



LAMP

Summer Edition 2009

YOUR COMMUNITY
HEALTH CENTRE

Message From the Executive Director

Canadian democracy is in a state of decline. Federal voter turnout rates have dropped from 75% in 1988 to the current level of just over 60%. Locally the situation is far worse as participation in municipal votes has historically been under 40%. Demographic factors also come into play as only 25% of eligible voters under the age of 25 voted in the last federal election. In municipal elections voter participation in low income communities is well below the city average and almost half the rate of voters in high income communities.

Voting in elections has always been part of this country's culture. It has often been viewed as an obligation of citizenship. It is something that throughout our history people have literally laid down their lives to defend our right to vote. So why now are the youth and the poor turning their backs on our electoral process?

There is no one reason that would be too simple. Let me suggest that people will only participate if it has relevance to them and voting in an election have for some become a meaningless activity especially if you are a member of a minority group. Our "first past the post" form of democracy seems to be an effective way to express the views of the majority but not so much for the minority. Governments are not elected to serve only those who voted for them but to serve everyone. If we value democracy we have to find other mechanisms for citizens to participate than just casting a ballot every four years.

I recently attended a meeting on the proposed Lake Shore Blvd dedicated street car lanes (LRT), a \$100 million dollar project designed to improve public transit in our community. At the meeting most spoke out against the proposal citing a number of problems it would create in the community.

I left the meeting realizing that this is a very complex issue and that I needed more information. I also wondered how this decision to spend all this money in our community was made.

If we had a meaningful community consultation process which involved all residents on how to spend \$100 million in the Lakeshore, would an LRT come to the top of the list? That's not a criticism of the LRT, just an acknowledgement that many other issues have been identified. For it to come to the top, it would be incumbent on the TTC to convince the local community of its need. Councillor Grimes has called for more consultation on this project prior to any implementation. That's an initiative that should be well supported. Perhaps we could focus how we improve public transit in our community of which the LRT is one option.

It's time for some creative ideas to get people more involved in what happens in their community. Meaningful participation is one way to attract disillusioned voters. Democracy is worth it.

- Russ Ford, Executive Director



Gem of the Lakeshore and Breakfast of Champions.....	2
Street Level - Snow Valley & Black History Event.....	3
Community Nutrition Fair.....	4 & 5
Contact Show, Newcomers' Services & Income Tax Clinic.....	6 & 7
Dot Quiggin - A LAMP Legend.....	8 & 9
Infant Hearing & Children's Hearing Checklist	10
Toys in the Park.....	11
Volunteer Celebration.....	12 & 13
Awards of Merit & SEYA AOHC Award.....	14
Et Cetera - Bits & Bites.....	15

LAMP Community Health Centre Wins Gem of the Lakeshore

"LAMP CHC has provided a long time service to the Lakeshore community, especially the disadvantaged. Care and compassion radiates through this organization. They are like a second family to anyone that walks into their doors. LAMP continues to let youth lead programs, which continues to give youth the confidence they need to give youth the confidence they need to give on in the future."

**The Lakeshore Villages
May 2009 Issue**

The third annual Gems of the Lakeshore recently recognized 6 South Etobicoke businesses and organizations.

LAMP staff and volunteers are thrilled with the distinguished honour.

The ceremony and awards hosted by Laurel Broten MPP Etobicoke Lakeshore are also sponsored by the Lakeshore Community Partnership, and The Joint Business Improvement Area.



L-R: LAMP Board Member Jem Cain , Executive Director Russ Ford, Laurel Broten, MPP Etobicoke Lakeshore, Jasmin Dooh Health Promotion Community Relations.

Breakfast of Champions



Community leaders, educators, service clubs, our local firefighters, residents, business people and volunteers recently helped to raise \$3,500 to support LAMP's breakfast programs at four Lakeshore area schools. Ontario's Education Minister Kathleen Wynne inspired the crowd with examples of how community partnerships are fostering healthy communities and healthy schools.



Etobicoke Lakeshore MPP Laurel Broten also encouraged the community to continue their efforts to help feed hungry children. LAMP needs to raise \$50,000 a year for its breakfast programs.



2009 Awards of Merit

LAMP Community Health Centre honoured 18 individuals, two community organizations and two businesses at its 10th annual Awards of Merit barbecue June 9th. This year's distinguished honour roll celebrated people, organizations who go well beyond the call of duty and community service. Alicia Kay Markson of CTV News Toronto added her graciousness and elegance as Awards Master of Ceremonies .

