



# LAMP

Spring/Summer Edition 2007

## Your Community Health Centre

Just about anytime the government makes a policy change, the obvious response is what will it mean for me?

In Ontario, we are going through such a change in our health care. Starting on April 1, 2007 the health care system will be managed by 14 new entities called Local Health Integration Networks or LHINs for short.

The primary purposes of the LHINs are to devolve decision-making away from Queen's Park and place it in the local community. Its intent is also to better integrate existing services to improve the effectiveness and efficiency of care.

In addition to the LHIN initiative, the government is also requiring that all persons enroll with a doctor and are changing the way most doctors are being paid. Under the new system doctors will receive incentive payments for providing preventative care services to their enrolled clients. Many of you who are LAMP clients may have already received an enrollment form from us. Enrollment with LAMP or any other health care provider is completely optional. If you decide not to enroll, your decision will not in any way have a negative impact on the care you receive from us. Signing the enrollment form is making a commitment to continue to receive care from us. The government wants all Ontarians to make such a commitment to a health care provider.

For the purposes of the LHINs the province has been divided into 14 districts, each operated by its own LHIN.

The boundaries are, however, not the traditional ones you would expect. What you could call the Toronto LHIN does not align with the city boundaries. A significant part of Long Branch for example, is in the Mississauga/Oakville LHIN.

That does not mean that people who live in Long Branch will be denied services at LAMP. The boundaries of the LHINs do not affect the ability of people to get the health care resources they need. Similarly, no one in the province will be denied access to Sick Children's Hospital even if they don't live in Toronto. Residents of Toronto can also access services in Mississauga, if that is appropriate.

What the LHIN will be doing is establishing priorities for funding based on local needs and coordinating services. Setting priorities for a city like Toronto with its great diversity will indeed be a challenge. It is something that all consumers of health care, which is everyone, needs to watch. It is, after all, our health care system.

One of the founding principles of LAMP was on consumer involvement. We did and we continue to believe that a person is best served when they are an active participant in their own health care. The LHIN process is designed to facilitate involvement albeit at a much broader level.

Toronto does not have **one** health care priority and that has been recognized by our local LHIN. In fact, priorities could be different from neighbourhood to neighbourhood depending on the resources each has and the diversity of its residents.

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LAMP's mandate is to provide accessible health services to this community. Currently we receive our funding from the Ministry of Health. As part of that process we are required to provide evidence or at least a rationale for any increase in funding we receive to address community needs. In the future that representation will be made to the Toronto LHIN. What will happen if the needs of our community do not align with the overall needs of Toronto and therefore with LHIN priorities?

No one can argue with the need for greater coordination and integration of services. One could make the argument that Canada has the most fragmented health care system in the western world. Even the American system, which we always like to compare ourselves with, has a more coordinated system. Private insurance companies or HMOs coordinate their system. The purpose of which is not necessarily to coordinate to get the best care, but to contain costs. Of course this does not apply to the millions of Americans who do not have any form of health insurance.

Coordination of service was again another one of those principles that was at the heart of LAMP's existence. LAMP was conceived as being a 'One stop shop' for all your health care needs. While it is clearly impossible for any organization to address all of the health care needs, there is little doubt that the array of services we have at LAMP is among the most diverse. Not only do we provide many different clinical services but we also have programs, which are aimed at reducing barriers to access and keeping people well. We also work with a number of other partners in the community to enhance and better coordinate services.

So health care delivery will change in Ontario on April 1 but I suspect few will see the difference immediately. The change will be more gradual but one that affords the opportunity to develop a system with greater coordination and the increased ability to respond to local needs.

It is a system that will work best if you engage yourself in the process and make your opinions and concerns known.

**Russ Ford, Executive Director**

## Wellness Corner!

### HEALTH CANADA REMINDS CANADIANS ABOUT THE RISKS IN EATING SPROUTS

With the release of its new policy on sprouts, Health Canada is reminding Canadians that raw or under-cooked sprouts should not be eaten by children, the elderly or those with weakened immune systems.

Sprouts, including mung bean and alfalfa sprouts, continue to be a popular choice for Canadians as a low-calorie, healthy ingredient in many dishes.

These foods, however, may carry harmful bacteria such as Salmonella and E. coli O157:H7, which can lead to serious illness.

Fresh produce can sometimes be contaminated with harmful bacteria while in the field or during storage or handling. This is particularly a concern with sprouts. Many outbreaks of Salmonella and E. coli infections have been linked to contaminated sprouts. The most recent in Canada was in the fall of 2005, when more than 648 cases of Salmonella were reported in Ontario.

Children, the elderly and those with weakened immune systems are particularly vulnerable to these bacteria and should not eat any raw sprouts at all. They should also avoid eating cooked sprouts unless they can be sure the sprouts have been thoroughly cooked.

Healthy adults who choose to eat sprouts should take precautions to reduce their risk of exposure to sprout-borne bacteria. When purchasing sprouts, always select crisp ones that have been refrigerated and avoid those that appear dark or smell musty. Always use tongs or a



glove to place the sprouts in a plastic bag. If possible, when eating in a restaurant always make sure that the sprouts are fully cooked.

Symptoms from Salmonella usually occur 12 to 36 hours after eating contaminated food while symptoms from E. coli

O157:H7 can occur within two to 10 days. Symptoms can include vomiting, stomach cramps, and fever.

People who experience these symptoms should contact a doctor immediately.

In extreme cases, E. coli O157:H7 can lead to acute kidney failure or even death.

