



# HEALTHY & WHOLE

SCHC NEWSLETTER 36, ISSUE NO. 15

SPRING 2019

## March is Nutrition Month: How can we Help?



MARIELLA FORTUGNO  
DIABETES DIETITIAN

At Scarborough Centre for Healthy Communities (SCHC) our Diabetes program serves over 3,100 people annually and continues to grow. Our Dietitians are the Nutrition experts bringing health and wellness to local residents.

### Role of a Registered Dietitian

Registered Dietitians (RD) are regulated health professionals that are specifically trained experts in food and nutrition. In Ontario, they are regulated under the regulatory body, College of Dietitians of Ontario.

There are three components to successfully complete in order to legally practice as an RD in Ontario:

1. Complete an accredited four year degree in food and nutrition.
2. Complete a one year accredited dietetic internship in a supervised practice setting.
3. Successfully complete the Canadian Dietetic Registration Exam.

RDs practice in a variety of settings, including hospitals, community health centers, family health teams, long-term care, government agencies, food industry, sports facilities, academia, and private practice. RDs are trained to collaborate with clients, caregivers and other health professionals to manage food and nutrition as it relates to health promotion and the prevention and treatment of various diseases (i.e. heart disease, diabetes, hypertension, eating disorders, prenatal nutrition, etc.)

### So why refer or consider seeing a Registered Dietitian?

Currently, half of all Canadians over the age of 20 are living with a chronic disease such as heart disease, diabetes, and hypertension; moreover, 62% of adults and 32% of children have excess body weight. Research has shown that undergoing lifestyle interventions that include nutrition counselling provided by an RD can help reduce the risk of developing type 2 diabetes in adults by 70%, improve blood pressure and cholesterol levels after three months and reduce body weight by 3-6 kg after one year. RDs play an integral role in diverse settings and can be key in helping individuals and families develop personalized nutrition care plans that will support long-term health and longevity.

[Learn about the New Canada's Food Guide: Friday, March 22 1:00 to 3:00 P.M.](#)  
[The HUB, 2660 Eglinton Ave E.](#)  
[Call 416-847-4160 to register.](#)

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# Greetings From the CEO



here. As I write today I am inspired by the theme of family. In February we have a holiday celebrating family and at SCHC we think of our community, our staff, our volunteers, our clients as our family. So as we patiently wait for this cold weather to end I encourage you to look to the people close to you, to reach out to the people that you think of when I say family and to connect with them. January and February can be hard on seniors, new immigrants and families in general. Often as we seek to

escape the cold it also isolates us from our community, but what better way to stay warm then to reach out to a loved one, share a cup of tea, some laughter or maybe a meal and don't forget to check out our Facebook page at <https://www.facebook.com/ScarboroughCentreforHealthyCommunities> for various events happening at SCHC to help launch us into spring!

*Jeanie Joaquin*

A few months into this year and we have a lot to appreciate, including that spring is almost



## #MarchForMeals 2019



Delivering a healthier Ontario

Donate, volunteer or spread the word about your local Meals on Wheels provider this #MarchForMeals



SAVE THE DATE  
**Quest Through Scarborough 2019**  
**Sat., October 5th**

9 am to 2 pm  
The HUB  
2660 Eglinton Ave E.

### 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.

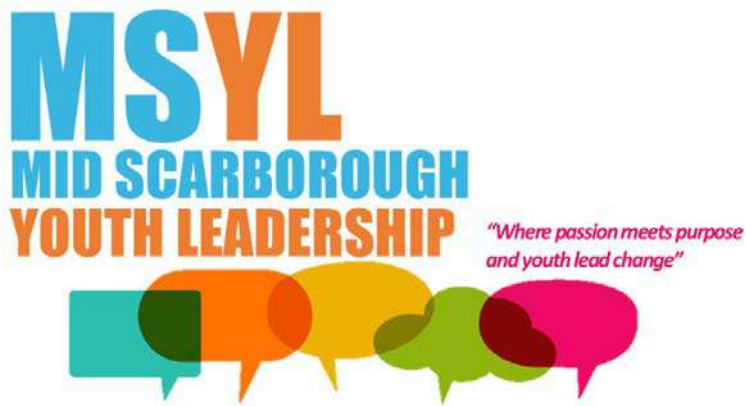
### VISION STATEMENT

To be recognized by our clients, communities and partners as leaders in championing holistic health and wellness for the diverse populations of Scarborough.