The ceremony also paid special tribute to the legacy of the late Lucille Gamble for her years of dedication to the Lakeshore Swim Club. She was honoured as the first recipient of the Bette Kirk Award, an inspiring role model and a long time distinguished LAMP volunteer.

The entertainment this year included The Etobicoke Jazz Band, The George Kash Experience, The Chinese Lion dancers, the Rumble KIDZ Choir from Liberty International Church, The SEYA Hip

Honour Roll:	
Creative Image	Marion Hall
Lakeshore Community Childcare Centre	Ida Cienik
Lisa Tjernstorm	Mitchell Cohen
Janice Karmody	Anne Tkachyk
Rita McParland	Kirsty Spence
Christine Sinclair	Denise Dickin
Monika Meulman	Krishna Dowlatsingh
Neil Marlow	Debi Bonneville
Tatsu's Bread	Betty Peacock
Storefront Humber Inc. (Breakfast Program)	Leo Verdon
Marie and Joe Lepenik	Congratulations to all for building a healthy community!

Hop dancers and The SEYA Street Choir.

The event also featured a silent auction, face painting and children's games, and

a jello eating contest. An old fashioned barbecue, hot buffet, corn on the cob and cake rounded out the evening. A great time was had by all.

SEYA AOHC Award

Every day, Community Health Centres accomplish great things for their communities and the people they serve. The Association of Ontario Health Centre

Awards are intended to showcase and celebrate the work of these community governed centres.

This year The South Etobicoke Youth Assembly out of LAMP Community Health Centre won the Conference on Poverty and Health Theme Award.



Our SEYA Youth have been recognized for their outstanding efforts to improve access to recreation for youth and families in the Lakeshore Area. SEYA (The South Etobicoke Youth Assembly) won the AOHC distinction which celebrates excellence of a centre in addressing the issues of poverty and health and developing innovative ways to respond to related issues as well as a creative advocacy campaign (s) on issues related to poverty and health.

LAMP Hosts A Community Nutrition Fair



More than 150 local residents attended LAMP's recent Community Nutrition Fair. The event featured cooking with kids workshops, 'Kids Corner' Nutrition Crafts & Fun, Information booths, Dieticians, Workshops on healthy lunch ideas, Dinner demos, Diabetes education, 'Take Control of your Health' Bingo, games & prizes! Information sessions were held on understanding food labels, nutrition tips, quick and healthy lunch ideas, and much more. Foodshare's Good Food Box Program and the Good Food Market Program were showcased as well. Everyone had a really great time!



Speech's Marie Gallo lends a hand.



Nurse Practitioner, Michelle Rosetto-King and Dietician, Minxue Liu offer support and advice on healthy eating.



Nutrition Fair Today 4-8pm				
Nutrition Fair Info Desk (3rd Floor)	Room 301 (3rd Floor)	Early Years Centre (1st Floor)	Speech Room (3rd Floor)	Community Room (3rd Floor)
4:00pm-8:00pm Information Desk Get your FREE raffle tickets to win one of three Good Food Boxes!	4:30pm-5:30pm Workshop "Fun Learning & Cooking With Kids" with Marie and Elaine.	5:30pm-6:30pm Workshop "Healthy Dinner Food Demo" with Buffy the Dietician	4:00pm-6:00pm Film Room Have some popcorn and watch education movies on nutrition.	4:00pm-8:00pm Information Booths Early Years Centre "Kids Corner" Nutrition Crafts, games and Fun.
Pick up your Nutrition Fair raffle tickets to see SCHEDULED EVENTS!	6:30pm-7:30pm Workshop "Healthy Lunches TO GO" with Buffy the Dietician	6:00pm-8:00pm Have some popcorn and enjoy blackberry kit movie. "Supernize Me"	6:00pm-8:00pm Have some popcorn and enjoy blackberry kit movie. "Supernize Me"	7:00pm-8:00pm "Healthy Snacks TO GO" with Buffy the Dietician
Ask QUESTIONS about the Nutrition Fair, where to find rooms, workshops or in Pharmacia books!				7:00pm-8:00pm "Healthy Snacks TO GO" with Buffy the Dietician HEALTHY SNACK TABLE



Contact Show 2009

SEYA Photography

16 Lakeshore Area youth participated in SEYA's recent free photography program. The workshops which included instruction on digital and black and white darkroom processing culminated in a show at the Assembly Hall as part of CONTACT, the annual Toronto photography festival. The program was funded by the Laidlaw Foundation.