Health Canada and the Canadian Food Inspection Agency continue to work with producers to develop and implement best practices that will reduce the chances of sprouts becoming contaminated. Health Canada's new Policy on Managing Health Risks Associated with the Consumption of Sprouted Seeds and Beans was recently released with this in mind.

More information, including Health Canada's new policy on sprouts, can be found on Health Canada's Sprouts Information Page.

*Taken from Health Canada - Advisories, Warnings and Recalls  
[http://www.hc-sc.gc.ca/ahc-asc/media/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/media/index_e.html)*

# among friends

## 25 Years of Mental Health Programming in the Lakeshore Community



Twenty-five years ago, under the helm of Maime Ablamowicz, LAMP provided space for a group of people who live with Mental Illnesses to come together for fellowship and support twice a month. This group called themselves Among Friends. As there was no funding for a program of this type at the time, Maime volunteered

many hours to rally support from community groups and organizations to help build a solid program which for the last 15 years has been funded by the Ministry of Health and Long Term Care.

Among Friends, a program of LAMP Community Health Centre, provides social and recreational opportunities and health and wellness education for people who live with Mental Illnesses. Among Friends in partnership with its members, also provides supportive programs and services that reduce isolation and feelings of loneliness.

The Among Friends program supports people who have significant and ongoing mental health problems, are 18-65 years old, live in South Etobicoke, want to make some changes in their lives, and who are socially isolated.

### Among Friends:

- Offers educational workshops and social and recreation activities that promote healthy living, for physical, social and mental well-being
- Provides individual support and advocacy as needed to address personal issues that can effect one's



over-all health, such as poverty, housing, trauma, and substance abuse

- Assists people to identify their needs and strengths and work towards achieving their personal goals
- Helps people to build supportive social networks, develop interpersonal and life skills, and develop and use strategies for improving physical and mental health
- Encourages people to develop and strengthen their community involvement through volunteering, becoming physically active, and using local resources and services
- Provides information and referral to social service agencies and other LAMP programs



On January 26th 2007 we gathered to honour our members past and present and the volunteers and staff who worked very hard to make Among Friends happen.

Thanks again to everyone who has been involved with making the Among Friends program what it is today. Many lives have been and continue to be touched by the compassion of those who take the time to listen and support each other in the journey to wellness and recovery.

# Volunteering IS Community Development



The slogan that Volunteer Canada uses to promote volunteering is that “volunteers grow community”. At LAMP, it is evident that the contribution that volunteers make can be recognized as a form of community development. LAMP’s slogan could be “volunteering IS community development”. The need for people to have opportunities to get involved; to work for, contribute to, and give back to their community cannot be ignored. What our volunteers do by volunteering is to demonstrate this idea on a much larger scale.

My name is Marsha RayDragan and I would like to share some information about how our volunteer program at LAMP works. Once candidates have contacted me, I encourage them to view our current volunteer positions available on the Charity Village and Volunteer Toronto’s website. Candidates are then asked to connect with the Volunteer Coordinator that runs the program they are inquiring

about. There are Information Sessions open to anyone who is interested in volunteering. These sessions occur on the third Wednesday of every month from 6:30-8:00 pm at LAMP. At these sessions, volunteers learn about LAMP, some of our current programs and what they can achieve when they become volunteers.

As well, LAMP offers a comprehensive agency Orientation and Training Session twice a year. This training is a great opportunity for volunteers to meet other volunteers, to connect with LAMP staff and to learn about other programs. Offering this in-depth training about LAMP enhances the volunteer’s understanding of the organization.

I did not have any Canadian work experience so I volunteered for a year at ASK! This experience allowed me to acquire my new job as an assistant editor for a Spanish English Magazine. This is my first week at my new job and I wanted to say thank you for helping me to achieve it. I really appreciate your kindness.

By ASK! Volunteer

I have volunteered for many years as a tutor in the Adult Literacy Program, and I am always impressed by the dedication and commitment of the learners.

As a volunteer tutor, I have learned so much about life from my learner.

I wanted to teach, and I learned so much!

LAMP provides a positive, relaxed environment for learning and tutoring.

By Various Adult Literacy Volunteers

Street Level gives us more difficult youth a place to go and talk to really great staff.

I wouldn’t want to do my volunteer hours anywhere else.

I love working with the little kids (tweens). They are so great and so much fun. It is easy to get your hours done playing sports.

By Various Street Level Volunteers

Volunteering at LAMP last year gave me experiences that I will never forget. I definitely enjoyed my time there, especially during our dance classes for RUCKUS. It was a great chance to meet new people and make friends. I feel fortunate that I got a chance to actually perform on a stage for our community. I would love to keep volunteering at LAMP, helping out in the best way I can, and making unforgettable memories. LAMP is where I can express myself in many different ways and everyone there will accept me for who I am.

By Tenzin Yangchen

In my six years with SEYA I have developed as an individual in ways I would have otherwise never fathomed. Modeling in Ruckus was what got me hooked. I have discovered in myself a capacity to lead, coordinate and inspire others through my work in RUCKUS that I would not have been able to experience the way I have with this show and this organization. I feel more meaning in my life by being able to express myself through bringing my community together and putting together something that we did and can call our own accomplishment. RUCKUS not only inspires the creativity in us but also encourages us to be better as individuals and reach higher in life.

By Amber Morley

## Did You Know?

**300** - annual number of LAMP volunteers

**20,000** - number of hours contributed annually

**90%** found that volunteering at LAMP match their skills and interest

**75%** developed new skills

**90%** increased their experience and confidence

**95%** felt included and valued

Our volunteers represent a diverse group of people with various ethno-racial and economic backgrounds. They also have a variety of linguistic and cross-cultural skills to offer.

