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PCHS HEALTH MAGAZINE

CONTENT HIGHLIGHTS

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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS

Prevention and Celebrations – Fostering Healthier Communities

PCHS had a significant opportunity when invited to meet with Novo Nordisk Canada and its global colleagues from the head office in Copenhagen. The discussion centred on health equity, culturally and linguistically responsive care, health promotion, and interventions aimed at preventing and reducing chronic disease at the community level. To build healthier communities, it is crucial to place the community members in the centre and develop the services with a holistic understanding of their well-being and the barriers they face to good health. It has been proven that the determinants of health for marginalized communities involve a wide range of social, economic, environmental, and structural factors that influence health outcomes and disparities.

Investing in proactive measures to prevent health problems before they arise is a cornerstone of healthcare. Whether addressing mental health, addiction, infectious diseases, or chronic conditions, the impact of prevention cannot be overstated. These efforts yield far-reaching benefits for individuals and communities at large. I am particularly enthusiastic about the potential collaborations with Novo Nordisk to strengthen these efforts further.

Furthermore, as Nursing Week unfolded from May 6th to May 12th, we collectively honoured and celebrated the remarkable contributions of nurses. This year's theme, "Changing Lives. Shaping Tomorrow," appropriately captures the essence of nursing. At PCHS, we extend our sincerest gratitude and unwavering support to the nurses who serve in our healthcare system.

May also marks Mental Health Awareness Month. Our dedicated Mental Health Team shared culturally responsive Mental Well-Being information with the community and PCHS staff. I wish to take a moment to express my heartfelt gratitude to each and every member of the Sahara Mental Health Program. Your ongoing dedication to supporting the mental well-being of individuals, families and communities is truly commendable.

Our Anti-Racism Anti-Oppression (ARAO) Committee diligently honours the diverse cultures, traditions, and invaluable contributions of all communities. This month, they celebrated Asian Heritage Month. I sincerely appreciate the ARAO committee members' efforts in maintaining PCHS as a vibrant agency that reflects and respects every culture and community. Please refer to the Health Magazine to learn more about Nursing Week, Mental Health Awareness Month, and the celebration of Asian Heritage Month at PCHS.

Parliamentary Visit to PCHS Seniors Group

On Friday, May 17th, 2024, Ruby Sahota, the Member of Parliament for Brampton North, warmly welcomed Minister Harjit Sajjan to a visit at a seniors group supported by PCHS.

In a cozy gathering, both representatives took a moment to express heartfelt gratitude to the seniors, recognizing the immense sacrifices and contributions of their generation. They shared personal stories of their parents' struggles when immigrating to Canada—issues like settling in, finding childcare, and accessing essential services like dental care and pharmacare. MP Sahota and Minister Sajjan stressed the importance of community support, like that provided by PCHS, in addressing such challenges and advocating for fairness across generations, as is the focus of the 2024 Federal Budget.

With a shared commitment to fairness and opportunity for everyone, MP Sahota and Minister Sajjan emphasized the need to break down barriers and ensure that all individuals have access to the support they need to thrive. Their visit highlighted the importance of celebrating the past while actively working towards a more inclusive future. Through collaboration and community solidarity, they affirmed their dedication to creating a society where every generation can succeed and contribute to Canada's collective well-being

National Youth Week Activities

Rabia Bhatti, Youth Worker

Throughout National Youth Week, Newcomer Youth attended a series of engaging activities hosted by PCHS where they learned valuable life skills and fostered meaningful connections.

