PCHS

HEALTH MAGAZINE

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CONTENT HIGHLIGHTS

PCHS Health Magazine: Volume No. 05 Issue No. 01 | EMAIL SUBSCRIPTION: info@pchs4u.com ADVERTISING ENQUIRIES & LETTERS TO THE EDITOR: marketing@pchs4u.com | DESIGNED AND PUBLISHED AT: 60 West Drive, Brampton ON L6T 3T6.

LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS

From the Desk of the CEO: Embracing New Beginnings & Strengthening Our Commitment

Happy New Year to our cherished community members, staff, Board, volunteers, and partners! As we step into 2025, I am filled with optimism and excitement for the journey ahead. This new year brings fresh opportunities to strengthen our programs, foster meaningful collaborations, and expand our impact in the communities we serve.

Our recent move to the Honourable William G. Davis Centre for Families at 60 West Drive, Brampton, represents a significant milestone. This welcoming space allows us to continue providing culturally responsive and inclusive services while making them more accessible to those who need them most.

As we reflect on the incredible achievements of 2024, we are inspired by the dedication of our PCHS Board, staff, volunteers and the resilience of the community we serve. January has already brought opportunities to celebrate our culture, foster partnerships, and strengthen our capacity to serve.

This month, our Sahara Seniors' Group celebrated **Lohri**, a joyous Punjabi festival marking the harvest season. With cultural food, music, and dance, the celebration symbolized warmth, gratitude, and prosperity, reminding us of the richness of our heritage.

On January 21st, we were proud to host an orientation session for Peel Regional Police recruits. PCHS staff provided an overview of our programs and services. This engagement highlighted the importance of PCHS and law enforcement collaboration to offer timely, compassionate support to those in need.

Our partnerships with Ontario Health Teams and community organizations remain central to our strategy as we look ahead. Collaboration continues to drive our efforts to address our community's evolving needs effectively.

I extend my heartfelt gratitude to our dedicated staff, volunteers, Board of Directors, and community members for their unwavering support. Together, we can transform challenges into opportunities, nurture growth, and create lasting impact in 2025.

Let's make this year one of transformation, compassion, and meaningful progress.

Thank you for being part of our journey, and I wish you all a fulfilling and prosperous New Year!

Alzheimer's Awareness Month

By Ramanpreet Kaur, Community Health Ambassador, SHPP

Alzheimer's disease remains a pressing global health concern, affecting millions of individuals and their families worldwide. In Canada alone, almost half a million people live with dementia, impacting not only themselves but also their caregivers and loved ones (Public Health Agency of Canada, 2024). Globally, over 55 million people were living with dementia in 2023, with Alzheimer's disease accounting for 60–70% of these cases. As populations age, the number of dementia cases is expected to rise, with nearly 10 million new cases diagnosed annually (World Health Organization, 2024).

What is Alzheimer's?

Alzheimer's disease is a progressive neurological disorder that primarily affects memory, thinking, and behavior. It occurs when abnormal protein deposits disrupt neuron function in the brain, eventually leading to their death. (World Health Organization, 2024).

Signs and Symptoms

The symptoms of Alzheimer's disease progress through three stages:

1 Early Stage:

- Forgetfulness, such as misplacing items or forgetting recent conversations
- Difficulty concentrating or solving problems
- Subtle changes in mood or behavior (World Health Organization, 2024)

2 Middle Stage:

- Increased confusion about time and place
- Difficulty recognizing friends or family members
- Trouble performing familiar tasks (World Health Organization, 2024)

3 Last Stage:

- Severe memory loss
- Loss of physical abilities, such as walking or swallowing
- Dependence on caregivers for daily activities (World Health Organization, 2024)

Prevention and Awareness

While the risk of dementia increases with age, it is not an inevitable part of aging. Encouragingly, the rate of newly diagnosed dementia cases in Canadians aged 65 and over has been declining in recent years (Public Health Agency of Canada, 2024). Research suggests that addressing 12 modifiable risk factors, including physical inactivity, smoking, obesity, and chronic conditions like hypertension and diabetes, could prevent or delay up to 40% of dementia cases worldwide (Public Health Agency of Canada, 2024).