# LAMP CHC's *8th Annual Awards of Merit*

Small acts of kindness and giving back to the community are becoming a way of life in Etobicoke-Lakeshore. That observation comes from LAMP Community Relations Committee chairperson Albert Veira. "It's so encouraging to see the growing number of people who are making this community a better place to live. The record number of nomination forms we received this year is a testimonial to the vitality of our community."

So mark your calendars now for **Wednesday, June 13th at 6 p.m.** and come celebrate this year's distinguished collection of volunteers, groups and businesses who go well beyond the call of duty.

Our 8th Annual Awards of Merit will be hosted by the elegant **Alica-Kay Markson of CTV News Toronto**. A lifelong Lakeshore resident, Alicia is an inspiring role model and a new mom as well.



**Alica-Kay Markson of  
CTV News Toronto**

The entertainment this year will include the Hispanic Folkloric Dancers, The SEYA Street Choir (fresh from their first paid performance at the Elmvale Maple Syrup Festival), a jello contest, face painting, photography tips on taking pictures with a digital camera, a silent auction, cotton candy and much more. Meet you on the lawn in front of LAMP, 185 Fifth Street, for the first community barbecue of the season.

**LAMP CHC is also looking for sponsors this year to strengthen this neighbourhood celebration. Sponsors are needed to pay for the stage, entertainers, cotton candy or snow cones, food, beverages and desserts.**

**If you would like to help support the first Lakeshore community barbecue of the season please call Jasmin Dooh at 416-252-6471 ext. 308. Tax receipts are available.**



## *Congratulations!*

**Cheryl Booker** from LAMP's Preschool Speech and Language Program has received the 2006 CDAAC (Communicative Disorders Assistant Association of Canada) "Bridging Communication Gaps" Award for outstanding contributions to the field of communication disorders.

This is a fitting award since she has over ten years of experience in the field, most of which has been at LAMP. Cheryl has not only impacted the lives of her clients and their families with her creative and family-centred approach, but she has also mentored multiple students and new clinicians to the field.

As a founding member of CDAAC, Cheryl has volunteered countless hours as president of the association and currently remains active as a board member.

Please join us in congratulating Cheryl on this award recognizing her contributions to the field of communication disorders, CDAAC, and to the clients and staff at LAMP.





# South Etobicoke



## Once again SEYA is off to an amazing year and the excitement is just beginning!

We've organized events, fundraisers, participated in community events (TTC consultation, all-candidates meetings, safety walk with Laurel Broten, Campbell's children's holiday party, Pumpkin Festival with the Waterfront Trail Artists) and other consultations. We held our own meetings every other week without even breaking a sweat. One of our biggest accomplishments so far has been our annual holiday jam, which we named Culture Rush this year. It was an amazing blend of food, cultural diversity and entertainment. We were extremely lucky to have Ms. Jully Black, Toronto recording artist come and share some inspirational words and encouragement with us. Our Street Choir performed one of her singles that brought her to tears. Thank you to everyone who was involved! We started the month of February off with planning a fundraiser for Valentine's Day. We initiated a candy gram campaign with treats to be sold within LAMP and at Lakeshore Collegiate, which was a hit! Special thanks to everyone at LCI who helped out and supported! We

are currently working on Ruckus, which is always our biggest production of the year. The planning is underway and our volunteers are actively participating in all kinds of workshops to prepare ourselves and develop our skills.

Some of the workshops include:

- Serve Canada- Expanding minds to end violence
- Katimavik Presentation
- Healthy Relationships Workshop
- Photography at Gallery 44
- Digital Photography & Adobe Photoshop
- Vocals/ Performing Workshops
- Personality Dimensions Workshop
- Dream Big Workshop
- First Aid Training
- Conflict Resolution Workshops
- Dance Workshops

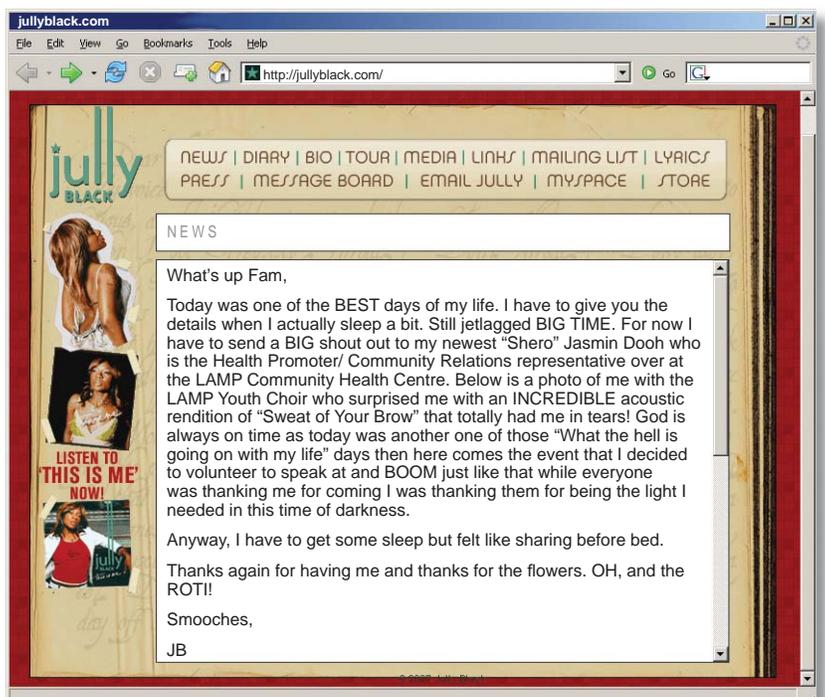
SEYA youth are constantly surrounded by motivation, encouragement and amazing opportunities that would not be available to us if it were not for our organisation and the efforts of the people behind it. We all come here to learn and grow as individuals but end up developing together as a family, bringing away from this organization so much more than what we started with. Special thank you to the Rotary Club of Etobicoke for our new digital cameras and a laptop! We really appreciate your continued support!