This year National Youth Week 2024 was hosted by PCHS in the City of Brampton as well as in Malton in Collaboration with the Malton Youth Hub. Throughout National Youth Week, Newcomer Youth attended a series of engaging activities hosted by PCHS where they learned valuable life skills and fostered meaningful connections. They participated in indoor gardening sessions, potting seeds of their favorite flowers, and learned about the importance of agriculture and ecosystem sustainability. They got to join in on art expression workshops that provided a platform for them to explore their unique experiences in Canada, to express their feelings, and to connect with their cultural heritage. The newcomer youth also got to paint bird feeders and were provided food for the birds in the community and were taught about the significance of supporting local ecosystems and observing the wonders of nature. The participants got to craft friendship bracelets, with appreciation and gratitude cards that helped them strengthen bonds amongst peers and teachers. The youth this year also helped the community by creating Circle of Care brown bags for the homeless shelters in the City of Brampton. This taught them the importance of compassion, empathy, and community support. On the final day, the Newcomer Youth collaboratively on a Kahoot activity that emphasized teamwork, social skills, and problem-solving abilities. Through these diverse activities, newcomer youth not only gained valuable skills but also formed meaningful relationships and contributed positively to their community, enhancing their sense of belonging and integration.

Mother's Day Celebration

Gurjinder Kaur, Caregiver Support Worker (CSW)

Recently, the seniors at PCHS celebrated Mother's Day with the help of their group facilitators who organized fun games and activities for them.

Mother's Day is a special day dedicated to honouring and celebrating the amazing women who have shaped our lives. Motherhood is a journey filled with joy, challenges, and sacrifices. Therefore, it is a day to honour their unconditional love, guidance, and heartfelt gratitude.

Recently, the seniors at PCHS celebrated Mother's Day with the help of their group facilitators who organized fun games and activities for them. They also cut a cake together to make the occasion more festive. In some of the groups, food was ordered, and seniors enjoyed it with their fellow members. Senior ladies and gentlemen showcased their talents by performing poetry, singing songs, and other activities dedicated to Mother's Day.

This celebration gave them a chance to share their experiences of becoming mothers for the first time and to remember their own mothers. The celebration brought happiness, a sense of connection, and a feeling of belongingness to the seniors. It was a wonderful opportunity for them to come together and share their stories, which can help them feel better emotionally. This can also reduce feelings of loneliness and create a sense of community among them.

Bladder Cancer Awareness Month

Navdeep Kaur, Community Health Ambassador

Bladder Cancer Awareness Month is recognized in the month of May. During this month we raise awareness about this common yet less known disease. It is the 5th most common type of cancer in Canada.

This month is recognized to talk about patient stories, living experiences of this disease as well as its causes and symptoms. By raising bladder cancer awareness, the motive is to diagnose this disease early along with getting its treatment at the earliest stage possible to preserve bladder and quality of life.

Bladder cancer comes in two main types: one that stays in the lining of the bladder (called nonmuscle-invasive) and one that grows into the muscle layer of the bladder (called muscle-invasive). Muscle-invasive bladder cancer is more serious, affecting about a quarter of people with bladder cancer. It means the cancer has gotten into the deeper layers of the bladder wall. Nonmuscle-invasive bladder cancer is more common, making up about three-quarters of cases. This type stays in the lining of the bladder. But here is the tricky part: even though nonmuscle-invasive bladder cancer usually stays in the lining, sometimes it can spread deeper over time, becoming muscle-invasive. This happens in about 20% of cases. So, while most bladder cancers start in the lining and stay there, some can become more serious and invade the muscle layer.

The main symptom of bladder cancer is blood in the urine (hematuria). It can vary in colour from pale yellow, red to bright or rusty red. The blood will not always be there, may come and go and is detected through microscopic examination or other urine tests. Along with these other symptoms include:
Urinary frequency
Urinary urgency
Difficulty or burning while urinating
Discomfort in the back, pelvis or groin

There are different ways to treat for both types of bladder cancer. Nonmuscle-invasive bladder cancer is often treated with surgery to remove tumors from inside the bladder and by inserting drugs into the bladder. For muscle-invasive cases, removing the bladder (radical cystectomy) is the typical treatment. Finding and treating bladder cancer early is important for helping people get better. So, it is best not to wait when it comes to getting medical help.

Let's take control over our health and stay informed.