Support and Resources

Supporting individuals living with Alzheimer's requires understanding and compassion. Resources such as counseling, support groups, and respite care are available to help caregivers and families. Additionally, visiting resources like Dementia: Tips on how you can help on Canada.ca can provide valuable advice on reducing dementia-related stigma and communicating effectively with those affected (Public Health Agency of Canada, 2024).

Cervical Cancer Awareness Month

By Kamalpreet Kaur, Case Manager, SHPP

Cervical Cancer Awareness Month is observed every January to spread knowledge and encourage action. Cervical cancer starts in the cells of the cervix, the cervix is a part of women's reproductive system. It is the narrow lower part of the uterus and opens into the top of the vagina. It is the passageway that connects the uterus to the vagina. (Canadian Cancer Society , 2025)

Globally, cervical cancer is the fourth most common cancer in women, with around 660 000 new cases in 2022. In the same year, about 94% of the 350 000 deaths caused by cervical cancer occurred in low- and middle-income countries. Regional differences in the cervical cancer burden are related to inequalities in access to vaccination, screening and treatment services, risk factors including HIV prevalence, and social and economic determinants such as sex, gender biases and poverty. Women living with HIV are 6 times more likely to develop cervical cancer compared to the general population, and an estimated 5% of all cervical cancer cases are attributable to HIV. (World Health Organization, 2024)

The primary cause of cervical cancer is the Human Papillomavirus (HPV), a common virus spread through sexual contact. Most HPV infections go away on their own, but in some cases, they can cause abnormal cell changes that may lead to cervical cancer over time. Vaccination and regular screenings are

the best ways to prevent cervical cancer. The HPV vaccine is safe and highly effective, especially when given to children and teenagers before they become sexually active. Regular Pap smears (or Pap tests) and HPV tests help detect any early changes in the cervix, allowing for treatment before cancer develops. (World Health Organization, 2024)

Symptoms of cervical cancer may include abnormal vaginal bleeding, unusual discharge, or pelvic pain. However, in its early stages, cervical cancer often has no symptoms, which is why regular screenings are crucial. (Canadian Cancer Society , 2025)

"Prevention is better than cure." Let's take steps today to protect ourselves and our loved ones.

Celebrating Lohri at PCHS: A Day of Cultural Heritage and Community

By Gurjit Kaur, Geriatrics Placement Student

The Lohri celebration at PCHS brought together learners, educators, and staff to honor Punjab's rich cultural traditions. The Senior Group made the event particularly special, infusing it with energy and joy.

An opening film showcased the lighting of the bonfire, symbolizing the end of winter and the arrival of warmth and opportunity. Participants prayed for health and happiness while sharing traditional foods like jaggery and sesame seeds around the bonfire. The atmosphere was enhanced by discussions about its significance and light physical activities.

The seniors enjoyed various activities, including performing the traditional Gidda dance, sharing stories, and singing Punjabi bolliyan. They engaged in the popular game Antakshari, which brought everyone together in a lively and enjoyable way.

Many seniors contributed homemade treats like til and gajak, fostering a sense of pride and community. They also served beloved dishes like sarson da saag and makki di roti, further enhancing the day's warmth and connection.

For the seniors, celebrating Lohri at PCHS allowed them to reconnect with their cultural heritage and provided a welcome break from daily challenges. They expressed gratitude for the opportunity to celebrate this day of joy, community, and cultural pride.

Overall, Lohri at PCHS highlighted the importance of culture, community, and unity, making it an unforgettable day.

The Wellness Workshop - SHPP Team

By Michael Donia, Case Manager SHPP

"Your struggles do not define you."

