

Punjabi Community Health Services

# Newsletter



**“One of the secrets of life is that all that is really worth the doing is what we do for others.”**

**-Lewis Carroll**



**May 2017**

# Message From the Executive Team

May 2017

Let's look at some Canadian stats:

- 1 in 5 may have experienced some form of mental illness
- 1 in 4 women is an abused woman
- The rate of suicide amongst aboriginal youth is higher than in general population
- The rate of diabetes amongst the Black, South Asian and the Aboriginal community is higher than other population
- Cancer screening rates are lower for the South Asian community
- There were no foodbanks in Canada prior to 1981 or (very few) and now virtually every city has several food banks
- Homelessness is on the rise. It was unthinkable that there would be 'homelessness' in the Sikh community but now this has become a reality
- Canadian stats are showing that Chinese and South Asian community have substantial poverty
- Graduation rates for Black youth are of concern according to Peel District School Board

While the society seems to be on the right path to collect statistics and discussing the vulnerability of certain segments but at the same time there seems to be lack of investments by the government to address these social issues. While the GDP of Canada has grown since 1981 the wealth has not been distributed amongst the needy and the gap between the rich and the poor has widened.

There seems to be an argument and it is an 'economic argument' made by corporations and business class. That taxing the rich (Corporations) will be bad for

the economy. There was a similar economic argument made during the abolition of slavery. The slave owners said that they agreed with abolitionists on moral grounds but economically the country will be in ruins if they 'freed' slaves as the economy depended on it. These arguments lasted for about seventy years but ultimately the society changed.

Even now the argument is economical. Whether it is climate change, increase of minimum wage, or investment in social programs, or asking corporations to pay their fair share -the argument is economics.

I think the time has come to debunk this argument and do the right thing. If corporations are prospering so must the ordinary Canadians. It is time for investment towards Mental Health and Addictions program and more so in the CSS sector. Otherwise, those seniors who have contributed immensely towards building Canada will not have adequate services to be looked after and Canada will not be considered a compassionate country.

For more discussions on the state of Mental Health services and PCHS' contribution in the field please join us for our upcoming Mental Health Forum on June 18, 2017 at the Brampton Soccer Center.

Please visit our website: [www.pchs4u.com](http://www.pchs4u.com) for more details and to register.

Baldev Mutta ,**CEO**  
Amandeep Kaur, **COO**  
Anu Randhawa, **DOO**



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[www.pchs4u.com](http://www.pchs4u.com)



# Mother's Day

Kulroop Singh, Summer Student-Operations

When is it? May 14th 2017

Did you know?

-Mother's Day sees around one quarter of all flowers purchased throughout the year falling on this holiday.

-In the vast majority of the world's languages, the word for "mother" begins with the letter M

-In 1939 in Lima, Peru, the youngest mother on record delivered a baby boy by C-section. She was only 5 years-old and the baby was raised as her brother.

<https://osr.org/blog/tips-gifts/20-fun-facts-about-mothers-day/>

Significance: This day has been created to celebrate moms and mother figures and the hard work they do for their kids. Mothers make many sacrifices for their kids and on this day they can be recognized for their

talents and support. This day started in 1908 in the United States and then slowly started being acknowledged throughout the world. It started as an occasion where a woman named Ann Jarvis wanted to reunite families after the atrocities of the Civil War. She wanted to have a day called "Mother's Friendship Day". Unfortunately, she died before it got the chance to become a holiday and so it was officially made a holiday in 1914. Today it can be celebrated by just simply showing how grateful you are towards your mother, whether it be cards, flowers, chocolates or even hugs so don't forget to celebrate the mother figure in your life!

