



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Healthy & Whole

NEWSLETTER ISSUE NO. 32 SPRING 2023

CARING FOR THE CAREGIVER, A WORKSHOP FOR CAREGIVERS OF PEOPLE WITH DISABILITIES

By Dr. Ullanda Niel, Family Physician, Community Health Centre



Social Worker, Dorothee Chopamba (left) and Family Doctor, Dr. Ullanda Niel (right) participating in the ACT series.

Brenda walked into the exam room and sat down heavily in her chair. She looked up at me, heaved a big sigh of defeat and said, “I’m tired”. She looked tired. I sat down trying to figure out how I could help. It occurred to me that this mother was not only physically tired, but emotionally exhausted too.

After looking into the eyes of so many exhausted caregivers, I felt driven to look for a way to help these parents. I wanted an evidence-based intervention that could help caregivers struggle less with difficult things in their life. That’s when I learned about Acceptance and Commitment Training (ACT) for clinicians through CAMH. This is a group intervention designed to help caregivers struggle less with difficult things in life and mindfully connect with the things that are most important. After attending the intensive facilitator training, we successfully ran our first 5 session series of virtual group therapy in March 2022. These workshops are facilitated by one parent with a child with an intellectual disability and the other facilitators are the social worker and myself.

The next “Caring for the Caregiver” virtual 5-part series workshop will start in May 2023, with the orientation taking place on March 29. It is important to come to all 5 sessions to get the most out of the many exercises we will complete. To register, please contact Halina Chanderbhan at 416-847-4101 or email Halina at hchanderbhan@schcontario.ca. We hope to host the workshop in the future, so if you know caregivers who cannot come to the May sessions, they can still connect so we can let them know about future workshops.

Message from the CEO

Spring 2023

As we enter into spring, a time for new beginnings, I want to thank everyone, our community, partners, staff, and volunteers that took the time to participate in our strategic planning consultation. As the Board of Directors and Senior Leadership Team develop our guiding priorities for the coming five years we need our stakeholders' feedback to make sure we stay connected to our community. I look forwards to sharing the outcome of this process and our new Strategic Plan and Priorities in the coming months!

I also encourage community members to continue to stay engaged. There are several ways to do this, including following our social media pages (**click the icons below**), visiting us at www.schcontario.ca to learn more about our programs and services and provide your confidential feedback to us, or by becoming a member of SCHC and completing the form on the website.

Keeping with the theme of engagement and community, as the days get longer and warmer, I encourage all of us to take advantage and get outside a bit more, maybe be a bit more active and engage a bit more with friends and neighbors. Winter can be a very isolating and melancholy time for many people, especially if they don't have family or friends near by. Help bring some sunshine and happiness into our communities with small acts of kindness and connection that are so important to our mental health and well-being. I know that our teams at SCHC are working hard to ensure that they are here for you, providing exciting opportunities to come together to learn, to share, to celebrate! Happy spring to you all!

Stay safe,
Jeanie



CEO JEANIE ARGIROPOULOUS

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, complete our survey at 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

EXTRA SPECIAL HOLIDAY SEASON

By Shivana Shankar, Community Services Manager

I joined SCHC in 2017 and have had the opportunity to be a part of special holiday programs for the last 6 years and each year it never fails to amaze me at how our community comes together to support, even as times get more challenging for everyone. This past year was no different, and I would like to extend a HUGE Thank You to everyone who supported our Gift to Remember Program; this year and in past years.

In our 2022 season we had an overwhelming need for supports reaching an all-time high of 517 families. This was a 24% increase from previous years. We were able to provide families with extra food items in our food bank to build a Western Holiday Dinner and have a Pancake Breakfast. Those who registered for our program received a gift package with grocery gift cards, a family gift and presents for their children 18 years of age and under. Many families commented on not knowing how they would have kept the holiday season alive this year without this program. Some people mentioned how grateful they were knowing that this program exists and how it provides a small break for such a joyous time. For myself, nothing warms my heart more than seeing the smiles on the kids' faces when they come with their parents to pick up their 'special' package. Each year I look forward to this program and we hope to continue this tradition into the 2023 holiday season, and know we will be able to reach more families with the help from all of our amazing donors.

