






LAMP ...

Our Purpose:

To make the Lakeshore a healthy community by contributing to the physical, emotional, and social well-being of the people living here, and by helping the Lakeshore community realize it's opportunities and deal with its problems

What We believe:

-  That everyone has the right to live in a healthy community.
-  That a healthy community is a place where people belong, have choices, have friends and support, are adequately housed and fed, make a contribution, have an adequate income, are safe, have employment.
-  That the community and the agency, and the individuals who live and work here, are partners – sharing the responsibility for determining and meeting needs.
-  That services and programs offered to meet needs and make a healthy community must be: accessible, coordinated, effective; and must include: education, prevention, advocacy, community development.
-  That some members of the community have greater needs and fewer choices and therefore require more of our services, advocacy, and support. By empowering members of the whole community is strengthened.

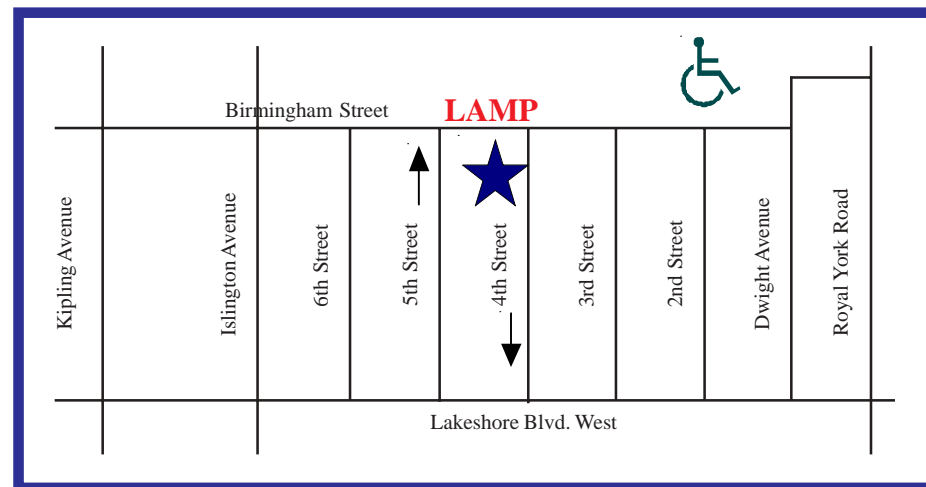
LAMP WANTS YOU...

- To serve on a new Fundraising Committee.
- To join our Community Relations and Membership 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 @ 416-252-9701 ext. 308
See how you can get involved

Where we are



185 Fifth Street, Etobicoke, ON
M8V 2Z5
(416) 252-6471 Fax (416) 252-4474
www.lampchc.org



Your Community Health Centre

LAMP

Spring/Summer Edition 2003

LAMP RECEIVES ENHANCED FUNDING FOR OUR COMMUNITY

by: Russ Ford, Executive Director

This past month has seen a large increase in funding coming to LAMP from a number of sources. LAMP is proud to announce that the United Way of Greater Toronto is investing another 90 thousand dollars into our services. That's a substantial 100 percent increase to our United Way allocation. The largest recipient of this new money will be our Street Level Youth Program. This will provide stability for our Youth Centre which up until now, has been supported through fundraising and short term grants. The rest of the increase will enhance the services at Ask Information Centre by supporting an assistant volunteer/program coordinator, and some resources to the Family Centre. We are thrilled about the increase. It is certainly great recognition for the work we are doing. When we became a United Way agency in 2000, we received a 50 thousand dollar grant for both the ASK and the Family Centre programs. In their funding announcement recently, the United Way commended LAMP for being a responsive agency, serving a high need and under serviced community. LAMP was also recognized as having a long history of encouraging strong community involvement in its program delivery. In addition to this new funding, the United Way is giving LAMP a special two year grant to help develop youth programming in partnership with other service providers in the East Mall and Burnhamthorpe Area.