[http://www.softschools.com/facts/holidays/mothers\\_day\\_facts/155/](http://www.softschools.com/facts/holidays/mothers_day_facts/155/)



Image source: <http://ideas.hallmark.com/articles/mothers-day-ideas/mothers-day-quotes/>

# PCHS at Heart and Stroke Foundation's South Asian Community Partner Event- May 13, 2017

Kulroop Singh, Summer Student-Operations

PCHS was recognized by the Heart and Stroke Foundation at their recent South Asian Community Partner Event at the Red Rose Convention Centre. PCHS was proudly represented by Anu Randhawa, Director of Operations and Jasmin Bhalla, HR Manager

who received the plaque by Shishir Lakhani, Ontario Provincial Board Member and Cathy Wallace, VP, Development, Ontario. There was an excellent turnout at the occasion as organizations such as William Osler Health System and Seva Food Bank were invited.



# How to Manage Daily Stress

We all suffer from the daily pressures of juggling family, work, social engagements and extracurricular activities. There never seems to be enough time during the day to get everything done that needs to be accomplished. It's not surprising that many of us suffer from occasional or frequent bouts of stress. Did you know that stress can influence your health?

Stress related illnesses including insomnia, weight gain or loss, digestive issues and depression can be quite devastating, but stress has also been linked to skin problems. When your body experiences stress, a surge of hormones is released in an effort to prepare your body for flight. To help combat the negative effects of anxiety, here are five tips to managing stress in your daily life:

**Follow a regular schedule:**

It may seem like simple advice, but often the simplest advice is the best advice. Following a regular sleep routine can help you decompress, recharge and rejuvenate your body and mind after a particularly stressful day. Try going to bed at the same time every night and aim for 7- to 8-hours of sleep. Resist the urge to stay up late, watching TV. In fact, avoiding screen time altogether before bed—that includes tablets and smart phones. Studies have proven that reading on a backlit device before bed interrupts the body's natural process of falling asleep. These devices also impact how sleepy and alert you are the following day.

**Exercise to combat stress;**

Exercising regularly can have an enormous impact of how your body deals with stress. The key to exercising is to choose something that you truly enjoy. Whether it's going for a walk, taking an exercise class at the gym, going for a swim or lifting weights, exercise keeps us healthy. Make

sure to mix up your exercise routine to prevent boredom and keep the motivation fresh.

**Meditate:**

One of the simplest ways to help alleviate stress is to practice deep breathing and meditation. It only takes a few minutes every day either before bed or when you first wake up. Deep breathing is especially important when your stress levels are high. Aim for meditating for at least 15- to 20-minutes, but if you're feeling the pressure of life, a quick 5-minute meditation session will help.

**Take care of your skin:**

Have you ever noticed that you break out more when you're stressed? Stress causes a chemical response that makes your skin more sensitive. Even when you're rushed for time, it's important not to neglect your skin care routine, especially when you're stressed and tired.

**Ask for help when you need it:**

Asking for help may not always be easy, but when you need a shoulder to cry on or someone to listen to you, it can help put things into perspective. Seeking support from family and friends or a professional isn't a sign of weakness. In fact, it takes courage to admit you need help. Sometimes in life we need help dealing with our issues and a support network can offer alternative strategies to help you manage your stress levels. Chances are you're not the only person dealing with a stressful situation, so why not discover how other people managed their stress and overcame a potentially frustrating situation.

Source: AnjaSonnenberg's article at [activebeat.co](http://activebeat.co)

# International Nurse's day

Kulroop Singh, Summer Student-Operations

When is it? May 12th 2017

How it started? Florence Nightingale who was a helper for the British army in the Crimean War was the first female recognized for being a nurse. She was born in Florence Italy, and realized that being a nurse was her calling so she went for the opportunity to help out. She miraculously improved conditions at the British army base, making them more sanitary and helping the injured, which lowered the death count significantly. Soldiers often referred to her as the "Lady with the Lamp" as she would carry a lamp around at night making rounds through the hospital. Some also called her the "Angel of Crimea" as she saved many lives. Nightingale

also helped start up a nurse's school and published many works including books, reports and pamphlets. Her passion for such a love of nursing and wanting to help the injured started a movement and therefore an International Nurse's Day was made on her birthday – May 12th. Why it's important? Nurse's do a lot for the community as they provide professional care and aid not only in professional healthcare settings but in homes of the individuals. They keep facilities running smoothly whether it be helping out doctors, or caring for the elderly in nursing homes. This day helps show the appreciation Canada has for its nurses.

