



NEWSLETTER – MAY 2015

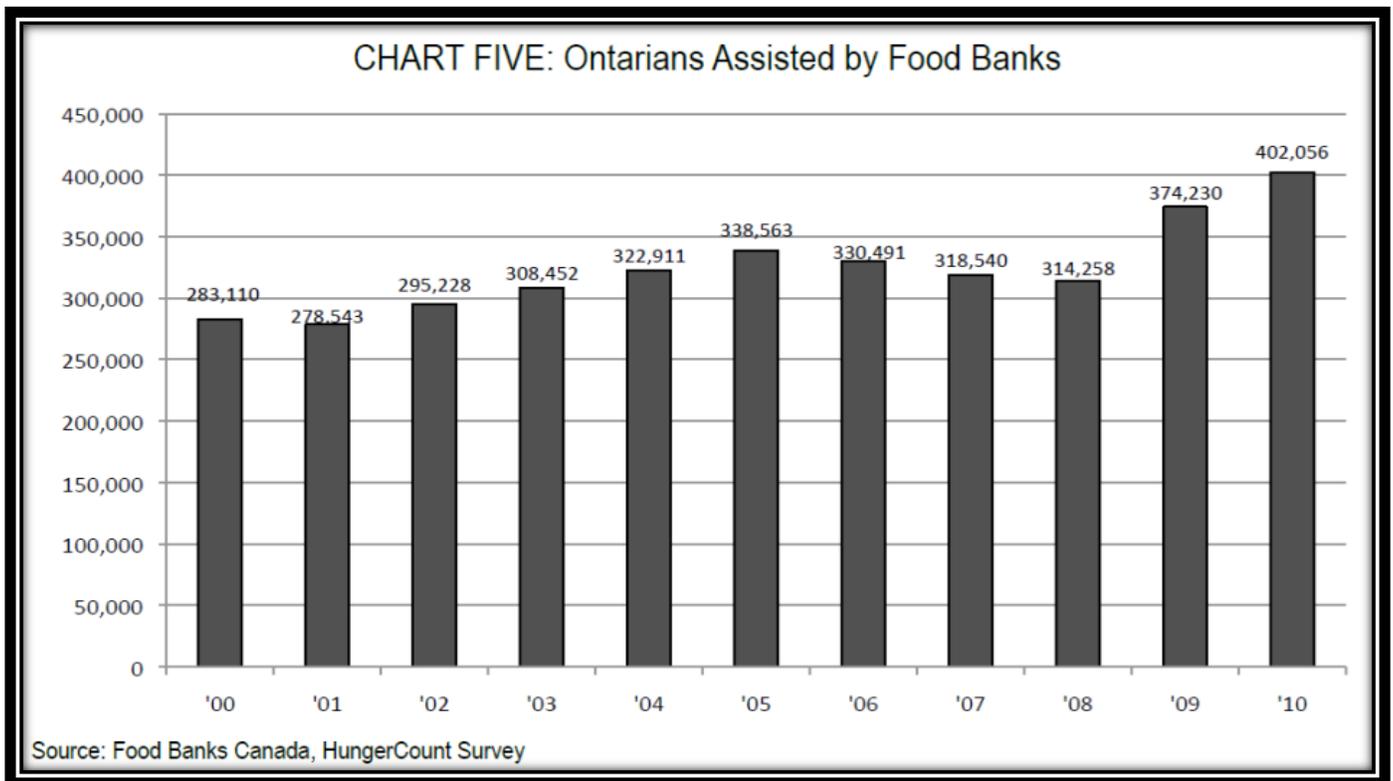
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Message from CEO/COO

Poverty and Hunger in Peel

The poverty in Peel and the hunger in Peel both are increasing. Stats prove this. In fact, the visit to Food Banks by Ontarians is also increasing.



The chart above shows a fairly steady increase in the number of people being served by Ontario food banks from 1999 to 2005. From 2006 to 2008, the number served declined by 26,000 (about 8 percent), but remained well above the average levels at the beginning of the decade. Then, when the recession hit, the number served jumped by 28 percent between 2008 and 2010.



Food banks in Ontario in 2010 served 3.1 percent of the Ontario population, up from 2.4 percent in 2000, though they take no pleasure in this increase in market share. Their goal is to reduce the conditions of poverty and inequality that create the need for food bank services in the first place. There are two reasons why food bank usage continued to climb while the economy was strong. The first was the rising cost of the food typically purchased by low-income people. The second was the high and rising cost of rental accommodation. The two problems are intertwined. For example, a single adult on social assistance has a monthly income of \$641, and his average monthly rent is \$550, leaving \$91 for food. The cost of a nutritious food basket for one person is \$220 a month. When income is too low, food expenditures get cut before rent. (RUNNING ON EMPTY: A Decade OF HUNGER IN ONTARIO, Ontario Association of Food Banks – March 2011)

How is this relevant to PCHS as a social and health service agency? PCHS started the Langar on Wheels (similar to Meal on Wheels programs) program in 2013 for 8 seniors and now it's grown to serve 14 seniors every day with two meals. But, we have a waitlist of 45 seniors that are waiting for meals on a daily basis.

The problem is compounded by the fact that the relationship between seniors and their adult children in the South Asian community are fractured, which leads to adult children "abandoning" their parents. This problem is believed to increase which means that the problem of poverty and hunger for seniors will increase. It's sad but true and PCHS is mobilizing its resources to address this reality.

-Baldev Mutta & Amandeep Kaur

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Mental Health Program

ANXIETY DISORDER

Experiencing Anxiety occasionally is a normal part of life. Preparing for an interview and studying for a test bring upon anxiety that most people would normally experience. Anxiety disorders are frequent, intense, excessive and persistent feelings of worry and fear in everyday situations. Individuals who have anxiety disorders will have repeated episodes of intense feelings of fear and could lead to a panic attack within minutes.

Anxiety disorders start interfering with a person's daily life and day-to-day activities.

Symptoms:

- Feeling nervous
- Feeling powerless
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry



four of the last six years, **or**

three of the last six years if you have contributed for at least 25 years.

When to apply?

You should apply as soon as you develop a [severe and prolonged](#) or terminal medical condition that prevents you from working regularly at any job. Do not delay in sending your completed application forms. You must apply for the CPP disability benefit in writing. The date your application is received affects the date your benefit begins.

If you are aged 60 to 64

If you are aged 60 to 64 and you think you might qualify for a CPP disability benefit, you may also want to apply for a [CPP retirement pension](#). While you cannot receive both at the same time, you may qualify to begin receiving a retirement pension while you wait for your CPP disability benefit application to be assessed, which usually takes longer.

If you are already receiving a CPP retirement pension when your application for a disability benefit is approved, we will switch your retirement pension to a disability benefit if:

- you are still under the age of 65
- you were deemed to be disabled, as defined by the CPP legislation, before the effective date of your retirement
- you have been receiving your CPP retirement pension for less than 15 months at the time you applied for your disability benefit
- you meet the minimum contributory requirements.

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

-Settlement Team



Baljit Virk
Scotia advisor

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