SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES

Turning Over a New Leaf:
News and Events
September 2023 | Fall Issue

COMMUNITY VIOLENCE PROJECT

Amy Stephenson, Interim Manager - Special Projects

Community violence in Scarborough has long been a pressing concern that demands increasing attention and action in the wake of the pandemic. We recognize that violence is often rooted in a combination of factors, including limited access to quality education, employment opportunities, and social services.

In response to the increased incidences of violence in the community, SCHC has launched various programs to target community violence at distinct levels. This multi-faceted approach aims to look at the causes of violence and a holistic approach to supporting the community.

Intervention: Family Well-being and Youth Violence Prevention programs are aimed at reducing incidents of violence. These programs look to connect with those at risk and identify and implement protective factors.

The Family Wellbeing Program uses an ambassador model to connect with parents, caregivers, and extended family members who are support youth. They work one on one to build awareness of and access to holistic supports and services. Our ambassadors have helped connect parents to mental health supports and provided accessible recreation options so their kids could make the most of summer, and more.

The Youth Violence Prevention program is working with youth at Cedarbrae Collegiate Institute, and David and Mary Thompson Collegiate Institute to bring workshops and support to at-risk youth. These workshops aim to teach valuable life skills and earn them credits for their high school diplomas. Supporting youth to create their pathways to success in school and beyond. A social worker is available to work one on one with students who would benefit from structured mental health support. Impact: We are also looking to support those who have been directly impacted by community violence.

The Community Violence Wellbeing & Recovery Program (CVWRP) brings support to residents impacted by community violence. Dedicated social workers provides trauma-informed care to support mental health and well-being. Alongside, caseworkers provides navigation to services and long-term support. This team has played a critical role in supporting those impacted by recent incidents.



MESSAGE FROM THE CEO
FALL 2023



CEO JEANIE ARGIROPOULOUS

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
I2CARE
Inclusive
Innovation
Collaboration
Accessibility
Respect
Equity

Our vision at SCHC is to ignite the strength of community. As we enter into fall, I reflect on how strong our Scarborough community is. This summer we had so many opportunities to host and participate in local community events. These opportunities to engage with our Scarborough residents inspire our vision, because we see the strength in the community, and we experience the impact that is made collectively.

One example of this impact is the results of our Board of Directors' Summer Food Drive. Each summer we see a decrease in food bank donations, while the needs persist, especially as children are home from school and don't have access to the various food programs that are available through school boards and before and after school programs. Our Board of Directors stepped up and responded to our call for action. Many hosted food drives in their communities, at their work, they spearheaded donation campaigns and lent a helping hand at the food bank. They ignited the strength of community to address this gap and help fill the food bank shelves, so a big thank you to them for their leadership in addressing food security for Scarborough residents!

So, as we enter fall and the days get shorter and cooler, I encourage us all to continue to connect with our community, our neighbours, our faith groups, and our charities. Continue to be a flame that sparks the health and wellness of others and in return, you will feed your own soul and well-being.

To learn more about opportunities to get involved please visit us at www.schcontario.ca.

SCHC'S EARLYON COMMUNITY FESTIVAL EVENT

Chanel Fyffe, EarlyON Program Facilitator & Jennifer Botelho, Coordinator of EarlyON

As a non-profit organization, we want to make memories that can be shared for years to come and that was what we were able to create on Wednesday, July 26, 2023! Our unique Outdoor Festival was hosted at our location of 4110 Lawrence Avenue East. In partnership with Toronto Community Housing, Toronto Police Services 43 Division and Native Child Family Services. Our wonderful team built a strong union between family members and community organizations. There was laughter, music, dancing, face painting, henna and food for everyone to enjoy. A special performance by New Dimensions Steel Orchestra Soloist also amplified interactive participation by children and youth!

The help was plentiful as our community stepped in to bbq and serve food. This event was made possible by many moving connections both internally and externally as well as funding from our City of Toronto Black Innovation Grant. We wish to extend a warm thanks to all volunteers, SCHC departments, partnerships and organizations that attended in this powerfully positive gathering.