Source: <http://rnao.ca/events/national-nursing-week>



Florence Nightingale  
<https://www.taketheleadwomen.com/blog/florence-nightingale-one-worlds-first-feminists/>

..what we achieve inwardly will change outer reality

-Plutarch



## PCHS' 4th Annual Mental Health Forum

### The Workshop will Discuss:

- Importance of nutrition and healthy eating
- Self Care techniques and incorporating spirituality
- Complexities around Mental Health Issues
- Correlation between Addictions and Mental Health
- Family Dynamics and Family Centered Care
- Panel Discussion consisting of:
  - ⇒ Psychiatrist
  - ⇒ Nutritionist
  - ⇒ Addictions Professional
  - ⇒ Community Member

Who should attend?– Any professional, service provider, service user or caregiver who would like to gain more knowledge on taking care of one's Mental Health and Mental Health complexities.

**Sunday June 18, 2017**

### Time:

12:00 pm to 4:00 pm

Registration Starts at 11:30 am

\*Lunch will be served between 12:00pm to 1:00pm sharp\*

### VENUE: Brampton Soccer Center (Gym D)

1495 Sandalwood Parkway East

Brampton, Ontario

**If you require any kind of assistance/ reasonable accommodation, kindly let us know.**



**Please Register\* on Event Brite:**

**[CLICK HERE TO REGISTER!!](#)**

—  
**FREE ADMISSION, & LUNCH INCLUDED!!**  
—

For more details, please call:

Ajeesh Jacob  
905-677-0889 X 223 or  
ajeesh@pchs4u.com

—  
For information on setting up an agency display, please contact:

amanjit@pchs4u.com

***\*Limited seats; registration is on a first come first serve basis.***



# South Asian Health

Sumit Rai, Settlement/Intake Coordinator

What are key health issues or needs being faced within the community?

There are many existing health issues that pertain to the south Asian community. Health concerns such as; Diabetes and Coronary Heart Disease is very high in the South Asian population and this community is two times more prone to diabetes and heart disease compared to those from European descent. Obesity is also a growing issue in the South Asian community that contributes to diabetes and coronary heart disease, as well as Smoking and Chewing Tobacco. Another issue that this community faces is Eye health and Kidney Health. Acute glaucoma and chronic kidney disease can affect anybody, but people from south Asian communities have a higher risk. Having diabetes increases the chances of developing kidney disease, and research suggests that diabetes can also raise the risk of glaucoma. One growing concern that is a well-known taboo in our community is the level of Substance Abuse. Marijuana, alcohol, opioids, crack/cocaine and other differing versions of heroin is highly abused in the South Asian community. Anemia and other issues related to bone health such as osteoporosis and arthritis are major issues in the South Asian community as well. One major issue that has been getting addressed more than ever is the Mental Health rate amongst South Asians. The mental health issues in our community are part of a twofold. One side mental health has always existed but historically seeking support has been seen as a major taboo in our culture. On the other hand, resettlement into a new land can result in many mental health issues that that may seem foreign to newcomers or first and second generations of South Asian immigrants.

Due to low awareness Cancer Screening rates are low in the South Asian community.

1. Why do the concerns exist or, can you identify key factors that contribute to the causes of the need/ concern? SDOH (Income, Employment, Shelter costs, Family Structure)/ food security/ mental

wellness / isolation (new immigrants/seniors)

The issue mentioned can directly be related to the social determinants of health in Canada. Income and income distribution, unemployment and job security, employment and working conditions are some determinants that perpetuate the health issues of the South Asian population. Due to resettlement, it may be hard for family to support each other due to low income and the lack of job security. This makes it easier to eat food that is inexpensive and less nutritious. In most cases when it comes to our international student's population, they take on jobs which pay well below minimum wage and work in poor conditions to meet their own needs and the needs of their family. Especially those who had the promise of having their education from south Asia recognized but that difficult and expensive journey not only effects their food insecurity but also housing. A lot of SouthAsians feel the effects of Social exclusion due to the fact their culture and ways of expressing thatculture does not align with westernization or eurocentrism. This sometimes makes them either reject their culture in order for social acceptance or have the possibility of social exclusion by partaking in their culture. This can cause a non-existent social safety network and even though there are health services specifically designed for South Asians, the lack of education about these services is another deterrence for the ones in need.