'Outspoken' - by Christian Bortey



(Above) 'Boardwalk at Night' and (Left) 'Photo of Melle' - by Jocelyn Santos



'Roses' - by Melle Dillon



(Left) 'SEYA Family' and (Right) 'Other Things May Change Us But We Start & End with Family' - by William "Photo Will" Nguyen

New Services for Newcomers

Social integration and community participation of older adults is frequently seen as indicators of both healthy aging and healthy communities. However, an increasing number of seniors are facing a risk of being socially isolated. This risk is furthermore increased for newcomer seniors to Canada who: are likely living alone; face language barriers; and often face financial difficulties.

As a response to this problem our LAMP ASK! Settlement Program has recently launched a new Support Group for Russian/Ukrainian Speaking Newcomers to Canada. This support group works within an anti-oppression framework to empower, reduce isolation, and assist newcomer seniors to adapt and settle within Toronto and our community. Support Groups are run on ongoing basis once a week and all newcomer seniors who speak Russian or Ukrainian are welcome.

This initiative is offered in partnership with Toronto Community Housing who are providing us with group space and is funded by Citizenship and Immigration Canada.



Group Leader, Irina Cepero, is translating for some of the group participants during a special Trip to the Royal Ontario Museum.

For information please call Irina, Natalia, or Julia at 416-252-9701 ext 280.

ASK! is also starting up a new support group for Spanish speaking women who are new to Canada at the Mimico Centennial Public Library. The conversational information sessions will focus on health promotion, community informa-

tion, social and recreational activities, peer support, information and referral and guest speakers. The group starts Thursday August 27th from 1:00pm-3:00pm. For more information call Edna at 416-252-9701 ext. 280. Childminding will be provided for children over 19 months of age.

LAMP ASK! 2008 Income Tax Clinic

Congratulations to the ASK! Income Tax Clinic Team! They broke another LAMP record with 32 volunteers speaking 17 languages completing a total of 955 income tax returns in 8 weeks. This year, the Income Tax Clinic helped low-income families and individuals prepare their income tax returns in order to access much needed government services such as social assistance, Ontario Disability Support Program, subsidized daycare, OSAP, Guaranteed Income Supplement, GST, etc. As one of the volunteer's wrote on the Income Tax Clinic Satisfaction Survey, "what I have learned here was much more than how to file a basic income tax return". It transfers skills to new volunteers, builds community and individual capacity, and allows people to access government services that they would not have been able to access if they did not file their tax returns. The

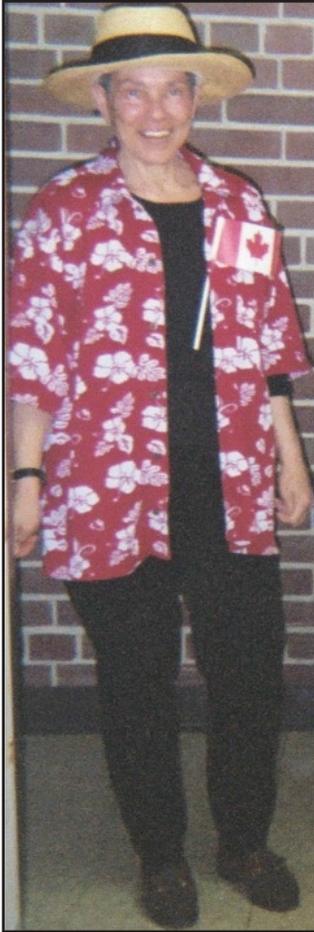
coaching/mentoring model has been an essential component to the development of the LAMP ASK! Income Tax Clinic. It is this model that makes the clinic a unique community development project because community members are helping other members to build individual client capacity to access government resources. As well, they are helping to develop volunteer capacity for possible employment opportunities, and in particular, for newcomers and people on social assistance.

We increased our volunteer participation by welcoming 8 new volunteers which was made possible because of the mentoring support of experienced income tax volunteers who shared their knowledge and skills. The training and work experience was very beneficial to the volunteers who were looking for work.

By increasing the income tax clinic volunteer membership, we were also able to serve people in sixteen different languages: Albanian, Spanish, German, French, Cantonese, Mandarin, Italian, Dutch, Tagalog, Tamil, Greek, Turkish, Persian, Polish, Japanese, Russian and Ukrainian. We also had the Income Tax flyer translated in Spanish, Polish and Persian.

We added a Saturday clinic which allowed community members who work during the week to get their taxes done. As well, we added a Polish income tax clinic and did home visits to help people who could not come to the income tax clinic for health reasons. Well done everyone!