**By: Amber Morley, Director SEYA**



SEYA Street Choir with Ms. Jully Black at this year's Culture Rush

Jully Black's blog at [jullyblack.com](http://jullyblack.com)



# Youth Assembly 2007



**Amber Morley**, a SEYA director, has been appointed as one of four Toronto youth to sit on the Toronto Youth Strategy Panel. The panel will advise the Mayor and City Council through the Economic Development and Parks Committee on the actions required to implement the Toronto Youth Strategy and realize the Strategy's vision of a youth-positive Toronto. The Youth Strategy Panel will have thirteen members, with the following composition:

- four youth representatives, with a particular emphasis on youth from marginalized communities;
- three representatives from community-based youth-serving organisations, with a particular emphasis on youth-led organisations;
- three Councillors: the one Councillor who acts as Councils Lead on Youth; one Councillor who is a member of the Community Services Committee; and one Councillor who is a member of the Economic Development and Parks Committee;
- one representative from a community funder of youth activities;
- one representative from the organised labour sector; and
- one representative from the private sector



Congratulations Amber! The Lakeshore has greatly benefitted from your community involvement and leadership through SEYA and we are so proud that you have been recognized for your talent, insight, social justice perspective and excellent communication skills. You carry with you our pride, respect and admiration for the work you are about to do to make Toronto a better place to live.

SEYA

**Making a Difference!** In March, SEYA supported a Humber College Police Foundation student, **Jacqueline Wilkinson**, with her assignment to take on a community issue and make a difference. The issue was the poor condition of the basketball court in Lakeshore Village Park. Jackie, working with SEYA, contacted Toronto Parks and Recreation to make some improvements. The good news is that the parks department responded quickly (thanks, Bill Crabbe!) and put some netting up so the youth could play basketball. Other improvements in the works are painted lines on the court, improvements



to the slanted and cracked paved court and some possible painting to the north steel barrier that is currently peeling. During March Break a dozen SEYA members took the time to celebrate their efforts to help make the Lakeshore a better place to live for youth and their families. Congratulations to Jackie, SEYA, the parks department, Bill Crabbe and Councillor Mark Grimes for taking action. A

basketball tournament is being planned for the warmer weather when players don't need mitts, hats and winter coats to play basketball.

And more good news coming out of Lakeshore Village - SEYA volunteer, **Raphael Osei** (Raf), from the Nakiska Co-op has been drafted to the Calgary Stampeders as a defensive back. Raf supports Ruckus and other SEYA special events doing security. All those afternoons and evenings throwing the football at the top of Thirteenth Street and all that practising at York University during Raf's post-secondary years has paid off. Way to go Raf - you make us proud!! Much success in the pro league!

This year, the photography program at LAMP received a generous grant from the Ontario Arts Council. The photography program is open to Lakeshore's youth to learn about black and white photography, processing film and printing their own images. They also get hands-on experience in framing and matting.



This year the program will offer a new digital component. The youth will be given a chance to experiment with digital photography and learn about Adobe Photoshop. The classes end with an exhibition where the youth have the opportunity to display their work for a CONTACT exhibition. The photography course and participation in the exhibition is completely free to youth. Working with three of the local high schools (Lakeshore Collegiate Institute, Father John Redmond & Etobicoke School of the Arts), the youth will be presenting their works at the Assembly Hall. The exhibition, called EVOLUTION, is an accumulation of photographs from Lakeshore's talented youth. It is an exploration into the technological changes that have affected photography over the past century and an in-depth look into the evolution of our society and culture. The photographs are a silent expression of the significant changes that have affected photography and our world.

The exhibit allows the youth to express themselves through artistic measures while simultaneously depicting the negative and positive effects of evolution. The



opening night will be May 3rd, 2007 and will feature live music by youth and a DJ, along with some refreshments.

# Environmental Health Children's Health and

LAMP Community Health Centre is taking the lead to help protect children face daily. Soon, information sheets will be available at our Children's Environmental Health Fair. The event offered information on cleaning products, baby care and toys, pesticides and more. We learned about harsh cleaning products and lead paint. We also found out about hazards from the Environmental Health Committee of the Ontario Ministry of Health, The Canadian Institute for Child Health, Women's Community Partnership for Children's Health and the Environment and more. We are excited to share the latest research. More than 150 people from the community came to our Primary Health Care Team who, with the support of our



## CLEANING PRODUCTS

- Some commercial cleaning products such as disinfectants, detergents, deodorizers, air fresheners and tile cleaners contain hazardous chemicals.
- While some products list their ingredients on the label, others do not reveal their contents.
- Fumes from cleaning products can escape into the air, and can be inhaled by children.

