



COMMUNITY HEALTH MATTERS

THE PULSE OF COMMUNITY HEALTH IN VAUGHAN

**Fall 2019
Issue 16**

Main Site:

9401 Jane Street, Suite 206
Vaughan, Ontario L6A 4H7
Telephone: (905) 303-8490

Hours of Operation:

Monday: 8:00am—8:00pm
Tuesday: 8:00am—8:00pm
Wednesday: 8:00am—8:00pm
Thursday: 8:00am—8:00pm
Friday: 8:00am—8:00pm
Saturday: 8:00am—3:00pm
Sunday: Closed



www.vaughanchc.com



[Vaughan.vchc](https://www.facebook.com/Vaughan.vchc)



[@Vaughan_chc](https://twitter.com/@Vaughan_chc)



VCHC Celebrates its 10 Year Anniversary:

It seems like only yesterday boxes were being unpacked in the official site for the Vaughan Community Health Centre (VCHC), however, time



Diabetes Team providing tours of VCHC clinical and COPD

has certainly gone by.... 10 years to be exact! This past May the VCHC celebrated its 10 year anniversary. VCHC first opened its doors in 2009 and has worked tirelessly since then to promote and maintain our community's wellbeing. Over the years the VCHC has served over 23,870 clients and relentlessly forged partnerships with other community agencies, schools and healthcare providers to better serve the needs of our community.

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Board members, Executive Director and our HR Generalist celebrating our 10 year milestone



Main Site PACT Hours:

Our PACT reception office is located on the first floor of our Vaughan site. See hours below:

- Monday: 11:30am—8:00pm
- Tuesday: 9:00am—5:00pm
- Wednesday: 9:00am—5:00pm
- Thursday: Closed
- Friday: 11:30am—8:00pm
- Saturday: 9:00am—3:00pm
- Sunday: Closed

Vaughan Community Health Centre Achieves Accreditation Once Again!

We are happy to announce that after undergoing an intense accreditation review process by the Canadian Centre for Accreditation (CCA, the VCHC met 99.35% of the indicators established to assess best practices in community-based organizations. Areas covered by the review where: governance, human resources, community-based approaches, advocacy for clients and quality of programs & services.

A big thank you goes to the VCHC volunteers, students, clients, and staff that diligently worked in preparing the VCHC for this review.

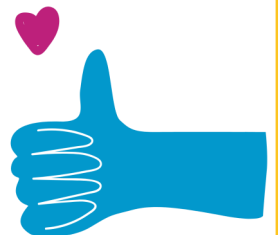


VCHC Certificate of Accreditation

Accredited by
Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément



Women's Saturday Club

The Women's Saturday Club provides participants with an opportunity to learn and develop self-care practices and engage in fun group activities. Classes and activities are designed to practice self-care methods, engage with other women and build social connections.

This program runs Saturdays from 10:30am-12:00pm

To register please contact Marisanna: (905) 303-8490 Ext. 152





Keswick Site Launch:

Since Keswick is considered to be one of the most underserved areas in York Region, the VCHC has opened a satellite office there in order to increase access to quality healthcare. The official launch, May 23 2019, was an opportunity to hear from clients and partners about the impact VCHC services have on their quality of life. To date, 200 clients have been referred to us, by more than 120



Executive Director Isabel Araya and the Mayor of the Town of Georgina Margaret Quirk

providers, to enhance their health and wellbeing by accessing much needed services like physiotherapy, chiropody, mental health (psychology and social work), system navigation and case management, nutrition counselling, COPD, smoking cessation, spirometry test and social programs. The Honorable MPP of York-Simcoe Caroline Mulroney, and Mayor of Georgina Margaret Quirk, were in attendance and welcomed VCHC to the community.

Keswick Site:

716 The Queensway South

Telephone: (905) 303-8490

Hours of Operation:

Monday: 8:30am—4:00pm

Tuesday: 8:30am—4:00pm

Wednesday: 8:30am—6:00pm

Thursday: 8:30am—5:30pm

Friday: 8:30am—4:00pm



Officially cutting the ribbon to the VCHC Keswick Site!

What is New at the Keswick Site?

Holiday Crafts Program

The Holidays are a wonderful time of year, but can come with a lot of pressure, stress and sense of loneliness. This program will provide a relaxed opportunity for men and women to connect with friends and turn this time of stress into a time of creativity!

To register please contact Adrienne: (905) 476-5621 Ext. 2604





Spotlight On....

The Caregivers Support Group

The Caregiver Support Group has been a **successful partnership between the VCHC and CHATS.**



The Caregiver Support Group focuses on providing support to caregivers who are caring for an aging parent, spouse, friend or relative. The group aims to promote the health and well-being of its members, enhancing the caregivers coping capacity, connecting them to important resources and helping to prevent caregiver burnout. The group provides an opportunity for caregivers to share their experiences, learn from each other and receive relevant information and education.

We want to thank CHATS for continuing to collaborate with the VCHC through the Caregiver Support Group.

Interested in attending...

The Caregiver Support Group meets every 2nd Tuesday of the month from 2:30pm-4:00pm at the Vaughan Community Health Centre.

To register please contact Cindy: (905) 303-8490 Ext. 142

What Does the Caregiver Support Group Achieve?

1. Encourage caregivers to take a break, socialize and meet other caregivers with similar concerns.
2. Understand the needs of caregivers in the Vaughan area.
3. Provide an opportunity for caregivers to meet others with similar concerns, explore coping strategies and discover additional resources.



Stay Protected from the Flu this Winter!

Did you know as a **registered client** of the VCHC you are eligible for a flu shot... If you are interested in receiving a flu shot from the VCHC speak to your primary care provider for more information.