PCHS Community Outreach Event in Collaboration with Khalsa Aid

Hansraj Tank, Case Manager-Mental Health and Addictions

On Sunday, May 19th, 2024, PCHS in collaboration with Khalsa Aid held an event at Glidden Gurdwara in Brampton. This event served as a platform for PCHS to showcase its multifaceted initiatives.

This outreach event encompassed a spectrum of vital programs offered by PCHS, including Settlement, Mental Health, Addictions, and Geriatrics. The attendees were provided with comprehensive information about these programs, elucidating their objectives and the resources available to the community.

A pivotal component of the event was a dedicated session on mental health awareness, specifically tailored for students. Given the prevailing societal pressures and contemporary challenges, such as job insecurity, housing dilemmas, and financial strains, the session explored into effective coping mechanisms to mitigate stress and anxiety.

Participants were equipped with practical strategies and resources aimed at promoting mental well-being and resilience in the face of adversity.

Moreover, to further disseminate information about the range of programs offered by PCHS, informative flyers were distributed among the attendees. These materials served as valuable resources, ensuring that individuals could access the necessary support and services tailored to their needs.

PCHS's active participation in the Khalsa Aid program exemplified its commitment to serving the community and fostering holistic well-being. Through informative sessions, resource distribution, and acts of kindness, PCHS continues to make meaningful contributions towards building a resilient and supportive community for all.

Culturally Competent Diabetes Health Promotion - Initiative by PCHS

Ramanpreet Kaur, Community Health Ambassador

PCHS Diabetes Team took the initiative to raise awareness about diabetes in Mississauga, Ontario.

"Culturally Competent Diabetes Health Promotion - Initiative by PCHS", funded by Novo Nordisk, aimed towards assisting the vulnerable Punjabi Community residing in Mississauga including seniors, newcomers, and equity deserving population. The PCHS Diabetes team reached out to community members and conducted informative presentations on Type 2 Diabetes health promotion, prevention, and management in multiple languages such as Hindi, English, Punjabi, and Urdu. Partnering with various groups across Mississauga, including faith-based institutions, seniors' groups/clubs, and community organizations, we hosted several sessions with an attendance of 40 to 80 individuals in each session. During these sessions, we discussed different aspects of diabetes and practical ways to manage it.

We provided important information about the types of diabetes, lifestyle changes, risk factors, and the importance of taking the necessary steps to control diabetes. To encourage active participation, we gave out complimentary glucometers and other promotional items. This helped attendees monitor their health effectively and encouraged them to engage more in their health management.

Our approach focused on the community, helping to bridge linguistic and cultural gaps. By tailoring our outreach efforts in the languages spoken by the audience, we successfully removed communication barriers and empowered individuals to take control of their health. Moving forward, our team aims to expand our outreach efforts, reaching new audiences and making a deeper impact on public health awareness and education. Through continued collaboration and innovation, we strive to make lasting contributions to the well-being of diverse communities.

Boosting Mental Health, One Thank You at a Time

Simran Ghumman, Long-term Mental Health– Case Manager

In today's fast-paced world, it's easy to get caught up in the hustle and bustle of everyday life. We often forget to take a moment to appreciate the good things we have. But did you know that practicing gratitude can significantly enhance your mental health?

Why Gratitude Matters

Gratitude is more than just saying "thank you." It's a powerful practice that can transform your outlook on life. Research has shown that regularly practicing gratitude can lead to numerous mental health benefits, including:

Reduced Stress and Anxiety: Focusing on positive aspects of your life helps to reduce feelings of stress and anxiety. It shifts your mindset from worry to appreciation.

Improved Mood: Gratitude has been linked to increased levels of happiness and contentment. By acknowledging the good in your life, you naturally elevate your mood.

Better Relationships: Expressing gratitude strengthens relationships. It fosters a sense of connection and appreciation, making both parties feel valued and loved.

Enhanced Resilience: Grateful individuals tend to bounce back more quickly from adversity. Gratitude provides a positive perspective that can help you navigate through tough times.