The United Way increase was however, not the only good news this month, especially for LAMP's work with teens. LAMP has received a three year grant from the Trillium Foundation to offer opportunities for youth to participate in arts and culture programming. This money will certainly broaden our ability to engage and attract more youth from different backgrounds to LAMP. It will also provide them with an opportunity to explore their creativity.

The Ontario Ministry of Tourism and Recreation has also approved a one time grant request for 10 thousand dollars to assist in the expansion of Street Level's already highly successful basketball programs. The grant will also be used to encourage more female participation in the sport along with a new Inner City Visions Team. And finally, the Toronto Raptor's Foundation will provide two of our teams with new uniforms.

Our fundraising efforts over the next year will now focus on the Equally Healthy Kids breakfast programs which need more than 40 thousand dollars of revenue to meet the increasing demand to feed hungry children in our community. Our work continues.

LAMP Board & Staff would like to take this opportunity to thank all funders, agencies, donors, volunteers, and community members for helping to make this community a better place to live.

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LAMP Staff once again proved they are an amazing bunch – this time during the recent SARS outbreak, not only did we spring into action quickly, but there was no problem finding staff willing to “person” the screening stations and provide assessments.

At the same time, we are proud to report that no programs were closed and we remained fully operational throughout the emergency.

We estimate that more than 300-400 people were screened each day, and we know that only 2 were sent to a SARS clinic for a detailed assessment. No cases of SARS were discovered.

Congratulations, Staff, on an outstanding effort and a job well done ! We would also like to thank the public for their co-operation and understanding during the outbreak.



How to Protect Yourself from Mosquitoes Carrying the West Nile Virus

by: Seymore Applebaum, Health Promoter

Mosquitoes have been an annoyance forever. Now they're a danger because a few carry the West Nile Virus. Since we can't tell which mosquitoes carry the West Nile Virus we have to assume that all of them are potentially dangerous. Therefore, we will need to think about what to do to protect ourselves from mosquito bites.

to footwear don't wear sandals, particularly during the evening hours. Sandals expose your feet to mosquitoes. Mosquitoes will bite your feet and ankles. If you apply insect repellent to your feet it may not last as long as on other parts of your body. So footwear like white running shoes and socks that cover your feet may be a good idea.

Insect Repellents: Don't be afraid to use DEET products. Dr. Jay Keystone a Toronto specialist in tropical diseases strongly suggests that we need not be afraid to use insect repellents with DEET. Insect repellents with DEET are the most effective and last the longest. There are alternative products that are considered more natural but they need to be applied more frequently and they may not be as effective. However, non-DEET products in the form of lotion should be considered if you want to apply insect repellent on very young children and to the face. Note: Using insect repellents in the form of sprays allow you to spray your clothes. Mosquitoes will bite through thin clothes.

Standing Water: We're going to hear a lot about standing water this summer. Cities are encouraging residents to clear standing water where mosquitoes can breed. It will be a major challenge to clear all standing water but there are obvious places where it can be eliminated. Birdbaths, old tires, drain areas, etc. can collect water that could become a breeding location for mosquitoes.

Symptoms of West Nile Virus: If a mosquito has bitten you and you are concerned about the West Nile Virus, here are some of the symptoms you should be aware of:

- Fever
- Muscle weakness
- Stiff neck
- Confusion
- Severe headache
- Sudden sensitivity to light

Clothing and Footwear: Wearing dark clothes, particularly black and dark blue when mosquitoes are active can be dangerous. It is a good idea to wear light coloured clothing such as white or other pale summer colours. Long sleeve clothes are recommended. When it comes

LAMP's Board of Directors 2003

- Susan Milankov, **Chair**
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- Lorraine Gibson, **Vice Chair**
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- Albert Veira

Diabetes Adult Education Project

Offering individual and group counselling for people living with diabetes or their caregivers.