2. What would you like to see happen with the need or concern identified?

More awareness and programs definitely need to be implemented. Especially through the western media. There are many new commercials that the Government of Ontario is advertising for senior health. However there is NO representation of the South Asian Population. This is an example of how the media places other communities before the South Asian community even after knowing the differing levels of health concerns comparatively.

More representation through outlets that are widely broadcasted. This way, prevention can start taking place before treatment.

3. What are potential ways to address the need?

This can only be done through collaborations with outlets and partnerships that have the interest of this community as a priority. As health professionals, these concerns are not new. So we have to ask ourselves – “why is this community not educated about these health concerns”? We need to go to the outlets that this community is a part of and bring the education to them rather than waiting for them to come for treatment after when prevention is out of the question.

4. What resources and assets are available to address the need? Community associations/ Faith groups/ Grass root organizations/ Hospitals/ clinics/ Social services

Many partnerships can and should be established. This would be a collective effort from; Punjabi Community Health Services, Indus Rainbow, CAMH, CMHA, Trillium Health, William Osler, South Asian media, local media, municipal politicians, the Government of Ontario, social media, Peel schools, Christian, Sikh, Muslim and Hindu places of worship, sports partnerships, arts partnerships and local businesses.

5. What would encourage more engagement around the needs/concerns in this community?

Identifying needs as a South Asian PRIORITY and not a south Asian issue. The language we use can either cause collectivity or cause division. Us health practitioners need more inclusive language and not perpetuate the view of health concerns and individualized issues but as collective priorities.

6. Do you believe that obesity is a concern in this community?

Yes, in the South Asian Community obesity is a growing concern.

7. Do you believe that lack of physical activity is a problem in your community?

Lack of physical activity is a problem in our

community. This can be caused because of income insecurity or social exclusion. Mixed with heavy media reliant culture that places emphasis on social inclusion through technology and not physical health.

8. Do you believe that poor diet is a problem in your community?

Due to certain determinants of health. Healthy food may be too expensive for South Asian families. This makes their diet very poor in terms of nutrition. Also, the transition from a different land may also cause poor health. This is because certain foods that may have been digested better in the climate and working conditions in South Asia may not react the same in Canada due to weather, physical immobility, stress and etc.

9. Are you aware of current programs related to nutrition and physical activity in your community?

Punjabi Community Health Services does have nurse practitioners come in once a month to offer diabetes education and 5210 is a great initiative that is working to prevent childhood obesity. However there has not been something that is dedicated to all the health needs of the South Asian community which is one of the largest communities in Canada.

10. Are you aware of current issues related to tobacco access, use or exposure to children/teens in the community?

There is an increase in the number of youth especially turning to tobacco and other substances.

11. Would members of this community be willing to work with other stakeholders to make changes that improve healthy eating, physical activity and Tobacco-Free Living?

Of course, the South Asian community for some part is aware of the affects colonial poisons such as tobacco use, alcohol and non-representative media has on our community. We are willing to collaborate to assist our current community and future communities.

For more information please call 905-677-0889.  
Email- [sumit@pchs4u.com](mailto:sumit@pchs4u.com)

# Team PCHS!

**Wish you all a very happy PSW day May 19, 2017**



Image source: <http://66speaks.com/pswpsw-support-workers/>

*“On this day and every day,  
our most sincere thank you to all PSWs  
for your hard work, compassion and the  
impact you have  
on your clients/consumers/residents,  
their families and our communities.”*

May 10, 2017

Media Release

### **Launch of Educational Video on Family Centered Approach and Health Equity Questions Translated in Hindi, Urdu and Punjabi**

**Punjabi Community Health Services (PCHS)** is proud to announce the launch of an educational video on 'Family Centered Approach'. The video aims to increase awareness about Family Centered Approach and make its benefits known by sharing the experiences of health care professionals, researchers and social workers.

