

Parkdale CHC Celebrates World Diabetes Day

World Diabetes Day is celebrated each year on November 14th to mark the birthday of Sir Frederick Banting, the Canadian co-founder of insulin. For the second year in a row, Parkdale CHC's **Diabetes Program** celebrated this important date and raised awareness of diabetes through a variety of interactive educational activities at an all-day event held onsite at the Centre.

Jane Rajah, Diabetes Nurse, and Julie Knights, Triage Nurse,

Julie Knights tests Ana Maria Navarro's blood pressure.



conducted blood sugar and blood pressure testing for interested participants. A cooking demonstration sharing healthy breakfast ideas was led by Elen Azevedo, Diabetes Dietitian, and Andrea Passmore, Dietitian. Elen and Andrea discussed the importance of breakfast for controlling

blood sugars and weight. Ana Maria Navarro, Physiotherapist, led a session of stress-relieving stretching exercises and discussed the benefits of physical activity for blood sugar control and overall health. Other activities included a diabetes conversation map session, during which participants were able to discuss how the body functions with diabetes, diet, exercise and medications. At another session, our clients shared their own personal challenges and victories with living with diabetes. Colourful and informative booths were set up on the first floor of the Centre and included representatives from Vina Pharmacy and the Canadian Diabetes Association.

Lastly, no event is complete without food and entertainment! A group of Parkdale seniors gave a fantastic drumming performance and a healthy lunch and snacks were catered by FoodShare. Many thanks to all who attended!

Andrea Passmore leads a cooking demonstration.



A Call for New Members!

Parkdale CHC is now recruiting new members. We are looking for residents, clients, and community members who support the work of the Health Centre to apply. By becoming a member, you will receive our agency newsletter, produced twice yearly, which will keep you updated on programs, services and activities taking place at the Health Centre.

An agency membership will also grant you voting rights when you attend our **Annual General Meeting (AGM)**. At the AGM, you can have a voice in the overall functioning of the Health Centre by voting on very important issues which are presented at the meeting. Lastly, as Parkdale CHC members, you may apply for membership on the **Board of Directors**. By serving as a Board member, you have the opportunity to give back to the community in a meaningful way.

If you are interested in becoming a Parkdale CHC member or Board member, please visit our website to download a membership form: www.pchc.on.ca/opportunities/pchc-membership.html. For more information, please visit the link above or contact Beth Wierzbicki, Corporate Executive Assistant, by email beth.wierzbicki@pchc.on.ca or call 416.537.0275, extension 309.

DATES TO REMEMBER:

Saturday February 18th: Centre closed for Family Day
Monday February 20th: Centre closed for Family Day
Thursday March 8th: International Women's Day
Friday April 6th: Centre closed for Good Friday
Saturday April 7th: Centre closed for Good Friday

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VISIT US ONLINE:

www.pchc.on.ca (New and improved!)
www.twitter.com/ParkdaleCHC

Parkdale CHC Bulletin

Winter 2012

Parkdale Seniors Take the Lead

Seniors in Parkdale and other communities face many challenges that may include a lack of adequate resources, isolation, limited incomes, and marginalization due to ageism. It is important that seniors in our community are linked to the programs and services they need and are engaged in community initiatives so they can lead healthy and fulfilled lives.

This year, the **Seniors Advisory Group** hosted **My Time, My Space, My Voice**, a conference for seniors to address these very issues. This conference provided the opportunity for seniors to get together, meet new people, and learn about ways to improve their quality of life.

“Getting to know each other will help us not feel so isolated. We shared food, laughter and knowledge with each other, which was great.”

—My Time, My Space, My Voice Conference Attendee

Funding for the two and a half day conference was provided by the federal government's **New Horizons for Seniors Program**. A steering committee of volunteer seniors took on the planning and implementation of the conference.

Seniors get active at Queen Victoria Public School.



Held over the weekend of October 28th to 30th at **Parkdale CHC** and **Queen Victoria Public School**, the conference attracted 140 Parkdale seniors. Opening remarks were delivered by **M.P.P. Cheri Di Novo** and **M.P. Peggy Nash**, who helped to launch an amazing weekend filled with great discussion and fun activities.

