

Be in Good Health

FALL EDITION 2010

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."....
Harriet Tubman



Malvern 10 Million Steps: A Community on a Journey to Physical Health and Fitness

Walk with a friend, join a walking club, or walk by yourself about 4 times or more a week for at least 30 minutes for 16 weeks and receive a special TAIBU Fitness/Walking Recognition Award as you contribute to the *Malvern 10 Million Steps Program*.

In February 2011 TAIBU Community Health Centre will be launching the 10 Million Steps Program, geared at creating a fitness health movement in Malvern through the consolidation of existing and new fitness initiatives. The 10 Million Steps will focus on the collection and documentation of the number of physical fitness initiatives and the number of steps achieved on an individual, program and community level within a year.

How does the Program Work?

Physical activity is an essential component in promoting healthy lifestyles and preventing/postponing chronic disease among older populations. As people age, social networks help to prevent isolation and keep people connected to their communities. The *Malvern 10 Million Steps* is a public/private partnership promoting physical activity, fitness and socialization for young and older persons. TAIBU will continuously recruits and maintains a network of community-based walking clubs under the auspices of *Malvern 10 Million Steps*.

TAIBU will conduct an inventory and register all of the community fitness programs to the *Malvern 10 Million Steps*. Participants within the each physical fitness program will be invited to register to 10 Million Steps. Upon successful registration which includes logging in unto the 10 Million Step Webpage, each participant will be given a pedometers and a walker's log book to record their personal achievements. Once registered participants can document their steps in their log books and once weekly they can enter their total steps on the 10 Million Steps Webpage.

Tony Jno Baptiste, Program Manager



Designed by Georgia Champagnie

Issue Highlight

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Outreach
Network
Engage
Discuss
Risks
Associated with
Weed

The O.N.E.D.R.A.W. Project is an unprecedented initiative that aims to **Outreach, Network and Engage** Black Youth to **Discuss Risks Associated with Weed**. The project will enlist 45 youth from 3 priority neighborhoods who will critically examine Rita Marley's classic reggae song *One Draw* – a song that glorifies marijuana but does not take its risks into account. TAIBU joined forces with the Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) and the Centre for Addictions and Mental Health (CAMH) to deliver harm reduction workshops to explore social, economic, health and legal risks with the project participants. The youth will incorporate harm reduction messages to create remixed versions of the original song. The youth will also create a video documentary, a dance group and a drama skit to be showcased at the 2011 One Draw Project Contest. Surprise celebrity judges will determine the best song, video documentary and best dance group.



Child Minding Training



TAIBU's 2010 Child Minding Training Program started this September and to date, 20 participants are actively engaged in the program. The program includes information and orientation sessions, 12 lecture sessions, CPR training, and 20 hours of practical placement. Participants receive the opportunity to improve their knowledge about early childhood development, health, nutrition and safety issues as well as gain the basic skills necessary to professionally care for a group of children 0-6 years of age. After completing the program and passing the exam, participants will receive a Community Trained Child Minder certificate which can assist them in finding work as child minders at community agencies or with running a home-based daycare within the community. Participants who wish to pursue Early Childhood Educator and Early Childhood Assistant courses at college will further benefit from the knowledge they learned from this training program as they continue their training and education. The current cycle of the program will be complete in February of 2011 with a new and energized group of graduates.

Min Di, Health Promoter

Malvern Diabetes Prevention Strategy



TAIBU Community Health Centre (TAIBU CHC) and Toronto Public Health (TPH) are currently rolling out phase two of the Malvern Diabetes Prevention Strategy. The aim of the project is to continue the development and implementation of programs and services to reduce the incidence of Type 2 Diabetes in the Malvern community. This initiative has three main components: Prevent Diabetes Now Educational Forums (PDN); Food and Nutrition Skills Program (8 week series); and the implementation of culturally appropriate Physical Activity Program (9 weeks sessions of Socacize, Bollyfit and Yoga).

Currently, over 150 participants have completed the Prevent Diabetes Now Sessions (PDN). The overall feedback for educational sessions has been very positive and enlightening. During the presentations a CANRISK assessment is administered to assess the participants risk for the development of Type 2 Diabetes. By the end of the PDN sessions each participant will know his or her risk of developing Type 2 Diabetes and all participants will have an opportunity to

enrol in the free healthy eating and physical activity programs to help decrease the risk of developing the disease. Many participants were surprised to learn that Type 2 Diabetes is preventable. TAIBU CHC and TPH have made it easy for community members to access culturally appropriate nutrition and physical activity programs that are geared to the unique needs of the community.

TAIBU has employed two Community Outreach Workers who have been engaging community residents in malls, churches, libraries, recreation centres within Malvern to take advantage of these free programs. For more information and to get involved please contact: Meena Lakhani at Tel: 416 644 3639 Ext. 245 and Karen Marshall at Tel: 416 644 3639 Ext. 246.



