

July 2007

Punjabi Community Health Centre has created an **E-ZINE** Newsletter to allow service providers and community partners to interact and stay connected, while simultaneously reducing paper usage.

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Two Day Training Workshop on Addressing Family Violence in the South Asian Community Was Successfully Organized by Punjabi Community Health Centre and Human Endeavour on July 23 and 24, 2007 in York Region. Please read detailed report on page 4

Shades of Brown: Challenges, Myths and Promises

First International Educational Conference on South Asian Issues

Shades of Brown Conference

Was also successfully held on July 8 – 13, 2007 at York University, 4700 Keele Street, Toronto ON M3J 1P3. Congratulations to Ranjit Khatkur and Herveen Bhachu. Please see page 6 for detailed report.

A Message from the Executive Director

This is the year in which Punjabi Community Health Centre (PCHC) has decided to provide support to our sister organizations so that they can provide culturally appropriate services to the South Asian community. PCHC has struggled on its own to develop integrated holistic models of culturally appropriate intervention. Difference of opinion often exists when new models are developed. Our model also faced this struggle but we persisted and we have made a difference in the South Asian community and are now being recognized for our innovative work.

We are partnering with Human Endeavour, Social Services Network and Youth Troopers for Global Activities. These South Asian organizations are willing to think outside the box and are willing to apply interventions which will address the gaps and fill the needs of the South Asian community.

I am hoping that these organizations will take a critical look at providing "client centered service" to the community. My experience has been that there are agencies which are providing "agency centered service" but claim to be providing client centered service. This is why we are training social service providers to take a critical look at their service delivery model and analyze how their model fails to address the needs of the South Asian community.

I am hopeful that professionals will look at their models of service delivery and make the required changes in order to serve the South Asian community in a competent manner.

Baldev Mutta

Jeewan Parivartan, ਜੀਵਨ ਪਰਿਵਰਤਨ, j lvn pirvrtan

These Pages Are Dedicated To Our Seniors

July - Seniors Activities

Punjabi Seniors celebrating Unforgettable Memories “Bhulian Visrian Yadeen”

It has been well accepted in the Punjabi community that Punjabi seniors are very gifted when it comes to artistic talent. Every year PCHC tries to organize a get together of seniors where they can come together and reminisce about their past.

This year we will also be organizing a get together of seniors where they can recite their experiences and poetry. Stay tuned for more information.....



SAHARA Seniors Group Will Be Producing a Video

Seniors' are also busy completing the first part of the video. The video will depict "senior abuse" from a South Asian perspective. The seniors themselves developed the script, rehearsed it and then acted in it. They are also going to produce another 3 segments of the video. Altogether, this one hour video will contain 4 fifteen minute segments addressing the unique challenges faced by South Asian seniors.

Stay tuned for more information on this project....

SAHARA Seniors' Group will be celebrating India's Independence Day on Thursday, August 16, 2007.

Our senior's group is celebrating India's Independence Day. The seniors will talk about their memories and share stories about pre-partition India. As Rupinder Singh, Seniors' Worker, informed me that they want both countries to live in Peace and harmony. The seniors' would be celebrating the event with a potluck lunch.

Soon, the seniors' would be recording a video discussion on many topics affecting their lives. These series would also be shared with other seniors groups.

Stay tuned for more information.....

ਬਜ਼ੁਰਗਾਂ ਨਾਲ ਹੁੰਦੇ ਦੁਰਵਿਹਾਰ ਨੂੰ ਸਮਝਣ ਵਾਸਤੇ ਜਾਣਕਾਰੀ।

ਅਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹਰ ਮਹੀਨੇ ਹਿੱਸਿਆਂ ਵਿੱਚ ਵੰਡਕੇ ਤੁਹਾਡੇ ਤੱਕ ਪਹੁੰਚਾਵਾਂਗੇ। ਕ੍ਰਿਪਾ ਕਰਕੇ ਇਸ ਨੂੰ ਹਰ ਮਹੀਨੇ ਪੜ੍ਹੋ।

