

Newsletter

Summer 2025

TORONTO COMMUNITY CHAMPION AWARD

By Abirah Chandraraj, Communications and Marketing Coordinator





SCHC is honoured to be recognized as one of the Toronto Community Champion Award recipients for the Scarborough region. Presented by the City of Toronto, this award celebrates the outstanding efforts of local organizations that contribute to the health, well-being, and resilience of Toronto residents.

For over four decades, SCHC has proudly served the Scarborough community by providing accessible, equitable, and transformational health and social services. From newborn care to end-of-life support, our programs meet people where they are, offering compassionate care tailored to the needs of our diverse population.

This recognition reflects the dedication of our staff, volunteers, and partners who work tirelessly to make a difference every day. Thank you so much to the community members who nominated us for this special award.

To learn more about SCHC and the impact of our services, watch this video created by the City of Toronto: https://www.youtube.com/watch?v=t0D1ano91gY

TOGETHER, WE IGNITE THE STRENGTH IN COMMUNITY!











June Issue

Newsletter

Summer 2025

3	CEO MESSAGE
4	MEASLES OUTBREAK AND PREVENTION
4	WORLD HEPATITIS DAY
5	RECAP OF CHEERS TO SCARBOROUGH 2025
6	MOTHER'S DAY FINE DINING EVENT
7	LATINA'S CELEBRATE INTERNATIONAL WOMEN'S DAY
7	BREASTFEEDING BASICS
8	RED DRESS DAY COMMUNITY WALK
9	FILIPINO HERITAGE MONTH - SAVE THE DATE
0	HUB FEST - SAVE THE DATE





Page 3 **Summer 2025**



CEO JEANIE ARGIROPOULOS

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

12CARE Inclusive **Innovation** Collaboration Accessibility Respect Equity

MESSAGE FROM THE CEO 🔡



SUMMER 2025

As we welcome the warmth and energy of summer, I want to take a moment to recognize the incredible people who make our work at SCHC possible—our volunteers. Your compassion, dedication, and time are the foundation of community health. Whether you're supporting food security programs, helping with seniors' wellness, or offering a friendly smile at community events, you are the heart of SCHC.

Summer is a time of renewal and connection, and this season offers important moments of reflection. June brings Pride Month—a celebration of love, diversity, and the right of everyone to live authentically and safely. We also mark National Indigenous History Month and National Indigenous Peoples Day on June 21st, honouring the strength, wisdom, and ongoing contributions of First Nations, Inuit, and Métis communities. And on June 19th, we observe Juneteenth—a powerful reminder of the enduring journey toward racial justice and freedom.

At SCHC, we are guided by a commitment to equity. These commemorations speak directly to our Strategic Priority Action on Equity: to remove barriers, amplify marginalized voices, and build inclusive health services that reflect the rich diversity of Scarborough. This work isn't confined to a season—it's a year-round journey—but summer invites us to come together, share stories, and grow stronger as a community.

Thank you for your continued commitment to equity, health, dignity, and justice for all.

Wishing you all a safe and happy summer.











Page 4 Summer 2025

MEASLES OUTBREAK AND PREVENTION



By Joanne Fernandes, Registered Practical Nurse

Measles is a highly contagious virus and can easily infect unvaccinated individuals. Over 90% of unimmunized people, who are exposed to measles, can become infected. This virus can cause blindness, hearing loss, brain injury, respiratory failure or even death.

Some of the initial symptoms include fever, cough, runny nose, and red, watery eyes. Those who are at the highest risk of getting severely ill are children,

pregnant, seniors and those who have weak immunity due to medications or health conditions.



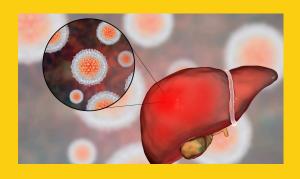
https://schcontario.ca/measles/





CELEBRATING WORLD HEPATITIS DAY

By Mish Waraksa, Nurse Practitioner



Over 200,000 Canadians are estimated to be living with Hepatitis C, and almost half aren't aware they have the virus. People can live with hepatitis C for years or even decades before they realize they have it. **World Hepatitis Day**, recognized globally on July 28, is a day to raise awareness about viral hepatitis and the impact it has on millions of people worldwide, and to help reach the global goal of Hepatitis C elimination by 2030!

This year, the SCHC Hepatitis C team is marking the occasion with a community barbecue at 4175 Lawrence Avenue East in partnership with the LEPP program. The Hep C Team and LEPP program will be co-hosting this event to promote Hepatitis C awareness, testing, and treatment. Testing for Hepatitis C is simple, requiring only a small drop of blood from the finger tip, and you can get your results in 5 minutes.

Together, we can reduce stigma, improve access to care, and work toward the global goal of eliminating viral hepatitis as a public health threat! Celebrate World Hepatitis Day with us!

Learn more about the Hepatitis team at https://schcontario.ca/programs/health-services/hepatitis-c/

Page 5 Summer 2025

CHEERS TO SCARBOROUGH A NIGHT OF FUN AND GIVING BACK!



Thank you to our amazing sponsors, donors, participants, volunteers, and SCHC staff. Your support made our Cheers to Scarborough auction a true success. Together, we've made a meaningful impact for youth and seniors in our Scarborough community. Let's keep building positive change together!



