



NEWSLETTER – OCTOBER 2014

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Message from CEO

When I am going to retire, is a question I am asked often.....

Well, I don't think, I am going to retire. I do not consider my work as work as I am so passionate about helping that work becomes my way of life. I am very lucky that I am surrounded by my senior staff and staff who are absolutely dedicated to PCHS. Of course my board has always supported me and together we have been able to not only grow PCHS into a premier organization but also serve the community.

If we look at the organizations which have survived, one comes to the conclusion that they have impeccable succession plan in place replacing their CEO. PCHS is also in the process of developing a succession plan to replace me. But, the Board wants me to stay to strengthen the organization and further develop some key check and balances.

I have learnt that an organization needs to develop systems on which it runs. Organizations cannot be micro managed and that was one of the reasons for PCHS to become accredited. We have systems in place for everything.

I think, PCHS is a very strong organization where system runs the organization and PCHS is not dependent on one person. This is the strength of an organization and its survival depends on it.

I am beginning to see PCHS mature and become a competent and effective organization. I would continue to be part of PCHS for as long as I live. Does that mean I will never retire? No, I will retire when time comes. The time has not come yet.....

-Baldev Mutta CEO PCHS

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PCHS' Adopt-a-Baba/Bibi Campaign

I was at a meeting at PCHS a few months ago and I heard Nirpal share the story of South Asian seniors who were going through a difficult time. The wife had fallen down and had been admitted into the hospital. Her husband was at her side day and night to offer her some comfort. It reminded me of my mom (Gurbachan) and dad (Sucha) - only in reverse. My dad was in and out of the hospital for many years since he had a couple of heart attacks and a stroke. He was unable to speak and the right side of his body was paralyzed. He had many years of therapy and required different equipment to aid his recovery.

My family became his voice and advocate. My mom kept track of all the different medicines my dad took and was able to fill in the blanks with the nurses. We praised them when they helped and questioned them when we weren't sure why he wasn't feeling well. My parents were a team for 64 years and they needed to be with one another to get better. I remember my dad would perk up just knowing my mom was on her way to see him. Earlier this year, my dad passed away quietly in the hospital surrounded by his family.



As South Asian seniors, my parents, like many others just want to be sure that they will be taken care of by family when they get older. Nirpal was working with this couple and had been speaking (advocating) on the couples behalf... quite vehemently and passionately! And it brought a smile to my face. I knew I would do the same myself because this young lady didn't treat her clients like clients, but like family. And that's a key differentiator for [PCHS](#) and she needed our help.

She spoke about the senior who had his walker stolen and he didn't have \$25 to replace it. She told me about the case where a senior had received funding to get a wheelchair, but he had to match the funds - \$200 - in order to take possession and he didn't have it. It went on and on. I was ready, willing and able to write a cheque right there and then. But that was a band-aid solution for one senior. I asked what kinds of things would make life a little easier for these seniors and we came up with the ADOPT-A-BABA/BIBI campaign - where we determine the needs of the senior and with a donation they are met:

There are 20 of Nirpal's clients who need the following immediately:

ADOPT-A-BABA/BIBI Box: heating pads, puzzles, cleaning kit, heater, exercise balls/putty, arts and crafts, magnifying glass, grab bars for the bathroom, rubs for arthritis, cane, winter gloves, diabetic socks, warm wool socks, winter hat

But we know there will be others who will need assistance:

STARTER Box: heating pads, rubs for arthritis, cold pack, grab bars of various sizes, bath tub chair, bath mats, raised toilet seat, small heater, diabetic socks, exercise equipment, shoe horn, extended brushes, magnifying glass, mat, cane

Many of the items reminded me of what my dad (especially the shoe horn) required to be independent and comfortable in his own home. He was one of the lucky ones who had a good pension and a loving family to take care of his needs. This is not the case for many South Asian seniors who don't have the support that my dad had, who can't afford the necessities, let alone the things that assist them as they grow older.

PCHS launched the program on Guru Nanak Dev Ji's birthday - Gurburab. My family and I celebrated the day by donating on behalf of my late father, Sucha Singh Saran. Our [Dasvandh](#) - contributing in the name of the guru towards those seniors who need it most. It was also another way to teach Tej about Sikhism. You too can donate online at [PCHS4u.com](#) or you can drop off a cheque or item for the box to [PCHS' offices](#) - Malton (2890 Drew Road, Unit #241) or Brampton (11730 Airport Road) in order to donate in person. or Brampton office. All donations of \$25 and over will get a tax receipt. It's as simple as that... being inspired by all the love and support we have received from our elders and honouring them by helping their brothers and sisters.