On January 27, 2025, the Sahara Health Prevention Promotion (SHPP) team had the pleasure of leading The Wellness Workshop that addressed key aspects of mental health. With a total of 23 participants, the workshop was a vibrant gathering focused on well-being through engaging and reflective activities.

The highlights of this event included a variety of activities that focused on the participant's physical, emotional, and social well-being.

The response from the attendees was overwhelmingly positive. They appreciated the blend of fun, reflection, and community connection that the activities provided. The workshop was not just about participating in games or discussions but was a holistic approach to enhancing mental health.

MENTAL HEATH FIRST AID

Tools to Provide Support in Crisis Moments

By Vaishnavi Koujalagi, Settlement Supervisor

On January 15th, 2025, PCHS offered a professional development opportunity to frontline staff from other organizations funded by the IRCC through its Settlement Program. The training focused on Mental Health First Aid (MHFA), which equips individuals with the tools to support someone experiencing a decline in mental well-being or facing a mental health crisis.

According to the Mental Health Commission of Canada, one in five Canadians will encounter a mental health issue each year. Despite the widespread awareness of physical health conditions, mental health and substance use problems often remain misunderstood, contributing to fear and negative perceptions of those affected.

This lack of understanding can deter people from seeking help or offering appropriate support to others. The MHFA training aimed to address this gap by teaching participants how to recognize signs of mental health distress, initiate conversations to encourage individuals to open up about their well-being and provide guidance on accessing professional support.

Additionally, the course covered how to assist in mental health or substance use crises and emphasized the importance of using MHFA strategies to maintain one's own mental health.

Embracing Diversity at Work: Strengthening Teams and Communities

By Gursharan Kaur, Executive Office Assistant

In today's interconnected world, workplace diversity has evolved from a buzzword to an essential factor for organizational success. At PCHS, we recognize that embracing diversity—whether through race, ethnicity, gender, age, religion, ability, sexual orientation, or cultural background—creates an inclusive environment that drives innovation, fosters collaboration, and cultivates empathy within the workplace.

The Value of Diversity

Diversity in the workplace brings together individuals with diverse perspectives, which sparks creativity, enhances problem-solving, and improves decision-making. By prioritizing diversity, organizations mirror the communities they serve, becoming more approachable and relatable. A diverse team is better equipped to address the varied needs of clients, offering tailored solutions that boost satisfaction. Furthermore, when employees feel valued for their unique identities, morale, engagement, and retention rates increase.

7 Strategies for Embracing Diversity in the Workplace

- **Open the Conversation**: Make diversity and inclusion a priority by initiating open discussions, creating a safe space for sharing personal experiences, and actively listening with respect to everyone's boundaries.

- **Develop Inclusive Leadership Skills**: Equip leaders with the tools to recognize implicit biases, foster inclusivity, and promote a culture of acceptance through comprehensive training.
- **Focus on Accountability and Transparency:** Hold leaders accountable for fostering inclusive practices, promote transparency in diversity efforts, and encourage proactive measures against discrimination.
- **Diverse Participation in Decision-Making:** Cultivate environments that seek and value diverse perspectives, allowing all voices—especially those from underrepresented groups—to confidently contribute in meetings and hiring decisions.
- **Be a Vocal Ally:** Stand up for diverse colleagues by advocating for inclusivity, speaking out against discrimination, and mentoring others to embrace diversity in both actions and attitudes.
- **Commit to Change and Improvement:** Continuously reflect on personal and organizational growth, taking action to enhance workplace culture and participating in ongoing diversity training and education.

- **Emphasize Empathy:** Approach diversity with empathy, listening actively and connecting with others' experiences. Embracing vulnerability and adaptability leads to stronger understanding, collaboration, and mutual respect.

Embracing workplace diversity goes beyond meeting quotas—it's about creating a culture where all individual's unique contributions are celebrated. By championing diversity, organizations like PCHS can strengthen their teams, spark innovation, and positively impact the communities they serve. Together, we can build a workplace where everyone feels a sense of belonging and can thrive.

