

WHAT'S INSIDE

SCHC Annual Food Fight

Message from the CEO
May 2021 - Pg 2

Black History Month Staff
Spotlights - Pg 3

On The FrontLines: How
Staff Members Dedication
Makes SCHC's Vaccine
Clinic Possible - Pg 4

Inside the Transformation to
Our Vaccine Clinic - Pg 5

One Year Later: Tips on
Coping in a Pandemic - Pg 6

Celebrating National
Volunteer Week - Pg 7

HEAL: Hope Exists After
Loss Youth Program - BC

Editor: Debra McGonegal

SCHC Annual Food Fight Returns

DEBRA MCGONEGAL: DIRECTOR OF COMMUNICATION AND DEVELOPMENT



SCHC Website Stories



Catherine Ho

My name is Catherine Ho and I am a volunteer for SCHC Palliative Care Program...[Read more](#)

Every month SCHC adds a story from our clients, volunteers or staff members.

Every summer, we look forward to going on vacation and, this year especially, more of us will want to enjoy cottages, wine country tours and visits to the beach. So, understandably, donations of food and funds to the Food Bank decline and the market shelves empty. The stock of necessary items decline for the clients that can't escape from their apartments in Scarborough and still require a weekly visit for essential goods to help make ends meet for their family.

This is why, every summer the Food Fight campaign is launched to make sure that no one gets turned away hungry. Watch the video <https://www.youtube.com/watch?v=TvjGDORcPIw>

visit the Food Fight page <https://www.schcontario.ca/foodfight.html>

to see other ways you can help or go directly to <https://www.schcontario.ca/donate-now.html> and make a donation for the community residents in Scarborough.

Message from the CEO May 2021



CEO Jeanie Joaquin.

As we enjoy the warmer, longer days of spring and summer, we can also see the light shining as we prepare for a return to a pre-pandemic time. I am very pleased that, just as SCHC has helped Scarborough stay healthy over the past year, we are also playing an important

role in providing vaccinations for our community. Our Hub at Brimley and Eglinton has been transformed into your neighbourhood vaccination clinic. Find out all about it on pages 4,5 and 8.

We are also very excited to start planning for the return of more in person services, as the provincial and public health guidelines permit. The last 16 months have shown the resiliency and innovation of our staff and clients as many of our programs moved to virtual platforms, but we all miss the in person connection that makes SCHC so important to our communities.

The pandemic will define a shared point in our world history as an exceptional time. However, for me it will also define a time when communities came together to support the physical, psychological, social, emotional, economical and spiritual aspects of health and wellness of our Scarborough community. I am very proud to be part of a team of heroes that were selfless in their commitment to the mission of SCHC. From our food bank employees that never left the front lines of the food bank, to our PSWs that continued to provide in home services to our clients, our transportation team that makes regular wellness calls to clients, to our SCHC nurses, doctors, social workers, dieticians that made sure they were available to their patients, and our dedicated vaccine clinic staff thank you. All our staff found new and innovative ways to help clients stay connected, and to all of them, a huge thank you! You all embody our [ICARE](#) values.

You are all the heroes of SCHC!

About Us

Scarborough Centre for Healthy Communities (SCHC) is one of the most established and comprehensive community health organizations in the province. The organization owes its beginnings in 1977 to thirteen community agencies, a core group of community leaders and countless volunteers who identified emerging health and social needs within Scarborough. We work with over 550 volunteers and 200 staff to offer 38 distinct and integrated services across 11 sites. In order to remain a client-centred, integrated, engaged and proactive organization, we have continued to work closely with our community members and foster partnerships that address pressing needs, setting new standards of excellence in community health.

We're On Social Media



@SCHCOnT



SCHCONT



@SCHCOnTario

Black History Month Staff Spotlights



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"You may not control all the events that happen to you, but you can decide not to be reduced by them." - Maya Angelou

Black history month for me is a time to reflect. It is also a month to revitalize the need to strive to be and/or facilitate that change I want to see. Dr. Martin Luther King Jr. once said that "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that" and that's why I really hope love is the next pandemic.

Crystal Chisom Nwakpadolu
 Health Promotion Specialist

BLACK HISTORY MONTH




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"It doesn't matter how strong your opinions are if you don't use your power for positive change you are indeed a part of the problem" - Coretta Scott King.

I once saw a post that said "being black is amazing it's the world around us that is exhausting." In a society where individuals are still judged based on the colour of their skin, quotes like these serve as a breath of fresh air. A gentle reminder to be kind to ourselves, to love ourselves, to stand tall in our blackness, to know that we are enough. Black history month does the same, it provides an outlet for our history to be showcased and celebrated. For the greats such as Viola Desmond, Jean Augustine, Marcus Garvey and George Washington to be remembered and honored.

