

# Be in Good Health

“If the sight of the blue skies fills you with joy, if a blade of grass springing up in the fields has the power to move you, if the simple things of nature have a message that you understand, rejoice, for your soul is alive...” - Eleonora Duse

SPRING EDITION 2010

## Malvern Youth In Solidarity for Haiti

by Kenlee Merritt—Liberated Minds member

Liberated Minds is a young men's discussion group which gives the male youths of Malvern a place to feel free when they come, speak their minds and discuss any topic or concern they desire. The group started on November 5, 2009 and meets bi-weekly. Liberated Minds looks forward to uniting the youths in Malvern with fun and enjoyable events.

Our first community event (which turned out to be a huge success) was the Food/Clothing Drive for our brothers and sisters in Haiti, held between February 16 - March 05, 2010.

We managed to collect over 130 bags of clothing and some boxes of non-perishable food items from our community, and we dropped them off at a Haitian restaurant where they ship items directly to Haiti on a regular basis. We sorted the clothes into separate sexes and different age groups. We had lots of fun while doing this. After some hard work, we had a delicious meal at the restaurant. We felt joy and pleasure in doing this

knowing that it was for a good cause; to help people in need. Liberated Minds and its awesome staff have surely helped and benefited the young men who attend, including myself, by the safe and welcoming environment they provide, as well as the useful knowledge and advice we inherit. We look forward to doing more beneficial community events that will help us unite Malvern in a fun and enjoyable way.



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# Happy Feet for Happy Life

By Ai Luong ~ Chiroprapist

From warts to ingrown toe nails, your feet can suffer from some painful conditions. This short article will briefly introduce you to some of the common foot problems. More foot problems including a summary chart of "foot problems and how to self-care" will be introduced in upcoming issues of our newsletter. So do not forget to check back for more information....

## Corn, Wart

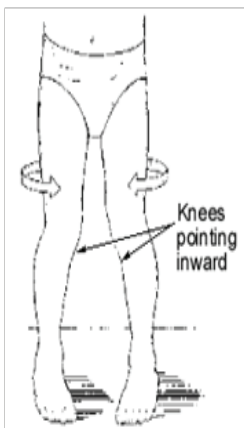


If you have one or more small hard, thickened areas of skin at the bottom of the foot or at the sides of the toes then you may have corns or warts.

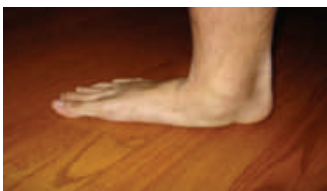
Even though corns and warts may look similar to the untrained eyes, they are in fact very different. A Corn is usually caused by abnormal pressure whereas a wart is caused by a viral infection. Each condition requires different treatment .

## Intoe

Most people's feet point straight forward or outward. However, some people's feet point inward which is called intoeing or "pigeon toes". Intoeing is usually caused by a twist in the thigh bone (excessive femoral anteversion), leg bone (internal tibial torsion), or curve in the foot (metatarsus adductus).



Treatment options will vary depending on the patient's age and severity.



## Flat Feet

Flat feet is another common condition in adults and children. Even though having flat feet is

part of the normal development in children (up to 4 years old), it

can cause foot, knee and lower back pain in teenagers and adults. Problems associated with flat feet can be treated using proper footwear and/or inserts.

## Heel Pain (Plantar Fasciitis)

Do you have heel pain in the morning and/or after prolonged sitting? You may be suffering from a condition called plantar fasciitis. Custom-made inserts alone are not enough to cure heel pain. Before the treatment can begin, a proper examination and diagnosis must be made as there may be different causes for heel pain. Treatments may include stretching, icing, anti-inflammatory medications and inserts (orthotics).

**Our chiroprapist (foot care specialist) will help you with these and other foot problems that you are experiencing or if you have any questions or concerns contact us at 416 644 3536.**

## Child Minding Training Participants Graduate



14 Participants who attended the Child Minding Training Program hosted by TAIBU CHC celebrated their graduation on March 25 2010. The

program provides free training for participants in the areas of child development, health, nutrition and safety issues for children aged 0-6 years old. It includes an orientation session, 12 lecture sessions, CPR training, and 12 hours of placement. We would like to acknowledge the collaboration and support from our partners in this program: *Community Living Toronto, Early Childhood Services, Aisling Discoveries Child and Family Centre, Children Aid Society, Malvern Family Resource Centre, Toronto Public Library Malvern Branch, East Metro Youth Services, Family Day Care Services, Toronto Home Childcare, On Track for Women, Life Saving Society and Malvern Montessori School.*

## Grilled Chicken with Corn and Black Bean

This summer recipe can also be prepared in the oven.