Dot Quiggin - "A"



Since February 1980 Dot has worked diligently to promote and create programs at LAMP to benefit the residents of the Lakeshore. Never seeking the limelight, her leadership qualities shined through working quietly and carefully with well thought out planning. She appreciates the value of team work not only within our walls but within our community.

Dot joined us from Humber College where she was a counsellor/instructor for the Centre for Women and later Program Consultant for the Community Education Department. Her Master's Degree in Social Work and experience working as a caseworker with families in difficult areas of Chicago were great assets for LAMP.

With her enthusiasm to meet the needs of families in the Lakeshore, she was instrumental in creating many key programs with the goal of building a healthy community including: Toy Lending Library; Adult Literacy; Among Friends; Breakfast Programs in Schools; Prime Time; Women's Drop In; Equally Healthy Kids; and Health Promotion. Many of these successful programs would not have been possible without her talent at writing successful grant applications for much needed funding.



A LAMP Legend"

Dot has lots of interests and enjoys a good time. She supports many women's causes and participates in fundraising and awareness walks. She loves to travel, kayak, cross country ski and is game for new challenges. She is an avid reader and a member of a local book club. She loves her baseball games Chicago style with a hog dog, a cool beer and a big bag of peanuts. Watch out for her out walking or riding along the Waterfront trail.

Spending time with her son and daughter Aaron and Deborah is important to Dot. She also has a large group of friends both in the community and across North America. Her late husband Michael was a consultant in community development and a great support for her.

Her position at LAMP as Director of Human Resources and Evaluation will be hard to fill. Dot will be greatly missed by our Board, co-workers, volunteers, our clients and the community-at-large that she worked diligently to serve and make a better place.

We at LAMP will miss Dot, but we know she will still be an active part of this community.

Good luck Dot, we wish you a happy, healthy retirement. You have earned it.

By: Margaret Ciupa & Maime Ablamowicz



Infant Hearing

Hi, my name is Brenda and I come to LAMP every other Thursday to screen the hearing of infants. The reason for hearing screenings is to lower the age of hearing loss detection. Before the New Born Screening Program started, the average age of detecting hearing loss was around 3 years of age.

The Infant Hearing Program, which is part of Toronto Public Health, screens all babies from birth to 4 months of age. As well, we will screen children from 5 months to 2 years of age if the children are not meeting hearing or communication milestones.

There are two types of hearing screenings which are completely safe and reliable. One involves the putting of a small earphone in the sleeping infant's ear where soft sounds are played and the ear's response to these sounds is

measured and recorded. This screening takes just a few minutes and parents receive the results right away.

For the babies who receive a REFER result, a second type of screening will be done at the same time. This screening is done on a sleeping baby by placing a small earphone in the baby's ear where again soft sounds are produced. Three small pads are placed on the baby's forehead and behind each ear to measure the brain's response to the soft sounds. The computer analyses the response. If the baby sleeps through out the screening it only takes about two minutes each ear and the parents receive the results right away.

A PASS result would mean the baby's hearing is fine at that time. A REFER result would mean the child should have a full audiology assessment at one of

the Infant Hearing Program Audiology Sites. A REFER result does not necessarily mean the child has a hearing loss as poor conditions during the screening could also give a REFER, such as debris in the ear, congestion from a cold, baby fidgeting or interference in the room such as noise or electrical noise from some cell phones.

If your child is under 2 years of age and is not meeting the Hearing Check List below, please contact the Infant Hearing Program main site at 416-338-8255 and ask to book an appointment at the LAMP location. If your child PASSED the New Born Hearing screening at birth but is now not meeting the milestones, do contact us as sometimes certain illnesses and accidents to the head could change the hearing status.

Children's Hearing Checklist

Are you concerned about your child's hearing? Complete the following checklist to see if your child needs a referral for a hearing test.

Birth

Does your child listen to speech?	Yes	No
Does your child startle or cry at noises?	Yes	No
Does your child awaken at loud sounds?	Yes	No

0 - 3 Months

Does your child smile when spoken to?	Yes	No
Does your child seem to recognize your voice and quiet if crying?	Yes	No

4 - 6 Months

Does your child respond to changes in your tone of voice?	Yes	No
Does your child look around for new sounds, e.g. the doorbell?	Yes	No
Does your child notice toys that make sounds?	Yes	No

7 Months - 1 Year

Does your child recognize words for common items?	Yes	No
Has your child begun to respond to requests ("come here")?	Yes	No
Does your child turn or look up when you call his or her name?	Yes	No

1 - 2 Years

Can your child point to pictures in a book when they are named?	Yes	No
Can your child follow commands and understand simple questions?	Yes	No
Does your child listen to simple stories, songs and rhymes?	Yes	No

Toys in the Park 2009

Come Join Us in the Park!