- Glucose Monitoring
- Registered Dieticians
- Nurse Educators
- Healthy Eating Consultation
- Foot Care
- Exercising
- Diabetes Management

Call Jennifer @ 416-252-1928



Also, if the mosquito bite swells or show signs of infection seek medical advice as soon as possible.

If your health care professional thinks you may have the West Nile Virus you will be sent for a blood test. The results of the test should be known within a week.

LAMP Out of the Cold Adult Daytime Drop-In

Monday & Friday News and views from beyond the pews

We want to let the community know how the program went this Winter. Let's start by briefly introducing this year's staff. Debbie, our Drop-In Coordinator, brought an extensive background working with Out of the Cold programs across the city. She acts as Chief Cook and Bottle washer. Our guests really appreciated her skills, and lunchtime was very popular. Amanda, our Program Coordinator, usually found in the computer room, was available to help with job search programs such as developing resumes, business cards, etc.



POPULAR So, who knew that the Drop-in Program would be so popular! We went from about 8 guests back in December to almost 30 on Mondays. As you can imagine, the most popular time of the day was lunchtime, but we also served breakfast and snacks.

COLD ALERTS Toronto experienced approx. six Cold Weather Alerts. A new record especially when you remember that the winter of 2002-2003 only had two. This created quite a demand for services like ours, one of the few programs in the West end of the GTA.



SUCCESS The staff at the Drop-In were successful in applying for extended program funding to operate until the end of April and add another day. Friday was chosen to link with other LAMP services.

THANKS TO OUR MEDICOS As part of a pilot project, the medical team at the Health Centre keep a regular time set aside from their busy clinics to provide medical appointments for our guests. Other drop-ins are quite envious of our access to service.

DONATIONS The Drop-In welcomes community participation to the program in the form of donations. Items that are sought after include reading material and videos. While clothing such as coats and shoes are vital to our guests, may we suggest that these be dropped off at St. Margaret's Church, 156 6th Street. We have no facilities to deal with the storage of these items.

PROGRAM ACTIVITIES The Drop-in was quite a busy place on Mondays and Fridays. Our guests could be found watching TV or videos in the lounge, playing a brisk round of pool or engaging staff or other participants in conversation. The computer lab was also very active. Guests learned computer skills, opening up E-mail accounts and surfing the Web. Some also updated their resumes and used Internet job search techniques. Thanks to Laura, some guests have had dynamic business cards made to really strut their stuff.



outh in A tion

Leadership and action have been the focus this year of more than thirty dedicated youth volunteers. Most recently SEYA representatives participated in the Toronto Youth Summit. One of their recommendations was for all public institutions to commit one day per week of free space to youth directed social/cultural/recreational/programming. Other consultations this year where SEYA advocates shared their views included the Social Planning Council's consultation on Youth issues in the GTA, with The Youth Advocacy Coalition of Toronto, Girls Unlimited a group formed to promote female youth participation in sports and recreational activities and a number of other initiatives. 27 local youth participated in Y.E.L.L.(Youth Engaging in Learning Leadership) , a weekend leadership camp in May at Albion Hills. The SEYA camp was organized by Chelsea Takalo one of the youth, Charlene Carruthers from Teen Zone (Parks and Recreation) and Jasmin Doooh from LAMP. Thanks to Toronto Parks and Recreation for splitting the costs of the camp with SEYA.

Coming up, Ruckus 2003 at the Assembly Hall Saturday June 28 at 7 p.m. SEYA is looking for sponsors to help cover the costs of this fashion/performance showcase. This annual event captures the spirit and vitality of today's youth. For more information please call 416-252-6471 ext. 308

Did you know that ...

LAMP was founded and built through the hard work and commitment of community residents and volunteers. This past year approx. 19,959 clients were served. These services were provided by professionals and volunteers working together to serve and strengthen our community.

LAMP's breakfast programs at 4 local schools served 38,850 breakfasts last year to children and youth in our community.