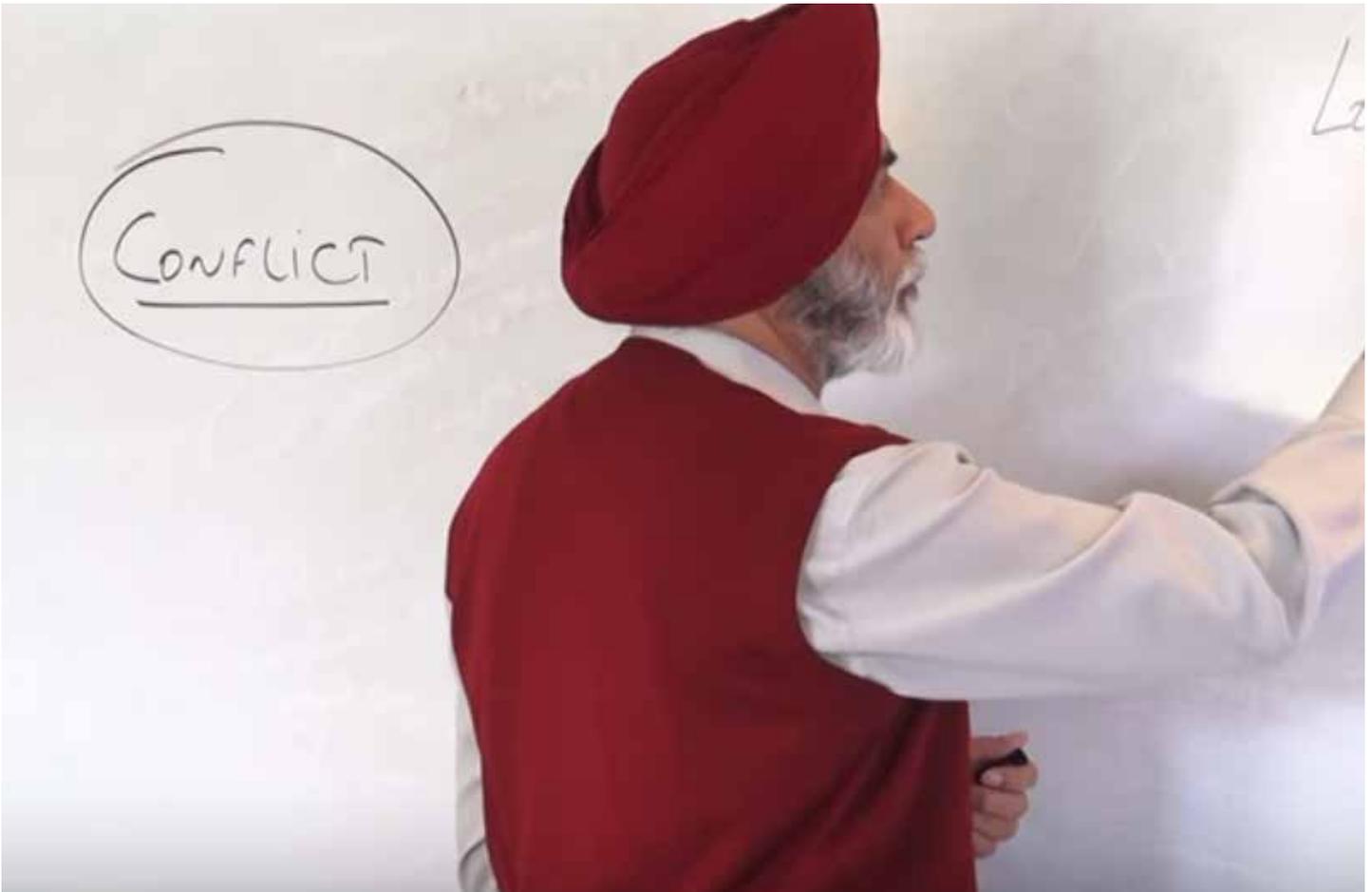
The Family Centred Approach to client care is incorporating the family's belief system, attitudes, traditions and cultural norms into treatment. The philosophy of Family Centered Approach places families as key figures right from the start. Since family members are the first responders through daily interactions, the approach deems it vital for their involvement throughout the entire process. They are seen as the experts along with the client and together they become the decision makers. Punjabi Community Health Services believes this approach is useful for improving communication and trust within the family and also to educate family members on how their actions may benefit or hinder client's readiness and initial involvement in the treatment.