Simple Ways to Practice Gratitude

Keep a Gratitude Journal: Spend a few minutes each day writing down things you're grateful for. It can be as simple as a sunny day, a kind gesture from a friend, or a delicious meal.

Express Thanks: Make it a habit to thank the people in your life. Whether it's a heartfelt note, a quick text, or a sincere conversation, expressing gratitude strengthens your bonds with others.

Mindful Moments: Take a moment each day to reflect on the good things in your life. This practice can be especially powerful when done during your morning or evening routine.

Gratitude Meditation: Incorporate gratitude into your meditation practice. Focus on the things you're thankful for as you breathe deeply and clear your mind.

Acts of Kindness: Engage in random acts of kindness. Helping others can boost your own feelings of gratitude and happiness

Celebrating Asian Heritage Month

Throughout May, we celebrate Asian Heritage Month, a time to honour the diverse cultures, traditions, and invaluable contributions of Asian communities worldwide.

On Wednesday May 22nd, 2024, PCHS staff came together to celebrate in a knowledge sharing event, organized by the PCHS ARAO Committee. During the event staff honoured their heritage by embracing the beauty of traditional attire whether it's the vibrant colours of a saree, the elegant lines of a kimono, the intricate embroidery of a ao dai or anything that made staff feel connected to their heritage.

Fostering Mental Health and Wellness Through an Anti-Oppression and Anti-Racism Framework

Harpreet (Rena) Dhaliwal, Short Term Counsellor

Mental health and wellness are integral components of individual and community well-being. However, conventional approaches to mental health often overlook the systemic factors that contribute to discrepancies in access, treatment, and outcomes.

Adopting an anti-oppression and anti-racism framework within mental health practices acknowledges and addresses the intersecting forms of oppression and discrimination that impact individuals' mental well-being. In Canada, where diversity is celebrated, it is crucial to recognize and dismantle systemic barriers to mental health care to ensure equitable outcomes for all.

Intersectionality, a concept pioneered by Kimberlé Crenshaw, highlights how multiple dimensions of identity intersect to shape individuals' experiences of oppression and privilege. In the Canadian context, factors such as race, ethnicity, gender, sexuality, ability, and socioeconomic status intersect to influence mental health outcomes. For instance, Indigenous peoples, Black Canadians, and other racialized communities often face disproportionate barriers to accessing culturally competent mental health services due to historical and ongoing systemic discrimination.

Canada's colonial history has left enduring traumas that continue to impact the mental health of Indigenous communities as well as BIPOC communities. The intergenerational effects of residential schools forced relocations, and cultural genocide have contributed to high rates of depression, substance abuse, and suicide among Indigenous peoples. Addressing mental health within Indigenous communities requires a commitment to decolonizing approaches that center Indigenous knowledge, culture, and self-determination (Indigenous mental health (sac-isc.gc.ca)).

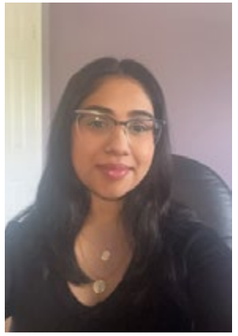
According to Black Mental Health Canada, Anti-Black racism persists in various forms within Canadian society, including mental health systems. Black Canadians often encounter racial profiling, microaggressions, and systemic biases when seeking mental health support. Culturally responsive care that acknowledges the unique experiences and needs of Black communities is essential for promoting mental wellness and healing.

To foster mental health and wellness for all Canadians, mental health services must prioritize inclusivity and accessibility. This involves actively dismantling barriers such as language barriers, geographic disparities, and financial constraints that prevent marginalized communities from accessing care. Culturally competent practitioners who recognize the impact of power dynamics, privilege, and oppression on mental health outcomes can better serve diverse populations.

