



NEWSLETTER – FEBRUARY 2016

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Message from the Executive Team

Our first branch, pchs Calgary held its 1st first fundraising dinner on February 6, 2016 in Calgary. Over 500 people attended the dinner. At this dinner, pchs Calgary also announced their fundraising campaign of 500/500 (500 individuals donating \$500 per year). With the money collected, pchs Calgary will be able to launch the much needed addictions program.

pchs is a formal partner in the Palliative Care in the South Asian project along with Bethel Hospice and Heart House Hospice. The partnership organized a South Asian Community Engagement Forum on Tuesday, February 9, from 8:30 am to 4:00 pm. The Forum was held at the Sagan Banquet Hall in Mississauga. One of the panelist was Baldev Mutta who spoke on the need for understanding the needs of the diverse community regarding Palliative care.

Brampton North East Connects is a network of agencies which meet on monthly basis to at Gore Meadows Community Centre. The purpose is to bring social and health services to the community in that part of Brampton.

Baldev Mutta, the CEO of pchs was also a panelist at CAMH's Board of Trustees Retreat Meeting on February 12. pchs' experiences in working with CAMH-was highlighted and shared. The importance of working together, finding common grounds was the key theme which emerged from the panel discussion.

And, stay tuned for more news!

-Baldev Mutta, Amandeep Kaur and Anu Randhawa (The Executive Team)

Settlement Team

Allowance for people aged 60 to 64

The Allowance is a benefit available to the spouses or common-law partners of Guaranteed Income Supplement recipients.

Eligibility

You qualify for the Allowance if you meet **all** of the following conditions:



- you are aged 60 to 64 (includes the month of your 65th birthday);
- your spouse or common-law partner receives an Old Age Security pension (OAS) and is eligible for the Guaranteed Income Supplement (GIS);
- you are a Canadian citizen or a legal resident;
- you reside in Canada and have resided in Canada for at least 10 years since the age of 18; and
- you and your spouse or common-law partner's annual combined income is less than the maximum allowable annual threshold.

Using the income information from your federal Income Tax and Benefit Return, your entitlement for the Allowance will be reviewed every year. If you still qualify, your benefit will be automatically renewed. In July, you will receive a letter telling you either:

- that your benefit will be renewed;
- that your benefit will be stopped; or
- that your income information is required.

The Allowance stops the month after your 65th birthday, when you may become eligible for the OAS pension and possibly the GIS.

Sponsored immigrants

If you are a sponsored immigrant, you are not eligible to receive the Allowance during your sponsorship period unless you have 10 years of residence in Canada after the age of 18, or your sponsorship agreement ends because of the following situations:

Your sponsor:

- suffers personal bankruptcy
- is imprisoned for more than six months
- is convicted of abusing you
- dies

**Note: Information has been taken from the website of <http://www.servicecanada.gc.ca/>
For more information, please call pchs, Settlement Counsellors at Malton and Brampton locations- 905-677-0889**

Karuna Saini – Settlement worker

Mental Health

Online privacy, security and youth

It is very important to know what you and your children are surfing on the internet.

A few rules to keep in mind: Adults and Children

1. **Never** tell passwords or PIN numbers to anyone. Change user names and passwords regularly.
2. **Never** open email attachments or download files from unrecognized senders or websites.



3. **Always** be aware of what a website may do with personal information or pictures. If a site does not have a privacy policy, don't disclose personal information.
4. **Remember** that once you write, upload or add information to the Internet there is no going back - so think before you click.

What to watch out for online

Online chatting: Remember it's easy for people to lie about age, sex, location and intentions during an online chat.

Photo sharing: Don't forget -- once you send a photo anywhere on the Internet, it is out of your control.

Webcams: Be very careful about using webcams -- especially with people you or your children do not know.

Source:

<http://healthycanadians.gc.ca/healthy-living-vie-saine/safety-internet-securite/privacy-confidentialite-eng.php>

Aman Virk- Mental Health Case Manager



Holi Event

PCHS received an award from South Asian professionals organizing a Holi event. The award was for serving the community.



Baldev Mutta - CEO



Baljit Virk
Scotia advisor

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to our new start in Canada."**

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1. The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.