FORGET ME NOT CAMPAIGN

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

Forget not the memories, the laughter, the struggles, the triumphs, the beauty of a life lived. The Hospice Palliative Care team will be hosting a "Forget Me Not" Fundraising Campaign throughout November. The purpose of the campaign is the raise awareness of our services, which are free, to those living with a life-limiting illness and/or people who are grieving. Our team focuses on supporting clients to live each day to the fullest, empowering choice, enhancing the quality of life, providing holistic care and services, and most importantly, celebrating life.



Another campaign focus is raising funds to better support the program. With a donation of $5, participants will receive a package of Forget Me Not seeds which they can plant in honor of loved ones they have lost. Campaign booths are scheduled at various locations throughout Scarborough. Check out our webpage to find out when a booth will be accessible near you and to hear stories from clients and the team. We will be hosting a Celebration of Life Open House on November 21st to conclude the campaign at the Hublet, located at 2682 Eglinton Ave. East from 6 pm to 8 pm. Our Hospice Palliative Care team will be available to share more about our programs and services and to engage in some activities together.

If you have any questions about this event, please contact Jackie at jmalik@schcontario.ca or (416) 949-8132



PRIDE PARADE 2023



Amy Stephenson, Interim Manager-Special Projects



In the picture from left to right

Friend of doctor, Dr. Sarker who did his residency with SCHC, Amy Stephenson, James Schembri (from the Scarborough Ontario Health Team)



In the picture from left to right

Vanessa Hill (SHN), Physician (SCHC), Amy Stephenson (SCHC) Diane Duncan (SPLC), Physician friend, Janie Leopold (Client Family Advisor), Jasper Rottiers (East Toronto Client Family Advisor), James Schembri (SOHT)

Sunday, June 25th saw the first unified march with all eight of the Toronto Region Ontario Health Teams (OHT) at the Pride Toronto 2023 Parade. Over the 2.5 km walk, the group supported the event theme of "Here, There, Everywhere". Having representation from all Toronto Region Ontario Health Teams helped to show that wherever you access care you are welcomed and supported.

SCHC is proud to support this message at Pride and in our daily actions. We work hard to make SCHC spaces safe and welcoming to all, including 2LSGBTQ+ communities. Creating safe spaces for the 2SLGBTQ+ communities is a priority for SCHC and is embedded into our Strategic Direction under Action on Equity.

The event saw over 250 organizations marching in the Parade and thousands of attendees lining the city streets celebrating. We walked the walk of working together to deliver better care for everyone.



CULTR KITCHEN THIS FALL

Vanessa Alphons, Health Promotion Specialist

Cooking for wellness, health and enjoyment are some of the reasons participants of the CULTR Kitchen cooking program return each season.

Led by a registered dietitian and a health promotion specialist, the program applies scientifically proven practices to create delicious meals that work to prevent common health issues such as cardiovascular disease, depression, diabetes, and more. The program also spotlights the realities of eating healthy in the current economy and showcases ways to prepare superb dishes on a meager budget. This season of CULTR Kitchen focuses on gut health and how our gut ecosystem can be protected to avoid inflammation and discomfort. A feature recipe for this season is a 6-ingredient Red Lentil Curry, with ingredients that can be accessed from your pantry or the local food bank. ***Registration for this program is open.***

For more information, check out our flyer here.

FUN IN THE SUN: SENIORS DAY TRIP

Anthony Rampersad, Coordinator, Active Living Centre



We're thrilled to share the wonderful journey our seniors enjoyed during the recent Niagara Falls Trip – a day of awe-inspiring experiences and delightful companionship. From the heart-pounding adventure of the falls to the charm of Niagara-on-the-Lake, our seniors reveled in every moment. The day began with an invigorating Hornblower Niagara Cruise, offering an up-close encounter with the sheer power and mist of Niagara Falls. Sailing past the American Falls, Bridal Veil Falls, and into the heart of the iconic Horseshoe Falls, laughter and excitement echoed over the sound of crashing waters. Following this, our group explored the charming town of Niagara-on-the-Lake, strolling through its picturesque streets, and immersing themselves in its rich history and culture. The town's character and heritage left a lasting impression on everyone. As the sun began to set, our seniors returned to Scarborough with hearts full of treasured memories. This trip was more than just a destination; it was about forging connections and sharing experiences that enhance the vibrant tapestry of our SCHC Active Living Centre community. We extend our applause to our seniors for embracing this adventure with enthusiasm and to our dedicated staff for ensuring a smooth and joyful experience.

