

# STONEGATE

## Community Health Centre

Autumn 2009

### Community News

#### How to Protect yourself against the flu:

- Wash all parts of your hands with soap & warm water for at least 15 seconds. Be sure to wash or sanitize your hands after sneezing or coughing and after touching surfaces others may have touched.
- Keep alcohol-based sanitizer handy at work, home and the car.
- Cough & sneeze into your upper sleeve or a tissue, not your hand. Dispose of tissues immediately.
- Keep commonly touched surfaces clean & disinfected
- Protect yourself & others by talking to your health care provider about seasonal flu and H1N1 flu vaccines.

#### A different kind of flu season...

Every fall and winter, tens of thousands of us get sick with the flu.

The word "flu" is short for *influenza* and is often mistakenly applied to almost anything that makes us feel unwell. However, the "flu" is a specific infection caused by influenza viruses and is usually a more severe illness than the common cold, which is caused by other respiratory viruses.

This fall and winter there will be two types of flu viruses circulating, seasonal flu viruses and the new H1N1 flu virus. Both result in similar symptoms which may range from mild to severe. Sym-

ptoms include sudden fever, cough, sore throat, fatigue and muscle aches, while vomiting and diarrhea are more common in children. Getting the flu typically happens very quickly, with a sudden onset of symptoms. Cold symptoms on the other hand are limited to the upper respiratory tract with runny nose, sneezing, watery eyes, and sore throat.

High risk groups for seasonal flu include children ages 6 to 23 months, older adults ages 65 and older, and those with pre-existing health conditions. High risk groups for H1N1 flu are being identified, but research so far indicates that pregnant women,

seniors and persons with pre-existing health conditions are at increased risk.

Viruses spread when someone with the flu coughs or sneezes and droplets come in contact with another person's nose, mouth or eyes. When people with the flu cough or sneeze into their hands and contaminate things they touch, other people can become infected if they touch the same object and then touch their face. A person can be infectious until symptoms are gone.

With the two types of flu viruses circulating in Ontario, it's more important than

Continued on page 3

#### Inside this issue:

A different kind of Flu Season	1
Low cost fruits & veggies	1
SCHC Community Celebration & AGM	2
Upcoming programs and events	3
Client Survey 2009	3
Do the Math advocacy campaign	4
Support Stonegate CHC with donations	4

#### Low cost fruits & veggies at Stonegate CHC

A diet that includes a good selection of fresh fruits and vegetables is essential for good health. The vitamins and minerals in fruit and vegetables can help reduce the risk of cancer, heart disease and high blood pressure, and type 2 diabetes. People whose diet is rich in fresh produce have more

energy and are less likely to gain weight. A diet rich in fruit and vegetables also helps reduce the effects of ageing.

Fresh produce can be expensive, and maintaining a healthy diet full of fresh fruit and vegetables can sometimes be difficult, especially for those living on low and

Continued on page 2



## Stonegate Community Celebration

On Saturday, September 26, 2009, the Stonegate Community Health Centre held its first annual Community Celebration and Annual General Meeting, and despite the cool weather and cloudy skies, many local families enjoyed the fun activities and attractions the event had to offer.

Children of all ages enjoyed the bouncy castle, the face painting, and all the activities taking place as part of the Early Years Centre open



Photo courtesy of SNAP Etobicoke

house. There was plenty of free food and everyone enjoyed the BBQ with tasty hotdogs and hamburgers. Carolina Alvarez graciously donated delicious, home-made spring rolls while Alejandra Fabregui kindly provided tasty empanadas - both dishes were a big hit with the crowd! Aside from the fun and food, community members were encouraged to visit some display tables and pick up information on the Flu, Health Centre programs and services, and to learn more about the Good Food Box Program.

The Annual Meeting of Stonegate Community Association (SCA) mem-

bers was held in the Health Centre's main multi-purpose room. Local City Councillor Peter Milczyn, and Member of Provincial Parliament Laurel Broten offered greetings and well wishes to those in attendance.

After six years of dedicated service and leadership, outgoing SCA President Kim Curran offered her thanks and appreciation to the SCA Board, members and Health Centre staff for their continued enthusiasm and support of the community. Stonegate CHC Executive Director Bev Leaver shared some of the highlights, challenges and opportunities faced by the Health Centre over the last year, and new and returning Directors were elected to the Board for the next term.

## Low cost fruits & veggies...

fixed incomes.

The Good Food Box Program offered by FoodShare makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating. The Good Food Box runs like a large buying club with centralized buying and coordination. Twice a month individuals place orders for boxes with volunteer coordinators in their neighborhood and receive a box brimming with fresh, tasty produce.

Customers pay between \$12 and \$32 for their box, depending on the version that they choose. Each box contains the same mixture of food, though the contents change with each delivery, depending on what is

in season and reasonable at the time. FoodShare truck drivers deliver the boxes to neighborhood drop-offs like Community Health Centres, where the local volunteer co-coordinators ensure that customers pick-up their boxes.

