

Scarborough Centre For Health Communities

COVID-19 Emergency As of April 20, 2020

Food Bank

4100 Lawrence Ave E. for more information: phone number 416 847 4147

Operational hours:

Wednesday 10:00 – 11:00 (mobility clients) & 12:30 to 3:30

Thursday 2:00pm to 4:30pm

Friday 10:30am to 1:00pm

Prepackaged hampers. Some 'fresh' items are available – bread, dairy, meat and veggies. We ask that you do not come early to line up & stagger your arrival times throughout the program.

Procedure:

Come around the back of the building on the side with Galloway rd. Practice physical distancing and read posted signage or ask a staff for direction if unsure. Bring bags to carry food in or a buggy and client cards if you have one.

Donations:

While we are appreciative of the support we are asking for monetary donations to be made via online portal (on our website) or cheque made out to Scarborough Centre for Healthy Communities – Food Bank.

Transportation

Scarborough Ride and Transportation is available for medical appointments, and weekly Shopping trips. Hemodialysis: For individuals receiving dialysis minimally 3 times a week who are not eligible for Wheel Trans and have no family support.

Boundary: North - Steeles, South - Lakeshore, East – Pickering Town Line, West – Victoria Park for Scarborough Ride, Brimley for Hemodialysis

Intake required. Fee for service

Virtual Emotional Support and Counselling

We will provide emotional support and counselling by phone for individuals that are dealing with caregiver stress, grieving, abuse, isolation, and pandemic coping. Our boundary is from Steeles Ave in the North, Pickering Town Line in the East, Lake Ontario in the South and Victoria Park Ave in the West.

Intake required. No fee for service

Meals on Wheels

Meals on Wheels will continue to deliver frozen meals to people in need of nutritional support during this emergency. Clients may receive meals on a short- or long-term basis, once a week, every Thursday depending on the needs of the individual. Please call and register by Monday before 3pm. Each frozen meal can consist of an Entrée, Soup and Dessert. Entrees may include meat, fish, or poultry with potatoes and vegetables, rice or pasta. We accommodate special diets such as diabetic, low fat, low sodium, minced, vegetarian etc.

Boundary: East of Brimley Rd to Pickering Town Line South of Steeles to the Lake

Frozen MOW Delivery Time: Every Thursday 11:00 a.m. – 2:00 p.m.

Intake required. Fee for service

Home Support Services

The Respite care program provides relief to individuals caring for loved ones. The service includes Personal Support Workers who can provide supervision, medication reminders, personal care, and light housekeeping, shopping and meal preparation.

Boundary: East of Brimley Rd to Pickering Town Line South of Steeles to the Lake

Intake required. Fee for service

Telephone Courtesy Call and Safety Checks

Providing telephone courtesy calls for safety check and social interaction to our clients in our programs. **Intake required. No Fee for service**

Community Support Services information: cssintake@schcontario.ca or call 416 847 4134

Community Health Centre

Medical Clinic

Markham Site: (416)-847-4101

Sheppard Site: (416)-297-7490

Eglinton Site: (416)- 640-7391

We continue to provide our clients with medical services during the COVID-19 pandemic at select SCHC Centres. We have implemented pandemic preparedness procedures and continue to monitor COVID-19 developments as they arise, with everyone's health and safety in mind.

Inter professional primary care call 416 847 4165

We continue to provide our clients with services during the COVID-19 pandemic at select SCHC Centers through a combination of virtual and face to face. We have implemented pandemic preparedness procedures and continue to monitor COVID-19 developments as they arise, with everyone's health and safety in mind.

Diabetes Education Program call 416 847 4160

We are providing diabetes education virtually except for clients who require urgent insulin starts.

Community Hospice Program: 416-847-4111

Palliative System Navigation

Hospice Palliative Care is compassionate, holistic healthcare that aims to relieve suffering - physical, emotional, mental and spiritual – and improve the quality of life for persons who are living with or dying from a life-limiting illness or who are bereaved. RN Nurse Navigators can help you and your family to access the services and supports you need at this time.

Intake by RPN Intake Nurse. No fee for service.

Psychosocial Spiritual Care

Registered Psychotherapist (RP)/certified Spiritual Care Practitioner is providing ongoing support for existing and new referrals of people who have been diagnosed with a life-limiting illness and their caregivers. Emotional, social or spiritual support is offered by phone or tele-conferencing, Tues-Thurs. **Intake Required. No fee for service.**

Virtual Hospice Care Companion

Trained volunteers will provide telephone companionship and support to people who have been diagnosed with a life-limiting illness and their caregivers.

Intake Required. No fee for service.

Virtual Peer Bereavement Support

Trained volunteers will provide telephone peer support to people who have experienced the death of someone close to them.

Intake Required. No fee for service.

Palliative Pain and Symptom Management Consultant (PPSMC)

The PPSMC remains available to support health care providers in Scarborough. Support including consults for pain and symptom management and may be provided through phone calls and emails. Additionally, with the rapid speed information is being updated and the plethora of information available, the PPSMC can assist health care providers with locating information and documents.

Please Note: The PPSMC service does not include responding to inquiries or education activities for the general public.

Virtual Youth Health Programs

Target Demographic: Youth (aged 13-18) **Programs and Services:**

- Virtual workshops and group programs offered using zoom
- Wellness check-ins and resources

Updated program schedule available upon request

For more information about programs or to register, contact:

SCHC Child and Youth Facilitators: Gnanu, 647.382.9193 or Renee, 647.521.5755

Virtual Seniors Health Programs

Target Demographic: Seniors (aged 55 +) **Programs and Services:**

- Virtual workshops and group programs offered using zoom
- Wellness check-ins
- Resource information

Updated program schedule available upon request. For more information about programs or to register, contact: SCHC Seniors Health Program Coordinator: Debbie Lee, dlee@schcontario or 416.277.0025

Social Media and Community Engagement

- SCHC wellness resources
- SCHC programs and services information sharing
- SCHC Covid-19 emergency response information sharing
- Covid-19 community resource information sharing

For more information or to follow SCHC on social media, visit www.schcontario.ca

SCHC Child/Youth Health Program Coordinator: Arifah Yusuf, ayusuf@schcontario.ca

SCHC Community Health Program Coordinator: Dominika Siematkowska, dsiem@schcontario.ca

For more info or to register for Covid-19 services please contact

**For more services please contact SCHC at 416-642-9445 or
info@schcontario.ca www.schcontario.ca**