### VALUES

- I** Inclusiveness
- C** Community Engagement
- A** Accountability
- R** Respect
- E** Equity

# MSYL Launches Off!



CHARANJIT SINGH  
CHILD/YOUTH HEALTH PROGRAM  
COORDINATOR

The Mid Scarborough Youth Leadership (MSYL) is one of SCHC's after school programs that operates as a youth health committee which is driven by a group of voluntary youth who are motivated to making a positive and meaningful impact in their community. This is carried out through programs, initiatives and events that are planned, facilitated and evaluated by MSYL members. This past Fall 2018 the MSYL youth program was successful in receiving a grant from the Ontario Trillium

Foundation (OTF) to enhance and grow the capacity of the MSYL program over a three year time frame. The grant also provides funding for two new youth program facilitators who will work alongside youth leaders to support overall program planning and delivery. Moreover, the grant will allow the Hub Mid Scarborough to renovate an all new dedicated youth space which will provide a safer space for youth to participate in programs, engage with adult allies and operate as a building block to promote health and wellness. Furthermore, MSYL will be working on some very exciting and captivating

events this upcoming Spring, such as the 'Human Library', where attendees will be able to "check out" humans who will narrate fascinating stories full of wisdom, inspiration and insight to life's perspectives. The second event coincides with Mother's Day where we will turn the first floor of the Hub into a Fine Dining Restaurant to give youth an opportunity to take their families out to a fine dining experience free of charge. Stay tuned for further developments and for more exciting opportunities like this, feel free to check out SCHC's social media page or contact our Child/Youth Health Program Coordinator directly at [csingh@schcontario.ca](mailto:csingh@schcontario.ca). We'd like to sincerely thank the Ontario Trillium Foundation (OTF) for investing in our youth along with encouraging and enhancing their efforts with such great resources and support.



## 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 650 volunteers and 140 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

# ALC Holiday Celebration

NAVIA HARRY  
ACTIVE LIVING CENTRE  
PROGRAM COORDINATOR

The Active Living Centre (ALC) hosted its annual Christmas dinner celebration on Friday December 7th at the Cedarbrook Community Center. Over 115 participants, including Adult Day Centre clients, were welcomed to an atmosphere charged with excitement and Christmas cheer. After mingling with friends old and new, a delicious five course turkey dinner with all the

trimmings was served. Guests were delighted and entertained with live performances by the Hawaiian dancers, the Scarborough Village singers caroling, and a live DJ.

Thanks to generous donations, there were also many prizes to be won, including a 50/50 cash draw. The highlight of the evening was a special tribute to Linda Hampson, the former Manager of the Active living Centre. This was our collective moment to reflect with gratitude

on our love and admiration for all of the efforts and hard work Linda poured into the Active Living Centre since its inception.

Special thanks to the ADC team, our Manager Callum, Safa, Aysha, Lori, Cathy Edmunds, and our students and the volunteer group from Centennial College “Colts Care” who helped make this event a success.



## Good Neighbours Making a Difference

Volunteer Erin Gregory provides year-round support to SCHC by donating to the food bank. She's also one of our amazing Meals on Wheels volunteers helping to provide healthy hot meals to isolated seniors and individuals with disabilities in Scarborough. At her annual appreciation event for her clients, she raised food and cash donations in support of SCHC's Wishes for the Holidays program. A huge thank you to Erin, her family and friends for their incredible support!



### Attention all SCHC Volunteers

This year's Volunteer Appreciation Event will be held on

**Monday April 8th 2019**  
**5:30pm to 7:30pm**

Please save this date and time in your calendar.

Keep an eye open for further details.

## Employee Satisfaction

CALLUM TYRRELL  
QUALITY ENGAGEMENT MANAGER

New evidence suggests employees' emotions are directly correlated to their performance. Traditionally, quality has been about discovering weaknesses and portrays employee well-being as a side effect of quality improvement. Over the past decade, However, evidence has shown that the opposite is true—employee well-being is a driver of performance. The effect of positive psychology

on organizational performance and the importance of ensuring employee satisfaction has never been more important.

In 2000, Martin E. P. Seligman and Mihaly Csikszentmihalyi published an article in a special edition of *American Psychologist* introducing a new discipline: positive psychology. They pointed out that the history of psychology had been dominated by responses to pathology and suggested it was time to emphasize positive subjective

experience; positive traits such as hope, wisdom, creativity, future mindedness, courage, spirituality, responsibility, and perseverance; in positive institutions.

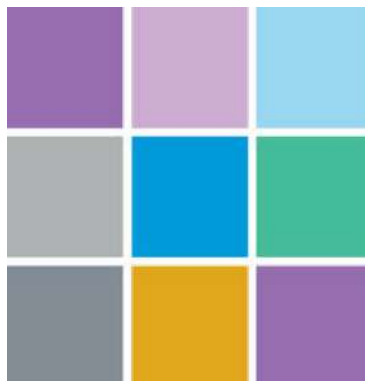
In conclusion, the next time you are looking to improve the quality of your services, take good note of the qualitative well-being of your staff and peers as well as the clients as a critical metric for success.

