

# Thanks From Food Bank Recipients

*To our Dearest Food Bank Employees and Coordinator!*

*You have been so kind and understanding throughout the year!*

*You were always patient and co-operative!*

*You never Discriminate at all!!*

*You looked at all of us with the same pleasant face.*

*Whenever the Food Bank should close, we will miss the help which we appreciate so much but most of all we will Miss The Way*

*You Cared For Us!!*

*May God Bless You Always.*

*From Food Bank Recipients*

*Congratulations Miller, for something really great When asked to help our cause, you didn't hesitate*

*You looked into your cupboards for food to donate And all the silly challenges, helped us co-operate*

*Call the less fortunate, every year await To see if food is coming to fill their empty plate.*

*Come on Miller, let's all celebrate We raised 3000 pounds of food, isn't that great!!!!*

*William G. Miller*

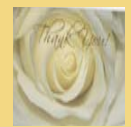
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WEST HILL COMMUNITY SERVICES WISHES EVERYONE A HAPPY & HEALTHY NEW YEAR

# LINKS NEWSLETTER



WEST HILL COMMUNITY SERVICES

ISSUE NO. 4  
WINTER  
2009

## WHCS Welcomes New Executive Director



West Hill Community Services welcomes Jeanie Joaquin as our new Executive Director, effective December 1, 2009.

Jeanie brings over 20 years of experience in providing leadership to key organizations in Ontario's healthcare delivery system. Most recently, Jeanie was Director of Operations, at the Canadian Foundation for Women's Health, responsible for building strong community partnerships and programming support.

Prior to that, she worked for over 10 years at the senior executive level of The Scarborough Hospital (TSH). At TSH, as Vice President, Patient Services, she led multi-disciplinary teams at multiple sites and demonstrated a passion for ensuring high-quality health and wellness programs and services for the Scarborough Hospital.

### Thanks from the Social Support Team

The Social Support Team would like express our sincere thanks to the hundreds of people who responded to the need in this community. This was a difficult year for many, but the donations of food, toys, sponsorships and financial gifts have far exceeded previous years.

We would like at this time to send you and your families our heartfelt wishes and blessings for the New Year.

*Heather Urbansky  
Manager, Social Support*

### 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.

Can you help us distribute our informational pamphlets, flyers, and this Newsletter with a donation?

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Postal Code \_\_\_\_\_

PHONE: \_\_\_\_\_

\$25

\$50

\$75

\$100

\$Other

Receipt 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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United Way  
of Greater Toronto

# SUPPORTIVE HOUSING PROGRAM 10<sup>th</sup> ANNIVERSARY CELEBRATION

November 26 was an eventful day. It started with a special breakfast and at 2 p.m. fun was had by all, with games, a presentation and light refreshments. It was our 10<sup>th</sup> year of providing services to our clients at 4205 Lawrence Avenue East. After thousands of hours of services provided and almost 200 clients served, it was time to celebrate.

HSBC Securities through Volunteer Toronto, generously provided funds and volunteers from their corporate office and branches to ensure that our

day was extra special. A big **THANK YOU** goes out to all the volunteers from HSBC Securities who committed their day to ensure that our anniversary celebration went smoothly.

Thank you to Anna Bychkova, of Volunteer Toronto, for her tireless direction.

Thank you to all the West Hill staff that came to join our festivities. Thanks to Denise Lillie for her involvement with HSBC and Volunteer Toronto and overall work to make this day happen.

Thank you to TCHC and especially Sheila McGregor for her recognition certificates and flowers for our Supportive Housing staff. Thanks also to the tenants who presented the flowers.

Thank you to our clients and tenants of 4205 and 4175 who were also present to celebrate with us. It was a wonderful time to celebrate with them.

Thank you to Koulla Christoforou for all the support given to our Team over the 10 years.

To our Supportive Housing Team, whose dedication,

support of each other and wonderful work ethic made working these past 10 years seem less "work". To Emelyn Frejoles, Ann Marie Orr and Teberh Bahta who has been with us since day one, congratulations on work well done. To the rest of our Team, Teresita Abdulla, Hyacinth Ebanks, Gloria Frame, Joy London, Skantha Ratneswaren, and Lilibeth Viernes a big Thank You for all your dedication and hard work as well.