PCHS In The Community

SHPP Team at Sheridan College - HMC Campus

SHPP Team providing naloxone training to students at Sheridan College

SHPP Team Case Manger at Sheridan College - Davis Campus

SHPP Team Community Health Ambassador at Sheridan College - Davis Campus

Seasonal Affective Disorder (SAD) or Winter Depression

By Hansraj Tank, Case Manager Concurrent Disorders

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. It usually appears in winter season. In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer.

Signs and Symptoms

- Feeling sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

Causes

The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

- Biological clock (circadian rhythm): The reduced level of sunlight in fall and winter may may disrupt your body's internal clock and lead to feelings of depression.
- Serotonin levels: A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.

- Melatonin levels: The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

Prevention and Treatment

Lifestyle Strategies

- Get enough sleep.
- Eat a healthy diet.
- Take advantage of natural daylight in the winter as much as possible.
- Exercise daily outdoors by going for walks during daylight hours, or other activities, and get someone to go with you.

Social Strategies

- Arrange family outings and social occasions for day times and early evening in winter coping with strategies
- What stresses is the person under, e.g. school, work, peers, relationships. Come up with a plan to deal with these stresses.
- Get started early with light therapy or other strategies, early in the fall, before the usual onset of symptoms later in the fall/winter.

Work Strategies

- If possible, ensure that you have an office with a window, or take frequent breaks to get exposed to outdoor light, have full-spectrum lights in the office room.
- Stay on a regular sleep/wake schedule on both weekdays and weekends
- Avoid staying up late, as this disrupts your sleep schedule and biological clock
- If you are able, arrange a winter vacation in a sunny climate. This is not possible for most people though!

Treatment

- Supportive counselling
- Psychotherapy
- Light therapy
- Medications

A light therapy box mimics outdoor light. Light exposure triggers the production of important hormones in the brain like melatonin and serotonin which play vital roles in mood regulation, sleep quality and eases other symptoms of SAD.

Generally, the light box should: Provide an exposure to 10,000 lux of light, use Within the first hour of waking up in the morning.

"In the middle of Winter I at last discovered that there was in me an invincible Summer."

- Albert Camus

Why Do South Asian Men Look "Angry"? – Understanding through the Lens of Generational Trauma

The stereotype of the "angry South Asian man" is a common perception, but it masks deeper, more complex realities. This article explores the origins of this perception, examining how generational trauma and cultural dynamics shape the experiences of South Asian men.

Generational trauma refers to emotional wounds passed down through generations. For South Asian men, this trauma is influenced by colonization, migration, and rigid patriarchal systems.

1. **Colonial Wounds:** Centuries of colonization have left a legacy of oppression and identity loss, leading to a collective psyche marked by resilience but also unhealed pain.

2. **Migration Struggles:** For South Asian men who migrate, the challenges of adapting to new cultural norms while maintaining familial expectations can create emotional strain, as noted by psychologist Jyothsna S. Bhat.

3. **Historical Traumas:** Events like the Partition of India, Sri Lankan Civil War, and the expulsion of South Asians from East Africa have left lasting emotional scars, affecting family dynamics and mental health across generations. Abuse and violence in ancestral homes further complicate the emotional landscape.

By Kawaljeet Bains, Addiction Case Manager

The Weight of Expectations

South Asian men often grow up with high expectations: excelling academically, securing a stable job, and supporting their families while preserving cultural traditions. These pressures can be overwhelming, leaving little space for emotional expression or personal growth. Anger, as psychologists note, often stems from underlying feelings of hurt, fear, or frustration, linked to unmet expectations or unaddressed trauma such as childhood abuse or bullying.

Therapeutic Interventions

Addressing generational trauma requires a holistic approach. Therapies like EMDR, Somatic Therapy, and Cognitive Behavioral Therapy (CBT) help South Asian men process unresolved trauma, manage feelings of shame and guilt, and rebuild self-esteem.