GLO CAMP 2023

Ananya Kapoor, Youth Volunteer

Throughout the course of this summer's GLO Camp, many curious minds were provided with an enriching and positive experience that left a lasting impression. Every day campers participated in engaging activities with their peers, and they developed long lasting friendships. Campers participated in a variety of physical and team building activities, with the goal of creating meaningful relationships with one another and with the community. By facilitating planned activities to widen the skills and knowledge of our participants in areas such as the arts, the campers were able to engage in developing emotional intelligence and self-awareness. In collaboration with GROW, our summer youth leadership program, children were exposed to many young leaders and positive role models who facilitated games and activities for active participation. As a previous child participant for the GLO camp, the time spent being one of the leaders and allowing another group of children to have the same experience that I had for the many years that I attended, was very memorable and nostalgic. On a few occasions, the children engaged in food related activities, making desserts such as cake pops, dippin' dots, and chocolate dipped fruits. We strongly believe in giving younger children opportunities to learn and grow in the community. We hope we achieved that this past summer.







LET'S DANCE, LIVE, & ENJOY LIFE

Laura Mckim, Mid-Scarborough Hub Coordinator



The lively and fun-loving original members of L'DLEL. From left to right; Rene, Mona, Myrna, Mercy, Fely, Luz, and Edgar. (Not in picture are Waldy and Bennie.)



Dynamic members of the Latin Line-Dancing group



The vibrant world of dance...

If you stop by the Hub on a Friday afternoon, you will find a lively, fun, and energetic group of dancers who will extend you a warm invitation to join them.

Let's Dance, Live and enjoying Life, known as L'DLEL, is a volunteer dance group that offers free Latin line-dancing lessons to people in the community. Mercy, an inspiring and joyful soul, started this group with Mona and Edgar during the pandemic to bring some cheer and movement into people's lives. This social and recreational activity promotes active living and builds a strong sense of connection between participants.

The oldest female member is Angie, at 82 years old, and their oldest member overall is Richard, at 86 years old! And although he just joined L'DLEL in March, he recently participated in one of the group's many community performances. Richard, Angie, Mercy, and the L'DLEL members are a source of encouragement and motivation to us all.

The dance classes are free at the Hub every Friday from 1-3 p.m. and are open to community adults and seniors who are interested in line dancing. We welcome everyone, so come by the Hub and get moving to the music.

CALL IT A SPADE

Randy U., Peer Support Worker/Hub Program Assistant

The Call it a SPADE (Safe Positive Accepted Drop-in Environment) project has created a safe, supportive, and judgment-aware environment for individuals where they receive fellowship, hot meals, and resources to assist them on their path to success. The program aims to provide a greater sense of community belonging and connection to one another with weekly group sessions. I want to thank all the attendees and support staff for helping me make this program what it is and what it will become one day.







THE HIGHLIGHTS OF 2023 GROWING LEADERSHIP

Anonymous, Youth Summer Staff

Through a variety of activities, games, and workshops, the five-week GROW Youth Camp seeks to foster leadership traits in young people in Scarborough, Ontario, aged 11 to 17 years. This year's program was set up to have a weekly allocated theme related to leadership. An example would be teamwork, which included a variety of entertaining games (i.e. an elastic cup stacking game, escape room, "Michael Myers," capture the flag, etc.) and workshops like "How to be an Effective Communicator and the 5 Styles of Communication". This year, a points-based system was implemented within groups, where participants could earn points through games and activities and had the opportunity to use them in a variety of ways, such as spending points on prizes to inspire them further. The purpose of this system was to help develop good spending habits. In the second last week, the youth took on the huge responsibility of facilitating activities for the children, a tradition of GROW, to demonstrate their abilities. "It was a good learning experience for me; it helped me develop communication and leadership skills for school and beyond," Ami Junior, a past participant and current worker in the program. The program this year also included side perks, such as volunteer hours, excursions, and gift cards! We are immensely grateful to the Kiwanis Foundation for generously providing a grant of $10,000 to make this youth camp possible.



