

# Be in Good Health

SPECIAL EDITION 2011

## TAIBU's Grand Opening

A monumental building stood still as a community awaits the official inauguration of the first Community Health Centre with a specialized focus to serve the Black populations. On April 13<sup>th</sup> 2011, the opened doors gave ear to the echoes of the pulsating rhythm of African drumming as majestic dancers inspired a communal celebration amidst an audience astounded by the breathtaking architectural design and the radiance of affectionate colors of TAIBU Community Health Centre.

An estimated 250 invitees flowed through the hallways, eloquently guided by volunteers as staff presented highlights of the Centre's programs and services. Guests expressed with amazement how pleased they were with the level of knowledge gained, the staff/volunteers' professionalism, the wide range of programs/services offered as well as the organizational impact thus far. Warm smiles, laughter and excitement engulfed the atmosphere adorned with afro-centric décor and entertainment as guests mingled, eating hors d'oeuvres awaiting the formal event to begin.

Around 5:45pm the procession of drummers blazed with African dancing invited the guests into the community room where MC, best known as a judge on the reality TV series *Canadian Idol*—Farley Flex, welcomed everyone and introduced TAIBU's Social Worker/Therapist, Racquel Hamlet to sing *O Canada* as well as the *Black National Anthem*. Reverend Butler graced the celebration with an opening prayer and blessing. Dignitary guests and influential Black leaders addressed the well-spirited audience which included; MPP Margaret Best, Hon. Bas Balkissoon, AHOC's Executive Director Adrienne Tetley, President of the Board of Directors Ms. Floydeen Charles-Fridal, and TAIBU's Executive Leader Liben Gebremikael.



Honourable Bas Balkissoon cuts through the ribbon, officially opening the doors of TAIBU Community Health Centre on April 13<sup>th</sup>, 2011.



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# Grand Opening



The Grand Opening culminated with the Dancers and drummers leading the congregation to the main entrance where the Ribbon Cutting Ceremony took place. In the presence of President Floydeen Charles-Fridal, and Executive Director Liben Grebremikael, Hon. Bas Balkissoon and Dr. Chris Morgan had the honour of cutting the ribbon which officially opened the doors of TAIBU Community Health Centre.



Familiar faces spotted in the crowd were Dr. Dominic Shelton, Award Winner of the Order of Ontario, Ms. Lillie Johnson, as well as a number of other City and school officials, community leaders/stakeholders, and executive leaders, and most importantly TAIBU's members, volunteers and clients.



# April 13, 2011

**“Congratulations. I look forward to referring many people to TAIBU’s services.”**

**“Awesome—TAIBU will make a very positive impact in the community.”**

**“Very impressive, warm and reflective.”**

**“Giving us full confidence to refer clients to TAIBU.”**

**“Amazing! Congrats. I wish it was here when I was growing up. No doubt it will help many people.”**

**“Extremely impressed with the number of services provided, they are very professional and knowledgeable staff.”**

**“Amazing! Please inform our schools.”**

**“Fantastic! Beautiful design and such an extensive number of services. What a fantastic hub for the community!”**





# O.N.E. D.R.A.W. Project Recognized Through Urban Hero Award

## Special Project: O.N.E. D.R.A.W.

The O.N.E.D.R.A.W. Project is an unprecedented initiative that aims to **O**utreach, **N**etwork and **E**ngage Racialized Youth to **D**iscuss **R**isks **A**sociated with **W**eed. The project enlists 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 (SAPPACCY) 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 have incorporated harm reduction messages to create remixed versions of the original song. The youth will also create a video documentary, 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.

## Urban Hero Award Recipient

This year's Urban Hero Award recipient is Sean Mauricette. Sean a.k.a. *Subliminal*, is part of the O.N.E. D.R.A.W. Project. Sean works with youth at risk within the project creating lyrics for remixes with harm-reduction messages. With his expertise, students used music production and created their own lyrics, beats and community songs to showcase positive messages about meeting life's challenge as seen by youth.



Honourable Bas Balkissoon (above left), Sean Mauricette (middle) and Tony Jno Baptiste, Program Manager at TAIBU (above right) pose after Mauricette wins the 2011 Urban Hero Award.



## Medication Compliance from Medicine Shoppe Pharmacy

**Menelik Asrat , Pharmacist**  
**Owner of Medicine Shoppe Pharmacy**

"All these pills, it's just so confusing....."

"I am never sure if I have taken my pills correctly...."

"I always have pills left over...."