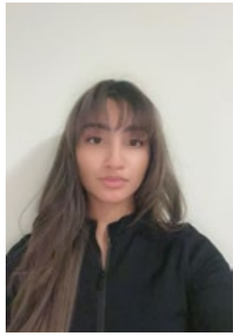
Incorporating an ARAO framework into mental health and wellness initiatives is essential for promoting equitable access and outcomes for all Canadians. By centering the voices and experiences of marginalized communities, addressing systemic inequities, and promoting inclusive practices, we can work towards a future where mental health care is truly accessible and affirming for everyone. Through collaborative efforts informed by diverse perspectives and Canadian values of diversity and inclusion, we can create a society where mental well-being thrives for all.

References Available.

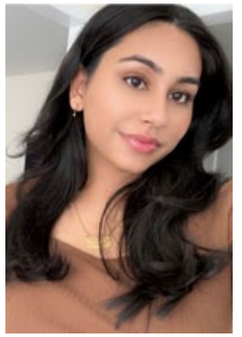
Welcome New Staff!



Aditi Lad
Settlement Administrative Support



Aman Mahi
Crisis Support Worker, Mental Health

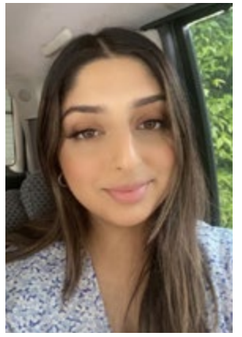


Brahmjot Dhillon
Case Manager- RRSL, Mental Health

Gurman Boparai
Addictions Case Manager

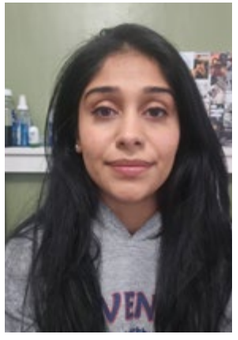
Gurmeet Tiwana
Overnight Support Worker – SORP

Lakshya Sabharwal
HR Administrative Sup-

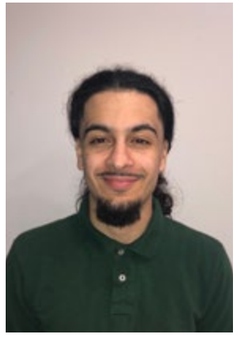


Palavi Sandhu
Geriatrics Case Manager

Ramanpreet Kaur
Community Health Ambassador



Rashamdeep Sandhu
Peer Support Worker-



Tariq Asmaiel
IT Administrative Support

EMPOWERING LIVES AGAINST DIABETES

Workshop By PCHS

MAY 31, 2024 | 11:00am- 2:00pm
Burnhamthorpe Community Centre
1500 Gulleden Dr, Mississauga

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Expert Guidance from a Registered Dietitian

Learn how to make healthier food choices, create balanced meal plans, and manage your diabetes through optimal nutrition.

Educational Session

Engage in an interactive session designed to help you understand diabetes better and develop practical skills for managing it effectively.

Nurse Practitioner and BioPed Clinic

Connect with a Nurse Practitioner to gain a deeper understanding of diabetes and receive specialized foot care advice from BioPed clinic staff.

Refreshments

Raffle prize distribution of glucometers

Goodie Bags

Contact Us **Phone : 437-243-3735** **Email: hpcs@pchs4u.com**

Client Testimonial

"*I am amazed by the progress that I have made in life in these past weeks with sessions with Sandeep.To be honest, I was not expecting this amount of changes I would experience. I trust the world a lot more, I step out in the sun, I am learning to drive, I am watching what I eat and exercise, I have a full time job and my relationship with my husband has bettered in the sense that I am more vocal of my needs and expectations and encourage him to talk about his needs as well. I do not feel scared of people the same way that I did till January. I am much more comfortable with Canada and I believe that I can flourish in this country.*"
- PCHS Client (Mental Health Program)

22ND ANNUAL INTERNATIONAL WOMEN'S DAY GALA

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Caledon ON L7C 3M7

60 West Drive
Suite 102B, 102C
Brampton ON L6T 3T6

2 Dewside Dr., Unit 202
Brampton, ON L6R 3Y5

Community Door, Unit 1300,
7700 Hurontario St,
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