

Fall/Winter 2022 Newsletter

New Season ahead!

Vaughan CHC's focus is to provide support to our community so they may achieve a sense of wellness and positive physical, mental, and social health outcomes. VCHC programs and services are now offered through a mix of in-person and virtual care. We are offering more in-person programs to slowly transition to recovery phase. Visit our website at www.vaughanchc.com for more information.

It is always the right time to manage your health!

We hope you enjoy reading through our Fall/Winter 2022 Newsletter to see all of the wonderful programs & services we have to offer.

Featured Programs

Covid-19 Support

VCHC will continue to focus on response to Covid-19, that is to increase access to vaccinations and antivirals to seniors in the community. In addition, we will aim to increase access to community mental health services in youth and seniors. VCHC will be working with our partners to achieve these goals through a variety of initiatives.

If you or someone you know has been affected by COVID-19 and are in need of support a VCHC case manager can support you.

Call our **COVID-19 Support Line: 905-226-7332**

For information on receiving a vaccine in York Region visit: www.york.ca



Flu Vaccines Are Here!

Getting the flu shot each year provides the best protection against becoming ill with the flu. Since the viruses that cause the flu can change every year, you need to get a flu shot each year.

If you are a VCHC client receiving medical services at the Centre and want to book a flu shot, call 905-303-8490 Ext 1.



Engage, dance, socialize, and learn, whether it is virtual or in-person!

This fall VCHC is offering a variety of health promotion group programs that can support your mental and physical health!

Check out some of our Health Promotion Programs happening this fall:

- **Heart and Mind: Thursdays, 10:00am-11:00am**
A wellness program that provides an opportunity for participants to come together, connect and engage in art and reflection-based activities
- **Go with Your Gut: Wednesdays, 10:00am-11:30am**
- **Taking Care of You: Fridays, 10:00am-11:00am**
Learn strategies on providing self-care in your everyday life!
- **Coffee & Chat: Mondays, 10:30am-12:00pm**
Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more!
- **Walk and Talk: Thursdays, 1:00pm-2:00pm**
Join us for exploring, bird watching and good chats, while walking yourself into a healthier and happier you!



For more information visit www.vaughanchc.com

For Youth

Keep youth engaged this fall with VCHC's virtual programming. VCHC youth & child programs aim to give youth a safe space to explore interests hands-on, participate in fun creative activities, and socialize with other youth and VCHC Community Health Workers.

This fall, VCHC is offering:

- **Ready for success tutoring: Thursdays, 4:15pm-5:15pm**
Free Math and English group tutoring program for students in grades 1 to 6.
- **Kids Have Stress Too: Mondays, 4:00pm-5:00pm**
A research-based program designed to teach children how to recognize and deal with stress.



Follow VCHC on social media and comment your favorite program or service on our most recent post!

 @vaughan.chc

 @vaughan_chc

 @vaughancommunityhealthcentre



For Seniors



By joining VCHC's virtual health promotion programs seniors can connect to a network of diverse community members, engage in proactive activities that produce skill development, and receive education on health management tips that can lead to an increase in health and wellbeing.

Programs offered this fall:

- **Train Your Brain:** Fridays, 1:00pm-2:00pm

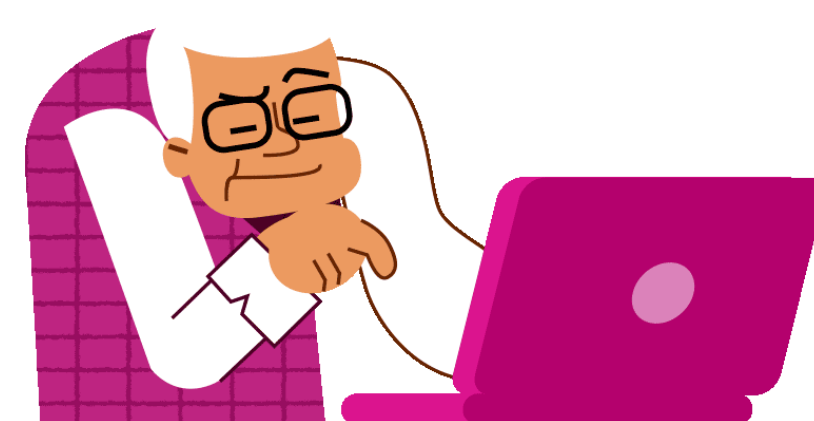
Put your skills to the test! Attend our Train Your Brain weekly virtual program to increase your concentration, memory, and logic skills!