Roshelle McNail
 Social Support Coordinator

BLACK HISTORY MONTH




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"When the moon is shining, the cripple become hungry for a walk" - Chinua Achebe

The lack of adequate evidence of over 400 years of Black oppression, prevented many people from understanding the purpose of the Black Lives Matter Movement.

As health care professionals, one of our obligations is to create a welcoming environment for individual stories to be told from diverse perspectives.

In so doing, we will continue to break down the power of stereotypes, reduce the danger of a single story, and increase the opportunity to harness the strength of our diverse community.

Shota Alabi
 Community Engagement Manager

BLACK HISTORY MONTH




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 As a Black woman and a professional, one would think I am insulted from the vice-like grips of Anti-Black racism. I know first hand that as a result of my Blackness, the racism I experience will be different in many ways, worse than the racism that other communities of colour encounter.

Over the years, you learn to develop an armour against any kind of racist vitriol. I am fortunate to work in a team of Allies who are actively promoting and aspire to advance the culture of inclusion through intentional and conscious efforts that benefit me as a team member as well as clients and the community. I feel hopeful for the future after the announcement by the CEO regarding the bold steps being taken by SCHC leadership to dismantle Anti-Black racism and render the Black experience visible in the organization.

Dorothee Chopamba
 Social Worker/Psychologist

BLACK HISTORY MONTH




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 We are able, strong, resilient, and powerful beyond measure and this makes me be proud to be a strong black woman. Black history month is something that I always look forward to, I look forward to reflecting on all of the great leaders and events in the history of black communities. I look at black history month as an opportunity to identify my own strength and abilities. I view black history month not only as a time for reflection but as a time for celebration, to be able to celebrate being thankful for those who paved the way for us to believe in ourselves and see the power that we have to make changes in the world.

It's a month that is used to understand the roots of being an Afro-Caribbean woman reflecting on all my accomplishments. Lastly, it gives a chance to recognize all of the work that is being done by leaders in our communities today and see the strength in the black communities.

Annakim Ffrench
 Mental Health Case Worker

BLACK HISTORY MONTH



Every February, people in Canada are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians and their communities. The 2021 theme for Black History Month was: "The Future is Now". "The Future is Now" is a chance to celebrate and acknowledge the transformative work that Black Canadians and their communities are doing now. This year, SCHC showcased employees that are part of that work. SCHC is proud to be on the journey of advancing equality and improving health inequities in our organization and in the Scarborough community.

On The FrontLines: How Staff Members Dedication Makes SCHC's Vaccine Clinic Possible

LORI BEESLEY, JASON POSNANSKY, NP, CHRIS PINTO, RD, JOANNE FERNANDES, RPN, KAREEMA NIZAR, NP-PHC



Staff direct visitors through the 3 steps of registration, vaccine administration and waiting area.

The Hub being transformed into a vaccine clinic has received great praise from clients, staff, and the community overall. However, this wouldn't be possible without the remarkable commitment and dedication of different staff members from various departments, with one common goal. Keep the people of Scarborough safe. Read below to get the perspectives from some of these staff members and how this experience has been.

I'm the Coordinator of Volunteer Engagement and Student Placement at SCHC. Being asked to get multiple volunteers to help at the vaccine clinic for 10 hours a day, 7 days a week, was a challenge. However, the callout for support was readily answered and now almost 40 people volunteer regularly. Scheduling

a volunteer "staff" of that many people has not been without its ups and downs but we are fortunate to have a wonderful, dedicated group. These volunteers want to help make history happen with no other reward than knowing they are making a valuable contribution to their community.

- Lori Beesley

Over the last couple of months I have observed the dedication of the team members from the Scarborough Centre for Healthy Communities (SCHC) and the Scarborough Health Network (SHN) come together valiantly to meet the urgent needs of our high-risk community. At SCHC we opened an extension of the SHN Covid-19 vaccine clinics (CVC), which began by prioritizing the most vulnerable. We continually

strived to overcome any barriers our clients may face, such as reduced physical mobility, transportation concerns, language barriers and any other challenges that arise. It's encouraging to notice clients eager to receive the vaccine, so that soon their families and community will be safe and resume some sense of normalcy in the months to follow.

Jason Posnansky, NP

"As a site lead at the COVID-19 vaccine clinic, when I arrive I make sure all of the staff know where they are going and I lead the team huddle to go over all over the important points like eligibility criteria, how many people we have booked and safety protocols. During the day, I assist with helping those who may not be eligible for the vaccine. I miss my clients and my role as a Registered Dietician but I feel the amazing team spirit of those at the clinic! Everyone works together to give our clients access to the vaccine which is so important because everyone needs to get vaccinated."