PCHS would like to acknowledge the financial support of **Mississauga Halton Health Links**. The video is available for use by the service providers, professionals, social workers and caregivers. To access the video, please click: [PCHSYoutubeFCA](#)

PCHS takes pride in sharing the much needed work of translating the 8 core Health Equity questions in Punjabi, Hindi and Urdu languages. As part of the Mississauga Halton LHIN's Health Equity Focussed Implementation Sites (Phase I), PCHS started the collection of socio demographic data in April of 2016. The 8 core questions (developed by Toronto Central LHIN) were used to collect Health Equity data within Addictions, Mental Health and Family Enhancement programs. However, very soon, the need to translate these 8 core questions into Punjabi, Hindi and Urdu languages was identified by PCHS staff and other Health Service Providers. PCHS took the lead and started the translation project in the December of 2016. Eight core questions are successfully translated (using reverse translation method and focus-testing) in Punjabi, Hindi and Urdu languages. The translated version is available on PCHS website for use by service providers collecting socio demographic data. To access this resource, please click: [HETranslatedPCHS](#)

To obtain more information on these resources, please visit [www.pchs4u.com](http://www.pchs4u.com) or contact Anu Randhawa, Director of Operations at [anu@pchs4u.com](mailto:anu@pchs4u.com) or 905-677-0889 (ext. 107).

# PCHS on YouTube



## **Conflict (Punjabi) Part 2**

presentation by Baldev Mutta, **CEO PCHS**

The SAHARA Men's Group program has been in existence since July 1995. It is a linguistically and culturally appropriate psycho-educational 16 week group program for South Asian men. The group addresses "substance abuse" and "violence behaviour" issues simultaneously. In addition, this group works closely with women and other extended family members and provides holistic care to the entire family. An interim report is provided upon request by the referral source and each participant receives a completion certificate upon successful completion of the 16 week group program.



# JULY 05, 2017

# 22<sup>nd</sup> ANNUAL GENERAL MEETING 2017

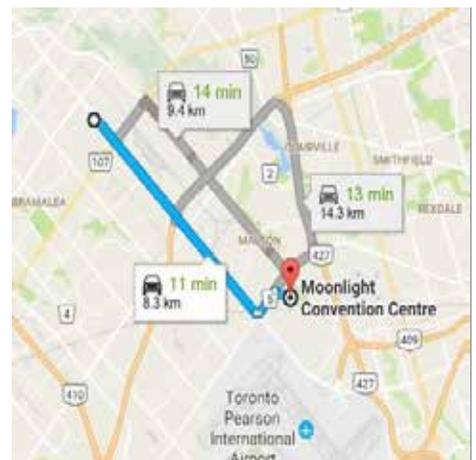
SAVE THE DATE!

Date: July 05, 2017 (WEDNESDAY)

Time: 6 pm Onwards

Venue: Moonlight Convention Centre  
6835 Professional Ct,  
Mississauga, ON L4V 1X6