- **Feet In Motion:** Wednesdays, 2:00pm-3:00pm

Stay active from the comfort of home- Join our weekly Feet In Motion program to learn dancing with a VCHC volunteer dance instructor from our community.

- **Coffee & Chats (Keswick Site):** Tuesdays, 10:30am-11:30am

Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform or in-person.



Digital Literacy Supports:



Tablets for Seniors: VCHC recognizes the shift to online spaces may pose challenges for our clients. In our commitment to ensuring our clients have accessible options to join online programs, the VCHC continues to offer tablets for loan program for those in need of a device. For more information contact hsaboor@vaughanchc.com

People Accessing Care Teams

Are you experiencing any of the following?

- Inadequate housing
- Unemployment
- Transportation issues to medical appointments
- Lack of extended health benefits or no OHIP
- Unable to speak English or French
- Experiencing complex health issues
- And are in a low to moderate income range

You may be eligible to receive free services from our

People Accessing Care Teams Program

Service offered:

- Connecting to community resources
- Mental health counselling and support
- Lung health & Chronic Obstructive Pulmonary Disease (COPD)
- Smoking reduction and cessation
- Foot care
- Nutrition counselling & weight management

Visit our website to download a referral form:

www.vaughanchc.com/PACT

For more information call:

Vaughan site: 905-303-8490 Ext.4

Keswick site: 905-476-5621 Ext. 2600

Looking for services in your community?
VCHC's System Navigator can help!

Available supports:

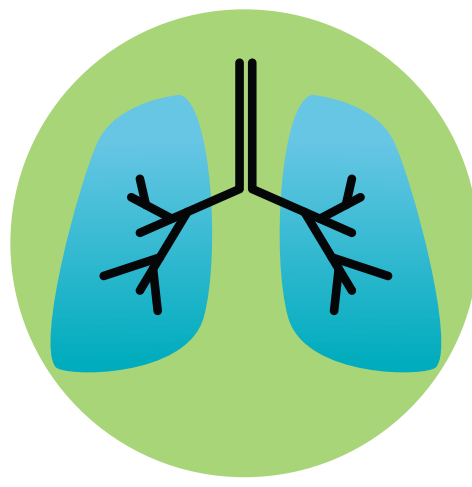
- Help navigating system- i.e. education, legal, housing and employment support
- Referrals to other community organizations and government services
- Completing government application forms

Call a VCHC System Navigator today: 905-476-5621 Ext. 2606



Chronic Disease Prevention & Management Program

Learn to manage your chronic illness and increase your wellbeing! Exercise Education Programs are provided by the VCHC Registered Kinesiologist and Certified Fitness Instructors. In our programs, you can learn how to exercise safely at home and in the community.



Exercise programs:

Offered virtually in zoom:

- Chair Yoga
- Zumba – low and high intensity
- Salsa for Health



Offered in-person:

- Mobility and Endurance
- Step it up

New program:

- Obesity Management Program: **Tuesdays, 5:00pm-7:00pm**
In-person 3-week program, gain insights on Why Obesity Matters? Learn practical skills.



NEW!
SELF CHECK-IN KIOSK

VAUGHAN
COMMUNITY HEALTH CENTRE

Introducing new self-check in Kiosk at the entrances to allow clients to self check-in and to conduct active Covid-19 self-screening. We encourage all clients to utilize this tool upon entry to the Centre. We are requesting clients to bring their health card at each appointment and to arrive 15mins early. VCHC staff is available for help with check-in as needed.

Did you know falls are a leading cause of injury for adults 65+?