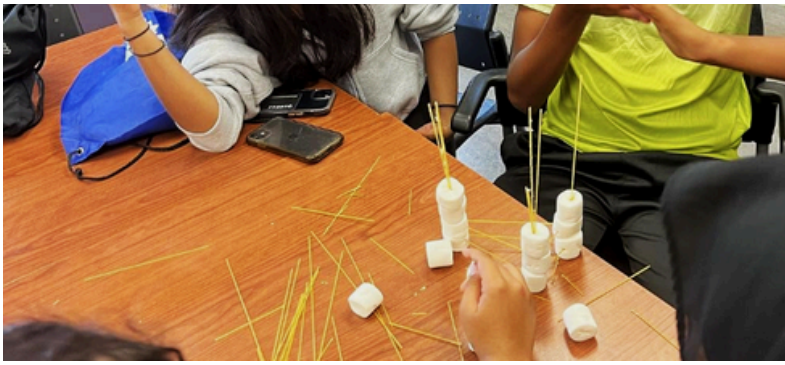
The participants had to perform a series of activities and puzzles in order to find the key that would unlock the escape room. The image above captures a team discovering a hint. This challenge enabled the campers to exercise their critical thinking and problem-solving abilities.



The youth facilitated games and activities for children. Above is a photo of Team 4 leading Octopus for the children and youth. "It helped me learn how to communicate and collaborate with others and also gave me an opportunity to step up," Shuna, a three-year GROW participant, expressed.



"Why are you late?" is a variation on charades. The campers were required to provide the "Boss" an explanation for why the "Employee" was late while they were absent. When the "Employee" enters the room, the others must play out the justification they gave, when the "Boss" is not looking. This entertaining game required effective nonverbal communication and coordination



Youth participants had 30 minutes to construct a structure out of 20 spaghetti sticks and marshmallows during Week 2: Problem Solving and Critical Thinking. The five tests — wind, shake, height, weight, and aesthetics — were used to determine which tower met the best criteria. The image up above shows Group 2 assembling their marshmallow structure.

NEW! SCHC SITE VIDEOS

Site videos available on our YouTube page

SCHC Ontario

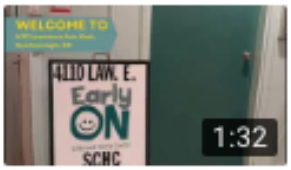
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SCHC Food Bank

Nourishing Hope, Building Community: Embarking on a Journey Through the SCHC Foodbank's Heartfelt Service. To learn more about the SCHC Food...

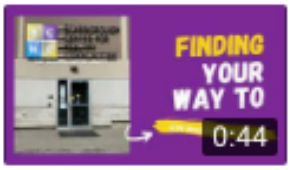
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SCHC EarlyON Child & Family Centre

Exploring Boundless Horizons of Learning and Play at SCHC EarlyON - Where Every Step is a Journey of Discovery! To learn more about the SCHC EarlyO...

3



SCHC 629 Markham Rd

This is the SCHC 629 Markham Rd Unit 2 office located at Markham & Lawrence. To learn more, please visit our website: www.schcontario.ca

4



SCHC Mid Scarborough Hub

This is the SCHC Mid Scarborough Hub located at Brimley & Eglinton. The current HUB partners are: - YMCA - Vasanthan - Big Brother Big Sister -...

CLICK TO VIEW THE VIDEO!

1 SCHC FOOD BANK

2 SCHC EARLYON

3 SCHC 629 MARKHAM RD

4 SCHC MID SCARBOROUGH HUB