*Nadya Tablada  
Manager  
Supportive Housing*

## Season's Greetings from your Community Health Center Staff!

As we embark on a New Year the Community Health Center has many accomplishments on which to reflect. Our dedicated teams of doctors, nurse practitioners, nurses, social workers, dietitians, chiropractors, health promoters, and front line medical/administrative staff have been diligently working to ensure Scarborough residents have access to the health care services they need. Our goal is to provide the best possible care with a particular focus of service delivery on individuals/families who may be homeless, who have recently immigrated to Canada, seniors, youth and

those living with mental health challenges. Our outreach initiatives extend into shelters, housing complexes and agencies who may require our services in the form of workshops etc.

We are very pleased to announce the opening of another clinic which will be located in the south west quadrant of Scarborough in the New Year! Stay tuned for more details and/or visit our web site at [www.westhill-cs.on.ca](http://www.westhill-cs.on.ca).

*Carol Klupsch  
Clinical Director*



HSBC Volunteers with Denise (far right)



Guests at the Celebration with Emelyn (standing)



Supportive Housing Staff with Koulla (third right)



HSBC Volunteers



Art Class Members

## Attention Seniors! Sign up to be a member of East Scarborough Pine Tree Seniors Recreation Centre

As we welcome a new decade we have put together a calendar full of new and familiar programs to encourage anyone aged 55 upwards to become part of the Pine Tree 'experience', and - if you don't drive, we have you covered, with our low cost transportation from your home to the Centre and return - what a deal! Our staff and instructors invite you to begin your new year by joining in our exercise programs. Alternatively, indulge your creative side by learning to paint, or try your hand at card making and other crafts? Members also enjoy playing Bingo, seeing a new Movie, or attending some of the many various workshops and seminars. Congregate Dining, Special Friday Lunches with entertainment, Shopping Trips, Day Trips (Spring, Summer and Fall) are all part of Pine Tree Seniors Recreation Centre's offerings.

Hours of operation: are 9.30 a.m. to 4.30 p.m. Monday-Friday. For more information, Please call 416-847-4135.

## Recognition for "Nurse Dianne"

In October 2009, the East Scarborough Storefront nominated one of our staff, Dianne Edwards, Health Promoter, for the "Public Health Champion Award". Although Dianne did not receive the award, The Storefront still felt the need to recognize her contributions, and organized a Recognition Celebration for "Nurse Dianne" which took place on November 3, 2009. She was honored and presented with an award for the time, effort and work she does with her clients and in this community. She was surrounded by a number of community members, other partners and of course, colleagues from The Storefront and West Hill Community Services. For the first time in her life Dianne was speechless and overwhelmed! As a team member and someone who works with Dianne in many different capacities, I would like to congratulate her for all the work she does, you deserve this award!

*Debbie Lee, Community Health Worker*

## Scarborough Community Diabetes Program Update

The Diabetes team is back to full capacity by hiring a new nurse and dietitian. Our new diabetes educators are enhancing the program's capacity in both the Chinese and Tamil services. We are looking forward to expanding our accessibility to the residents of Scarborough by offering our services at the agency's new site located at Eglinton and Brimley.

We are continuing to ensure our presence is known within the community by providing outreach sessions in response to a variety of requests received from many different community resources. November was Diabetes Awareness Month and the Scarborough Community Diabetes Program provided outreach within the community.

Representatives were at the Canadian Diabetes Association Expo on November the 18<sup>th</sup>, 2009. We recognize that there are still many Scarborough residents who are in need of our services and yet are not aware of our program. Kindly spread the word and let your family, friends and neighbours know about a community service which is just around the corner. There is no need for a physician referral and our services are free of charge!

On behalf of our team, I would like to wish you every happiness throughout the upcoming year. Happy 2010!

*Parnaz Sadighi  
Program Manager*

## 5 tips to eat healthy in winter

**1 Boost your B-Vitamins:** B-Vitamin is required to mobilize stored energy and send it to the blood stream for immediate fuel. Sources of B vitamins are legumes, nuts, dark greens, lean meat, fish, yogurt, avocados, and bananas.

**2 Eat healthy, ensure that you have the following on your list:** dark green vegetables and others in season such as carrots, cucumbers, mushrooms, onions, potatoes, rutabaga, apples, pears and rhubarbs.

**3 Cut down on sugar, caffeine, alcohol and chocolate. Replace it by drinking more water, eating vegetables and fruits. Snack on carrots and celery.**

**4 Omega 3 fats protects against heart disease by reducing the risk of cardiovascular disease. Increase your fatty fish intake such as salmon, herring, tuna, sardines, mackerel and rainbow trout.**

**5 Have a handful of nuts two or three times a week. Or have trail mix handy as it is a best "on the go" snack, as it will fill you up just enough to prevent you from having unhealthy snacks before dinner.**

*Contributed by Samira Zharghami, Dietitian*