It costs over 50 thousand dollars to run these 4 programs we only received 13 thousand dollars in government funding last year to operate our breakfast programs.

We have to fundraise over 40 thousand dollars each year to feed hungry school children in our own community and our breakfast co-ordinators report increased instances of acutely hungry children in their programs.

LAMP's foodbank assisted 2,660 families last year, an increase of almost 17 percent over 1997, and they were able to respond to the record demand with fewer staff.

LAMP hosts a dental clinic for children up to 18 years of age and seniors unable to access adequate dental care.

LAMP offers settlement services to new immigrants and refugees.

LAMP now offers an adult diabetes education program designed to help people and/or their caregiver learn how to live a healthy lifestyle while living with diabetes.

LAMP's Primary Health Care Team sees 3,790 patients per year. This includes 140 children 0-4.5 years of age from our Speech & Language Program, as well as 1,650 who access our Foot Clinic – WOW, our Chiropractors' see 6,000 toes every month.

LAMP's Adult Literacy Program runs 3 small groups and facilitates 25 learning pairs – with only one full-time staff and 25 volunteers the program runs on \$60,000 per year.

LAMP's youth programs and tween after-school programs are helping large numbers of youth to develop skills and abilities to live up to their full potential.

LAMP's Out of the Cold program is helping over 30 homeless or under housed people each session, to stay warm and enjoy some healthy home cooking.

The South Etobicoke Youth Assembly, a coalition supported by LAMP, Teen Zone (Toronto Parks and Recreation and Humber College), organized life-skills workshops like anti-racism, housing information, a college and University fair, and a leadership camp at Albion Hills this Spring.

Inner City Visions a Community Development Project out of LAMP is the first ever recipient of the Toronto Youth Advocate's Award for Innovation. The urban youth culture project offers youth free photography, art, music and other opportunities to explore their talents and abilities.

Our Housing Project: More Than a Mat: Real Housing, had 26 community members out to our leadership course and 70 people at the Lakeshore Affordable Housing Strategy Day.

LAMP has approx. 300 to 400 people per day come into our building!



Ontario Early Years Centres
Thursday June 19, 2003

Come join us as we celebrate the grand opening of the **Etobicoke Lakeshore**

Ontario Early Years Centre



fun

food

free

Children's entertainment, musicians and a whole lot more !



Etobicoke, On: Parents and Caregivers of young children from newborn to 6 years of age will soon have more free programs and services in their own neighbourhoods. The Etobicoke-Lakeshore Early Years Centre has been created, with \$500 thousand a year in funding from the Ontario government. Pat Miller, a spokesperson for the new Early Years Centre in South Etobicoke says she is “excited about the opportunity to develop a seamless, integrated network of services for families with young children. I am really pleased that the Ontario government understands the importance of the early years in child development. The foundation that is laid in the first 3 years has a profound impact on an individual’s future. It’s wonderful that the Ontario government is taking action to improve the lives of Ontario’s young children,” states Pat Miller. The early years centre, one of many across the province, will be a universal access point where

parents and caregivers can get answers to questions about raising children, information and referrals to special services and programs to support child development, pre and post natal programs, early learning, literacy, speech, cross cultural support, links to child care centres, nursery schools, dad’s drop-in and parenting groups etc. Programs will provide an opportunity for parents and caregivers to develop informal social support networks in their own community. Other services include mobile playgroups, weekend hours, and programming for working parents. The centre’s mandate is to ensure that all families regardless of income, culture or special needs have access to services that will give children a healthy start in life.

The main site will be housed at LAMP Community Health Centre at 185 Fifth St. and new satellite programs will be developed in the **Alderwood, Norseman and Lambton Kingsway neighbourhoods.** Anyone interested in helping to develop these services is encouraged to call

Pat Miller at LAMP Community Health Centre 416-252-6471 ext. 244. Other partners in this initiative include the Franklin Horner Community Centre, Next Door Family Resource Centres and the Stonegate Community Health Centre. Official opening ceremonies of the Etobicoke-Lakeshore Ontario Early Years Centre is scheduled for June 19th.