As summer takes hold, staff and members are delivering our popular program 'Toys in the Park'. This is a free program available to parents and caregivers with children 0-6 years of age.

This summer Toys in the Park will visit ten local South Etobicoke parks each week. Bringing our drop-in outside we provide riding toys, baby toys, books, crafts, and much more.

Each week consists of a new activity (including bubbles, musical instruments, obstacle course, etc...) a different snack



(cheese and crackers, apple sauce or frozen yogurt tubes), a new craft (paper bag kites, Dixie cup grass heads and book marks) and different resources and information for parents and caregivers.

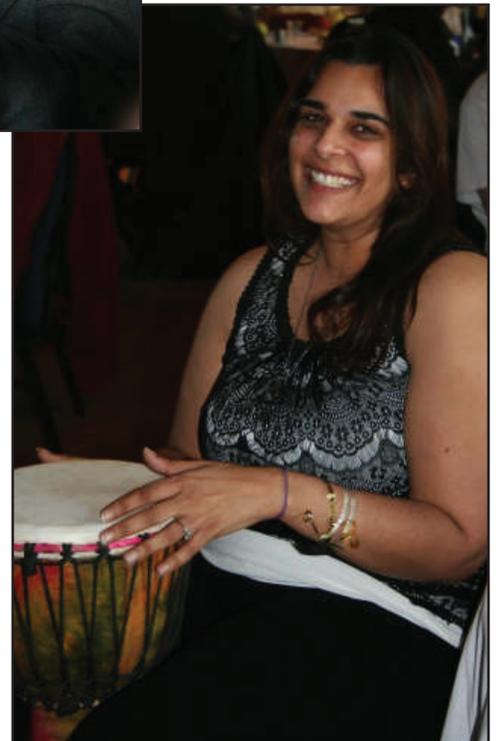
In addition weekly visitors from Speech and Language, Early Literacy and Public Health will come to address questions or concerns you may have about your children.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Mimico Memorial Park (Hillside Ave) 9:30 - 11:30 am	Princess of Wales Park (Morrison & 2nd St) 9:30 - 11:30 am	Sheldon Park (Valermo & Sheldon) 9:30 - 11:30	Lora Hill Park (Cardigan Rd) 9:30 - 11:30 am	Sunnylea Park (Prince Edward & Sunnylea) 9:30 - 11:30
Afternoon	Bell Manor Park (Basking Ridge & Parklawn) 1:30 - 3:30 pm	Mimico Library Park (Stanley Ave) 1:30 - 3:30 pm	Marie Curtis Park (42 nd S of Lake Shore) 1:30 - 3:30 pm	Ourland Park (Islington & Ourland Ave) 1:30 - 3:30	
Evening			8th Street Park (8 th St & Birmingham St) 5:30 - 7:30 pm		

* Dependent on Construction parents/caregivers can come out and spend some time with their children in a fun, nurturing, outdoor environment. We can't wait to see everyone there. Furthermore, we would like to thank everyone for coming to celebrate our 6th Birthday!!! We had an amazing turn out and give a big thank to Lenny Graf for his musical entertainment!

LAMP Volunteers Celebrate Together ...

100 LAMP volunteers turned out to celebrate at our recent Volunteer Appreciation Event 2009. Food, fun and friendship. Volunteers not only grow community but this past year they contributed over 17,000 volunteer hours towards LAMP's goal of creating a healthier community.



Making a Difference In Our Community



Volunteer information sessions are held on the third Thursday of each month from 6:30-8 PM at LAMP.



Street Level Trip to Snow Valley



"IT WAS GREAT!" said Asaka, one of ten Street Level youth who went to Snow Valley for a day trip. "When could I ever afford to take myself snowboarding?" stated Miranda, another youth given the opportunity to see the brighter side to the colder weather. With the choice of snowboarding, tubing or skiing, 15 and 16 year old Asaka and Jaleel decided to go tubing, accompanied by Street

Level supervisor, Deniese Masters. When asked how their first time over the epic hills went, the youth answered wide eyed and in shock, "It had me bummy styll-." In other words their first time was amazing. As the Street Level Sports Leader Brent Hemsley, approaches the group, face red and eyes teary, he states with laughter, "OH! HIS WIPE OUT WAS HILARIOUS! Kareem took off over that ski slope and both legs went in total opposite directions!" In between breaths he managed to state, "It was BRUTAL."