A special thank you to our sponsor, **Peerage Capital**, for their unwavering support of this program and the Scarborough community. We couldn't have fulfilled the demand without you.



Left: Children enjoying crafts and activities at the EarlyOn Holiday Party.

Right: Staff and volunteers posed with a very special guest, Santa Claus!

CLOSURE OFF THE HOUSING HELP PROGRAM

By Shivana Shankar, Community Services Manager

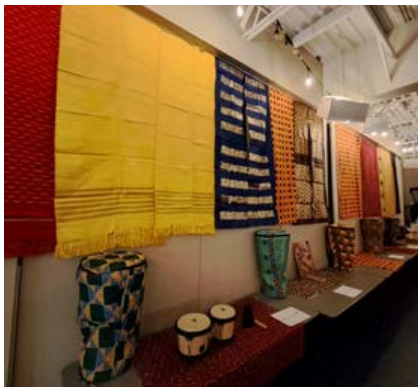
SCHC unfortunately has to announce the closure of our Housing Help Program. For anyone looking for Housing Help assistance please connect with The Housing Help Centre at 205-2500 Lawrence Avenue East Scarborough, ON, M1P 2R7 Phone: 416-285-8070 Fax: 416-285-5410.

If you are in need of emergency shelter space, please call the City of Toronto's Central Intake line at 416-338-4766 or 1-877-338-3398 or dial 311.

In addition, you can access additional housing help information through the [City of Toronto website](#).

BLACK HISTORY MONTH CELEBRATION AT THE HUB

By Caron Cato, Hub Program Assistant



The Black History Month celebration at The Hub was a success! Please see some of the amazing moments captured including lively the Drumming Circle (left) and the beautiful display of head wraps and drums (right).



Left to right: Image 1: Members of the DEIB | Image 2: ANG modeling their outfits | Image 3: Gift baskets



Left to right: Image 1: GUEST SPEAKER: Joan-Marie Spencer Member of the Afro-Centric Group (ANG) discussing "Enhancing the Black Community" | Image 2: Poet: Anorak | Image 3: Drumming & Dancing



Left to right (Vendor Markets): Image 1: Cultural Products, Clothing, and Natural Skin Oils & Make Ups | Image 2: Arts & Crafts | Image 3: Health & Beauty Products (Make-up)

TIME FOR SCHC TO FOCUS!

By Lisa Hughes, Mental Health Case worker, IPPC

Furthering Our Community by Uniting Services (**FOCUS**) is an innovative, collaborative risk driven approach to Community Safety and well-being co-led by the City of Toronto, United Way Toronto, and Toronto Police Service. It aims to reduce risk, harm, crime, victimization, and improve community resiliency and wellbeing. The model builds off of international best practices and lessons learned through the Community Crisis Response Program.

The model brings together the most appropriate community agencies at a weekly situation table to provide a targeted, wrap-around approach to the most vulnerable individuals, families, and places that are experiencing heightened levels of risk in a specific geographic location. Sites include:

- FOCUS Rexdale - 22 and 23 Division (launched January 2013)
- FOCUS Scarborough - 41, 42, and 43 Division (launched April 2016, expanded to 41 and 43 in 2020)
- FOCUS York - 12 and 13 Division (launched October 2021)
- FOCUS Downtown East - 51 Division (launched October 2016)
- FOCUS Downtown West - 11, 14, and 52 Division (launched October 2016)
- FOCUS Black Creek - 31 and 32 Division (launched November 2019)

