

Andrew Rudyk, Student Member of the Board of Directors—An Interview

In order to increase input from the youth population and to generate interest in the Centre, the Board decided to invite a high-school student to join the Board as a non-voting, student member. Julia Harbinson, Board member, liaised with Riverdale Collegiate Institute and an invitation went out to their students. Andrew Rudyk responded, was interviewed and welcomed to his first Board meeting in January, 2008.



In February, Susan Weiss, Board Chairperson, asked Andrew a few questions:

Susan: Tell us a little about yourself, Andrew.

Andrew: I'm a Grade 12 student at Riverdale Collegiate Institute and will probably take a fifth year. I have a distinct interest in healthcare and an urge to help people, and will consider work in nursing, physiotherapy or medicine. I'm also interested in music and play the cello, xylophone, guitar and double bass. I've been in different kinds of bands but I prefer rockabilly ("country meets rock and roll").

Susan: What is it that interests you about SRCHC and Board participation?

Andrew: I was talking with my mother who's an RN and has worked in public health. She heard where this opportunity was and her opinion was that SRCHC is the best. That sealed the deal!

Susan: What do you feel are some of the major health issues facing people of your age?

955 Queen Street East
Toronto, ON M4M 3P3
Phone: (416) 461-1925
Email: srchc@srchc.com
Web: www.srchc.com



Andrew: Definitely drugs and sex. Adolescence involves a lot of peer pressure, drugs and alcohol are readily available, and there's concern about sexually transmitted infections.

Susan: How do you feel our health centre can increase its relevance to young persons?

Andrew: SRCHC is already entrenched in the community and good with its services. Perhaps we can give out information at schools, do more outreach and build trust.

Susan: Any other thoughts about your Board participation so far?

Andrew: My first impressions are that there's a lot more lingo, but that the Board operates very professionally and there's nothing irrelevant at the meetings.

Susan Weiss



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South Riverdale Community Health Centre



COUNTERfit Community Clean-up

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COUNTERfit harm reduction program started the Community Cleanup in the spring of 1999, barely six months after the program was established. COUNTERfit's service users and volunteers wanted to repay the community for their understanding, patience, and support in accepting a controversial program in their midst. Since then, the Community Cleanup has become a tradition for COUNTERfit.

During COUNTERfit's Community Cleanup, our staff, assistants, and volunteers get rid of waste, litter, and refuse from parks, schoolyards, ravines. One of the main goals of this event is to educate the community about safe disposal of used needles and associated paraphernalia.

Besides picking up used needles from the streets, parks, parkettes, and playgrounds of South Riverdale, information regarding safe syringe disposal, including our phone numbers and schedules are posted.

Over the years we have started conducting two to three cleanup events each year.

In 2006, COUNTERfit became a member of the Urban Health Team of the South Riverdale Community Health Centre. Last spring, COUNTERfit started to organize the Community Cleanup in partnership with the Urban Health Team.

Consequently, the event is now on a grander scale

allowing it to take place more frequently. Last spring COUNTERfit and the Urban Health Team conducted three Community Cleanups with staff and students from across SRCHC. The summer cleanups included a barbecue for our volunteers, assistants and the entire staff of the centre.

The barbecue was a success allowing centre staff to get acquainted with COUNTERfit's service users in a relaxed atmosphere. Our service user were seen in a different light by the Community Health Centre's staff, and in turn, our service users shed a lot of misconception about the staff of the Centre.

The Community Cleanup is one of COUNTERfit and the Urban Health Team's most important events. By picking up garbage and used needles from "vulnerable" geographical locations, the cleanup makes the community safer. The cleanup gives the community an opportunity to learn more about the COUNTERfit harm reduction program as well as the programs offered by the South Riverdale Community Health Centre. Most importantly, the Community Cleanup gives our staff and our service users the opportunity to give back to the community we care so much about. ❖

Raffi Balian, Coordinator COUNTERfit Program

Our next community clean-up is EARTH DAY April 22nd at 12:30 pm

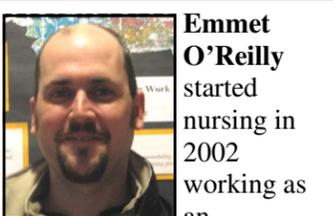
Some new faces to look for



Cordelia Cooper is pleased to introduce herself to SRCHC and the surrounding community. Cordelia has recently joined the health centre as an administrative assistant for Human Resources and Payroll and is really happy to be here. Cordelia has a background in Business Administration from Ryerson University and has a long time involvement in the East End and South Riverdale communities.



Molly Bannerman has returned to SRCHC as the new Women's Harm Reduction and Community Safety, Health Promoter. Molly has worked on various community research projects at SRCHC over the past 5 years. Molly is partnering with the COUNTERfit Harm Reduction program to develop harm reduction programming with women who use illicit drugs and / or engage in sex work.