Saturday began with a keynote address from author and advocate **Pat Capponi**, whose speech focused on overcoming adversity and working together to improve the community. As Capponi explained,

“Aging is difficult even for people with lots of resources. For those with little resources, it gets really hard.” It is important, she noted, to advocate on behalf of others.

Following the keynote, a panel discussion featured seniors speaking about living life to the fullest. Many seniors do not realize that they have many skills and experiences that can be shared with others. Other activities at the conference included interactive exercises and workshops on topics such as homecare, nutrition, dementia, power of attorney, tenant rights, and healthy sexuality.

As one senior emphasized, “We need to believe in our ability to change the world!” The advocacy group creation workshop offered the opportunity for seniors to discuss the importance of being instrumental in influencing change in their lives. There

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were also two open space discussions where participants came together to discuss barriers that newcomer and LGBTQ (lesbian, gay, bisexual, transgender, transsexual, or queer) seniors face.

The discussions from each workshop, open space discussion, and panel discussion were recorded in a report to ensure that seniors' voices could be shared with others in the community. This report was then forwarded to community agencies and various levels of government in the hopes of bringing about change in the lives of seniors by influencing public policy.

For your copy of the report, and to see PCHC's commitment to the conference recommendations, please visit the resources section of our website: www.pchc.on.ca/resources.html.



Parkdale
Community
Health Centre



Ontario's Community
Health Centres
Every One Matters.



Ontario
Toronto Central Local Health
Integration Network

Spotlight on Mental Health and Addictions

An interdisciplinary team of counsellors, outreach workers, nurses, doctors, and a dietitian strives to engage the homeless and underhoused, sex workers, LGBT communities and vulnerable individuals who face mental health and addiction issues. Working within a harm reduction framework (reducing the harms associated with substance use to maximize health) Parkdale CHC staff have developed some great strategies to support individuals living with these particular challenges.

Highlights from 2011:

The work of our **Diabetes Team** has deepened its connection with adults living with mental health and addictions, resulting in more individuals taking better control of their health. In addition, our diabetes program has linked with our outreach program and the **Centre for Addiction and Mental Health** to provide tobacco cessation programs for over 30 participants. More tobacco cessation sessions including free nicotine replacement therapy aids will be offered this year.

KAPOW (Knowledge and Power of Women) is a peer led group that invites sex workers to meet weekly to talk about ways to maximize their health. It has been successfully relocated from **Parkdale Community and Recreation Centre (PARC)** to Parkdale CHC. Here, women can connect with a nurse practitioner, a counsellor and see a physician if needed.

Our partnership with PARC continues to provide a nurse practitioner on site two days per week. This partnership allows for people with mental health and addictions issues who may be precariously housed to receive health care in a place that feels safer than a traditional mainstream health care environment.

A new partnership with **Breakaway Addiction Services** provides nursing support from Parkdale CHC for two half days a week. This allows for better primary care services for clients at Breakaway and helps clients make the links to primary health care at Parkdale CHC.



Dental Services Expansion

Parkdale CHC is pleased to announce that we are now offering additional free dental services for those living on low incomes who have no insurance coverage for dental care.

Last year we opened the **Healthy Smiles Ontario Dental Clinic**, which offers free dental care for children of low income families. Using the same infrastructure,

our **West End Oral Health Clinic** is now able to offer expanded access to adults (aged 18 to 64) two evenings a week and one Saturday a month. These services are made possible through a partnership with **George Brown School of Dental Health** and the generosity of a volunteer dentist.

To book an appointment, please call **416.537.0275, extension 415**, or email us at: weohc@pchc.on.ca.

Celebrating the Holidays with Parkdale CHC!

Every year, Parkdale Community Health Centre hosts a winter seasonal celebration for its clients with food, prizes, and entertainment. It is an annual opportunity for Parkdale CHC staff to spend time and share food with clients and community members in an informal, fun and festive environment.

In previous years, practitioners from all areas of the organization served food in the foyer of our Centre. As our capacity to serve the community has expanded, so has the seasonal celebration! For the last two years Parkdale CHC has held the celebration at **Masaryk-Cowan Community Centre**, where everyone can enjoy a healthy sit down meal at a

table complete with seasonal decorations and poinsettias. Last year was the first year in our new celebration location and it was a great success, with about 150 community members and children in attendance. This year's celebration was even bigger and better. We served approximately 300 people lunch... and what a lunch! There was a great variety of food spanning many cultures and tastes, and there was no shortage of it. Food was purchased from local Parkdale businesses including **Ali's West Indian Roti Shop, Ali Baba's, Bavna's Food, Om Restaurant** and **Nuno's BBQ**.