ਪੈਸੇ ਧੋਲੇ ਦਾ ਦੁਰਵਿਹਾਰ: ਚੋਰੀ, ਧੋਖੇਬਾਜ਼ੀ, ਚਾਲਬਾਜ਼ੀ ਜਾਂ ਗੈਰ-ਕਾਨੂੰਨੀ ਖੋਹ ਖਿੰਝ ਵਰਗੀਆਂ ਹਰਕਤਾਂ ਕਰਕੇ ਪੈਸੇ ਧੋਲੇ ਬਾਰੇ ਜਾਲ ਬੁਣਨਾ ਜਾਂ ਸੋਸ਼ਣ ਕਰਨਾ। ਇਸ ਵਿੱਚ ਬਜ਼ੁਰਗਾਂ ਦੇ ਪੈਸੇ ਜਾਂ ਜਾਇਦਾਦ ਨੂੰ ਬੇਈਮਾਨੀ ਨਾਲ ਹਤੱਪਣਾ ਜਾਂ ਫਿਰ ਬਜ਼ੁਰਗਾਂ ਦੀ ਸੰਪਤੀ ਨੂੰ ਉਹਨਾਂ ਦੀ ਭਲਾਈ ਲਈ ਨਾ ਵਰਤਣਾ ਸ਼ਾਮਿਲ ਹੈ। ਕਿਸੇ ਸਮੇਂ ਵੀ ਜੇ ਕੋਈ ਕਿਸੇ ਵਿਅਕਤੀ ਦੀ ਰਜ਼ਾਮੰਦੀ ਦੇ ਉਲਟ ਵਿਚਰਦਾ ਹੈ ਜਿਸ ਕਰਕੇ ਉਸਨੂੰ ਪੈਸੇ ਦਾ ਜਾਂ ਨਿਜ਼ੀ ਫਾਇਦਾ ਹੁੰਦਾ ਜੋ ਕਿ ਦੂਸਰੇ ਵਿਅਕਤੀ ਦੇ ਖਰਚੇ ਉਤੇ ਆਧਾਰਿਤ ਹੈ ਇਹ ਦੁਰਵਿਹਾਰ ਹੈ। ਹੇਠਾਂ ਇਸਤਰ੍ਹਾਂ ਦੇ ਦੁਰਵਿਹਾਰ ਦੀਆਂ ਉਦਾਹਰਣਾਂ ਲਿਖੀਆਂ ਹਨ:

- ਬਜ਼ੁਰਗਾਂ ਦੇ ਪੈਸੇ, ਪੈਨਸ਼ਨ ਚੈਕ ਜਾਂ ਹੋਰ ਚੀਜ਼ਾਂ ਦੀ ਚੋਰੀ ਕਰਨਾ।
- ਬਜ਼ੁਰਗਾਂ ਦੀ ਇਜ਼ਾਜ਼ਤ ਤੋਂ ਬਿਨਾਂ ਉਹਨਾਂ ਦੇ ਘਰ ਜਾਂ ਜਾਇਦਾਦ ਵੇਚਣਾ।
- ਮੁਖਤਿਆਰਨਾਮੇ ਨੂੰ ਗਲਤ ਤਰੀਕੇ ਨਾਲ ਵਰਤਣਾ।
- ਉਹਨਾਂ ਨੂੰ ਲੰਮੇ-ਸਮੇਂ ਲਈ ਉਪਲਬਧ ਸਹੂਲਤਾਂ (ਲੌਂਗ ਟਰਮ ਫੇਸਿਲੀਟੀ) ਵਿੱਚ ਰਹਿਣ ਤੋਂ ਰੋਕਣਾ ਤਾਂ ਜੋ ਉਹਨਾਂ ਦੀ ਪੈਨਸ਼ਨ ਦੇ ਪੈਸਿਆਂ ਤੇ ਕਾਬੂ ਤੁਹਾਡਾ ਰਹੇ।
- ਉਧਾਰ ਲਏ ਗਏ ਪੈਸਿਆਂ ਨੂੰ ਮੰਗਣ ਤੇ ਵਾਪਿਸ ਨਾ ਕਰਨਾ।
- ਚਿੱਠੀ ਪੱਤਰ ਨੂੰ ਬਿਨਾਂ ਇਜ਼ਾਜ਼ਤ ਦੇ ਖੋਲਣਾ।
- ਚੀਜ਼ਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਦਾ ਵੱਧ ਮੁੱਲ ਵਸੂਲ ਕਰਨਾ।

ਇਸ ਵਿੱਚ ਇਹ ਵੀ ਆ ਜਾਂਦਾ ਹੈ ਕਿ ਬੇਵਜ਼ਾ ਦਬਾਅ ਨਾਲ ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਕਹਿਣਾ ਕਿ:

- ਉਹ ਇਥੇ ਚਲੇ ਜਾਣ, ਘਰ ਜਾਂ ਹੋਰ ਜਾਇਦਾਦ ਵੇਚ ਦੇਣ ਜਾਂ ਛੱਡ ਦੇਣ
- ਵਸੀਅਤਨਾਮਾ ਬਣਾਉਣ ਜਾਂ ਬਦਲਣ
- ਉਹ ਕਾਨੂੰਨੀ ਦਸਤਾਵੇਜ਼ ਦਸਤਖਤ ਕਰਨ ਜਿਹਨਾਂ ਨੂੰ ਉਹ ਪੂਰੀ ਤਰ੍ਹਾਂ ਸਮਝਦੇ ਵੀ ਨਹੀਂ
- ਰਿਸ਼ਤੇਦਾਰਾਂ ਜਾਂ ਸੇਵਾ ਕਰਨ ਵਾਲਿਆਂ ਨੂੰ ਪੈਸੇ ਦੇਣ
- ਘਰ ਵਿੱਚ ਵਾਧੂ ਪੈਸੇ ਲਿਆਉਣ ਲਈ ਉਹਨਾਂ ਨੂੰ ਕੰਮ ਤੇ ਲਾਉਣਾ
- ਛੋਟੇ ਬੱਚਿਆਂ ਜਾਂ ਪੌਤੇ ਪੋਤੀਆਂ ਦੀ ਦੇਖ-ਭਾਲ ਕਰਵਾਉਣਾ

