

## Staying Cool in the Summer Heat

In the summer the combination of high heat and high humidity can be very dangerous.

People at risk during these weather conditions include the elderly, people with chronic illnesses (such as diabetes, heart and respiratory conditions), people unable to move or change position by themselves, infants and preschoolers, people who exercise vigorously or are involved in strenuous outdoor work for prolonged periods, people taking certain medications and homeless or marginally housed persons.

To help avoid heat-related illness and to stay cool this summer make sure you drink lots of water, avoid going out in the blazing sun or heat whenever possible (wear a hat when you do), go to air conditioned places such as the mall, library or Stonegate CHC, wear loose fitting, light coloured clothing and avoid moderate or intense physical activity.

Make sure you get help from a friend, relative or healthcare provider if you experience rapid or difficult breathing, weakness, dizziness or fainting, headache, confusion, nausea or if you feel more tired than usual.

More information is available on-line by visiting:

[www.toronto.ca/health/heatalerts/](http://www.toronto.ca/health/heatalerts/)



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## Free Money For Your Children's Education

As parents we do our best to make sure our children succeed. A good education is one of the keys to a lifetime of success and a Government of Canada Program can help you save the money you need to pay for your child's education after high school.

The Canada Learning Bond is \$500 offered by the government of Canada to help you start saving for your child's education after high school. Plus, your child could get \$100 every year until he or she turns 15 years old to a maximum of \$2,000!

This money can be used to pay for future full-time or part-time studies in college, university, trade schools or apprenticeship programs. To be eligible to receive the Canada Learning Bond your child must have been born after December 31, 2003 and you must receive the National Child Benefit Supplement under the Canada Child Tax Benefit (also known as the family allowance).

The Canada Learning Bond can only be deposited into a Registered Education Savings Plan (RESP) and you don't have to

put any of your own money in to receive it. An RESP is an education savings account registered with the Government of Canada and helps you, your family or friends save money for your child's education after high school.

Follow these simple steps to open an RESP and receive the Government of Canada's Grants:

Step 1 - Get a Social Insurance Number (SIN) for your child. It's free and you can get one by calling 1-800-622-6232 or by visiting a nearby Service Canada Centre.

Step 2 - Start an RESP that is right for you and make sure the provider you choose signs you up for the Canada Learning Bond. There are many no-cost and no-risk plans to choose from.

Step 3 - Grow your child's savings. Even if you can't contribute, the Government will deposit the Canada Learning Bond in your account.

For more information and tips (in many languages) to help you make informed decisions, please visit [www.smart\saver.org](http://www.smart\saver.org)

## Stonegate Farmers' Market 7th Season

The Stonegate Farmers' Market is back for its 7<sup>th</sup> season!

Join us every Tuesday from 4:00 pm – 7:00 pm starting June 21<sup>st</sup> until October 11<sup>th</sup> in the parking lot at Christ Church St. James Anglican Church, located at 194 Park Lawn Road (just north of the Queensway).

The market is a great place to shop for fresh, locally grown food, enjoy weekly entertainment and special events and meet your neighbours.

For more information including the weekly schedule of events, please visit our website at [www.stonegatechc.org](http://www.stonegatechc.org) or call Stonegate CHC at (416) 231-7070.



## No Cost Dental Care for Children

Healthy Smiles Ontario provides no cost dental care for eligible children 17 and under

Healthy Smiles Ontario is a new program for kids 17 and under who do not have access to any form of dental coverage. If eligible, your children will get regular dental services at no cost to you.

Who is eligible?

Kids 17 years of age and under may be eligible if:

- They are residents of Ontario
- They are family members of a household with an adjusted Family Net Income of \$20,000 per year or below
- They do not have access to any form of dental coverage (including other government-funded programs, like Ontario Works).

What services are covered?

Eligible children may be covered for regular visits to a licensed dental provider such as a dentist or dental hygienist, and for things like cleanings, fillings,

X-rays, scaling and more.

However, some services may not be covered by this program, including Cosmetic dentistry, such as teeth whitening, and Orthodontics, such as braces, and emergency oral health care needs

How do I enroll?

Contact Toronto Public Health by calling 3-1-1. They will assist you with the application process which includes completing some forms and showing the necessary and

Once the application process is complete, Toronto Public Health will inform you of the dental service options available in the community, including Public Health Dental Clinics located in some Community Health Centres.

If a child 17 and under has an urgent or emergency oral health issue, services may be covered under the Children in Need of Treatment (CINOT) Program. Please contact Toronto Public Health or go to [ontario.ca/cinot](http://ontario.ca/cinot) to find out





## New Program - Skills For The Food Services Sector

Are you interested in gaining some skill and experience in the food service sector? Are you a foreign trained food services worker looking to enhance your skill and gain valuable Canadian work experience? If so, Stonegate CHC, in partnership with Etobicoke South Employment and Social Services is offering a new and exciting program.