### Health hazards of cleaning products

- Little research has been conducted in this area.
- However, some animal research has raised concerns about the safety of some chemicals in cleaning products.
- Aerosols and sprays are particularly dangerous because they are readily inhaled
- Immediate effects of hazardous chemicals include nausea, skin and eye irritation, headaches, and worsening of asthma
- Longterm effects are still largely unknown, but may include damage to the developing brain as well as cancer
- Some particularly hazardous chemicals

### Ammonia

- Found in all-purpose cleaners
- Can irritate lungs

### Chlorinated solvents

- Found in carpet cleaners and dry-cleaned clothing
- Irritates the lungs
- May be carcinogenic

### Formaldehyde

- Found in dishwashing liquids, fabric softeners, carpet cleaners and floor polishes
- Suspected of causing cancer

### Petroleum distillates

- Found in furniture and floor polishes
- May damage the nervous system

### Paradichlorobenzene

- Found in air fresheners, bathroom deodorizers, and mothballs

### What you can do

- Store cleaning agents in secure areas out of the reach of children
- Ventilate well during and after use
- Open windows and doors, even during the winter
- Keep children away while cleaning with potentially hazardous chemicals
- Use the least amount of cleaning agents necessary to do the job
- Use safe alternatives

### SAFE ALTERNATIVES

#### Cornstarch

- Cleans and deodorizes carpets and rugs

#### Baking soda

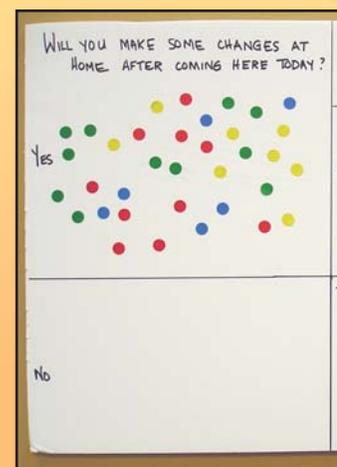
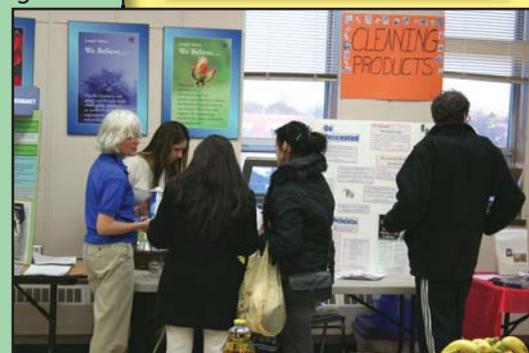
- Cuts through grease and dirt almost everywhere
- Slightly abrasive and can scrub problem stains

#### Lemon juice

- Bleaches and disinfects
- Deodorizes
- Cuts through grease

#### Vinegar

- Natural disinfectant and stain remover



# Health Information Fair and the Environment

Parents reduce the number of environmental risks their children are exposed to by learning more on topics recently discussed by experts in the field at the Health Information Fair. The fair provided information on food, home and indoor air quality, clean air, and how to keep indoor air free from toxins like mould, radon, and how to choose and prepare foods that are safer to eat. Doctors from the University of Toronto College of Physicians, Researchers from Toronto Public Health, the St. Michael's Hospital for Environmental Health Clinic, The Canadian Council on Child Health and other experts in environmental medicine were on hand to answer questions. A large community attended this very informative evening. Thanks to the LAMP programs, did an outstanding job!



## PESTICIDES

### What are pesticides?

Pesticides are compounds which kill various kinds of pests: herbicides (weeds), insecticides (insects), fungicides (fungi), and rodenticides (rodents such as rats and mice).

### Routes of exposure

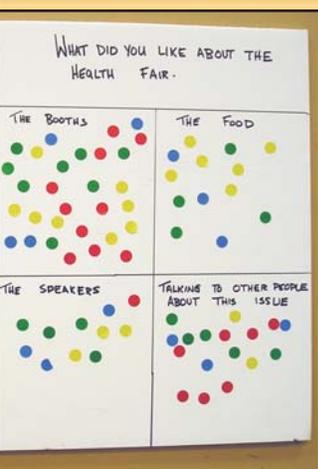
- Ingestion - young children may accidentally ingest pesticides when they mouth objects or surfaces sprayed with these products. Certain foods are also contaminated with pesticides
- Absorption through the skin can occur when children are in direct contact with pesticides (ie, through anti-lice shampoos)
- Inhalation - children can breathe in pesticides after fumigation

### Health effects of pesticides

- Nervous system - many pesticides work by interfering with the nervous system of insects. Unfortunately, the brains of developing babies as well as young children can also be damaged by exposure to pesticides. Learning and behavior problems can result
- Cancer - some pesticides may be linked to children's cancer, including non-Hodgkin's lymphoma, and leukemia
- Hormone problems - some pesticides may disrupt the natural hormones occurring in children's bodies. When they become adults, they may be infertile.
- Pregnancy and birth complications - pregnant women exposed to pesticides may have a spontaneous abortion. Babies who survive may be underweight, or suffer from birth defects.

### What can you do?

- Prevent insects and rodents by cleaning up food particles
- Use physical methods to control pests. These include sealing cracks that may allow pests to enter, and using traps to catch mice.
- Try to use non-pesticide products (such as boric acid) whenever possible
- If you do use pesticides, store them carefully, out of reach of children
- If treating the kitchen, make sure you cover or remove food, dishes, and utensils
- While using a pesticide, wear protective clothing to prevent contact.
- Children and pets should leave the area during pesticide use
- After using a pesticide, make sure the area is ventilated for 4-6 hours
- Wash hands and face and clean potentially contaminated clothes separately from regular laundry
- Wash all surfaces in contact with food, such as table tops, counter tops, and stove tops.