ਬਜ਼ੁਰਗਾਂ ਪ੍ਰਤੀ ਪੈਸੇ ਧੋਲੇ ਜਾਂ ਹੋਰ ਸਮਾਨ ਦੇ ਦੁਰਵਿਹਾਰ ਵਿੱਚ ਇਹ ਵੀ ਸ਼ਾਮਲ ਹੋ ਸਕਦਾ ਹੈ:

- ਜਦੋਂ ਬਜ਼ੁਰਗ ਕਿਧਰੇ ਜਾਣ ਲਈ ਕਹਿਣ ਉਦੋਂ ਉਹਨਾਂ ਦੇ ਘਰੋਂ ਬਾਹਰ ਜਾਣ ਤੋਂ ਇਨਕਾਰ ਕਰਨਾ
- ਬਣਦੇ ਖਰਚਿਆਂ ਦੇ ਹਿੱਸੇ ਨੂੰ ਦਿੱਤੇ ਬਗ਼ੈਰ ਹੀ ਉਹਨਾਂ ਦੇ ਘਰ ਵਿੱਚ ਰਹੀ ਜਾਣਾ
- ਬਿਨਾਂ ਵਜ਼ਾ ਹੀ ਉਹਨਾਂ ਤੇ ਦਬਾਅ ਪਾਉਣਾ ਕਿ ਉਹ ਸ਼ਰਾਬ ਜਾਂ ਹੋਰ ਨਸ਼ੇ ਖਰੀਦਣ

Two Day Training Organized

A two day workshop was held on July 23 and July 24 by Punjabi Community Health Centre and Human Endeavour in York Region. The two day workshop consisted of training frontline staff so that they can address family violence within South Asian communities from a culturally appropriate framework.

The training material was developed by “Service Coalition in the South Asian Community Project” which was spearheaded by Coalition of Agencies Serving South Asians (CASSA).

About 40 people participated in this workshop. The staff were from mainstream agencies including staff from ethno-specific agencies as well. Space was provided by York Police Services.

Some key issues were covered:

- History of the South Asian community since 1897
- Historical reasons for violence against women and children
- Understanding social service system in Canada
- Settlement issues and family violence
- Mainstream model of addressing family violence
- What is the difference between violence in mainstream community versus South Asian community
- Integrated Holistic model of addressing family violence

The workshop participants discussed each topic and provided their lived experience. At times, there was passionate discussion about mainstream model of service delivery and integrated holistic model of service delivery. There was also a discussion about understanding the difference between client centred services and agency centred services. Often, agencies have policies and procedures which inhibit them to provide client centred service.

The workshop was facilitated by Baldev Mutta and the workshop arrangements were taken care by Noor Din from Human Endeavour. The participants felt that refreshments, venue and registration issues were very well handled by Human Endeavour.

Thanks to the staff and volunteers of Human Endeavour.

The next training workshop date and venue will be announced shortly!!!!

Pictures on next page.

Pictures from the Training Workshop



Shades of Brown Conference was a huge success!!!

Participants explored “shades of Brown Challenges, Myths and Promises at a ground-breaking, first ever, international education conference on South Asian issues.

Parents, students and community members attended Shades of Brown, educational conference on South Asian issues on July 8, 2007 at York University. The first international conference of its kind in North America helped participants develop a sound understanding of the challenges, myths and promises related to the South Asian community in Canada. The Art Gallery, book displays, resources, workshops, networks, socials all provided numerous opportunities for all participants to develop an environment that is more reflective of the diversity of Canada.

In September, proceedings of the conference and pictures will be displayed at the website. Please do visit the website in September at www.shadesofbrown.org.

Congratulations to Ranjit Khatkur and Herveen Bhachu who worked tirelessly to make this conference a success!!!

Update on Projects and Activities....

Punjabi Community Health Centre has three new Big Sisters – Neena, Ravi and Gurjit and they will be mentoring six little sisters. August 12, 2007 will be the first time they will be meeting.

More news to come.....

Human Endeavour and Punjabi Community Health Centre will be holding parenting classes in York region. Discussions are underway as when and where to hold these parenting classes.

More news to come.....

Punjabi Community Health Centre will be working collaboratively with Social Services Network in York region. Discussions are underway to replicate PCHC's programs in York region.

More news to come.....

Central West – Local Health Integration Network website can be accessed via www.centralwestlhinc.on.ca .