New Year Celebrations with our Seniors

By Navdeep Mangat, Geriatrics Program

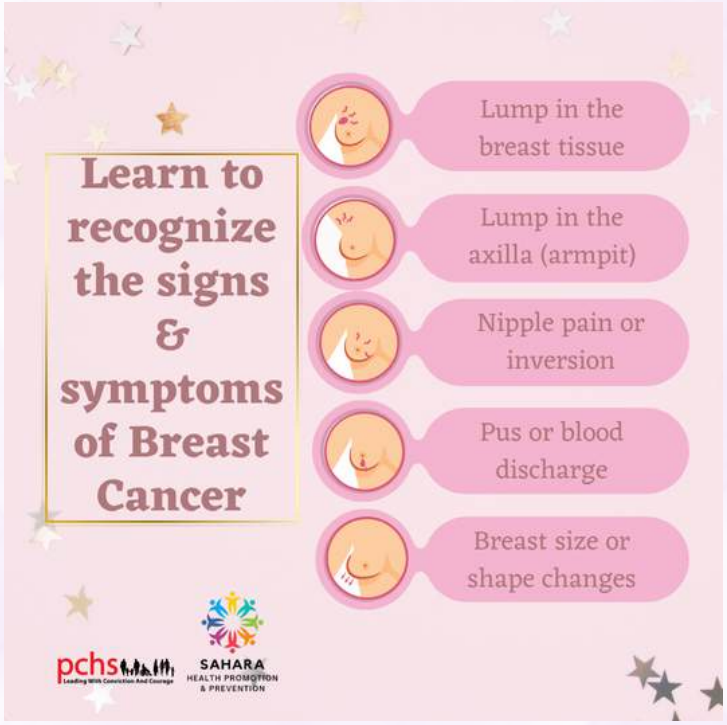
At Punjabi Community Health Services (PCHS), celebrating the New Year is a joyful and meaningful experience that fosters community connection and well-being. The event began with an energizing group exercise session, designed to invigorate both body and mind. This was followed by a calming meditation practice, offering participants a peaceful space to reflect on the past year and set intentions for the year ahead.

Afterward, attendees came together to share their thoughts, experiences, and aspirations, creating an atmosphere of support and encouragement. This thoughtful exchange strengthened bonds and inspired everyone to embrace positive changes and new goals for the year ahead.

To wrap up the event, participants indulged in a variety of delicious snacks, adding to the festive mood. This combination of exercise, reflection, games, and treats made the New Year celebration a memorable and uplifting occasion for everyone.

New Year, New Goals

"PCHS kicks off 2025 with **"New Year, New Goals"**—a campaign for mental health, breast cancer awareness, diabetes management, mindful eating, and chronic condition care. Let's make this the year of positive change!



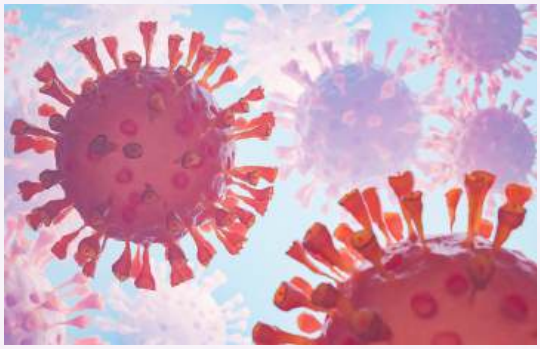
"Let's make 2025 the year of breast cancer prevention by increasing awareness of its signs and symptoms."

New Year, New Goals

"In 2025, learn how to set realistic goals and the steps you can take to achieve them."

Beware of the Winter Bug!

Norovirus, also known as the “winter bug,” is making the rounds! This highly contagious virus spreads fast—through infected people, contaminated surfaces, and even food. It can cause stomach cramps, vomiting, and diarrhea, but don’t worry—we’ve got Prevention and Control team-approved tips to keep you and your loved ones safe!