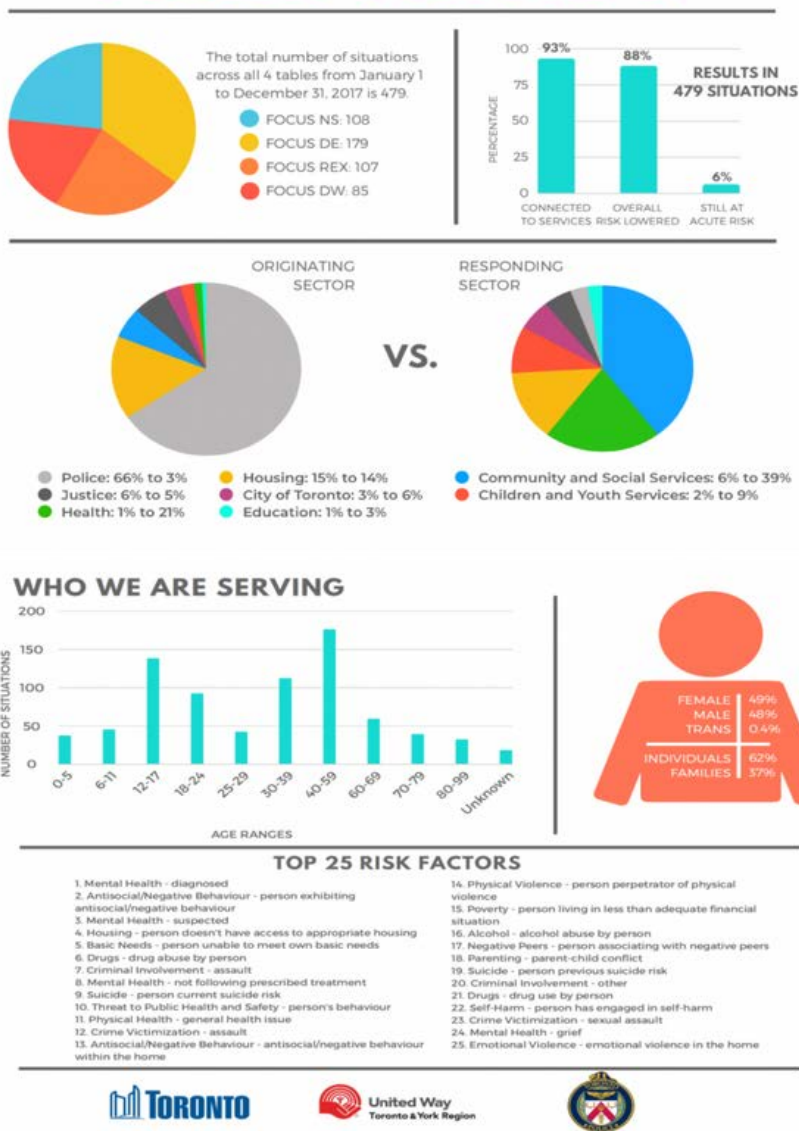
How Does it Work?

A multi-agency team meets once a week to identify individuals, groups, and places that are at a high risk of anti-social and/or criminal behaviour as either perpetrators or victims. By leveraging the skills and resources of diverse community partners, the initiative is able to respond to situations of Acutely Elevated Risk (AER) using multiple approaches - providing the community with the best possible interventions to respond to safety risks. The first element of response happens between 0 - 48 hours following a meeting.

Acutely Elevated Risk (AER) Situations

"Acutely elevated risk" refers to any situation impinging on individuals, families, groups, or places where circumstances indicate an extremely high probability of the occurrence of harm or victimization. Left unattended such situations will require a variety of emergency responses including police, fire, EMTs, Mental Health, Children's Aid, and others.

FOCUS TORONTO



Above is a helpful infographic about this initiative and you can learn more at www.toronto.ca/community-people/public-safety-alerts/community-safety-programs/focus-toronto/

The "acute" nature of these situations is an indicator that:

- Either chronic conditions have accumulated to the point where a crisis is imminent;
- New compelling circumstances have contributed to severely increased risks; and/or,
- If left unattended there are serious risks of either physical or psychological harm to self and others.