TAIBU Youth Health Network

The Youth Health Network is an innovative, action-oriented partnership of youth and organizations that share a commitment of supporting children and to youth grow up healthily, free from discrimination and oppression and confident and secure, to enable them to realize their full potential. Additionally, the network will support youth to develop the competencies needed to participate in and contribute to building healthy communities. The Network is a dynamic, voluntary collaboration among youth, to involve families and service providers to respond to emerging issues and disseminate related information through multi and social media to advocate on the behalf of children, youth and their families for social change. Currently, a core group of 12 youth is registered in the network are working on the Terms of Reference, the development of a Youth Speakers Bureau, and further recruitment of the participants of for the network. For more information call Vijay Saravanamuthu, Tel: 416 644 3539 Ext. 227.

Staying Above The Weather ~ *Racquel Hamlet, Social Worker/Therapist*

Tips for Staying Above The Weather

During the months of September to December, it is a natural phenomenon that people experience a lack of energy, motivation and are low in spirits. This is indicative of SAD otherwise known to some professionals as Seasonal Affective Disorder. Symptoms of this disorder could be: difficulty waking up in the morning, lack of energy, tendency to oversleep and overeat, withdrawal from friends, family and social activity. Here are some ways to make sure we are staying above the weather instead of under it as we embrace the changing seasons.

Tips for Staying Above The Weather:

- Get Involved in Your Community (volunteer or attend events at the local community centre)
- Exercise and Eat Healthy
- Plan social gatherings once a week with friends
- Cognitive Behavioral Therapy
- Resist the urge to remain indoors

The theme is to keep as busy as possible even though your mood is not the best. You will be thankful you did.



FLU SEASON IS COMING SO PREPARE YOURSELF AND YOUR LOVED ONES...



Get your Flu Shot

Give yourself and your loved ones an early Christmas gift: extra help to fight off this year's influenza strain.

Wash Your Hands Frequently

Before eating, after using the washroom or anytime visible soil is on your hands.

Cover up when you cough/sneeze

Use a tissue or lift your arm up to your face to catch the cough/sneeze in your arm and don't forget to discard the tissue right away.

Clean shared surfaces

Regular cleaning or disinfecting of door knobs, light switches, telephones and keyboards can help decrease the spread of bacteria and viruses.

Sick? Stay Home

Don't go to work/school when you are sick, stay home to rest and stop the spread of bacteria/viruses.

Our Mission and Vision

MISSION TAIBU Community Health Centre promotes health and well being by providing comprehensive primary health care to the people of Malvern with specialized services to the Black Community.

VISION Healthy, vibrant and sustainable communities creating our own solutions

PRIORITY POPULATION Children, youth and young adults and seniors experiencing particular barriers to accessing healthcare

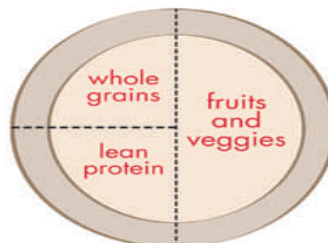
Making Wise Choices during the Holidays ~ Tameika Shaw, Registered Dietitian

Office parties, family gatherings and other events can make overeating unavoidable. People who are on special diets or are watching their weight can find it hard to eat sensibly during the holidays. Follow these tips to help you make wise choices during this festive season:

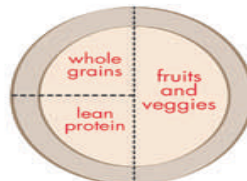
Exercise portion control

Choose the appropriate type and amount of food by mentally dividing your plate into 4 sections.

1. Fill $\frac{1}{2}$ of your plate with vegetables. From a veggie and dip platter, choose dips such as low fat yogurt dips or hummus. Choose creamy, cheesy or mayonnaise based dips less often
2. Fill $\frac{1}{4}$ of your plate with grain products. Whole grain roti, idli, naan, dosa, crackers, bulgur, brown rice and peas are some good choices
3. Add meat or alternatives to the remaining $\frac{1}{4}$ of your plate. Choose from vegetarian dishes such as dahl, lentils, tofu and beans. Choose meat, fish, or poultry that have been stewed, baked, broiled or steamed to lower your fat intake.
4. Do not feel that you have to completely avoid the foods you love. If these foods are higher in fat, sodium or sugar, take a small sample to limit your portions.
5. Nibbling can lead to overeating. Put your food on a plate so it's easy to see how much and exactly what you are eating.
6. Eat only what you need to feel full and recognize when you are satisfied.