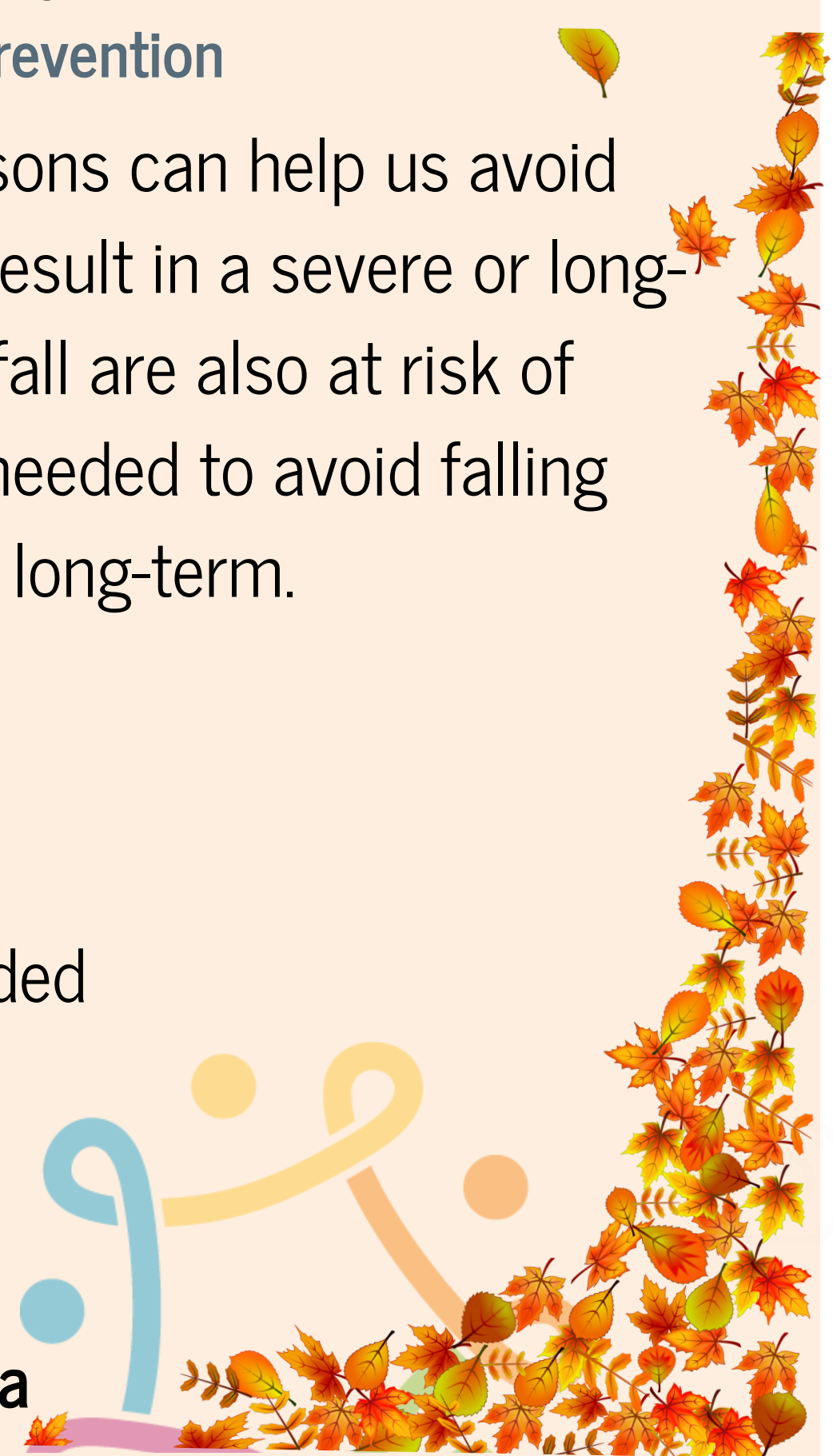
Here are some tips on fall injury prevention

Taking precautions during the upcoming colder seasons can help us avoid injury and immobility. Having a fall may not always result in a severe or long-term injury, however, those who have had a serious fall are also at risk of experiencing additional falls after. Taking the steps needed to avoid falling can help support optimal health and mobility for the long-term.

