many. Change in food habits, activity, weight management and visits to Family Doctor became a challenge, bringing many to the edge of being diagnosed with prediabetes / type 2 diabetes.


As per the International Diabetes Federation (IDF), almost 1 in 2 people with diabetes are undiagnosed and 1 in 9 people will be living with diabetes by 2030. Now that the world has normalized, it's time to visit your family doctor, consider getting tested for diabetes especially if you are at risk. Did you know, you can assess your risk of diabetes online using the CANRISK questionnaire <https://www.healthy Canadians.gc.ca/en/canrisk>. This is just a risk assessment tool *and does not replace a diagnosis*.

As a next step to a diagnosis of being "at-risk", "prediabetes" or "type 2 diabetes" or if you/ loved ones were previously diagnosed with diabetes is education. Education to prevent diabetes, reverse prediabetes and those with diabetes ongoing care and self management to avoid complications is the key. The theme for 2021-2023, World Diabetes month is "Access to Diabetes Care" and "Education to protect tomorrow". Millions of people with diabetes around the world do not have access to diabetes care. In Canada there are Diabetes Education Centres (DECs) / Diabetes Education Programs (DEPs). The Scarborough Community has access to free DEP services provided by SCHC's team of Certified Diabetes Educators of Registered Dietitians, Registered Nurses, a Registered Social Worker and an Endocrinologist across multiple locations.



**SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES**

## COMMUNITY DIABETES PROGRAM



### PROGRAM INFORMATION

At Scarborough Centre for Healthy Communities, we have recognized that our community has experienced an increase in the number of individuals living with diabetes. These individuals and their families are often faced with challenges and uncertainty. However, we have also witnessed how diabetes education, self-management support and a positive outlook can significantly improve diabetes control and health outcomes. This is why our Certified Diabetes Educators use an inclusive, client-centered approach to prevent and manage diabetes. We deeply respect our clients and believe that information, care and support will empower them to make positive changes. If you have Type 2 or pre-diabetes, allow us to become your Diabetes Care Partner.

### VIRTUAL AND IN-PERSON SERVICES

We offer endocrinologist consult, group education and individual counseling sessions with registered dietitians, registered nurses and a social worker. Our education focuses on:

- Living well with Diabetes
- Healthy Eating
- Physical Activity
- Weight Management
- Diabetes Medications & Insulin
- Blood Sugar Monitoring
- Foot care
- Preventing Diabetes Complications
- Stress Management & Support Group

Multiple Languages: English, French, Tamil, Urdu, Hindi, Farsi, Panjabi, and Marathi.

### LOCATIONS

- 629 Markham Rd, Unit 2, Scarborough M1H 2A4
- 1333 Neilson Rd, Unit 310, Scarborough M1B 4Y9
- 520 Ellesmere Rd, Unit 303/304, Scarborough M1R 0B1

### PROGRAM CONTACT INFO

To book an appointment contact:  
Tel: 416-847-4134  
Fax: 416-283-1057  
Email: [intake@schcontario.ca](mailto:intake@schcontario.ca)

### ELIGIBILITY


All of our services are FREE OF CHARGE.  
We accept doctors' referrals/self-referrals

### VOLUNTEERING WITH SCHC

Contact the Coordinator of Volunteer Engagement at  
416-847-4127 OR  
[volunteerprogram@schcontario.ca](mailto:volunteerprogram@schcontario.ca)

**Contact SCHC 416-642-9445**  
[info@schcontario.ca](mailto:info@schcontario.ca) [www.schcontario.ca](http://www.schcontario.ca)

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To know more or self-refer visit: [www.schcontario.ca/programs/health-services/diabetes-program](http://www.schcontario.ca/programs/health-services/diabetes-program) or you can use the new central intake system by emailing [intake@schcontario.ca](mailto:intake@schcontario.ca) or calling 416-847-4134.

Education can help stop the rise of diabetes and protect tomorrow. Act Now.

# CORPORATE PARTNER SPOTLIGHT



SCHC is very thankful for the community support we have received from various corporations these past few months.

The first image is of Scarborough Toyota donating \$5,000 to support youth programming.



The second image is of the PepsiCo Canada team who not only helped at the food bank, but also did 7 meals on wheels routes.



The third image is of RBC Wealth Management whom in addition to helping at the food bank, also donated \$5,000.

The final image is of Top Hat who helped out at our food bank.



Not pictured is Spectrum Health who donated \$10,000 to support food insecurity programs in Scarborough!