For information about an Ontario Early Years Centre in Etobicoke Centre call George Hull at 416-622-8833 and for Etobicoke North call Braeburn Neighbourhood Place and Boys and Girls Club at 416-745-3113.

**NEW
Play Groups**

**Franklin Horner
Community Centre**
Tuesday 9:30 - 11:30 am
Thursdays 1:00 - 3:30 p.m.

**Parents & Caregivers
Welcome**
Join OEYC Staff in
a fun time of arts & crafts,
stories, songs etc.

For further information call
Patrene or Fatima
416-252-6471 ext. 245

Local residents are signing up in large numbers to work on affordable housing issues through the More than A Mat: Real Housing project at LAMP. During the fall and winter months residents took part in leadership training, lobbied their Federal Member of Parliament and developed action plans at a community wide housing strategy day.



The 70 participants at the March 22nd Housing Strategy Day heard they must work together to make affordable housing a priority for all levels of government. Housing activist Michael Shapcott told the group that one third of all renter households in Ontario can afford to pay only \$424 maximum in monthly rent. Meanwhile, most small apartments in the Lakeshore rent for well over \$700. Shapcott outlined the housing platforms presented by the Liberal and New Democratic Parties: The Liberals promise 20,000 new affordable units over five years, and the NDP promises 32,000 new units over four years and 11,200 supportive housing units. No party has committed to reducing rent. The NDP promises a two-year rent freeze, then “real rent controls”.

The construction of affordable housing was a highlight of the Strategy Day.

Let’s Build spokesperson Sarah Power told the meeting that to date there have been no affordable housing applications from Etobicoke. Let’s Build supplies development funds to groups working to start an affordable housing project in Toronto. A workshop on Building Affordable Housing attracted 40 people. Presenters Deirdre Gibson of Robert Reimers Architects and Brian Burch from St. Clare’s Multi-faith Housing Society explained how they have assembled wide coalitions to work on housing projects. Each group worked hard to fundraise and hire the many needed experts. Both coalitions succeeded in building affordable housing in Toronto in the past two years, in a climate unfavourable to affordable housing. Their message was for Lakeshore residents and agencies to join together to build affordable housing.

The workshop on election organizing attracted a number of political enthusiasts. Tanya Gulliver of Toronto Civic Action Network and Oona Padgham of Metro Network for Social Justice led people in a discussion. The group recommended that Lakeshore housing activists organize for the upcoming municipal and provincial elections. They urged Lakeshore residents to join with other housing advocates to obtain incumbents’ voting records; ask all candidates their stand on housing issues; educate residents and candidates around the myths versus positive reality of new supportive housing projects; work with media; and develop a voter registration for homeless and hidden homeless (those who share housing) people to

encourage community action during election time.

The Honourable Jean Augustine, Lakeshore’s Member of Parliament, received a visit from housing advocates. She met with six More than A Mat people at a lobbying session on February 14th. The group urged her to advocate strongly within the Canadian Government to implement a fully funded national housing strategy. They pointed out that too date, the Liberals have only committed a fraction of the one percent federally that is needed to confront the housing crisis, despite a



\$10 billion budget surplus. They asked her to speak directly with the Housing Minister, the Finance Minister and the Prime Minister to convey their concerns and our recommendations on affordable housing, and to detail in writing her efforts to increase the supply of affordable housing in the Lakeshore community. As of May 20th the group is waiting for her reply.

We are very pleased that so many Lakeshore residents have joined with the More than A Mat program. A new round of Leadership Training will begin in late spring. Workshops on preparing for upcoming elections will also be held. If people are interested in this training, or in joining the More than A Mat: Real Housing project, they should contact Helen Armstrong at 416-252-6471, ext. 271.

