



# NEWSLETTER - APRIL 2014

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## Message from CEO/COO

PCHS is developing a Pilot Project to enhance the awareness and knowledge of Blood Pressure and weight. The project is called “Know Your Numbers”.

A trained volunteer will screen seniors 65+ and monitor their BP and weight over the course of one year. Those with high BP and excessive weight will be encouraged to seek medical advice and encouraged to adopt walking and healthy eating. The seniors will be encouraged to see doctors and specialist as per their condition and also motivated to eat healthy and engage in walking.

The trained volunteer will continue to monitor how their BP and weight is throughout the year. The seniors who are able to manage their BP and decrease their weight will be recognized at seniors functions. This recognition will motivate other seniors to join the Know Your Numbers project. If successful, the findings will be shared with other HSPs in the CW LHIN.

At present, we find that the seniors are not adhering to the medication regime and keep on increasing and decreasing based on their mood or understanding. We also find that some seniors do understand the link between unhealthy waist weight and heart disease but many do not. It is hoped that these seniors would find the Pilot project helpful.

-Baldev Mutta & Amandeep kaur

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## Empowerment

As and when we are born, we are born with instincts, senses, abilities, and power. Depending upon our environment and situations we grow and become individuals with certain strong and weak senses, abilities, instincts and the power.

Power is the outcome of the psychological knowledge of privileges one is provided with; confidence of people in you, and also faith in your own self. Power has various forms and shapes, visible and non-visible, verbal and non-verbal; inherited and self-created.

With awareness and knowledge that we all are born with power is the key to become strong and competitive to survive and if and required fight for our rights and for others.

Abuse in any form is the misuse of power one has and this in turns makes the victim feel the deprivation of power. Gradually, this cycle of abuse abolishes the sense of worth from the abused and leads to total loss of control of life. Therefore, it is clear that there is a close relationship between power and abuse.

There are few important aspects to remember in bringing balance in the society with regards to equality and the measures taken towards abolishing abuse. Looking back into the history, across the earth’s map, societies in different eras have had



evolved in all walks of life. However, still we all experience inequality, and the existence of ‘isms’. When we strive to bring change in the society for the betterment of human race, it is very essential to generate awareness among the people for the acceptance, the need for the change and their role in the process of change. Empowering women through education; awareness; positive role modelling, and support has had brought tremendous uproar, however due to the lack of acceptance; right knowledge about the importance and need for the change has contributed towards more abuse and conflict among the educated couples leading to high divorce rate as compared to previous decades.

As an integral part and parcel of this community we all have a duty towards canvassing the future of our society by inculcating social and religious values in our children equally regardless of their gender. When we look at our community it is like a body with two equal longitudinal halves. Anatomically if something goes wrong with one half, the other half manages and at the same time supports along with empowering the first half. Similarly, to bring the required positive change, the vicious cycle of patriarchy and oppression needs to be cut at some point and understanding the need of empowerment of all forms of women hood should be encouraged by every individual regardless of race, age, profession, class or gender.

-Parminder Kaur

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## Settlement Services

What are Settlement Services?

Settlement services are services for newcomers to Canada. These services are often free and they are always confidential. Settlement services include the following:

- Interpretation and translation of documents or help to arrange for these services
- Help in filling out forms and applications

- Finding English as Second Language (ESL) or Language Instructions for Newcomers (LINC) classes
- Help in finding a job, skills training program, and credential evaluation services
- Information and referrals about other community services such as schools, Ontario Health Insurance Plan (OHIP), Social Insurance Number (SIN), driver’s license and health care services.

PCHS has an experienced team of settlement counsellors who can assist newcomers, landed immigrants, permanent residents, refugee claimants, convention refugees, live-in-caregivers and Canadian Citizens to settle and adjust to their new life in Canada. For more information about these services, please contact the settlement team at 905-677-0889.

## New Hires

Gurjeet Hayer, migrated to Canada in 2013 after spending 18 years in



Indian Army. She holds two master’s degrees i.e. Applied Psychology and Geography. She is also qualified in Diploma in Parental Education. She has more than 10 years’ experience as school and addiction counsellor.

Gurjeet is a recipient of Award of Excellence, awarded by Indian Army for her volunteer contribution as volunteer to school of mentally and physically challenged children. She has also been on All India Radio as online counsellor and has been given wide appreciation by print media in India for her contribution towards social causes.

-Gurjeet Hayer



**Baljit Virk**  
Scotia advisor

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