

# Fall/Winter 2021 Newsletter

As we remain in a pandemic, the Vaughan Community Health Centre is committed to serving our community while maintaining the necessary safety measures to protect our clients, staff and visitors at the Centre. We continue to provide services in-person and virtually (via telephone and online).

**It is always the right time to manage your health!**

**We hope you enjoy reading through our Fall/Winter 2021 Newsletter to see all of the wonderful programs & services we have to offer.**



## Featured Programs

Vaughan Community Health Centre will continue to provide COVID-19 tests to our community.

**COVID-19 Testing is available Mondays & Fridays 12:30pm-5:30pm**

**We will be expanding our hours of operation, check our website for updates!**

**TO BOOK A TEST:**

- **Book Online at:** <https://vchc.simplybook.me/v2/>
- **Call:** 905-226-7332

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.

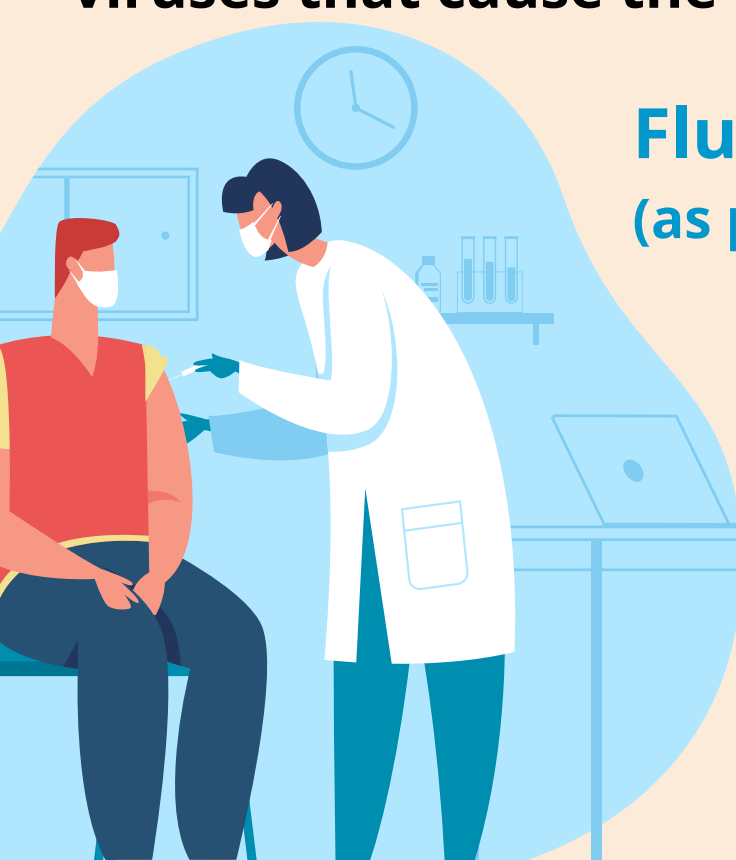
**Call our COVID-19 Support Line: 905-226-7332**

For information on receiving a vaccine in York Region visit: [www.york.ca](http://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.



**Flu vaccines can be given any time before or after COVID-19 vaccines.**  
(as per NACI recommendation, 09/28/2021)

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.

The **Western York Region Ontario Health Team** is holding community flu clinics.

Book online at <https://fluclinicryorkregion.simplybook.me/v2/>

## Engage, dance, socialize, and learn all from the comfort of your home!

**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:**

**•The Reel: Mondays, 10:00am-11:00am**

The program is designed to support and strengthen existing parenting skills and support physical and mental wellness for the whole family. The welcoming and safe environment will engage participants to learn new or update parenting skills. The Reel program allows time for parents to network, socialize and share life experiences.

**•Weight.Diet.Health: Thursdays, 2:00pm-3:00pm**

Learn from a VCHC Dietician how to maintain a healthy diet and weight!

**•Family & Friends Bingo: Tuesdays, 6:30pm-7:30pm**

Need a night of stress-free fun that you can enjoy with family and friends? Come and join us for Bingo nights! The virtual bingo family and friends' program is designed to enhance social cohesiveness, reduce stress, and reduce social isolation. The welcoming and social environment will engage participants and as a result increase social and mental wellness.



**For more information visit: [www.vaughanhc.com](http://www.vaughanhc.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:**

**•Brains, Tricks, and Logic: Tuesdays, 4:00pm-5:00pm**

Learn how to develop logic, memory, and concentration skills with VCHC Community Health Workers!



