

## **Working Committee # 3: Health and Wellness - Minutes**

**Date:** August 29<sup>th</sup>, 2011

**Time:** 2:30 – 4:30pm

**Attendees:** Connie Leung (CICS), Manonmany Churiyasrichandar (Resident), Fen Quin (Faith) Xing (Resident), Shawn Cadieux (Transcare), Lucetta Lam (Hong Fook), Stephanie Yin (Aisling Discoveries), Suzanne Decary (CNIB), Mani Mahadeva (NWS LIP), Rezwan Karim (NWS LIP), Michelle Davis (NWS LIP)

- Welcoming and objective of the meeting
- Discussion on other activities for the second quarter

### **Inventory of health networks**

- Participants shared information about different networks
- There are two health networks operating in the Scarborough area:  
South East Toronto Project – running out of St. Michael's Hospital, and Solutions running out of East General Hospital
- Chinese healthy living coalition - 16-17 member organizations are in this network) - Lucetta will help fill out the inventory format for this network
- Chinese mental health network
- Dan Chan, Toronto Health Network for Chinese – mainly for the Cantonese speaking community
- Canadian Access for Supportive Housing (CASH) – considered part of health matters as housing conditions contribute to ones well-being

### **Inventory of health related events and health education programs**

- Some surveys have been submitted with more are awaiting, and once the information is compiled it will be shared on the LIP website
- Surveys from awaiting members submission deadline is September 8<sup>th</sup> 2011
- Chinese Parents Seminar – an annual event will take place on October 16th
- Bed Bug Coalition meetings
- Mental Health Network – hosted event with CCM on ADD, mainly focused on Chinese mental health issues
- *Let's Talk* a TSH, TPH, SCHC event – non-profits invited free of admission, hosted at the Scarborough General Hospital in September
- Early Intervention for parents of young children health information fair( screening for eyes, ears etc) – hosted by Fairview Inter-Agency Network ( FIN)
- East Downtown LIP Family Health Fair

- In some organizations, many of the educational programs planning are on a month-to-month basis. In some other organizations, education programs are organized on request by community partners. Therefore, listing which ones will be running to far in advance is difficult

### **Support ongoing Health related events & education programs**

- Question of funding cuts and how it will affect the LIP supporting these types of events
- LIP requested the members to forward information of any upcoming events so that the LIP and Health & Wellness Working Committee can help to make the event successful Toronto Public Health, The Scarborough Hospital and Scarborough Centre for Healthy Community are jointly organizing a health information fair at Scarborough Hospital on October 20<sup>th</sup>.
- Hong Fook will be organizing another training session on mental health in October. Lucetta will inform if space available.

### **Review the recreation needs of immigrants (special focus to seniors)**

- Hong Fook Mental Health Association has conducted Health Needs Survey during the past 1 ½ years – findings shared by Lucetta
- 80% of them have family physicians and 70% of them are satisfied with the services from doctors
- 30% of the respondents were seniors.
- 80% don't know about nursing homes
- Most of the Mandarin speaking people declined to participate in the survey
- Asians are more prone to diseases like heart disease and diabetes Cost of Vision Lost to Toronto health system report – (CNIB. *Paying the Price: What Vision Loss Costs Canadians and What We Should Do About It*. Toronto: CNIB; 2009, Available at: [www.cnib.ca/covl](http://www.cnib.ca/covl))
- Many Chinese health studies can be accessed online through basic web search
- Language, location, and cost were expressed by resident participants as major barriers for seniors
- Transportation available through various agencies (Ex: Transcare, but mainly for medical purposes and group shopping for seniors)
- Transcare provides Meals on Wheels program for the seniors
- Transcare Day programs (meals and activities, no age restriction \$22/day, option for subsidy is available for those who qualify)
- Transcare Community dining (half day, for more independent seniors, \$15/outing, subsidized)
- Peer support group for Chinese at St. Paul L'Amoreaux – CNIB Looking for clients for September (get posting from Suzanne)
- Chinese Inter- Agency Network (CIN) – 15 agencies, meet monthly and share resources and information, host events, recreation/fitness programs/classes, Tai Chi, Line dancing, and also run language programs (fee \$1-2/per class)

- Space is a major factor especially in winter
- More outreach of programs especially for seniors as they are more likely to use word of mouth than online promotion – flyers in their languages posted in apartment buildings, community centres, churches, neighbourhood networks, etc.
- Establishing better relationships with building management would be beneficial for promotion
- Hong Fook suggested to provide mental health services following a co-location model so that people with mental health issues can easily obtain the health services in a non-stigmatized environment
- Language is a barrier for Tamil seniors in accessing health and recreation facilities
- Chinese seniors are using mall space for Tai Chi and dance – need more available space
- Mandarin seniors group – program organized by organization not enough  
Seniors expect doctors to speak their language – which is not always possible

### **Mental health service needs of new immigrants**

- Discussion will be followed-up next WC #3 meeting as there are missing key stakeholder members from today's meeting
  - CNIB did a research in York region – Suzanne will share the summary report later
  - New immigrants have lots of needs in mental health area. For newcomers – accepting the need for undergoing mental health services is difficult.
  - Clients want one-on-one counseling. They have extensive needs like family problems and mental health issues. Often they do not want to be referred to another agency for fear that they will be labeled. To help clients obtain needed services bring specialized agency staff into an organization that the client is already comfortable with. Also to break the stigma recruit people with mental or physical health issues as volunteers.
- Others
    - People are not aware of ongoing programs. We need to outreach to different locations.
    - Needs a contact person in each neighbourhood.
    - We need to share information through grass root networks.
    - Putting flyers on message boards at apartments – no condo or apartment allows flyers.
    - We need to approach apartment management to enhance better outreach.
    - Connect with a representative from TCHC buildings.
    - Need to approach faith-based groups
  - Wrap up

- Next WC #3 meeting will take place October 26<sup>th</sup> 2011, 10am -12pm, location-TBA