FoodShare chooses Ontario-grown products for the box whenever possible, helping to support local farmers and reduce the fossil fuels burned when we import food. Customers pay the cost of the food itself, while distribution overheads are subsidized. All of the boxes are accompanied by a newsletter that offers nutrition information, as well as easy and economical food preparation tips.

Professional evaluation of The Good

[continued from page 1](#)

Food Box shows that participating in the program helps people access a more nutritious and cost-effective diet.

To learn more about the program, the different types of boxes available and how you can receive and enjoy a variety of fresh fruits & vegetables at an affordable price, then please attend a community meeting on Wednesday, November 11, 2009 from 6:30 to 7:30 pm at Stonegate Community Health Centre (in the Stonegate Plaza at 150 Berry Road)

For more information, please contact Julia at Stonegate CHC at (416) 231-7070 ext. 229.



## A different kind of flu season...

continued from page 1

ever to know when to schedule your shots this year. Be sure to talk to your health care provider about flu vaccinations and what's best for you and your family.

Efforts to vaccinate all Ontarians against the H1N1 flu virus will start in November, and the seasonal flu vaccine for Ontarians under 65 years of age will be available in December 2009 & January 2010.

If you are pregnant, have heart or lung disease, have chronic health

problems that require regular medical attention, are elderly or have an illness like diabetes, cancer or HIV/AIDS, and are experiencing flu-like symptoms, call your health care provider or Telehealth Ontario for treatment options. Seek medical care for children right away if you notice any of the following signs:

- Fast or difficult breathing
- Increased drowsiness and irritability
- Not drinking enough fluids or

signs of dehydration

- Flu like symptoms become worse.



*Thanks to the Government of Ontario for this information. To learn more please visit : [ontario.ca/flu](http://ontario.ca/flu)*

## Upcoming Programs & Events

### Good Food Box Meeting

Wednesday, November 11/09  
6:30 pm at Stonegate CHC

### Trip to the Royal Winter Fair

Wednesday, November 11/09  
Spots are limited so please call Jill at (416) 231-7070 ext. 282 for more information and to reserve your spot.

### Stonegate Holiday Bazaar

Tuesday, December 15/09  
from 4 - 7 pm at Stonegate CHC.

Browse the bazaar for food, crafts and holiday gift ideas. Please bring a non perishable food item to support our food drive for the St. James Humber Bay Food Pantry and to

receive a free ticket for the raffle! Lots of prizes and lots of fun for everyone!

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



## Client Survey Results 2009

Each year, Stonegate CHC conducts a client satisfaction survey as a way to find out what clients and program participants think about the programs and services they receive.

This spring, from May to June 2009, 203 such surveys were completed, focusing on five key areas, namely overall satisfaction, access, communication, quality, and impact. Here's a snapshot of what those surveyed had

to say:

95% were overwhelmingly satisfied with the programs and services available at the Centre.

97% would refer a friend or family member to Stonegate CHC

86% felt that their quality of life is better and that their well-being has improved because of the help they receive.

While 92% felt that Stonegate CHC has a positive impact on the community there are some areas we can work on improving, like our outreach and communication. Rest assured we will do what we can to makes things even better for next year.

Thanks to all those that participated. For more information, complete survey results will be posted to our website shortly.

## Do The Math and help relieve poverty

**"YOU KNOW  
YOU ARE POOR  
WHEN  
SHOPPING FOR  
GROCERIES  
MEANS WAITING  
IN LINE AT THE  
FOOD BANK."**

VOICE FROM TOWN HALL  
MEETING ON POVERTY

Poverty in Ontario is at an all time high and current social assistance rates do not add up to a life of health and dignity. Even the basics of food and shelter are out of reach for many in our own neighbourhood.

What would you need to make ends meet if your situation changed and you had to rely on social assistance? If you were a single person on social assis-

tance, what would you need? Would you have to move? How much do you need for rent and groceries? Is a telephone or internet connection a necessary expense? What about a cup of coffee or having a friend over for dinner?

If you are convinced that social assistance is inadequate to live with health and dignity, then now's your chance to make your voice heard.

Stonegate CHC supports The Stop Community Food Centre

and the campaign to Put Food in the Budget, to help reduce poverty.

You can learn more by visiting [www.dothemath.thestop.org](http://www.dothemath.thestop.org) and taking the survey to compare your results to what a single person on social assistance receives each month. The strain that poverty takes on people's physical and mental health is immeasurable; you can help by making your voice heard and by spreading the word - Do The Math!

## Support Stonegate CHC - Your donations help!

Many of Stonegate CHC's programs and services rely on donations from the community to succeed. In particular, the weekly healthy snack program for children in local schools is completely funded through donations.

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

To donate to the school snack program or to any other program or service at Stonegate CHC, please feel free to visit the centre in person, mail-in a cheque or visit our website at [www.stonegatechc.org](http://www.stonegatechc.org) and donate on-line.

Tax receipts will be issued for all donations received over \$10.

Thank You!

# STONEGATE

## Community Health Centre

### Health Centre

### Hours of Operation

Monday - Wednesday:

9:00 am - 8:00 pm

Thursday & Friday:

9:00 am - 5:00 pm

Stonegate Community News is published quarterly by the

Stonegate Community Health Centre.

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