



# NEWSLETTER – MAY 2016

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## Executive Team Message

### **What does delivering Peer Support services mean to the South Asian community?**

Peer support proves tremendously helpful for both the helper and the helped because it embodies adult learning principles. Both parties understand the difficulties and the challenges that lie ahead and the solutions which others have tried and worked. In the “helping relationships”, authentic empathy and validation form the cornerstone of peer support.

Humanity has been helping each other and supporting each other during tough times. Peter Kropotkin writes in his book called “the Mutual Aid” that humanity would not have progressed if they would not have assisted each other. I leave it up to the readers whether “mutual aid” has propelled mankind or has “survival of the fittest” generated human progress. But, one thing is clear, helping others and sharing one’s experience has been deeply rooted in the humanity.

In Sikhism, Seva, (loosely translated volunteer work) has divine connotation. Seva means helping, sharing, guiding, coaching, supporting others with dedication and love. It is the satisfaction that one feels after helping someone that is the essence of “Peer Support”. At pchs, we are dedicating these principles in the delivery of services to our clients. The Peer Support staff joins hand with the clinical staff to guide the clients through a difficult time or period in their life. The Peer Support staff assists in the holistic service delivery provided by pchs

Central West LHIN funded one full time coordinator position which will allows us to strengthen our Peer Support program and to increase the efficiency and effectiveness of our service delivery.

A big thank you to Central West LHIN.

Baldev Mutta – CEO, Amandeep Kaur – COO, Anu Randhawa - DOO

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## Settlement

### OAS (Old Age Security) Eligibility Criteria

Your employment history is not a factor in determining your eligibility for OAS: you can receive the OAS pension even if you have never worked or are still working.



If you are living in Canada, you must:

- be 65 years old or older
- be a Canadian citizen or a legal resident at the time we approve your Old Age Security pension application, and
- have resided in Canada for at least 10 years after turning 18.

If you are living outside Canada, you must:

- be 65 years old or older
- have been a Canadian citizen or a legal resident of Canada on the day before you left Canada, and
- have resided in Canada for at least 20 years after turning 18.

If neither of the above scenarios applies to you, you may still qualify for an Old Age Security pension from another country, from Canada, or from both countries if you have:

- lived in one of the countries with which Canada has established a social security agreement, or
- contributed to the social security system of one of the countries with which Canada has established a social security agreement.

**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**

Palwinder Kahlon – Settlement Counsellor

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## **Mental Health**

**Summer is right around the corner! Here are some ways to manage your self-care this summer!**

### **1. Plan a vacation!**

“Where you go isn’t as important as taking the time to do something for yourself,” Take a road trip or make out time to go view your own city!

### **2. Take a break from technology.**

**Leave work at work and enjoy your beautiful evening without your phone, laptop, and tablets and enjoy nature!**

### **3. Participate in playful activities.**

There are many playful activities to do during the summer:

- Go for a walk
- Bike riding
- Climbing



- BBQING

#### **4. Spend time near water.**

The sound of moving water is soothing to the soul and helps bring clarity. Depending on where you live, this could be anything from a stream to the ocean, or it could be swimming in your own pool, a friend's pool or a local community pool

#### **5. Wake up earlier.**

**Use this time to go for a morning walk, meditate, and make yourself a fresh smoothie**

#### **6. Do something out of your comfort zone.**

Sometimes the best way to nurture yourself is to do something outside of your comfort zone. For example, join a summer league where you don't know anyone; try a new sport; experience the great outdoors in a new way like hiking, camping, backyard [or] rooftop camping or fishing.”

Teena Bhuchar – Mental Health Case Manager

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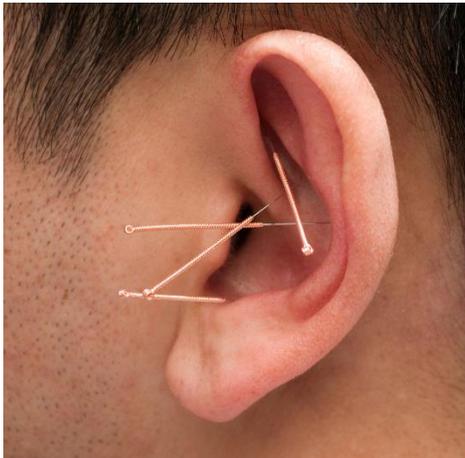
## **Addiction**

### **Alcohol and Acupuncture**

At pchs we use various techniques to help clients through the rehabilitation process. One of the most effective methodologies adopted by pchs is acupuncture. Acupuncture is a pain reduction and calming technique, which originated in China, over 2000 years ago. Acupuncture has been used for a variety of conditions. For example, headache, depression, knee pain and neck pain. It is also used to treat certain diseases as well. Some of these diseases include insomnia, obesity, and facial spasms. While initially it was used to treat soldiers who were wounded in the battlefield, the same technique has been found to be effective for clients suffering from alcohol addiction.

The Eastern science of acupuncture believes that there are different energy levels spread across the entire human body. Acupuncture involves using thin sterile needles and inserting them into traditionally prescribed energy points. It is believed that the technique produces a more balanced energy state and helps alleviate pain. In the case of clients suffering from alcohol addiction, the technique has proven to reduce the craving for alcohol as well as mitigating the withdrawal symptoms. The way that acupuncture helps clients is by boosting the natural calming agents in the blood stream, a client will find it easier to resist the urge. Some specialists believe that acupuncture also helps to eliminate toxins built up from substance abuse.

Since the process of acupuncture relies solely on the innate energy points within a human body, it does away with the intake of medications along with their possible side effects. The addictions day program and relapse group have had a very satisfactory experience of using acupuncture to treat their clients. The clients themselves have also expressed satisfaction and enthusiasm for continued treatment. Some clients have experienced gradual reduction in the intake of alcohol and are optimistic about quitting alcohol. Acupuncture compliments the counseling techniques used at pchs for the effective rehabilitation of its clients.



Shanjot Singh – Addictions Case Manager

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## Geriatrics

The South Asian population has recently been acknowledged by the government of Canada as a key cornerstone in helping build and shape Canada's great immigration history and helping to ground Canada's economic power. In the midst of receiving these genuine accolades, let's not forget a portion of the South Asian population that is underserved and not greatly acknowledged by the political powerhouses of Canada. South Asian seniors are often left under the rug and out of the conversation when Canada talks about its growing senior population. Immigrant seniors have changed over the last quarter century. Approximately half of recent immigrant seniors have come from South Asia and East Asia rather than from European countries. Immigrant senior health has always been an issue since this population is more prone to ill health in the long run because of limited social networks, languages barriers, relatively low income, lack of government support, lack of community space for seniors and especially a lack of services. With a large portion of the young South Asian Canadians adhering to a western ideology of family structure, the depletion of a collective eastern family structure further puts immigrant seniors at a higher risk for poverty and mental health implications. Canada has done a great job in acknowledging the South Asian population for all of its contributions to the Canadian economy, the Canadian culture and especially Canadian history. The political powerhouses now have to acknowledge how they can contribute and assist the growing South Asian senior population to ensure their longevity and security. In order for this nation to fully represent diversity, Canada has to acknowledge the worth and importance of all populations, Immigrant and Canadian born.

Geriatrics Team

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**Baljit Virk**  
Scotia advisor

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