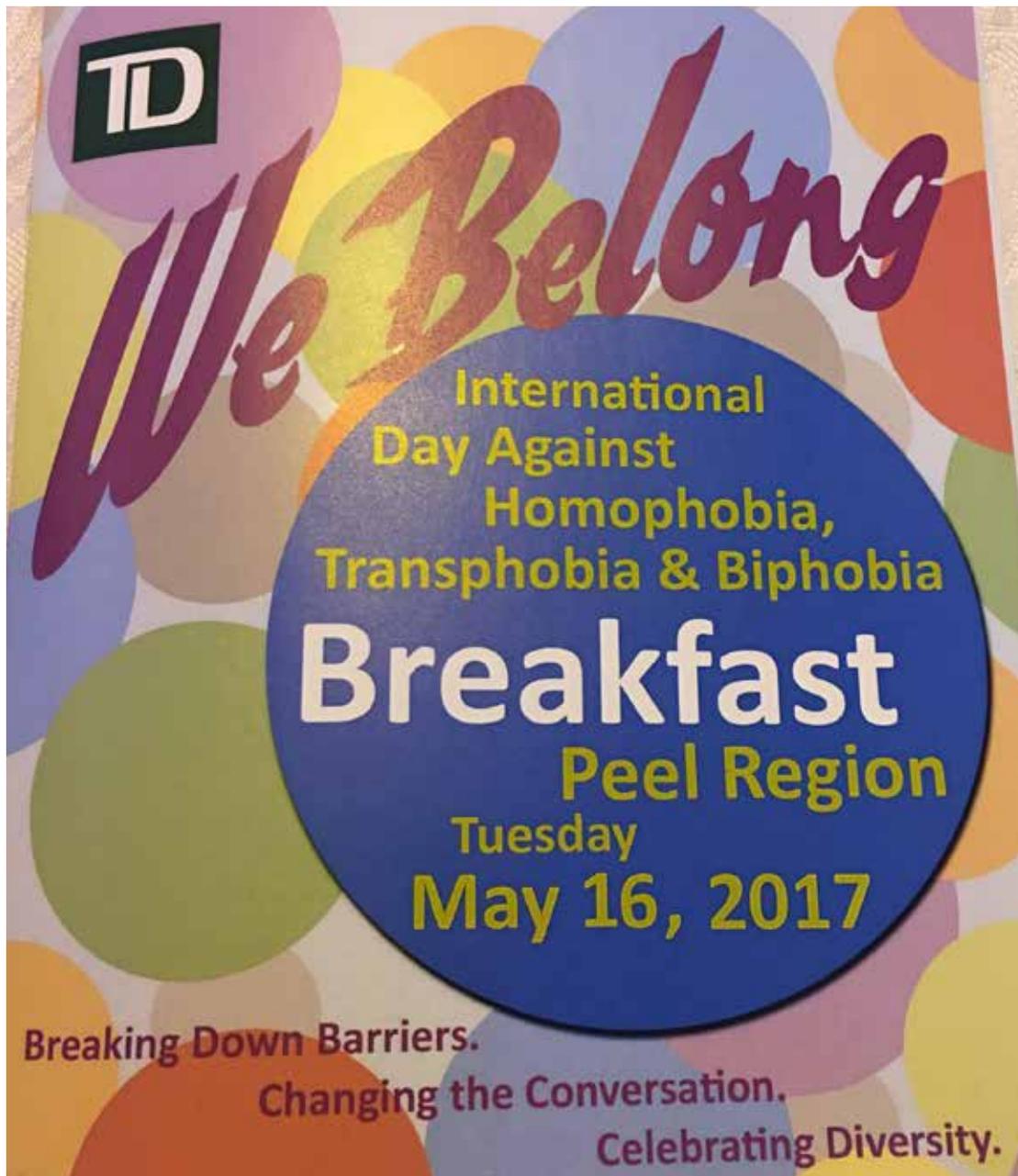
For more details, please contact Pushpreet Dhillon at [admin.brampton@pchs4u.com](mailto:admin.brampton@pchs4u.com) or call at 905-677-0889 ext. 154



## **PCHS attended Peel/HIV AIDS Network's (PHAN) breakfast event**



PCHS attended Peel/HIV AIDS Network's (PHAN) breakfast event to celebrate the International Day against Homophobia, Transphobia and Biphobia on May 16, 2017. PCHS supports PHAN's initiative as it works to serve underserved communities. The event was a successful celebration of diversity and embracing the human spirit by encouraging dialogue and breaking down barriers.





# Scotiabank



**Baljit Virk**  
Scotia advisor

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