### Ingredients

#### Grilled Chicken

4 (1 lb) chicken breasts (cut into strips)  
2 tbsp lemon juice  
1 tsp thyme  
2 tsp onion powder  
2 garlic cloves minced

#### Corn Salsa

3/4 cups chopped fresh tomato  
1/3 cup frozen corn  
1/3 cup cooked black beans (if using canned beans, drain and rinse well)  
1 cup chopped cucumber, unpeeled  
1/4 cup chopped red bell pepper  
1/8 cup chopped cilantro  
1 tbsp red wine vinegar  
1/2 tsp minced garlic or garlic powder  
1/4 tsp ground cumin  
1/8 tsp pepper

### Preparation

- Combine salsa ingredients and set aside.
- Combine chicken with lemon juice, thyme, onion powder, and garlic and refrigerate for 30 minutes (or for up to 4 hours).

#### Barbecue Directions:

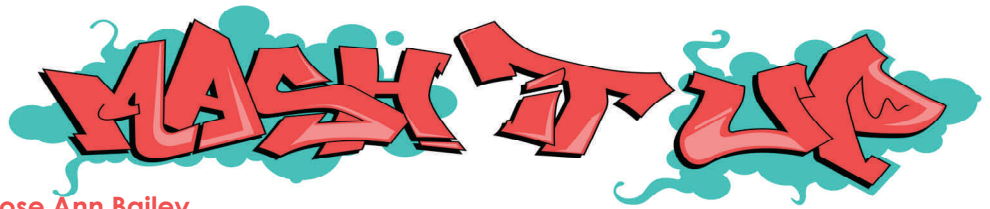
Place chicken on greased grill over medium-high heat, close lid and grill. Cook about 12 minutes, turning once, until chicken is no longer pink inside and food thermometer inserted in thickest part of chicken shows 170°F (77°C).

#### Conventional Oven Directions:

Bake chicken at 350°F for 30 minutes or until chicken is no longer pink inside and food thermometer inserted in thickest part of chicken shows 170°F (77°C).

Top chicken with salsa and serve with steamed brown rice or barley and a fresh salad.

**Tip:** Use left-over chicken and salsa on whole grain bread or roll for a grilled chicken sandwich.



By Rose Ann Bailey

### What does love got to do with it?

That is the question that many urban youth are asking when looking at sexual health and healthy relationships. This question started a training conducted by *TAIBU Community Health Centre* and *Creative Youth Resource Education Studio (CYRES)* for 7 youth. Developed in partnership with *Africans in Partnership Against AIDS*, *Black Coalition for AIDS Prevention*, *Immigrant Women's Health Centre* and *Black Creek Community Health Centre*, this sexual health project consisted of a three day retreat in Barrie and the development of an arts-based peer education presentation called **Mash It Up**. The play was developed from this group's personal or second-hand experience around sex and healthy relationships.

This community-based intervention began with the unpacking of trauma and sexual health mis-education by 7 Black youth, mainly from the Malvern area. There was a need to understand the lives of the youth who lived in communities where violence occurs. Most youth in these communities are suffering from Post-Traumatic Stress Disorder. Living in conditions of poverty, substance (ab)use, intimate partners violence. Sometimes healthy sexual health education or practices are not at the top of their mind. Where does Black masculinity and femininity, Hip Hop, Reggae music/

culture, resistance or acceptance of sexual politics come into the discussion, especially living in marginalized communities? This workshop provides an intervention that goes beyond the common dissemination of STI pamphlet, just "say NO" to sex and encouraging the use of condom through demonstration for this high-risk population. This sexual health presentation needed to be relevant to their lives and how it supported their own pedagogy of hope.

The arrangement was developed to illicit scenarios and discussion around the misconception of sexual health choices that youths made and through an open group discussion, 2 adult facilitators break down the characters and issues through a large group discussion.

*Mash It Up* successfully debuted at *Malvern Community Recreation Centre*, in partnership with *Toronto Parks, Forestry and Recreation* on Wednesday March 10<sup>th</sup>, 2010. In the upcoming months, the group will perform at *Black Creek Community Health Centre* April 21, 2010, and again on Saturday May 1<sup>st</sup> at the **2010 Youth Conference** at *Malvern Community Recreation Centre*.