Awards of Merit 2003

Join us as we

Celebrate & Recognize

The Awards of Merit Recipients for 2003

Thursday June 19, 2003

5:00 - 6:30 BBQ

6:30 - 7:30 Ceremony

LAMP
185 Fifth Street

For more info call Jasmin @ 416-252-9701 ext. 308

Making the Lakeshore a Better Place

A celebration of the people who make a difference in our community, LAMP will be honouring individuals, and/or groups who have contributed to enhancing the health and well-being of the Lakeshore. We are looking for those unseen or unsung people/businesses/organizations who have contributed their time and effort to make this community a healthier place. Nominees must live or work in the Lakeshore, or be groups/businesses/organizations whose activities have had a positive impact on the Lakeshore.

**Please join us at our
Awards of Merit
June 19 at 5:00 p.m.
to celebrate this years
WINNERS!**

Did you know that...

One in five people live with asthma.

That asthma accounts for over 1/2 of the emergency visits to the hospital every summer.

May 6 was International Asthma Day!

Asthma

Did you know that many people with asthma or allergies experience an increase in symptoms and need more medication in the spring? While asthma has been known to affect people year around, spring can be particularly troublesome for asthma patients. Warmer temperatures mean higher pollen and mould spore counts, causing problems for allergic asthma sufferers. The following tips can help reduce exposure to these and other common asthma triggers.

- Minimize outdoor activities especially early morning and late evening when pollen counts are higher. Try to stay indoors when humidity is reported to be high, and on windy days.
- Keep doors and windows closed at home and in the car when the pollen index is high. Keep pollens and moulds from entering your home with good filters on your ventilation system.
- Shower after being outside for long periods - pollen can collect on your skin and hair.
- Contact your family physician, who can evaluate your asthma and develop an asthma action plan to manage your symptoms.

ASK! Emergency Food Bank - Summer Drought

In 2002, with the support of the community, our LAMPASK! Food Bank program provided emergency food assistance to individuals and families in financial crisis, living in Southern Etobicoke - a total of 2,660 times - 36% of all those helped were children.

It is only through the goodwill and support of our many donors and community friends, such as Daily Bread and Second Harvest, local businesses, churches, service/community groups and community members that we are able to help so many of our neighbours.

CAN YOU HELP THIS SUMMER BY DONATING CANNED OR DRY FOOD?

However, each summer, ASK! struggles to maintain an adequate stock of food. Last summer many of our shelves were bare.

Prenatal Classes every Tuesday

at LAMP, Stonegate and Rexdale

Women are eligible to register if they are between 12 to 32 weeks pregnant

Hours are as follows...

LAMP 1:30 to 3:30 p.m.

Rexdale 9:30 - 11:30 a.m.

Stonegate starting soon.

Support persons are WELCOME

For further information please call Barbara at 416-231-7070 ext.274



The power of one

Do you want to help an adult learn to read and write? Lakeshore Adult Literacy at Lamp needs volunteers for a commitment of 3 hours a week for a minimum of 1 year.