# YOUR FURNITURE CAN MAKE A DIFFERENCE

By Abirah Chandraraj, Social Media Intern

It may be hard to believe, but there are many Scarborough residents that live in houses without proper furniture. If you are someone that is moving, re-decorating, or de-cluttering, please consider donating your gently used furniture, small household items, and/or kitchen wares to those in need. Our SCHC Furniture Bank is looking for donations such as beds, mattresses, cabinets, sofas, dining tables, chairs, dressers, and desks. Now more than ever, especially now as the temperature drops, your donation can support low-income Scarborough residents to feel more at home!

Interested in donating? Make an appointment to drop off your items by calling 416-847-4142 or emailing [furniturebank@schcontario.ca](mailto:furniturebank@schcontario.ca).

We hope to see more donations this holiday season to make someone's home feel more joyful and special!



## 2022 HUMANITARIAN AWARD

### 2022 NELSON MANDELA HUMANITARIAN AWARD



"Shola is a founding members of Africa Missions Canada (AMCA), a chapter of the Africa Missions Global. She served as Vice President from 2004 until 2013, when she became President. Under her leadership, AMCA has built water wells in Kenya, instituted two schools and Empowerment Centres in Uganda, and through the Rwanda Cow project, many have seen their status change, become financially independent, and grow in their Christian faith."



*Congratulations to our very own Shola Alabi, Director of Diversity, Equity & Inclusion, Community Integration & Engagement. Shola was awarded with the 2022 Nelson Mandela Humanitarian award from Afroglobal Television. She was given this award for her work as a founding member of Africa Missions Canada (AMCA).*



# GIVE A GIFT TO REMEMBER

By Tagan Mani, Marketing & Fund Development Coordinator

Families in Scarborough are already struggling from losses over the past 2 years, but with a record-high inflation rate (7.7% in May 2022) and food prices growing exponentially (11.4% as of September 2022), the vulnerable members of our community are struggling to provide a happy holiday for their family.

You can help by supporting A Gift to Remember. For the past 24 years, Scarborough Centre for Healthy Communities (SCHC) has provided over 28,000 families with special seasonal packages. How can you help?

- **Do a food or basic necessity drive in your neighbourhood or workplace.** Go to [www.schcontario.ca/get-involved/agifttoremember](http://www.schcontario.ca/get-involved/agifttoremember) for a list of items needed.
- **Make a secure online donation at [www.schcontario.ca/donate](http://www.schcontario.ca/donate) and designate to "A Gift to Remember".** A \$50 donation will provide a gift and holiday meal for one individual, \$250 supports a family of four. If you want your gift to support families year-round, make a monthly gift and designate it for the Food Bank and Meals programs. Even \$10/month makes a difference.
- **Purchase and donate gift cards (suggested Scarborough Town Centre, Walmart, and PC cards only).** and email or call Shivana, Manager of Community Support programs at [ssankar@schcontario.ca](mailto:ssankar@schcontario.ca) or 416-847-4141 to coordinate drop off. Give us the proof of purchase and your contact information for a charitable tax receipt.

**The sponsor for Gift to Remember, Peerage Capital, has graciously offered to match donations to a maximum of \$36,000. THE LAST DAY TO DONATE IS DECEMBER 16, 2022.**



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**SCAN ME**



# FIRST VOLUNTEER RECRUITMENT OPEN HOUSE

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

In our mission to meet the diverse, holistic healthcare needs of the communities in Scarborough, we have created a beautiful concept in many of our programs where community members support fellow community members. Several of our programs could not function without volunteers. Unfortunately, the pandemic has affected the population's desire and willingness to volunteer. In an attempt to re-spark interest and highlight the benefits of volunteering, we held our first-ever Volunteer Recruitment Open House.

Staff engaged attendees about various volunteer roles, training schedules, and expectations. It was the current volunteer stories and experiences that really captivated participants though. Hearing firsthand about the volunteer's journey, their joys and the impact of the role is what really left an impression.

Although the event was one afternoon, word spread, and people continued to reach out weeks after. The day was such a wonderful collaboration between staff and volunteers to engage and recruit the community, that we will be having another Volunteer Recruitment Open House. Join us on **January 14th from 1:30 to 3:30 pm** at the Hub, 2660 Eglinton Ave. East. If you would like more information on the event please contact Jackie Malik at 416-642-9445 ext. 4418 or [hpcvolcoordinator@schcontario.ca](mailto:hpcvolcoordinator@schcontario.ca).