For more information please call Rose-Ann at 416-644-3539 ext 225 or visit our Facebook group at **Bringing Sexy Back: A Sexual Health Guide to Love, Sex and Relationships**

# Meet Our Amazing Staff Team



**Shawn Douglas**

Community Health Worker  
*Shawn brings 18 years of experience in Case Management, Community development work and Project Coordination. Shawn holds a Diploma in Social Services from Humber College*



**Rose-Ann Bailey**

Health Promoter  
*Rose-Ann, a BA graduate in Fine Arts & Education has 14 years experience as a teacher, outreach worker, program & campaign coordinator and is a graphic designer*



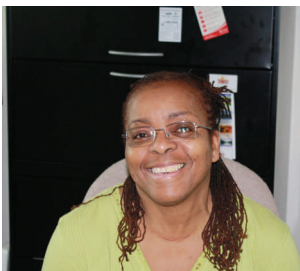
**Min Di**

Health Promoter  
*Min is a Medical Doctor from China with 10 years experience as a Community Nutritionist, Community Health Worker & research Assistant*



**Dr Audrey Dye (MBBS)**

Family Physician  
*Audrey has over 20 years of experience in family medicine and also as Professor at Seneca College*



**Donna Fancy-Lyle**

Human Resource & Admin coordinator  
*Qualified in Business Administration, Donna has 13 years experience as an Admin Assistant and Human Resources & Admin Coordinator*



**Liben Gebremikael**

Executive Director  
*Liben holds an MA in Migration, Mental Health & Social Care and has over 17 years of experience in Social Work, Project Coordination, Management and Counselling.*



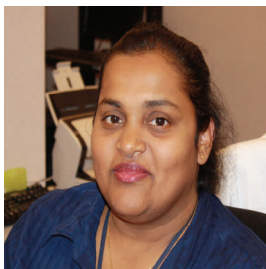
**Althea Telemaque**

Admin Assistant/Med Secretary  
*Althea is a graduate from Seneca College in Administration and has 5 years of experience in Customer Service Representation, clinical intake and legal administration*



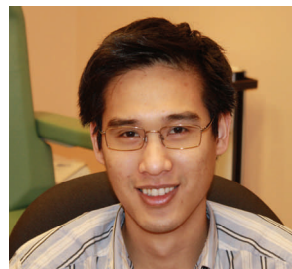
**Tameika Shaw**

Registered Dietitian  
*Tameika holds a Masters in Health Science (Comm. Nutrition) and has over 4 years experience as a Nutritionist, Program Coordinator and Teaching Assistant*



**Maheshi Thilakasena**

Medical Secretary  
*Graduate from George Brown College (Office Assistant Program), Maheshi has 15 years of experience in Office Admin and as Medical Secretary*



**Ai Luong**

Chiropodist (Foot Care Specialist)  
*Ai holds a Bachelor of Science in Kinesiology & D Ch and has 4 years experience as a foot care specialist*



**Pat Wright RN (EC)**

Nurse Practitioner  
*Pat brings over 20 years of experience as a Nurse and a Nurse Practitioner in hospital and community health centre settings*



**Deika Ahmed RN**

Registered Nurse  
*Deika holds a BSc in Nursing and has worked as Community Worker, PSW as well as a Registered Nurse in her native country Somalia .*



**"When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease." - V.L. Allineare**

# Helping to Build a Healthy Community



**Roma Beckles (MSW, RSW)**

Social Worker/Therapist  
*Roma has over 10 years experience as a Senior Counsellor, Trauma Therapist, Clinical Social worker, Program Manager and Coordinator*



**Abel Gebreyesus**

Data Management Coordinator  
*A Masters holder in health Informatics, Abel has 9 years experience as Project Manager & Training Analyst, Business systems Analyst and as a Data Management Coordinator*



**Delford Blythe B.Sc., CEB, CGA, CPA**  
Accountant



**Meena Lakhani**

Community Outreach Worker  
Diabetes Prevention Project  
*Holds a Bachelor of Science and has been working with the South Asian community for over 25 years. Meena speaks 5 South Asian languages.*



**Karen Marhsall**

Community Outreach Worker  
Diabetes Prevention Project  
*Majoring in Psychology at York University and has 8 years of experience in community and social environments supporting clients with different social and mental health issues*



**Usha Letchumanan**

Community Outreach Worker  
Diabetes Prevention Project  
*Usha holds an MSc degree in bio science and is a certified interpreter. She has over 10 years experience working in communities and the Toronto District School Board.*