# Do You Know What VSET Stands For?

LORI BEESLEY  
 COORDINATOR OF  
 VOLUNTEER ENGAGEMENT


VSET is a long standing internal committee that is short for the **Volunteer & Student Engagement Taskforce**. This committee is made up of the coordinators and staff that interact with our amazing SCHC volunteers and placement students. We meet quarterly and discuss items related to the work we have in common. At these meetings we may brainstorm ideas, review procedures, discuss new policies, share interactions and experiences, and support

each other in all aspects of volunteer engagement. The collaboration of this group ensures that the volunteer experience throughout our various programs has common structure in place.



As Vice-Chair of the Scarborough Association of Volunteer Administrators (SAVA), I am also able to report back to VSET about best practices, trends and topics, such as recent legislative changes happening in the volunteer community that might impact us here at SCHC.


As always, we want to thank all our volunteers for your generous time and talents. We're always looking for new volunteers so, please check out the recently updated Volunteer page on the SCHC website for new opportunities.



PROUDLY PRESENTS


## I'M STILL HERE!

An act2studioWORKS production

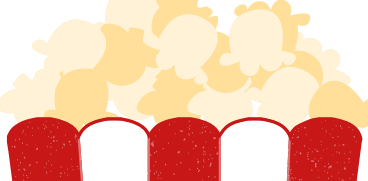



A research- based drama on living with dementia

WHERE: 3600 Kingston Road (Scar. Village Rec Centre ) ANC Program Space  
 WHEN: Thursday April 4th 2019 1:00 - 2:30 pm  
 To purchase tickets please contact Debbie Lee @ (416) - 847 - 4152  
 or Annie Smith @ (416) - 847- 4138



**\$10.00  
PER TICKET**






PROUDLY PRESENTS


## NO LONGER RELEVANT?

An act2studioWORKS production

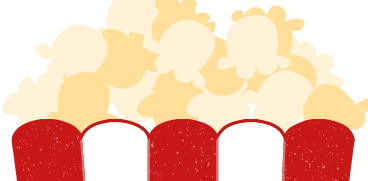


A social justice drama that explores ageism and the problems it gives rise to, with hard-hitting humour and poignancy.

WHERE: 3600 Kingston Road (Scar. Village Rec Centre) ANC Program Space  
 WHEN: Thursday April 11th 2019 3:00 - 4:30 pm  
 To purchase tickets please contact Debbie Lee @ (416) - 847 - 4152



**\$10.00  
PER TICKET**



# Bereavement Care Memorial Event



Volunteers and Staff from the Hospice Palliative Care team gather for our annual Bereavement Care Memorial event.

# Jenny's Story

DEBRA MCGONEGAL  
FUND AND VOLUNTEER  
DEVELOPMENT MANAGER

Jenny is the founder of West Hill Harvest, a dedicated group of community residents who raised funds and donations to sponsor 40 families in the SCHC Wishes for the Holidays program in 2018. This is her story.

“I started volunteering for Scarborough Centre for Healthy Communities (SCHC) in 2003. Through that experience I gained an understanding of the disparities in Scarborough and that families just a few blocks away from my neighbourhood were living in poverty. That Christmas, I wrote to my family and friends. I asked them to donate to help me sponsor a family in need, instead of exchanging gifts.

That first year, I remember dropping off a hamper with food, toys for the children and essential products for a single mother. The stark reality of her situation hit me when I walked in and realized that this woman had NO furniture in her apartment. The week after delivery, the young mother called me in tears. She was so grateful and so happy that we had brought some holiday joy to her family. But what struck me was that this single mother appreciated the connection



West Hill Harvest volunteers and local residents help sort food, clothes and toys to build 40 custom hampers for families in the SCHC Wishes for the Holidays program.

we made with her, even more than the gifts. That at a time when she felt so alone, so overwhelmed by trying to provide for her family and so despondent about what the holiday season would bring, someone showed that they cared. I hadn't understood until then how important it is to help struggling families feel that they aren't alone and that their community is willing to step up for them.

Sponsoring families through the SCHC holiday program is now an annual tradition. Fifteen years later, I have a group of 60 volunteers and donors that come together to share in the giving of caring.

Being a supporter of the SCHC holiday program has really made this the most rewarding time of the year for me. It's deeper than giving gifts. It's helping to build our community.”