Tips to Stay Safe

🧼 **1. Clean, Clean, Clean!**

✔ Wash your hands with soap and water for at least 20 seconds (especially after using the washroom or before handling food).

✔ Disinfect surfaces with a chlorine bleach solution—this bug is tough!

✔ Handle contaminated laundry with care —hot water + detergent is your best bet!

🍽️ **2. Watch What You Eat!**

🚫 Avoid raw/undercooked shellfish & always wash fruits and veggies.

🚫 If you’ve been sick, stay out of the kitchen for at least 48 hours after symptoms go away.

🏠 **3. Stay Home if You’re Sick!**

If you’re experiencing symptoms, don’t share the bug! Rest, hydrate, and recover at home.

How to Manage Norovirus Like a Pro

✔ Hydrate, hydrate, hydrate! Water, juice, or electrolyte solutions will keep you going.

✔ Rest is best! Give your body time to heal.

✔ Stick to the BRAT diet: 🍌 Banana, 🍚 Rice, 🍏 Applesauce, 🍞 Toast.

✔ Know your care options! If symptoms worsen, seek medical attention.

Stay informed, stay healthy, and let’s stop the winter bug in its tracks! ❄️🚫

RSV & The Common Cold – What You Need to Know!

As the colder months roll in, so do respiratory viruses like RSV (Respiratory Syncytial Virus) and the common cold! 🤧 While they might seem similar, RSV can be more serious—especially for infants, seniors, and those with weakened immune systems.

What's the Difference?

RSV (Respiratory Syncytial Virus)

- Affects the lungs and airways, causing wheezing, severe cough, and breathing difficulties (especially in babies and older adults).
- Can lead to bronchiolitis or pneumonia in severe cases.
- Highly contagious and spreads through coughs, sneezes, and contaminated surfaces.

The Common Cold:

- Caused by many different viruses, like rhinoviruses.
- Typically results in runny nose, sneezing, mild cough, and sore throat—less severe than RSV.
- Still spreads easily through touch, air droplets, and contaminated objects.

How to Stay Safe

1. Wash Your Hands Often!

✓ Scrub with soap and water for at least 20 seconds to wash away germs.

✓ Use hand sanitizer when soap isn't available.

🚫 **2. Keep Your Distance!**

✓ Avoid close contact with sick individuals, especially if you're caring for infants or older adults.

✓ Cover coughs & sneezes with your elbow or a tissue (not your hands!)

🧽 **3. Disinfect, Disinfect, Disinfect!**

✓ Wipe down frequently touched surfaces like doorknobs, phones, and keyboards.

🏠 **4. Stay Home if You're Sick!**

✓ Rest and recover to prevent spreading the virus.

How to Manage Symptoms

✓ **Stay hydrated** – drink plenty of fluids to keep mucus thin and prevent dehydration.

✓ **Use a humidifier** to help ease congestion.

✓ **Try warm fluids** like tea or broth to soothe a sore throat.

✓ **For RSV:** Monitor for difficulty breathing and seek medical care if symptoms worsen.

Let's stay healthy and keep those germs away!

Grandparents and Grandchildren: Unlocking Multiple Languages (in Punjabi and Hindi)

16+ years

Grandparents play an important role in fostering their grandchildren's language skills and cultural connections. Join this workshop to discover how to maintain children's mother tongue when they start school and assist them with learning multiple languages.

You'll learn about:

- Practical, safe, and easy strategies to keep your grandchildren interested in their mother-tongue
- Research about language learning
- Tips for using Canadian/cultural celebrations as a teaching tool.

Gore Meadows **March 4, 2025** **10:30 – 11:30 a.m.**

This program is held in partnership with Punjabi Community Health Services (PCHS). Registration required. For more information, please contact harpreet.dhaliwal@pchs4u.com.