I don't have any family here, which is the case for many South Asian professionals that live and work in downtown Toronto. They may have moved far away from their own loving Baba or Nani and have no idea of the South Asian seniors in need just a short car drive away. There's always a way to get involved. If you want to volunteer with the PCHS' SAHARA Seniors Group or make a donation on behalf of your Baba/Bibi, do so today. The love and gratitude you will feel from the seniors will make you feel like you are being blessed by family!

- Kulbinder Saran Caldwell, Advancement Officer, PCHS

First published on her blog on www.REALLIFEwomen.ca



Settlement Corner

Employment Insurance

The Employment Insurance (EI) program offers temporary financial assistance to Canadians and individuals who are legally entitled to work in Canada, have a valid Social Insurance Number and remain in Canada during their benefit period.

Always apply for EI benefits as soon as you stop working. You can apply for benefits even if you have not yet received your Record of Employment (ROE). If you delay filing your claim for benefits for more than four weeks after your last day of work, you may lose benefits.

There are several types of benefits available to Canadians, depending on their situation.

- Employment Insurance Regular Benefits are available to individuals who lose their jobs through no fault of their own (for example, due to shortage of work, seasonal layoffs, or mass layoffs) and who are available for and able to work, but can't find a job.
- Employment Insurance Maternity and Parental Benefits provide support to individuals who are pregnant, have recently given birth, are adopting a child, or are caring for a newborn.
- Employment Insurance Sickness Benefits are for individuals who are unable to work because of sickness, injury, or quarantine.
- Employment Insurance Compassionate Care Benefits are available to people who have to be away from work temporarily to provide care or support to a family member who is gravely ill with a significant risk of death.
- Employment Insurance benefits for Parents of Critically Ill Children are available to eligible parents who take leave from work to provide care or support their critically ill or injured child.

For more information please call PCHS, Settlement Counsellors at Malton and Brampton locations- 905-677-0889

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MCBP –Let's Talk 3

The most neglected and forgotten part of Mississauga, Malton was the centre of attraction on October 16th as candidates were provided a chance to interact and mingle directly with the community in the All Candidates Forum-Ward -5. The civic engagement night was hosted by Malton Community Building Project (MCBP) and Malton Black Development Association. At the beginning some rapid fire questions were asked to see if the candidates had done their homework well enough to be a true representative of Malton in the City Hall. MCBP Advisors and Gavel Club did a tremendous job in creating, compiling and collecting the questions from the community which really reflected over 75,000 residents and made this event a huge success. Poverty, long awaited Goreway Bridge and affordable housing were the main issues.



Malton is proud that passionate residents like Helene Burrowes, Dianne Douglas and Crystal Perryman Mark were among the list of candidates.

-Uzma Irfan MCBP Coordinator



**PCHS PRESENTS
ADOPT –A–BABA/BIBI CAMPAIGN
FROM NOVEMBER 5TH TO DECEMBER 31ST**

As the holiday season approaches, everyone knows the snow and cold winter months are also around the corner. As seniors age, there are special requirements to help ease them into winter. That's why this year, we're asking for your help!

Adopt-a-BABA / BIBI campaign is where you can assist a Senior by either purchasing an item or donate any amount to help towards creating the box.

All donations over \$25 will receive a tax deductible receipt. Go online to www.pchs4u.com/donations or come into the PCHS offices - Malton - 2890 Drew Road, Unit #241 or Brampton - 11730 Airport Road in order to donate in person.

PCHS has a goal to raise enough funds to cover 20 Seniors in the community who require special equipment right now to get them through the winter. And if you are missing your own BABA or BIBI this holiday season - you can always help a Senior in their name. Make your donation count!

<u>ADOPT-A-BABA BOX</u>	<u>STARTER BOX for FRAIL SENIORS</u>
• Heatingpads	• Heatingpads
• Puzzles to help with memory	• Rubs for arthritis pain
• Cleaning Kit (to make it easier to clean)	• Cold pack
• Heater	• Grab bars of various sizes
• Exercise balls/putty to strengthen	• Bath tub chair
• Arts and crafts	• Bath mat
• Magnifying glass for reading	• Raised toilet seat
• Grab bars for bathroom	• Small heater
• Rubs for arthritis pain	• Diabetic socks
• Cane	• Exercise equipment
• Warm blankets for winter	• Shoe horn
• Winter gloves	• Extended brushes (clients with arthritis)
• Diabetic socks	• Magnifying glass for reading
• Warm wool socks	• Mat
	• Cane



Baljit Virk
Scotia advisor

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