**Khadejeh Adetoro**  
Casual Admin Support



**Alisia Graham**

Student Placement ~ Dietitian



**Neemat Elzinie**

Student Placement ~ George Brown College



**Andrew Lewis**

Student Placement ~ George Brown College



**Maryjane McDonald**

Student Placement ~ George Brown College

**“Every patient carries her or his own doctor inside.” - Albert Schweitzer**



# Women & Stress Taking Time to Get RENEWed

By Roma Beckles ~ MSW, RSW



The fact that opportunities for experiencing stress abound in today's society cannot be denied. Traffic, technology, bills, family, work... stress is everywhere! For women, the likelihood of experiencing stress is magnified. Not only do women have to contend with the constant fluctuation of hormones in their bodies during puberty, menstruation, pregnancy and menopause, they also have

to juggle a myriad of responsibilities with work, community and family life. The fact that in Canada today, women's labour force participation is almost equal to that of men, has done little to alter the reality that women continue to be responsible for the lion's share of domestic duties ~ cooking, cleaning, child rearing and the like. For women working outside the home, the day does not end at 5 o'clock. It is just the beginning of what has come to be known as 'the second shift'.

In spite of these responsibilities, women are more likely to put their needs secondary to spouses, children, friends and co-workers. All told, these factors place women at increased risk for experiencing stress.

Experiencing stress in and of itself is not a bad thing. Stress is your body's signal that an area in your life needs attention. Stress can alert a woman that it is time to take care of herself, acknowledge a limitation or set a boundary. When stress is left unchecked however, it can escalate to distress. A distressed woman is increasingly vulnerable to physical and emotional setbacks such as heart attacks, ulcers, anxiety and depression.

To support women in gaining control of the stress in their lives, TAIBU is offering a 5 week relaxation group called **RENEW ~ Relaxation, Exercise & Nutrition to Energize Women**.

The group will explore fun, easy and practical ways for women to both prevent and cope with stress, achieve balance and become re-energized. The group will run from **May 4th to June 1st ~ 10 am to 12 pm** at the **Malvern Community Recreational Centre - 30 Sewells Road** in Scarborough.

For more information or to register please call Social Worker/Therapist at 416 644 3536 ext 242

## TAIBU Out and About



George Smitherman, previous Minister of Health and Long Term Care, talking to Shawn Douglas and Andrew Lewis at the Health Fair held on March 25 2010 at Rouge Valley Centenary site. Mr Smitherman has been instrumental in the establishment of TAIBU and announced the opening of the new CHC at the Malvern Town Centre in November 2005.

## What clients have told us ...

I don't live in the neighbourhood any longer and travel 2 hours to get here. I really like the care I get here.

So far so good! The staff have a very caring attitude towards patients

Maheshi and Pat are always so very nice! They make the difference in my medical care

# Nurse Pat on having a fun and healthy summer

Pat Wright RN(EC)

As summer approaches we are busy getting our clothes ready for the new season as well as exercising and improving our diet to look our very best for this most enjoyable and socially active time of the year. Social interaction offers us new opportunities to meet potential sexual partners.

## Are we ready?

### What could we do to prepare for a new relationship and possible sexual intimacy?

- ☑ We must be confident that our health is optimal. If you are a woman, have you had a recent physical with a pelvic examination? Are you clear of any sexually transmitted diseases? Are you suffering from any annoying symptoms that might cause you embarrassment in a new sexual encounter?
- ☑ For a man: when was the last time you saw a health care provider? Are you certain that you are free from sexually transmitted diseases? Are you always prepared to protect yourself and your partner should you both decide that sexual intimacy is the next step in this relationship?
- ☑ Have you ever had an episode of herpes infection? Are you aware that you can transmit this virus even when you have no visible lesions? If you decide to engage in sexual activity with a new partner it is vital to have a frank discussion about this topic to prevent transmitting this virus to a partner who has never been exposed to it. Be aware that over exposure to sunlight can trigger an attack of herpes and put us on the disabled list for up to 2 weeks.

- ☑ What about birth control? It matters not which partner assumes responsibility for this part of the relationship, but it is important to discuss this topic before embarking on a sexual adventure with a new partner. Parenthood is a lifelong commitment and one we should enter with our priorities clearly identified. To enter parenthood half-heartedly will have a profound impact on the child who endures this. Children are entitled to the wholehearted love and adoration of both of their parents.
- ☑ Do you know your HIV status? Do you think it is responsible to engage in sexual activity without awareness of this aspect of health? Individuals are being subjected to legal consequences for engaging in sexual activity and exposing others to this deadly infection. Be responsible! Get tested! If you are positive: get treatment and protect your partners from this virus by using condoms.
- ☑ Are you aware that condoms are now available for women? They are a bit trickier to use than male condoms and do require some instruction to use them properly.

