

WHCS Summer Camp 2009

The sounds of summer for us were laughing, singing, and cheering. Parents reported that their kids “can’t wait to get up in the morning!” They skipped into St. Margaret’s Public School to start each fun-filled day of Summer Camp. Days were packed with sports, crafts, games, dancing, drama, field trips, swimming. When pick-up time arrived, it was difficult to pry the campers from their counsellors and friends. A young child requested that camp be extended to Saturdays; another expressed that she never wants to leave camp! It was by far the best Summer Staff team we’ve ever had. Parents were effusive about the quality of staff and diversity of programming. We learned that campers spent most nights excitedly talking about camp, singing camp songs at home and talking about the new friends they met.

WHCS Summer Camp is a safe and inclusive space for children in the Kingston-Galloway neighbourhood. The focus is on physical activity, social skills, nutritious snacks, community awareness, arts and crafts, and team-building. Eighty children aged 6 – 12 years registered and completed the program as campers this year, with four youth aged 13 – 15 participating as Leaders-In-Training. With the City of Toronto strike affecting families who had their children registered in programs, we worked tirelessly to provide an alternative. Field trips made it possible for the campers to have experiences that would otherwise have been very expensive.

We want to extend a huge thank-you to St. Margaret’s Public School for providing space and caretaking support; to the United Way for the Focus on Youth Grant; to the Toronto Community Housing Corporation for providing access to a local outdoor swimming pool; and to Human Resources and Skills Development Canada for funding our summer staff.

Andrea Thompson
Children and Family Services Worker

MISSION STATEMENT

West Hill Community Services is a charitable, not-for-profit organization providing a broad range of health and social services to the people of Scarborough.

We work to nurture and enhance the health and well-being of individuals, families and communities.

We do so by partnering with people and organizations to provide integrated, inclusive, and equitable services to support people in addressing important issues in their lives.



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WEST HILL COMMUNITY SERVICES

LINKS NEWSLETTER



WEST HILL COMMUNITY SERVICES

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WHCS Opens A Youth Wellness Centre With Community Partners

West Hill Community Services continues to be at the forefront of community health and wellness in Scarborough by pressing forward with bold initiatives together with community partners. WHCS demonstrated its commitment to community health with the recent establishment of an on-site Youth Wellness Centre in partnership with Second Base Youth Shelter and Inner City Health Associates, a group of physicians providing primary health care services across the GTA.

Second Base Youth Shelter focuses on street youth between ages of 16 and 22 years old. The shelter has a capacity of approximately 56 overnight beds and a drop-in centre that sees up to 30 clients a day. This collaboration with WHCS appropriately combines youth and clinical services that are critically needed for the youth within the Second Base environment.

A WHCS Primary Health Care Nurse Practitioner will provide clinical services at the centre one day a week for three hours. During this time, the Nurse Practitioner will address the

unique health care needs of street-involved youth, as well as diagnose and treat minor ailments that the residents present. The Nurse Practitioner will also consult and make referrals to physicians as needed.

The Youth Wellness Centre officially opened during the Drop-in Open House at Second Base on September 16, 2009. The Centre opened with a symbolic ribbon-cutting ceremony by a youth resident, who was cheered on by her peers and supported by a drum roll. The event was very well attended. Representatives from various community youth organizations, CAMH, Toronto Public Health, and the Office of Margaret Best (MPP) were present to grace the occasion. WHCS was also well represented. Carol Klupsch, Director of Primary & Allied Health, and Daniel Roy, Manager of Clinical Services were there to provide moral support. Also on hand were the good ladies of WHCS Health Promotion Youth Programming Team; Debbie Lee, Arifah Yusuf and Andrea Thompson. The support from WHCS staff was great. There was a palpable buzz, as youth and staff at the shelter

expressed enthusiasm and optimism about this new access point for primary health care for street youth.

Paul Taylor, Executive Director for Second Base Youth Shelter, acknowledges this partnership with WHCS as a “wonderful opportunity” and contends that “this incredible collaboration with West Hill Community Services will support the wrap-around services that Second Base provides.”

WHCS is moving forward with its mandate to promote a higher level of health and wellness in the Scarborough community, by providing leadership and creating meaningful partnerships. This collaboration with Second Base Youth Shelter will provide positive outcomes for the youth, allowing them to experience an improved quality of life, optimum physical and mental health, while assisting them to make a systematic move from homelessness.

Congratulations to WHCS and Second Base for bringing this vision to fruition!

Anne Kwamie
Community Outreach Nurse Practitioner

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- \$25
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- \$75
- \$100
- \$Other

Receipts for donations over \$10 can be issued for income tax purposes. WHCS is committed to protecting your privacy, the information you provide will be used to issue your tax receipt. This newsletter is produced and edited by the WHCS Community Relations Committee.



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Supportive Housing Celebrates 10th Anniversary

This year, Supportive Housing Program at 4205 Lawrence Avenue East is celebrating our 10th year anniversary.