- Chris Pinto, RD

"As an observation nurse, I interact with a lot of clients by providing post vaccine care health education. In this position, it is critical for me to ensure patients feel supported. With COVID-19, I didn't get to work with my usual team as we rotated staff on-site but now I get to experience that large team approach again

working at the clinic. Everyone is supportive, patient and helpful to one another, as well as the clients, and this enables us to deliver services efficiently.”

- Joanne Fernandes, RPN

“Being a charge nurse and vaccinator entails coordination and constant communication with vaccinators, the pharmacist and site lead. Being a part of the vaccine clinic has allowed me to appreciate and value the hard work and dedication of our team to make this clinic a successful and rewarding experience during these challenging times.

- Kareema Nizar, NP-PHC



Staff at the Clinic entrance ask Screening Questions, confirm appointments and eligibility.

Visit the blog <https://www.schcontario.ca/blog> to read more from these staff members and watch our YouTube video:

<https://www.youtube.com/watch?v=kSZOwdvzOwk&t=3s> that provides an inside look into our clinic!

Inside the Transformation to Our Vaccine Clinic

DANIELLE RAWLS, VACCINE CLINIC PROJECT MANAGER/QUALITY IMPROVEMENT + KNOWLEDGE TRANSLATION FACILITATOR & DEBY KANAGARAJOO, VACCINE CLINIC CLINICAL MANAGER/REGISTERED NURSE

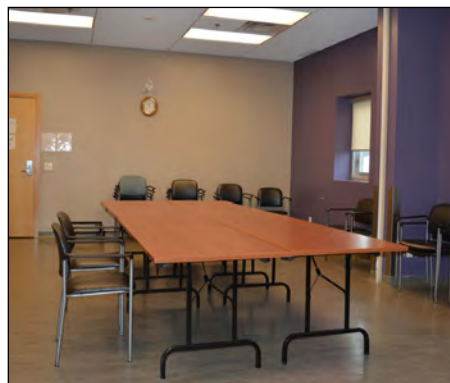
The Hub clinic is a hidden gem in South Scarborough and is the first of a new model of integrated service delivery hubs at SCHC. The HUB, a normally busy place itself, sees clients from various partners and the home of one of our CHC clinics. Now, after moving lots of furniture and adding lots of signage, it has been transformed into a COVID-19 vaccine clinic serving the Scarborough population.

We are proud to have partnered with Scarborough Health Network (SHN) in this special project with both SCHC and SHN staff joining forces to help aid in vaccine distribution. We have amazing staff members in roles such as clinic eligibility screeners, registration clerks, navigation staff/volunteers,

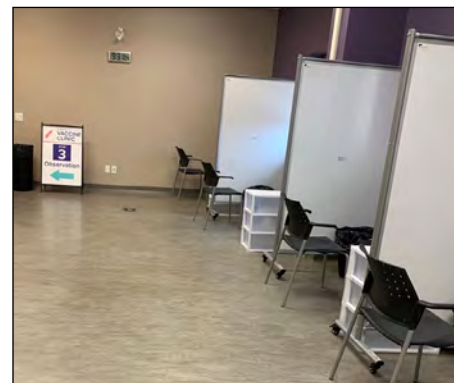
vaccinators, observation nurses, charge nurses, supply runners, site leads, physician lead, clinical leads, clinical manager, and project manager. These staff have been cross-trained so they can participate in multiple roles, within their scope of practice. This illustrates the team work and common mindset of our entire team and results in the numerous

compliments of our efficiency as they ensure our 3-step process is in place.

In summary, the HUB has always been a welcoming place and now, with the vaccine clinic within it, it has become a place of hope. We are so proud of the team working at the COVID-19 vaccine clinic and are privileged to do this important work.



Vaccine Clinic before and after



One Year Later: Tips on Coping in a Pandemic

MARIA BORGAI MSW RSW SOCIAL WORKER – DIABETES PROGRAM

Covid 19 has plagued us for over a year now, taking a toll on our physical, mental and emotional health and wellbeing.

It has meant adapting to huge changes in our lifestyle and everything that we knew to be normal - such as going to work, shopping, meeting friends and family, going on trips, visiting the gym, going to places of worship, celebrating joyous occasions, and even supporting family and friends in grief. Freedom of movement is now restricted compounded by a fear of getting ill.

Coping with all of these changes for such an extended time has created feelings of anxiety, stress and fear. Worries abound – will life ever being the same again?

In the face of these challenges, here are some thoughts on how can we cope:

Maintain a positive attitude – a positive attitude will help us embrace change, improve resilience and find creative solutions to challenges.