Everything added up to a perfect day, from the weather to the delicious lunch on our way home. All ten youth are regular participants of Street Level, giving back to the community. We at the centre wish

to acknowledge their hard work and commitment to the program by showing our appreciation as often as possible. This trip to Snow Valley was only one of many ways of displaying our affection towards the committed youth. The staff and participants all had a great time and we look forward to the upcoming events Street Level has in store.

By: Arlene McLean



Black History Event

On Wednesday, February 18th, Street Level, the youth centre at LAMP, held their 6th annual Black History Event. In the past some of the themes have been music and Canadian History. This year Street Level staff and participants focused on Black History Achievements. They thought it would tie in perfectly with the new U.S. President Barack Obama, which not only is a great

achievement for black society but for everyone.

This year's event included many entertainment acts, amazing Caribbean food and great raffle prizes.

There were a variety of singers at the event including a group of girls who sang "True Colours"; a singer who sang about her faith and her homeland; and one young woman from Remix sang a Bob Marley song while getting the audience involved. Each performance was amazing and well done!

During the event there were two great guest speakers. The first guest speaker spoke about her experience living with

HIV. Her story and achievements were interesting to listen to and everyone was amazed. The second speaker was Gary McMayo, Co-ordinator/Manager of the Barga Kelly Cari-Can Housing Co-op. He shared his story of growing up and how he got to where he is today. His story was inspiring and showed youth in the audience another success story that was achieved in their own community. Street Level staff and participants put on skits throughout the event: demonstrating how an interview process might go, being accepted for an interview by doing a good deed, and the last one was how the "tables have turned." The skits showed us how things may start off bad but they can turn around fast.

The food was cooked by one of our favourite members of our community, Agnes McLean. The menu this year had a new spin with a lot of variety and tasted fantastic.



Et Cetera ... Bits & Bites



Ida Cienik from Aramark presents Street Level with a cheque for \$4,500.00

REMINDER!

Mark your calendars NOW
for LAMP's Annual General Meeting
Thursday, September 17th
at The Assembly Hall

Doors open at 6:30 PM
Meeting at 7 PM

Renew or take out a
LAMP membership today

Call 416-252-6471
for more information

LAMP is working to improve wellness and quality of life for everyone in the community and your participation is important to its success. A happy and healthy community is an advantage to all its residents.



The Joe Leonard Legacy Continues ... The AOHC has decided to rename its President's Leaders in Health Award, which goes to an individual who has made a significant difference in the development of community-based health care, to the "Joe Leonard Memorial Award".



SEYA leaders go to leadership camp to gain team building skills and practise healthy youth development activities.



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>We believe that everyone has the right to live in a healthy community.</p>	<p>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.</p>	<p>We believe that everyone has strengths, and that each person has the right to both contribute to, and to be helped by their community.</p>	<p>We are committed to fighting oppression in our community.</p>
<p>Inclusiveness is a core value at LAMP.</p>	<p>We believe that health is more than the absence of disease. It is influenced by social and economic factors.</p>	<p>We are committed to helping everyone in our community get access to the resources and supports that they need.</p>	<p>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.</p>

We Want You to find out more about volunteering at LAMP CHC. Volunteer Information Sessions are held on the third Thursday of each month from 6:30 - 8:00 p.m. For more information please contact our Volunteer Coordinator at 416.252.6471 ext. 234. Explore 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.

Donate to LAMP online!

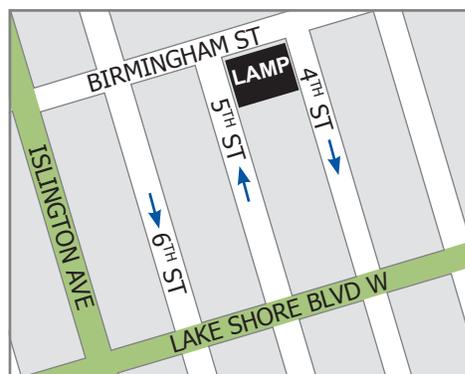
CanadaHelps.org simplifies the donating process, making it easy, quick and secure.

DONATE TODAY!

Receipts for donations over \$10 can be issued for income tax purposes.

Charitable registration number:

11900 2996 RR0001



Ontario's Community Health Centres

LAMP Community Health Centre

185 Fifth Street, Etobicoke ON M8V 2Z5

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www.lampchc.org



United Way
Greater Toronto