Watch the recap video here: https://www.youtube.com/shorts/ZeO32KXA05A























Page 6 Summer 2025

MOTHER'S DAY FINE DINING: A MEMORABLE MOTHER'S DAY CELEBRATION EVENT



By Carlos Almeida Marcillo, Project Coordinator





On Saturday, May 24th, 2025, the youth in our **Mind & Spirit Youth Leadership** program transformed the community room at the Hub Mid-Scarborough into a gourmet restaurant, offering a FREE fine dining experience for mothers and their families. The event featured two seatings, at 5:00 PM and 7:30 PM, allowing families to enjoy a delicious meal in a beautifully decorated setting.



The atmosphere was filled with joy and appreciation as mothers were celebrated for their love and dedication. The evening included heartfelt speeches, acknowledging the selflessness and resilience of mothers. The event was a resounding success, thanks to the efforts of our servers, kitchen team, community volunteers, and the support from SCHC staff.

We look forward to hosting more community events that bring us together and create lasting memories. Thank you to everyone who attended and helped make this Mother's Day celebration truly unforgettable.



Page 7 Summer 2025

LATINA'S CELEBRATE INTERNATIONAL WOMEN'S DAY

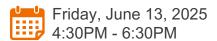


By Mercedes Riestra and Rosana Letterio, Community Health Ambassadors

Join us for this transformative experience created specifically for Latino women, part of our ongoing Tea and Wellness for Latino Women series—an opportunity to connect, share heartfelt conversations, and embrace holistic practices that support your well-being.

Held in Spanish, this inclusive and empowering space is designed to help you prioritize your health, build connections with other Latino women, and strengthen your sense of community—all while nourishing your mind, body, and spirit. Your wellness matters.

Reserve your spot today and take a moment for you.





Event admission is free, but registration is required. https://forms.office.com/r/gCEA9fvHtn





ELIGIBILITY: WOMEN +18 SPANISH-SPEAKING / NO CHILDREN

EMPOWERING FAMILIES THROUGH LACTATION EDUCATION

By Suad Abukar, Registered Nurse

SCHC is offering an ongoing educational series on lactation support. These sessions explore **breastfeeding essentials** such as recognizing infant feeding cues, mastering positioning and latching, monitoring milk supply, and knowing when to transition to solids. Parents and caregivers receive practical guidance on techniques like cradle, cross-cradle, football, and side-lying holds, including strategies for feeding multiples. Each session connects families with support resources. This continuing series empowers caregivers with evidence-based knowledge and confidence to support their infant's nutrition, development, and bonding.

First in-person session will be held on:



Friday June 20th from 11am - 12pm The Mid-Scarborough Hub 2660 Eglinton Avenue East Room: M05 Page 8 Summer 2025

RED DRESS DAY COMMUNITY WALK



By Rashme Nandakumar, Youth Network Ambassador

Red Dress Day is observed annually on May 5 to raise awareness about Missing and Murdered Indigenous Women, Girls, and 2-Spirit (MMIWG2S+) individuals across North America.

On Friday, May 9th, the Mind and Spirit Youth Leadership (MSYL) Committee hosted a Red Dress Day Community Walk to honour MMIWG2S+ individuals. event was held in recognition of Red Dress Day, observed annually on May 5th, a day inspired by Métis artist Jaime Black's poignant public art installation, which features red dresses displayed in public spaces to symbolize the lives of Indigenous women, girls, and 2-Spirit people who have been lost or remain missing.

Nearly 60 community members came together in a powerful demonstration of remembrance and solidarity. Participants walked side by side to raise awareness, honour the memory of those taken, and affirm our collective commitment to supporting Indigenous communities and advocating for justice.

We extend our heartfelt thanks to everyone who joined us, and to all those working to uplift and support Indigenous voices.

Together, we continue the important work of remembrance, education, and advocacy.











Page 9 Summer 2025

SAVE THE DATE



SCARBOROUGH SALU-SALO

A CELEBRATION OF FILIPINO HERITAGE MONTH

By Mimi S. Diumano, Community Health Ambassador

This year, SCHC and the Scarborough Ontario for Seniors Association (SOSA) proudly invite you to the first special gathering in honor of Filipino Heritage Month.

Join us for "Scarborough Salu-salo," an evening of great food, lively conversations, and shared stories! Inspired by the cherished Filipino tradition of coming together around the table, salu-salo brings people of all ages together to reflect, enjoy, and honour the vibrant contributions of Filipino community in Scarborough.

Enjoy a festive night with cultural performances, karaoke, fun games, and authentic Filipino snacks. Whether you're part of the Filipino community or simply want to experience culture, connection, and community, everyone is welcome. Feel free to wear your traditional Filipiniana attire and celebrate culture in style!

We can't wait to celebrate the first of many salu-salo with you!









HUB FEST 2025

By Laura Mckim, Hub Coordinator

The Community Wellness & Engagement team is thrilled to announce the return of our Hub Summer Festival in 2025.



This family-friendly community celebration will feature:

- Free food and drinks
- · Live entertainment and fun activities for all ages
- Raffles prizes
- Local vendors and outreach teams sharing valuable program and service information
- And much more!

It's a day to connect, celebrate and enjoy everything Scarborough has to offer.

Registration and full event details will be available by the end of June. For more information, please contact Hub reception at: Email: hubadmin@schcontario.ca Phone: 416-642-9445 Ext 7555

Let's make Hub Fest 2025 the best one yet! We can't wait to see you there.

THANK YOU!



If you wish to help support our programs and services, go to our website to DONATE NOW through our secure webpage.





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