These are some of the comments I often hear in my pharmacy. The pharmacist can and must play a major role in helping patients overcome such concerns and to take their medications according to correct prescriptions. Medication compliance is an extremely important part of your healthcare. If your medications are not taken properly, there can be serious problems to you and the healthcare service. Your health can get worse instead of better. Your doctor and other healthcare providers will find it difficult understanding why you are not getting better. It can also add unnecessary extra costs to your healthcare. The health service which is already overstretched and underfunded can lose valuable money in the form of wastage.

Commit to taking the medication according to directions, even if immediate results are not noticeable. This applies particularly to such medications as antibiotics. Understand why it is you are taking the medication and play your personal role in improving your health by taking the medications as directed.

If cost is an issue, speak to your doctor or pharmacist to see if there are less expensive alternatives, or if there are programs that will help share in the costs.

To help our patients, the computer in my pharmacy is programmed to allow weekly phone reminders to guide the patient who, for one reason or another, may be having difficulties in following directions. Medicine Shoppe Pharmacy also has an exclusive Accu-Pack system, where all your medications will be organized and be made simpler to take. These custom prescription cards are prepared by your Medicine Shoppe pharmacist showing each dose of your medication clearly marked for time and date. At a quick glance, you will know if you have taken or missed any pills.

As the medication expert, your pharmacist can assist you in all areas of medication management including medication compliance. The computer in my pharmacy is programmed to allow weekly phone reminders to guide our patients who, for one reason or another, may be having difficulties in following directions. We also have an "Accu-Pack System", exclusive to Medicine Shoppe Pharmacy, where all your medications will be organized and made easier to take. When required, your Medicine Shoppe pharmacist will prepare for you custom prescription cards marking clearly each dose of your medication for date and time. At a quick glance, you will know if you have taken or missed any pills.

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## Medicine Shoppe Pharmacy

As an experienced pharmacist and a certified diabetes educator I am fully committed to my patients. I am directly accessible, and take all the necessary time to dialogue with them to understand their health needs and goals. Knowing my patients allows me to tailor my recommendations to ensure they obtain the maximum benefit from their medications and other health regimens.

Medicine Shoppe Pharmacy works in close collaboration with the Canadian Diabetes Association through the Community Pharmacy Outreach Program. Through individual consultations, information seminars, community presentations and other educational sessions we provide valuable and timely advice, and share the latest information to help in the management of your diabetes.

# Upcoming Events

## TAIBU CHC Membership Drive

# 2011 *Membership Registration* *Drive . . .*

TAIBU Community Health Centre welcomed members of the community to get involved in our activities and services as volunteers. Our volunteers assist in research projects, program development, implementation and evaluation.

Through the volunteer program, TAIBU engages community members in shaping the work of the centre and also improving their abilities to make positive changes in their lives. TAIBU CHC recognizes volunteerism as an essential investment in community asset building and a vital capacity building component for the building healthier Neighborhoods.





# Upcoming Events



*The Grand Launch  
of the*  
**Malvern 10 Million Steps**  
June 18, 2011  
Time: 9:00am

**Activities Include:**  
Community Walk: 2km  
Mini Health Fair  
Fitness Demonstrations  
(Socacize/ Bollyfit)  
Health Screenings  
Healthy Eating  
Healthy Snacks

Free T-Shirts and Water Bottles  
for the first 100 registrants

**MALVERN 10 MILLION STEPS**  
A COMMUNITY ON A JOURNEY TO PHYSICAL HEALTH AND FITNESS

**Location: TAIBU CHC, Unit: 1**  
27 Tapscott Road, Malvern Town Centre

On **June 18<sup>th</sup>, 2011 at 9:00am**, TAIBU is launching the first annual **Malvern 10 Million Steps: a Community on a Journey to Physical Health and Fitness**. Our aim is to motivate the community to participate in daily physical activity, and to demonstrate that cost does not have to be a barrier to engaging in regular physical activity.

It is expected that the event will attract 300 residents and stakeholders. T-shirts and water bottles will be given to the first 100 registrants. Healthy snacks and refreshments will be provided. The event will take place rain or shine!

**Location:**

**27 Tapscott Road, Unit 1, Scarborough, ON M1B 4Z8**

**Clinic:** (416)644-3536

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

**Administration:** (416)644-3439

**Community Programs:** (416)644-3439

**Fax:** (416)644-3542

**Website:** www.taibuchc.ca

**E-Mail:** info@taibuchc.ca

**Office Hours:**

Mondays, Wednesdays and Fridays 9am—5pm

Tuesdays and Thursdays 9am—8pm



Ontario's Community  
Health Centres  
Les centres de santé  
communautaire en Ontario



**Ontario**

Central East Local Health  
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**DIABETES EDUCATION PROGRAM  
TAIBU COMMUNITY HEALTH CENTRE  
CONTACT 416 644 0361 EXT 480**