**To learn more about this you can contact Toronto Public Health or TAIBU and we would be happy to give you more information in the context of a wellness check with special attention to your sexual health.**

Enjoy the warm weather and any new sexual adventures that you may encounter, but ensure the health of yourself, your partner and your future children by attending to your sexual health and being prepared.

**“Happiness lies, first of all, in health.”**

**George William Curtis**



**“The greatest wealth is health.”**

**Virgil**



**“Just because you're not sick doesn't mean you're healthy.”**

**Author Unknown**

## Our Mission and Vision

<b>MISSION</b>	<b>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.</b>
<b>VISION</b>	<b>Healthy, vibrant and sustainable communities creating our own solutions</b>
<b>PRIORITY POPULATION</b>	<b>Children, youth and young adults and seniors experiencing particular barriers to accessing healthcare</b>

# Baby Teeth are Important to Clean, Care and Cherish

## Dental & Oral Health Services Toronto Public Health

Early and regular dental care are essential for the maintenance of good healthy teeth. Baby teeth require the attention of a dentist as much as adult teeth. Healthy baby teeth are important for chewing food and they assist in normal speech. They are very important in the growth and development of the jaw and face. Baby teeth also help guide adult teeth into their proper position. Early loss of one or more baby teeth may result in crowded adult teeth.

Dental disease may attack children's teeth as soon as they appear in the mouth. Acids formed by germs feeding on food particles containing sugar, cause tooth cavities or decay. Tooth decay can be painful, may cause sleeping problems and poor self esteem, lead to infection and tooth loss and can be expensive to treat.

### To prevent cavities, follow these steps:

**1. Help your child choose foods that keeps their teeth healthy.** Milk, fruit, vegetables, whole grain cereals, meat, fish, poultry, cheese and

eggs help form and maintain healthy teeth. Sweet and sticky foods, especially between meals, are the major cause of dental decay. Give your child milk instead of soft drinks, peanut butter sandwiches instead of cookies, crackers and cheese instead of candies or fruit instead of cake as a snack between meals.

### 2. Keep your child's teeth clean.

Teeth must be brushed before bed and right after meals. When brushing isn't possible, children should be taught to rinse their mouths out with water. It is recommended that parents and/or caregivers brush their children's teeth until the children are old enough to write (not print) their names.

### 3. Protect your child's teeth with fluoride.

Fluoride combines with tooth enamel to make teeth more resistant to dental decay. Fluoride is present in Toronto's drinking water and is available in toothpastes recommended by the Canadian Dental Association. Use toothpaste with fluoride when your child is old enough to spit it out on command. If the child is unable to spit it out, do not use toothpaste. Instead, brush their teeth with only a toothbrush and water.

**4. Make sure children visit the dentist early and frequently,** starting at the age of 12 months. If you can't afford a dentist and don't have dental insurance, your local public health unit can help.

Toronto Public Health has a dental program that provides free basic dental care including examinations, x-rays, fillings, cleaning, extractions, dentures, and root canal treatment on some teeth. These services are offered to eligible children (0-17 years), parents enrolled in selected public health programs and seniors (65 years and older).

To be eligible, you must live in Toronto, cannot afford to visit a dentist and do not have private dental insurance.

Toronto Public Health, Dental and Oral Health Services has 15 dental clinics across the city. The staff speak many languages and are happy to assist you.

**For more information about Toronto Public Health dental clinics, please visit [www.toronto.ca/health](http://www.toronto.ca/health) or call 311.**

**TAIBU CHC is pleased to inform you that we will house the Toronto Public Health Dental & Oral Clinic when we move into our new facility !!**

### Current Home:

1371 Neilson Road, Scarborough, ON M1B 4Z8

Clinic: Unit 211—(416)644-3536

Clinic Fax: (416) - (416)644-0102

Administration: Unit 418- (416)644-3439

Community Programs: Unit 419—(416)644-3439

Fax: (416)644-3442

Website: [www.taibuchc.ca](http://www.taibuchc.ca)

E-Mail: [info@taibuchc.ca](mailto:info@taibuchc.ca)

### Office Hours:

**Mondays, Wednesdays and Fridays—9am—5pm**

**Tuesdays and Thursdays 9am—8pm**