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ਭਾਗ ਲੈਣ ਵਾਲਿਆਂ ਦੀ ਉਮਰ: 16 ਸਾਲ ਤੋਂ ਉਪਰ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ

ਦਾਦੇ/ਦਾਦੀਆਂ, ਨਾਨੇ/ਨਾਨੀਆਂ, ਆਪਣੇ ਪੋਤੇ/ਪੋਤੀਆਂ ਅਤੇ ਦੋਹੇ/ਦੋਹੀਆਂ ਦੇ ਭਾਸ਼ਾ ਦੇ ਹੁਨਰ ਅਤੇ ਸੱਭਿਆਚਾਰਕ ਸਬੰਧਾਂ ਨੂੰ ਵਧਾਉਣ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੇ ਹਨ। ਇਹ ਜਾਣਨ ਲਈ ਇਸ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਵੋ ਕਿ ਬੱਚਿਆਂ ਦੀ ਮਾਤ ਭਾਸ਼ਾ ਨੂੰ ਕਿਵੇਂ ਕਾਇਮ ਰੱਖਿਆ ਜਾਵੇ ਜਦੋਂ ਉਹ ਸਕੂਲ ਸ਼ੁਰੂ ਕਰਦੇ ਹਨ ਅਤੇ ਕਈ ਭਾਸ਼ਾਵਾਂ ਸਿੱਖਣ ਵਿੱਚ ਉਹਨਾਂ ਦੀ ਮਦਦ ਕਰਦੇ ਹਨ।

ਤੁਸੀਂ ਹੇਠ ਲੀਖੇ ਗੁਰ ਸਿੱਖੋਗੇ:

- ਆਪਣੇ ਪੋਤੇ-ਪੋਤੀਆਂ ਨੂੰ ਉਨ੍ਹਾਂ ਦੀ ਮਾਂ-ਬੋਲੀ ਵਿਚ ਦਿਲਚਸਪ ਰੱਖਣ ਲਈ ਵਿਹਾਰਕ, ਸੁਰੱਖਿਅਤ ਅਤੇ ਆਸਾਨ ਨੀਤੀਆਂ
- ਭਾਸ਼ਾ ਸਿੱਖਣ ਬਾਰੇ ਖੋਜ
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Gore Meadows March 4, 2025 10:30 – 11:30 a.m.

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SAHARA
HEALTH PROMOTION & PREVENTION

Clay Workshop

Join us for an engaging and fun-filled workshop where you'll learn to create with air-dry plasticine clay! Whether you're a kid or an adult, this workshop is open to all skill levels – perfect for families, friends, or solo artists.

Date: Friday, February 7th, 2025
Time: 5:30 PM - 7:30 PM
Location: Room 101, 60 West Drive

- Presentation
- Light Refreshments
- Hands-On Activity

Bring your imagination to life!

SCAN ME

Scan this QR code to register or

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23rd ANNUAL INTERNATIONAL WOMEN'S DAY GALA

FRIDAY

MARCH | 28th | 2025

Doors open at 6PM

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For the Sponsorship package, please contact **accounts@pchs4u.com**
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Explore Our Sponsorship Package for International Women's Day

Please click on the following image to view the sponsorship package.

WELCOME

NEW STAFF

Mehar Roop Kaur
Community Health Ambassador, SHPP

Client Testimonial

I am happy with this group since 2014 when my loved one passed away and I was so depressed. PCHS group is the one who lifted me up and showed me how to move on with my life.

All the coordinators are very good, but at the moment we are with Asha Ashwal, who is very intelligent, sociable and active. She always starts her group by welcoming every one, which makes seniors Peel happy and she does so many other things for senior wellness. For example, exercise, yoga with music, different presentations on health, mental exercises, variety of games and celebrate festivals, birthdays and other functions very nicely with plenty of good food. It is lots of fun!

I am so glad to be the member of PCHS and I always recommend my friends to come and join our family of PCHS. Thank you and I am so grateful . God bless this organization.

Best,
SS- Geriatrics Program Client

22ND ANNUAL INTERNATIONAL WOMEN'S DAY GALA

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