**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 outcomes and wellbeing.

For more information on VCHC group programs visit our website at: [www.vaughanchc.com](http://www.vaughanchc.com)

## Programs offered this fall:

### •Train Your Brain: Fridays, 1:00pm-2:00pm

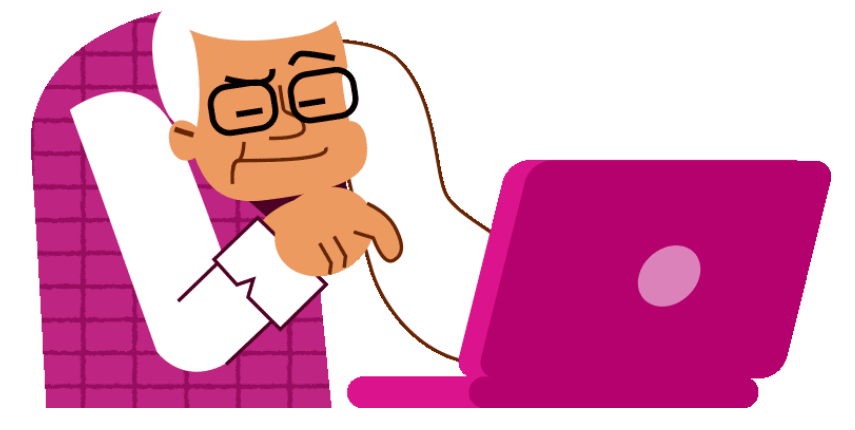
Put your skills to the test! Attend our Train Your Brain weekly virtual program to increase your concentration, memory, and logic skills!

### •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 Giovanna, 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.



## Digital Literacy Supports:

The VCHC recognizes the shift to online spaces may pose challenges to our community members. In commitment to ensuring all our members have accessible options to join our online programs the VCHC offers the following supports:

### Increasing Digital Literacy Skills:

Want to increase your knowledge of using devices and the internet? Register for our Digital Literacy Support Group program to increase your digital literacy! Engage in workshops that provide interactive session on understanding the basics of using devices and navigating the internet. From typing practice, learning about emails, to understanding how to protect your information on the internet join our upcoming November sessions to increase your digital literacy skills.

Program begins November 2nd, 2021 from 4:30pm-5:30pm

To register contact Natalie: 905-476-5621 Ext. 2603

### Tablets for Seniors:

In need of a device to access online programs, services, and resources? Stay connected with VCHC and our Keeping Seniors Connected project. Seniors 65+ who are experiencing social isolation and barriers accessing virtual programs and services are eligible to receive a tablet on loan from VCHC. BY accepting a tablet seniors can use their device to support them attending community groups, accessing information on the internet, and connect to their health care providers.

For more information contact: 905-475-5621 ext. 2603

Receive support from a VCHC Digital Literacy Peer Mentor!

# People Accessing Care Teams

Are you a low or moderate income individual experiencing one or more of the following issues: inadequate housing, unemployment, lack of transportation to medical appointments, lack of extended health benefits, lack of health coverage (NO OHIP), unable to speak English or French and/or having complex health issues?

If so you are eligible to receive services -at no cost to you- from our

## People Accessing Care Teams Program:

- Case Management
- Mental Health (Social Work & Psychology)
- Chiropody
- Physiotherapy
- Nutrition Counselling & Weight Loss Management

To download a referral form go to: [www.vaughanchc.com](http://www.vaughanchc.com)

Looking for services in your community?

VCHC's System Navigator can help!

### Get support with:

- Navigating various systems- i.e. education, legal, housing, and employment support
- Referrals to other community organizations and government services
- Completing government application forms

Call a VCHC Systems Navigator today!

Vaughan Site Systems Navigator: 905-303-8490 Ext.2649

Keswick Site Systems Navigator: 905-476-5621 Ext.2606

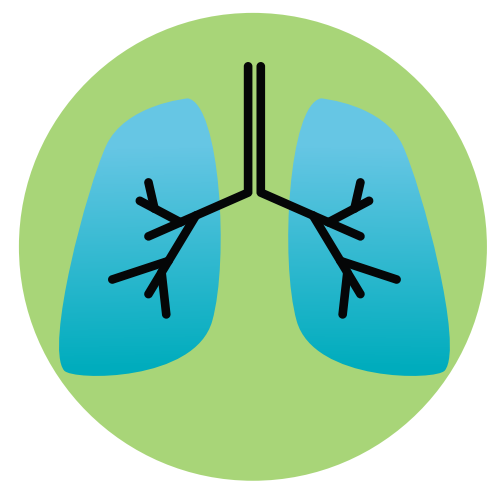


# Chronic Disease Prevention & Management Program

## Learn to manage your chronic illness and increase your wellbeing!

This fall the VCHC is offering virtual programs to help support you learn how to self-manage your chronic illness:

- COPD Virtual Care Program:** Twice per week lung health rehabilitation, tips to improve quality of life.
- COPD Support Group:** Last Tuesday of every month - learn different topics, receive peer support and socialize.



- Diabetes Virtual Groups:** Offering 3 monthly sessions on Zoom. Learn from experts how to self-manage your diabetes from the comfort of your home. Book one-to-one appointments for more support. Self-referrals accepted.



- Exercise Education Programs:** Staying active can be beneficial to our overall 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.

If you are interested in attending Vaughan CHC's exercise education program, please contact us at: 905-303-8490 Ext. 2.



## 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 sensible shoe wear

For more resources & information visit: [www.york.ca](http://www.york.ca)



[www.vaughanchc.com](http://www.vaughanchc.com)



#### Vaughan Site

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

#### Keswick Site

716 The Queensway South,  
Keswick ON, L4P 4C9  
Phone: 905-476-5621

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