## 19<sup>th</sup> Annual Charity Golf Classic

Wednesday May 30, 2007

Shotgun Start 8:00 am

Royal Woodbine Golf Club



A Division of the  
Toronto Board of Trade

# Swing into Spring for LAMP... Your Community Health Centre

There's still time to register for the Etobicoke Chamber of Commerce's 19th annual charity golf tournament. This is the first golf classic to be held since the Etobicoke Chamber's recent merger with the Toronto Board of Trade. Proceeds will go to LAMP Community Health Centre. The tournament will be held on Wednesday May 30th at the Royal Woodbine Golf Course 7:45 a.m. shotgun start. Green fees include 18 holes of golf, a golf cart, a continental breakfast and a banquet style lunch, a welcome package and refreshments on the course. To register call 416-439-4143 or log on to [www.bot.com/events](http://www.bot.com/events). For information about sponsoring the tournament call Ken King at 416.679.1116 or Rick Smith at 416.281.9428 ext. 2.

### Hole in One Prizes

A chance to win a Car or \$25,000 Cash  
and other great prizes such as TVs, trips, dinners, etc.

To register contact  
**Gwen Bailey at**  
Phone: 416.439.4143  
Fax: 416.439.4147  
[www.bot.com/events](http://www.bot.com/events)  
[events@bot.com](mailto:events@bot.com)

Proceeds from this event will be donated to LAMP CHC.

Hosted by: The Etobicoke Chamber of Commerce, a Division of the Toronto Board of Trade

# LAMP CHC Community Cookbook

Be a part of LAMP's history by contributing to the  
30th Anniversary LAMP Community Cookbook.



We are looking for community members to submit favourite family recipes, cooking stories, quotes, jokes and cooking tips to help us create a cookbook that can be passed down for generations to come.

Submissions can be emailed to [lampcookbook@hotmail.com](mailto:lampcookbook@hotmail.com), dropped off or mailed to LAMP Community Healthy Centre located at 185 Fifth St, Etobicoke ON M8V 2Z5.

We are a looking for original recipes, healthy choices and lots of flavour and variety!

Please help us by submitting you favourite original family recipes, make sure to tell us a little about the recipe, is it hot, medium or mild, is it a delicious healthy choice, or should we be placing it in our Sweet Tooth Danger Zone?

For more information about how you can contribute to LAMP's 30th Anniversary Cookbook please contact Chantal at [lampcookbook@hotmail.com](mailto:lampcookbook@hotmail.com) or Jasmin at 416-252-9701 ext 308.





# Early Years Drop-In is Now in Mimico!!!

The LAMP Ontario Early Years Centre now has a FREE Drop-in program for parents/ caregivers with children 0- 6 years old.

The program is located at the Mimico Library on the lower level. Join us at the entrance off the parking lot on Tuesday afternoons from 1-3 pm and Thursdays from 10-12 noon. The staff will be there waiting for you and your little ones to join in many fun activities.

We also provide a snack.

See you soon!!

For more information please contact us at 416.252.8293

Ontario Early Years Centres  
A Place for Parents And Their Children.



Centres de la petite enfance  
Un endroit pour les parents et leurs enfants.



## Donate to LAMP CHC online!

CanadaHelps.org simplifies the donating process, making it easy, quick and secure.

Donate Today!

Our charitable registration number is:  
11900 2996 RR0001



## Social Work

The Social Worker can assist you in dealing with specific problems.

The Social Worker provides support, counselling and information/referral.

You can see the social worker by appointment or without an appointment during drop-in hours.



## Holiday Spirits Shone Brightly with Campbell's Generous Help

This past holiday season, Campbell employees teamed up with LAMP to adopt 25 less fortunate families in our local community. Working collaboratively, employees collected food, money and gifts to help these needy families enjoy their holiday and let them know their community cares.

Campbell teams also made the holidays brighter for local children by generously donating toys to LAMP – in fact, a large truckload was collected, ensuring our toy room was filled to capacity leading into the holidays!

Kelly Vlaar, Sr. Communications Specialist – Employee and Community Relations, recognized the generous contributions Campbell employees make to help local families in need during the holidays.

We thank Campbell's for their support – not just during the holiday season, but all year-round!

Campbell's donates more than \$70,000 each year to worthy causes, including LAMP (Equally Healthy Kids Breakfast Program).

# Street Level's Black History Celebration

Street Level's

**"This year's event was a complete success!"**

This was expressed by many Street Level staff, volunteers and participants. The event featured a variety of entertainment from guest speakers to Street Level members' talents and an incredible DJ that had the music pumpin' until the last bit of evidence of the event was clear!

Our very own Dwane Abbott, Youth Sports Leader and long time member of the Lakeshore community, acted as Master of Ceremonies for the event. Dwane was also chosen by the Youth Council to be honoured and recognized as a positive community role model for not only Street Level youth, but the community on a whole. Dwane accepted this surprise acknowledgment with nothing but modesty and inspiring words to encourage the youth to use their voice.

Street Level HIV Peer Educators Natalie and Pete created an informative display, asking questions and handing out prizes to youth who participated and were able to show that they have gained knowledge through out the HIV Prevention project. The educators also created Sensual Safety packages consisting of condoms, lubrication and a candle, to hand out at the event.