9" DINNER PLATE



5" DINNER PLATE



Making Wise Choices during the Holidays

Create an environment that will make it easier to make healthy choices

If you are the party host:

1. Be mindful of the foods you serve. Serve vegetables for dipping along with whole grain pita or flatbreads. Include salsas, vegetable chutneys, grilled chicken, vegetable soups, vegetable skewers or shrimp rings for healthier options in your appetizer selections. Limit your selection of deep fried snacks such as samosas, pakoras, fried plantain or festivals
2. Provide a fruit platter with other dessert items. Include fruit crisps for a healthier dessert option
3. If serving convenience prepackaged foods, read the nutrition facts panel to help you make healthier choices
4. Provide containers for guests to take food away
5. Refrigerate or freeze leftovers immediately. Leftovers can be used for meals during the week or can be used in future recipes

If you are the guest:

1. Do not hover around the food table where you may be tempted. Choose your foods and move away from the table.
1. Keep yourself occupied in the activities. Socializing with friends and family will prevent mindless eating.
2. Bring a dish that is a healthy choice.

Avoid attending a party when hungry

Going to a party when you are hungry can result in overeating. Hunger plus a wide selection of tempting foods, and the social atmosphere will prevent you from focusing on healthy eating.

Avoid skipping meals to “save” calories. Before attending a party have a small snack that contains foods from at least 2 food groups.

Watch your beverage intake

Alcoholic drinks are not only packed with calories but they can weaken your commitment to make healthy choices. Choose lower fat eggnogs, unsweetened carrot juice, sparkling water, juices as healthier options. Limit yourself to ½ cup of sorrel, mauby or other sugar sweetened drinks in a day.

Make time for physical activity

Fit time in for at least 30 minutes of activity per day. Give gifts that will motivate family, friends or colleagues to start to exercise. Pedometers, a yoga mat or free weights are some gift ideas and may provide the inspiration that some people need to get moving.

Happy Holidays

From TAIBU Community Health Centre





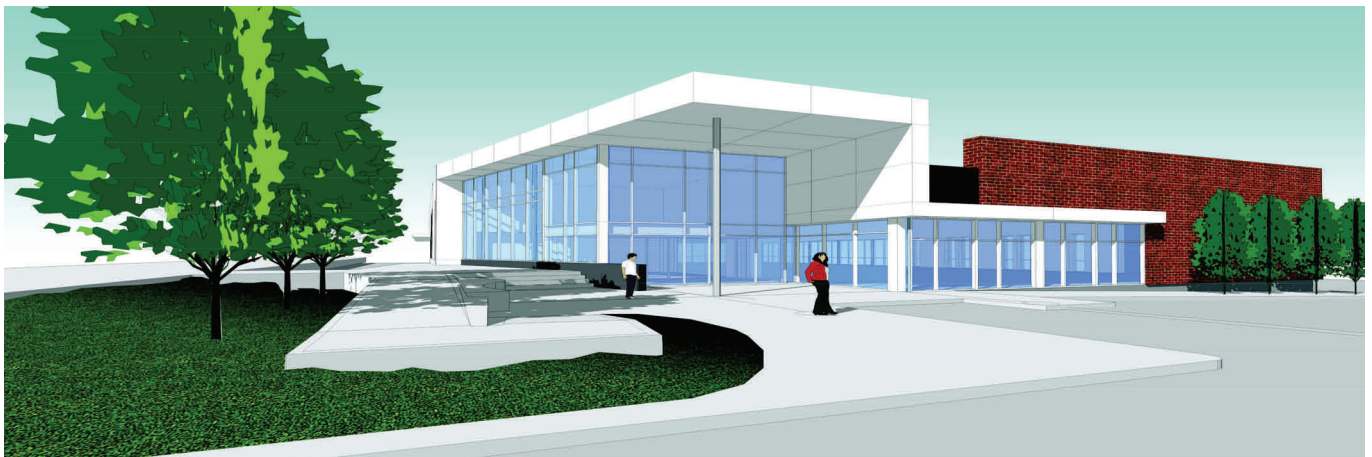
Proudly announces our move into our **NEW** facility in
2011

**“THE INTERNATIONAL YEAR OF PEOPLE OF
AFRICAN DESCENT”**

“BE IN GOOD HEALTH”

“TAIBU is a greeting or wish in Swahili which means “Be in Good Health”

- Our Mission:** TAIBU community Health Centre promotes health and well-being by providing comprehensive primary healthcare and health promotion programs and services to the people of Malvern with a complementary aim of delivering specialized services to the Black community in the GTA
- Our Vision:** Healthy, Vibrant and Sustainable Communities creating our own solutions



Our Services:

- ~ Interdisciplinary Primary Healthcare Services
- ~ Health Promotion programs and Community Initiatives addressing the Social Determinants of Health with particular focus on Chronic Disease prevention & management, Sexual Health, Mental Health, School Based programs, Youth Engagement, Comprehensive Seniors Programs, Specialized Primary Care and Community Programs for Adults with Sickle Cell Disease and other community initiatives including community capacity building.

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