Practice Self Care – self-care is important to stay grounded despite changes. Self-care includes regular exercise in a safe environment, healthy eating and getting enough sleep. Find ways to stay grounded by being mindful in all you do. Incorporate meditation and relaxation techniques into your daily routine. Practicing gratitude, spirituality and faith will help bring hope and strength in these stressful times.



Stay socially connected – maintain social connections with friends and family over the phone or through technology. Don't be afraid to ask for help since most people would be happy to help. Also, reach out to elderly and vulnerable people in your life who

don't have access to technology but might need your support.

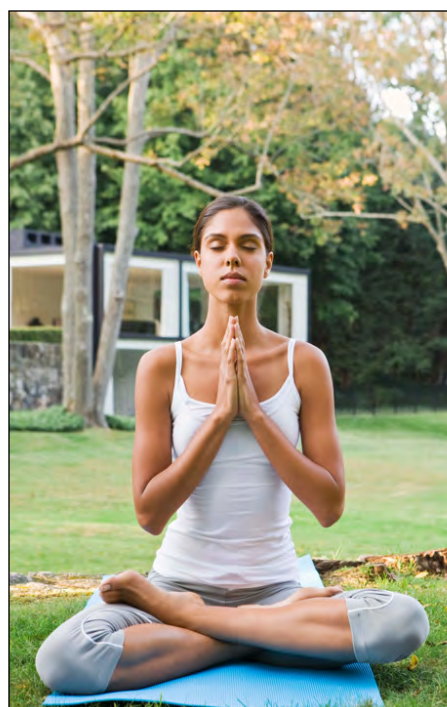
Stay mentally active – challenge yourself to try something new. Learn a new skill, embrace technology, find a new job or start your own small business. There are a number of online courses you can take to learn something new.

Reach out for help - during the pandemic, there has been an outpouring of generosity and an abundance of resources in the community which can be leveraged to help us cope. If you need help finding and navigating the supports, reach out to a community support worker. Don't be afraid to seek help if you need it. It will help you get back on your feet.

References:

<https://www.camh.ca>

<https://www.oha.com>



Celebrating National Volunteer Week & Vaccine Clinic

LORI BEESLEY, COORDINATOR OF VOLUNTEER ENGAGEMENT AND STUDENT PLACEMENT

During the week of April 19th we celebrated National Volunteer Appreciation week. This year SCHC invited the dedicated volunteers who helped the organization during the pandemic by providing their time and talent. Volunteers from the Meals on Wheels program, Food Bank, Furniture Bank, Hospice and Bereavement Support plus Friendly Visiting (done virtually at this time), the Board of Directors and Client Advisors were welcomed to an online celebration. We were able to share a couple of videos, held "Spin to Win" lucky draws, played a trivia game and participated in a short Laughter Yoga workshop. The virtual event allowed SCHC to honour these resilient volunteers who challenged themselves to be engaged and serve the Scarborough community in 2020.

As many of you are aware, the Mid-Scarborough Hub has been transformed into a community vaccine clinic. With this came the need for SCHC volunteers to be onsite and assist with the smooth operation of the clinic. I put the call out in mid-March and our volunteers stepped up! Currently we have 39 SCHC volunteers who are doing shifts at the clinic, 10 hours a day, 7 days a week. These valued members of the SCHC vaccine team are being a part of history in the making. Recently one volunteer, Jack, brought his guitar and sang songs as he directed clients. What other clinic provides live music along with a vaccine?! Thank you to these volunteers for their devotion, compassion and kindness.



Vaccine Clinic volunteers Jack, Gary and Joe.



Jack provided entertainment to those waiting for their vaccines.

HEAL: Hope Exists After Loss Youth Program

DANIELLE LOBO, YOUTH BEREAVEMENT COORDINATOR



When someone dies, words of comfort are hard to find, especially for children and youth. How then do we go about consoling youth in a meaningful way during the immediate impact of grief? This experience is compounded by many youth experiencing isolation and loss in a virtual reality that has become the norm during the pandemic.

In the pandemic, our youth bereavement program has found a simple yet impactful way to replace the human comfort missing after the deepest of losses. We hand deliver a grief care package with comforting items such as food, picture frames and other surprise creative items. This gift is meant represent the tangible human touch that we are all missing during these times. Just like most people delight in receiving a hand written note in the mail, the youth are pleasantly surprised with a package delivered by our staff along with a socially distanced hello, which is probably the most outside contact they have received in a while. In the first group session, youth speak about what they liked from the package and that simple sharing provides the connection needed to sustain engagement in an online grieving community.

This program was made possible by funding through