Much of the performances were in fact some of Street Level's most dedicated members. Ariel and Sharon from our Tween program performed a dance to Beyonce's song *Déjà Vu*. Adan, also a Tween member, scripted and performed his own original lyrics to a rap about his "Dream" for people in not only our community but in society. For weeks leading up to the event, many members of LAMP viewed the Tweens hard work in creating decorations that were featured in the Community Room during Black History Month.

Street Level Youth Council members did an outstanding job planning, setting up, selling food tickets, promoting the raffle, serving food and cleaning up after the event. Teen participants, Shakira, Samira and Ola who also participate in the SEYA Street Choir, sang a song by *Jully Black*. Other youth performers included a series of dance and rapping by Anshall, Leshane, Daniel and Jeff (past Street Level participants).

Guest speakers included Gwyneth Matthew Chapman and Arnel Scott. Gwyneth offered a rousing speech that encouraged youth, who often have little voice, to use it. She has years of experience working with youth on a community level. Arnel spoke to the group about his challenges as a youth and his now successful business by where he has established an affordable transportation solution for athletes facing financial barriers. He enlightened the group about his athletic injury that left him without many options, other than to finish school and begin a successful business. Both speakers proved to be moving and are welcome back to Street Level anytime!

As great as it was to have members from a broader community take part in the event, it was clear to see how the LAMP community took action in all areas of this event. Agnes McLean, mother of Street Level participants, graciously prepared much of the food for the event. If you were present, you would understand how appreciated this was as the food was absolutely amazing. Thank You Agnes!

The final show stopper was the much anticipated Redmond Dance Pack led by our very own Arlene McLean. The moves were hot, the music was jammin' and the crowd was on their feet. All performers did an amazing job, making this possibly the best Black History Event to date! We will have to see about next year!

We would like to thank Youth Council Members, Street Level staff, volunteers, placement students, donors and all Black History participating members for your hard work and dedication. We all look forward to trying to top this year's event next Black History Month!



## East Mississauga CHC

a branch of LAMP

On January 25th, 2007, the *East Mississauga Community Health Centre* in partnership with *Peel Health* and the *Multicultural Inter-Agency Group of Peel (MIAG)* hosted an extremely successful community meeting targeting the issue of **Health, Access and Racism**.

One hundred and thirty-four persons, representing Peel, Toronto and Halton based agencies and community members, attended the day long forum held at the Mississauga Valley Community Centre.

The morning events centred around five guest speakers who addressed the issue of racism, as a barrier to accessing health services and health resources, from five very different social determinants of health perspectives. Time was allocated for a question and answer session which positively charged the participants as the forum events were temporarily suspended for the participants to enjoy a delicious vegetarian



lunch provided by the *Sikh Heritage Centre*.

The afternoon began with a powerful segment called "Community Voices". Three community members recounted their experiences of racism as they attempted to access services to maintain and to improve their health and related how their experiences of racism adversely impacted their health and the health of their family members. Then participants listened to a brief introduction to *Brown Girl Yoga* and were invited to participate in a short series of exercises to relax and to invigorate them for the remainder of the afternoon. The final activity of the forum was everyone's participation in the *Diversity and Power Game* which illustrated clearly the barriers, both visible and invisible, that the participants negotiate everyday in their lives and resulted in energetic and illuminating discussion and a desire for action and future forums.



The full consultation report and all presentations can be accessed online at [www.eastmississaugachc.org](http://www.eastmississaugachc.org) under "Health Promotion".

# Steps Toward Weight Management



The issue of weight control has been quite prevalent both in North America and worldwide. In today's fast-paced world it is often challenging to choose and prepare healthy foods, as well as to get enough physical activity. Also, there are factors related to overweight and obesity risk that cannot be controlled. For example, there have been at least 130 genes found to cause obesity. Some genes are related to how quickly the stomach communicates to the brain that it is full, others relate to how efficiently the body converts calories to fat. In addition, there are cultural and gender differences to obesity. For example, there is a higher incidence of obesity in African American women versus Caucasian. As well, there are a greater percentage of obese African American and Hispanic women compared to their male counterparts.

There are, however, factors that can be changed to minimize obesity risk. Planning meals at regular times to ensure a consistent schedule is one strategy. It is important to have three meals per day and snacks in between meals if possible. Eating at regular times helps to keep your metabolism going at a steady rate. We all have a 'set point' which is a baseline number of calories that the body uses just to keep it functioning without movement. Without nourishment this 'set point' tends to slow down thinking the body is being deprived of calories. When your metabolic system slows down it becomes more difficult to manage your weight. Eating at regular times helps your metabolism to work well, burn off fuel from food and keep you at a healthier body weight. We all lead busy lives especially these days. It may be useful to prepare food in bulk when you do have time. For most people more time is available during the weekend. Portion what you cook ahead of time and put them in the freezer. That way all you have to do is reheat healthy meals during busier times. This will also help to offset the temptation of reaching for unhealthy food choices that are readily available.



The types of foods eaten are also an important way to manage your weight. Canada's Food Guide to Healthy Eating is a great resource when trying to make wise food choices. A good day starts with a good breakfast. Start the day with a hearty serving from grains such as whole grain bread, oatmeal or whole grain cold cereal, skim or low fat milk and a piece of fruit. Or you could make a smoothie with low fat yogurt and mixed berries. Breakfast is a great way to jump start your metabolism and gives you the energy you need to seize the day. To keep your energy up throughout the day ensure you pack some healthy snacks. Some snack ideas include fresh fruit, raw veggies and low-fat dip, or yogurt. Maybe try raw veggies without dip. Other ideas include whole grain crackers with low fat cheese, a slice of whole wheat toast with peanut butter, a handful of nuts, or a small pack of low-fat yogurt. Try to avoid snacks made with a lot of refined sugar and/or salt such as cookies, pastries, potato chips, and candies. Lunch and dinner should consist of a lean protein source such as meat, fish or poultry, a generous serving of vegetables and a moderate portion of starch such as brown rice, ancient grains, or whole wheat pasta. It is important to avoid eating meals too late as people tend to move around less. People generally burn off more calories during the day through activities of daily living. This is also an important strategy in weight management.