Situations can be brought forward to FOCUS when:

- Conditions of the situation have acute elevated risk as described above
- Intervention for a situation requires a multi-agency, wrap-around response.

DINNER WITH TORONTO FIRE CHIEF PEGG

By Amanda Sebastian, Volunteer

On February 8th, SCHC hosted a dinner and presentation with Toronto Fire Chief Matthew Pegg called "Resiliency Under Fire". One of our volunteers attended and wrote about their impressions of the evening:

When I think of someone needing support in getting through difficult situations, the Toronto Fire Chief isn't usually top of mind. Leaders like that, always seem calm and unphased by the chaos around them. Hearing the words, "I need help" coming from someone I watched lead our city through the pandemic really made me think.

If our leaders are getting help to be more resilient, why aren't we?

Chief Pegg spoke about the different ways he coped with one of the most difficult periods of his personal and professional life. He shared tips about creating routines, documenting the journey, and getting "Check-Ups from the Neck Up". He encouraged us to look at our own resiliency plans (make sure you have one!) putting out the fire of fear some of us had about admitting we needed help. No need to call 9-1-1, he brought help with him!



Above: Chief Pegg with CEO, Jeanie Argiropoulos
Below: Chief Pegg with Community Health Teams Director, Lynn Muir-Wheeler



PALLIATIVE CARE CONFERENCE

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



LIVING
'TIL WE DIE

Living 'Til We Die is the 2023 Palliative Care Conference hosted by Scarborough Centre for Healthy Communities. The goal of this conference is to explore important topics that our industry experiences every day. The conference is on Wednesday, March 29th from 8:00 am - 5:30 pm at the Scarborough Convention Centre and is a full day of networking, guest speakers, panels, and a tradeshow! The day includes Continental Breakfast, lunch, prizes, and giveaways. Get your tickets at bit.ly/3Z8kNUJ and learn more about the conference at schcontario.ca/palliativecareconference

INFLATION BITES

By Ruchika Wadhwa, RD,CDE, Diabetes Dietitian Educator



Ouch.. the inflation in 2022 has spilled into 2023. If you've noticed that your groceries cost more than usual, you're not alone. Skipping meals, overloading on caffeine, unhealthy food choices which may seem cheaper, and smoking are not solutions because of their adverse health effects. The good news is that you don't have to spend more to eat well.

- **Plan ahead of time** based on family favourite meals and weekly store sale flyers
- **Peel it yourself:** Buying foods in their close-to-natural state will always save you money
- **Don't shy away from frozen fruits and vegetables.** Frozen produce can be more nutritious than fresh that is being transported over 1000s of miles
- **Tip:** Produce can be stored in your freezer for up to a year
- **Be label smart:** Store brands are the same quality as the name brands but cost less. Look on the top and bottom shelves for the no-name brands.
- **Consider meatless meals.** Plant-based proteins are highly nutritious, and affordable, and can increase the volume and heartiness of the meal compared to meats and fish. Incorporate small amounts of meat as a base for flavor or as a condiment as needed while focusing on plant proteins like beans or tofu
- **Use smart substitutes:** Choose oats, canned crushed tomatoes, regular eggs over granola, fresh tomatoes, or omega-3 eggs
- **Stock up** on non-perishable staples when on sale such as cooking oil, rice, beans/lentils
- **Purchase foods and snacks that are satiating and filling:** a bag of chips may cost less than a bag of apples and last you longer.... but consider which will satisfy your hunger longer. Studies have found that non-satiating foods leave people wanting to eat more often = greater food costs
- **Don't buy more highly perishable items than you can use in one week**
- **Try growing your own kitchen garden in the summers**
- **Use what you have before buying more.**
- **Be conscious of your eating habits and eat attentively:** Practicing mindfulness can increase the enjoyment of the food. You may even be satisfied with smaller portions.

To seek the help of a Registered Dietitian call **416-847-4134**.

COLD, FLU AND COVID - OH MY!