Emmet O'Reilly started nursing in 2002 working as an emergency Nurse. Emmet has long had an interest in primary care, particularly working with vulnerable populations. Throughout his career he has helped educate co-workers about social justice and access issues, while establishing new and stronger links with community partners. He is excited about working in such a diverse and innovative environment.



Kate Kenny is SRCHC's new health promoter working primarily with the Early Years team. Kate grew up in the area and worked as a lifeguard and hockey/skating instructor at different parks in the neighbourhood. Kate recently completed her Masters in health promotion, and as a long time fan of SRCHC's innovative service delivery, she is excited to be working here and looks forward to the challenges and learning ahead.



Photo: Debby Yule, July 2007

Raffi Balian, Project Coordinator demonstrates the safe handling of a hazardous object

Strategic Planning

Where are we now?

The Strategic Planning process allows organizations to make choices about how to respond to changes and determine priorities for the coming years.

The Strategic Planning process allows organizations to make choices about how to respond to changes and determine priorities for the coming years. Strategic planning is usually undertaken every 3–5 years, and the directions are integrated into every aspect of the organization’s work on an ongoing basis.

In November 2007, SRCHC began working on its new Strategic Plan, an eight-month process that will be completed by June 2008.

Our Strategic Planning process is led by an ad hoc work group of the Board. This work group is comprised of representatives from the board, staff, management, community partners and an external consultant, Tony Boston – 15 members in all.

Tony has interviewed clients, members, partners, volunteers, staff, funders, and community members to gather information for the development of the new Strategic

Plan. Over 35 individual interviews with key organizational representatives were completed; five focus groups with clients; a drop-in discussion at the open house; and, a survey for members.

Tony will summarize this information into a draft report and then incorporate everything into the development of a final report.

The *strategic planning day* will utilize this report to frame the development of the new strategic directions. These new strategic directions will be approved by the Board at the April meeting and then presented to the community at the June Annual General Meeting.

We look forward to seeing you at the June AGM to discuss the new Strategic Directions that will help shape the next several years at SRCHC ❖

Melissa Tapper,
Health Planner

YOUTH WANTED
Are you between the ages of 13-24?
Do you use any services or groups at SRCHC?
We want your input
SRCHC is looking at increasing programs and services for youth.
Contact: Scott, ext. 246
sanderson@srchc.com

April 22 is Earth Day!

Come and celebrate with us from 12:30-6:00 pm outside South Riverdale Community Health Centre.

12:30-2:30 Community & Garden Clean-up

3:00-4:30 BBQ

3:00-6:30 Booths, games, seedling give away

3:30-5:30 Crafts for kids

4:30-6:00 Bike Repair

5:30 workshop on container gardening



Photo: Debby Yule, July 2007

Bring a Little 'Clean' Into Your Spring

Cleaning Your Home Safely



The air inside our homes can be 200 times more polluted than the air outdoors. Many products that we use around the house can harm our health. Cleaners may contain toxic chemicals. Many of these ingredients are considered hazardous to our health, cause pollution and poison our environment.

** Tip: Try healthy, safe and simple cleaning products like baking soda, vinegar, lemon juice and borax. **

Product	AVOID	Health Concern	USE instead
All purpose abrasive cleaner	- Aerosol products - Products containing sodium hypochlorite (chlorine bleach)	- Particles from aerosols may be easily inhaled - Chlorine bleach can irritate eyes, skin, lungs - When mixed it can form toxic gas	- Clean surface with mixture of baking soda & water. Rinse well.
Carpet cleaners and deodorizers	- Products containing butyl cellosolve, petroleum solvents, 1,4-dioxane.	- Butyl cellosolve may irritate and damage skin, eyes and nervous system - 1,4 dioxane causes cancer	- To clean and deodorize carpets, sprinkle with borax or baking soda, rub in then vacuum.
Drain cleaner	- Products containing sodium hypochlorite or sodium hydroxide	- Vapours from sodium hydroxide and sodium hypochlorite irritate eyes, skin and lungs.	Use plunger and pour mixture down drain. - ½ cup of baking soda - ½ cup of vinegar down - Cover for 1 hour - Pour boiling water in drain
Furniture polish	- Products containing formaldehyde or petroleum solvents (contact company to find out ingredients)	- Formaldehyde causes cancer. Low levels can cause breathing problems, dizziness, fatigue, rashes, and bother the eyes, nose, and throat.	- Add ½ cup of vinegar to 1 cup olive oil. Warm mixture slightly for best results. Rub on with a soft cloth
Glass and window cleaners	- Products containing butyl cellosolve or ammonia.	- Butyl cellosolve damages the nervous system and can harm kidney, liver and blood formation. - Ammonia vapours may bother eyes and lungs.	- Mix 2 tbsp of vinegar in one liter of water in spray bottle. Spray on mixture and buff off with old newspapers.
Toilet bowl cleaner	- Products that contain bleach or phosphoric acid	- Phosphoric acid is an irritant	- Pour 1 cup borax powder & ¼ cup lemon juice or vinegar into toilet bowl. Wait 1 hour before scrubbing.