Please call Johanna at: 416 252-9701 ext. 243

Tell a Friend

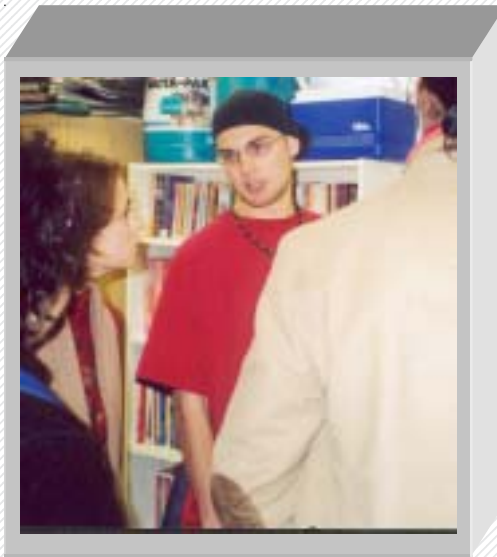
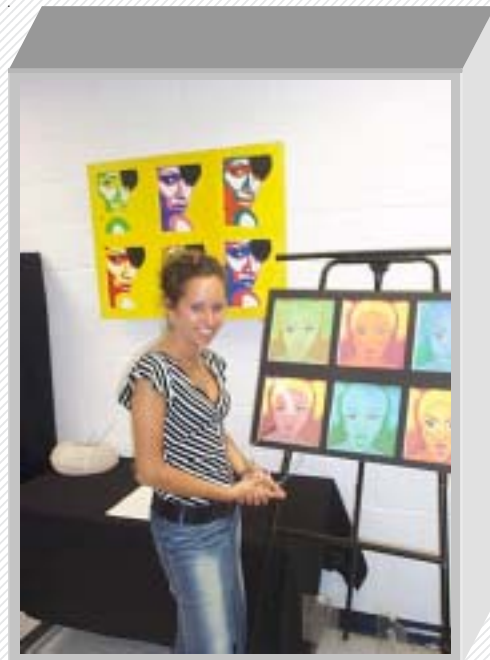
Inner City Visions

has planned a summer full of new and exciting programs. Beginning July 2003 I.C. Visions Arts & Culture program will start. This program consists of free camera, film, materials and darkroom time for the photography program and free supplies for visual arts, i.e. canvas, paints and markers. Any youth interested can register by calling 416-692-2560. Our recent photography exhibit at the Assembly Hall during Contact was a huge success. Our thanks go to Fred Hellmuth and his students at Lakeshore Collegiate Institute and Anna Madeiros and her students at Etobicoke School of the Arts who joined the I.C. Visions photography group exhibit.

Throughout March and April I.C. Visions held auditions at the drop-in on Sundays from 3 – 10pm for our MC Battle. The actual MC battle will be held Friday June 6 from 6-9 at The Assembly Hall.

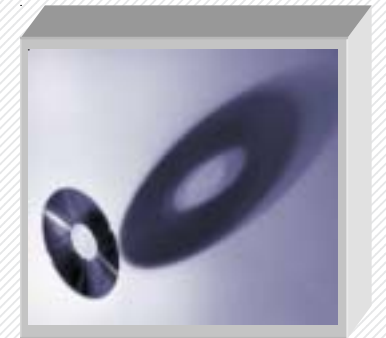
I.C. Visions held its first film festival on the origins of beat boxing and hip-hop on Sunday April 20. We viewed the movie "Scratch" and "The Human Beat Box".

Be on the lookout this Summer for an I.C. Visions collaboration with Concrete Hoops to start up our own original "street ball" basketball program.



Caila Stangl

Recently hired as one of the I.C. Visions first artists Caila has successfully made the transition from long-term volunteer to paid employee. Volunteering for approximately a year, Caila proved herself a strong addition to the I.C. Visions team and is now proving herself as an extremely talented artist. Currently building her portfolio at the Toronto School of Arts, Caila applying to OCAD and Ryerson University to continue her education in the arts.



Drex N' Audi

Have released their first EP independently through I.C. Visions and Mix Nuts Entertainment Group, a company they helped found through the centre along with the centre's core group of youth volunteers.



DJ Mensa

Has become the I.C. Visions Project's official DJ alongside DJ Grouch. Also a contributing member of Waxpants.com, Mensa has been an invaluable member of the project and one of the MixNuts.



Nathan Skinner

A new volunteer, Nate is a local celebrity athlete from Summer hill. Also a rapper, Nate has performed at I.C. Visions showcases and participated in our early MC battles and is now currently recording at the official Inner City Visions Studio.



Tone Mason

A production company who has worked with the likes of The Rascalz, Kardinal Offishal & Much Music among others. Currently working with Juice as well as contributing to locals Drex N' Audi's EP this company has brought invaluable experience to the project.