In 1999, funding was granted by the Ministry of Health, Long Term Care to West Hill Community Services to start the program. Supportive Housing Program's main focus was to assist frail and isolated seniors in the building with ADL helping them remain independent in their community and also deferring admission to long term care facilities. We are present in the building 24 hours a day to assist in emergency situations.

The program started admission on July 1, 1999 and even in the midst of Agency preparation for the impending Y2K, we brought in our maximum number of clients by the end of that first year. We have to this day, clients who have been with us since 1999. We also have a staff member who has been with the program since first began.

Over our 10 years, we have served numerous clients in the building: looked after palliative clients, seniors who have since moved to long term care and; serviced some clients who recovered enough not

to need our services anymore. We have also lost a few, and would like to think that we made their lives better before their final passing.

We have also have initiated various programs in the building with our community partners.

We are holding an anniversary celebration at 4205 Lawrence Avenue East Recreation Room on October 16, 2009 from 3 - 5 in the afternoon.

*Nadya Tablada
Manager, Supportive Housing*

News from Pine Tree Seniors Recreation Centre



We have had a busy summer. Our outreach initiative to attract new Membership saw Diane Elkin hosting an information table at the neighbourhood Community Market for several weeks, handing out brochures and newsletters. She was ably assisted by a wonderful summer student –Miriam Mekhaniel, who went the extra

mile to deliver our information packages to local Library branches, as well as mailing out the information to local Church groups, medical practitioners, fire and police centres. We have already received several enquiries from seniors in the east Scarborough area, and to date we have 8 new members!

Classes and programs continued throughout the summer, and we were pleased to see the success of several Day Trips to east and west parts of Ontario.

We will be issuing our Fall Calendars at the end of September, and encourage any person aged 55 and older, to join our fun groups at Pine Tree and keep your mind and body active!

*Dianne Elkin
On behalf of
Linda Hampson, Manager*

Health and Wellness Fair for Tamil Seniors

WHCS in partnership with Vasantham, held it's first annual Health and Wellness Fair for Tamil seniors on Tuesday, August 18th. The mandate of this health fair was to increase socialization and networking among Tamil seniors, to become aware of local and mainstream service providers, and to be informed on issues concerning the senior population. There were over 120 Tamil seniors, caregivers

and speakers from different health organizations. The keynote speaker for the event was

Joseph A. Chandrakanthan PhD, ThD, a Bioethicist in both the Centre for Clinical Ethics and University of Toronto Joint Centre for Bioethics. There were speakers from CCAC, Alzheimer Society of Toronto, Family Outreach and Response Program,



St. Paul's L'Amoreaux Centre, Providence Healthcare, Board of Funeral Services, CRCT, The Canadian Hearing Society, and Vasantham. The event ended with performances from

Tamil seniors that included cultural dance, poetry, and songs. This was a very informative and fun-filled day that helped bridge the gap between various seniors groups across Scarborough.

*Dharshana Jayapathy
Coordinator, Tamil Seniors Services*

Family Resource Centre

The Family Resource Centre enjoyed a wonderful "Summer Program 2009"! The families explored their community by walking and playing at local parks such as Morningside Park, Glen Rouge Park and Rough Beach. Some of the favourite all day trips were to Centre Island, Ontario Place, and Marineland in Niagara Falls! Children participated in The Kid's Cooking Club and enjoyed Gym Time at Heron Park

Community Centre. We supported families through the City of Toronto strike and did not let the cool wet weather slow us down! Summer 2009 is full of memories and very special times!

Drop by or phone for more information on the Playschool Program and specialty workshops and groups offered this fall, **416-847-4150.**

*Marnie MacDonald
Manager, FRC*



Scarborough Community Diabetes Program

The Diabetes team is continuing to promote its services within the Scarborough community by advertising in The Bluffs Monitor and Metro. We are also offering additional programs on topics of Heart Health

and Foot Health. Letters to physicians, who refer their clients to us, were sent out to advise the doctors of our additional programs. Our team provided an outreach event at Woodside Square Mall on September 10th to provide community awareness of our programs.

We proudly celebrated the success of one of our teammates in achieving her certificate as a



The team celebrates a member's achievement

Diabetes Educator. Our program calendar is now available at the WHCS website. Please check it out to get more information on our services.

I would like to take this opportunity to thank all of the diabetes team members for helping to create a better service environment for our clients. The result of their hard work was a 30 % client service increase during the months of April, May and June, compared to the same time period last year.

*Parnaz Sadighi
Program Manager*

5 tips to stay healthy in fall

1 Fall brings on another season that triggers allergic reactions. Outdoor molds become plentiful; reduce your exposure to Fall allergens, avoid being outdoors in between 5:00 and 10:00 a.m. when pollen dispersal is peaking.

2 Add all the fall vegetables to your diet. Many of the root vegetables are in season now and are an inexpensive and nutritious way to add variety to your diet.

3 Flu Shots - Check with your doctor or your local public health department to find out when the annual flu shot is available.

4 The flu shot is recommended for all adults, especially those with health conditions such as diabetes or heart disease that makes them more at risk for the serious complications of the flu.

5 Cold and Flu - Cover your face when you sneeze or cough, and wash your hands often to help stop the spread of the season's cold and flu germs.