By Amy Stephenson, Interim Manager Special Projects

Getting answers to health questions or access to care when you are sick can feel like a mountain to climb. This year's cold and flu season was further complicated by COVID-19 and Respiratory Viruses. Making the goal of accessing care and staying well all the more daunting.

This is the exact challenge that the Cold, Flu and COVID clinic (CFCC) aimed to combat. The clinic launched in January 2023, offering 30-minute assessments with a provider to anyone experiencing respiratory symptoms. The clinic's goal was to give residents the right care right when they need it. We aimed to keep people from excessive wait times in the ER or dealing with symptoms at home alone.

Patients told us that even though they had a family doctor they couldn't be booked in until weeks later. Or that they didn't have a provider to see at all. With limited wait times and walk-ins welcome, folks appreciated the personal care provided. This was especially true for sick kids that benefited from the slower pace and lack of white coats found in our clinic.



The clinic itself was staffed by local providers looking to reduce the demands they were seeing in the hospital. Many thanks to Carefirst, Scarborough Health Network, Scarborough Academic and more for supporting the clinic. *Above is a picture of a nurse assisting a client at the CFCC.*

ASK A NURSE, NOT GOOGLE

By Amy Stephenson, Interim Manager Special Projects

Is Dr. Google your first choice for health-related questions? Have you ever jumped from an upset tummy to wondering if you are getting enough Zinc?

We know that for many without a primary care provider, Dr. Google is their only option. Even those with a provider may find they can't just chat about how they are doing during an appointment. This situation doesn't have a quick fix but the HPCS team has found a more personal way to answer your questions.

The team of nurses and outreach workers has been running "Ask A Nurse" sessions in the community. We are connecting with community centers, places of faith and vaccine clinics. At these sessions, we help answer questions, connect community members to programs and services and help people feel seen. The team has been answering big questions around topics like Diabetes, Cancer screening and mental health. Our team loves getting out to linking people with trusted resources and pathways to care.



We have been returning to locations to build deeper relationships and better respond to community needs. *Above is a picture of our staff at one of the "Ask A Nurse" sessions.*

YOU'RE GOING TO LOVE THIS UPCOMING AUCTION!

By Debra McGonegal, Director of Communications, Marketing, Fund & Volunteer Development

The **2nd Annual SCHC Scarborough Love Auction** is a virtual auction, taking place from April 20th to 27th, 2023. The goal is to raise \$20,000 for three priority program areas needing funds: Youth and Children, Palliative and Hospice Care, and Seniors. Despite the pandemic, funds raised in 2021 helped deliver youth-led programs, including an in-person summer camp, and also provided 1,498 adults and seniors with wellness checks and activity kits. We raised enough to provide 5,558 more meals than the previous year to vulnerable seniors and individuals with disabilities.

We are pleased to announce a special event on Wednesday, April 26th to help conclude the auction. Guest **Catherine Hernandez**, an award-winning author and critically acclaimed screenwriter for the film "Scarborough" will be our special speaker for this event. Catherine will be doing a presentation called "What Would Ms. Hina Do?" which explores themes from her novel "Scarborough", concluding with a 15-minute Q&A. [To register for this event, please click here.](#)

We have over 150 amazing items up for bid including local business gift certificates, art, tickets to various attractions, electronics, toys, and games, many unique gift baskets plus more! But we need our community to participate and register to bid. Go to biddingforgood.com/schc. We will display a few new items each week until the full reveal on April 20th. Why not show your love of Scarborough, support a good cause and at the same time buy something for Mother's or Father's Day, or even treat yourself!? Please share our auction posts to get friends and family involved as well.



Photo credit Noor Khan

Above is Catherine Hernandez, author and screenwriter of "Scarborough". She will be the guest speaker for our special Scarborough Love Auction event.



During the week-long virtual "Scarborough Love Auction", you can bid on numerous items and services from Scarborough small businesses. Pictured are just a few of the businesses participating. From top left to bottom right: Body Forma, Bao Mama, Highland Fitness, and Mark's Pizza.