We were also proud to be a showcase for Parkdale talent. Resident musicians **Amanda** and **Treva** brought out their guitars and kept the mood festive and lively while members of the **Tibetan Canadian Cultural Centre** shared with us the culture, music and dance of Tibet. There were also a variety of gifts raffled off throughout the event. Many Parkdale CHC clients left with festive gifts while others snagged certificates for a **Food Share Good Food Box** loaded with fresh local fruits and vegetables.

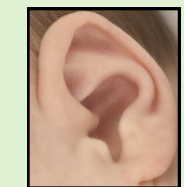
The staff at Parkdale CHC wishes to express great gratitude for the generosity of all who made the event possible, including the **CHUM Christmas Wish** for providing the funds to support this event, the community performers and those who donated raffle prizes. See you next year!

Parkdale CHC staff and students serve up a healthy lunch! Below, from left to right: Shirley Roberts, Satha Vivekananthan, Elen Azevedo, Jane Rajah, Llijah Pearce, Leslie Parker, Jill Blakeney, Claire Gatto, and BJ Morris.



Acupuncture is the world's oldest medical science! Acupuncture has been around for over 3,000 years. Chinese medicine holds that there is an extensive and complex energy system that flows throughout the human body.

Acudetox auricular (ear) acupuncture is based on the fact that there are points for the entire body mapped out on the ear's surface. The **National Acupuncture Detoxification Association** has developed a protocol to treat addiction using five points on each ear.



Coming up this year, Parkdale CHC plans to launch an **Auricular Acupuncture Detoxification Program**. A nurse practitioner will provide acupuncture to people with addictions to assist with detoxification from substances and promote calm and relaxation. Stay tuned for more information!

Welcome Aboard!

We would like to welcome the following new staff members to Parkdale CHC:

- **Elen Azevedo**, Diabetes Dietitian
- **Cristina Fayet**, Physician
- **Jacob Fernandes**, South Asian Community Worker
- **Melissa Hergott**, Administrative Coordinator
- **Anna Rita Lunghi**, Human Resources Manager
- **Junia Mason**, Project Coordinator, Parkdale Community

- Crisis Response Network
- **Shawn Mattas**, Physician
- **Wahazit Mussie**, Relief Medical Secretary
- **Andrea Passmore**, Dietitian
- **Loanne Stone**, Reception Coordinator
- **Million WoldeMichael**, Reception Coordinator

Thanks for all of your hard work!

Healthy Vegetable Omelet

This delicious, nutrient-rich recipe makes two servings. Bon appétit!

Ingredients:

- 3 Eggs, well beaten
- 2 tbsp Chopped green bell pepper
- 2 tbsp Chopped tomato, seeded
- 2 tbsp Sliced fresh mushrooms or zucchini
- Salt and black pepper, to taste

Directions:

1. Heat a large skillet coated with cooking spray over medium heat.
2. Add the eggs, allowing them to cover the bottom of the pan.
3. Cook for three minutes, or until the bottom begins to set.
4. When nearly cooked, top one half of the omelet with chopped bell pepper, tomato, mushrooms, zucchini or mushrooms, salt, and black pepper.
5. Carefully fold the remaining half over the filling and cook for two minutes, or until cooked through.

Nutritional Facts (Per Serving):

Calories:113 cal
 Fat:7 g
 Saturated fat:2.3 g
 Cholesterol:317 mg
 Sodium:251 mg
 Carbohydrates:1.5 g
 Total sugars:1 g
 Fibre:0.5 g
 Protein:9.5 g



We Want to Hear from You!

As a Community Health Centre that strives to be client- and community-centred, we need your input to make sure that our services are meeting your needs. This February, we will be launching our annual **Client Satisfaction Survey**. This is your opportunity to give us feedback about the programs and services we provide and to tell us how you think we can improve. The survey will be available in multiple languages, both in print and online. We will publish highlights from the results in the next edition of this newsletter. We strongly encourage you to participate and look forward to your feedback.