Participants in this free 11-week program will earn a Food Handler's Certificate,

be trained in safe and nutritious food preparation and customer service, learn about labour market information in the food industry and food services sector, and learn the latest on effective resume writing and interview preparation techniques.

Classes will be held on Thursdays from August 11th to October 13th at Stonegate CHC and is open to those local residents in receipt of Ontario Works who are interested

and/or career focused in the food services and hospitality industry.

Participants are also required to communicate well in English and be legally eligible to work in Canada.

To learn more and find out if you are eligible to register for this exciting opportunity, please call Rada at (416) 338-5486 or Janet at (416) 397-9316.

## Members Wanted

Each year, the Stonegate Community Association elects members to its Board of Directors, responsible for governing Stonegate CHC.

By becoming a member of the SCA you are contributing to the committed work that has been accomplished in the community.

As a special bonus, all new memberships and renewals are free of charge and valid for 2 years (September 1/11 – August 31/13).

In addition, all new memberships received before September 17/11 entitles you to a vote at this year's Annual Meeting.

To learn more, become a member or renew, please call (416) 231-7070, e-mail us at [info@stonegatechc.org](mailto:info@stonegatechc.org), or visit our website at [www.stonegatechc.org](http://www.stonegatechc.org) and follow the *Become a Member of Stonegate CHC* link to complete the handy on-line form.



Visit us at:  
[www.stonegatechc.org](http://www.stonegatechc.org)

## Stonegate CHC Annual Meeting & Community Celebration

The 3rd Annual Stonegate CHC Community Celebration will be held on Saturday, September 24, 2011. The event promises to be a fun-filled afternoon for children, families and people of all ages.

A variety of activities and events, including a BBQ, face painting, entertainment and children's games will be available for all to enjoy.

Participants can also attend the Stonegate CHC Annual General Meeting, and learn more about the Health Centre's man

wonderful achievements in the last year.

The Annual Meeting will be held in the Health Centre at 12:00 noon, followed by the Community Celebration in the Stonegate Plaza parking lot from 1:00 pm to 4:00 pm.

All Stonegate Community Association members, Health Centre Clients and community residents are welcome and encouraged to attend. Please join us, and bring your family and friends!

For more information please call Stonegate CHC at (416) 231-7070.





## Services available at Stonegate CHC

Stonegate CHC offers a variety of health, community and social programs and services for neighbourhood residents, such as healthcare, housing help, children's programs, and food and nutrition services to name a few. If you are interested in anything we have to offer then visit our website ([www.stonegatechc.org](http://www.stonegatechc.org)) or give us a call at (416) 231-7070 to find out how we may help.

## Support Stonegate CHC

Many Stonegate CHC programs and services rely on donations from the community to succeed. In particular, 3 of our Food Access programs (Healthy School Snacks, Emergency Food Pantry and Market Vouchers) are completely funded through donations.

Without the kindness of the community, these and other helpful programs for local families would not be possible.

To donate to our Food Access Programs or to any other program or service at Stonegate CHC, please visit our website at [www.stonegatechc.org](http://www.stonegatechc.org) and donate on-line, or mail or drop-off a cheque.

Charitable Registration Number:  
892532961RR0001

## Upcoming Events

- **Healthy Gardening Workshops**  
Companion Planting and Repellants:  
Thursday, July 7/11 at 6:00 pm.

This workshop will explore companion planting to bring a balanced eco system into your garden. Many gardeners find companion planting helps with pest control, and can also help vegetables grow better. The workshop will also information on preparing home-made insect and disease repellents.

- Organic Soil Enrichment:  
Wednesday, July 20/11 at 6:00 pm.

This workshop will explore the importance and use of compost, leaf mold and vermi-compost (worm castings), as well as how to make compost, compost teas and more!

- Organic Fertilizers:  
Wednesday, August 17/11 at 6:00 pm

This workshop will explore how and when to prepare the soil and fertilize plants during the growing season. A discussion of major and minor plant nutrients will take place and organic fertilizer recipes will be shared.

Registration is required for all workshops as space is limited.

To register, please call the Stonegate CHC at 416.231.7070 ext 307.

## Tell Us What You Think - Win Prizes!

Would you like a chance to win a \$100 gift certificate to Sherway Gardens Mall? How about \$25 worth of Stonegate Farmers' Market Vouchers or a free Good Food Box?

Stonegate CHC is conducting a community needs assessment and client survey and we need to hear from you! We want to know your opinions about how we are doing and what we could do better and we want to know what you think our community needs.

Your participation in the surveys will help us improve our programs and services in order to serve you and the community better. As a way to say thanks for completing the survey, your name will be entered into a draw for one of the three prizes. Each survey will only take about 20 minutes to complete and your answers

will remain completely anonymous.

To get started, visit our website at [www.stonegatechc.org](http://www.stonegatechc.org) and click on the *Community Needs Survey* link to fill out the survey on-line. You may also drop-by the CHC to fill-out a paper copy, or use the free client computer to fill it out while visiting.

Thank you and don't forget to fill out the surveys for your chance to win great prizes!

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