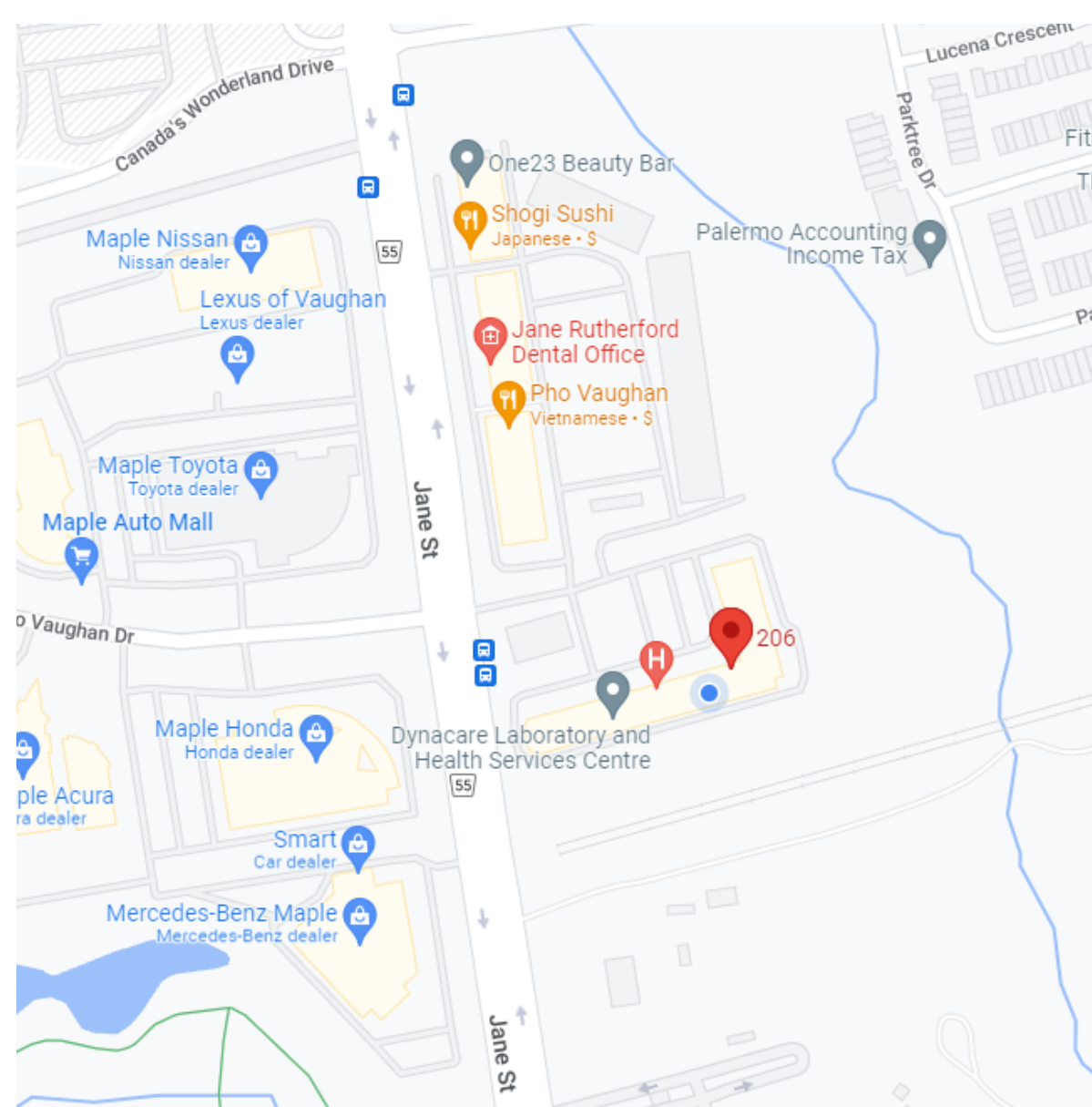
Here are some tips on injury prevention:

- Staying active and mobile
- Maintaining a healthy diet & sleep schedule
- Using mobility device or assistive aid when needed
- Removing safety hazards within the home
- Ensuring living space has proper lighting
- Wearing proper shoe wear

For more resources & information visit: www.york.ca

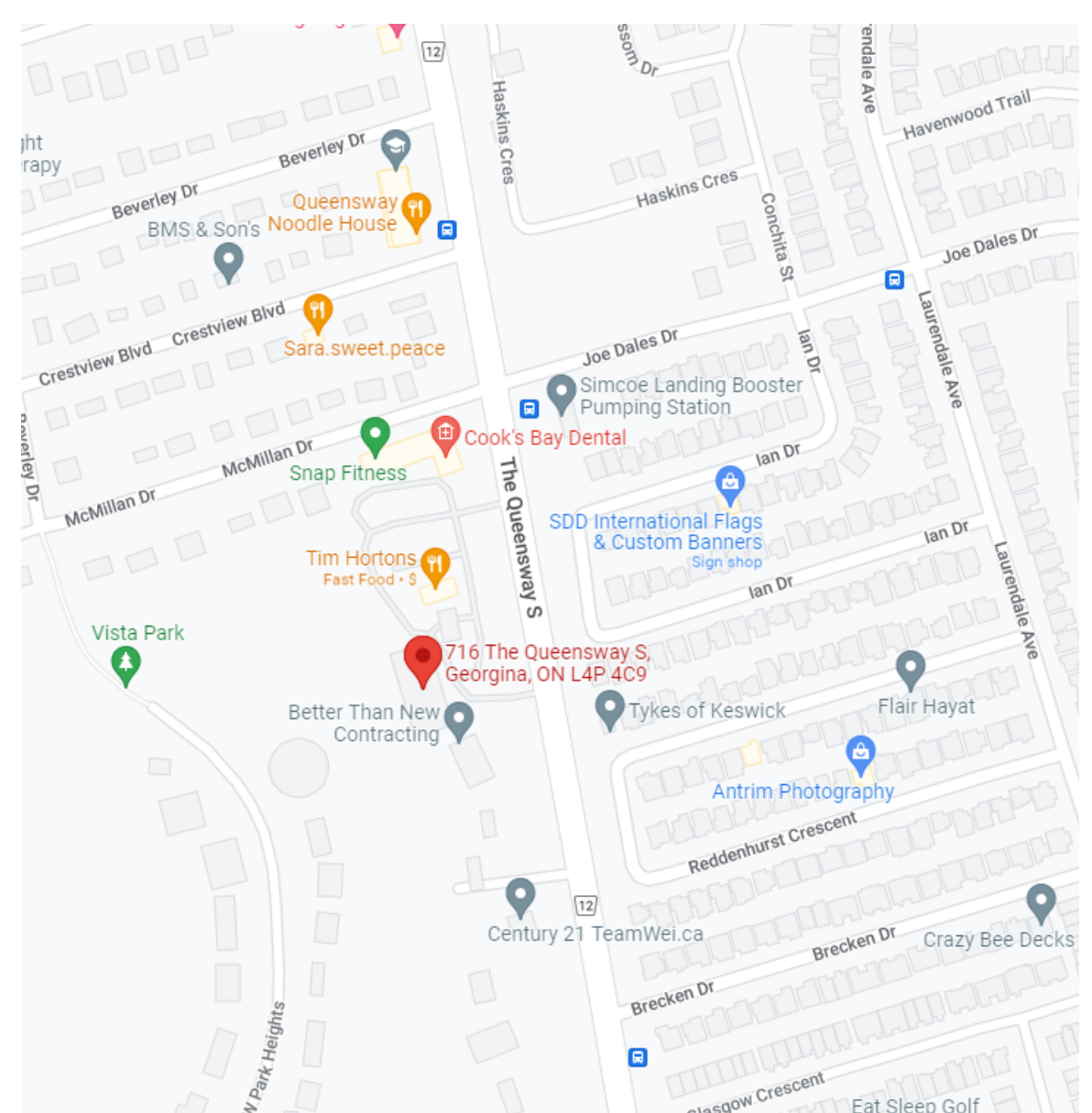


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