What should you have to drink? Sip on water throughout the day. Studies have shown that people often mistake thirst cues for hunger cues. Drinking enough water during the day ensures you stay well hydrated and likely reduces your calorie intake. Eight to ten glasses of water daily is recommended for most people. Other healthy beverage choices include low fat or skim milk, real fruit juice and herbal teas. Try to avoid sugary beverages like fruit punches (not real juice) and regular pop. One can of coke contains ten teaspoons of sugar with no real nourishment. Nutritious beverages such as milk and real fruit juice provide you with naturally occurring sugar, as well as vitamins and minerals needed for health. For example, milk contains calcium and vitamin D, which is important for bone health. Fruit juices often contain vitamin C, an important antioxidant.



Physical activity is also an important part of achieving and maintaining a healthy body weight. The effect of physical activity can last up to 48 hours after exercise. This means that your body burns off more calories even when you are not active! In addition, weight-bearing and resistance activity aids the body to build muscle tissue. Muscle tissue is much more metabolically active than fat tissue. Building muscle tissue is a great way to increase the calories you burn naturally. Hence these types of activities also help to boost your metabolism and therefore manage your weight better. Weight-bearing and resistance training are also important for maintaining bone density thus essential for bone health. Canada's Physical Activity Guide Recommends 60 minutes of activity daily. You can do this all at once or break it up into smaller chunks such as fifteen minute bouts four times per day. Activity can be as simple as walking instead of driving or taking the bus, gardening, or doing chores around your home.

Still have more questions? Feel free to contact the West Toronto Diabetes Education Program at 416-252-1928 for more information.

References: Obesity and Weight Control, McGraw-Hill/Dushkin; Canada's Food Guide to Healthy Eating; Canada's Physical Activity Guide.

# LAMP CHC ... IN

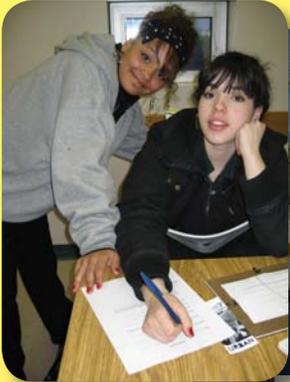
Environmental Health Information Fair



Street Level

# THE COMMUNITY

Among Friends  
25th Anniversary Celebration



SEYA



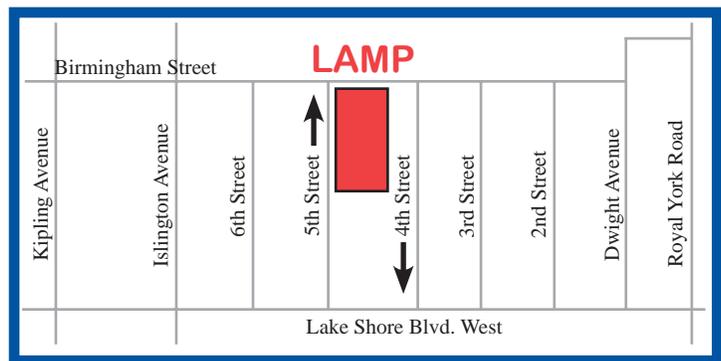
**LAMP Community Health Centre** strives to improve quality of life by supporting people to reach their full potential. We do this by working in partnership with our community to address new and emerging community needs, and by supporting a wide-range of health care services, community programs, and advocacy initiatives that promote the physical, emotional, social, and economic well-being of our community.

**What We Believe:**

<p><b>We believe that everyone has the right to live in a healthy community.</b></p>	<p><b>We value and respect people of diverse backgrounds and perspectives, and are committed to providing meaningful opportunities for our community to determine its own needs.</b></p>	<p><b>We believe that everyone has strengths, and that each person has the right to both contribute to, and to be helped by their community.</b></p>	<p><b>We are committed to fighting oppression in our community.</b></p>
<p><b>Inclusiveness is a core value at LAMP.</b></p>	<p><b>We believe that health is more than the absence of disease. It is influenced by social and economic factors.</b></p>	<p><b>We are committed to helping everyone in our community get access to the resources and supports that they need.</b></p>	<p><b>We believe that some members of the community have greater needs and fewer choices and therefore require more of our services, advocacy, and support. Empowering people strengthens the whole community.</b></p>

**LAMP Wants You** to serve on a new Fundraising Committee, join our Community Relations and Membership Committee or our Equally Healthy Kids Committee. LAMP values and appreciates the skills, knowledge, and commitment community-minded citizens contribute to our society. We welcome all new members who are dedicated to building a healthy strong community.

Join a LAMP Committee Today! Call Jasmin at 416.252.9701 ext. 308. See how you can get involved!



*LAMP has a scent-free policy. Fragrances, perfumes and other synthetic aromas (body lotion, strong-smelling soap, etc.) can create an allergic reaction or other type of severe discomfort. Please do not wear these products when coming to LAMP. Your help in maintaining a safe and comfortable environment for everyone is appreciated.*

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