



## NEWSLETTER – JUNE 2016

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### Executive Team Message

There are many ways for an organization to demonstrate that it operates in ways that are ethical, transparent, efficient and effective. What better way to demonstrate this commitment than through a rigorous accreditation process? pchs underwent reaccreditation process with CARF International during June 2016; we are confident about our performance and waiting for the final results. Please do stay tuned for more updates on CARF survey results!

In addition to the CARF accreditation process, we also held our 21<sup>st</sup> Annual General meeting where we proudly announced that pchs has no deficit and meets the deliverables set by our funders. We are accurately following the strategic directions as outlined in our strategic plan 2014-2017 and also working towards developing the new strategic plan for 2017-2020. The board is looking at raising funds on a year round basis which would require a significant investment of resources to achieve that aim. This fundraising is needed to expand pchs so that needs within our community be met. One of the needs that has been identified in the community is equitable access to health care. pchs is making sure that we align our priorities with the strategic directions of Central West Local Health Integration Network (LHIN). pchs is working with the Central West LHIN, Mississauga Halton LHIN and the United Way of peel Region to collect socio-demographic data under the ‘**Health Equity**’ principles of ‘quality care’, as identified by Ministry of Health and Long-Term Care. Pchs is one of the Health Service Providers (HSPs) in the Mississauga Halton LHIN area, where local HSPs and community members are working together to improve access to an integrated, person-centered system that provides quality mental health and addiction care to all seeking services in the LHIN. pchs strives to implement the 8 principles established by **No Wrong Door** Task Team.

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

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### 21<sup>st</sup> Annual General Meeting

This year, pchs held their Annual General Meeting on Thursday, June 23<sup>rd</sup> 2016 at the National Banquet Hall in Mississauga. This event was attended by all our staff as well as community members, board members, and professionals. As the attendees arrived at the hall, they were welcomed by a beautiful display of artwork made by the seniors who attend the Seniors Wisdom Café group. The evening commenced with a speech about the “Not-For-Profit sector responding to the needs of the people with



disabilities” by our Keynote Speaker, Mr. David Lepofsky who is the Chair of the Accessibility for Ontarians with Disabilities Act Alliance. Following Mr. Lepofsky’s informative speech, pchs’ board of directors started with the official business proceedings of the AGM. The business proceedings went smoothly and were concluded with moving testimonials made from some of our brave clients at pchs. At the AGM, pchs also took the time to recognize some of our community supporters in addition to several of our hardworking and dedicated volunteers. Overall, the event went well, and all of the necessary proceedings were carried through successfully.



Photo Credits: Uzma Irfan



## **Bhayana Family Foundation Awards**

On the morning of June 21<sup>st</sup>, 2016 some of the staff at pchs attended United Way's Annual General Meeting. At the meeting, pchs employee Nirpal Bhangoon received the 'Bhayana Family Foundation Awards'. Nirpal was nominated under the category of 'Innovation and Creativity' for the 'Adopt a Baba/Bibi Program'. This was indeed, a proud moment for the entire pchs team!



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## **Settlement**

### **Goods and Services Tax/ Harmonized Sales Tax (GST/HST) Credit**

**Want to find out how much and when your next GST/HST credit payment is?**

View your personalized goods and services tax/harmonized sales tax credit information anytime, anywhere with the MyBenefits CRA mobile application or My Account.

The GST/HST credit is a tax-free quarterly payment that helps individuals and families with low or modest incomes offset all or part of the GST or HST that they pay.

You no longer have to apply for the GST/HST credit. The Canada Revenue Agency will automatically determine your eligibility when you file your next income tax and benefit return for the **2014 and later tax years**.

If you have a spouse or common-law partner, only one of you can receive the credit. The credit will be paid to the person whose return is assessed first. The amount will be there same, regardless of who (in the couple) receives it.

**Note: Information has been taken from the website of Service Canada. Visit: <http://www.cra-arc.gc.ca/bnfts/gsthst/menu-eng.html>**

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



## Geriatrics

### 16<sup>th</sup> Annual Intergenerational Conference

ELDER HELP – PEEL organizes a one day Intergenerational Conference annually and this year it was held on Wednesday, April 27, 2016 from 8:30 - 2:00pm. The THEME of the annual conference is BUILDING BRIDGES TOGETHER and to discuss “Promoting open communication, collaboration and understanding between the seniors and youth of our community”.

NEED FOR BUILDING BRIDGES: Modern age is fast moving in number of technological advancements and life has become very competitive and stressful. The youth of present day think broadly and hardly want to involve in the petty affairs of the society of yester years. This has caused several types of conflicts in the day to day family life particularly with seniors. The theme chosen for the Intergenerational Conference has wider perspective and it relates to narrow the conflict and to inculcate better understanding between youth and seniors.

CONFERENCE OVERVIEW: After reciting the National Song O’ Canada, Sandy Kang - Gill, Chair Elder Help – Peel and Mrs. Michele Stubbing, Principal, Turner Fenton Secondary School, welcomed the participants. Then Emcee: Mrs. Jean Barna gave overview of the conference and declared it opened.

INTRODUCTION BETWEEN SENIORS & YOUTH: The Conference Hall was completely full and each table was occupied by youth and seniors. The seniors of various welfare groups of Peel Region participate in the conference while youth belong to various S. S. Schools. They had lovely discussion to introduce each other and understand their life activities.

KEYNOTE PRESENTATION: Mr. JIM HOWELL. The seniors as well as youth listen tentatively the person who delivers Keynote address. Of course, topic chosen for key note address relates to some serious problem faced by the seniors in their life, or it may concern both seniors and youth to bring better understanding in our community. Sometimes, more topics are presented in the form of drama or an episode. This year Mr. Jim Howell delivered the keynote address and the topic was “LIGHT SHINE IN OUR BODY”. This topic has strange connotation where, perhaps, he wanted to convey the feeling that every individual is aware of his strength & capability “(Physical, Mental & Spiritual power)” to visualize the situation whether it is good or bad and to act accordingly or face the prevailing circumstances as he deems fit. Mr. Howell was very agile and he showcased his thought in funny motion on the dais. He shouted thunderously those words that he wanted to emphasize and kept the audience in motion and laughing as well as applauding him now and then.

TIME TO FORMULATE GOOD DEEDS: Topics given in the guidelines for group discussion among the youth and seniors were very interesting. The occupants of each table in the light of discussion among themselves had to enunciate certain good deeds to perform if they get chance in their life for the needy one or for the country or the community. Thus, the stickers of good deeds (i.e. like help the needy; look after the ailing person; volunteer jobs in hospital or similar institutions etc.) have to be prepared and put on the wall.

“Savitri sharma, Surinder Butcher, Ashok Bharti, Monica Bharti and Mulkh Raj Monga, the seniors from PCHS whose table was shared by gorgeous youth Brittany and Nayela from Brampton Centennial S. S. and





**Baljit Virk**  
Scotia advisor

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